

HOMEOPATHIC REMEDIES IN 'FIRST AID' APPLICATIONS

short booklet of how to respond
in an emergency situation
to comfort suffering and offer assistance
until the doctor is available.

FOR WHOM IS THIS BOOK WRITTEN

This book is written for the average person who knows
the basics of Homeopathic Principles;
who is without much experience;
but who wishes to assist others
in their occasional time of suffering or distress
until Qualified Medical Personnel can be brought to the scene.

WHAT IS WRITTEN HEREIN

1. Recommended first aid kit contents
2. Alphabetical list of medicines, and their indications for use.
3. Practical Applications: how to respond and assess.
4. Alphabetical list of situations which may require emergency care until the doctor or medical help becomes available, and remedies most suited to them.
5. Resources and other sources of information conclude the booklet

DISCLAIMER

First, a disclaimer: This document in no way recommends doing any more than recommended by the American Red Cross, or any other organization which simply give guidelines as to how to assist at an emergency situation to keep the victim(s) from further harm until qualified medical personnel arrives on the scene.

Before reading this booklet, it is recommended to go to your local Red Cross and take an emergency first aid course from them. They offer the type of hands-on practical techniques necessary to best assist you to be the most effective help, should you encounter an emergency situation.

The purpose of this booklet is to add only the most basic principles of Homeopathy to your understanding of what will be in the best interests of anyone you may encounter who is suffering from an unexpected medical emergency..

I have only mentioned non life-threatening instances.As these can best and most easily be assisted by a total first aid novice before the Doctor or Medical Personnel arrive on the scene.

how to use this booklet

before you ever encounter an emergency,create your kit.

Briefly read the alphabetical list of the suggested remedies beginning on page 4 through page 12 . This will give you an idea of the scope of the different remedies,and their potential .*You May best do this before you actually come into an emergency situation.* Then,assemble your actual working first aid kit,according to your needs. A suggested kit with approximately 20 of the most common remedies is listed on page 4 .

These tiny pills ,tinctures (liquid solutions) and prepared gels may be purchased from a reputable homeopathic supply source. (See Sources and Resources on pages 22 and 23). Not all of these remedies are essential in every first aid kit. After reviewing the remedies and their qualities, choose the ones you wish to purchase,and make your kit personal,according to what you think your needs may be. Most Homeopathic Supply houses offer single remedies. Purchase and compile the kit you desire and then keep it handy.

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RECOMMENDATIONS (CON'T)

*******go to your local red cross and take a first aid course*****

ASSEMBLING YOUR KIT

About potencies of the Medicines

One problem with homeopathic medicine is that there are many points of view, and many Professionals have different experiences with different aspects of Homeopathic Prescribing. I am a layperson. I Personally believe that Homeopathy is a Science which should be practiced mostly by those Trained in it with many years of experience. The scope of this book and contents are very very limited. To lessen any possibility of problems caused by incorrect use of homeopathic medicine, I keep some rules of thumb. I believe they are a good idea. It is always the best course of action to be Prudent in all our ways.

To this end, I personally use mostly remedies of the **6x or 6c** potency. These can be safely administered as often as every 15 minutes for a few doses, and then stopped. (This would be a maximum dose used In case of an emergency situation ..before a doctor could be reached, anyway..by virtue of the conditions at hand). In cases where the emergency might not be so dire, 6x could also be safely administered for 3 doses in one day, and then stopped. Conditions of the patient could be monitored, and medicine could be given until improvement of patient is noticed, and then the administration of medicine could be stopped. In the case of a fracture, this three times daily dose could continue for a couple of days.

To refresh: Homeopathic medicine is given with the principle : **Take as little of the medicine as possible and yet enough to lessen pain, and stimulate the persons healing powers.** The disagreement amongst experts, and something to be considered, is whether a somewhat higher potency can be used in these first aid situations as it may be only possible to administer one dose before the doctor is at the scene.. In this case **30X or 30 C** would be more suitable.

The above thoughts should be kept in mind when compiling ones personal first aid kit. Recommendations of potencies recommended will be shown below.

