

Homeopathic First-Aid Remedies

1. **Aconite napellus (Acon.)** – The first remedy to think of for panic, fear and shock, especially if the person is agitated, restless, and hyperventilating. Also useful for anaphylaxis.
2. **Apis mellifica (Apis)** – Great for bites and stings with rapid swelling – the affected area will be puffy, white or rosy, feel hot, and improve with cold compresses.
3. **Arnica montana (Arn.)** – A good remedy for recent or active bruising, soreness of muscles and joints, and after dental work. Also helps nosebleeds from injury or on lifting heavy objects, and the early stages of a black eye. Use in the first 24 hours following a fracture to control bleeding and swelling, and to promote healing.
4. **Arsenicum album (Ars.)** – First remedy to think of for food poisoning, especially from spoiled meat. The vomiting and diarrhoea is accompanied by chills, exhaustion, and restless anxiety.
5. **Belladonna (Bell.)** – Often suits heatstroke or exhaustion. The skin will be hot and red, the face flushed, eyes glassy, and the head will throb.
6. **Calendula officinalis (Calen.)** – Wonderful for superficial wounds, grazes, and even lacerated skin. It promotes healing and reduces the risk of infection.
7. **Cantharis vesicatoria (Canth.)** – An excellent remedy for blistering burns or scalds, including sunburn, 2nd to 3rd degree burns, and wasp stings. The pain will be searing and soothed by cold compresses.
8. **Cocculus indicus (Cocc.)** – A key remedy for motion sickness and faintness, especially if worsened by loss of sleep.
9. **Euphrasia officinalis (Euphr.)** – Comes from the herb eyebright, and relieves irritated and streaming eyes and nose, or persistent pain following the removal of a foreign object.
10. **Glonoinum (Glon.)** – Suits heat stroke with a congestive headache, surging of blood to head and heart, and pulsating pains.

11. **Hypericum perforatum (Hyper.)** The main remedy for injuries to nerves or nerve rich areas such as finger tips and the spine. Useful for wounds or dental work with shooting nerve pain, or painful lacerations and puncture wounds.
12. **Ledum palustre (Led.)** – A good remedy for puncture wounds, bites and stings or twisted and sprained joints, especially ankles. Wounds may be cold and mottled, and the pain will be soothed by a cold compress.
13. **Nux vomica (Nux-v.)** – The main remedy for hangover or indigestion from over-indulgence. Also useful for food poisoning with constant retching or urging at the toilet.
14. **Phosphorus (Phos)** – Treats many after-effects of electroshock. Also a remedy for nosebleeds when blowing the nose.
15. **Rhus toxicodendron (Rhus-t.)** – A good remedy for contact allergic reactions with red, swollen and itchy blisters such as may be caused by poison ivy. Also useful for sprains and strains that improve with motion.
16. **Ruta graveolens (Ruta.)** – A wonderful remedy for sprains, strains and ganglions, especially of the wrists and ankles. Suitable for injuries to tendons or bone periosteum that may also arise from dental work.
17. **Silicea terra (Sil.)** – The ‘homeopathic scalpel’. Used to help the body expel embedded foreign substances such as splinters and glass shards.
18. **Symphytum officinale (Symph.)** – The main remedy for fracture repair once the bone has been set. Not to be used before setting (use Arnica instead at this time) as it stimulates rapid bone production that will be disturbed by the setting. Also useful for punctured or ruptured eyeballs.
19. **Tabacum (Tabac.)** – A good motion sickness remedy when nausea, dizziness, chills, and sweating are present. Symptoms are worsened by tobacco smoke.
20. **Urtica urens (Urt-u)** – Useful for scalds or burns with continuous stinging or burning pain.

Quick Remedy Finder

Anaphylaxis: Acon; Apis.

Bites and stings: Apis; Arn; Canth; Led.

Blisters: Canth; Rhus-t.

Bruises: Arn; Led.

Burns and scalds: Canth; Urt-u.

Cuts, scrapes and puncture wounds: Arn; Calend; Hyper; Led.

Dental Work: Arn; Hyper; Ruta.

Electroshock: Phos.

Eye injuries: Arn; Led; Euphr; Symph.

Food poisoning: Ars; Nux-v.

Fractures: Arn; Symph.

Heat stroke or exhaustion: Bell; Glon.

Hyperventilation: Acon.

Motion sickness: Cocc; Tabac.

Nosebleeds: Arn; Phos.

Overindulgence and hangover: Nux-v

Panic and Shock: Acon.

Poison Ivy: Rhus-t.

Splinters, thorns, glass shards: Sil.

Sprains and strains: Arn; Hyper; Led; Rhus-t; Ruta.