

Chapter Twenty - Homeopathy and First Aid

FIRST AID MATERIA MEDICA

The next few pages provide the names of some of the frequently used homeopathic remedies for first aid situations, indications for their use, and some very basic information about each one. Be sure to consult a more in-depth Materia Medica to match the symptoms more perfectly to the person once the initial crisis, which may have required you to act quickly, has passed.

ACONITUM NAPELLUS (MONKSHOOD)

CONDITIONS: Sunstroke; shock; flu; fever, with great thirst; chills; eye injuries and inflammation ; earache; headache; follows exposure to cold, dry wind, too much sun, or fright.

COMMENTS AND INDICATION: For the first stages of an illness; symptoms come on suddenly and dramatically and are accompanied by anxiety and restlessness; particularly suited for anything that is the result of shock or extreme fear and fright.

ALLIUM CEPA (RED ONION)

CONDITIONS: Colds; hay fever, especially with red, watery, burning eyes that have become sensitive to light; also may include dry, ticklish throat and sneezing; follows exposure to pollen, dust, animal dander, molds, or damp cold winds.

COMMENTS AND INDICATION: This remedy covers more symptoms of the common cold than any other and a cold is what the allergy and hay fever symptoms look like, also.

APIS MELLIFICA (HONEY BEE)

CONDITIONS: Hives; insect bites and stings; earache that is worse for heat; allergic swelling of face, eyelids, lips; fever; headache; joint pain; diarrhea.

COMMENTS AND INDICATION: The symptoms of Apis include burning and stinging sensations; thirstless but usually better for a cold drink; symptoms are better for cold worse for heat and touch; red fiery tongue; the person is often irritable and restless (much like a honey bee); tearful; whiny.

ARNICA MONTANA (LEOPARD'S BANE)

CONDITIONS: Bruising; sprains; strains; falls; blows; sports injuries; overexertion; exhaustion; headache; pain; inflammation; bleeding; head injuries; eye injuries; joint pain; post surgery pain; shock; injuries to muscles; sore, bruised feeling all over the body.

COMMENTS AND INDICATION: Arnica is the #1 remedy for any type of injury, even if received years earlier. Keynote: the person often refuses examination, telling you they are just fine when they obviously are not. Arnica promotes healing, controls bleeding, reduces swelling, and prevents infection and the formation of pus—amazing! **It is recommended to use only the homeopathic Arnica on open wounds.**

ARSENICUM ALBUM (ARSENIC)

CONDITIONS: Allergies; diarrhea; fevers; flu; food poisoning; nausea; pneumonia; weakness.

COMMENTS AND INDICATION: A true polycrest remedy and should be used as a first response remedy whenever there is flu, food poisoning, diarrheas, nausea, great weakness, and a host of other symptoms.

BELLIS PERENNIS (ENGLISH DAISY)

CONDITIONS: Bruises; joint pain from getting chilled or drinking cold water after being very hot; headache; pregnancy: pain in groin when walking (trapped nerve).

COMMENTS AND INDICATION: Small but important remedy in first aid; it is indicated for any ailment that follows a plunge into cold water (or even a drink that was too cold) when a person was overheated; a follow-up to Arnica if Arnica fails to act or the action stalls out after a time.

CALCAREA CARBONICA (OYSTER SHELL)

CONDITIONS: Sprains (of ankle, hand or wrist—mostly); stiff neck; backache; earache; eye inflammation; headache; exhaustion.

COMMENTS AND INDICATION: Calcarea carbonica is vital to the health and growth of healthy blood and connective tissue cells as well as bones and teeth. This remedy is indicated during the last phase of healing from an injury or when there is lingering pain from an old injury or sprain. Excellent remedy for weakness or exhaustion during convalescence. Indicated when there is exhaustion with even slight physical or mental exertion.

CALCAREA PHOSPHORICA (CALCIUM PHOSPHATE)

CONDITIONS: Broken bones—is particularly indicated when healing is slow. Phosphorus in the name of a remedy always indicates exhaustion of some sort.

COMMENTS AND INDICATION: Promotes the ossification (knitting together) of bones, especially in the elderly or those whose bones have become thin and brittle.

CALENDULA OFFICINALIS (POT MARIGOLD)

CONDITIONS: Cuts; wounds; abrasions; abscesses; lacerations; fever; surgeries; bleeding from wounds; head injury or concussion; wounds penetrating into joints; burns; sunburns; fever; especially indicated when the pain seems to be excessive for the amount of injury.

COMMENTS AND INDICATION: Calendula may be given internally or applied externally to the area. Given internally, it slows bleeding and helps with exhaustion from loss of blood or excessive pain. Calendula should be given before and after surgery.

