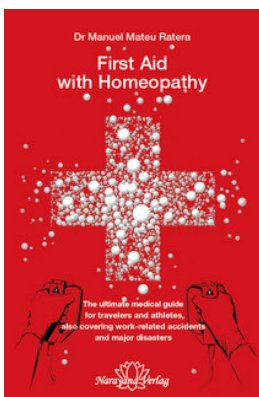


Manuel Mateu i Ratera First Aid with Homeopathy

Reading excerpt
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Violent paroxysmic tachycardia.

Loss of voice and hoarseness in singers and speakers.

Claustrophobia; other phobias (heights, crowds).

Jet lag.

Arnica Montana

Arnica

Asteraceae

Arnica is the **vulnerary** remedy par excellence. Indicated as first remedy for any type of **trauma**, shock, sprains, injuries, and overexertion, accompanied by pain, swelling, **bruising sensation**, and difficulty moving; especially indicated in recent muscle injuries with painful bruises.

Muscle pain causes loss of strength; feeling that the bed on which he rests is too hard, causing him to constantly move from one place to another, seeking a soft place. He is **afraid of being touched** or someone running into him if he is approached. Hypersensitive to pain.

Another cause of pain and muscle fatigue is **continuous and strenuous exertion**, whether physical, mental or from sexual excesses. It is therefore indicated in painful stiffness after long walks or long distance races (marathon, mountain trekking) especially in non-trained athletes who, after a long period of intense effort and exhaustion, are fatigued, sore, and bruised. Also indicated in chest pain caused by prolonged episodes of coughing, especially pertussis.

Caution: ice applications reduce the effectiveness of *Arnica*.

It is one of the 14 compounds of Traumeel®.

In brain trauma, whether external (mechanical) or internal (stroke), when the patient remains in a **stuporous** state; correctly answers the questions but **falls back into a stupor**, as in the typhoid cases.

Post traumatic fever, drowsiness, and acidic sweating. Stuporous fevers in which the patient responds and falls asleep again, saying that he is fine and wanting to be left in peace.

Prevents postpartum haemorrhage and puerperal complications if administered immediately after birth. (Mathur)

Mind: the picture is more complex when the case is chronic.

In a bad mood, he wants to be left alone and does not want to be talked to. Pains are intolerable and he is **afraid of being approached and**

touched. Lassitude from any effort, even just talking. Forgetful, starts easily, and is very excitable. He has a curious mindset: when seriously ill, he says: "I'm fine, no need to call the doctor." Capricious, stubborn, argumentative; can become a subtle authoritarian or a dictator. People who think they are indispensable, who work themselves to death and are **reckless**, so sooner or later they collapse or have an accident. Grandgeorge says: "If the first marathon athlete had taken Arnica, he may not have died on arrival. Why did he want to run so fast without stopping? Why not pass the baton? **Arnica has to understand that he is not alone on earth, he has to delegate** and not attend to the whole world."

Asteraceae themes: sensation of being hurt, insulted, shocked, bruised, burned, afraid to be touched, hurt or be approached. Numb, stupor. Reacts as a tough guy who can take all the blows, and protects others from getting hurt. (Sankaran)

Striving for autonomy, independence, bodily integrity. Aversion to any interference or intrusion from the outside, such as operations, medications, vaccinations, or other trauma – anything that violates their boundaries and makes them feel vulnerable. (Scholten)

Arnica essence (Asteraceae – Acute miasm): **shock from sudden trauma.**

Life is full of risks, threats, and dangers, with risks of injuries, blows, and insults. To survive I must be strong, hard, dominant, be bold and daring, and if necessary, insults and hit. Striving to have control, be tough and strong in dangerous situations. (Sankaran)

Indications:

Wounds, acute trauma and its consequences.

Concussion, traumatic brain injury, and its consequences (meningitis, epilepsy).

Trauma with stuporous type fever.

Traumatic shock.

Traumatic tooth extraction; post-extraction haemorrhages.

Epistaxis from blow, from washing face or in pertussis.

Pain after dental treatment.

