

FIRST AID - CONDITIONS

Emergency first aid treatment should almost always include **RESCUE REMEDY**, a Bach Flower Essence remedy also known as **FIVE FLOWER FORMULA**. If there has been an accident or a trauma of any kind, Arnica or Aconitum, depending on symptoms, should also be given. Arnica is indicated by an insistence from the person that they really are fine, while the Aconitum person will be very anxious, probably hysterical, and often screaming in pain.

This is meant as a collection of remedies that have a reputation for effectiveness for many years and in many places. Your use of them, and when to call for medical assistance, must—as always—be your own responsibility and be based upon your own skill, competence, and confidence. I hope this list is helpful in some way to someone, somewhere, sometime. There are many other remedies that may have deserved a place in this list. Please treat this work as only a beginning in your repertory of emergency remedies.

It is a fine thing to develop the knowledge and skill to cope competently with emergency situations as they arise with yourself and in your families. It is probably best, at least at first, to be under the watchful eye of a more experienced person or a physician.

ABSCESSSES

HEPAR SULPHURIS CALCAREUM: Aids in bringing boils to a head and in the clearing of abscesses and suppurating sores.

SILICA TERRA: Brings abscesses to a head quickly and prevents the formation of scar tissue.

ALLERGIES

ALLIUM CEPA: Reactions that look much like a cold.

APIS MELLIFICA: Allergic swelling of the face, eyelids, and/or lips.

ARSENICUM ALBUM: All types of allergic reactions.

EUPHRASIA OFFICINALIS: Reaction centered in the eyes, with a feeling of grit in eye.

RHUS TOXICODENDRON: Predominantly for the relief of hives, fever blisters, cold sores, and eye irritation symptoms from allergic reactions.

PHOSPHORUS: Toxic poisoning or allergic reactions from chemical fumes; panting, gasping for air, vertigo; any strong reaction to odors.

BACK INJURIES

RHUS TOXICODENDRON: Back strains or injuries from over work or heavy lifting. Spinal paralysis of infants; stiffness and lameness in sacrum.

HYPERICUM PERFORATUM: The spinal cord is the major nerve highway of the body. Hypericum is indicated for injury to any nerve-rich area. Spinal or coccyx injury from a fall or surgery. Pinched nerves in back.

RUTA GRAVEOLENS: Herniated, slipped, or ruptured discs from weight lifting or over exertion. Vertebrae slip out of place easily creating chronic back pain.

ARNICA MONTANA: Take immediately after any back injury. Consider alternately with Ruta graveolens

BITES AND STINGS (SEE INSECT BITES AND STINGS)

BROKEN BONES

ARNICA MONTANA: Arnica is always given in an injury situation to treat for shock and to reduce bruising, swelling, and trauma to the surrounding tissues.

CALCAREA PHOSPHORICA: Promotes the knitting together (ossification) of bones.

SYMPHYTUM OFFICINALE: Comfrey has been referred to as knit-bone for many years because it speeds the healing and strength of broken bone.

RUTA GRAVEOLENS: Much like Arnica, Ruta graveolens is for fractures with bruising. The difference is in the emotionals. With Arnica the person is explaining that they are just fine and need to go home or back to work; with Ruta graveolens there is anxiousness and fear that things are worse than they seem to be; broken jaw.

BRUISES

ARNICA MONTANA: To be used externally and internally to relieve pain and reduce bruising and swelling. Use as soon after injury as possible and repeat the dose as needed.

BELLIS PERENNIS: Use predominantly as a follow-up remedy when Arnica has either failed to work or usefulness has ended.

HYPERICUM PERFORATUM: Bruises where there is injury to the nerves.

LEDUM PALUSTRE: Bruise feels cold but is better for cold application.

RHUS TOXICODENDRON: For bruising with strained muscles or dislocated joints.

RUTA GRAVEOLENS: Particularly for bruises to the bones, such as shins, etc.

SYMPHYTUM OFFICINALE: Bruises connected with the bone fractures.

BURNS AND SCALDS

CALENDULA OFFICINALIS: Used mostly as a topical in a gel form. Very good that way.

CANTHARIS VESICATORIA: One of the best remedies for burns; helps the burn heal and lessens the amount of pain felt.

HAMAMELIS VIRGINIANA: Not a common remedy for burns, but very useful if the burns are deep or have become inflamed (pre-infectious).

URTICA URENS: Useful for the minor burns and scalds of every day. Really relieves the stinging and burning sensation.

