



ARNICA MONTANA

Homeopathic First Aid Kit

AN INTRODUCTION TO HOMEOPATHY

Although it was first described by Hippocrates 2,500 years ago, homeopathy as it is practised today evolved 200 years ago. The word comes from the Greek and means “similar suffering”. This refers to the central philosophy that a substance that can produce symptoms in a healthy person can cure those symptoms in a sick person. For example, a person suffering from hayfever might be given a remedy prepared from an onion, because a healthy person chopping an onion usually experiences watering eyes and irritation. However, the substances are given in minute doses to avoid unwanted side-effects, making them safe to use even in situations where conventional drugs would be dangerous or inadvisable (e.g. during pregnancy, when treating infants).

BEFORE YOU BEGIN TO PRESCRIBE

There are two important laws that you need to follow to use homeopathic medicines successfully:

1. The Law of Similars states that we must **match the symptom picture of an illness or injury to the symptom picture of the medicine.** To help you do just that, this booklet is divided into two sections with complaints you can treat at the front and a mini Materia Medica at the back. This describes, briefly, the symptom picture of frequently needed remedies. Begin by looking up the complaint you want to treat and noting which remedies may help. Next, before prescribing, turn to the mini Materia Medica and see which description most closely fits the person you are treating.

2. The Law of the Minimum Dose states that we must only **use as little of a medicine as possible to stimulate the body's own healing mechanism.** When we do give a medicine we should give one dose (in this case one small pill) and wait to

see what relief it brings. If things begin to improve do not repeat the dose, unless the case stops improving before a full recovery is reached or the same symptoms return (i.e. the case relapses). Giving the body more medicine than it needs will not improve or speed up the action of the medicine, if anything it may stop the medicine from being effective. By using these two laws homeopathy provides a completely individual prescription and dosage that treats each person's disease as unique to them. It sees symptoms as warning signs of a central disturbance or imbalance within the sufferer. By restoring this inner balance, homeopathy makes the symptoms unnecessary and so they disappear.

OTHER FACTORS TO CONSIDER

Antidoting

Certain substances are known to antidote certain homeopathic medicines in some people. It is therefore advisable to avoid these substances if possible: Coffee (including decaffeinated), mint (notably in toothpaste), camphor, menthol, eucalyptus (often found in vapour rubs and cold remedies). Keep remedies in a cool dark place away from strong smells (and small children).

Taking the medicines

Homeopathic medicines are delicate and need carefully handling. Touch them as little as possible. Shake one pill into the lid of the bottle and put it onto the palm of the person taking the medicine. They should put it straight in their mouth allowing it to dissolve under the tongue. If possible give the dose half an hour before or after having anything to eat or drink, cleaning your teeth or smoking. Obviously this

does not apply in an emergency where it should be given as soon as possible. You can crush and dissolve remedies in water and sip them, but do not swallow the pill down with water, tea or coffee. Before repeating the dose, please consider the Law of the Minimum Dose (see page 3) carefully.

Safety First

Serious injuries and illnesses should never be treated without seeking expert advice. Use your instincts and common sense – if you are worried call for help first, then give the appropriate remedy whilst you are waiting for help to arrive.

In cases which are less serious or urgent, if symptoms show no improvement or return seek professional help. A qualified homeopath may be needed to treat the underlying weakness in the patient's constitution.

COMPLAINTS

Refer to remedies section to cross-reference symptoms with the appropriate remedy picture. Give **Arnica** and **Carbo Veg.** after any accident or emergency. Seek professional medical advice where necessary.

Allergic Reactions

First choice remedy for severe allergic reactions (anaphylactic shock), sudden onset, swelling of skin and mucus membranes, trembling **Apis**, **Arnica**, **Carbo Veg.**

Asthma

Give **Arnica** and **Carbo Veg** initially while assessing other remedies. First choice in croup and acute asthma attacks, with fear **Aconite**, **Arnica**; pain at base of skull, bluish face **Carbo Veg.**; constant constriction in the chest, nausea **Ipecac.**

Bleeding and Haemorrhage

First choice remedy for visible haemorrhage of bright red

blood **Ipecac**; first choice remedy for suspected internal bleeding **Bellis**; first choice remedy for severe loss of blood **China**; bright red blood with fear **Aconite**; hot, gushing, with delirium **Belladonna**; small wounds bleed a lot **Phosphorous**; scalp wounds **Calendula**; persistent, dark oozing bleeding **Carbo Veg.**; in septic conditions **Arsenicum**; with bruised feeling **Arnica**.