Traumatic mechanical delivery; prevention of haemorrhages and complications.

Stroke, jaundice with the symptoms described.

Fatigue and pain from physical exertion, mental or sexual excesses.

Flu fevers with *Arnica* symptoms (pain and drowsiness).

Apparent death in the newborn.

Angina pectoris.

Decompression syndrome (diving).

Jet lag.

Arnica composite®

Composite of 14 remedies in various potencies, acting as a wide spectrum antitraumatic, with the following indications:

- Pain (analgesia).
- Vascular permeability and haemorrhages (hemostatic).
- Infection, inflammation, and suppuration (antiseptic and anti-inflammatory).
- Cicatrization of tissues and bones (cicatrizant).

Composition: Arnica 4D, Calendula 4D, Hamamelis 4D, Millefolium 4D, Belladonna 4D, Aconitum 4D, Mercurius solubilis 8D, Hepar sulphuris 8D, Chamomilla vulgaris 4D, Symphytum 4D, Bellis perennis 4D, Echinacea angustifolia 4D, Echinacea purpurea 4D, Hypericum 7D

Arsenicum album

White arsenic or arsenic trioxide



Arsenicum generally presents severe symptoms in any disease, whether respiratory, infectious, gastrointestinal or cutaneous (burns). It is the main remedy in **severe** and **extensive burns**, **poisonings from bad or decaying meat**, in severe forms of **altitude sickness**, in **solar conjunctivitis**, and **gangrenous wounds**.

There is a great physical and mental **restlessness**, which makes the patient **move from one place to another** without finding rest, even in very debilitating diseases.

Weak and exhausted at the slightest effort; state of prostration and depression disproportionate in relation to the situation. **Anxious and worried** about everything. He is convinced that he is seriously ill and he lives this situation with great **despair and distrust**, to the point of not wanting to give his symptoms and refuse food and medication, saying: "This will not help either..." It is a state of irritable weakness.

Absence of pain when the inflammation (throat, diarrhoea) would suggest otherwise.

Baptisia is therefore indicated in poisoning by sewer gas (hydrogen sulphide, H₂S), especially when it produces febrile sepsis with neurological symptoms (stupor and delirium).

Leguminosae themes: being split, fragmented, dispersed, scattered, and trying to bring all the pieces together. Seeking to be strongly united, unified (compensation). (Sankaran)

Fabaceae themes: desire to enjoy life, but it is only “work, work, work”. Fear of poverty. Serious, dry. Split between duty and pleasure. Weakness. Confusion. (Scholten)

Baptisia essence: **feeling of being fragmented, in pieces**; has to pick up all the pieces right now; **tries putting all the pieces together; if he succeeds, he is quiet**. (Sankaran)

Indications:

Poisoning by sewers gas (see *Pyrogenium*).

Septic or typhoid fever, with stupor.

Flu and sore throat fever, with stupor.

Belladonna

Atropa belladonna, *Deadly nightshade*

Solanaceae

Symptoms can occur from exposure to cold drafts or **sunstroke**. It is one of the best remedies for sunburn, particularly in children. Fits children and persons of plethoric, lymphatic, and bilious constitution, who can become violent and are prone to delirium when sick. Diseases begin **suddenly** and are **violent** in nature. Acute local inflammations with **throbbing pain, intense heat, and congestion with redness** of the skin; mucous and serous membranes are affected. **Hypersensitive** to light, shock, pressure, cold, sound, movement, and contact. Aggravated by cold local applications (unlike *Glonoinum*).

In fever and sunstroke, the patient's face looks as if it was **boiling**: face flushed bright red, dilated pupils, fixed stare, startled, as if wild. There is more anger than fear as in *Aconite*. The carotids are pulsating and visible.

Mind: hypersensitive to everything; startled by the slightest stimulus and easily excitable. The circulatory storm can result in **furious delirium** with a tendency to bite, scratch, break or escape. This phase may alternate with stupor. Hallucinations and delusions. Fear of ghosts, sees faces, black animals and insects, terrifying, dogs and wolves which threaten him.