YOUR BASIC KIT

1.small vials of each of the following in 30x or 6x potency

ACONITUM 30	CANTHARTIS 30	VERATRUM ALBUM 30
APIS MEL 30	CARBO VEG 30	
ARNICA MONTANA 30	HYPERICUM 30	*CALENDULA TINCTURE
ARS ALB 30	LEDUM PAL 30	*ENCHINACEA TINCT
BAPTISIA 30	MAG PHOS 30	*HYPERICUM TINCT
BELLADONNA 30	NUX VOMICA 30	*LEDUM TINCT
BELLIS PERRENNIS 30	RHUS TOX 30	**CALENDULA GEL
BRYONIA 30	RUTA GRAV 30	**URTICA URENS GEL
CALENDULA 30	URTICA URENS 30	

The remedies in the recommended kit above are all in little vials of pills. These are to be administered two pills under the tongue for a dose, without water.

* The starred remedies are in liquid form. These are to be diluted with water prior to use. 10 drops to 8 oz water.

** the remedies with two stars are prepared formulas available from homeopathic suppliers

you will also need the following in your first aid kit:

some small jars or bottles , 4 oz, to make dilute tinctures for wound washing; Clean cloths for bandages; white cotton; Normal First Aid kit supplies including assorted small bandages; scissors; band-aids; medical tape for bandages. rubber tubing in case tourniquet is required.

To gain a basic understanding of the above remedies and their potential for assisting the body in its healing processes, an alphabetical list of the suggested remedies follows, with indications for their uses. It would be good to become familiar with these few different remedies, their names and applications.

DESCRIPTIONS AND USES OF REMEDIES IN YOUR FIRST AID KIT

ACONITE is a remedy used for extreme restlessness and fear. Person may have unfounded fear of death..Hot dry skin..May say everything tastes bitter.Does not like being touched. Mostly we would use it for extreme fearfulness. For mental shock and terror..For victims of natural disaster violence,or terror..The patient is frantic with fear and worry. Aconite is also used for ailments from cold winds and chills.

APIS is a remedy for bites and stings,with swelling and redness.The wound is puffy with a and rosy redness, shiny appearance and heat.Pains are stinging and burning , or like hot needles which make the person cry out. Generally person has no thirst. Apis is worse from touch and from heat in any form and better from cool air or bathing. Mentally can be irritable, fidgety, weepy, fussy, jealous or indifferent. Respiration can be panting with chest troubles. Very sleepy when not in pain. Puffy under the eyes .

ARNICA MONTANA is quite often given in accidents,first, for shock,and mental or physical exhaustion,or pain. Given early will reduce swelling from injuries,and bruising. Symptoms of Arnica include bruising with bluish, black and multicolored discoloration of the area, injuries to the head including haematoma (blood clot under the skull from a head injury), soreness and painfulness with aversion to anyone approaching them lest they touch the painful area. Also for weakness and general prostration, soreness and achiness. For the effects of sprains, overexertion, falls, blows, shock, infectious and septic fevers,(CON'T)

(ARNICA MONTANA CONTINUED) . Can say that he is fine, nothing ails him, when case ,in fact ,is very serious. May exhibit fear of people, crowds, public places, being struck or touched. Wants to be left alone, not fussed with.

ARSENICUM Is a remedy for food poisoning.great physical prostration and mental restlessness. Does not want to be left alone. May fear death.Pains and symptoms feel burning,but patient feels chilly. All symptoms except headache are better with heat.Thirsty for sips of hot drinks.Generally not often needed in acute emergency care, but is sometimes needed in diarrhea, dysentery, severe weakness, collapse, pneumonia, vomiting, chills, fever and other ailments. The main indication for Ars. is tremendous anxiety, restlessness and fastidiousness, coupled together with great prostration, coldness, burning pains that are relieved by heat. This remedy can stabilize a person suffering from food poisoning, infections from unclean water and food after floods or other unsanitary conditions occur, other chronic diseases that have become acute from the weakening effects of traumatic stress, overexertion and malnutrition. Ars. typically has a time aggravation of symptoms around midnight, lasting often until 3AM. It can also have noon to 3 PM aggravations, although the nighttime aggravation period is more typical.