Bite and Stings

Extreme panic and fright, feeling of insects crawling on skin **Aconite**; watery swelling, rosy red, burning and stinging pains **Apis**; **Arnica**; acute fear and restlessness, itching, burning and swelling(s), relieved by hot dry applications, **Arsenicum**; cutting burning raw pains, violently cold skin, blue or purplish patches around the wound **Carbo Veg.**; severe sharp pain along the nerves, specific for puncture wounds, reputed anti-Tetanus properties **Hypericum**; reputed anti-Tetanus properties **Ledum**.

Broken Bones and Fractures

Bruised or crushing pain, pains are paralytic, sudden and shifting, hot head cold body **Arnica**; injuries from blows, accidents or falls, injuries to coccyx and fractures of sacrum and pelvis **Bellis**; compound fractures of the skull, injuries to forehead and eyes which suppurate quickly **Calendula**; Carbo Veg.; broken bones with intolerable pains shooting from the injured part, especially fingers, toes (indicating nerve damage), injury to head, spine, coccyx **Hypericum**; injuries to coccyx, prevents inflammation and infection and promotes rapid healing – give once a day for two weeks until bones are healing well **Silica**. Also recommended, only after setting, both **Symphytum** and **Calc Phos**.

Bruises (Contusions)

Arnica; **Bellis**.

Burns and Scalds

In cases of severe burns – summon the emergency services. Give **Arnica**, **Carbo Veg.** and **Cantharis** repeatedly at 15 minute intervals. Observe for signs of delayed shock and treat accordingly. Cutting, smarting, burning, biting pains as if raw **Cantharis**; rosy red, sensitive, sore **Apis**; restless, anxious, fearful, extreme thirst, wheezing breathing, chemical burns **Arsenicum**; first choice for sunburn, pains of maddening severity **Belladonna**; superficial burns and scalds **Calendula**; shooting pains (nerve damage), constant drowsiness **Hypericum**; with fear **Aconite**; severe burns (much loss of body fluids) **China**.

Choking

Arnica; urging to swallow **Belladonna**; from emotional shock, teething **Ignatia**; **Ipecac**.

Concussion

Arnica. Also recommended **Nat Sulph**.

Diarrhoea & Vomiting

From fear **Aconite**; nausea and vomiting **Apis**; bad egg smell (belches and wind) **Arnica**; first choice remedy for simultaneous diarrhoea and vomiting **Arsenicum**; pale, greenish tinge to face **Belladonna**; vomit tastes bitter **Bryonia**; nausea felt in chest **Calendula**; violent retching and vomiting, burning pains **Cantharis**; with excessive wind **Carbo Veg**; frequent vomiting, undigested stools **China**; painless after sudden emotions **Gelsemium**; nausea and belching while drinking water **Hypericum**; hunger after nausea **Ignatia**; great nausea, not improved by vomiting **Ipecac**; regurgitates, bleeding from rectum with stool **Phosphorus**; diarrhoea from fright **Pulsatilla**; **Silica**; with cough **Ant Tart**; with cough **Drosera**.

Drowning

First choice remedy for someone who has almost drowned **Ipecac**; agonising fear, restless **Aconite**; may speed return to consciousness **Arnica**; anxious expressions, extreme

restlessness **Arsenicum**; face and body bright red and hot, delirium **Belladonna**; dark red, hot face, moans in pain if moved **Bryonia**; blue tinge, state of collapse **Carbo Veg**, earthy, sickly face, constant choking **China**; whispering voice **Ignatia**.

Epilepsy and Convulsions

First choice remedy for convulsions brought on by emotional response **Ignatia**; after injury, surgery, during dentistry, from fright **Aconite**; **Arnica**; anxious expression, cold sweat, restless **Arsenicum**; first choice in convulsions from fever, of teething infants **Belladonna**; with dysuria, howling **Cantharis**; from injuries, during haemorrhage **China**; from stroke, traumatic shock, childbirth **Gelsemium**; infantile (with choking) **Ipecac**; epilepsy with shocks in base of skull **Phosphorous**; epilepsy aura creeps from solar plexus into chest **Silica**, also recommended **Chamomilla**.

Emergency Childbirth and Miscarriage

Fear, bright red bleeding **Aconite**; profuse bright red bleeding with nausea **Ipecac**; sudden, gushing bleeding, delirium **Belladonna**; anxious, blood trickles **Phosphorous**; very nervous **Calendula**; severe loss bright red blood **China**; feels sore, bruised **Bellis**; shooting nerve pains **Hypericum**; retained placenta, retained/painful urine **Cantharis**; tearful, extreme, irregular pains **Pulsatilla**; restless fearful, noise-sensitive **Arsenicum**; nerves and muscles affected, dusky red face **Gelsemium**.

