

Treating first aid situations with homeopathy

Homeopathic treatment is best provided by a professional homeopath but there are situations where remedies readily available at pharmacies can help enormously in treating situations commonly encountered in every day in the home.

This is a brief taster. Choose the remedy that is the closest fit to the symptoms.

Cuts, Scrapes & Bruises	Key Symptoms	Remedy & Dosage
<p>If bleeding, infection may occur.</p> <ul style="list-style-type: none"> Clean wound with a sterile gauze soaked in calendula and hypericum lotion. Apply calendula cream or ointment. Cover minor cuts and abrasions with a sterile dressing for 2-3 days. 	Moderate to severe bruising.	Arnica Montana Take 30C every 2 hours, up to 6 doses, then 3 doses a day for 3 days.
	Wound feels cold and numb. Soothing feeling with cold compress.	Ledum Palustre Take 6C every 2 hours, up to 6 doses, then 3 doses a day for 3 days.
	Wounds with shooting nerve pain.	Hypericum Perforatum Take 30C every 2 hours for up to 3 days.

Minor Burns & Scalding	Key Symptoms	Remedy & Dosage
<p>Avoid touching burnt or scalded area as much as possible.</p> <ul style="list-style-type: none"> Hold under cold running water to cool skin surface and reduce pain. Apply Urtica ointment to soothe the wound. <p>Caution: If a burn surface is larger than 3-4 inches in diameter, see a healthcare professional immediately.</p>	Blistering burn or scalding. Searing pain. Applying a cold compress provides soothing relief.	Arnica Montana Take 30C every 15 minutes, up to 3 doses, followed by Cantharis Take 30C every 15 minutes, up to 6 doses.
	Continuous stinging and burning pain.	Urtica Urens Take 30C every 15 minutes, up to 10 doses.

Insect Bites & Stings	Key Symptoms	Remedy & Dosage
<p>Insect bite and sting pain, swelling and at times infection.</p> <ul style="list-style-type: none"> Remove bee or wasp stinger with sterile tweezers. <p>Caution: If sting is inside the mouth, nose, ear, or if it's in or around the eyes, rinse with cold water to reduce swelling and see a healthcare professional immediately.</p>	Stung area is swollen, bruised and painful.	Arnica Montana Take 30C every 5 minutes, up to 10 doses, followed by: Ledum Palustre Take 6C every 8 hours, up to 3 days.
	Stung area is red, feels hot and swollen.	Apis Mellifica Take 30C every 15 minutes, up to 6 doses.

Nosebleeds	Key Symptoms	Remedy & Dosage
<p>Nosebleeds due to injury or after blowing the nose violently.</p> <ul style="list-style-type: none"> Hold head up in a seated position while pinching the lower part of the nostrils firmly for about 10 minutes, then release slowly <p>Caution: If bleeding persists, see a healthcare professional.</p>	Nosebleed after an injury.	<p>Arnica Montana Take 6C every 2 minutes, up to 10 doses.</p>
	Nosebleed brought on by blowing the nose violently.	<p>Phosphorus Take 6C every 2 minutes, up to 10 doses.</p>

Splinters	Key Symptoms	Remedy & Dosage
<p>May cause infection.</p> <ul style="list-style-type: none"> Remove splinter with sterile tweezers. <p>Caution: If not inoculated against tetanus within the past 10 years, see a healthcare professional immediately.</p>	Stinging burning pain. Applying a warm compress may draw splinter closer to the surface.	<p>Silicea Take 6C, 4 times a day, up to 14 days.</p>

Blisters	Key Symptoms	Remedy & Dosage
<p>Bubbles of fluid under the skin caused by friction or burning.</p> <ul style="list-style-type: none"> If blisters burst, bathe with calendula and hypericum solution. 	Itching, burning blisters. A cold compress provides soothing relief.	<p>Cantharis Take 6C, 4 times a day until pain subsides.</p>
	Red, swollen and itchy blisters.	<p>Rhus Toxicodendron Take 12C, 4 times a day until pain subsides.</p>

Motion Sickness	Key Symptoms	Remedy & Dosage
<p>Caused by travel in car, boat, train, plane etc. Children are especially vulnerable.</p> <ul style="list-style-type: none"> Homeopathic remedies can be taken up to one hour prior to journey to prevent motion sickness. 	Nausea, dizziness and faintness, chills, sweating, worsens near tobacco smoke.	<p>Tabacum Take 6C every 15 minutes, up to 10 doses.</p>
	Queasiness, chills, headache at back of head or over one eye, worse from food, tobacco smoke and coffee.	<p>Nux Vomica Take 6C every 15 minutes, up to 10 doses.</p>
	Giddiness and exhaustion with the desire to lie down. Sight of food induces nausea and salivation.	<p>Cocculus Take 6c every 15 minutes, up to 10 doses.</p>

Eye Injuries	Key Symptoms	Remedy & Dosage
<p>The eye is delicate and easily damaged by pressure, injury and foreign objects.</p> <ul style="list-style-type: none"> Wash dust and grit from the eye with cold water. Bathe with calendula & Hypericum solution to prevent infection. If still painful after removing object, bathe eye with euphrasia solution every 4 hours. <p>Caution: All eye injuries should be examined by a healthcare professional. If eye has been penetrated or chemically contaminated, call an ambulance or other emergency care provider.</p>	<p>Black eye or bruising around the eye after injury.</p>	<p>Arnica Montana Take 6C every 2 hours, up to 4 doses.</p>
	<p>Black eye. Persistent pain that is soothed by applying a cold compress.</p>	<p>Ledum Palustre Take 6C every 2 hours, up to 10 doses.</p>
	<p>Persistent pain after removing a foreign object.</p>	<p>Euphrasia Officinalis Take 6C every 2 hours for up to 3 doses.</p>

Sprains & Strains	Key Symptoms	Remedy & Dosage
<p>Sprains caused by overstretching of ligaments may bind the joints. This can range from mild to severe which can also affect the muscles. Symptoms include swelling, stiffness and pain whenever joint or muscle is used.</p> <ul style="list-style-type: none"> Provide support to injured area in the most comfortable position. To reduce swelling apply a cold compress soaked in cold water and 10 drops of arnica tincture. If the ankle is sprained, provide firm support and apply arnica cream. 	<p>Pulled tendons and ligaments accompanied by pain and stiffness.</p>	<p>Arnica Montana Take 30C every 30 minutes, up to 10 doses, followed by: Ruta Graveolens Take 6C, 4 times a day until pain and stiffness subsides.</p>
	<p>Torn muscle, hot swollen joints, pain is worse on start of move and wears off with continued movement.</p>	<p>Arnica Montana Take 30C every 30 minutes, up to 10 doses, followed by: Rhus Toxicodendron Take 6C, 4 times a day until pain and stiffness subsides.</p>