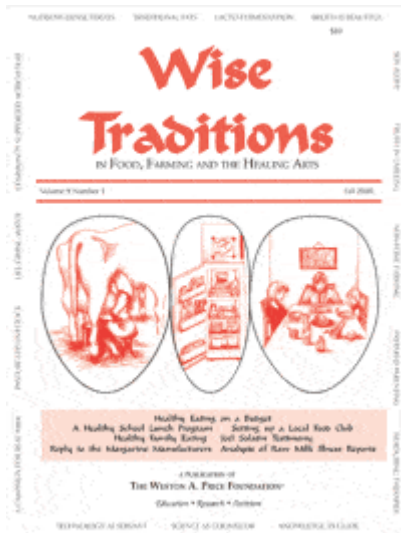


Own a First Aid Kit

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"Sticks and stones will break my bones" taunt children. How often we have heard this and hoped it would never come to fruition! However, should an injury occur, there's nothing more comforting than the homeopathic first aid kit. First aid is the arena in which most people are introduced to homeopathy. Every household, school, ambulance, summer camp and dorm room should be equipped with a homeopathy kit so as to prevent a simple emergency

from becoming a serious casualty. What is homeopathy? It is a unique form of medicine that uses minute amounts of pharmaceutically prepared substances from plants, animals and minerals. It is based on strict adherence to the Law of Similars discovered by Samuel Hahnemann, MD in the late 1700's. Dr. Hahnemann noted in his scholarly efforts that when a toxic substance is diluted to an infinitesimal level, the toxic characteristics are antidoted leaving only the curative qualities. For example, most people have heard of Ipecac for use in inducing vomiting. This substance, when diluted in the homeopathic method, will address an illness of relentless vomiting. Twenty five hundred years before Hahnemann, Hippocrates also noted the parallel action existing between the power of a toxic substance and its therapeutic ability. This pharmaceutical process allows the pathology to be resolved rather than covered up as a result of the body's ability to adjust to the trigger. Dr. Hahnemann's theory was scientifically reproducible and continues to be so today,

hence his hypothesis is not theoretical but a biological law of nature. Yet, homeopathy has no side effects, is safe, gentle and oddly enough, quite inexpensive. The only downside is that it takes some educating of oneself in order to treat emergencies with assuredness. After teaching this method of medicine, I'm confident anyone can master simple first aid.

Let's begin with a remedy that is often thought of first, particularly when the pathology has a quick and abrupt start: *Aconitum napellus*. When it comes to the pain, swelling and shock of a sprained ankle and most sports injuries, this is a rewarding first choice. It should be administered orally as soon as possible and from every few minutes for more severe injuries to once daily for minor ones, say the homeopathic physicians. This method is the rule of thumb for the administration of homeopathic remedies in general.

The second most frequently used remedy for trauma is *Arnica montana*, particularly when it comes to injuries to the head such as in concussions. Should the injury be of a serious nature, it has been shown to be of great value when administered on the way to the hospital every few minutes. It can be taken up after the initial need for *Aconitum* has passed. Homeopathy is compatible with conventional medicine, so one can feel confident using it simultaneously. It has a history of bringing needed calm, pain relief and healing. In fact it has been shown in homeopathic hospitals throughout Europe and India that *Arnica montana* has relieved pain from injuries more effectively than morphine when used in high enough potency! And there are no side effects or addictions associated with homeopathic medicines.

Arnica montana can also be used for dental work. It is powerful in its ability to address potential infection, anxiety and soften the shock and discomfort of surgery. Indeed, it can even reduce fear of dental work. Dr. Dorothy Shepherd, British homeopathic doctor and researcher, states in her book, *A Physician's Posy*, "It is advisable to

take *Arnica* before going to the dentist to prevent shock and pain after an extraction. Hemorrhage is frequently much lessened by such preventative measures."

Ledum is the remedy of choice for most insect stings. Think of it also for accidents from punctures, stabs, injury from an imbedded nail, as well as bites from cats, rats, dogs and horses. Meanwhile, be sure to get traditional medical care, as well, since this is not a substitute for professional care when the injury is serious. Having Ledum on hand, however, is an opportunity to augment the body's ability to begin healing, reduce swelling, minimize potential infection and bring about calm. *Hypericum* is also used for injuries, particularly if the pain is nerve type pain, as when the pain is severe. *Hypericum* is a capital choice for tooth pain that originated in an inflamed nerve or after an extraction.

When considering gastric issues, there are remedies of equal value to Ipecac, but Ipecac is the remedy you want on hand when vomiting is relentless and affords no relief after the episode.

All homeopathic remedies must be chosen specifically for their symptoms and etiology. For example, *Nux vomica* is the premiere remedy for overdoing a good thing: the New Years day hangover, the child who stays up late at a friend's house after eating pizza and soda and overindulgence from Halloween. Usually the sufferer is cold and feels if he could only vomit, he'd feel better. There may be irritability and bloating or diarrhea alternating with constipation. Food poisoning, regardless of the pathogen is often aided by *Nux vomica*, but the ultimate remedy for this malady is *Arsenicum album*. This is particularly valuable for diarrhea that is exhausting accompanied by cold, restlessness and burning pains in the stomach or rectum.

What about that wretched poison ivy that causes so much summer distress? Pack *Croton tiglium* in your backpack for when a

poison ivy outbreak is blistering a great deal with inflammation and itching. It is particularly useful for when the outbreak is located on the scalp, near the eyes or on the genitals. If the eruption is of a burning nature that causes severe itching and aggravated by the warmth of a bed, the night and by scratching, consider Rhus tox. This powerful remedy is particularly interesting in that it is made from poison ivy. For those with a propensity for these itchy outbreaks yearly, it can be used as a prophylactic before the season begins with a few doses each day for two days.

On planning your homeopathy kit, it is best to buy it already organized in a neat box from a reputable pharmacy. The price is substantially less per bottle and the pharmacy's expertise aids in choosing the top most used remedies. There are several sizes available. Purchase the most extensive kit you can afford. Since the remedies, if handled properly, will last indefinitely, the kit becomes an investment of long term benefits. www.Hylands.com carries a kit that is well organized and economical. Consider taking a teleseminar in first aid homeopathy and purchasing a how-to book or CD. The more fleshed out your understanding of this vital discipline, the more able you'll be to depend on its effectiveness. So, the next time you hear children chant, smile and think: "I'm ready for an emergency. I have my homeopathy kit."