Fainting

Ignatia; **Arnica**; **Carbo Veg.**

Fever

With thirst and restlessness **Aconite**; thirstless with fever, thirst with chills **Apis**; hot head, cold body **Arnica**; intermittent with weakness **Arsenicum**; delirium, glassy

eyes **Belladonna**; dry, burning heat **Bryonia**; with stinging in wounds **Calendula**; burning thirst (but adverse to fluids), manic **Cantharis**; well-marked stages, one-sided icy coldness **Carbo Veg**; red hot face, cold hands **China**; with drowsiness and languor **Gelsemium**; with shuddering over whole body **Hypericum**; chill with red face **Ignatia**; craves ice during chill **Phosphorous**; with moaning **Pulsatilla**; hectic, with icy chills **Silica**.

Headache

Bursting, with fear **Aconite**; bores head into pillow **Apis**; with confusion **Arnica**; congestive with restlessness **Arsenicum**; throbbing, better for pressure **Belladonna**; after injury **Bellis**; bursting, splitting **Bryonia**; burning in brain, with soreness **Cantharis**; from over-indulgence, painfully sensitive to pressure **Carbo Veg**; bruised bursting pain with heaviness **China**; dull ache with dizziness **Gelsemium**; heavy head, brain feels alive **Hypericum**; after anger or grief, with sighing **Ignatia**; heat from spine to head **Phosphorous**; wandering

pains, extend into the face and teeth **Pulsatilla**; from fasting, periodic **Silica**.

Heart Attack

'Mask of fear', dark lips, difficulty breathing **Aconite**; **Arnica**; **Carbo Veg**.

Heat Stroke

Throbbing headache with trembling **Apis**; twitching convulsions, delirium **Belladonna**; dehydration through thirstlessness in heat **Pulsatilla**.

Hypothermia

Blue lips/skin **Carbo Veg**; with drowsiness **Hypericum**; with paralysis **Gelsemium**; with painful kidneys, scalding urine **Cantharis**.

Injuries to:

Bones **Arnica**, **Bryonia**; Eye **Arnica** (also recommended

Symphytum); Coccyx **Hypericum**, **Bellis**, **Silica**; Deep tissue **Bellis**; Fingers/toes, nerve endings **Hypericum**; tendons/ligaments **Arnica** (also recommended **Ruta**).

Meningitis

If you suspect meningitis then call for emergency assistance immediately. The following remedies may help while you wait. Bores head into pillow **Apis**; following injury **Arnica**; with radiant heat and delirium **Belladonna**; any cerebro-spinal fever **Gelsemium**; with headache after injury to nervous system **Hypericum**.

Poisoning

First choice remedy (especially for food poisoning) **Arsenicum**; hot head, cold body, dusky mottled pallor **Arnica**; for drug or any gas poisoning **Carbo Veg**; from indigestible food, malarial preventatives, opiates **Ipecac**; gas appliances, alcohol, tobacco, organo-phosphates, anaesthetic gas, chemical fumes, food poisoning **Phosphorous**; from

pork, fatty foods, rich foods **Pulsatilla**; with watery swellings, twitching, shrieking **Apis**; with hot, red skin, throbbing arteries **Belladonna**.

Shock and distress

Bruised, staring with stupor **Arnica**; state of collapse **Carbo Veg**; with 'mask of fear', predicts time of death **Aconite**; emotional distress, hysteria, hyperventilation **Ignatia**; from loss of body fluids **China**; forgetful, confused **Hypericum**; weepy, inconsolable **Pulsatilla**; starts with fright when touched **Silica**; first choice for severe allergic reaction (anaphylactic shock) **Apis**.

Splinters (and other foreign bodies)

Arnica; **Silica**.

Sprains and strains

First choice (feels sore, painful, bruised) **Arnica**; with tight feeling around joints **Bellis**; joints red, swollen and hot, worse

for motion **Bryonia**; tingling, burning numbness with nerve pains **Hypericum**; for weak ankles, previous strains **Silica** (also recommended **Rhus Tox**, **Ruta**).

Sunburn

Belladonna; **Cantharis**.

Stroke

'Mask of fear', lips dark or black **Aconite**; with confusion, bluish red face **Arnica**; bright red face, loss of sensation/motion in one part of the body **Belladonna**, **Carbo Veg**; drunk-looking or expressionless, no control over lower jaw **Gelsemium**.