Sensations of spasms and tightness in the neck, liver region, and uterus can accompany the process. The patient is very thirsty but cannot drink (hydrophobia).

Belladonna is one of the components of Traumeel® 14 in D2-D4 potencies. Indicated in “localised reaction phases, cerebral sensitivity with cramps and delirium.”

Solanaceae themes: sudden and abrupt violence, rupture, explosion, burst, tear, touch, constriction, fulgurating, violent terror, persecution, murder, life and death issue, black or white. Anesthetised, stupefaction. Reaction: shouting, escaping, acute sensations, hitting and kicking. Brace before danger. (Sankaran)

Fight or flight: expecting overwhelming hidden dangers, fighting demons, leading to inner tension, and finally parasympathetic paralysis. (Scholten)

Belladonna essence (Solanaceae – Acute miasm): **sudden attacks of violence, explosion, rage and terror.** (Sankaran)

Indications:

Heatstroke and heat exhaustion, especially in children.

Indicated in a wide spectrum of diseases: delirium, congestive early stages of inflammatory or febrile processes (felons, appendicitis, pneumonia, sore throat, and otitis).

Air pilot's disease.

Nervous disorders and consequences of fright; fear with the indicated symptoms.

Poisonous and hallucinogenic mushroom poisoning.

Neuralgic pain after amputation.

Japanese encephalitis.

Hypertensive crisis.

Others: pain in biliary colic, scarlet fever, strokes, apparent death of newborn, phlebitis, madness after a scare or an upset, and tendency to suicide during alcoholic intoxication.

Rabies prophylaxis (with *Lyssinum*).

Calcium carbonicum or *Sulphur* can complement its action afterwards.

Bellis perennis

Daisy

Asteraceae

From the same family as *Arnica* and *Calendula*, it is also a plant with **vulnerary** effects, especially useful in soft tissue injuries, **glands** (especially the breasts) and **when the body is suddenly chilled or wet**. Similar to *Arnica*, it acts on muscle fibres and blood vessels with **intense pain**, joint weakness as if it was twisted, and venous congestion from blows. One of the best remedies when the blow affects highly irrigated tissues.

Hardening, nodules and swelling in the breasts **after a blow** (see *Conium*); breast cancer after chest trauma. Swelling and hardening of any gland after a blow. Prone to cysts and keloid scars.

Consequences of **nerve injuries** with intense pain and intolerance to **cold baths**. Deep trauma or septic wounds, especially in pelvis and abdomen. Paralysis from bathing in a river in summer.

Problems due to cold food or drink when the body is hot: this is one of its main characteristics.

When the swelling remains in trauma, after treatment with *Arnica*.

Uterine disorders during **pregnancy** from mechanical cause: difficulty walking from abdominal pain, foetus kicking or moving violently or pelvic pressure from the weight of the foetus. Circulatory stasis in the breasts and varicose veins during pregnancy. Inability to walk during pregnancy.

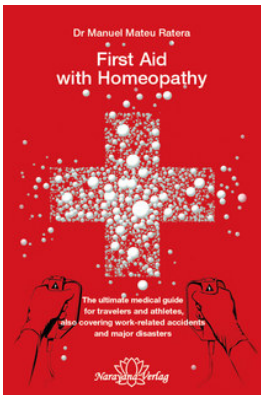
Ameliorated by local pressure, massage, bandaging, and movement.

Lesions with exudate, swelling, and blood stasis. Congestion from mechanical injury, very sensitive to touch. Tumors after a blow.

Older workers exhausted by their work, when the mind begins to fail; older people still working. People who have done strenuous physical work or have traveled extensively.

One of the 14 components of Traumeel® in D2 potency. Indicated in: “dislocations, contusions, sensation of irritation in the abdominal wall and cavity, exudative processes, resorption of oedema.”

Asteraceae themes: sensation of being hurt, insulted, shocked, bruised, burnt, afraid to be touched, hurt or be approached. (Sankaran).



Manuel Mateu i Ratera

[First Aid with Homeopathy](#)

The ultimate medical guide for travelers and athletes, also covering work-related accidents and major disasters

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