

## First Aid Remedy Chart

TYPE OF INJURY	MAIN COMPLAINT	Worse for>	Better for>	PAIN	Strange, rare and peculiar/concomitant	Dosing	REMEDY
<b><i>Superficial Wounds-- Bites, Stings, Cuts, Rash</i></b>							
<i>Sting, bite, insect (ANAPHYLACTIC SHOCK)</i>	Bee and wasp sting/puncture wounds: puffy, dry swellings, ANAPHYLACTIC SHOCK, Histamine reactions	WARMTH, Heat and hot drinks, water	COLD, MOTION, sitting erect,	Burning, stinging & itching prickling pains like hot needles,	RED, hot, shiny swelling restless, fidgety, sensitive to touch, thirstless, craves milk which makes it better. ALLERGIC REACTIONS TO VACCINATIONS	6x-30C	<i>Apis mellifera (honeybee)</i> #1 <i>Anaphylaxis</i> remedy
<i>'Infected' bite or sting, abscess ANAPHYLACTIC SHOCK WITH COLLAPSE</i>	Rash like water balloons on the surface, putrid hives, choking, swelling	JAR		PAINLESS, or prickling, burning sensation with weakness	VIOLET COLOR, Collapse, shock, loss of sensation and motion. Acuteness of smell, foul, burning discharges	6x-30C #2 <i>Anaphylaxis</i> remedy, when <i>Apis</i> doesn't work	<i>Carbolicum acidum</i> Powerful antiseptic: not red, hot, shiny or itchy.
<i>Sting, bite "puncture wounds" insect or animal</i>	Bite that spreads or radiates; nerve rich areas, bite is inflamed	Injury, Jar, shock, touch, Motion, Cold damp, pressure	Rubbing, Lying quietly	Shooting pains (upward), tingling, severe, tearing, numbness, electric-like pains	Nerve rich areas: finger tips, toes, eyes, lips, tailbone, pains 'tear up' the path of the nerve toward the trunk; Shock from injury, prophylactic for tetanus	6x-30C Repeat every few minutes if the pain is excruciating.	<i>Hypericum perforatum (St. John's wort)</i>
<i>Bites, lacerations very painful, sensitive to touch</i>	Wounds and cuts are unusually painful and sensitive to touch	Touch, cold drink, stretching part, quarrel, vexation	Warmth, rest, breakfast, coition	Suffer pain more acutely than others esp. irritable if they have been assaulted	Extremely sensitive to pain, emotionally & physically, get violently angry, (throws things) indignant	6x-30C	<i>Staphysagria (Delpinium Staphysagria)</i>
<i>Sting, bite, insect, animal, spider, "Puncture wounds"</i>	SPIDER BITE, cat bite, puncture	WARMTH, TOUCH, WALKING, WINE	COLD (compresses) or icy cold water	WANDERING PAIN, Painful part puffs up, becomes numb	SITE IS BLUE AND COLD, or mottled and pale (prevents sepsis, tetanus)	6x-30C	<i>Ledum palustre (Marsh tea)</i>

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<i>Bites</i>	Bites that ulcerate; fetid wounds or infections, complaints from getting chilled	Almost anything: cold, heat, lying down, evening, light touch	Nothing	Pains in small spots, profuse cold sweat from pain	Foul discharge, thick pus, smells bad, trembling; swollen glands, dry mouth, drooling,	6x-30C	<i>Mercurius solubilis (ammonio-nitrate of mercury)</i>
<i>Crush injuries, puncture wounds, spinal &amp; coccyx injuries</i>	Injuries to nerve rich areas, falling on tailbone, smashed fingers	Jar, shock, exertion, touch, motion	Lying on face, bending back, rubbing	Shooting, electric, intolerable, violent, tingling, burning and numbness	Stepping on a nail, shooting pain, prevents sepsis, tetanus; laceration, phantom pain,	6x-30C	<i>Hypericum perforatum (St. John's wort)</i>
<i>Excessive bleeding; cuts bleed too much; nosebleed</i>	Bright red blood, slow to clot. Blood won't coagulate.	Cold; before eating, change of weather, evening, morning, wind	After sleep, for cold drinks; massage, rubbing	Raw, burning, sore, in glands	Nosebleeds, mall cuts or tooth extractions bleed; prone to anemia, always hungry but thin, very thirsty, crave cold drinks, cold milk, dislikes hot food	6x-30C	<i>Phosphorus</i>
<i>Abrasions, open wounds, lacerations, ulcers, hang nails, cat scratches</i>	burning patches, road rashes, torn skin, defective closure of surgical wounds, exhaustion from loss of blood & excessive pain	Damp weather; cloudy weather, during chill, evening	Warmth, walking about or lying perfectly still	Pains are stronger than you would expect for this kind of injury	To control bleeding from wounds of any sort, antiseptic, incisions, or dental extractions, prevents scars and keloids, hypochondrial, sensation of falling when falling to sleep	6x-30C Speeds healing of injured epithelial tissue, internally and externally. Don't put on ulcers unless they absolutely clean.	<i>Calendula officinalis (Pot Marigold) (Arnica for the muscles)</i>

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<i>Spider bites</i>	Wound is bluish-purple, oozes blood	morning, pressure, after sleep; on waking, tight clothes, heat	Fresh air, cold, eating	Sweat from pain, sensitive to pain, to touch; tight clothes Sweat from pain throbbing Acutely sensitive to touch	The skin around the wound looks dark or bluish and the blood is dark	6x-30C	<b><i>Lachesis</i></b> <b><i>(bushmaster snake venom)</i></b> <b>#1 SPIDER BITE REMEDY</b>
<i>Cuts/wounds</i>	Bleed freely; (see <i>Aconite</i> ) slow to heal. Scars become red	Suppression, on waking; heat, pressure	Discharges,				
<i>Nosebleeds</i>	Bleed freely; dark blood	During the morning; before a menstrual period; heat	Flow; fresh air, cold compresses, onset of menstruation		Causes: blowing nose; menopause. Acutely sensitive to touch, cannot tolerate the slightest pressure especially around their necks		
<i>Toothache</i>	Cheeks swollen, gums bleeding	Brushing teeth, cold/hot drinks	Cold compresses		Cannot tolerate the slightest pressure esp. around their necks		
<i>Abscess after animal bites</i> <i>Splinters indurated wounds, foreign body in the eye, carbuncles</i>	Cuts with dirt/splinter still inside; with pus, hardening and suppuration of wounds	Movement, being uncovered, change of weather, cold, damp, drafts, fresh air;	Heat; wrapping up head	Stinging (fears needles)	Sore eye, yellow discharge, cuts/wounds: slow to heal; inflamed, painful; with pus; infections, foreign body; scars: become lumpy, break open, painful	6x-30C	<b><i>Silicea</i></b> <b><i>(pure flint)</i></b>