Throttling

Arnica; **Carbo Veg**.

Unconsciousness and sudden collapse

Coma with muttering delirium **Arnica**, **Carbo Veg**; terrified

expression **Aconite**; first choice remedy if suspected heart disease, asthma, severe allergic reaction **Apis**; anxious expression, audible heartbeats **Arsenicum**; hot, dilated pupils, pulls faces **Belladonna**; chewing motions, moans if moved **Bryonia**; face pale and wretched, grinds teeth **Cantharis**; from loss of body fluids **China**; dusky red face, no control over lower jaw **Gelsemium**; due to head injury, spinal concussion **Hypericum**; after great emotional suffering **Ignatia**; body stretched stiff with spasmodic jerking of limbs **Ipecac**; from gas leaks, chemical fumes, food poisoning **Phosphorous**; from overheating, heatstroke, hot room, dehydration **Pulsatilla**.

Whiplash

Hypericum

Wounds

Painful, inflamed, raised red area surrounding **Hypericum**; **Calendula**.

REMEDIES

ACONITE

First choice remedy for croup and asthma attacks, heart attacks, inflammations, panic attacks. Great fear, physical and mental restlessness, 'mask of fear'. Predicts time of death, complaint brought on by cold, sudden onset (most useful in the beginning of an acute disease), immediate shrinking of strength, pains intolerable leading to despair, Severe bright red bleeding. Aconite Shock: patient will be distressed and fearful (unlike Arnica where they will tell you to go away because they say they feel alright). **Great thirst. Better for fresh air. Worse around midnight, for touch, lying on affected side, for dry, cold winds.**

APIS

First choice remedy for severe allergic reactions (anaphylactic shock), bites and stings with a swollen lump which itches/burns/stings, oedema. Rosy-red appearance, internal and

external water retention (swollen face, heart & kidney failure, dropsy), meningitis (high-pitched shrieks), stinging pains, soreness, prostration, awkward and clumsy, watery (oedematous) swellings both external and internal. **Thirstless. Better for open air, uncovering, cold bathing. Worse for heat, slightest touch, in late afternoon.**

ARNICA

First choice remedy in any emergency, accident or first aid situation. Specific for bruises/contusions, thrombosis/suspected clots, meningitis from blow to head, treating past trauma, whooping cough, typhoid fever. Shock on every level, physical, mental, emotional, spiritual, hot head, cold body. Absorbent action e.g. clots, bruises, haemorrhage, crushing pains – the bed feels hard & full of lumps, face is ruddy, congested, bluish-red [compare Belladonna (bright red)] or sunken and pale; falls, blows to any part of body, bites and stings (for shock); splinters (also give **Silica**). Prophylactic for invasive surgery (including dentistry), labour, economy

class syndrome, pus formation. Arnica should always be given first since it helps the organism prepare for healing as well as initiating that healing. **Craves vinegar, worse for least touch, motion, rest, wine, damp, cold. Better for lying down, head low.**

ARSENICUM

First choice remedy for simultaneous diarrhoea & vomiting.

Collapse out of all proportion to shock or injury, debility, exhaustion and extreme restlessness, weak, irritating and demanding, great thirst for sips of cold water, burning pains, sensitive to disorder, discharges are putrid and/or burning **Better for heat/warm applications, elevated head. Worse after midnight, wet weather, from cold, cold drinks or food.**

BELLADONNA

First choice in convulsions of adults, infants from fever/

teething, high fevers, sunburn. Sudden and violent onset, bright red appearance, radiant dry heat, delirium, dilated pupils, shining/glaring eyes, throbbing pains/conditions (especially inflammations where inflamed area radiates heat). **No thirst. Better for lying down. Worse for touch, at 3 pm, left side.**

BELLIS

First choice for suspected internal bleeding, injuries to deep tissues, sprains and strains with great soreness. Major trauma remedy, deep tissue injury, severe bleeding from deep wounds and internal injuries, overexertion, deep muscular aches and pains, falls on coccyx, pains are hard, aching, throbbing, squeezing. **Worse left side, internal or external cold and chill after heating.**

BRYONIA

Lies 'motionless like a corpse', slightest movement aggravates the condition. Patient does not want to be disturbed, can

be very irritable, dry (eyes, mouth, lips etc.), hot, gulps cold water, periodic great thirst. Pains – stitching, tearing, slow onset. **Better for lying on painful side, pressure, rest, cold things. Worse for warmth, motion, morning, exertion, touch, 9 pm.**