CANTHARIS VESICATORIA (SPANISH FLY)

CONDITIONS: Burns; scalds; acute and sudden inflammations; severe cystitis.

COMMENTS AND INDICATION: Pain is raw, smarting, stinging and relieved by cold applications. The face will usually be pale with an expression of extreme suffering.

CARBO VEGETABILIS (VEGETABLE CHARCOAL)

CONDITIONS: Food poisoning; indigestion; acid stomach.

COMMENTS AND INDICATION: Condition may be the result of bad food, overindulgence, or the lingering effects of old illness aggravated by over eating.

COCCULUS INDICUS (INDIAN COCKLE)

CONDITIONS: Motion sickness; nausea; jet lag; sleep deprivation; vertigo.

COMMENTS AND INDICATION: Besides motion sickness and jet lag, this is a remedy for any ailment that has come about because of lack of sleep (when caring for loved ones, for example).

ECHINACEA ANGUSTIFOLIA (CONE FLOWER)

CONDITIONS: Irritation from insect bites and poisonous plants. Headache with dullness of mind. Blood poisoning.

COMMENTS AND INDICATION: Echinacea is a blood purifier and immune system tonic. Modalities include better for lying down, pains come and go suddenly, and worse in the evening.

EUPATORIUM PERFOLIATUM (BONE SET)

CONDITIONS: Chills; bone pains; fever; flu; diarrhea.

COMMENTS AND INDICATION: Conditions where there is a great deal of bone pain and the muscles feel bruised and sore in illness such as flu and fever. Person is restless and is often moaning from the pain. Often there is throbbing pain in the back of the head.

EUPHRASIA OFFICINALIS (EYEBRIGHT)

CONDITIONS: Allergies; hay fever; conjunctivitis.

COMMENTS AND INDICATION: The sensation is that of grit or sand in the eyes and tightness in the chest. Burning and swelling of the eyelids with the eyes watering continuously.

FERRUM PHOSPHORICUM (IRON PHOSPHATE)

CONDITIONS: nosebleeds; bruises; contusions; injuries; inflammation; wounds; weakness; fever; earache.

COMMENTS AND INDICATION: Especially indicated for the first stage of fevers and earaches. Ferrum remedies are indicated for anemia and blood disorders. Ferrum phosphoricum is particular to bright red nosebleeds with the spitting of blood. This remedy also controls soreness and bleeding after surgeries.

GELSEMIUM SEMPERVIRENS (YELLOW JASMINE)

CONDITIONS: Anxiety; chills; chronic fatigue; debility; diarrhea; fatigue; fevers; flu; muscle weakness; sunstroke; vertigo; weakness; often used as a follow-up or convalescent remedy.

COMMENTS AND INDICATION: Symptoms come on gradually and are accompanied by intense weariness and feeling of heaviness in the arms and legs. Person will be trembly from exhaustion and worse for any additional exertion. The mind is unusually sluggish when illness is present.

HAMAMELIS VIRGINIANA (WITCH HAZEL)

CONDITIONS: Bruises; burns; bleeding; open painful wounds; venous congestion of any kind; nosebleeds; hemorrhoids; vertigo.

COMMENTS AND INDICATION: No remedy has a wider range of usefulness with vein and blood disorders. It ranks with Arnica and Calendula as a topical application for burns and wounds.

HEPAR SULPHURIS CALCAREUM (SULPHUR - OYSTER SHELLS)

CONDITIONS: Earache; slow healing of cuts, wounds, and injuries; joint pain; sore throat.

COMMENTS AND INDICATION: Hepar sulph calc is a very chilly remedy. Ailments needing this remedy are often brought on by exposure to cold and are always made worse by cold. The person for whom this remedy is effective almost always lacks internal warmth, which makes them especially susceptible to the cold.

HYPERICUM PERFORATUM (ST. JOHN'S WART)

CONDITIONS: Injuries to nerve-rich parts of the body (fingers, toes, etc.); coccyx injuries; puncture wounds; lacerations; spinal injuries; bites; bruises; hemorrhoids; sciatica; post-operative pain; nerve pain that is tingling, burning, or numb.

COMMENTS AND INDICATION: This remedy is good for backaches after surgeries in which a spinal anesthesia was applied and for old injuries where there is still nerve pain. Excessive pain and nerve pain is the keynote indications for this remedy.

IPECACUANHA (IPECAC ROOT)

CONDITIONS: Food and drug poisoning; morning sickness; nausea; migraine with vomiting; nosebleeds; fever with nausea; convulsions

COMMENTS AND INDICATION: This remedy is likely to be of great value whenever there is constant nausea and aversion to food. The nausea is not relieved by vomiting—rather there is the desire to vomit again, continuously. Ipecacuanha is useful in pregnancy if the symptom picture fits, but is more often a flu and food poisoning remedy.

