

Homeopathic Remedies for First Aid

Fright or shock after an accident	Aconite	Great anxiety and even fear of death that comes on suddenly. May have palpitations, oppressed breathing, and/or hard pulse. May be thirsty and restless. Better for perspiration. Worse for touch, cold, motion.
Pain and/or swelling after an injury	Arnica	Wounds, contusions, bruises. Bruised and sore feeling following trauma. May say that they're OK, they don't need help. Worse for motion, touch.
	Hypericum	Injuries to fingers, toes, base of spine with radiating pain (nerve injury). Worse for touch, jarring, cold.
Cut or abrasion	Calendula	After gently cleaning wound, use topically to speed healing and prevent infection.
Sprains or strains	Arnica	The first remedy to give for pain, swelling, bruising, or shock.
	Rhus toxicodendron	When movement is painful at first, but gets better after continued gentle motion. Better for gentle rubbing, warm applications. Worse for cold applications
	Ruta	Especially helpful for tendon and ligament strains, particularly in the wrist, ankle or shin.
Food poisoning	Arsenicum	Vomiting, diarrhea, burning pains, and belching. Weak, prostrated, restless, chilly and thirsty. Anxious. Better for external heat, warm drinks. Worse for cold drinks, at night.
Insect sting	Apis	Stinging or burning pains and swelling. Anaphylactic (allergic) shock. Better for cold applications, open air. Worse for heat, warm room, touch.
	Ledum	Any puncture wound if the part is cold, but person does not want it covered. Better for cold applications, rest. Worse for warmth, movement.
Poison Oak	Rhus toxicodendron	The #1 poison oak remedy. Tiny intensely itching vesicles that "weep". Rhus diversilobum can be used instead of Rhus toxicodendron. Better for scalding hot water. Worse for cold air, getting wet, scratching, touch.
	Sulphur	A deep red rash. Scratches the skin raw and bloody for relief. The second remedy to try if Rhus-toxicodendron doesn't act. Better for cool air, cool applications. Worse at night, worse for heat.
Sunburn	Cantharis	Painful burning, possibly itching and raw. Better for cold applications.
	Causticum	Burns that blister and ooze.
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