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**Superficial Wound-- Bites, Stings, Cuts, Rash**

<i>Hemorrhage, Nosebleed</i>	Dark clotted blood	Jarring movement; touch; cold wind; at 3 p.m.	LYING DOWN	Pains appear suddenly and disappear suddenly	Gushes and stops repeatedly. Eyes shining, pupils dilated; right sided ;THIRSTY, < getting head wet	6x-30C	<i>Belladonna (Deadly Nightshade)</i>
<i>Inflammation after injury, abscess</i>	Sharp splinter or needles, abscess: of glands, roots of teeth, toothache, gums bleeding	Getting cold; cold, dry weather, fresh air, lying on painful side; at night, pressure, touch, being uncovered; cold wind, night	Warmth of the bed, heat, wrapping up	Needle-like, splinter like	Slow healing of wounds, red, suppurates, cold profuse, sour sweat, inflamed boils, one of the chilliest, OVER SENSITIVITY, may weep or faint in anticipation of pain, do not want to be touched, touchy mentally	6x-30C	<i>Hepar sulphuris calcareum (oyster shell+Sulphur)</i>

**Burns, Sunburn, Sunstroke**

**Severe burn: Hypericum and Calendula tincture sprayed on the surface giving *Causticum* by mouth every 5 minutes**

<i>Chemical burns, blisters, scalds</i>	3 <sup>rd</sup> degree, bright red, painful red blisters on the end of the tongue	Walking in fresh air, coffee	Mild, wet weather	Blister feels raw like it is on fire— help with pain on the way to the urgent care	Corrosive, raw, lesions open up again after closing; watery discharges, weakness comes in the evening; is overwhelming	6x-30C	<i>Causticum (slaked lime)</i>
<i>Chemical burns, 3<sup>rd</sup> degree, boils Painful, damaged skin, blisters</i>	Malignant destructive processes,	COLD; air, infections Lying on part		Burning, like fire, hot needles, sparks	acid, thin discharges, rash from shellfish, burning thirst, anxious, fearful (death, alone)	6X-30C	<i>Arsenicum album (white arsenic)</i>

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<b>Burns, Sunburn, Sunstroke</b>							
<b>Severe burn: Hypericum and Calendula tincture sprayed on the surface giving <i>Causticum</i> by mouth every 5 minutes</b>							
<i>Everyday burns; scalds; sunburn, rash</i>	1 <sup>st</sup> & 2 <sup>nd</sup> degree, sunburn, insect bites, rashes with itchy, raised, red blotches like hives	Cool, moist air, suppressed eruption, eating shellfish, after scarlatina-- (confinement) night	Rubbing; lying down	Burning, itching, stinging, biting	Anaphylactic shock from shellfish; esp. when there are burning, stinging pains afterwards. With JOINT PAIN. It may accompany rheumatic flare-up. There is consistent desire to rub the skin	6X-30C	<i>Urtica urens</i> (Stinging Nettle)
<i>Burns and scalds blisters; sunburn</i>	Often 2 <sup>nd</sup> degree with rapid destruction, vesication, watery discharges corrode; redness	Drinking; cold. Bright objects, sound of water; coffee, heat, approach, night	Warmth. Rest; rubbing, cold or cold applications, Lying quietly on back	Raw, smarting, cutting pain	Weak, drained; restless & or confused. Inflammations come on rapidly. Burning, unquenchable thirst, yet aggravated by drinking cold liquids or coffee	6X-30C	<i>Cantharis vesicatoria</i> (Blister beetle)
<i>Sunburn with itching, rash</i>	Itchy, prickly; shiny Red with swelling, serous effusions	Heat, fire, drinks. Touch, pressure, closed room; lying down	COLD, air uncovering, cold applications, motion, changing position, sitting erect	Prickling pain, hot needles; darting	Rosy color, fidgety, restless; THRISTLESSNESS or drinks often but a little at a time, Can accompany asthma, violent exercise, shellfish. ANAPHYLACTIC SHOCK	6X-30C	<i>Apis mellifera</i> (honeybee) #1 Anaphylaxis remedy

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<b>Burns, Sunburn, Sunstroke</b>							
<i>Heat stroke from overexposure from the sun</i>	<b>Bursting, pulsating headache from too much sun.</b>	Heat, jarring movement, summer, walking, wine, ascending	Rubbing the carotid artery, elevating head, pressure, cold applications, open air	Violent bursting, hammering, throbbing pain; dizzy, 'My head's gonna explode.'	Red face; drowsy, dopey, droopy; hot flushes. Headache <when exposed to the sun	6x-30C.	<b><i>Glonoinum (Nitroglycerin)</i></b>
<i>Radiation burn</i>	<b>Slow to heal, itches and burns like eczema</b>	Motion, shaving, washing, on rising after lying down after eating, night	Open air, Hot bath; hot water. Eating, cold drinks, continued motion, lying down, lying on face	Dry burning heat as if on fire; sudden shifting or electric pains; wandering pains, alternating sides; pains appear and disappear suddenly	Itching skin, moist on scratching. Dry, bran-like, scaly eruptions, burning of the skin, as if on fire, redness	6x-30C	<b><i>Radium bromatum (Radium bromide)</i></b>
<i>Heat stroke from overexposure from the sun</i>	<b>Screaming with pain. Eyes shining; face red, sudden onset, suppressed sweat. Skin is hot, dry &amp; red.</b>	Bending down, cold; heat; light; exposure to sun; tying up hair, walking.	Resting head, lying in a darkened room; pressure	Violent, back of the head, forehead, temples, bursting, hammering, throbbing, pulsating; <b>starts &amp; stops suddenly.</b>	Head hot, but cold extremities. Thirstless but craves lemonade. Hypersensitive to light & noise, angry, wildly agitated, restless & delirious with fever; anxious, confused,	6x-30C <i>Belladonna</i> will cure sunstroke if <i>Glonoinum</i> is indicated and fails	<b><i>Belladonna (Deadly Nightshade)</i></b>
<b>Shock &amp; Trauma &amp; Collapse</b>							
<i>Electrocution; electro shock</i>	<b>(child putting finger in socket)</b>		Cold drinks, rubbing, magnetism, sleep, even short sleep		Debility and collapse, scattered, sudden weakness	6x-30C	<b><i>Phosphorus</i></b>

