

HOMEOPATHIC AID FOR INJURY AND TRAUMA

INTRODUCTION

When it comes to the suffering, the choice between Western medicine and Homeopathy is of no importance. There are only patients who want relief from their suffering. Having said that, this manual does not pretend in any way to substitute for the family doctor or primary care physician, but to provide an extra tool for those emergencies that may arise until help is available.

Emergencies are conditions, which people are most afraid of and the least prepared for. Being prepared with a little knowledge of homeopathic remedies can prevent a worse problem from developing in a more serious condition and even cure the problem. This is a wonderful power in the realm of self-healing. For this reason, this book aim is to guide you while you are waiting for a further diagnosis and/or treatment. It can save time and pain, in addition to prepare the way for further intervention by the doctor, if necessary.

The limitations of this manual therefore explained, its necessity is obvious.

Within sports, the dangers of riding horses are no secret. The fact of the matter is, horseback riding, though certainly fun, is a dangerous sport. Yes it can be dangerous to cross a street, drive a car, jog in the park, etc. But horses, and their propensity to respond to situations based on fright and flight, raise the bar on knowing dangers. Nevertheless, for many of us is a passion. *"It is the horse's gift to connect us with Heaven and our own footsteps."*

This information is a compilation from several authors, including my own acquired knowledge.

History of Homeopathy:

Homeopathy began in the late 1700s, and is a scientific method of medicine developed by a German doctor named Samuel Hahnemann (1775-1843). Homeopathy was used as an alternative to the then pre-scientific conventional medicine, of the day, such as bloodletting, purging, emetics and other practices. Hahnemann was disillusioned with the often severe treatments that were being used in those days and was looking for a more natural and gentle way to treat illnesses. He was quite a rebel in his day, causing much controversy in promoting homeopathy, which was never accepted by the medical community. Founded on unflinching scientific laws, homeopathy has stood the test of time and has been in use for over 200 years.

What is Homeopathy?

Homeopathy is a gentle deeply-healing system of medicine. It uses healing substances that are so dilute and therefore do not cause side effects unlike conventional pharmaceuticals. Conventional pharmaceuticals tend to suppress symptoms that may re-occur, often on a deeper level, again at some point in the future. **Homeopathy does not cause side effects and even enhances the quality of life that it heals.**

Homeopathy is an "energy" medicine, working with the body's own healing energy to strengthen it and views symptoms of illness as normal responses of the body as it attempts to regain health. The first law of Homeopathy is the ***Law of Similars or Like cures Like***. Hippocrates, who is often considered the father of medicine, had already formulated this law many centuries earlier. The basic concept however has remained unchanged. It is based on the presumption that substances, which cause symptoms in healthy people, such as raw onions causing sore and tearful eyes, can be used in extreme dilution to treat illnesses, which have the same symptoms.

In this example, the extract of the raw onion could be used as an ingredient (extremely diluted) in a remedy to treat colds, flu, or other illnesses that produces the same symptoms. Hence, a homeopathic remedy creates a similar (*not the same*) "artificial disease" picture, which helps the body to organize its defenses. As the body's vital energy pushes back, like a

rebound effect against the “shadow (artificial) disease” created by the remedy, it also pushes the actual disease from the inside to the outside. A homeopathic remedy is thus an almost infinitesimally small dose of a medication, which, if given in a bigger dose to a healthy individual, would provoke similar symptoms to those presented by the patient.

Homeopathy, therefore, treats the whole person: emotional, mental and spiritual as well as physical. The well-chosen homeopathic remedy brings about a profound sense of well-being before it even begins to cure the initial symptoms.

Homeopathy can offer health care, which is both effective and extremely economical. It does not create resistance but uses extremely small doses of natural substances to stimulate the body's innate healing powers. Homeopathic remedies are non-toxic and non-addictive and are totally individual to the patient for both acute and chronic illnesses. By treating benign acute incidents or illnesses, patients can save hundreds of Euros and contribute greatly to their own well being and healing.

