

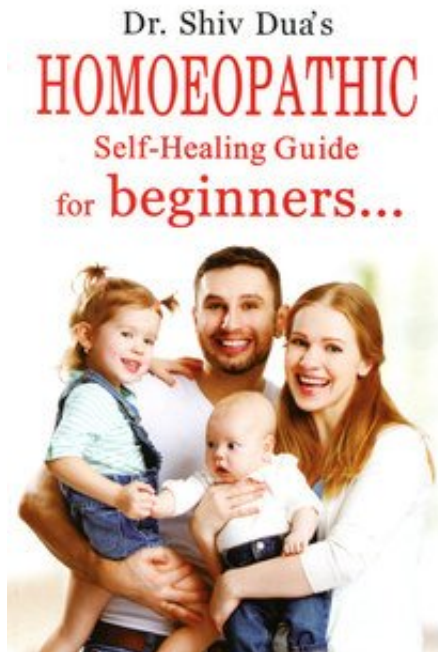
Shiv Dua

Homoeopathic Self-Healing Guide for beginners

Reading excerpt

[Homoeopathic Self-Healing Guide for beginners](#)
of [Shiv Dua](#)

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Injury and Homoeopathy

IT IS common to see children getting injuries, sportsmen getting sprains and injuries, women getting cuts, burns and injuries in the kitchen work, men getting cuts while shaving. The list of injuries is very long. Everyone gets injured at one time or the other and everyone runs to the doctor for help. If you are a learner and keeping homoeopathic medicines at home, you can act as a doctor and can give first-aid help provided the injury is not of major nature, involving surgery or stitches. Here is a simple ritual you have to follow to get eternal bliss of curing others.

HANDLING MINOR CUTS

Wash the cuts or wound with soap and lukewarm water to clean it and see that there is nothing left inside, especially the dirt, which can penetrate the wound. This dirt debris may cause infection. Now use some antibiotic ointment. This seals the wound with its film and there is no need for bandage. Bandaging of cuts is only needed when the wound is big.

HANDLING BLEEDING AND DEEP CUTS

Control the bleeding first by pressure of your fingers above the wound for some time. It should not be too tight to make the injured person feel discomfort. The decrease in bleeding will

indicate the pressure to be applied. Keep the wounded part in an elevated position i.e if the wound is on leg, keep a cushion below leg and remove the pillow from beneath the head so that the legs are elevated above head level. Now place some sterile gauze pads on the wound and keep the pressure over it till blood seeps from it. When the blood stops seeping, tie the bandage over the pad and place some ice on the bandaged dressing. It will constrict the blood vessels further.

If the bleeding does not get controlled in spite of above measure, rush to the doctor. If the child is injured at the torso, cover the wound with sterile dressing, keep a constant pressure over it and carry the child to the doctor.

NON-BLEEDING INJURIES

Arnica montana is the well-known homoeopathic medicine to non-homoeopathic families for its curing qualities in injuries. This medicine has worldwide reputation in the field of homoeopathy like *Calcarea phosphorica* that has earned laurels for dentition problems. Even allopathic doctors prescribe this. Injuries that are blood-less, in the form of bruises, elevated swelling or where the skin is turned red or blue need four doses of *Arnica montana* 30 in a day. Next day, if the pain and swelling exists, give *Rhus toxicodendron* 30, two doses in a day. Third day, if the pains are gone but weakness exists, a dose of *Calcarea carbonica* 30 will erase all discomforts of injury. If the pain and swelling is less after first day of taking *Arnica montana*, there is no need to take *Rhus toxicodendron* and *Calcarea carbonica*.

BLEEDING INJURIES

For an injury that is bleeding, *Ledum palustre* 30 is the first medicine to be given in two doses at an interval of 15 minutes. It works like giving anti-tetanus injection. After an hour of this, give *Hypericum perforatum* 30 in three doses at the interval of

two hours each. Needless to say that measures like washing the cuts with fresh water and antiseptic solution and pressing the area of injury to stop bleeding have to be taken. If bleeding is not controlled, consult a doctor. Medicines should be given irrespective of stopping of bleeding or not.

DIFFERENT TYPES OF INJURIES AND DIFFERENT HOMOEOPATHIC MEDICINES

- You are hammering a nail into the wall and by mistake **injured your finger by hammer**, there is no bleeding but severe pang of pain, take *Ledum palustre* 30, three times a day for one day.
- While cutting vegetables with knife, the **finger is cut and there is bleeding**, put your finger under flowing water to stop bleeding and then take *Hypericum perforatum* 30, three times a day for one day.
- When closing the door, **the finger is pressed between the doors**; when rising from the chair, the knee is hurt against table; when moving in the house, the elbow strikes against window or bed; when injury is on the bone and there is no bleeding; under all these conditions, take *Ruta graveolens* 30, three times a day for one day.
- When a **rat has bitten** while sleeping or there is cat or dog bite, take *Ledum palustre* 200 one dose and consult a doctor.
- When the child has **fallen from stairs** and bitted against floor on his back, injuring back and spinal area, give *Hypericum perforatum* 200, one dose irrespective of bleeding or non-bleeding. Then consult a doctor.
- When the **cut on any part of body** is by a machine blade or the injury has not dried after an operation, give *Staphysagria* 200, one dose.