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<b>Shock, Trauma &amp; Collapse</b>							
<i>Ailments from shock &amp; fright; injury</i>	<b>Sudden onset, accident, panic, anxious, frightened expression</b>	<b>Night, violent emotions, chill, while sweating; noise; music; light; tobacco smoke; touch</b>	<b>Open air; rest; warm perspiration</b>	<b>Severe. Bursting headache, burning, throbbing</b>	<b>Fears they will die, predicts (time) they will die, headache from chill. Glassy eyes, dilated pupils, Traumatic shock. Extreme restlessness, anguish, tossing about; hurry. VIOLENT, SUDDEN ATTACKS OF panic/terror; fear of a crowd. BURNING THIRST for cold water. Sensation of swaying to and fro.</b>	<b>6x-30C</b>	<b><i>Aconitum napellus (monk's hood) #1 SHOCK REMEDY</i></b>
<i>Childbirth; post operation</i>	<b>In shock, overwhelmed by pain, thinks they won't survive, bleeds freely</b>			<b>Screaming with pain; pains unbearable</b>			
<i>eye injuries foreign body in the eye</i>	<b>Eye is inflamed, sensitive to light; whites of eyes are red Glassy eyes, dilated pupils.</b>			<b>Aching, burning, excruciating</b>			
<i>Blunt trauma, falls, any blow to the body, bruising</i>	<b>Complaints from accident/injury. First stage of a fracture. Speeds recovery from bruising of childbirth.</b>	<b>Jarring movement, lying on injured part; TOUCH; rest, lying long on one side, damp, cold</b>	<b>Lying [with head low]; open air, cold bathing, uncovering, changing position, sitting erect; wind on face</b>	<b>Sore, bruised; glands, bed feels too hard</b>	<b>Arnica promotes healing, controls bleeding, reduces swelling &amp; prevents pus forming. It is the first remedy to think of after an accident that has caused an injury, or any other trauma where there is shock—surgery/childbirth. Best given before the skin changes color.</b>	<b>6x-30C Compared to <i>Aconite</i>, the injured person fears being jarred, or touched so much they deny there is anything wrong, or wants to isolate to avoid being disturbed.</b>	<b><i>Arnica montana (leopard's bane, mountain tobacco) #1 INJURY REMEDY</i> Acute only, use something deeper for long term effects of injury</b>

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### Shock, Trauma & Collapse

<p><i>Collapse after injury; Shock from injury, infection or exposure; newborn not breathing</i></p>	<p><b>Thinks they will die, coldness, cramps &amp; convulsion with mental anguish, fainting spells, awkwardness, doesn't want anyone near. Sudden weakness. Reduced discharge &amp; sweat.</b></p>	<p><b>Cold draft, when half-asleep, shock, motion, night, shock, inattention, suppression</b></p>	<p><b>Free discharge, sweat, thinking of it, drinking cold water. (ice cold baths)</b></p>	<p><b>Feeling of hot waves during pain, sudden weakness</b></p>	<p><b>Cold breath, blue lips, becomes ICY COLD, YET DOESN'T WANT TO COVER UP because of internal BURNING HEAT, covers during fever; uncovers when cold. Ill-effects of shock from injury, operation, sunstroke. Sleeps extends to coma. Froths at the mouth, suspended respiration, violent attacks of dry cough; cyanosis</b></p>	<p><b>6x-30C</b></p>	<p><b><i>Camphora</i></b></p>
<p><i>Ailments from anticipation (any ordeal); emotional shock from receiving bad news</i></p>	<p><b>Overpowering aching, tiredness, heaviness, weakness and soreness esp. felt in the muscles of the extremities. Convulsions, paralysis,</b></p>	<p><b>Emotions; dread, shock; ordeal; motion; surprise; heat of sun; Spring, fog, humid, when thinking of his ailment</b></p>	<p><b>Profuse urination; sweating; shaking; alcoholic drink; mental effort; bending forward; open air</b></p>	<p><b>Circulation becomes sluggish causing passive arterial or venous congestion, sense of fullness. Complete relaxation &amp; prostration, wants to lie down quietly; wants to be held, dullness, dizziness, drowsiness; eye or visual effects, &lt;3L of urination/day</b></p>	<p><b>6x-30C</b></p>	<p><b><i>Gelsemium (False jasmine)</i></b></p>	