CUTS AND WOUNDS

CALENDULA OFFICINALIS: Externally, for minor cuts and wounds, along with a remedy that most closely matches the symptoms.

FERRUM PHOSPHORICUM: Ferrum remedies build the blood, correcting anemic conditions. This promotes healing, controls bleeding and fever, and prevents sepsis. The phosphoricum part of this remedy helps with weakness, exhaustion, and debility.

HAMAMELIS VIRGINIANA: Use for open, painful wounds with weakness from blood loss. Also relieves pain following surgery.

HEPAR SULPHURIS CALCAREUM: For wounds with redness and inflammation.

LEDUM PALUSTRE: Puncture wounds, such as to the sole of the foot or palm of the hands. Hypericum is better for extremities, such as fingers and toes. Ledum prevents infection.

STAPHYSAGRIA: Specific mental picture of humiliation or anger with a puncture or stab wound.

SYMPHYTUM OFFICINALE: Speeds the healing of wounds and the reconstruction of tissues.

DENTAL EMERGENCIES AND SURGERIES

MERCURIUS SOLUBILIS (VIVUS) To be taken at the first sign of dental discomfort to prevent further development until a dentist is available (may even fix the problem); pain is worse from cold drinks and from cold air; gum boils; mercury toxicity from dental fillings.

HYPERICUM PERFORATUM: Injuries to dental nerves; trauma to front teeth (try St. John's Wort (Hypericum) Tincture locally at the same time.)

RUTA GRAVEOLENS: Pain from dry socket, infected tooth socket, or tooth that is loose in the socket, or pain from a tooth that has been loosened by traumatic injury; speeds healing of bone and periosteum.

ARNICA MONTANA: Trauma from dental work or surgery; creation of or worsening of TMJ symptoms following dental work; toothache after head injury; alternate Hypericum and Arnica before, during, and after tooth extractions, root canals, and fillings.

DRUGS, ADVERSE REACTIONS

ARSENICUM ALBUM: Deep acting remedy which acts on every organ and tissue; should be the first thing reached for while further determining symptom picture and fine tuning the homeopathic response; side effects of chemotherapy—prophylactic if taken before treatments; anaphylactic shock; exhaustion; collapse.

SULPHUR: Hypersensitive reactions to drugs of any type, but especially antibiotics; cleanses system of previous allopathic drug use; counteracts the drugs suppression of the disease.

CADMIUM SULPHURICUM: Specific to the symptoms of radiation and chemotherapy; quells violent nausea and persistent vomiting, allowing the sufferer to hold down nutritious foods (person may vomit once, violently after first taking the remedy, but then feel much better); lifts the spirits generally.

PHOSPHORUS: Dependency on prescription medications; need for instant gratification; body odor similar to the odor of the drug.

ARNICA MONTANA: For convulsions after drugs.

GELSEMIUM SEMPERVIRENS: Bad reactions to and never-the-same-since symptoms from flu shots and allergy injections.

THUJA OCCIDENTALIS: Number one polycrest remedy for reactions and long-standing symptoms created by vaccinations.

APIS MELLIFICA: Sudden illness or swelling after a vaccination; edema and swelling at the site of administration of a local anesthetic—there will be burning or stinging pains.

EXHAUSTION

ARNICA MONTANA: For the exhaustion that follows overexertion or traumatic accident.

ARSENICUM ALBUM: Deep acting remedy which acts on every organ and tissue. Use when the exhaustion seems out of proportion to the illness.

CALCAREA CARBONICA: Exhaustion with dizziness and breathlessness, especially worse for walking up a hill or up stairs. Often the exhaustion comes on as a result of physical exertion.

CALENDULA OFFICINALIS: Exhaustion from loss of blood or pain, usually following a surgery or traumatic accident.

GELSEMIUM SEMPERVIRENS: is usually great anxiety and trembling.

KALI PHOSPHORICUM: Especially suited to overworked business and professional people and those who are constantly keyed up mentally. Helpful for nervous exhaustion.

SPONGIA TOSTA: Affects the heart valves. Exhaustion with dizziness and heart valve insufficiency. Exhaustion after even slight exertion.

VERATRUM ALBUM: Collapse with extreme coldness.

EYE INJURIES

ARNICA MONTANA: Black eye (bruising); traumatic injury with hemorrhage; absorption of clots following retinal hemorrhage; bruised iris after cataract surgery; floaters in vision after an accident.

ACONITUM NAPELLUS: Acute inflammation after eye injury; inflammation from having had a foreign object in the eye.

