

# RUTA

Ruta graveolens; Rue

1st Aid treatment for sprains and strains, injuries to ligaments, tendons, muscles and cartilage.



## Eye strain

From over use e.g. fine work or too much reading - letters of page begin to run together. Eyes aching, burning. \ Dim vision. \ Pressure deep in eyeball or over eyebrow.

## Surgery

Promotes recovery after surgery on knees, ankles, hips etc. Involving connective tissue, tendons, ligaments and cartilage

Bruising of bones e.g. shins

Sprained joints Joints feel tight and in danger of giving way.

## Sprains and Strains

Most useful for areas where there is only a thin covering of flesh e.g. ankles, knees, shins and wrists.

Strained muscles, **tendons** and ligaments

From over doing it: sore, painful and stiff.

## GENERAL SYMPTOMS

Should apply to all conditions.

### Sensations:

sore and bruised; **lame** and weak.

### Modalities:

Worse for cold and damp weather. Worse for lying; lying on affected part. Better for warmth and movement.

## NOTE

Ruta and Rhus tox can be hard to distinguish in strains and sprains.

In a sprain give Arnica 30C first until bruising and swelling starts to go down and then alternate Rhus tox 30C and Ruta 30C (e.g. 3 a day of each)

For strained muscles from over use add 1 each of Arnica, Rhus tox and Ruta 30C in a bottle of water, shake well and sip throughout the day.