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<i>Shock; emotional grief, disappointment</i>	<p><b>Collapsed state from grief, become weak and tired from studying too much or from losing a lot of body fluids (diarrhea), or sweat.; during a fever, irritable, may look pale, sickly, weakness and debility</b></p>	<p>Summer, hot weather, cold, sweating; evening, morning; one side of the body; <b>LOSS OF FLUIDS, dehydration, hemorrhage; fever, mental shock; chronic fright, operation, overlifting</b></p>	<p>After sleep (short), warmth, passing stool.</p>	<p>Headache: as if eyeballs are pressed together and into head. Pain at night as if the bones are scraped.</p>	<p>Eyes glassy. Pains in BONES, clammy profuse sweat; THIRSTLESS. Exhaustion from diarrhea happens after the diarrhea has stopped. Cause of loss of body fluid can be breast feeding, flu. Hair falls out, headache from eye strain, grief, mental strain, esp. school children. Craves fruit &amp; refreshing things. Apathetic, indifferent , slow to answer: ‘now I don’t care anymore.’ Still has the ability to keep up with life, yet needs prodding to do so.</p>	<p>6x-30C</p>	<p><i>Phosphoricum acidum (Phosphoric acid)</i></p>
<i>Growing pains, convalescing from an illness, heartache</i>							
<i>Ailments after grief; ‘injured heart’</i>	<p><b>“Funeral remedy”; broody; complaints from: anger, disappointed love; FRIGHT; SHOCK; great highs &amp; lows.</b></p>	<p>Emotions, worry, fright, shock, open air, cold, touch, coffee; at the same hour of the day.</p>	<p>Change of position; If alone; pressure; deep breathing; swallowing; eating; near a warm stove.</p>	<p>Generally sensitive to pain</p>	<p>Desires to be alone; tearful; moody, sighing. Globus hystericus (lump in the throat); ‘I can’t or won’t talk about it’ → sobbing hysterically from acute grief. They have to hold it in.</p>	<p>6x-30C</p>	<p><i>Ignatia amara (St. Ignatius’ bean)</i></p>

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<i>Complete collapse from fright; electroshock</i>	<b><i>A torture to live, dreams about it. Eyes glassy, Face dark red or blue; faintness after excitement. Vertigo after fright</i></b>	Alcohol, during sleep, on rising, warmth of bed.	Cold; uncovering; constant walking	Painlessness of painful parts	Puffing, sighing—while in thought. Their first response (to trauma) stays with them and they can't move beyond it. Drowsy, dreamlike state, sensitive to noise.	6x-30C	<b><i>Opium (White Poppy)</i></b>
<i>Exhaustion; collapse; extreme weakness; hypothermia; newborns not breathing; hemorrhage from surgery</i>	<b>Causes: carbon monoxide poisoning; accident/injury, loss of body fluids, diarrhea, vomiting, breast-feeding, surgery; violent shock. Septic condition</b>	Warmth; depletion; cooling off high living; over-lifting; walking in open air; pressure of clothes; extremes of temperature, At night; blowing nose; suppression	Cool air, eructations, from fanning, elevating feet; singing loud; icy drink	General bruised soreness	Air hunger, cyanosis, <b><i>Cold with Desire to be Fanned</i></b> ; clammy, pale; weak pulse; cold breath; body feels icy cold; cold sweat—but feels hot inside. Face is deathly pale, even blue, is sweaty; blue lips. Tremulous; dark blood, oozing; thick acrid discharges	6x-30C	<b><i>Carbo vegetabilis (wood charcoal)</i></b>
	<b>Dark blood</b>				Daily attacks with pale face, descending cold		
<i>Nosebleeds, esp. children who are weakened from acute illness</i>							
<i>Exhaustion; Incarcerated gas (post laparoscopy, appendicitis)</i>	<b>Causes: breastfeeding: women weep while eating; after an acute illness</b>	Walking, menses, small loss of vital fluids; Dry, cold air;	Laying hand on affected part	Painful, lumpy breast hurt while nursing	Also lifting, sweating, bluish cheeks and lips; Sweat; exhausted, profuse, smelly. Susceptible to cold and losses.	6x-30C	<b><i>Carbo animalis (leather charcoal)</i></b>

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<i>Paralytic Exhaustion with dizziness; Nervousness; numbness; stiffness; trembling</i>	<b>Causes:</b> loss of sleep; irregular sleep; nursing the sick; nervous exhaustion; travel sickness	Night shift; night watching; Motion: of boat, car, swimming; Loss of sleep. Touch; noise; jar; kneeling; stooping; anxiety, cold; exertion, pain	Sitting; in room; lying on side	Painful contraction of the limbs and the trunk; cramps	Legs tremble while walking; confused; dazed; time seems to pass too fast; sensation of hollowness or emptiness-head, chest, abdomen; single parts feel they have gone to sleep,	6x-30C	<b><i>Cocculus indicus (India berry)</i></b>
<i>Anemia; Nervous exhaustion; shock; collapse post delivery</i>	<b>Causes:</b> loss of body fluids (breastfeeding, diarrhea, hemorrhage, vomiting; post delivery	Vital loss. Touch, jar, noise, alternate days; cold; wind, drafts, Open air, eating, fruits, milk	Firm pressure, loose clothes, bending double, in room, warmth	Sore, bruised HA pressing, throbbing	PERIODICITY; dislikes bread; rich, fatty food; meat. Eyes sunken, pasty face. Likes cold drinks; spicy food. Cold sweat; on covered parts, profuse, < slightest exertion	6x-30C	<b><i>China officinalis (chincona)</i></b>
<b>Wounds &amp; Injuries-head: <i>Anything suspicious: send to emergency room</i></b>							
<i>Mental trouble arising from a fall or other injuries to the head; spinal meningitis</i>	<b>With headache,; active, bright red bleeding in any situation; depression, photophobia, nausea, diarrhea</b>	Noise, stooping, during menses, light, eating. Dark room	Dark room; vomiting	Scalp is sensitive: hair combing is painful.	Craves yogurt. Crushing or gnawing in occiput. Salivation with headache. Vertigo> head sweat. Blood won't coagulate. Brain feels loose while stooping. Head jerks to right side.	6x-30C	<b><i>Natrum sulphuricum (Glauber's salt)</i></b>