BAPTISIA can be needed in acute diseases occasionally such as typhoid and influenza, diarrhea where there is a septic tendency. The patient has offensive odors, is confused, thinks he body is divided into parts and scattered about, muttering, uncomfortable in bed, drowsy and falling asleep after answering . Worse damp warm air, better open air. Characteristic brown stripe down the center of the tongue. Purplish, foul throat, dusky face.

BELLADONNA-Remedy for very high fevers. Inflamed area ,or the entire patient ,is burning hot and red. The eyes are glassy and pupils dilated. Onset of complaints is sudden, pains are violent and throbbing..rapid pulse. Patient is angry and may be delirious.Thirsty. Better lying down. Suddenness of illness with fever. Patient is hot and worse from the sun in particular, though can be chilly and want covers when there is fever. The face is red, hot and congested. The blood seems to go to the head and brain. The mind is very active,with excitement. Can be delirious in fevers with great excitement and talkativeness. Tends to be indicated as an acute remedy in well-read and intelligent people frequently, when the symptoms match of course. Can become violent . Heatstroke and sunstroke with severe headache worse from heat and the sun. Childhood eruptive fevers. Injuries when the local area is red, hot and swollen, but unlike Apis, the pains are more throbbing in Bell. and person is generally thirsty. Redness and burning heat wherever the illness affects him: in throat, head, chest, wounds, etc. Characteristic 'strawberry tongue.' Desires lemonade, lemons or something similar. Wants to lie with the head propped up. Can be needed in delirium tremens where withdrawal from alcohol or drugs for whatever reason creates a maniacal state, and the person becomes irrational and violent.

BELLIS PERRENIS -Bellis Perrenis is a remedy which is used for injuries which have caused damage to tissues deep in the body.Injuries to areas like the groin or stomach ,or breast..like when punched with great force in the stomach, or damage by ramming into a blunt object.

It acts upon the muscular fibers of the blood-vessels. Much muscular soreness. Lameness, as if sprained. Venous congestion, due to mechanical causes. First remedy in injuries to the deeper tissues. Results of injuries to nerves with intense soreness and intolerance of cold bathing. Traumatism of the pelvic organs. **PAGE 7**

BRYONIA Bryonia's chief characteristic, no matter what the ailment , is that the patient is very much aggravated by even the slightest movement. Indicated in injuries to the joints when Arnica fails and pain is worse from motion. Pleurisy, bronchitis, pneumonia, influenza with fever, dry hard painful cough. Patient wants to be left alone, is irritable, hard to please, doesn't want to be examined or questioned. Very thirsty for large quantities of cold water .

Pains are bursting, stitching, worse from motion, coughing, sneezing, etc. Worse becoming heated, better cool air. Wounds are better from pressure, bandaging. Headache n fevers worse from moving the eyes.

CALENDULA OFFICINALIS second only to Arnica in the first aid kit treasury. Chief Remedy for healing wounds,cuts,superficial burns and scalds. Stimulates the formation of healthy scar tissue. Taken in potencies internally will promote healing no matter where it is needed in the body. Best taken separately from other remedies. Injuries are very painful, out of proportion to the injury itself. Calendula promotes the healing of septic wounds, ulcers and parts that will not heal. Encourages local discharge of toxins from the wound and knitting of the tissues.(see also description of Calendula Tincture below)

CALENDULA TINCTURE One of the best external washes for scrapes, abrasions, lacerations and cuts. Use a few drops of the tincture in sterile water. Apply to the area with sterile gauze after washing the area with soap and water. Promotes the healing of septic wounds, ulcers and parts that will not heal. Encourages local discharge of toxins from the wound and knitting of the tissues.

CANTHARTIS remedy for intense pain of burns.intense mental and physical irritation pains are cutting and burning.burning and intense thirst..Cantharis is frequently needed in second and third degree burns. The skin is blistered, hot, burning, very painful and the patient is restless, peevish, won't listen to you and may even be delirious or violent.

