

Guide to Homeopathic First Aid

Homeopathy is the use of nontoxic medicines derived from botanical, animal or mineral sources to stimulate self-healing.

The five medicines presented below have spared me several trips to the emergency room and have relieved pain and suffering on many occasions.

1. *Arnica montana*

Arnica is for bruises.

This story comes from my wife:

“I was standing in the hallway at work when I heard the sound of a steam engine coming from the ladies room. I went to investigate and found my boss, Karen, standing by the sink running cold water on her foot. The steam engine was the sound of her breathing. It turned out that while she was sitting in a stall, the heavy metal door had fallen on her foot. The building dates from the early 1900s.

I immediately called my husband, who suggested *Arnica*. I ran to a nearby pharmacy and bought some, both the pills and the topical gel. Karen took the pills once every five minutes and applied the 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 had diminished by 50%. Incredibly, she spent the rest of the day working in her office!

She had an x-ray the next morning. 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 and no black and blue discoloration—except in one small spot that she had missed when applying the gel.

Arnica montana is a plant that grows in the mountains, and a good way to remember it's key indication is to think of a mountain climber falling and hurting himself.

Plastic surgeons give *Arnica* routinely before and after surgery.

Arnica gel is great for kids because the simple act of applying it has a calming effect.

One caution: do not apply *Arnica* to broken skin. If the skin is broken, give *Arnica* internally and apply *Calendula* externally.



2. Calendula

Calendula is for cuts and scrapes. It is superior to antibiotic ointment and especially to iodine, which destroys the top layer of skin cells and leaves the area vulnerable to secondary infection.

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.*¹



Calendula is soothing for all kinds of skin irritations. Although it will not heal chronic skin conditions such as eczema or impetigo, it will temporarily relieve the discomfort.

For deep wounds, *Ledum* is the remedy to prevent tetanus and promote healing.

3. 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, mixed it with *Calendula* gel in my hand and applied it to his neck. In thirty seconds the pain was gone. Soon, he was back painting.

Ledum works equally well on the bites of mosquitoes, bed bugs and ticks. It will actually prevent Lyme disease. The protocol is to take a dose twice a day for three days after a tick bite is discovered. I have used this protocol countless times, and it has never failed me.

Here is another story from Dr. Dorothy Shepherd:

A young man had an accident with a pitch fork while loading manure. The prongs entered his forehead just by the side of his nose into the soft tissues above the eye. Pain, shock and swelling were severe, and the eye was completely closed. Arnica was given but did not alleviate his suffering. Twelve hours after the accident, he started taking *Ledum* every 30 minutes.

The pain disappeared after the first dose. The swelling over the eye cleared in 24 hours, and the wound healed rapidly. There was no tetanus, although the man received no vaccinations.

¹ Shepherd, Dr. Dorothy. *Homeopathy for the First Aider*, C.W. Daniel Co. Ltd., 1992, p.26

4. *Hypericum perforatum*

Hypericum is also a medicine for injuries when the nerves are involved. There are numerous nerve endings at the tips of our fingers and toes, for example. Any trauma to these areas—a stubbed toe or a pinched finger, say—calls for *Hypericum*.

When my nephew was 4 years old he got his little finger caught in a closing door. He began to howl. I ran for my homeopathic first aid kit.

He was still screaming when I returned. His finger looked red but otherwise ok. I gave him some *Hypericum* and told him it was candy.



The crying stopped 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.

Hypericum is a great remedy to give after dental work. It relieves the soreness and promotes fast healing. My 92-year old mother recently came back from dental surgery with a very sore jaw. A single dose of *Hypericum* relieved her pain by 80%. The next morning a second dose took care of any residual discomfort. She never needed Tylenol or antibiotics.

A British sergeant during the first World War 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.”²

5. *Cantharis*

Cantharis is for burns.

One day my wife was trying to turn off a radiator at work and the radiator cap fell off. Steam poured out and scalded her hand and arm severely. She called me right away, and I told her to use *Cantharis* internally and externally.

Within a minute 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 and left a pink area underneath. Eventually that skin peeled off too, leaving a slight brown discoloration. The discoloration faded over time, leaving no trace.

Cantharis has been used even for severe burn victims. It is also great for sunburn. For external application I mix *Cantharis* 30x liquid with *Calendula* gel in my hand and smear it on.

² Shepherd, Dr. Dorothy. *Op. cit.*, p. 17

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.

When buying Calendula gel look carefully to avoid ending up with Calendula ointment or Calendula cream, which come in identical packaging.

REMEDY	POTENCY	FORMAT	USE	INDICATION
Arnica montana	30c	pills	internal	bruises
Calendula	1x	gel	external	cuts, skin irritation
Cantharis	30x	alcohol	internal & external	burns
Hypericum perf.	30c	pills	internal	injury to nerves, puncture
Ledum palustre	tincture or low dilution	alcohol	external	insect bites, puncture
Ledum palustre	30c	pills	internal	deep wounds, Lyme's

Directions for Taking Homeopathic Medicine

Homeopathic pills come in various sizes. The largest is about the size of a BB. The standard dose is two pills. Use the cap on the bottle to transfer the pills to your mouth. Don't touch the pills with your hands. Allow the pills to dissolve in your mouth (i.e., do not swallow them right away).

If you have pills of a smaller size, like granules, just pour out a small amount. There is a lot of leeway in the size of the dose, so don't worry about it. The effect will be the same whether you take a large dose or a small one.

If you are treating an infant, you can dissolve the pills in a tablespoon of water and give the water.

You can repeat the medicine as often as needed. Severe trauma will require more frequent dosing than minor injuries. *If you do not see improvement after two doses of a medicine, you should stop giving it and seek professional advice.*

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