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[Home](#) / [Dr. Samet's Insights](#) / [Homeopathy for First Aid - The Most Important Remedies and How to Use Them](#)



## Homeopathy for First Aid - The Most Important Remedies and How to Use Them

Posted by Dr. Lisa Samet N.D. on Jun 30th 2016

(The article is actually a copy of the notes Dr. Samet used for her WHP webinar on June 27, 2016. If you would like to see and hear her presentation - you may access a recording free of charge here: [Homeopathy for First Aid – The Most Important Remedies and How to Use Them 1467068374.mp4](#)

Please note there were a few technical issues in the last ten minutes that affected the audio).

Summer camps and summer vacations are just around the corner, and whether you're packing your kids off to sleep-away camp for a few weeks, or you're planning a family trip, here's a list of remedies you'll want to have on hand to deal with common summer mishaps!

**Aconitum napellus:** Best used when a cold comes on suddenly, especially after getting a chill. Also a good remedy for fear and fright, like after a nightmare, especially when sleeping away from home for the first time! One to two doses a few hours apart should do the trick.

**Arnica:** the pre-eminent remedy for injuries, falls, bruises, strains and sprains... no remedy kit should be without this one! Depending on the severity of the injury, one pellet 1-3x a day for a day or two should usually be enough to get you or your kids up and running again. I've had so many moms describe to me with wonderment how they felt the first time they used Arnica for an injury and watched the "huge red bump" go down before their eyes within minutes. It is also available in a cream to topical use.

**Apis:** The first remedy to think of in stings or bites– whether it be wasp, bee, mosquito, black fly, red ants, etc.- if the area is red, hot and itchy (and feels better from cold), Apis is the one for you. One or two doses is usually enough to get the itching and burning feeling better.

**Arsenicum Album:** Especially for those going away from home, an upset stomach can ruin the day. Whether it be from food poisoning, mild anxiety or a mild bug, Arsenicum is most often the homeopathic remedy likely to help, especially since it is impractical to send 10 diarrhea remedies with specific instructions along to camp with kids! If the diarrhea is relatively mild, 1-3 doses in the first 12 hours should help enormously if it is the right remedy.

**Belladonna:** This is a good choice at the first sign of fever - with red, hot skin. Also, it can be used with a sunburn, in this case, taken every hour for 3 doses to really get the heat out and the skin healing.

**Calendula cream:** A must for any first aid kit – to be applied topically with scrapes. Make sure they are well cleaned before applying. It is an excellent and effective natural alternative to OTC creams.

**Gelsemium:** The first remedy to think of for summer colds (especially if the symptoms are vague and do not indicate a clear remedy) where the person is chilly, has little thirst, and low energy. Try one dose every 12 hours for 3 doses.

**Hypericum:** For injuries like a stubbed toe, a finger slammed in the door, a fall on the tailbone with characteristic shooting, sharp and tingling pain. Ouch! Depending on how painful, 1-6 doses in a 24 hour period should help.

**Ignatia:** I always sent Ignatia in my kids' sleep away camp remedy kits (maybe it was just wishful thinking that they would miss us a bit...), but if homesickness strikes, this should stop any crying and sighing and missing home in a flash. One dose should do it, repeat if needed.

**Ledum:** This is a good remedy to think of with a puncture wound – stepping on a nail or something sharp. Also for bites, especially if Apis doesn't help or is not indicated as Ledum's bites feel cold to the touch (vs Apis which feels hot). I have also found Ledum to be particularly effective with large bruises (like poking your thigh into the corner of a desk), when Arnica doesn't help. Finally, it is often the best remedy to use with a black eye (best if used immediately after baseball or elbow makes contact with eye socket!)

**Rhus-tox:** This remedy has two very useful indications: one is with poison ivy rashes. Second, Rhus-tox is a very useful remedy with strains or sprains, especially when the joint is stiff in the morning and feels better after movement. Use following Arnica, when that remedy no longer provides any benefit, one pellet every 2 hours for 3 doses.

**Ruta:** Easily confused with Rhus tox for use in sprains. Seems to have more affinity for tendons - but if unsure, try Rhus tox first and if no results after a day or so, change to Ruta.

**Silicea:** This remedy can sometimes be effective in encouraging splinters to be expelled. Give it a try: one pellet every 12 hours for 3 doses.

Once you have chosen a remedy, dose with either a 30C or 200C potency to start - placing one pellet under the tongue or one pellet in water, stirring vigorously and taking teaspoon doses as needed. Always cease dosing when relief begins and only redose if symptoms again worsen. As with any medical condition, consult with your physician if you have any concerns about the severity of your problem as it may first require medical diagnosis and/or intervention and monitoring.

#### **About Dr. Samet:**

Dr. Lisa Samet N.D. provides Washington Homeopathic Products with a regular column on using homeopathy for the family. She's a naturopathic physician who specializes in homeopathic medicine and she's a partner with Dr. Andre Saine N.D. Dr. Samet graduated from the Southwest College of Naturopathic Medicine in 1998 and has been practicing in Montreal since then. She was born and raised in New York.

Dr. Samet has chosen to focus on homeopathy because in her experience it is the deepest healing modality available in that it does not just soothe or palliate symptoms but can actually stimulate the body to start to heal itself. Dr. Samet sees patients in her Montreal office as well as remotely using Skype. Learn more here: [Dr. Lisa Samet](#)

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