CARBO VEG remedy for resuscitation. Carbo vegetabilis or simply Carbo veg is famous as "the corpse reviver". The patient is typically cold, blue and lacking oxygen. .This remedy could be used after an auto exhaust or oven gas suicide attempt. Or from any condition in which the patient is starved for oxygen and is turning blue or dusky color, such as after drowning. Give the remedy and do CPR. Don't stop trying just because they have stopped breathing. If you get to them quickly and give Carbo veg, you may save a life. Can be needed for stillborn babes when the child comes out blue. Give the remedy and whack it on the backside upside down and it may start breathing. Patients can need Carbo veg in any state of collapse where there is utter prostration. They typically lie in bed with the windows wide open and want the cold air on them despite the fact that their skin is cold to the touch. They will even uncover themselves with the cold air, air conditioner or a fan on them. They have tons of gas, belching and flatulence. Bad odors and a pinched, sickly, bluish face.

ENCHINACEA. Locally use the tincture as a cleansing and antiseptic wash for boils, insect bites, irritation from poisonous plants, septic or gangrenous sores or ulcers, carbuncles. Promotes pus formation and the removal of toxins. Similar to Calendula but for more septic conditions. Also like Calendula it can be used in potencies internally

HYPERICUM hypericum follows well after Ledum. Hypericum is recommended when the person complains of 'shooting pains'..Nerve pains..very severe sharp shooting pains..Can also be used as a wash externally by either dissolving hypericum tablets in water,or using dilute tincture of Hypericum perforatum.

The first remedy to think of when damage has been done to the parts of the body rich in nerves and are highly sensitive: fingers, toes, genitals, Patients who need this remedy feel shooting pains along the limbs or from the injured area. Think of Hyper. after fingers or toes get slammed in doors, severe toe stubs and the like. Also used for puncture wounds (also Ledum.). Prevents tetanus (like arnica). Spinal injuries and their chronic effects. Effects from shock, fright or hypnotism. Fear of falling from a height. Feels as if floating in the air. Like Arnica and Calendula makes a great wash for scrapes and minor open wounds; use several drops of the tincture in a half cup of water. Prevents infection.

LEDUM PALUSTRIS ..helps prevents sepsis. Indications: puncture wounds,prefers cold dressings on wounds..frequency of dose: lower doses half hourly,hourly,two or four hourly,depending on severity of injury..repeat whenever pain returns.Also indicated for black eye..with severe bruising and swelling,with patient preferring cool dressings, begin with course of arnica montana and follow up with a course of Ledum Pal..Also good as a wash to help prevent sepsis of wounds. Use crushed tablets in water as a wash,or diluted 10 drops tincture to one cup water .Wash puncture wounds with this tincture of Ledum Palustris.

MAGNESIA PHOSPHORICA. Dr. Schuessler's remedy for cramps, convulsions, neuralgic pains and spasms. Nervous, tense and subject to sudden violent neuralgic pains. Pains are sharp, shooting like **PAGE 10**

lightening, suddenly changing place making the patient cry out.
Twitchings. Worse from cold air, cold bathing or standing in cold water.
Better from warmth and rubbing. Neuralgic headaches and toothaches.

Mag Phos is

sometimes called the homeopathic aspirin.very effective if tablets are crushed and placed in cup of warm water,and sipped.good for all kinds of cramps.

Strychnos NUX VOMICA. Remedy for over indulgence of food or drink.

Very irritable patients. Want instant relief. Usually have digestive complaints. Hiccough, nausea which is better if they can vomit--tries to and is sure they will feel better if they could.,but often cannot vomit.

Constipation or has to go to the bathroom frequently but only goes a little each time, incomplete bowel movements. Can become violent and cruel. Ailments from overdrugging or indulgence in alcohol, tobacco or other drugs. Liver out of balance. Headaches. Crave stimulants.

Disordered digestion after high living and too many stimulants, coffee, wine, beer, etc. and rich foods.very chilly.emotionally tense and irritable and oversensitive.feel like vomiting but find it difficult to do so..

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RHUS TOXICODENDRON. A great remedy for overexertion, strains and overlifting. Overdoing it. Overworking. Lifting too heavy a weight. Muscle, tendon and connective tissue injuries. The main indication is that the patient feels worse on first moving, then feels better after they continue moving, get limbered up. Then they become fatigued and pain begins to return. The injuries feel better from hot bathing. They feel worse from cold, especially damp cold. They get stiff and tight in the cold, wet weather. Feel better exercising the area. Can be needed for the flu. Aching then better after changing position then the aching comes on again and they have to move again.