KALI PHOSPHORICUM (POTASSIUM PHOSPHATE)

CONDITIONS: Anemia; diarrhea; fatigue; headaches; nosebleeds; pneumonia; nervous prostration; insomnia.

COMMENTS AND INDICATION: Kali phos is the nutrient found in the tissues and fluids of the brain and nervous system. Indicated when there is exhaustion and fatigue following illness or exertion with increased sensitivity to external stimuli such as light and noise.

LEDUM PALUSTRE (WILD ROSEMARY)

CONDITIONS: Bruises; puncture wounds and wounds of all types; insect bites and stings; skin eruptions.

COMMENTS AND INDICATION: Ledum helps prevent tetanus and sepsis in wounds. Most effective for bruising (black eyes or blows from objects) where the affected part feels cold yet pain is relieved by cold applications.

RHUS TOXICODENDRON (POISON OAK)

CONDITIONS: Sprains; strains; injuries to ligaments; bruises; sciatica; stiff muscles or joints; swollen glands; cold sores; fever blisters; hives; poison ivy or poison oak rashes—any itchy rash with vesicles.

COMMENTS AND INDICATION: This is a remedy for the straining of muscles and tendons and for dislocated joints. It is good for lameness after a sprain, especially in the wrists or ankles. Rhus toxicodendron pains are aggravated by initial motion, but better upon continuing the activity. Like Arnica, Rhus toxicodendron is a remedy for physical strain that as come about by overdoing some activity.

RUTA GRAVEOLENS (GAREN RUE)

CONDITIONS: Severe sprains with damaged tendons, split ligaments, or bruised periosteum—covering of the bones (making it a remedy for bruised shins.) Backache; Carpal tunnel syndrome; Dislocated joints; Eye strain; Joint injuries; Tennis elbow; Tendonitis; Nosebleeds; Fevers.

COMMENTS AND INDICATION: Ruta graveolens may be used for pains due to recent or old injuries, especially to the knees or elbows. Ruta graveolens has an affinity for fibrous tissue, flexor tendons, joints, cartilages, periosteum, skin, and eyes. This remedy is often indicated for any condition of prolapse. A keynote is the slipping out of place of vertebrae and a feeling of coldness in the spine.

SILICA TERRA (PURE FLINT)

CONDITIONS: Splinters and slivers; slow recovery or healing; boils; headache; glandular swelling; whitlow and other nail problems; pus formation; scarring; abscesses.

COMMENTS AND INDICATION: Some of the ailments of Silica seem to be brought about by shock or mental strain. Silica will bring an abscess to a head or cause a sliver or other foreign object to leave the body. The object will work its way to the surface where pus will form from which the object can be removed—rather amazing, actually.

STAPHYSAGRIA (STAVESACRE)

CONDITIONS: Bites; stings; cuts and wounds to nerve rich areas; eye injuries; motion sickness; styes; sciatica

COMMENTS AND INDICATION: Bites, stings, eye injuries, and wounds are very sensitive to touch. Staphysagria is particularly indicated if the injury came with feelings of humiliation, indignation, and anger. This can occur with abuse or even after an operation to a sensitive or embarrassing body part (such as stitching after childbirth). There is usually inflammation of the injured part.

SYMPHYTUM OFFICINALE (COMFREY)

CONDITIONS: Broken bones; fractures that are slow to heal; bone bruises; wounds; injuries to ligaments, tendons, and periosteum; sprains; phantom pain in amputated limbs; eye injuries.

COMMENTS AND INDICATION: This is an herbal remedy that has not been proven extensively by homeopathic researches. (I find this almost impossible to understand.) It is of great value as a first-aid treatment for injuries to the eye, especially for direct blows to the eyeball. Symphytum speeds the healing of broken bones and other injuries.

URTICA URENS (STINGING NETTLE)

CONDITIONS: Burns; bites; stings; sore throat; eczema; itchy blotches; hives with a constant desire to rub—and may actually be better for rubbing; allergic reactions experienced after eating shellfish.

COMMENTS AND INDICATION: Urtica is helpful for diminishing the pain of burns. This remedy is helpful in the passage of accumulated uric acid. Supporting the kidneys and clearing the cells and tissues of uric acid crystals is important to the clearing of hives and itchy patches and to the relieving of pain with burns and bites.

VERATRUM ALBUM (WHITE HELLEBORE)

CONDITIONS: Collapse; dehydration; head injury; diarrhea; flu; shock sunstroke; convulsions.

COMMENTS AND INDICATION: Collapse with extreme coldness, mild blueness of lips usually brought on by severe illness with diarrhea and dehydration or from sunstroke. Usually there is vomiting, cramping, vertigo, delirium and sleepiness.