

Ruta grav

Ruta graveolens – Rue

Remedy picture as described in traditional homoeopathic texts.

Mainly used in home prescribing to treat the symptoms of sprains and strains, injured joints, tendons and bruised bones. Eyestrain, weakness or lameness following a sprain also responds well to Ruta grav.

Mental / Emotional Symptoms

Feelings of intense weakness and despair. Intense physical and mental weariness. Dissatisfied with self and others. Weepy, suspicious, quarrelsome. Restless of mind with anxiousness as if from a troubled conscience. Depressed at sundown. Prefers indoors. Many fears and phobias.

Physical Symptoms

Eyes: May feel red hot and painful when reading fine print and sewing. Eyestrain or eye fatigue with headache, redness, blurred vision and heat/burning. Weary pain in eyes whilst reading.

Teeth: Aids ligament and bone repair following injury or extraction. Useful after orthodontic adjustments.

Back: Vertebrae slip out of place easily. Backache from injury or sprain.

Limbs: Cracking in joints worse for walking in the open air. Contraction/stiffness, pain and stiffness in wrists and hands. There is restlessness in the limbs; knees give away, tendons feel sore and thighs may feel as if broken, worse for stretching them. Legs give way when rising from a chair. Can't find a comfortable position. Gait may be unsteady. Sciatica worse at night, pain from back down hip and thighs.

Pains: Sore, aching pains that feel as if bruised from injuries, sprains, and bruises. The joints, tendons and bones have an aching restlessness, a feeling of loss of strength in the injured part or heaviness. Pain may be local or of the whole body. Effects of old injuries, or repetitive strain.

Skin: Easily chaffed by friction; itching; fat, smooth, painful warts on palms.

Sleep: Wakes frequently from vivid and confused dreams. Frequent yawning. Starts from sleep with slightest touch.

Keywords

- Sprained or strained
- Weakness
- Bruised sensation
- Stiff

Exciting causes

- Over-exertion
- Surgery
- Physical injury

Modalities

Better: Lying on back; warmth; motion; rubbing; scratching.

Worse: Over-exertion; injury; sprains; eye-strain; cold air, damp, windy, wet weather; at night, lying down or lying on affected part (except the back); sitting; stooping; during menses; uncooked food; walking outdoors.

Desires: Juicy things; very thirsty for cold water

Aversions: Large meals; meat; milk; vegetables

Compare: *Nat mur, Rhus tox, Arnica*

Complementary: *Calc phos*