(RHUS TOX CON'T)symptoms of this remedy Rhus tox,are just the opposite of Bryonia.,which is worse from movement. The helpless Rhus type person can also have blister like eruptions, shingles, hives.

RUTA GRAVEOLENS. Rue. Can be needed in injuries if Arn. or Rhus don't help. Injuries to joints especially the smaller joints of feet and hands. Eyestrain after sewing and close work. The chief remedy for *injured or bruised bones with bruised, sore, aching pains.*

Has an affinity for fibrous tissues, flexor tendons. Strains from repetitive hand or foot work. Carpel tunnel. Worse from overexertion, injury, strain, cold air, damp, wind, wet. Better from warmth, rubbing, motion. Ganglion of the wrist. Bursitis.

URTICA URENS. used internally and externally for Burns and scalds. First degree burns with intense burning and itching. Prickly heat. Urticaria associated with rheumatism. Can be needed in Chicken Pox.Also for allergic reaction to shellfish

VERATRUM ALBUM. A perfect picture of *collapse*, with *extreme coldness, blueness, and weakness*, is offered by this drug. . cold sweat on forehead, pale face, rapid, feeble pulse. *Cold perspiration on the forehead*, with nearly all complaints. *Vomiting, purging, and cramps in extremities.* The *profuse*, violent retching and vomiting is most characteristic. *Headache* with nausea, vomiting, diarrhoea, pale face. Neck too weak to hold head up..Eyes surrounded by dark rings. Staring; turned upwards, without luster. tears,heavy eyelids.heavy.face sunken.

PRACTICAL APPLICATIONS

You encounter someone who has just had an accident. You can know for sure that they are in shock. Your desire would be just to make them comfortable until medical help comes, and make sure they are out of harms way. The first aid books give basic procedures. I remember **two basics.**

#1. call 911 immediately

#2. it is important to survey the situation thoroughly..

OUTLINE OF STEPS..HOW YOU MIGHT ASSESS an EMERGENCY SITUATION

what to look for as you assess, and question.

#1. is there breathing? is it laboured.? Take steps to clear air passages.

#2. are limbs in awkward positions..(possible broken bones) .

#3 are there any lacerations? ,bruising ? ,swellings ?, burns ? ,redness ?

#4. Can you speak to the person.? Is he/she responsive.?

#5. see whether the face is red or pale..and if it is red, to raise the head slightly; if face is pale, elevate the feet slightly..(red cross quote: face is red, raise the head; face is pale, raise the tail.)

>>.get the patient to a place where you can have them free of surrounding dangers (without causing them further injury or discomfort by moving them unnecessarily).use great care and caution If you need to move the person. Have them on their back, with head raised slightly ,and feet raised slightly, and, knees bent, feet flat on ground, ideally speaking..This keeps their abdominal muscles relaxed. Cover them to keep them warm.

>>.Continually reassure the person, whether they appear to be conscious or not.

Red cross courses instruct that it is important ,once the patient is out of harms way ,to make sure the person is breathing. Listen, .put head on chest..is their movement.?If not,then you will need to clear the air passages and throat.

Tilt the head back by lifting the chin with one hand and pressing down on the forehead with the other..This opens the air passages. If the victim does not breathe,turn head to the side, put finger in mouth and remove foreign matter,if any. Listen for breathing..

>>.Perform mouth to mouth resuscitation,if necessary.Pinch nose shut with your finger and thumb.deliver two quick breaths.

check for breathing.continue giving one breath every five seconds.You may need to give CPR..Your Red Cross course will have taught you how.

Generally, it is not advisable to give liquids to a person..Be cautious in doing this as it may not be the correct thing to do.Probably best to avoid this.Leave it to the medical professionals..If they say they are very thirsty,this may be a key to what homeopathic remedy may be required.

**** acting using homeopathy *****

i think that once the person is comfortable,and you have somewhat calmed him/her,that it would be safe to administer one or two tablets of a homeopathic medicine..under the tongue.The first thing you would want to help is the **patients mental state**..Two remedies which may be most applicable for the most basic mental conditions of shock,fright,fear would be either **Arnica 30**,or **Aconite.30**..which you would have in your first aid kit.

