

Ledum

Ledum palustre – Marsh tea.

Remedy picture as described in traditional homoeopathic texts.

Ledum is the primary remedy considered in first aid for puncture wounds of any kind, eg. insect or animal bites, needle stick injuries. When taken immediately after injury, Ledum is said to reduce the likelihood of tetanus (whilst following all appropriate first aid measures). General coldness of the body part or the person in question is an important keynote of Ledum. Interestingly, there is also improvement with cold applications or cold air. Ledum also addresses joint pain, where there is painful swelling and possibly blotchiness or a bruised look to the affected part.

Mental/Emotional symptoms

The mental state of Ledum is one of morose anger, anxiety and desiring solitude. Discontent and disagreeable. Alcohol consumption may be an issue.

Physical symptoms

Commonly feeling cold or chilly. Pain in cold, swollen joints. Injuries to the skin, such as puncture wounds. Discolouration of the skin. Gouty pains. Pricking, biting sensations. Gnawing pain of ears, eyes and nose. Twitches following injury. General bloating of hands, face and feet.

Ears: Hardness of hearing, like ears were blocked with cotton wool. Ringing or roaring in the ears, as if from wind.

Eyes: Bruised or bloodshot. Blows to the eye. Pressure behind eyeballs, as if they would be pressed out.

Skin: Puncture wounds by sharp pointed instruments, nails, bites by animals or insects. Injuries that become cold, pale, puffy and/or mottled in colour. Discolourations such as bruises or black eyes that do not heal, a blotchy appearance, red spots or rash. Crusty eruptions around nose and mouth, like eczema. Red pimples on forehead and cheeks that sting when touched. Skin may be puffy or swollen. Itching of the feet and ankles, feeling worse after scratching or from the heat of bed.

Extremities: Joint pain that begins at the feet and move upwards with the affected parts first becoming purple and puffy. Pains shooting through the foot, limbs and in the joints especially small joints which are swollen, hot, pale and worse for movement, at night and from the warmth of the bed and better for cold applications, such as emersion in cold water. Ankles swollen, soles of the feet are painful, swelling of big toe. Symptoms more prevalent in left shoulder, or right hip joint. Ledum especially singles out the knee; it is suitable in old prolonged cases of inflammation of the knee-joint, of rheumatic knee-joint where patients sit with the joint exposed to the cold, fanning the joint.

Stomach: Nausea after spitting or expectoration. Pain when eating quickly.

Female: Great coldness during menses, yet craves cold air. Menses too early and too copious. Bleeding fibroids.

Rectum: Painful haemorrhoids.

Sleep: Strong desire to sleep during the day, drowsy. Sleep is disturbed by anxious dreams and restlessness.

Food: Strongly desires cold water. Appetite weak and easily satisfied.

Temperature: General coldness, or coldness in parts, feeling as if submerged in cold water.

Pains: Sticking, tearing, throbbing, rheumatic pains which are worse for motion, night and warmth.

Keywords

- Puncture wounds, insect or animal bites
- Cold, pale, swollen
- Bruised or blotchy
- Pain feels like tearing or stabbing
- Chilly, but feels better for cold

Exciting causes

- Puncture wounds
- Recent or chronic injuries
- Animal or insect bites
- Bruising
- Alcohol

Modalities

Better: Cold applications; cold water or air; rest.

Worse: At night; from the heat of bed; warm air; wine; eggs; movement. Worse from injury.

Desires: Alcohol.

Aversions: None noted.

Repetition of the dose: Taking Ledum 6c daily while in a mosquito prone place is said to reduce reaction to mosquito bite.

Compare to: Ruta grav or Hamamelis - bruises, Bellis Perennis or Arnica - trauma.

Take with Hypericum for puncture wounds and dog or spider bites.

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