All homeopathic remedies in use today have already been “proven” on healthy people and always on a group of at least 50 to 100 people. The subjects take a mild dose of the remedy daily for 6 weeks and all of their reactions are recorded, including the physical, mental or emotional effects. Clinical experience has shown that the remedy will then be effective in curing the same symptoms in a patient. Indeed, this is the only scientific way of knowing the action of a medicine. In contrast conventional method tests medicines on sick people whose energy is already depleted or on animals which can not report the information needed. It is also worth noting that animals differ significantly from human beings in their reactions to medications.

The ultimate goal of Homeopathy is to help you live to your fullest capacity, mentally, emotionally, spiritually, socially, as well as physically.

DOSAGE

As a general rule, for mild conditions use 30ch potency and for more severe conditions 200ch potency.

For most cases, one dose of 3 pellets dry on the moth will suffice. For urgent cases, put one pellet in 120 ml of water, let it dissolve and take a little sip every 30 minutes. You can also take 3 pellets three times a day on the tongue, at least 15 minutes away from food, but you will use more pellets and it will work less quickly!

HOMEOPATHIC AID FOR INJURY AND TRAUMA

Homeopathy can be beneficial in any type of trauma, often remarkably. One of the most common events that bring an allopathic physician to an appreciation of homeopathy is a personal experience with Arnica during an acute injury. This single remedy has won us many single converts!

For routine injuries, it is often to use a moderate potency (30ch, 200ch) rather than a high potency (1M). The higher potency is better reserved for injuries severe enough to affect the whole organism, in other words, when the impact or blow was very strong.

In addition, all normal 1st Aid Techniques apply in homeopathy – ice applications, compression, elevation, etc.

Tinctures of homeopathic remedies are useful as adjunct to treatment.

Bellow are several important tinctures with some of their uses:

ARNICA TINCTURE – Also available as a lotion or cream. Used for any strain, contusion or muscle soreness. Topical Arnica will not interfere with the application of other remedies.

Do not apply topical Arnica to an open wound or when the skin has been broken, e.g. scratched or cut. It will usually irritate the skin severely.

CALENDULA TINCTURE – Primarily used as an antiseptic for any wound abrasion or sore. Also a useful hemostatic – it rather impressively halts bleeding from wounds in preparation for suturing. Promotes healing of wounds. Relieves minor skin irritations: sunburns, 1st degree burns, diaper rash. Abrasions, skin ulcers. Corneal abrasion (dilute the tincture in sterile water – 15 drops in ½ glass of water).

HYPERICUM TINCTURE – Particularly effective in relieving pain of injured nerves. Apply after extensive crushing injuries of fingertips or other nerve-rich areas to relieve severe pain. For eye irritation after foreign bodies or conjunctivitis (dilute tincture with sterile water – 15 drops in ½ glass of water).

LEDUM TINCTURE – It is very helpful for puncture wounds and sprains. Best remedy for bites (dogs, cats, spiders) and stings.

BRUISES AND BLUNT TRAUMA

A bruise is an injury caused by a blow from a blunt object or a fall, that damages the soft tissues beneath the skin (e.g. if you hit yourself with a hammer or fall downstairs, horse, etc.). This injuries crushes the innumerable tiny blood vessels that form a net work throughout the body, releasing blood into the tissues. The injury swells, turns blue and purple, eventually yellow, and then disappears. The medical term for bruising is contusion.

The treatment of contusions and blunt trauma is directed at accelerate healing as well as prevention or correction of chronic disabilities caused by the trauma.

Naturally, diagnose in serious trauma should be done for internal injuries or fractures.

If the bruise is on the extremities elevate the limbs above the level of the heart to decrease blood flow. The proper homeopathic remedy greatly speeds the time of healing bruises and relieves the bad quickly.

In addition to the remedies patients often benefit from taking extra vitamin C (2000 mg/daily), bioflavonoids (250 mg/daily) and flax seed oil (1 table spoon/daily).

