

Homeopathy & Trauma

Minimum Dose, Minimum Space, Maximum Protection

Homeopathy offers treatment for trauma that is unequalled in any other system of medicine. Some of the advantages of homeopathic remedies are: the remedies provide a gentle force for healing without any concern for side effects or harm, making them safe for everyone, including babies, children and pregnant women; effective, natural healing with less pain, scarring and complications; quick and long-lasting relief; help to diminish the shock, physical and mental, associated with trauma; non-addictive; pleasant taste and easy to administer; lightweight, convenient to carry with you; and inexpensive.

You do not require any prior knowledge of homeopathy to use the trauma remedies. However, to introduce you to the basic philosophy of homeopathy, a brief summary of the principles of homeopathy follows.

Homeopathy, the second most widely used system of medicine in the world, is a system of therapeutics that stimulates the immune system and works harmoniously with the inherent capacity of the human organism to heal itself. The three fundamental principles of homeopathy are: the *Law of Similars*, the *Minimum Dose* and the *Single Dose*.

The *Law of Similars* is based on the observance that the appropriate remedy for a patient is the substance that would give rise to precisely the patient's set of symptoms, if that substance were administered repeatedly over a period of time to a healthy person. For example, if someone takes material doses of Arnica for some time, that person will start to feel sore and bruised all over as after being beaten or traumatized. The homeopathic preparation of Arnica is used to relieve the distress of such a condition. It is helpful when there has been an injury of any kind, particularly bruises or injury to soft tissue and muscle. This idea that the substance that causes a disease will also cure it was not new to homeopathy. It is an ancient concept, on which Paracelsus based his entire medical practice.

The *Minimum Dose* in homeopathy refers to the unique preparation of homeopathic remedies, known as the dilution or the potentization of the remedy. The remedies are prepared in such a way

as to become so dilute that nothing of the original substance can be detected on chemical analysis. Only the essence or energy of the substance remains, making the remedy a very potent therapeutic agent. It is the essence of the remedy that stimulates the subtle internal healing process. Homeopathic remedies are obtained from many sources: plants, minerals, animals, diseased tissues, hormones and healthy tissues. Although some of the remedies are prepared from poisonous plants, poisons secreted by animals and other substances that are toxic in the crude state, the process of potentization dilutes them to such a degree that they are absolutely safe.

In homeopathy it is a rule that a *Single Dose* of the correctly chosen remedy will suffice. Then you watch and observe the response: as long as there is improvement, it is better not to repeat the remedy; if no relief is felt, you are probably taking the wrong homeopathic remedy; if you see a return of the symptoms after an initial amelioration, you may take another dose. Once relief is felt, you can stop taking it. However, in the case of trauma, you will have to repeatedly take the remedy until the injury has healed. In this way you are encouraging the immune response and giving a continuous but gentle nudge to the body's own healing forces.

How to Take the Remedies

Because homeopathic remedies consist basically of the energy or essence of the substance from which they have been derived, it is better not to handle the remedies with the hands but to drop the globules into the cap of the container and then directly into the mouth and under the tongue where they quickly dissolve. The mouth should be clean and, if possible, no food or drink except water should be taken for one hour before and after taking the remedy.

The Basic Trauma Remedies

Although this discussion focuses on a small number of remedies, they are useful for many types of trauma and the multitude of other mishaps that can occur in daily life:

- Ailments after falls
- Back injury
- Bites and stings from insects and animals, mosquito bites
- Bones: fractures, injury to periosteum (outer membrane lining of bones), tailbone (coccyx) injury
- Burns and scalds, sunburn
- Crush injuries: fingernail, toenail
- Eye injuries: blow, black eye, wounds from cuts, after surgery, after cataract surgery
- Lacerations, cuts, incised wounds
- Joint injury, sprains, strains
- Muscle strain or injury from lifting or overexertion
- Nerve injury
- Nosebleed from a blow to the nose
- Post delivery healing
- Puncture wounds, persistent pain after injections
- Soft tissue injuries, bruises
- Sports injuries
- Surgery: for general healing after any surgical procedure or complications after surgery
- Teeth: post tooth extraction or other dental work and dental surgery
- Tendon and ligament injury; tennis elbow

Although in general there are no specifics (a remedy used to treat a specific disease) in homeopathy, the trauma remedies are exceptions to that rule. The remedies we will be presenting are included in our **Homeopathic First Aid Basic Trauma Kit**. These particular remedies have been selected because of their universal effectiveness in trauma, however in many instances there is more than one remedy that could be used for a particular injury. With time and experience you will come to know which works better for you. If you do not find a remedy that suits your case, you should consult a professional homeopath. Of course you should always consult a professional for any serious injury or trauma, but you will find that immediate administration of many of these remedies can be used with great benefit in the interim. Even in an emergency, the immediate and astute administration of these remedies can help to alleviate a lot of suffering and prevent complications to injuries such as infection, swelling, blistering in the case of burns, and the need of surgery.