CALENDULA

First choice remedy for any open wound. ‘The homeopathic antiseptic’. Abrasions (scrapes) and painful lacerations which bleed profusely. Prevents infection, external application checks bleeding. Wounds are raw and inflamed, painful as if beaten. The parts around the wound become red, patient is extremely nervous, easily frightened and starts with fright. Scalp wounds which bleed profusely, pains are out of all proportion to the injury, compound fractures of the skull, injuries to forehead and eyes which suppurate quickly, fever. **Worse for drinking, damp and cloudy weather.**

CANTHARIS

First choice remedy for intensely painful burns, scalds, sunburn and internal burns, for conditions with burning sensation, retained placenta/retained urine during labour. Constant urge to urinate. Restless, burning pains, face pale, wretched, death-like, unquenchable thirst. **Better for rubbing. Worse from touch, approach, urinating, drinking cold water or coffee.**

CARBO VEG.

First choice remedy for any accident or emergency. The ‘corpse reviver’ – supports circulatory and respiratory systems. State of collapse (lifeless, cold), blueness of skin/ around lips, pulse faint or not present, septic conditions, drug overdose. **Better for cool air, being fanned, raised feet, loosened clothing, lying down.**

CHINA

First choice remedy for loss of body fluids. ‘The life-saver’

Dehydration caused by loss of body fluids – blood, sweat, tears, diarrhoea, vomiting. Pains – sore and bruised. Fearful of animals, sensitive to noise and touch. **Better for firm pressure, open air, warmth. Worse for slightest touch, cold, draught of air, at night, after eating.**

GELSEMIUM

‘The glass coffin’ – complete physical prostration/paralysis but mental alertness. First choice for influenza (especially with shivering up and down the spine). First choice for dry, painful coughs. Thirstless, needs to lie down all the time (due to giddiness), debility. **Better for bending forward, profuse urination, open air, motion. Worse for damp weather, emotion, excitement, bad news, 10 am.**

HYPERICUM

Specific for broken & fractured bones, crush injuries, anti-tetanus. Major trauma remedy. First choice remedy for injuries to nerves. First choice remedy for bites and puncture

wounds. First choice remedy for injuries nerve-rich areas (e.g. fingers, toes, coccyx, eyes). First choice remedy after surgery (including dentistry) with **Arnica**. Reputed anti-tetanus properties. Injuries excessively painful – sore, bruised, shooting, tearing pains. **Better for bending head backwards. Worse for cold, damp, touch, pressure.**

IGNATIA

First choice remedy for paralysis and or spasms brought on by emotional response to bad news (especially grief, shock and disappointment). First choice remedy for hyperventilation. Twitching and spasms throughout the system. Disbelief, sighs, involuntary yawns, hiccoughs, contradictory symptoms (e.g. thirsty in chill phase of fever).

Better for eating, changing position, warmth. Worse for open air, in morning, after eating, after drinking

IPECAC

First remedy of choice for visible haemorrhage (profuse

bright red blood). First remedy of choice for drowning. First choice for persistent, violent nausea. Supports the pneumo gastric nerve. Thirstless. **Better for open air. Worse for lying down periodically.**

PHOSPHORUS

First choice for freely bleeding wounds which are slow to clot. Sensitive patient, bright red bleeding (even small wounds bleed profusely). Thirst for large quantities cold water (then regurgitated). Loose stool diarrhoea, poisoning, debilitated by illness or injury, unquenchable thirst for cold drinks. **Better for cold drinks, eating, sleeping (even a nap). Worse for sudden changes in weather, missing a meal, lying on left, mental or physical exertion.**

PULSATILLA

‘The Queen of homeopathic remedies’ due to its wide range of actions. Changeable, tearful disposition, may cry easily (especially when talking about their condition).

Thirstless, peevish, chilly, fear of being left alone, needs endless comforting & reassurance. May crave butter. **Better for bathing, crying, movement, pressure, cold food and drinks. Worse for cold, damp, windy weather, twilight, stuffy rooms.**

SILICA

First choice for injuries to coccyx. First choice for expelling foreign bodies (e.g. splinters). Deep acting – abscesses, boils, swollen glands (will encourage abscesses etc. to come to a head). Feels the cold. Thirst. Strong but quiet personality, gives backbone. Evacuant remedy for foreign bodies. Caution should be exercised with pacemakers etc. **Better for heat, lying down. Worse for cold, damp, wet weather.**



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