

HOMEOPATHIC FIRST AID REMEDIES

Here are some of the key remedies to have on hand for first aid situations and a good starting point to begin building your home kits. I recommend a 30c or 200c potency. All can be purchased via the link at the bottom, or found at most health food stores.

ACONITE

For shock from any event/injury or bad news, also for anything that comes on suddenly and intensely. Panic attacks, fear, restlessness. Use a 200c

APIS

For insect bites and stings, that are red, swollen with burning, stinging pain. And allergic reactions in general that cause swelling. Symptoms feel better with a cold application.

ARNICA

Trauma, injury or shock. The person will say they're fine but they're clearly not and are in shock. Head injury, muscle pain. Good for bruising and reabsorbing blood. A natural pain reliever and helps with inflammation.

ARSENICUM

For food poisoning with vomiting and diarrhea. Severe burns or burning type pains. Symptoms may include anxiety, restlessness, weakness and chilliness. They're chilly and feel better from warmth.

BELLADONNA

Sunburn or sunstroke with hot, red skin, and can have throbbing type of headache. Also for high fevers.

BELLIS PERENNIS

Use if arnica hasn't helped. Good for soft tissue bruising.

CALENDULA

For cuts, scrapes and burns. Can be used as a cream applied to skin or taken internally in pellet form. Promotes healing and clears infection.

CANTHARIS

For more serious burns (second degree), or sunburn. Can be used before or after blisters form. Relieved by cold water.

CARBO VEG

For collapse, fainting, breathless, wants to be fanned due to low oxygen, cold sweat, pale or bluish skin. This remedy is called the "corpse reviver" and for good reason. Another remedy for food poisoning too.

CHINA/ CINCHONA

For weakness or trembling after loss of fluids from diarrhea, vomiting, sweating or nursing. Prevents dehydration.

COCCULUS

Travel sickness, sea sickness, dizziness, nausea. Symptoms feel better when lying down, and worse when in fresh air or after eating or drinking.

HYPERICUM

Injuries to nerve rich areas such as fingers, toes, spine, teeth (dental work), surgery, cuts, stings, or bites. Pains are sharp or shooting.

LEDUM

For puncture wounds like nails, needles, insect bites or animal bites. Wounds feel cool internally and to the touch, but feel worse from a warm compress and better from cold. Also for tick bites to prevent Lyme. I'd use a 200c for tick bites, but 30c works too.

RHUS TOX

For pain or aching that feels better for movement. Rashes that burn and itch, such as poison ivy rash. May be worse at night. Sprains and strains, that may feel worse when starting to move, but better from continued movement. Also better for warmth.

RUTA

For deep aching pains from bruising to the bones. Injuries to tendons and ligaments. Bursitis of a joint. Better for warmth and gentle movement like Rhus Tox.

SILICA/ SILICEA

For splinters. Will help push out foreign objects from the skin.

SYMPHYTUM

For broken bones - will really speed up healing, so make sure fracture is set first before giving the remedy. Injuries to the eye or to bones surrounding the eye area.

URTICA URENS

For minor burns or sunburn, hives or rashes that sting and itch.

How to take:

Take 2 pellets and wait to see if there's improvement. If much better there's no need to dose again until symptoms return. If no change you can take another dose (2 pellets). Can repeat remedy again every 15 minutes for very acute issues for up to 3 doses, less often for less intense issues. If no improvement after 3 doses change remedy.

TOPICAL PRODUCTS:

CALENDULA CREAM & ARNICA CREAM.

As mentioned above these remedies can be used in pill form or applied topically (or both together). Calendula is for cuts, scrapes & burns - use the ointment without alcohol on broken skin, but for burns and unbroken skin it's fine to use the one with alcohol.

Arnica cream is for use on unbroken skin only, such as bruises, bumps, sore muscles, aches, sprains etc.

There are more remedies for first aid, but this is a good starting point. You can buy a kit [here](#).

Of course, use your judgment for any injury or condition that needs medical attention. You can still use the remedies to help even on your way to the doctor/hospital.

*Not medical advice. Shared for educational purposes only.

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