Minor contusions will not require remedies and topical arnica will be enough to provide relief.

◆ **Main Remedies for Bruises and Blunt Trauma**

Arnica (*Leopard's Bane or Mountain Daisy*) – The first remedy to give in bruising, as it will prevent pain and soreness and help the **absorption of blood**. My patients regard Arnica as a trusted friend and usually have it with them at all times.

Arnica is also called the **sports remedy** for its great indications in sports traumas when there is a typical **sore, bruised** feeling with the impression “that a truck drove over me”. Pains are worse by the slightest touch (so many times the person is afraid to be touched) and better by cold applications. It also useful in situations of over exertion of muscles or over lifting, when the **bruised** feeling appears.

Arnica also has the ability to counter act the effect of **shock** that so often accompanies a fall or injury.

Other useful uses are:

Black eyes from blows. Hyphemia (blood in the anterior chamber of the eye).

Post surgical bruising.

Epistaxis (nosebleed) after a blow to the nose.

Dental procedures.

Traumatic arthritis.

Give to any acute **stroke** victim as it absorbs internal bleeding very quickly, therefore limiting the damage of bleeding (when bleeding is the cause of stroke); also an excellent **flu** remedy when the typical sore, bruised feeling is present.

Bellis perennis (*English Daisy*) – Another treasure of our garden. Useful when it seems that an internal organ or bowel has been bruised. It has a great affinity for the female pelvic area. It is sometimes called the internal Arnica. It is also called the “gardener’s remedy” as it is a deeper-working remedy than Arnica, indicated in all kinds of trauma where Arnica does not completely heal, and in rheumatism. It is also very specific for any blunt trauma to the breast and can be used after mammography if the breasts are painful or bruised from the procedure.

Special circumstances for Bellis Perennis:

Marked trauma to soft organs

Blunt trauma to abdomen or pelvis with contused organs.

Traumatic arthritis of the labourers.

Nerve injuries with soreness and intolerance to cold bathing.

Hypericum (*St. John's Wort*) - Although Arnica is helpful in all types of bruises, certain injuries will respond better to Hypericum, known as Arnica of the nerves. It is a great **painkiller** in any trauma which involves **nerve endings: slipped discs** in the neck, **crushed fingers** (when you slam the door inadvertently on your hand or finger, or the fingernail has been ripped off) or falls on his **tail bone (coccyx)** – any of these painful situations call for Hypericum. This remedy has special healing powers for parts rich in nerves such as fingertips, toes, spine, palms, soles and genitals. It is for sharp, shooting nerve pains, so it can be also used in **toothaches** with such pains or after an **animal bite** (in fact it is the number one remedy for dog bites). In the past was given successfully to avoid tetanus, as it has great anti-tetanic properties.

Ledum palustre (*Wild Rosemary or Marsh Tea*) – This is another remedy that acts on bruised nerves, especially if the injured part remains cold and numb. So often it will completely relieve traumas after the initial use of Arnica. When a severe bruise remains swollen and discoloured despite the use of Arnica, Ledum will often complete the healing.

I think about it especially for **black eyes** (the n°1 remedy).

It has an equally great effect on puncture wounds (which do not bleed long) caused by a sharp instrument like a rusty nail, pitch fork, etc.

The pains relieved by Ledum are **improved by cold compresses and cold water** in general.

It is also great for all kinds of **insect bites**, and I have often gotten great relief when I was visited at night by uninvited mosquitoes. Think also about your dogs and help them with the flea bites: give them Ledum 200ch in water just as you would take it yourself, repeating it as needed.

It should be routinely given **after vaccinations** (whether to your children or your animals) to counteract the bad effects of vaccinations (one dose of Ledum 200ch is sufficient, three pellets dry on the mouth).

Ruta graveolens (*Rue or Herb of Grace*) – This is the last remedy for specific type of bruises. It is mainly indicated in trauma of the shinbone, so that the **periosteum** (the membrane surrounding the bone) has been affected. Ruta acts specifically on these tissues, as well as on sprained wrists and ankles.

