# Summer Homeopathic First Aid Series
# Remedy for Puncture Wounds, Bites, Sprains and the Eyes

Hi Everyone,

I know you all are busy, so we are going to jump right in to our next homeopathic first aid medicine,

**Ledum palustre 200C aka marsh tea aka wild rosemary aka Ledum**

Ledum has a wide range of uses including puncture wounds, medical procedures, bites, sprains of the lower body and eye injuries. This is definitely one for your first aid kit. If you have active children or are going camping, to play sports or even on a picnic, Ledum would be a great homeopathic to pack along.

Think of using homeopathic Ledum when there is a puncture wound of any kind, including those caused by an insect. This means, ANY puncture wound, including one as small as a mosquito or as large as a nail.

Dealing with Lyme disease? Lyme caused by a puncture wound (tick bite) can be treated with Ledum 200C. In the acute phase, Ledum 200C is taken every three hours on the first day, then twice daily for one week. After one week, one does is taken every three days (72 hours) for one month. Then the dosage is reduced to one dose every 7 days for another month. In chronic Lyme scenarios, the homeopathic medicine chosen is based on what symptoms are presenting, it may no longer be Ledum.

Use Ledum for punctures from splinters, thorns, nails or bug bites that become pathological. This means it looks like the wound is starting to get infected. There may be intense swelling and pain. However, do not wait for the wound to get worse before you treat with Ledum. It is best to take it immediately after the injury occurs.

Often, we do not think to use Ledum after medical procedures. However, if there was a puncture, Ledum is indicated. It is recommended after arthroscopic surgery, biopsies, vaccinations, injections and allergy shots.

According to the Concordant Materia Medica by Boericke, “If given immediately after puncture wounds, it prevents tetanus.” Homeoapths around the world have successfully used Ledum palustre 200C to treat puncture wounds in people who have never received a tetanus vaccine or people who received their last tetanus shot decades ago. They have found this remedy to be effective each time. Now, that being said, I am not telling you not to go to the doctor. However, if you are camping in the middle of nowhere, taking Ledum immediately would be a very good idea while you decide your next action.

One of the keynotes of Ledum is that the person or the wound feels cold, but a cold application provides some relief. Heat makes the person feel worse. If in doubt, apply

a cold cloth or ice pack and see if it provides any comfort. If so, Ledum is likely the correct choice.

Ledum has other valuable uses aside from puncture wounds. It is a good option for animal bites, including cats, dogs, rats, squirrels, etc. Ledum 200C should be used. The frequency of dosing after an animal bite, particularly one from a wild animal, is very important. One dose (4-5 pellets depending on the brand) should be given every hour for the first day. Medical care should definitely be sought out in these cases, but take Ledum as an adjunct to the medical care. Take Ledum every hour until you get to the medical center and continue to take it, less frequently, for several days until the bite is very much better.

Did you sprain your ankle? Pull out the Ledum 200C. Ledum is great for addressing the bruising, swelling and pain of a sprain, especially of the lower body. If the sprain feels better with a cold application, like ice, then Ledum is the remedy of choice.

Guess what? We are not done yet. Ledum is also great for treating eye injuries such as black eyes or contusions of the eye or eyelids.

As always, the dosing depends on the severity of the injury. Immediately after the injury, take a dose of Ledum Palustre 200C every 1-6 hours. When there is improvement, take it every 6-12 hours. When better, stop taking it completely. Each dose of Boiron brand is 5 pellets at one time. Each dose of OHM brand is 4 pellets at once. Frequency of dosing is not cut and dry. It always depends on the severity of the problem. The worse it is, the more frequent the dosing.

For a reminder on how to handle and take these magnificent energy medicines, please read the **article on How to handle homeopathic remedies.**

I highly encourage you start to build your own homeopathic first aid kit. The faster you can get these medicines into your body, the less you will suffer and the faster you will recover, often without medical center intervention. Usually, there is not time to order something online or go to the store when these first aid situations arise. Adding Ledum Palustre 200C to your first aid kit is a very wise decision. Again, you can purchase the Ledum 200CK by Boiron in my online dispensary found **here.** If you are interested in the OHM brand, you can contact me and pick it up at the office.

I hope you found this topic informative and are looking forward to learning our next homeopathic first aid medicine. I would love to hear any success stories if you find yourself using these valuable medicines.