

REMEDIES FOR INJURY

ARNICA

For swelling and bruising of sprained joint. Give Arnica first and then Rhus tox or Ruta (or alternate both).....

RHUS TOX

Stiffness and aching. Worse on 1st moving but frees up with continued movement and then worse again with over use.

RUTA

Sore, bruised pains with lameness and weakness. Inflamed tendons and strained muscles and ligaments.

BELLIS PERENNIS

Bruising to deeper, soft tissue. Useful after surgery, injury to breasts and childbirth. Also when lump remains after bruising has cleared.

ARNICA

1st remedy to think about in injury and trauma. Bruising with swelling. Give Arnica 1st and if pain remains think of 1 of the other remedies.....

LEDUM

Bruising from deep puncture type wound. Wound feels cold to touch and better for cold compress. Also good for black eye with discolouration; blow to eye when Arnica fails.

BRUISING

HYPERICUM

Injuries to nerve rich areas e.g. trapped finger, crushed toe, tearing off a finger nail. Pains are shooting.

SYMPHYTUM

Direct blow to eye or bones around eye e.g from ball. Where pain persists after Arnica has been given.

FRACTURES

SYMPHYTUM

Knit Bone. For healing broken bones. Use after Arnica after swelling and initial pain has diminished and after bones have been set. (Use 30c once a day for 7-10 days)

BRYONIA

For fractured ribs with intense pain, worse for movement and worse for breathing.

URTICA URENS

For **scalds** and **1st degree** (mild) burns. Pains are prickling and itching with redness of skin.

BURNS

CAUSTICUM

3rd degree (severe) burns where layers of skin have been burnt. Give Causticum on the way to hospital and in conjunction with other treatment. Severe raw pain.

CANTHARSIS

2nd degree burns, scalds and sunburn with rapid blistering. Pains are burning and better for cold compress.