Ruta also has a great action on the **knee** and is therefore indicated in any trauma to the knee. It is the n°1 remedy for injuries to the **Achilles tendon**. It will also relieve eyestrain from reading or sitting in front of the computer too much.

SPRAINS

Though sprains are generally a mild condition requiring only rest and time to recover, homeopathy has often won over new adherents by causing startling rapid recoveries of these injuries. A sprain is an injury to the soft tissue about a joint, causing muscles, ligaments and tendons to be stretched or torn. A ligament is a band of fibrous tissue tying bones together. A tendon is a fibrous band that connects a muscle to the bone. The most common sprains are of the ankles, fingers, wrists and knees.

Since shock is always present when a sprain occurs, give a dose of **Arnica** immediately. Arnica will control the shock as well as bleeding in the tissues, and may be all that is needed. If, however, after 4 hours improvement seems at a standstill, **Ruta graveolens** will help. As it acts on torn and wrenched tendons, ligaments and also on the bruised periosteum, or bone coverings.

If Ruta does not relieve the pain from the torn connective tissue within 24 hours give **Symphytum**, a deeper acting remedy.

Symphytum officinale (*Comfrey*) – The ancient physicians used to call it the “knit bone”. Number one remedy to treat patients with a **jump fracture**. This is a type of fracture of the small bones of the foot, which includes disruptions of tendons and ligaments. People usually fall from a considerable height shattering a heel or shoulder.

Dr Rood reported a case of shattered heel, where she gave Symphytum and reshaped the heel gently in her hands. She then applied a dressing of shaved thin slices of comfrey root, bandaged it and gave instructions for no weight to be placed upon the injury. Healing was prompt, and on the patient’s next visit, the heel looked normal.

Symphytum is a great remedy to accelerate **healing of fractures** *after* the bone has been set. In fact it is so effective that you should make sure the broken bone has been aligned correctly before starting the remedy.

This remedy is also used for **trauma to the eye** due to a blow, while the surrounding soft parts remain intact (i.e. when the bones of the eye are fractured; for a black eye from soft tissue damage, use Ledum as mentioned above).

Rhus toxicodendron (*Poison Ivy*) – When a sprain causes the joints to become hot, swollen and painful. Rhus tox is often called the “rusty gate remedy”. A person that needs this remedy feels creaky on first movement and better when limbered up. In other words feels better once he has overcome the initial stiffness and the movement is underway. The symptoms responding to Rhus tox are **better** with **heat** (such as a hot shower), **continued movement**; and made **worse** by **humidity** (thus it is called the human barometer as the person can predict the weather better than the weather forecaster), worse **when beginning to move** (the first steps), and worse **from resting**.

The sensation of **stiffness** is especially in the **joints** while in Arnica it is in the muscles.

Bryonia alba (*Wild Hops*) – When the joint near the injury becomes swollen, distended and painful **on the least movement**. It is a great pain remedy. The pain is severe and they are sharp, excruciating stitching or sore. They are **worse** by the slightest motion, jarring and heat. They are **better** by keeping perfectly still, cold applications and slight pressure. Location: Wrist, hand, hip, **ankle**.

Ledum palustre (*Wild Rosemary or Marsh Tea*) – When there is much swelling and the injured joint is cold and numb but feels better by cold application.

COMMONSENSE MEASURES: Elevate the injured part. Apply an ice bag or cold compresses to reduce swelling and pain. Apply Arnica cream or tincture in a compress and a firm bandage for support.

BLOWS TO THE HEAD

Homeopathy can stimulate recovery from concussion in an extraordinary way. Even chronic sequelae of head injuries can respond to treatment. In one case reported, a man who was blinded during a head injury 15 years earlier had a return of sight after taking Arnica for a sprained ankle.