Arnica has been said to be the most widely used remedy for shock and distress of all types..It assists mentally and physically.It is especially recommended if you see that the patient has been wounded or injured as arnica has a special influence to assist the body's resources in dealing with injuries of all types.

From what i understand ,one dose of the 30x arnica may be given under the tongue (unless there is bleeding in the mouth from wounds mouth,in which case ,i think it would not be given.)Wait 10 minutes,then give another remedy,if required, such as aconite ,or Ledum,or a remedy for deep tissue wounds,or to assist the body to deal with other symptoms you may encounter. Repeat Arnica if nothing else given,after 15 minutes from the first dose.

Aconite is a remedy for mental shock and terror.It is indicated for ailments for fright and shock,such as natural disasters,violence done to loved ones or friends,terrorist events,etc.An Aconite mental state is frantic and fearing for their life..Also for delusions that someone may kill them..Also ailments from cold winds..Sudden onset of symptoms.

If there are **external wounds** which you are able to attend to,care may be used to wash them gently with a **diluted solution of tincture of Calendula** which you may have in your first aid kit..This assists in stopping the bleeding, and promotes healing. If you wish to further prevent sepsis, you may use a dilute **tincture of Ledum**.

If you see **bruising and swelling**,you will know that you have done the best possible thing in having administered **Arnica 30**, (two tablets under the tongue) in that this medicine assists the body;s healing activities to actively assist the body to absorb and allay internal and external bleeding more effectively.

If there are any **puncture wounds**, dose of **Ledum 30** may be given,especially if tetanus is a threat.Externally applied Ledum tincture may also be applied to puncture wounds.

if the person complains of **shooting pains from wounds**, a dose of **Hypericum.30** or externally applied *hypericum tincture* may be

administered.

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OTHER EMERGENCIES ENCOUNTERED

BITES,STINGS .if the person has been bitten by insect or animal and the wound is red,hot ,swollen and the person tells you the injury feels better with a cold application of something, give Apis Mel. If he tells you that there is shooting nerve pain with the bite, Hypericum may be used.either as an external wash with diluted tincture,or taken orally (Hypericum 30.) If the area of the bite is blue,puffy,and cold,and the patient tells you it feels better with cold application,treat with Ledum Pal. or Ledum Tincture diluted in water.

BLACK EYE(S).with severe bruising,swelling, begin with Arnica 30,and then give a dose of Ledum Pal. 30 in pill form.

BLOOD BLISTERS give Arnica internally for blood blisters.May use Arnica Lotion or cream externally if there is no open wound near the site.

BLUE COMPLEXION,Skin bluish,patient deprived of oxygen,carbo veg. veratrum alb may also be called for.

BOILS if you encounter numerous sore boils,Arnica may be given.If the boils are burning to the person,arsenicum.;if they are hot and throbbing, belladonna 30

BONES,INJURY TO bones feel bruised to person,with sore aching pains.feel better for warmth and rubbing. Ruta Grav.... **PAGE 16**

BROKEN BONES_ best soon after the injury, and before setting, Arnica. If patient tells you he feels worse for the slightest movement, with stitching pains, may use Bryonia.

BURNS: if there are any **burns** on the body, arnica 30, taken two tablets under the tongue, was your best first defense to assist the body with the shock involved. You may also want to treat the burns externally by removing clothing from them and applying clean, non sticking cloths over them, which have been soaked in Calendula diluted tincture or Hypericum diluted tincture. For first degree burns, with intense burning and itching, use Urtica Urens (may use internally and, with care, externally) If the person is very badly burned on much of the body, and skin is blistered, and hot, and patient will not listen to you, and is restless, and perhaps violent, use Canthartis. also Ars. can be used..see remedies descriptions for further information.

COLIC : if patient is better bending forward, Belladonna may be used. If better bending double, Mag Phos may be administered. If he is better lying still, with knees up, then Bryonia may be used. With Fever and cramps, Nux Vomica may be administered ; Bloated below naval Carbo Veg may be used. Also, if it is in your kit, Colocyntihis may be used.

