

remedies

- **Homeopathic remedies** are safe to use in most cases, but it is not recommended that any remedy be taken without professional consultation.

# ARNICA

- **ARNICA** – This is the No. 1 remedy for all cases of injury as it also deals with shock

- It removes the blood back into the vessels as well.

- Give Arnica first in every First Aid situation. It is even fine to give if nil by mouth in case of an injury needing an operation.

- Good for sprains and strains.
- It has also been sited as usual for severe exhaustion and jet lag.

- NB If using Arnica tincture it must not be used on broken skin as it can cause a rash.

# ACONITE

- Fright is the keynote of this homeopathic remedy when there is great anxiety and sudden emotions.



- It is for any complaint that comes on suddenly after exposure to cold dry windy conditions.

- Coughs, colds, chills, fevers that come on suddenly may need this remedy especially if there is congested pain with restlessness

- It can also be used in an emergency situation for a panic attack.

# APIS

- **APIS** – This is for bee stings and insect bites where there is a lot of swelling, heat, redness and stinging pains.

- It is > cold applications and < heat. It is also an emergency measure for anaphylactic shock to give on the way to the hospital!

- **ARSENICUM ALBUM** – for food poisoning with diarrhoea and vomiting.

- Feel cold and fearful – frightened to be left alone.

- < 11.00pm – 1.00am. Complaints after exposure to wet and damp.



# BELLADONNA

- **BELLADONNA** – Fever with great heat which follows Aconite well. Red, hot, skin, dilated pupils, throbbing pains.

- < light, noise and jarring. Throbbing headaches and mild sunstroke.

- > bending backwards, sitting or standing erect.  
Sudden and violent onset of conditions.

# BRYONIA

- – A dry remedy. Dry fever, dry cough < for any movement, company or talking. Dry lips, thirst, irritable.

- Bursting headache < any movement. Must stay still.

- Red swollen, shiny joints, frozen shoulder, tennis elbow, sciatica.
- A stitching pain > pressure. Appendix symptoms which develop slowly –
- specific. < heat > cold.

# CALENDULA

- **CALENDULA** – the healing remedy.

- Use the tincture as an antiseptic. For all infections and inflammations where flesh is torn. It prevents pus formation



- Beware that there is no infection inside the wound or the skin will close up and keep it in

- This homeopathic remedy can be bought as a cream and useful for children's cuts and scrapes.

# CANTHARIS

- **CANTHARIS** – bad burns and scalds with blistering. Stops the pain.

# CHAMOMILLA

- **CHAMOMILLA** – great sensitivity to pain. Teething in babies. Very irritable.

# COCCULUS

- **COCCULUS** – For sea sickness and travel sickness. Nausea, dizziness < motion > sitting still or lying on side

# COLOCYNTHUS

- **COLOCYNTHUS** – for colic in babies which is > doubling up > hard pressure. Also menstrual colic.

# EUPATORIUM PERFORLATUM

- Flu, fever with great thirst, aching, bone pain, bruised and aching muscles in back, chest and limbs. Scanty sweat. Restless, chilly, nausea. Weakness. < cold air < 7 -9am < motion. Sick headache, nausea at the sight of food. > vomiting.

# GELSENIUM

- **GELSENIUM** – Also for flu but no thirst. Comes on over a couple of days. Nerves affected. Heaviness in limbs. Face a dusky red colour with heavy droopy eyelids. Muscles won't do as they are told.



# HEPAR SULPHURIS

- **HEPAR SULPHURIS** – Eruptions, boils, whitlows by nails, Ailments that are made worse by a draft of air. Abscesses, sensitive to touch. Sore throats, earache that has yellow thick discharge. Pain that is splinter like.

# HYPERICUM

- **HYPERICUM** – is the homeopathic remedy for injuries that are rich in nerves, like fingers, toes. Specific for injury to the coccyx. Use the tincture or cream for very painful cuts, grazes and burns. Also use tincture as an antiseptic as it prevents tetanus.

# IGNATIA

- **IGNATIA** – Emotional and mental stress with grief, worry and disappointment. Characteristic signing. Moody. Illness after a loss or shock. < tobacco smoke. Anger and then suppressed tears or emotions after a loss. Globus hystericus ( lump in throat)

# IPECAC

- **IPECAC** – Colic with nausea. Giddiness, vomiting. Profuse saliva. Any complaint where there is strong nausea. No thirst.

# LEDUM

- **LEDUM** – Puncture wounds, which are cold to touch, wounds from rusty nails, bites, needles, wasp stings. It prevents post injury infections.  
(Aches and pains that are > ice)

# MAGNESIUM PHOSPHATE

- **MAGNESIUM PHOSPHATE** – Bad cramping pains which are > heat > pressure and doubling up. Especially period pains.

# MERCURIUS

- **MERCURIUS** – pus, bad breath, offensive profuse sweat. Excessive saliva. Thick yellow discharges. < warmth and < cold. Sore throats, ear pains. throat infection after the pus has formed.

# NUX VOM

- **NUX VOM** – Hangovers. Illness after too much rich food > fresh air < indoors. Chilly and irritable. Fever when every movement causes shivering even when wrapped up. Piles.



# PHOSPHORUS

- **PHOSPHORUS** – After effects of anaesthetics particularly after injections for dental treatment. Jet lag. Dry irritating cough. Loss of voice. Craves ice cream and ice cold drinks. > for sleep.

# PULSATILLA

- **PULSATILLA** – Earache. Weepiness, clinging dependant, whining. Craves attention. Crave fresh air, like the windows open. > walking in fresh air. Very changeable. No thirst. Cough > vinegar

# RHUS TOX

- **RHUS TOX** – Aches and pains which are < first movement > on continued movement. < damp < rest < cold > warmth. Restless. Often stops the irritation in chicken pox.

# RUTA GRAV

- **RUTA GRAV**– Strains, tendons, ligaments and cartilage. Bone injuries, dislocations and eyestrain. < with motion < lying on painful side. < cold > warmth

# SULPHUR

- **SULPHUR** – > open air. Boils, inflammations, a hot person, burning pains, offensive discharges.

# SILICA

- **SILICA** – splinters, promotes rejection of thorns, glass etc. Boils, abscesses. **MUST NOT BE USED** if patient has anything artificial in body like new hip joint, pacemaker as it may cause rejection.