Since concussion is a serious event, we typically use high potencies (200ch to 10M). The dose can be repeated as often as the patient begins to slip. In very serious cases the remedy might be given every 15 min. When the pace of the trauma is slower, the frequency should be less – every hour or two. In cases of concussion where the patient returns to consciousness after only a few seconds, a single dose of the indicated remedy is generally sufficient. Obviously concussion is a serious event and all the standard procedures – careful physical exam, scans, neurological consultation, 48 hours of observation, must be included in appropriate treatment.

Often **Aconite** will come first (crying and screaming) and **Arnica** in a quick succession (usually after 10 min). If there are *visual disturbances* left after the head injury it is useful to know the **Cicuta Virosa** is the most indicated remedy for this (Usually give 200ch although this always depends on the intensity of symptoms and patient’s constitution).

If the patient is *torpid, sluggish, unresponsive, dull-minded and lacks motivation*, as if the injury has slowed down the whole mechanism (they might even say they feel outside their body) then **Opium** is the remedy called for.

Headaches, *vertigo or nausea*, that persist after Arnica they require a dose of **Nat. sulph.** (1M is symptoms are pronounced) and Nat sulph follows well Arnica and they will not quarrel.

Aconite napellus (*Monkshood*) – Aconite has a strong disease picture “as if a storm started suddenly in the patient”. The person goes through a **sudden fright** (almost killed in the accident, any other shock situation). The patient is restless and **full of fear**, if young screaming for his mother, if older **fear of death** might be present. It is also called the

homeopathic “Valium”. **Marked fright or fear of death**, especially in the first minutes following head injury, car accident, etc.

Cicuta virosa (*Water Hemlock*) – Mainly for chronic sequelae of head injury. Imbecility, childish behaviour following head injury. Convulsions following head injury. Vertigo and visions disturbances following head injury. Headache on waking in the morning. **Convulsions from concussion of brain** (back bent backwards like an arch). Sudden, violent shocks through head. **Head twisted or turned to one side**. Congestion of the head with vomiting and purging. Head retracted, spine rigid. **Neck muscles are contracted**. Headache alternating with pain in the abdomen.

Opium (*Poppy*) – Confusion in the head. Dull, heavy, stupid. Complete insensibility, no mental grasp for anything. **Stupor or coma after head injury**. Face looks heavy and bloated, flushed purplish red and perspiring. **Pupils constricted** following head injury. Rattling or snoring respiration after head injury. Confusion, somnolence or slowness in post-concussion syndrome.

Severe injuries that are completely painless.

Natrum sulphuricum (*Sodium Sulphate*) – **Chronic mental changes after concussion**. **Personality changes after concussion** (e.g. irritable, confused). **Depression and even suicidal thoughts** after concussion. **Vertigo or nausea** after head injury. Marked photophobia. Tinnitus following head injury. **Headaches since head injury**. Brain feels loose when stooping.

BLOWS TO THE BACK OR SPINAL INJURY

Injuries to the spine include the bone (vertebrae), soft tissues and the spinal chord itself. All these components are integrated and function together as a unit in health (and fail to do so in disease). Many times it is difficult to delineate exactly which tissue the injury affects. Luckily in homeopathy, we work from the patient’s symptoms, not the diagnosis, and thus can help many patients with back injuries.

It is rarely wise to attempt to manage a significant back injury with homeopathy alone and medical help should be sought out promptly.

Nevertheless, even in severe spinal trauma, homeopathy can assist in many ways. Acute trauma remedies (Arnica, Hypericum, etc.) can minimize nervous tissue damage.

The most common injuries to the back are the result of falls in which the person either lands on the length of the back awkwardly and creates a torsion (a twist) or lands on the coccyx (the tail bone).

Arnica is the first remedy to be administered to release the muscle spasms, especially the spasm that is held in the diaphragm – which would have tensed up on the point of impact. Usually there will be bruising and shock. The main conditions that arnica will help are:

Blunt trauma of the spine with swelling and haematoma; central cord syndrome.

Compression fractures of the vertebrae.

Suppressed urine after spinal concussion.

Sciatica from spinal injuries.

