

URTICA URENS

Common Nettle

GENERAL SYMPTOMS

Pains are itching and stinging much like a nettle sting!

Urtica has a limited number of homeopathic applications but has an important place in the homeopathic First Aid Kit. Unlike many other homeopathic remedies Urtica is NOT associated with any strong mental or emotional symptoms.

Bites and Stings

1st remedy for nettle stings.
Also for insect bites where
There are stinging pains.

Prickly Heat

A really useful remedy in prickly heat where the sun has caused red, raised blotches with itching or burning or stinging and a constant desire to rub/itch the skin.

Minor Burns

A good remedy for minor, first degree burns and scalds where there is redness, itching and stinging pains afterwards.



Breast feeding problems

Helps to 'gear the supply to demand'.
Useful in the early days of breastfeeding to help establish a good flow of milk where it seems slow and where there is no obvious cause. It can also help where there is an over abundance of milk to tailor the supply to the demand.

Hives/ urticaria

Also known as nettle rash, this is an allergic reaction of the skin: often the cause is unknown. Symptoms are red, raised blotches with itching/burning/stinging and a constant desire to rub/itch the skin.

Urtica can be used in ointment form or in pills taken orally.

For pills use 6C or 30C potency. For a minor sting or burn 1 dose might suffice. Repeat up to 3 times daily and seek help if the condition does not improve after a day or two in serious conditions.