

# Homeopathic First Aid manual



FIRST AID

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## **AN INTRODUCTION TO FIRST AID USING HOMEOPATHY**

Homeopathic laws say that we must match the symptom picture of an illness or injury to the symptom picture of the medicine. To help you do this, this booklet describes briefly the symptom pictures of a few first aid remedies. Start by looking up the complaint you want to treat and noting which remedies may help. A brief summary of key symptoms may follow to help you choose the appropriate one. To find out more about each remedy turn to the Materia Medica at the back of the booklet.

### **DOSAGE**

In homeopathy the most common scale of dilution is one drop of remedy in 99 drops of solution. This is called the centesimal scale, and is shown by a 'C' on the remedy label. In first aid the most common potencies used are 30C or 200C. You can buy remedies, either singly or in a first aid kit from a Homeopathic Pharmacy such as Helios Homeopathic Pharmacy ([www.helios.co.uk](http://www.helios.co.uk)).

Once you have chosen a remedy, the next consideration is how often to take it. We must use as small a dose as possible to stimulate the body's own healing mechanism. For First Aid situations we should take one pill and wait to see what relief it brings. If the symptoms improve, do not repeat the dose unless the symptoms stop improving. Giving the body more medicine than it needs will not improve or speed up the healing process. If necessary, you can repeat the first few doses every hour or so. Once the condition is relieved, stop the treatment immediately.

To take the remedy, tip the tablet from the bottle into the cap, then onto your palm or straight into your mouth. Let the tablet dissolve in your mouth. Never touch a remedy that is intended for someone else. Don't eat, drink, smoke or clean your teeth for 15 minutes before or after taking a remedy if possible as this lessens its effects. Avoid self prescribed medicines such as nasal drops and laxatives whilst taking a remedy if possible. DON'T stop prescribed drugs without your doctor's knowledge.

### **STORING REMEDIES**

Homeopathic remedies are very sensitive but if looked after properly will last indefinitely. They should be stored in a cool, dark place away from strong smells (such as essential oils or strong mints) and away from electrical appliances and other technology such as mobile phones.

### **SAFETY FIRST**

Serious injuries and illnesses should never be treated without seeking expert medical advice. If you have concerns, call for help first, and then give the appropriate remedy. In cases which are less urgent, if symptoms show no improvement always seek professional help.

## COMPLAINTS

### **Allergic reactions**

Apis; Arnica; Carbo-veg

### **Anxiety**

Aconite: for fear of flying, claustrophobia, or with fever  
Arg-nit: fear of appearing in public, of tests. Wants to run away but paralysed by anxiety, diarrhoea and wind.  
Gelsemium: for fear of tests etc., it feels like an impossible ordeal, trembles, often with overwhelming fatigue, and/or diarrhoea.  
Phosphorous: anxiety before an operation, needs a lot of reassurance.

### **Asthma attack**

Give Carbo-veg and Arnica and then decide between Aconite (if with fear); Arnica; Carbo-veg (bluish face); Ipecac (with nausea or constant constriction in chest). (*Asthma should be treated by a professional homeopath and/or doctor in the long term*).

### **Bites and stings**

Aconite: with extreme panic and fright  
Apis: swelling, redness, burning and stinging pains  
Arnica: for when the affected part feels bruised  
Arsenicum: with fear and restlessness, itching. Burning swellings relieved by heat  
Cantharis: red, angry looking, cutting, burning raw pain  
Carbo-veg: blue, cold skin  
Hypericum: severe, sharp shooting pains, specific for puncture wounds, (has reputed anti-tetanus properties).  
Ledum: wound feels numb and is cold, but better for cold compress, (has reputed anti-tetanus properties).

### **Bleeding**

Aconite: bright red blood, with fear  
Arnica: with bruised feeling  
Arsenicum: when sceptic  
Belladonna: hot, gushing, with delirium  
Ipecac: for a visible haemorrhage of bright red blood  
Bellis-per: for suspected internal bleeding  
China: for severe loss of blood  
Phosphorous: for small wounds which bleed a lot  
Calendula: for scalp wounds  
Carbo-veg: for persistent, dark oozing blood

### **Blood blisters**

Arnica