I have chosen these remedies based on many years of clinical experience of treating trauma patients with homeopathy, from minor injuries to the critically injured. You may find that you will want to include

others as you learn more about homeopathy and have more experience using the remedies. The use of these remedies is broad enough to cover almost any minor trauma and to provide enough assistance until further medical care can be acquired in more critical injuries. You will probably find them so valuable you will want to keep them readily available wherever you are—at home, in the office and when traveling.

The Latin name of the remedy is given first, followed by the common name, then the simplified homeopathic name.

Arnica montana (Mountain Daisy)

Arnica



Though ever grateful for my own good fortune at having become acquainted with the homeopathic system of medicine, I regret that the majority of people are still unaware of the miraculous healing effects of Arnica and of many other homeopathic remedies, particularly in trauma. If I could only have one remedy, it would be Arnica montana, which is often called a miracle worker. It is indeed worthy of such a designation. I always give Arnica with confidence and pleasure, knowing that the patient's discomfort will be quickly alleviated with no harmful side effects. I have prescribed it more often than any other homeopathic remedy, and have never regretted having giving it nor been disappointed in the results.

Arnica is a flower that grows in the mountains and has for centuries been used to heal injuries from falls, as is suggested by its German name, fall-kraut, which means fall-herb. After having met with an accident or fall, the people in the mountains would drink an infusion of Arnica made by pouring boiling water

over the plant. The homeopathic Arnica is prepared from the whole flowering plant.

Arnica is the most widely used trauma remedy and the first remedy to think of for trauma in general. As I mentioned before, Arnica is incomparable when it comes to soothing sore, strained muscles. If you embark enthusiastically on that long-awaited hiking trip after an extended period of very little exercise, you may find yourself so stiff and sore after the first day that your enjoyment is markedly hampered. Take Arnica in the evening and by the next morning you will be ready to continue without losing any time in your hiking schedule. Even for something more acute and serious such as a sprained ankle, Arnica can shorten the time of recovery so much that you will not be incapacitated for long. I would never travel anywhere without Arnica and a few other basic homeopathic remedies to deal with unforeseen minor emergencies and acute affections.

When taking Arnica, to maintain and speed the healing process, you will have to take repeated doses over an extended period of time, depending on the extent of the injury. In general, one dose consists of 5 globules. For infants and children under the age of 2 years, 2 globules comprise a dose. The usual dosage of Arnica 200C is 5 globules 3 times daily until the healing process is complete. For minor trauma one dose will suffice.

Uses:

- Ailments from over-exertion
- Black eye, injuries to eyes
- Bruises, contusions, falls, blows
- Exhaustion from prolonged labour
- Head trauma
- Non-healing wounds
- Post delivery healing
- Post surgery or dental work to help in the healing process
- Sciatica
- Soft tissue injury
- Spinal injuries
- Sports injuries
- Sprains or strains of muscles and joints
- To help reduce the initial swelling and inflammation in fractures
- Traumatic nosebleed

Dosage:

One dose of Arnica 200C 3 times daily until healing is nearly complete; then one dose once daily to complete the healing process.

One dose once for minor trauma.

Calendula officinalis (Marigold)

Calendula



Calendula is second only to Arnica in its healing capacity, but is superior to Arnica in the treatment of lacerations and in preventing infection of the wound and scarring. Arnica and Calendula, when used together, provide an unparalleled healing force.

Calendula is prepared from the leaves and flowers of the plant. The tincture is made from very fresh plant material, including the flowers. This plant matter is crushed to a pulp as soon as gathered and macerated in dilute dispensing alcohol. Three weeks later you can filter the plant matter from the liquid and the resultant liquid is the mother tincture of Calendula.

Uses:

- Burns
- Cuts, incised wounds
- Fractures
- Lacerations
- Post surgery and dental work
- Post delivery
- Post cataract and eye surgery

Dosage:

1 dose of Calendula 30C 3 times daily until healing is nearly complete; can reduce to 1 dose daily to

complete the healing process or for less serious trauma.

