Acupuncture & Natural Health Solutions

# Homeopathy First Aid Kit Chart

| Condition | Homeo-pathic Medicine & Potency | Frequency of Dosing - One dose of Boiron is 5 pellets; One dose of OHM is 4 pellets | Article Link |
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| Abscesses or swelling, especially of the hands - pain from | Hypericum perforatum 200C | see note below | Remedy for Nerve Injury and Pain |
| Accidents resulting in physical trauma | Arnica montana 200C | see note below | Treatment for Accidents, Trauma, Bruising, Pain and Swelling |
| Allergic Reaction that presents with swelling and watery filled hives or blisters and localized areas of redness and inflammation. The person looks puffy and like there are bags of water around the eyes. | Apis mellifica 200C | For a run of the mill mild to moderate allergy with some hives, but nothing serious or life threatening, you would take Apis 200C every 15 minutes to 3 hours. Spreading the doses out as the condition improves. Stopping when the condition has resolved. | Treatment for Anaphylaxis and Allergic Reactions |
| Allergy shots or testing, after procedure | Ledum palustre 200C | 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. | Puncture Wounds, Bites, Sprains and the Eyes |
| Anaphylaxis - swelling of the throat from an allergic reaction | Apis mellifica 200C or 1M or 10M | For a life-threatening condition, you will need to take Apis 1M as you are heading to the emergency room. For this type of condition, it will likely be taken every 15 minutes for a few doses and then again spread out as improvement occurs. | Treatment for Anaphylaxis and Allergic Reactions |

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| Animal bites - cats, dogs, rats, squirrels, etc. | Ledum palustre 200C | The frequency of dosing after an animal bite, particularly one from a wild animal, is very important. One dose 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. | Puncture Wounds, Bites, Sprains and the Eyes |
| Anxiety around yours or someone else's health | Ignatia amara 200C | see note below | Treatment for Acute Emotional Stress |
| Arthroscopic surgery, after procedure | Ledum palustre 200C | 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. | Puncture Wounds, Bites, Sprains and the Eyes |
| Back pain when the smallest movement causes extreme pain and the person to cry out in pain | Hypericum perforatum 200C | see note below | Remedy for Nerve Injury and Pain |
| Back pain and stiffness from sitting that is better after moving around for a few minutes | Rhus toxicodendron 200C | Take one dose of the about 10 minutes before you are going to stand up or arrive at your destination. You will find it will be much easier to take those initial few steps and the discomfort will be less. | Treatment for the Rusty Gate and Headaches from Neck and Shoulder Tension |
| Bacterial Infections | Pyrogenium 200C | Usually one dose every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |
| Bed feels too hard, suddenly | Arnica montana 200C | see note below | Treatment for Accidents, Trauma, Bruising, Pain and Swelling |
| Biopsy, after procedure | Ledum palustre 200C | 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. | Puncture Wounds, Bites, Sprains and the Eyes |

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| Bleeding and/or Hemorrhaging due to trauma or surgery | Arnica montana 200C | see note below | Treatment for Accidents, Trauma, Bruising, Pain and Swelling |
| Blood Poisoning | Pyrogenium 200C | every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |
| Bone, Broken or Fractured | 1. Arnica montana 200C<br>2. Possibly Hypericum perforatum 200C<br>3. Symphytum officinalis 200C<br>4. Calcarea phosphoricum 3X | 1. When taking more than one homeopathic at the same time of day, stagger them by at least 30 minutes.<br>2. Arnica - one dose every 30-60 minutes, spreading out as bruising, swelling and pain improve<br>3. If after three doses of the arnica, it seems as thought there is zero improvement, then add Hypericum on the same dosing schedule as the arnica<br>4. Symphytum one dose twice daily until the xray shows complete healing of the bone<br>5. Calcarea one dose twice daily until the xray shows complete healing of the bone | Treatment for Broken and Fractured Bones |
| Bruises | Arnica montana 200C | see note below | Treatment for Accidents, Trauma, Bruising, Pain and Swelling |
| Burning Pain | Cantharis 200C | see note below | Remedy for Burns |
| Burns from steam, chemicals, electricity or radiation…all burns | Cantharis 200C | see note below | Remedy for Burns |
| Dental work, pain after if the pain is sharp, electric, tearing and/or pulling | Hypericum perforatum 200C | see note below | Remedy for Nerve Injury and Pain |
| Diarrhea with burning pain in the esophagus, stomach or rectum | Cantharis 200C | see note below | Remedy for Burns |

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| Diptheria | Pyrogenium 200C | every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |
| Dysentery from drinking contaminated water | Arsenicum album 30C | see note below | Food Poisoning |
| Emotional Stress, Acute | Ignatia amara 200C | see note below | Treatment for Acute Emotional Stress |
| Eye Infections such as a stye, pink eye or conjunctivitis | Apis mellifica 200C | see note below | Treatment for Anaphylaxis and Allergic Reactions |
| Eye Injuries; especially if a puncture, not only bruising | Aconitum napellus 30C | Aconitum 30 every 30c minutes until improved, but no longer than 2 days. | Shock and Sudden Onset |
| Eye Injuries - black eyes or bruising of the eye or eyelids | Ledum palustre 200C | 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. | Puncture Wounds, Bites, Sprains and the Eyes |
| Facial nerve pain aka trigeminal neuralgia; especially right sided | Hypericum perforatum 200C | see note below | Remedy for Nerve Injury and Pain |
| Fever or Flu that is sudden onset - fine one minute, sick the next | Aconitum napellus 200C | See note below - Usually only one or a few doses immediately after the trauma | Shock and Sudden Onset |
| Fever after giving birth (puerperal fever) | Pyrogenium 200C - It won't hurt the baby if nursing | every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |
| Fever not responding to other homeopathics or antibiotics | Pyrogenium 200C | every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |

