

Injuries and Homeopathy

Homeopathy can work extremely well with emergency medical assistance. Concussions, fractures, sprains, and cuts and bruises can all respond readily to homeopathic treatment.

Renewal offers Homeopathic Acute Care Appointments to help determine potency and length of treatment.

Injury Remedies

Arnica Montana

This is the first remedy to use for trauma or injury. Immediate use can often eliminate an extended recovery. Potency depends on the severity of the trauma - use a higher potency for more severe injury.

Cantharis

Burns can be treated very successfully with Cantharis. Use as soon as possible after a burn occurs.

Hypericum perforatum

Any injury to a nerve rich part of the body can benefit from this remedy. Dental work, crushed fingers and toes, and facial wounds may be treated with Hypericum. Use higher potencies for the more traumatic injuries.

Ledum palustre

Ledum is the remedy for any puncture type wound, including wasp stings and stepping on sharp objects. Potency should be matched to the severity of the injury. Ledum and Hypericum can be used alternately for these types of wounds.

Rhus toxicodendron

This is one of the primary joint remedies and has powerful anti-inflammatory action. For sprains or strains, use alternately with Arnica and Ruta graveolens. If required for a longer period, use a lower potency.

Ruta graveolens

This is a remedy for ligaments and tendons. For sprains or strains, use alternately with Arnica montana and Rhus toxicodendron. If required for a longer period, use a lower potency.

Symphytum officianalis

If there is a broken bone, this remedy may speed the bone-knitting process. Take 3 or 4 times a day for 10 days *once the bone is properly set*. If there is a great deal of pain, increase the potency or the frequency of dosing. In addition, take 3 tablets Calcarea phosphoric 6DH in the tissue salt form 3 times a day.