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**Wounds & Injuries-head**

***Anything suspicious: send to emergency room***

<i>Ailments from head injuries; falls; concussions Vertigo: chronic Meningitis from injury to head</i>	<b>Loss of consciousness, loss of sight or hearing; NWS head injury. Brain feels tired, burning; Coma; head thrown backward while walking</b>	<b>Injuries-falls, blows; shock, jarring; after labor; TOUCH; motion, alcohol, damp cold</b>	<b>Lying down and lying with head low or outstretched</b>	<b>Headache as from a nail.</b>	<b>Fear of being struck or touched, or approached, with cardiac distress at night; of crowds, public places. Apathetic but restless; says nothing ails them. When spoken to <i>answers slowly</i> with effort. HEAD HOT W/COLD BODY; COLD SPOT ON FORHEAD; HOT SPOTS ON VERTEX</b>	<b>6x-30C</b>	<b><i>Arnica montana (leopard's bane, mountain tobacco) #1</i> <b>INJURY</b> <b>REMEDY</b> Acute only, use something deeper for long term effects of injury</b>
<i>Mental dullness after head injury; complete unconsciousness; stupefying headache; hydrocephaly meningitis</i>	<b>Stupefaction; rolls the head constantly, with moaning or bores into pillow for relief; sensation as if water were swishing inside head; electric shock passes through brain before spasm.</b>	<b>Stooping, cold air, exertion; evening from 4-8 p.m. touch</b>	<b>When thinking of complaints or when mind is diverted</b>	<b>Shooting pain causing sudden scream</b>	<b>Thoughtless staring, involuntary sighing&lt;consolation; does not want to be disturbed. Would not eat or speak. Fixed ideas. Picks at lips and clothes; headache ends in vomiting. Strikes the head; forehead wrinkled in folds.</b>	<b>6x-30C</b>	<b><i>Helleborus niger (black heelebore)</i> In concussion of the brain, from blow on the head, after arnica has failed.</b>

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<b>Wounds &amp; Injuries-superficial</b>							
<i>Inflammation after injury, abscess</i>	<b>Sharp splinter or needles, abscess: of glands, roots of teeth, toothache, gums bleeding</b>	<b>Getting cold; cold, dry weather, fresh air, lying on painful side; at night, pressure, touch, being uncovered; cold wind, night</b>	<b>Warmth of the bed, heat, wrapping up</b>	<b>Needle-like, splinter like</b>	<b>Slow healing of wounds, red, suppurates, cold profuse, sour sweat, inflamed boils, one of the chilliest, OVER SENSITIVITY, may weep or faint in anticipation of pain, do not want to be touched, touchy mentally</b>	<b>6x-30C</b>	<b><i>Hepar sulphuris calcareum (oyster shell+Sulphur)</i></b>
<i>Nosebleed (from a blow) Hemorrhage (tooth extraction)</i>	<b>Blood dark and thin</b>	<b>Pressure, open air (cold or warm humid) Jar, Motion, riding in a car(raige); Night; touch</b>	<b>Rest, lying quiet</b>	<b>Bruised soreness of the affected parts. Sore pain externally, PRESSING PAIN internally</b>	<b>GREAT THIRST (from dryness of the throat) Causes: injury, bruises</b>	<b>6x-30C</b>	<b><i>Hamamelis virginiana (Witch Hazel)</i></b>
<i>Any trauma with bruising, blunt trauma to the eye (blue). Falling down, surgery (dental extraction) nosebleed</i>	<b>Contusion, bruise, overexertion of muscle, swelling, Sepsis, blue-black spots, with tendency to hemorrhage, foul discharges.</b>	<b>Falls, blows, shock, jarring, after labor; sprain, TOUCH, motion, lying on left side, damp cold, after sleep, alcohol</b>	<b>Lying down, and lying with head low or outstretched, open air, cold bathing, uncovering, wind in face</b>	<b>Very sore, painful, bruised all over, paralytic, shifting pain from joint to joint</b>	<b>Tells everyone they are ok, want to be left alone, bed feels too hard, restless in bed, can't find comfortable position, 'rotten egg' odors (breath), fear of crowds and public spaces, Mentally apathetic but restless</b>	<b>6x-30C</b>	<b><i>Arnica montana (leopard's bane, mountain tobacco) #1 INJURY REMEDY</i></b>

## First Aid Remedy Chart

TYPE OF INJURY	MAIN COMPLAINT	Worse for>	Better for>	PAIN	Strange, rare and peculiar/concomitant	Dosing	REMEDY
<b>Wounds &amp; Injuries-superficial</b>							
<i>Mechanical injuries</i>	<b>Skin over the wound (surgery) too tight</b>	Touch, pain, cold, dry air, eating, coition	Sleep, eating, gentle motion, leaning against something	Stitching pain; sensation of paralysis	Easily exhausted by pain, putrid odor, secretions are golden yellow	6x-30C (Schuessler's cell salt for nerve nutrient, breathing, sharpen mental faculties)	<i>Kali phosphoricum (potassium phosphate)</i>
<i>Deep black and blue injuries, puncture wounds, gouty, arthritic joints</i>	<b>Bruising that feels cold and are &gt;cold, stepping on a nail, pains in joints are hot, icy cold, stiff</b>	Movement, warmth, general aggravation After drinking wine	<b>COLD (compresses) or icy cold water</b>	Injured or painful part puffs up, becomes numb & sensitive to touch	Great for preventing sepsis, tetanus, may look mottled, bluish or pale, black eye, although feels cold, heat of the bed is intolerable	6x-30C <i>Hypericum</i> or <i>Ruta</i> may be better indicated if in a nerve rich area or the covering of the bone.	<i>Ledum palustre (Marsh tea)#1</i> <b>PUNCTURE WOUND REMEDY</b>
<i>Soft tissue injuries, contusion, trauma, pelvic injury, accident/injury; surgery</i>	<b>Injuries to the breast, pelvic organs, from bending over, 'railway spine', joint pain</b>	Injury, sprain, TOUCH, cold bath or drink, becoming chilled when hot, surgical operation	Continued motion, cold (locally), open air, after eating	Bumps and lumps remaining, sore, bruised. Muscles sore, bruised,	It is indicated for any illness that follows a plunge into cold water when the person is overheated, particularly useful when Arnica clears the bruising, but the lump remains, insomnia after 3 a.m.	6x-30C	<i>Bellis perennis (garden daisy)</i>
<i>Blood poisoning, fever, sepsis, infections from bacteria</i>	<b>Causes:</b> after childbirth; after surgery; from infected wounds	<cold: cold wet weather <i>Don't delay getting emergency help--</i>	Movement	Parts lain on	Putrid odor of discharges-breath, pus, sweat	6x-30C Give pyrogen every five minutes and seek emergency help	<i>Pyrogen</i>
<i>Frostbite; chilblains; cramps in the soles</i>	<b>(Miliary eruptions) Red extremities, hands, feet, ears</b>	Cold, Freezing air, touch, sun, frght	Gentle motion	Skin pains when cold; Burning, itching,	Itching changing place on scratching; trembling of the hands; slight blow causes ecchymosis; Fearlessness; awkward, clumsy.	6x-30C	<i>Agaricus muscaris (Toadstool)</i>