Soreness as if bruised over the whole spine. Averse to touch.

Acute strains of the back and spine from lifting or whiplash.

Because the muscles have come involved in the torsion then Arnica will be complemented by **Rhus tox** which covers also muscle spasm, removes the achiness, stiffness and restlessness. Give Arnica 200ch (twice a day for three days) and Rhus tox 30ch (every 3-

4hrs, until the pain eases). In case where the symptoms are severe, it is justifiable to use Arnica 1M and Rhus tox 200ch at the same rate.

These two remedies are entirely complementary and work superbly well together.

If you see that the back-injured person gets up and shuffles about restlessly trying to keep limber, then this is an indication in itself for Rhus tox. In addition, then there is a third remedy that can complement both, the Arnica and Rhus tox, and is called **Calcarea carbonica**. Calc carb 30ch is most useful in a situation like this if given last thing at night for three days, while giving the other two remedies, as prescribed above. It settles the jangled nerves of the spinal cord while the other two remedies get on with their work.

Calcarea carbonica (*Calcium Carbonate*) – Pain as if sprained, can scarcely rise, from over lifting. Can not sit upright in the chair from weakness of the back. Neck pains, worse lifting. Neck stiff and rigid. Pain between shoulder blades, impeding breathing. Rheumatism in the lumbar region, weakness in the small back. Vertebrae, feel loose, painful on pressure. Curvature of the dorsal vertebrae.

Bryonia alba (*Wild Hops*) – Whiplash with severe, often stitching pains in neck and shoulder. Strong pain from the least movement. Usually, just the slight movement of the diaphragm induced by breathing triggers the pain. Worse the slightest movement, jarring, touch. Better lying totally immobile, cold applications.

Hypericum (*St. John's Wort*) – When the nerves become inflamed and the pain can be traced up along the nerve and is gradually extending towards the body from the injured part with stitching, darting pains coming and going, or shooting up from the region of the injury towards the body, a dangerous condition is coming on. In this situation Hypericum is, above all remedies to be thought of.

The main conditions that Hypericum will assist are:

Injury to the vertebrae or cord.

Convulsions immediately following spinal injury. Sometimes described as lying on the back jerking the head backwards.

Terrible shooting pains up the spine from the injury. Worse lifting the arms. Movement, urination.

Sciatica after back injury. Pains shoot down the limbs.

Asthma following injury of the spine.

BLOWS TO THE COCCYX – This is such a common injury and one that is commonly neglected. Regard it as a rule: never underestimate an injury to the coccyx! Why? Because a blow to this vestigial tail bone can send shock waves up the entire length of the spine and into the head. It can result in tensing up the diaphragm of the pelvic floor (which controls the anal and urethral sphincters); the twisting out of alignment of the sacrum (which can result in anything from sciatica to menstrual difficulties – because of the displacement of abdominal organs); the tensing of the thoracic diaphragm (which can cause breathlessness, palpitations and indigestion); coughing from tension in the fascial tissues of the chest and neck; chronic post-nasal catarrh with the shock triggering the membranes in the ethmoid sinus (above the bridge of the nose) into manufacturing mucus.

Usually the pain inflicted on the coccyx requires **Arnica first**. Use 30ch for a minor bump, but 200ch if severe. You'll need to repeat the dose twice or 3 times a day for a few days, unless the person is totally pain free, within few doses. If there is a sharp nerve pain, then after the initial dose of Arnica give **Hypericum** 200ch; this can be given twice per day for 2 to 3 days. Sometimes it is necessary to alternate these two remedies till the patient becomes more comfortable.

BEYOND FIRST AID: If the victim has been struck on the head, observe carefully for signs of head injury. Generally the person is dazed or confused after a sudden injury, but if the dazed condition worsens, seek professional medical help.

As mentioned before, a fall or blow may also injure internal organs as indicated by increased pulse rate, pale skin, increased shock. If this condition persists for any length of time following the accident, seek professional help at once.

