



General Homeopathic First Aid Remedies

Arnica montana 200 – Used for head injuries, bruises, contusions, sprains and bone injuries, Arnica is the first remedy to reach for in cases of accidents or trauma. It reduces pain, inflammation and bleeding and promotes healing. It can also be used for sore muscles from overexertion.

Belladonna 6 or 30 – Can be for cutting, throbbing, shooting, sharp pains, particularly if accompanied by redness. It is also used for high fevers and is a top remedy for teething. The sufferer often has cold hands and feet and craves lemons or lemonade.

Bellis perennis 30 – A key remedy for contusions, bruises, lacerations and internal injuries, especially to the trunk of the body. Bellis is similar to Arnica but deeper acting. It is also ideal for facilitating recovery after childbirth and for mechanical injury to the breast after a mammogram or from a seat belt injury.

Calendula tincture -Used as a tincture on wounds, cuts, abrasions and burns, this remedy speeds healing, controls bleeding, soothes pain and also acts as an antiseptic. Repetitive application of sterile dressings soaked in Calendula to wounds and cuts has been shown to help ward off infection.

Hypericum 200 – This is the premiere remedy for punctures, incisions, lacerations and penetrating wounds, especially in nerve-rich areas. When the pain is excessive and incredibly sensitive to touch, Hypericum may be the answer. It is excellent for injuries to the brain, to the back and spine and to the tailbone. Hypericum has also been known to prevent the onset of tetanus.

Ledum palustre 200 – Relieves pain due to puncture wounds, insect bites or stings and animal bites. This remedy can reduce swelling and inflammation. If the person is cold or the injury site feels cold to the touch, these are key indicators for Ledum. Ledum has also been known to prevent tetanus.

Magnesia phosphorica (Mag phos) 6x– This is a great remedy for spasms and cramps, particularly menstrual cramps, as well as toothaches, writer's cramp, migraines and colic. Mag phos should be considered for any neuralgia that can be ameliorated by heat and pressure. It is often most effective when a dose is given in hot water and sipped.

Ruta graveolens 6 or 30 – Is indicated for sprains, bone bruises or injuries to the cartilage, tendons or bone surfaces. It is also useful for eye strain and pain from bunions. Consider Ruta for a feeling of bruised soreness and injuries to deep muscle tissues especially to the wrists and knees. It is also effective for repetitive stress injuries such as golfer's elbow, tennis elbow and carpal tunnel syndrome.