Calendula ointment or diluted **Calendula mother tincture** can be applied locally for any minor cut, burn, laceration or injury in which the skin has been broken. To dilute the mother tincture use 9 parts water to 1 part tincture. This can also be used like a mouthwash after extractions and to help heal bleeding gums and mouth ulcers. The ointment can be applied to chapped lips (and to prevent chapping), cracks in the heels and dryness of the skin of the hands. It is especially helpful for the cuts and abrasions that are so common in childhood as it does not cause any pain, burning or irritation when applied.

The Calendula flower itself, as related by Dr. Dorothy Shepherd in her book, *The Physician's Posy*, can be applied to prevent the pain and swelling of a wasp sting. According to Dr. Shepherd, if the Calendula flower is rubbed on the swelling caused by the sting, the swelling will quickly disappear, and the swelling will not even happen if the flowers are applied immediately after the sting!

Hypericum perforatum (St. John's Wort) *Hypericum*



St. John's Wort grows commonly in woods; it is collected when in flower and seed and the tincture is made from the entire fresh plant.

Hypericum is another very important trauma remedy. If there has been an injury to the spine, and especially the coccyx, take a dose of Hypericum 200C, and one hour later follow it with Arnica

200C. You can repeat this for a few days until there is no more pain. I am sorry I didn't know about Hypericum and Arnica when I was trying to learn to ice skate!

For crush injuries to parts that are very sensitive because of extensive nerve supply, and thus very painful, such as the nails of the fingers and toes, Hypericum is the remedy of choice. I remember a friend of mine taking Hypericum after having smashed a finger in a car door. Later she continued to express amazement at how the blackened area of the nail had moved from the base of the nail upward until finally disappearing altogether. And she never lost the nail!

Uses:

- Ailments after injections
- Back and spinal injury, injuries to coccyx
- Bites of insects and animals with injured nerves
- Crush injuries to fingers, toes, nails
- Exhaustion from prolonged labour and difficult delivery
- Injuries to nerves or parts rich in nerves
- Post-dental work when pain is severe
- Punctured wounds, wounds from pointed instruments, needles
- Relieves pain after surgery
- Severe pain associated with injuries

Dosage:

One dose of Hypericum 200C once daily until pain is no longer present. Hypericum 30C is helpful for minor injuries.

Ledum palustre (Marsh tea)

Ledum



Prepared from the whole fresh plant after flowering begins.

Ledum is very useful in easing the itching caused by mosquito or other insect bites. My first experience with taking a homeopathic remedy was with Ledum. I was working in our organic vegetable garden in the evening and of course there were a lot of mosquitoes. A friend of mine who is a homeopath (I barely knew the meaning of the word at that time) put a few globules of Ledum 30 in my mouth and said I wouldn't have any more trouble with the mosquitoes. I was astonished. He was right. Not only did I get fewer bites, the itching was considerably lessened. I later found out that Ledum ointment applied locally to the bites is also very helpful to relieve the itching of mosquito bites.

Ledum is known primarily as a remedy for preventing tetanus from puncture wounds such as from rusty nails, and also for any other type of puncture wound such as insect stings and bites, animal bites, and even snake bites.

Ledum 30 is my first choice of treatment for a sting, whether from a wasp or honey bee. If there is excessive swelling and redness, take 4 doses in 1 day. That should take care of it so there will be no need for further treatment. If there is an allergic reaction or even an anaphylactic response to an insect bite or sting, I prefer to use Apis. Or if there has been no response with Ledum, my second choice is Apis.

Dosage:

1 dose as needed. If sting causes excessive swelling and redness, give 4 doses in one day, then one dose as needed.

Ledum ointment:

Apply locally for itching caused by mosquito and other bites.

Apis mellifica (Honey bee)

Apis



The remedy Apis mellifica is made from the honey bee. Prepared from the venom of the sting of the live common honeybee. Exposure to bee venom in its natural state may cause asthma or a fatal anaphylactic allergic reaction in those persons who are sensitive to it. The dilute homeopathic preparation of the venom is used to treat acute allergic reactions to bites and stings, not just of the honeybee, but also of other insects and animals, if the following characteristics are present:

- Intense redness, swelling, burning, stinging and itching.
- Very sensitive to touch.
- Worse from heat.
- Better from cold bathing and cold drinks.

Dosage:

One dose of Apis 30C; can be repeated 3 to 4 times in one day if initial response is positive but not complete.

