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## The Homeopathic First Aid Kit.

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Wherever we go injuries and minor ailments keep following us and strike us sometimes at the most unexpected time.

There are many homeopathic remedies that will safely and effectively take care of such problems. It would be wise to keep homeopathic first aid remedies at home and carry them with you whenever you are traveling.

The following injuries can be treated safely with homeopathic medicines:

**Bruises:** *Arnica* 30 C would help relieve the pain and swelling which appear after a fall or an injury.

**Abrasions & Lacerations:** *Calendula* 30 C may be used to help in the healing of the wound and prevent infection. *Calendula Q* (external) may be diluted with sterile water and used for cleaning and dressing the wound. When there are injuries to parts that are supplied with a lot of sensory nerves (like the tips of the fingers), *Hypericum* 200C will relieve the pain and soothe the inflamed tissue.

**Sprains:** Apply ice to the part for at least 15 minutes. This will lessen the pain and swelling of the joint. *Rhus toxicodendron* 200 C should be taken internally to cause early healing.

**Burns:** Put the burnt part under flowing tap water. This will cool the tissues and prevent the deeper tissues from being damaged. *Cantharis* 200 C given internally will help heal the skin and soothe the burning pains. It is also known to prevent blisters if taken immediately on being burnt. *Cantharis Q* (external) may be diluted with sterile water and used for cleaning and dressing the wound.

**Bone injuries:** For superficial injuries involving the periosteum, *Ruta* 30 C should be taken internally. If you suspect a fracture of the bone, try to immobilize the part by splinting the limb, and rush to your doctor. The bone may need to be set or if there has been severe injury and displacement of the bone fragments, surgery may be required. At the same time you should take *Symphytum* 30 C. *Calcarea phosphorica* 6x is a biochemic remedy that helps in the repair of bones.

**Insect bites and pin/needle pricks:** Wash the part with soap and take *Ledum* 30 C.

**Bee stings:** *Apis* 200 C will reduce the redness, swelling and burning of the part.

**The dose** is 3 pills to be kept under the tongue 3 or 4 times daily. External applications may be diluted in sterile water and used as a dressing. If symptoms persist or seem to get worse, it would be wise to consult your physician.

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