LEDUM PALUSTRE: Bloodshot or bruised; black eye from injury; hemorrhage in the eye; drooping of lid from an injury to the eye.

RUTA GRAVEOLENS: Eye injuries where tissue surrounding the eye is also very inflamed.

SYMPHYTUM OFFICINALE: Injuries to the eyes from blunt instruments or a blow to the eyeball, eye socket, or sclera; bleeding inside the eye after injury; traumatic conjunctivitis; long-term pain or soreness in the eye after an injury.

FEVERS

ACONITUM NAPELLUS: Sudden high fevers; fevers with one cheek red and hot and the other pale and cold; worse in the evening.

EUPATORIUM PERFOLIATUM: Fever with great weakness; burning heat; fever with bone pain.

GELSEMIUM SEMPERVIRENS: A remedy for the fever and sweat stages of illness; fever with drowsiness, stupor, dizziness, faintness, and weakness; fever with nervous restlessness; fever with intense burning; thirstless during fever.

ARSENICUM ALBUM: This is a polycrest remedy for sudden acute illnesses and flu; fever at night with restlessness and anxiety; extremely high fever; septic fevers; feeling as if there is hot water running in the veins.

FERRUM PHOSPHORICUM: Fevers of unknown origin; early stage of illnesses with inflammation and fever; high fever of 102° or higher; fevers with sore throat or lung affliction; red face that feels cool.

IPECACUANHA: Fever with nausea and vomiting; catarrhal or gastric fevers.

FLU

ACONITUM NAPELLUS: First stages of a flu that comes on suddenly. Hot inside and chilly externally. Very thirsty.

ARNICA MONTANA: Flu with sore, bruised feeling in muscles. Body aches as if beaten and joints feel as if sprained.

ARSENICUM ALBUM: This is polycrest, first response remedy. Often all that is needed. Flu will begin with either cold symptoms or upset tummy. Gastric/intestinal flu will usually be accompanied by diarrhea. Usually with headache. Indicated for relapse situations—person got well but then the same illness returned.

EUPATORIUM PERFOLIATUM: Awful flu with characteristic intense pains in bones and lower back (even hips). Skin all over feels dry and sore. Even the eyeballs and scalp feel achy and tender. Fever with chills. Nausea. Vomiting of food and bile. Very thirsty but vomits after drinking anything.

GELSEMIUM SEMPERVIRENS: Flu with deep fatigue and feeling of heaviness. Chilly, can't seem to get warm. Fever with shivering. Headache. Often indicated in the final stages and during convalescence.

IPECACUANHA: Nausea from smell of food. Very weary, as if he has carried a heavy load. Pain in bones and in the back. Fever. Chills are worse in a warm room and better for fresh air. Often accompanied by headache. Belching and much saliva. Often extreme nausea with desire to vomit but unable to.

VERATRUM ALBUM: Sudden and violent with collapse, coldness, blue tinge to skin, great weakness. Diarrhea will be violent. Symptoms often accompanied by fainting. Feels hungry and thirsty, even when eating and drinking causes immediate vomiting. Gastric flu is accompanied by mucus in bronchials.

FOOD POISONING

ARSENICUM ALBUM: For food poisoning with diarrhea and extreme nausea. This is the first remedy I would reach for with any digestive upset, particularly if it was intestinal to any degree. Exhaustion and weakness is a keynote of this remedy.

CARBO VEGETABILIS: Similar to Arsenicum but more specific to food poisoning from bad meat.

COCCULUS INDICUS: Nausea with belching, metallic taste in the mouth, and feeling of faintness.

IPECACUANHA: Nausea, with chilliness and often with pains in the bones.

HAY FEVER

ALLIUM CEPA Symptoms similar to those experienced when peeling onions.

ARSENICUM ALBUM Like a cold with violent sneezing and thin watery discharge.

EUPHRASIA OFFICINALIS Similar to a cold with eye inflammations. Worse evenings.

HEAT EXHAUSTION/HEAT STROKE

The Bach Flower Combination, **RESCUE REMEDY**, is always a good choice.

Heat exhaustion: Loss of fluids and electrolytes can also produce a condition where there is nausea, dizziness, weakness, cramps, headache and fainting. In the instance of heat exhaustion, the person will be dehydrated. Replacing bodily fluids and having the person lie down in a cool room helps with recovery.