First Aid Remedy Chart

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**Wounds & Injuries-superficial**

<i>Chilblains that itch, burn and become purple; ragged chapped hands; deep cracks in angles, nipples, fingertips</i>	<b>Dirty; hard, rough, thickened, like parchment; it gets raw, festers or won't heal in folds. All eruptions itch violently, must scratch until they bleed; part becomes cold after scratching</b>	<b>Weather—cold, winter, change; thunder-storm; touch, even of clothes</b>	<b>Warm air, dry weather</b>	<b>Stitching, sore</b>	<b>Brown spots; eruptions having thick, hard, moist or yellow green crusts; on occiput; genitals&lt;cold. Herpes. Eczema. Vesicles. Itching orifices, with burning. Cold spots, ragged chapped hands &amp; fingers</b>	<b>6x-30C</b>	<b>Petroleum (rock oil)</b>
<i>Adhesions after injury or surgery</i>	<b>Scars feel lumpy, stretch marks, repeated injury to joints</b>				<b>Will dissolve adhesions if applied topically, internally; cicatrices, adhesions, tumors, and enlarged glands.</b>	<b>2x two or three times a day</b>	<b>Thiosinaminum (Oil of Mustard)</b>

**Wounds & Injuries—Sprains and Strains**

<i>Trampled bruising, injuries to spinal column, esp. coccyx</i>	<b>'Railroad spine', whiplash, pelvic organ trauma. can't straighten up from spasms in back. Injuries to the breast</b>	<b>Heat; continued motion touch, cold bath or drink.</b>	<b>Cold Icing</b>	<b>Deep, sore pains with an affinity to internal organs</b>	<b>When <i>Arnica</i> doesn't work; trauma to internal organs, esp. pelvic organs; with bumps and lumps remaining. Causes: childbirth, injury; over-exertion; surgery—esp. if injury was a long time ago. Impulse to move</b>	<b>6x-30C</b>	<b><i>Bellis perennis (garden daisy) Deeper acting than Arnica</i></b>
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First Aid Remedy Chart

TYPE OF INJURY	MAIN COMPLAINT	Worse for>	Better for>	PAIN	Strange, rare and peculiar/concomitant	Dosing	REMEDY
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**Wounds & Injuries—Sprains and Strains**

<i>Old sprains, BACKACHE- lower back; small of back; of neck</i>	<b>Wakes up stiff, hard to get going. Complaints from getting wet, change of weather to cold/to damp; getting chilled.</b>	<b>Overuse, cold, damp weather, on beginning to move; getting up from sitting, reaching up, wet weather</b>	<b>Continued movement, warmth &amp; stretching; lying on a hard surface; walking. Sweating</b>	<b>Aching; sore, bruised; rheumatic with stiffness. Pains burning; pressing; and shooting</b>	<b>“Rusty Gate” remedy. Restless; eye strain from overuse. Face red. Likes milk. Lips dry. Sweats from slightest exertion.  Causes: damp weather; drafts; injury, lifting sprains Injury to leg joints</b>	<b>6x-30C</b>	<b><i>Rhus toxicodendron (poison ivy) #1 Remedy for eye strain</i></b>
<i>Over exertion of muscles, falling down, #1 JETLAG REMEDY</i>	<b>Damage to soft tissue, swollen with blood</b>	<b>Falls, blows, shock, jarring, after labor; sprain, TOUCH, motion, lying on left side, damp cold, after sleep, alcohol</b>	<b>Lying down, and lying with head low or outstretched, open air, cold bathing, uncovering, wind in face</b>	<b>Very sore, painful, bruised all over, paralytic, shifting pain from joint to joint</b>	<b>Tells everyone they are ok, want to be left alone, bed feels too hard, restless in bed, can’t find comfortable position, ‘rotten egg’ odors (breath), fear of crowds and public spaces, Mentally apathetic but restless</b>	<b>6x-30C</b>	<b><i>Arnica montana (leopard’s bane, mountain tobacco) #1 INJURY REMEDY</i> Acute only, use something deeper for long term effects of injury</b>



First Aid Remedy Chart

TYPE OF INJURY	MAIN COMPLAINT	Worse for>	Better for>	PAIN	Strange, rare and peculiar/concomitant	Dosing	REMEDY
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**Wounds & Injuries—Sprains and Strains**

<i>Wrist and ankle sprains, bruised shins, injury to the covering of the bone, shin splints</i>	<b>Connective tissue and periosteum injuries, horrible muscle stiffness. Lameness after sprains. Fibrous nodules on the surface of the bone or joint</b>	<b>Overuse, over exertion, cold, damp weather, becoming cold; lying, lying on painful side, stooping</b>	<b>Lying ON BACK, warmth, motion. Daytime</b>	<b>Bruised, sore aching and restless</b>	<b>Affinity for fibrous tissues, flexor tendons; joint; PERIOSTEUM. Starting from sleep from the slightest touch. Violent, unquenchable THIRST for ice-cold water. Weak bruised feeling in the small of the back. Legs give out on rising from a chair.</b>	<b>6x-30C</b>	<b><i>Ruta graveolens (Rue)</i></b>
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**Wounds & Injuries—Bones & Joints**

