

Homoeopathy First-Aid Kit for the Home

A first-aid kit for the home should contain the following minimum number of remedies:-

Aconite: sudden shocks or fright, coughs, colds, chills, sore throats, ear-ache etc, sudden onset with fever, anxiety and restlessness.

Arnica: shock mainly of physical aetiology, bruises, sprains, injuries of all kinds.

Arsenicum alb.: vomiting and diarrhoea, food-poisoning with anxiety, restlessness and prostration.

Belladonna: acute fever, congestion, violent onset, very flushed face, delirium, throbbing pains worse for jolting and jarring.

Bryonia: colds that go quickly to chest, bronchitis with hard, dry, painful cough, thirst for large amounts at long intervals. Headache, worse for movement.

Chamomilla: (for infants). Colic, teething pain, ear-ache. Intolerable pain better for being carried or jogged up and down.

Hepar sulph: for wounds that turn septic, to hasten suppuration from boils or abscess. sore throats with splinter-like pains and tendency to suppurate.

Hypericum: for injuries to parts rich in nerves, fingers, toes, spine, especially coccyx.

Gelsemium: for summer colds, flu-like symptoms with slow onset in mild weather, heaviness of head, eyes and limbs. Stage-fright.

Ignatia: emotional shock, grief, sleeplessness from emotional upset, globus hystericus.

Ipecac.: for persistent nausea, with or without vomiting, glairy vomit, stringy saliva. worse for over-eating and rich foods.

Nux vomica: Constipation, complaints from over-eating, indigestion, headache etc.

Pulsatilla: sub-acute colds, bland thick yellow/green catarrh, earache, stomach upsets from fat and rich foods. Headache worse in stuffy rooms, desire for open air.

Rhus tox: sprains, strains etc, ailments caused by over-straining the muscles, aggravated by damp, better for moving.

Externally:-

- Arnica ointment for bruises.
- Calendula lotion or ointment for cuts and grazes.
- Urtica ointment or lotion for minor burns and scalds.

The above is a brief guide only. All the remedies have much wider symptom pictures that may be found in a good homoeopathic first-aid book. Other remedies, more specific to your child's individual expression of his or her illness, may be required for any of the above conditions.