Cantharis vesicatoria (Spanish Fly)

Cantharis



Cantharis is miraculous in the treatment of burns or scalds as it will prevent any blistering or scarring if given immediately after the burn has occurred. It's a good idea to keep it readily available in the kitchen where so many burns occur. I can remember spilling boiling water on my foot and being amazed that with one dose of Cantharis the expected blistering never happened, the pain dissipated quickly and after a couple of days there wasn't any redness or evidence the burn had ever occurred! This remedy will also help to reduce the pain and prevent the blistering of sunburn.

If you are wearing your new hiking boots for the first time and find that they are not as comfortable after a day of hiking as they were when you first tried them on, you may find yourself with painful blisters on your feet. The use of Cantharis will not only relieve the pain, but also help dissolve the blisters, leaving no evidence they had ever been there. This is not surprising as Cantharis is prepared from the insect Spanish fly, a well-known irritant and blister producer! The mother tincture is prepared from the dried and powdered insect, of which the main active ingredient is Cantharidin. It is a violent irritant and causes very acute inflammation with a particular tendency to blister formation. It is highly poisonous and very minute amounts can cause serious symptoms or death.

Dosage:

Give one dose of Cantharis 30C as soon as possible after the burn has occurred; give another dose after 5 to 10 minutes, followed by another after 10 more minutes. When the pain has subsided, give one dose 3 times daily, reducing to once a day as healing progresses.

If taken immediately after the burn has occurred, can help to prevent blistering. But even if blisters have formed, it will still be helpful in the overall healing process and in preventing scarring.

Rhus toxicodendron (Poison Oak)

Rhus tox



The source of this remedy is well known to those who are sensitive to the toxins of poison oak. This plant prefers to grow in damp, shady places and its toxins are more potent in damp, rainy weather. The remedy is prepared from the fresh leaves gathered at sunset. It is particularly useful in conditions that have come on or are aggravated after exposure to cold, dampness and rainy conditions.

Uses:

- Back injury
- Back pain from strain or overexertion
- Inflammation of tendons from strain
- Muscle strain from overexertion
- Sprains involving ligaments and tendons

Dosage:

One dose daily as needed. Can use either the 30C or 200C potencies.

Ruta graveolens (Common Rue)
Ruta



Prepared from the whole fresh plant.

Uses:

- Bruising of bones and periosteum
- Fractures and injury to bones
- Sprains involving ligaments and tendons
- Tennis elbow

Dosage:

One to two doses daily as needed of Ruta 30C.

Symphytum officinale (Boneset, Comfrey)
Symphytum



Prepared from the fresh root before flowering and in autumn.

In ancient times the moistened mucilaginous leaves of the Symphytum plant were placed around the broken bone, where they dried into a hard mass like a cast. If you dig up the root of the plant you will be amazed at how closely it resembles human bones.

It is only natural that Symphytum stimulates both bone and tissue repair and so is most commonly used for the healing of fractures, even when there is non-union or slow healing. It is to be given after the initial swelling and inflammation of the fracture have subsided, which can be hastened by the use of Arnica and Calendula. It is also useful for black eyes and blunt injuries to the eye.

Dosage:

1 dose daily of Symphytum 6C until fracture is completely healed. Can be given with Arnica and Calendula to augment the healing process.

Millefolium (Yarrow)

Millefolium



Millefolium is a very ancient medicine and has been mentioned in the Iliad as having been used by Achilles for the healing of the injuries of his troops. It is prepared from the whole fresh plant.

Uses:

- Active hemorrhages, with profuse flow of bright red blood
- Bad effects from a fall from a height
- Before surgery or tooth extraction if there is a history of bleeding
- Nosebleed, especially after injury
- Wounds bleed profusely, especially after a fall

Dosage:

One dose of 30C potency as needed.

Where to Obtain the Remedies

You can purchase the remedies individually or in first aid kits from your favorite homeopathic pharmacy. The remedies come in the form of small white globules in one- or two-dram glass vials. These few remedies can easily be kept in a small, lightweight cloth coin purse or cosmetic bag. Commercially available kits contain a number of homeopathic remedies for common acute ailments. These remedies are in low potencies, which are frequently used and are simple and safe to administer. If you are more familiar with the remedies, you may find it fun to make up your own kit. Or you can order our **Homeopathic Basic Trauma Kit** from:

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If you have had no experience using homeopathic remedies, I suggest that you start using them and get some experience with them before you take them on a trip as your sole resource of first aid treatment. You may want to take a beginning course in the use of homeopathic remedies in the treatment of acute ailments and injuries. If that is not possible where you live, there are a number of excellent books to help in the selection of remedies for acute conditions and injuries. I highly recommend the book *Homeopathic Remedies for Health Professionals and Laypeople* by Drs. Buegel, Chernin, and Lewis.

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