- When children fall during play and get non-bleeding injuries, *Arnica montana* is sufficient. When they fall with hands down on the ground injuring their palms, they get **scratches and slight bleeding**. The medicine for such condition is *Hypericum perforatum* 30, three times a day for one day.
- When injury is due to falling on stones or **by hitting of stones**, the skin is broken. The medicine is *Calendula officinalis* 30, three times a day for one day.
- When a **broken piece of glass** has entered the skin of foot or hand, extract the broken glass from the skin and take *Hypericum perforatum* 30, three times a day for one day. The same is the medicine when there is cut on the face, while shaving.
- When children fight and exchange **slaps and hand-blows hitting** the face of others: when blows leave the skin beneath eyes blue and red; *Arnica montana* 30 is the remedy, three times a day for one day.
- *Sprain or strain of foot of athletes or children while playing need *Arnica montana* 30 for one day, four times a day. Next day, give *Bellis perennis* 30, three times a day. [Sprain or strain and fracture: Sprain or strain is same while treating. Sprain is tear of ligament (Band of tissues joining bones) and strain is tear of muscles. Fracture is tear of bones. Complete rest and compression are needed in all the cases. The doctor has to be consulted in case of fracture.]
- The first medicine after a major accident like **breaking of bones** is one dose of *Arnica montana*, 1M. Repeat one more dose after four hours. Later, let orthopaedician do the repairing job now. When plastering has been done and bone binding is needed, give *Symphytum officinale* 200, two doses a day for three days. From fourth day, start *Calcarea phosorica* 6x, four times a day for 10 days. There will be easy and early binding of bones.

- **For the head injuries** of children, *Arnica montana* 30 is the first remedy when there is bruising and shock. Give it four times a day for two days. When there is weakness and exhaustion after head injury, give *Kalium phosphoricum* 6X three times a day for seven days along with *Arnica montana* 30. When the head has crashed and there is headache and pain in the occiput after a few days of injury, give *Natrium sulphuricum* 30, three times a day for seven days.
- When there are eye traumas, there are bruises or scratches around eyes, give *Arnica montana* 30, two times a day along with *Euphrasia officinalis* 30, two times a day for three days. If the eyes get hot, burning and watering, only *Euphrasia officinalis* 30, three times a day for three days. Locally, *Euphrasia eye drops* can be used for better results. If there is blunt injury by hitting of ball, give *Symphytum officinale* 200, two doses at the interval of one hour and if not improved, consult the doctor.

There are wonderful medicines in homoeopathy, which when given before and after a surgical operation, give miraculous results. The patients do not get nervous; feel less of pains and less of after-effects of injections (swelling and tumor at the place of vaccination, vaccinosis). *Bellis perennis*, *Rhus toxicodendron*, *Staphysagria* and *Thuja occidentalis* are the medicines, which should be given in consultation with the homoeopath.

How to Identify Fracture?

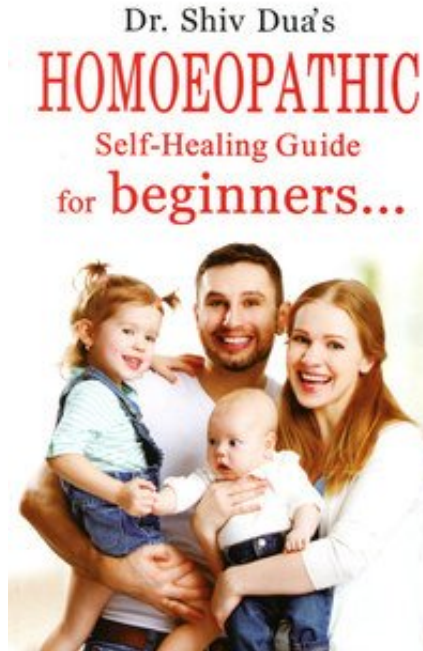
How to identify whether it is a fracture or not? Generally fractures do not show swelling whereas sprains or strains can be swollen. To see whether a foot ankle has been sprained or fractured, one has to hold the calf at its wider region with both hands and squeeze hard. If pain is felt at the ankle, it

may be broken. Of course, X-ray is the best mode of diagnosis.

STORE FOUR MEDICINES AT HOME FOR COMMON INJURIES

You need not spend more, store only four medicines at home for injuries; Arnica montana 30, Ledum palustre 30, Hypericum perforatum 30 and Ruta graveolens 30, 1 dm each in pills no 30. In case of relief of pains and condition, do not repeat the medicine on the second day. In case of no relief after a day of their uses, consult a homoeopath.

This article is meant for those who have adopted homoeopathy as a hobby, as a favourite pastime and want to learn it as armour of first aid. Tear this page and keep it as a record. In the course of its frequent reading and use of medicines, you will remember the uses of these medicines.



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