In these serious situations, give Arnica in high potency immediately. If the patient is unconscious, place the pellets under the tongue, inside the cheek or between the lip and the gum. The moment the pellets are in contact with the mucosa tissue will be acting immediately.

INJURIES TO THE NOSE

Use **Arnica** as the initial remedy, unless there is the typical sudden shock state of **Aconite**. If the nose bleeds after the blow, Arnica is again the 1st remedy to consider. Use the 30 or 200ch potency. If the patient does not respond to Arnica and the nose continues to bleed profusely, even dramatically, then use **Millefolium**, especially if confusion and irritability are present. This is an ancient wound healer and is occasionally needed when other remedies seem to fail.

Millefolium achillea (*Yarrow*) – This remedy was named Achillea by Linneus because the plant is mentioned in the Iliad as having been used by Achilles on the instruction of Chiron to heal the wounds of his soldiers. Millefolium received its popular name, “nosebleed”, because nosebleed comes on if the leaves are inserted into the nostrils. Nosebleed, with congestions to head and chest. Piercing pain from eyes to root of the nose. Stuffed nose.

INJURIES TO MOUTH AND TEETH

Lips are rich in nerves and their surface skin is thin. Two remedies are outstanding here: **Hypericum** for nerve pain and **Calendula** for laceration. Topically, use **Hyperical** (**Hypericum and Calendula tincture 50% of each**) further diluted in water (10 to 12 drops of Hyperical in a quarter cup of water) to rinse the wounds externally and the mouth internally. Tinctures are alcohol based and therefore, if not diluted in water, will burn and sting. If the cuts are deep and the lips badly torn, then take **Internally Calendula 30ch** to work “from the inside” to repair the surface skin. Even if stitches are needed still use the remedies.

Damage to teeth usually calls for **Aconite**, **Arnica** and **Hypericum**. If there is a sudden shock, then start with **Aconite 30ch**. If there is soreness, bruising and tiredness follow with **Arnica 30ch**, once the patient calms down. This stage does not always come up so be ready to give **Hypericum 30ch** for the nerve pains from a broken or damage teeth (one dose 2 or three times a day). If the pains from a broken or damaged tooth are unendurable and cause the patient to be extremely irritable and easily provoked to harsh words then use **Chamomilla 200ch**: one dose and wait; it is often followed well by **Arnica** or **Hypericum**.

Calendula officinalis (*Garden Marigold*) – Calendula should be available in every household since it is known for its great healing properties in cuts and abrasions. It should be routinely used after every operation or dental work or whenever the skin is cut or broken. Indeed, Calendula will control bleeding from open wounds.

Just remember, use only Calendula on open wounds, never Arnica!

Calendula can also be used for 2nd and 3rd degree burns, and like Millefolium for bleeding situations such as bleeding gums, ruptured eardrums and nosebleeds. It is available in tincture or cream, like Arnica, but the action of these remedies is speedier and deeper when the pellets are dissolved in water and taken orally.

FRACTURES

Naturally, fractures require treatment by a trained orthopaedist. Following reduction, casting, etc, the patient can benefit in many ways from homeopathic treatment. Healing time can be reduced, infection prevented, and pain minimized.

Unless there is the characteristic picture of **Aconite** after the trauma to the bone, then start with Arnica. In severe injury, when you suspect a break – give **Arnica 1M:** on dose. If the bone pains do not respond to Arnica, even if the shock symptoms do – then consider taking the person to hospital to have the limb checked in case of possible breaks. It is common for breaks to go undetected for some while; even for several days. This is even more common for hairline fractures. If the pain is still strong, and gets excruciating by the slightest movement after the use of Arnica, then a dose of **Bryonia 200ch** should be given, until arrival to the hospital.

It is important not to prescribe more than Arnica and Bryonia for a break until the injury has been assessed by the orthopedic doctor. Then remedies like **Symphytum** and **Calcarea phosphorica** are able to promote bone repair very quickly, but this should not happen until the bones are set in the right place. Once they are in place one can use:

Aconite – In the 1st minutes after the injury when shock and fright are predominant.