<i>Growing pains in teenagers, Bones slow to mend, cramps in calves, joint pain, stiff neck</i>	<b>Cartilage between bones become inflamed. Fracture, slow to heal. Teething pain</b>	<b>Cod, damp drafts, fresh air, wet weather, snow melt (spring) loss of fluids,</b>	<b>Summer, warm dry atmosphere, lying down, after supper,</b>	<b>Numbness, cramping pain</b>	<b>Children growing too fast. Too busy to eat. Eat when it occurs to them. Intolerance of milk. Cervical pain and stiffness.</b>	<b>6X-30C Given as a tonic at low potency helps bones absorb Ca, good for menopause too.</b>	<b><i>Calcarea phosphorica (Calcium phosphate)</i></b>
<i>Broken bones Injuries to cartilage backache from excessive coition</i>	<b>Painful old injuries, penetrating wound to perineum. Blunt injury to eye</b>	<b>Blow from a blunt instrument, touch, motion</b>	<b>Gentle motion, warmth</b>	<b>Excessive pain, pricking, stitching pain remaining after wound is healed</b>	<b>Comminuted Fracture irritable stump after operation, non-union fracture. Deficient callus, affects the joints, skin is cold; ar-thralgia of the knee</b>	<b>6x-30C External application disposes the swelling due to injury</b>	<b><i>Symphytum (Comfrey)</i></b>

## First Aid Remedy Chart

TYPE OF INJURY	MAIN COMPLAINT	Worse for>	Better for>	PAIN	Strange, rare and peculiar/concomitant	Dosing	REMEDY
<b>Wounds &amp; Injuries—Bones &amp; Joints</b>							
<i>Broken Rib, sprained rib</i>	Hurts to breathe, or move	Slightest movement <b>SLIGHTEST MOVEMENT</b> , Stooping, exertion; coughing; Deep Breathing, becoming hot, eating, touch morning Cold; Thunder storm	Lying immobilized, holding the injured part (holds chest) Firm pressure (wrapping with a bandage), Lying on the painful part, Cold air, when quiet, <b>DRAWING</b> Knees up, dark room, cold water & food; perspiration	Stitching, tremendous pain Stitching pain, 'it hurts to breathe'	Over achievers, 'I have to get back to work'. Irritable, doesn't like people in their space because it is too painful. Wants to lie perfectly still. Warm-blooded. <b>THIRST FOR LARGE QUANTITIES OF COLD WATER.</b> <b>SLIGHTEST MOVEMENT</b> , even if moved by an outside force.	<b>6x-30C Bryonia</b> can be given after a fracture where <b>Arnica &amp; Symphytum</b> have been given when pain remains and general symptoms of <b>Bry</b> are present.	<b>Bryonia alba (White Bryony)</b> <b>#1 joint remedy</b>
<i>Injury to joints, sprains and strains, fractures</i>	Rules the connective tissue						
<i>Lumbago Stiff, painful neck, spine, and bone spurs</i>	Injury to joints that produce fibrous tumors, exostosis, heel spur. Sports injuries, dancers, gymnasts, etc.	On beginning to move, cold damp weather, sprains, change of weather	Continued movement, heat, eating, warm applications, rubbing, pressure	Pains radiate from the neck down to the arm	Arthritic nodosities , bone spurs, Warm-blooded, often troubled by hot flushes. Ravenous appetite, and emaciation. Great laxity of ligaments and muscles.	<b>6x-30C</b> (If <b>Rhus tox</b> was indicated and only partially relieves the pain, or if it fails, then <b>Calc fluor</b> will usually help.) Smaller remedy important for helping joints to rebuild. It is the chronic of <b>Rhus tox</b>	<b>Calcarea fluorica (Calcium Fluoride)</b>

## First Aid Remedy Chart

TYPE OF INJURY	MAIN COMPLAINT	Worse for>	Better for>	PAIN	Strange, rare and peculiar/concomitant	Dosing	REMEDY
<b>Wounds &amp; Injuries—Bones &amp; Joints</b>							
<p><i>Arthritic nodosities on joint, swelling and suppuration of bones and exostosis</i></p>	<p><b>Pain in small of the back as after overlifting, knees weak</b></p> <p><b>*any invasive wound, internal organs, sphincter, injury to eye, touchy</b></p>	<p><b>Touch, cold drink</b></p> <p><b>Laceration, stretching part, night new moon, before full moon.</b></p> <p><b>Indignation, quarrel,</b></p>	<p><b>Warmth, rest, Breakfast</b></p>	<p><b>Stiffness &amp; sensation of pain over the whole body, , feels beaten and painful; squeezing, stinging, smarting</b></p>	<p><b>&lt;coition, rising from a seat, shuffling gait, buttocks ache while sitting, fine tearing or numb fingertips. Injury is full: mentally, emotionally &amp; physically.</b></p> <p><b>Superficially say “I’m ok, I don’t want to talk about it; ‘yet covering a rage from abuse &amp; indignation.</b></p> <p><b>Internalizes painful emotional experiences.</b></p>	<p><b>6x-30C</b></p>	<p><b><i>Staphsagria (Delphinium Staphysagria)</i></b></p>

## First Aid Remedy Chart

TYPE OF INJURY	MAIN COMPLAINT	Worse for>	Better for>	PAIN	Strange, rare and peculiar/concomitant	Dosing	REMEDY
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### *Internal distress*