Heat stroke: When the body is unable to control its temperature after lengthy exposure to heat and the sun, sometimes a fatal condition known as heat stroke occurs. An early sign is the lack of sweating. The body temperature may rise to 105 degrees Fahrenheit or higher and there will also be dehydration and a loss of electrolytes. Seizures, severe headache, confusion and rapid breathing are also evident. This is an emergency situation and generally calls for immediate medical attention.

GLONOINUM: First remedy for sun stroke. Severe congestive headache after exposure to sun and heat. Hot face with cold extremities. Irritability. Confusion. Pounding pain. (Compare to Belladonna)

GELSEMIUM SEMPERVIRENS: Sun stroke. Headache in the back of the head. Weakness. Possibly comatose. No thirst.

LACHESIS MUTA: Headaches from heat and sun exposure. Faintness. Dizziness. Mental confusion. Symptoms are worse after sleep. Faintness. Dizziness.

NATRUM CARBONICUM: Chronically affected by heat and sun stroke. Extreme fatigue that is the result of heat and exposure to the sun. Headache is worse from the slightest mental effort.

BELLADONNA Agonizing sudden shooting headache with intense throbbing. Bright red face. Dilated pupils. Glassy-eyed, fixed stare with no expression. Mouth dry but no sensation of thirst.

BRYONIA ALBA: Severe headache made worse by the slightest motion. Extremely thirsty for large amounts of cold water.

ACONITUM NAPIELLUS: Faint and dizzy with headache after prolonged, direct exposure to the sun. Individual will be anxious and restless. May tell you he is dying.

CARBO VEGETABILIS: Collapse from excess heat. Skin feels clammy. Nausea. Better for moving air around him (fanning).

HIVES

APIS MELLIFICA: Much burning and stinging. Rosy red. Very sensitive and sore. Often with fever and sweating. Worse at night.

RHUS TOXICODENDRON: Burning, itchy hives with joint pain

URTICA URENS: Red, raised blotches with constant desire to rub. Rubbing sometimes brings some relief. Always consider when the hives may have been a reaction to eating shellfish.

INJURIES

ARNICA MONTANA: Give Arnica as a routine after any injury to prevent shock, swelling, and bruising.

CALCAREA CARBONICUM: Vital to healthy blood, connective tissue, and bones. For old injuries where there is lingering pain or slow healing.

CALENDULA OFFICINALLIS: Wounds which have extended into or are affecting joints.

FERRUM PHOSPHORICUM: Helps with soreness and bleeding. Phosphoricums are indicated when there is fatigue and weakness.

HYPERICUM PERFORATUM: Damage to nerve-rich areas—fingers, toes, coccyx, spine. Post-operative pain (take as a preventative before surgeries).

HEPAR SULPHURIS CALCAREA: Wounds with inflammation where healing is slow

RHUS TOXICODENDRON: Stiffness remaining after strains and sprains to joints, ligaments or the back. Limbers up with movement.

RUTA GRAVEOLENS Sprains, particularly in ankles or wrists. Bruises to the covering of the bone (periosteum) such as on shins. Pains of Ruta graveolens are constant and worse from movement or pressure.

INSECT BITES AND STINGS

APIS MELLIFICA: Burning and stinging. The person is tearful and whiny.

ECHINACEA ANGUSTIFOLIA: Blood purifier, so speeds recovery and return to normal.

HYPERICUM PERFORATUM: For exceptionally inflamed and painful bites to nerve-rich areas with the pains shooting or tearing up neural pathways.

LEDUM PALUSTRE: Ledum prevents sepsis and infection and should routinely be given when a person is bitten or stung. It may be given, in low potency, along with the remedy that most clearly indicated.

STAPHYSAGRIA: Indicated when the bite or sting stays sensitive to the touch for a longer than the usual period of time.

URTICA URENS: Give internally. Apply locally for the burning and itching

JOINT PAIN

APIS MELLIFICA: Arthritic pains with stinging sensation. Other symptoms must match, of course.

ARNICA MONTANA: Joint pain and stiffness from injury or overexertion. Ache as if beaten.

BELLIS PERENNIS: Use if Arnica has not brought relief.

HEPAR SULPHURIS CALCAREUM Swelling in joints of fingers. Bruised, pulling, tearing pain in hips or shoulders. Better for heat, much worse for cold.

RHUS TOXICODENDRON Polycrest remedy for many types of sciatica and joint pain. There is lameness and stiffness which is worse for rest and much worse when forced to move again after a rest. Continued movement brings relief but pain soon returns with weariness. Pain can be brought about by overexertion.

RUTA GRAVEOLENS Injured joints and bruised bones. Sprains with weakness in joint. Bursitis.