COUGH : from exposure to dry, cold wind, Aconite 30 is usually called for. Dry cough with chest pain and headache, Bryonia may be used.

CRAMPS : all types: Magnesium Phos 30 especially if person is better in warmth, worse in cold.

DIAHARREA from food poisoning (only) give. Arsenicum Alb. **PAGE 17**

see also food poisoning) other remedies may be given..but outside scope of this emergency setting.

EXHAUSTION- from physical over exertion..Arnica 30

EYE INJURIES (be very careful.) .for fear ,give aconite30 for shock,give arnica 30 for black eye,give Ledum 30. If you have Silicea in your kit,this is indicated for chards of glass,or sharp objects which have injured the eys.

FOOD POISONING especially after bad meat Ars Alb 30

HEADACHE

neuralgic headache,shooting headache,relieved by warmth and rubbing,Mag Phos 30

from chill Aconite 30

from shock/fear Aconite,with sudden onset,Aconite
after over exertion,Ars Alb.

from too much sun,with throbbing: Belladonna.

After over indulgence from food Nux Vom.

INJURIES -TYPES_for most,for shock and to assist healing processes,
Arnica 30.

**Caution:DO NOT ADMINISTER ARNICA EXTERNALLY TO ANY WOUND
ONLY USE ARNICA INTERNALLY ...OTHERWISE HARM MAY ENSUE.**

to head: Arnica 30 taken as tablets

to spine: Hypericum 30

to bones: Ruta grav.

to palms of hands and soles of feet Ledum

to Nose.. Arnica 30

to deep tissues in the body,(from blow to abdomen,groin,breast,etc)_

Bellis Perrenis 30

SCALDS OR BURNS (See burns) better for cold Cantharis. should also remove clothing from the burned part as soon after the burn episode as possible.when the clothing is still easy to remove,to prevent material sticking to the burn and needing to be removed later.May wash with dilute tincture of Calendula or Hypericum and cover with cloth loosely.

SEPSIS :If area is already septic,hot, and throbbing, Belladonna to prevent sepsis,Ledum and Hypericum internally and externally.Also Enchinacea,internally and tincture helps prevent sepsis.

SHOCK_:with fear: Aconitum..

following all accidents Arnica 30 .

SORE THROAT.

red,dry,burning. Aconite

burning,stinging pains great swelling Apis Mel

dry,red,hot,with painful desire to swallow Belladonna

with swollen glands Belladonna

dry throat and mouth,with thirst Bryonia

SPRAINS:As soon as possible after the injury,administer arnica 30.(to reduce swelling and promote healing.May also give Arnica in 6x potency half hourly for as much as a few hours.

sprains (continued after the patient has been treated by a doctor) may give Rhus Tox 6x (after arnica has run its course and improvement is experienced)for three doses until symptoms better. If injury is near a bone and the bone covering is affected,may give then Ruta Graveolens 6x for 3 doses

if sprained area is cold and numb but patient responds better to cold applications than warm ones,may use instead Ledum Palustris 6x for 3 doses.

(Arnica lotion or cream or dilute tincture of arnica)(or tablets crushed and put into water) can be also applied **externally** for pain and alleviation of bruising (if any).(important:*** **do not use arnica externally in the case of any wound where the skin is broken.this can be harmful**).***

SUNSTROKE_with fever and headache. Belladonna.

If symptoms are worse for moving. Bryonia.

TOOTHACHE better with warmth and rubbing,Magnesium Phos

WHIPLASH_be careful,obviously. if there is shooting nerve pain,then Hypericum is the remedy of choice to alleviate this type of pain.

OVERVIEW

The scope of the above Emergency circumstances encountered, and their suggested remedies is very small..

We are only dealing with a few homeopathic remedies in a small first aid kit, and we only have a small window of time in which we find ourselves in an emergency situation, take great care to assess it, remove the victim carefully to a spot where we can make him comfortable and warm, constantly reassuring him or her until the proper trained medical personnel arrives on the scene.

It is for those above purposes and no more that this small booklet has been compiled.

Hopefully, it will serve to give one person comfort and assistance in a time of need.

