

## Guide to Homeopathic First Aid

Homeopathy is the science and art of stimulating self-healing with natural medicines derived from plants, minerals or animals.\* The homeopathic treatment of simple injuries is effective and can be mastered by anyone with a desire to learn.

The following guide is particularly addressed to parents. I will present five homeopathic medicines that have saved me several trips to the emergency room and eased quite a bit of pain and suffering. Once you experience the joy of seeing the tears disappear from the eyes of a little one, you will become as enamoured as I am with this gentle, magical tool of healing.

### **Arnica montana**

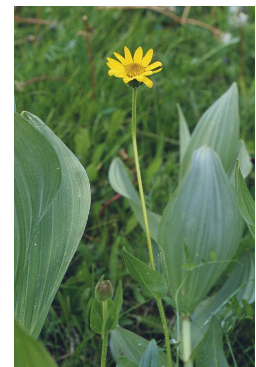
Arnica is for bruises.

*A heavy metal door fell on Karen's foot in the bathroom, and she limped to the sink to put her foot under a cold stream of water. She began to hyperventilate, and my wife, her employee, heard what sounded like a steam engine from down the hall. She went into the bathroom to investigate. When she saw what had happened, she immediately went to a nearby pharmacy and bought Arnica, the first remedy for bruises and contusions of any kind.*

*Karen started taking the medicine about an hour later. She took the pills once every five minutes and applied Arnica gel to the bruised area. Within half an hour she was able to rest her foot on the floor for the first time. The pain diminished by 50%. She chose not go home, but spent the rest of the day working in her office.*

*She went to the hospital the next day, where her foot was x-rayed. Two of the metatarsals were broken. She got a soft cast. She continued to take Arnica as needed. After three days there was no swelling in her foot, no black and blue discoloration—except in one small area where she had missed applying the gel.*

*Arnica montana* grows in the mountains, and a good way to remember it's indication is to think of a mountain climber falling and hurting himself. Plastic surgeons give *Arnica* routinely before and after surgery.



Do not apply *Arnica* to broken skin. If the skin is broken, take *Arnica* internally and apply *Calendula* externally.

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\* For more information about how homeopathy works, see my paper "Improving the Odds"

For serious injuries, sprains and dislocations, give *Arnica* as needed for pain relief for the first two days, then switch to *Ledum* three times a day to reduce swelling, dissolve blood clots and promote flexibility.

### **Calendula**

*Calendula* is for cuts and scrapes. Dorothy Shepherd, MD, writes:



*Calendula is not an antiseptic in the true meaning of the word, but germs do not thrive in its presence. It inhibits their growth, and even when wounds are already badly infected I have seen offensive purulent discharges become clean and sweet smelling in a day or two.[...] Calendula is wonderfully soothing as an external application. It neither destroys nor irritates epithelial cells; on the contrary it stimulates their growth.*<sup>2</sup>

For ordinary cuts, *Calendula* is better than antibiotic salves and creams. After dental cleaning, a solution of *Calendula* will soothe the gums and promote healing. For deep cuts, where there is a possibility of anaerobic infection (i.e. tetanus), use *Ledum*.

### **Cantharis**

*Cantharis* is for burns.

One day I got a phone call from my wife, who had burned her hand at work. She was trying to turn off the radiator, and the radiator cap fell off. Steam poured out, badly scalding her hand and arm. I instructed her to take *Cantharis* internally and apply it externally.

Within a minute of taking *Cantharis*, her pain diminished by 70%. She remained at work for the rest of the day. She continued to take *Cantharis* about five times a day for the next week. The burned skin peeled off, leaving a pink area underneath. Eventually that skin peeled off too, leaving a slight brown discoloration. This discoloration faded over time, leaving no trace of burn.

*Cantharis* has successfully treated even severe burns from firecrackers and gas cylinder explosions. The victims recovered without scarring. *Cantharis* is also great for sunburns. For all external use, mix *Cantharis* solution with a dab of *Calendula* gel and apply to the burned area.

### **Hypericum perforatum**

*Hypericum* is for injury to nerves.

*My nephew, age 4, ran towards me as I walked into the house. I shut the door behind me, not seeing that his little finger was caught in the opening by the hinge.*

*He began to howl. I dashed to my room and grabbed my homeopathic first aid kit.*

*My nephew was screaming when I returned. His little finger was inflamed, but did not look broken. I picked out a vial of *Hypericum perforatum* from the kit and poured out some pellets into the cap. "I'm going to give you some candy," I told him. I popped the pellets onto his tongue.*

*He stopped crying after thirty seconds. I rubbed his back gently and said, "You're a brave boy." In a few minutes he was playing again. He never complained about the finger again.*



Fingers and toes are rich in nerve endings; any trauma to these parts is best treated with *Hypericum*. After dental work, take *Hypericum* to relieve pain from trauma to the dental nerves.

*Hypericum* is also good for puncture wounds, and it prevents tetanus. A British sergeant during World War I treated shrapnel wounds with *Hypericum*. He wrote: "To see a man badly wounded by shrapnel through his shoulder joint and in terrible pain, to be transformed to laugh and joke with the men by two little pellets, is something wonderful."<sup>5</sup>

An easy way to remember this indication for *Hypericum* is to recall that the species name, "perforatum," means "perforated."

A few years ago, *Hypericum* was faddishly promoted as a cure for depression. Depression is a complex, chronic ailment that is best treated by a skilled homeopath.

### **Ledum palustre**

Ledum is for insect bites, puncture wounds and swelling.

*A friend of mine was painting the side of his house when a wasp stung his neck. He immediately howled and got down from the ladder. He walked into the house and sat down, rubbing his neck.*

*I got out some *Ledum* tincture and mixed it with *Calendula gel*. I applied it to his neck. In thirty seconds the pain was gone. Soon, he was back painting his house.*

*Ledum* is excellent for insect bites and stings. It has been successfully used to treat Lyme Disease. It is also good for puncture wounds, like *Hypericum*. If there is any chance of infection, start with *Ledum* externally and internally once an hour, then follow with *Hypericum* after a few hours if the pain has not subsided or begins to travel.

## The First Aid Kit

You can find these medicines at most health food stores and some pharmacies, except for Cantharis, which must be special ordered.

REMEDY	POTENCY	FORMAT	USE	INDICATION
Arnica montana	30c	pills	internal	bruises
Calendula	1x	gel	external	bleeding, skin irritation
Cantharis	200x	alcohol	internal & external	burns
Hypericum perf.	30c	pills	internal	injury to nerves, puncture
Ledum palustre	tincture	alcohol	internal & external	insect bites, puncture

### Directions For Taking

When you take a homeopathic medicine, don't touch the pills with your hands. Use the cap on the bottle to transfer the pills to your mouth. Allow the pills to dissolve in your mouth; do not swallow them.

For infants and other special situations, you can dissolve the pills in a tablespoon of water and give the water.

If you take an alcohol solution internally, a few drops on the tongue is sufficient.

### About the author

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### Footnotes

<sup>2</sup> Shepherd, Dr. Dorothy. *Homeopathy for the First Aider*, C.W. Daniel Co. Ltd., 1992, p.26

<sup>5</sup> Shepherd, Dr. Dorothy. *Op. cit.*, p. 17