#### *Motion Sickness & Food Poisoning*

<i>Deathly nausea; intermittent; violent-with spitting; motion sickness</i>	<b>Nothing on the stomach, Causes: pregnancy; travelling</b>	Before breakfast; fasting. In a stuffy room. Motion of boat or vehicle; lying on left side; opening eyes; extremes of heat or cold	Fresh air (dizziness is worse for it). Cool air with eyes closed; cold application. Twilight. Weeping, vomiting; uncovering abdomen	Sinking feeling in the pit of the stomach	Pale, drawn face; dizziness. Constriction of the muscles of hollow organs; free secretions: vomiting, sweat; tears, saliva, etc. Convulsion; vomiting fecal matter; retching; acidity.	6x-30C	<i>Tabacum (Nicotiana tabacum-tobacco)</i>
<i>Colic; Incapacitating nausea;</i>	<b>Not relieved by vomiting; empty belching</b>	Eating, warmth, bending down; warmth, damp room, overeating; ice, pork-rich food; candy. Heat and cold <b>MOTION</b>	Rest, pressure, cold drink, eyes closed.	Aching, cramping; griping. Headache sore and bruised	Clean tongue; loathes food & its smell. Vomit: green, bile; w/HA; Pallid face; gushing tears w/nausea; nausea is from looking at moving objects	6x-30C	<i>Ipecacuanha (Ipecac)</i>

First Aid Remedy Chart

TYPE OF INJURY	MAIN COMPLAINT	Worse for>	Better for>	PAIN	Strange, rare and peculiar/concomitant	Dosing	REMEDY
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**Motion Sickness & Food Poisoning**

<i>Food poisoning, Diarrhea; flatulence Ptomaine</i>	<b>Nausea, vomiting. Causes: spoiled food; the nausea is so intense that the person cannot bear the sight, smell, or thought of food</b>	<b>Cold; Ice, drink, food, air; cold and damp; vegetables, drinking liquids; alcoholism; spoiled meat, tobacco chewing; quinine. 12 a.m. -1 a.m.</b>	<b>Warmth, hot application (dry); warm wraps. Motion; walking about. Lying with head elevated; Sitting erect; company. Sweating. Open air; milk Child is &gt; carried around quickly.</b>	<b>BURNING LIKE FIRE, hot needles or wires&gt;heat; maddening; stomach cramps; pain causes shortness of breath or chilliness</b>	<b>Trembling, weakness, traveler's diarrhea; cold; restless; fearful, afraid of dying; weak-prostration seems to be out of proportion to illness. Weakness &amp; emaciation is rapid. VERY RESTLESS, with anxious moaning. Low vitality. PUTRID cadaverous odors.</b>	<b>6x-30C</b>	<b><i>Arsenicum album (white arsenic)</i></b>
<i>Hangovers; indigestion from overindulgence; colic; flatulence Violent retching &lt;hawking Nausea &gt; if vomits Heartburn</i>	<b>Travel sickness, vomiting, nausea, constipation (without urge—only passes gas. Sour burps; hiccup from overeating, cold or hot drink. Wants to vomit but can't-feels urge to pass stool but only passes gas.</b>	<b>Eating; 3-4 a.m.; cold, noise, easily irritated; high living, coffee, liquor, drugs, purgatives, over eating; sedentary habits; pressure of clothes at waist; tobacco; mental shock</b>	<b>Free discharges; naps, wrapping head, resting, hot drinks, milk, fat, moist air; lying on sides.</b>	<b>Cramps; gastralgia: pain goes from chest to back</b>	<b>Complaints from anger, reprimands; shock; senses dull-ACUTE. SENSITIVE TO noise, touch &amp; light. Insomnia; queasy, cold and irritated; sensation of band around about the waist. Waterbrash. Hunger, but aversion to food ; inactive peristalsis</b>	<b>6x-30C</b>	<b><i>Nux vomica (strychnine-poison nut)</i></b>

## First Aid Remedy Chart

TYPE OF INJURY	MAIN COMPLAINT	Worse for>	Better for>	PAIN	Strange, rare and peculiar/concomitant	Dosing	REMEDY
<b><i>Motion Sickness &amp; Food Poisoning</i></b>							
<i>Nausea with dizziness; car and airplane sickness; nausea during pregnancy</i> <b>Colic</b>	<b>Feels sick internally; hunger causes nausea; pungent acrid burps, navel ulcerated in infants</b>	<b>Motion of vehicle, boat; Weather— cold, winter, changing. Eating. Vexation. Touch, even of clothes</b>	<b>Bending double, stooping; warm air, dry weather. Lying with head high.</b>	<b>Pinching colic</b>	<b>Long lasting fear; thirst for beer, desire for dainties, aversion to meat, fat, cooked or hot foods. Must stoop. Inflated, internal coldness. Diarrhea or dysentery by day only&lt;cabbage, then miserable empty feeling. Itching of anus after stools</b>	<b>6x-30C</b>	<b><i>Petroleum (rock oil)</i></b>
<i>Nausea with dizziness (vertigo), seasickness</i> <b>Retching, vomiting; with fainting</b>	<b>Things seem to move up &amp; down; Belly/stomach feels empty. Faintness; no appetite. Hiccup &amp; spasmodic yawning. Disgust of the smell of food. Craves beer.</b>	<b>Becoming cold; MOTION-of boat, car, swimming. Loss of sleep, touch Noise Jar, emotion, kneeling, stooping Anxiety, cold exertion, Cold, eating</b>	<b>Sitting. In room. Lying on side</b>	<b>Sensation as if gone for a long time without food, until hunger is gone Vomiting with headache &amp; pain in bowels; sharp stones in abdomen; cramp in epigastrium</b>	<b>Hollow in the abdomen. Metallic taste in mouth; paralysis preventing swallowing; loathing all food &amp; drink; Nausea rising to head or felt in head.; on taking cold, sour, Vomiting with profuse slow of saliva bitter, bad odor. Feels as if a worm is moving</b>	<b>6x-30C</b>	<b><i>Cocculus indicus (India berry)</i></b>
<i>Food poisoning; rumbling of stomach;</i> <b>Diarrhea</b>	<b>Burping alternates with hiccups; lots of flatus (no odor); Twitching, trembling</b>	<b>Mental exhaustion, alcohol, touch, fright morning (partying)</b>	<b>Gentle motion</b>	<b>Stitch in splenic region, in runners</b>	<b>Empty belching with taste of rotten eggs; diarrhea with lots of fetid, garlicky flatus; hot flatus (burns the anus);</b>	<b>6x-30C</b>	<b><i>Agaricus muscaris (Toadstool)</i></b>