-OTHER THINGS

1. what if you need to explain: " what is Homeopathy?"

If you are dealing with a person who is in a state of stress, you may need to explain what kind of medicine you are using. This can be rather difficult, as "time is of the essence". But I think it may be safe to say that Homeopathic Medicine is a safe, natural, "alternative medicine" which is comprised of various animal, vegetable, or mineral substances which are taken in very minute quantities and diluted and shaken until, in fact, nothing of the original substance remains..

I think also, that perhaps something I read recently from a Doctor of Naturopathy and Homeopathy, Dr. Robert Dalpe, might further explain what we are doing in a logical way to someone we are assisting in their stress:

He said:The healing that takes place from effective Homeopathic Therapy results from the reaction of the patient's Vital Force to the similar stimulus of the energy of the medicine. Like cures like and the similar energy of the remedy is what induces this healing or curative reaction in the patient. The patient's own healing powers are actually what do the healing in Homeopathy, not the medicine. The medicine is only a stimulus to bring this about.

MISC REFERENCES AND RESOURCES
-BOOKS,BOOKLETS,COURSES,CONSULTING

Homeopathic First Aid Manual Marilyn Moore
First Aid Homeopathy Jain Publishers New Delhi
Homeopathy for the First Aider Dr Dorothy Shepherd
Readers Digest *The only Emergency First Aid Book you will ever need.*(that is title)
Dr Fischers little book of Big Medical Emergencies.

Online first aid course:<http://www.homeopathyworld.com>
Professional Online paid Consutations:
<http://www.onlinehomeopath.com/>

SOURCES FOR MEDICINES

<http://www.homeopathyworld.com>
<http://www.homeopathyovernight.com>
<http://www.1-800homeopathy.com>
<http://www.homeopathicworks.com>

ONLINE SELECT REFERENCE OF HOMEOPATHIC WEBSITES

with clickable links for online use.

<http://www.wtv-zone.com/thanky/HOMEHEALTH.html>

VERY EXTENSIVE HOMEOPATHIC SITES

<http://homeoint.org/english/index.htm>

<http://www.hpathy.com/>

UNITED STATES-CENTRAL HOMEOPATHIC RESOURCE

National Center for Homeopathy

<http://www.homeopathic.org>

801 N Fairfax street suite 306

Alexandria, Virginia 22314

lists registered homeopathic physicians, has magazine, study groups and extensive resources.

[sources and resources, con't](#)

[specific source for kits.](#) Washington Homeopathics

<http://www.homeopathicworks.com> sells a kit which is almost exactly containing the remedies included in this work. It is their smallest "urgent care kit".

REMEDIES-NAMES

common names ,proper names,abbreviations

ARNICA MONTANA,**ARN**,Mountain Daisy, Leopards Bane
 APIS MELLIFICA **APIS MEL**.the Honey Bee
 ACONITUM NAPELLUS, **ACON**. Monkshood
 ARSENICUM ALBUM,**ARS ALB**,Arsenic Trioxide
 BAPTISIA TINCTORIA **BAPT**,Baptisia
 BELLADONNA.**BELL**, Deadly Nightshade
 BELLIS PERRENSIS. **BELL.p** Daisy
 BRYONIA ALBA,**BRY**. White Bryony,Wild Hops
 CALENDULA OFFICINALIS, **CALENDULA**, Marigold.
 CANTHARIS **CANTH**. Spanish Fly
 CARBO VEGETABILIS,**CARBO VEG**.wood charcoal.
 ENCHINACEA PURPUREA, **ENC** purple coneflower
 HYPERICUM PERFORATUM, **HYPERICUM PERF**, St Johns Wort.
 LEDUM PALUSTRIS **LEDUM PAL**. Marsh Marigold
 MAGNESIUM PHOSPHATE **MAG PHOS** Magnesium Phosphate
 NUX VOMICA **NUX VOM**.Poison Nut
 RHUS TOXICODENDRON,**RHUS TOX**,Poison ivy
 RUTA GRAVEOLENS **RUTA GRAV**,Common Rue
 URTICA URENS **URT.U**
 VERATRUM ALBUM **VERAT**.white helbore