Cracking in joints, worse for movement. Parts lain on get very painful. Knees give way. Pain in feet, ankles, wrists, hands. Ganglion of wrists. Nodes in joints of palms.

NAUSEA (SEE FLU AND FOOD POISONING)

NOSEBLEEDS

FERRUM PHOSPHORICUM: Bright red blood, with spitting of blood, especially in children.

HAMAMELIS VIRGINIANA: Profuse nosebleed with failure to coagulate. Typical blood vessel congestion, causing tightness at bridge of nose.

IPECACUANHA: Nosebleed during cough or with headache, bright red.

KALI PHOSPHORICUM: Deficiency of the blood, resulting in nosebleeds, fatigue, and weakness. Profuse flow of blood.

RUTA GRAVEOLENS: Pressure and aching at the root of the nose, like a blunt plug, with nosebleed.

SHOCK

FIVE FLOWER FORMULA (commonly called **RESCUE REMEDY**) should always be given if shock is experienced or pending. Aconitum shock and Arnica shock are exact opposites. Aconitum or Arnica may be used in addition, but Rescue Remedy is essential!

ACONITUM NAPIELLUS: Mental and emotional shocks. Panic and great fear. Tingling coldness and numbness. Eyes will be glassy and staring. This is a remedy that is used in childbirth, especially for a fast labor where the mother is shaking with shock (baby may be very still with a fearful look on its face).

ARNICA MONTANA: The first remedy to reach for when there has been an accident or injury accompanied by delayed shock. Person will claim to be fine. Use of Arnica Montana at this time will most likely prevent the person going further into shock.

SPRAINS

ARNICA MONTANA: As immediately after injury as possible to reduce swelling and bruising and to speed healing.

BELLIS PERENNIS: As a follow-up remedy to Arnica, if the action of Arnica was insufficient or has halted.

CALCAREA CARBONICA: Particularly useful for old sprains where there is still pain and weakness.

RHUS TOXICODENDRON: For muscle or tendon strain from over lifting. Use Arnica first. Rhus toxicodendron is then indicated if there is inability to grip or lift after healing should have occurred.

RUTA GRAVEOLENS: Use for old injuries that still stiffen up with changes in the weather.

SYMPHYTUM OFFICINALE: Symphytum aids the body in uptake and distribution of calcium, thus assisting healing of bones and tissues.

SPLINTERS

SILICA TERRA: Silica will encourage any foreign object to work its way to the surface of the body where pus will form from which the object may be ejected or removed.

TOXIC POISONING, CHEMICAL ALLERGIES

APIS MELLIFICA: Anti-inflammatory and antihistamine; multiple chemical sensitivities; hypersensitivity and anaphylactic shock from allergies (foods such as nuts), insect bites and stings; chemicals and chemical fumes, and drugs; swelling of face and throat; difficulty breathing.

PHOSPHORUS: Toxic poisoning or allergic reactions from chemical fumes; panting, gasping for air, vertigo; any strong reaction to odors.

BOVISTA: To be used until medical help arrives to prevent asphyxia and death by suffocation from gas fumes; heart feels enormously large; body, the extremities first, will be puffy and swollen.

CARBO VEGETABILIS: Asphyxia from carbon monoxide poisoning or any other situation where there is lack of oxygen; difficult accelerated breathing; headache; head feels very heavy.

TRAVEL SICKNESS

COCCULUS INDICUS: Travel sickness where there is nausea, diarrhea, headache, dizziness, feeling of faintness, and vomiting. Person must lie down to prevent vomiting. Worse for fresh air, eating, drinking, movement, or sitting up.

STAPHYSAGRIA: Indicated when the traveller is extremely annoyed and difficult and usually complaining loudly about the injustice of this nausea happening to him at a time like this!

NOTES

Emergency first aid treatment should almost always include Rescue Remedy, a Bach Flower Essence remedy also known as Five Flower Formula. If there has been an accident or a trauma of any kind, Arnica or Aconitum, depending on symptoms, should also be given. (Please see Shock on previous page)

This table is meant as a collection of remedies that have a reputation for effectiveness for many years and in many places. Your use of them, and when to call for medical assistance, must—as always—be your own responsibility and be based upon your own skill, competence, and confidence. There are many other remedies that may have deserved a place in this list. It should be only the start of a repertory of emergency remedies.

It is a fine thing to develop the knowledge and skill to cope competently with emergency situations as they arise with yourself and in your families. It is probably best, at least at first, to be under the watchful eye of a more experienced person or a physician.