

The Perils of Summer: Poison Ivy and Poison Oak



Poison Ivy

Poison ivy and poison oak can turn a happy summer excursion into a nightmare. Itching, blisters, redness and swelling ... all from touching a harmless-looking plant.

Conventional medicine treats poison ivy and poison oak, as it does most rashes, with oral or topical steroids. This provides a short-term solution by blocking the body's immune response to remove the rash. However, the principles of homeopathy tell us that when symptoms are suppressed, they are not resolved but rather driven deeper into the body to reappear at a different time and perhaps in a more serious form.

With this in mind, I urge moms to treat their family's itchy summer rash themselves without harmful steroids.

First, remove contaminated clothing and wash it immediately. Flush the affected areas of the skin with warm water and wash with a gentle soap and water.

The remedy that first comes to mind to those with some knowledge of homeopathy is [*Rhus toxicodendron 30C*](#) (the Latin name for poison ivy) because it is the remedy made from the poison ivy plant. *Rhus tox* is indeed a powerful treatment as a preventative to the outbreak for those who are particularly susceptible. Actually, the most commonly used remedy for poison ivy is *Anacardium* and for many, it's all that's needed.

To identify the correct remedy, pay attention to the location of the rash, the type of pustules that form, and the general demeanor and preferences of the person when making your choice. Watch for anything that seems peculiar to help point to the correct remedy.

[*Anacardium orientale 30C*](#) – For poison ivy, poison oak and poison sumac, think *Anacardium orientale 30C* for swelling and rashes that itch intensely and burn when scratched. Scratching makes the itching worse by causing the eruptions to become red and inflamed but rubbing actually brings some relief. The symptoms are usually worse on the left side and at night. Warm applications and a warm bed aggravate the itching, but interestingly, the person usually welcomes a warm drink. In most cases, I'd begin with this remedy and only if it shows no improvement after several doses would I consider the others that follow below.

[*Croton tiglium 30C*](#) – For a rash with many blisters and much inflammation and itching, often on the scalp or the face in general, near the eyes or on the genitals, buttocks or lower

limbs, *Crot-t* is associated with yellowish symptoms. The pustules may ooze yellowish serum, which dries to form thick grayish/brownish scabs. Scratching aggravates and leads to burning and much pain. Like *Anacardium*, the rash may be worse at night and on the left side of the body. Light pressure ameliorates the pain, but the person feels tight all over his body and maybe mentally inflexible and rigid. Quite frankly, the person cannot bear the rash.

Graphites 30C – Honey-like symptoms point us to *Graphites*. When the rash is scratched, the resulting discharge is sticky and yellowish, and it burns. The skin will have a crusty appearance, especially in the joint areas and the parts of the body that are usually covered, that is the torso and limbs. Relief comes from rough rubbing and scratching that actually tears the skin. The person may feel better when wrapped up. The person generally feels chilly, thick and dull.

Sulphur 30 – When scratching causes the pustules to bleed, and this bleeding brings relief, look to *Sulphur*. After scratching, the pustules may produce a yellowish or white discharge, and what remains of the pustule will be crusty and dry. The person feels better in a warm bed but is averse to bathing. Generally, *Sulphur* symptoms are left-sided and afflict the scalp. Facial swelling may be present. The person requiring this remedy may be irritable and restless at night.

Rhus toxicodendron 30 – Unlike *Anacardium*, hot showers bring relief to the person needing *Rhus tox*. Outbreaks may be located on the face, around the eyes, on the genitals and on the palms in particular. Vesicles may line up along a scratch, and the skin may look angry. The person is irritable with a restless mind. Resting provides no relief, but the symptoms improve with movement and with dry, warm

air.

Administer the chosen remedy in the 30th potency three to four times per day, reducing the frequency as symptoms improve. If a lower potency, such as 12X or 6X, is all you have on hand, you can use it, but you may have to administer it more frequently. If you don't see even the tiniest bit of improvement after the second or third dose, try the remedy that seems to be the next most likely choice.

Prophylactic use

Those extremely sensitive to poison ivy, who seem to get a rash when anywhere near a poison ivy plant, may benefit from taking *Rhus toxicodendron* 30, [prophylactically](#). I've seen excellent results from administering four doses of *Rhus tox* 30 in one day at the onset of the season and then repeating this one day per week for one month to minimize the intensity of the exposure.

With your remedy kit in hand, you can take on any challenge of the summer and experience the joy and satisfaction of healing your family!

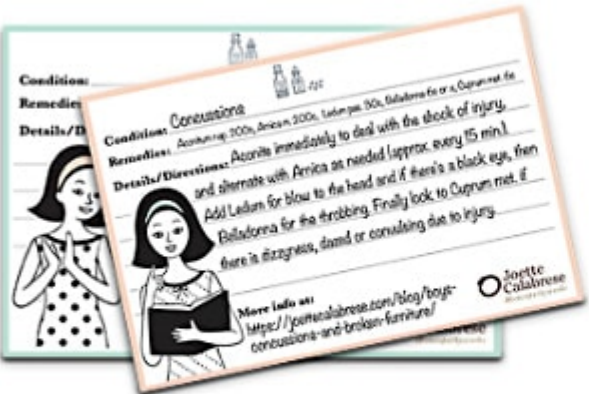
A handwritten signature in cursive script, appearing to read "Jette".

P.S. Want to avoid the medical conveyor belt with seductive antibiotics, beguiling steroid creams, or the latest natural skin ointment?

Learn more about my course: [Skin the Ugly Truth: Safe,](#)

Effective Treatment of Skin Ailments, Chronic or Acute with Practical Homeopathy.

I designed an infographic titled, *Skinderella; 15 common skin conditions, 15 remedies*. [Click here](#), opt in, and download!



The infographic displays a sample remedy card for 'Concussions'. The card includes the following text:

Condition: Concussions
Remedies: Arnica 30C, Arnica 200C, Lycopodium 30C, Belladonna 6C or 12C, Cuprum met.
Details/Directions: Arnica immediately to deal with the shock of injury. and alternate with Arnica as needed (approx. every 15 min.)
Add Lycopodium for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met. if there is dizziness, dazed or convulsing due to injury.

More info at:
<https://joettecalabrese.com/blog/boys-concussions-and-broken-furniture/>

Joette Calabrese
Homeopath & Writer

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