Arnica – In the 1st hours after the fracture, Arnica is the routine prescription.

Bryonia – More severe pain; sharp and stitching pain at the site.

Worse: Slight movement (sometimes even of uninjured parts). Heat.

Better: Gentle pressure or splinting (splinting is the technique to secure the part of the body that is injured to decrease further damage or injury to that part of the body). Cold applications.

Calcarea phosphorica (*Calcium phosphate*) – 30ch twice per day, for irritation at the point of the break. It acts complementary with Symphytum. Main remedy for fissures and hairline fractures of the bone. Promotes and reinforces healing of the bone on the fracture line.

Symphytum – Promotes new bone growth in fractures. Acts so quickly, that fractures must be set before the remedy is given. Injuries to the periosteum, shinbone, knee cap, elbow. Non-union of fractures. For painful fractures even if they have already healed.

Hypericum – **Crushed bones**, especially fingertips. Main remedy for **compound fractures**.

WOUNDS

We use homeopathy to speed the healing and prevent infection from wounds. Wounds heal faster under homeopathic treatment and scar less. In addition to the remedies, supplementation with Vitamin C, zinc and flax seed oil is helpful.

All standard techniques are followed. First allow the wound to bleed a little (because it encourages the activation of lymphocytes in the area). Then hold the part under the cold tap for a while (as this slows the blood loss) and helps removing foreign bodies, and pat dry with a clean towel. Stitch if needed. Apply a compress that has Hyperical drops soaked in (it will sting initially) and keep it in place with a clean bandage. **Avoid using waterproof plasters** as

they prevent air getting at the wound. The worse the cut, the more it should be kept covered till healing takes place.

The following homeopathic remedies apply:

Calendula – The 1st internal remedy to prescribe for cuts and broken skin, to prevent infection. **It promotes granulation and healing in wounds where the edges can not be approximated** – full thickness abrasions, etc. Use 30ch, if the cut is deep or laceration large give every 4 to 6 hours. In open wounds with marked capillary bleeding, topical Calendula can stop the flow.

For serious, painful cuts **Calendula** and **Hypericum** can be alternated.

Staphysagria (*Stavesacre*) – Stab wounds or cuts. Wounds and lacerations with marked pain after the use of Calendula. Inflamed lacerations and incisions. Emotional and neurological consequences of wounds. Wounds and lacerations to the globe of the eye. After catheterization or urethral dilation, both to relieve pain and restore continence.

Ledum palustre (*Wild Rosemary or Marsh Tea*) – **Puncture wounds** – stepping on nails or forks, staple guns, even intramuscular injections with complications. **Animal bites** – dog bites, cats, snakes, where bleeding is minimum and the teeth penetrate deeply.

Any type of stings where the pain is relieved by cold.

Wounds with threatened infection with superficial redness, surrounded by pallor, often with coldness of the area.

A brief introduction about myself:

My name is Dr. Alexandra Melo. I am originally from Portugal, and moved to Greece in 1999 with my husband upon starting our family, and have been living here ever since.

My educational background is as follows:

- In 1989 I was awarded a BSc in Food Engineering, with high class honors, from Porto University, Portugal.
- In 1992 I graduated from Reading University in the United Kingdom (“UK”) having been awarded a Master's in Food Microbiology.
- In 1995 I was awarded a PhD in Microbiology from King's College, London. I also continued to work in post-doctoral research programs at King's College and Imperial College until I moved to Greece.

Whilst living in Greece my love for science, as well as my interest in health, never diminished, and I studied with the British Institute of Homeopathy, International (UK, USA, CAN) to become a fully trained homeopath.

Presently living in London and practicing homeopathy for over a decade.

Dr. Alexandra Melo,
BSc, MSc, PhD, DIHom (Pract), FBIH

Mob: +30 6945 754376
Fax: +30 210 800 3738
alexdemelo@yahoo.com