



accidents & injuries

Homoeopathy has an excellent reputation when treating accidents & injuries that occur in everyday life. In acute traumatic situations the remedies may need to be repeated often until symptoms have resolved or while waiting for medical attention.

Where necessary the indicated remedy may be used in conjunction with medical attention. For severe injuries continue your remedies for several days after symptoms improve to ensure adequate healing.

The following information relates to homoeopathic remedy pictures and information available in traditional homoeopathic texts. Homoeopathic principles should be applied when using any homoeopathic remedy. Always read the product label. If symptoms persist consult your health care practitioner promptly.

Abrasions & lacerations: *Calendula* tincture or cream applied topically may promote healthy granulation of tissue and rapid healing. *Hypericum* may assist in pain management, nerve damage and sharp shooting pain. *Staphysagria* can help heal deep cuts and incised wounds. *Hepar sulph* where the injury shows a tendency to suppuration.

Bites, stings and puncture wounds: *Ledum* suits the bad effects of mosquito bites where the area is white or purple, puffy and cold but better for cold applications. *Apis* may assist in the management of bee or wasp stings that are red, rosy, shiny and swelling. *Hypericum* where there are shooting pains; bites on fingers and toes. *Ledum* or *Hypericum* also suit the symptoms of puncture wounds.

Bruises: First remedy *Arnica* and a cold pack. Also *Arnica* cream or oil applied externally providing there is no broken skin. Consider *Bellis perennis* for bruises deep in the body not relieved by *Arnica* or *Hamamelis* for bruised soreness in open, painful wounds, worse for touch. *Hypericum* for injuries to areas rich in nerves e.g. fingers and toes and *Ruta grav* for bruises of bones and tendons.

Broken bones: The following remedies may be helpful to support calcium metabolism, reduce pain and assist with repair of the fractured bone. *Arnica*, repeated regularly, as a general support, *Ruta grav* for severe contusions and *Hypericum* for the management of nerve damage. *Symphytum* is indicated for bone healing especially if there is prickling pain at the site. *Ruta grav* and *Rhus tox* may be taken in alternation to help reduce pain and in the case of non-union, despite good management.

Crushed fingers and toes: *Hypericum* has been used traditionally for its selective action on injured nerve fibres and



is complimented with *Arnica*. Repeat the *Hypericum* often to assist with pain management.

Eye injuries: *Aconite* is the first remedy to think of. It is often called "the *Arnica* of the eye". *Arnica* for bruising, inflammation and black eye after injuries, followed by *Ledum* to help resolve bruising. *Silica* if inflammation persists after removal of foreign body. *Symphytum* and *Hypericum* may be useful for assisting with pain management.

Fright and shock: The following remedies may need repeating often after trauma or shock to assist in promoting calm. *Aconite* after fright, with agitation, restlessness and fear of death. *Ignatia* where there are feelings of hysteria, loss of control. Seek help if these remedies do not alleviate the problem quickly.

Sports medicine: Immediate treatment of injuries reduces the degree of damage and speeds the healing process. Depending upon the type of injury you may need to use more than one remedy while the injury heals. *Arnica* is the first remedy to think of as it assists in promoting rapid resolution of damage. Use *Rhus tox* for strained, sprained stiff muscles, with pain on initial movement, better from continuous movement. *Ruta Grav* for strains to ligaments and tendons and injuries to the bone covering (periosteum).