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| Fever from sepsis | Pyrogenium 200C | every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |
| Fibromyalgia | Rhus toxicodendron 200C | One dose twice daily | Treatment for the Rusty Gate and Headaches from Neck and Shoulder Tension |
| Food Poisoning, especially from eating bad meat - burning in the digestive tract, copious diarrhea, vomiting, feeling cold all over, cold sweats, extreme fatigue, restlessness and anxiety | Arsenicum album 30C | see note below | Food Poisoning |
| Grief from loss of something or someone | Ignatia amara 200C | see note below | Treatment for Acute Emotional Stress |
| Head Injuries, new and old, where the person seems like they have never recovered | Arnica montana 200C | see note below | Treatment for Accidents, Trauma, Bruising, Pain and Swelling |
| Headaches from neck and shoulder tension | Rhus toxicodendron 200C | see note below | Treatment for the Rusty Gate and Headaches from Neck and Shoulder Tension |
| Heat Exhaustion Weakness & Collapse - profuse sweating, extreme weakness, dizziness, fast heart rate, feeling faint, cold sweat, pale face, nausea - may have cold hands and feet at this stage - no muscle cramping | Veratrum album 30C | see note below | Combatting Illness from Heat |

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| Heat Exhaustion with **muscle cramping, spasm, and jerking**, seizures, convulsions, fast heart rate, cold sweat, light headed | Cuprum metallicum 30C | see note below | Combatting Illness from Heat |
| Heat Stroke - More severe than heat exhaustion - red face, throbbing headache, fever, delirium, and/or loss of consciousness | Either: Glonoinum 30C if the person cannot stand to have his/her head laid backwards, they may feel better in the open air and would not want to be confined to a small space. A possible keynote is if a cold compress is applies, the person may start to twitch or have muscle contractions<br><br>Or<br>Belladonna 30C if the person feels more comfortable with their head laid backward and sitting quietly. Belladonna is only used in these extreme circumstances. This person is very ill. There is always a red face, terrible headache and high fever, over 102F | Dosing is the same for both - choose only one - do not use both remedies together - one dose every 10-20 minutes and spreading out the doses as the person begins to recover. In between doses, hydrating and reintroducing electrolytes to the person is extremely important. | Combatting Illness from Heat |

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| Heat Stroke Prevention - If you know you will be out in the extreme heat for an extended period of time | Glonoinum 30C - not in the kit | 1 dose every 3 hours can provide some protection against the heat and humidity | Combatting Illness from Heat |
| Hives | Apis mellifica 200C | see note below | Treatment for Anaphylaxis and Allergic Reactions |
| “I am dying!” - if said by someone after a trauma | Aconitum napellus 200C | See note below - Usually only one or a few doses immediately after the trauma | Shock and Sudden Onset |
| Infected wound or cut that won’t heal | Pyrogenium 200C | every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |
| Injuries, old, where it seems the person never recovered | Arnica montana 200C | see note below | Treatment for Accidents, Trauma, Bruising, Pain and Swelling |
| Insect bite that is a puncture | Ledum palustre 200C | 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. | Puncture Wounds, Bites, Sprains and the Eyes |
| Insomnia if not sleeping due to worry about yours or someone else’s health | Ignatia amara 200C | see note below | Treatment for Acute Emotional Stress |
| Intersticial Cystitis | Cantharis 200C | see note below | Remedy for Burns |
| Lyme Disease | Ledum palustre 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. | Puncture Wounds, Bites, Sprains and the Eyes |

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| Malaria | Pyrogenium 200C | every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |
| Miscarriage, afterward | Pyrogenium 200C | every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |
| Muscle pain, soreness and stiffness | Either: Arnica montana 200C, especially if the bed is too hard Or: Rhus toxicodendron 200C especially if lying flat on the floor provides relief. Also heat and firm pressure provide relief. | Pick one and see note below | Treatment for the Rusty Gate and Headaches from Neck and Shoulder Tension |
| Neck pain when the smallest movement causes extreme pain and the person to cry out in pain | Hypericum perforatum 200C | see note below | Remedy for Nerve Injury and Pain |
| Nerve Pain, especially of the spine, fingers, toes, teeth, elbow or tailbone | Hypericum perforatum 200C | see note below | Remedy for Nerve Injury and Pain |
| Osteomyelitis | Pyrogenium 200C | every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |

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| Pain that is extreme, exceedingly sensitive to the touch or when the pain seems out of proportion to the injury | Hypericum perforatum 200C | see note below | Remedy for Nerve Injury and Pain |
| Panic Attack especially if history of past traumatic event | Aconitum napellus 200C | See note below - Usually only one or a few doses immediately after the trauma | Shock and Sudden Onset |
| Puncture Wounds - medical procedures, insect bites, impaled by sharp object | Ledum palustre 200C | 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. | Puncture Wounds, Bites, Sprains and the Eyes |
| Restlessness both mentally and physically. The restlessness may begin in the evening and continue throughout the night. This is the time of day when anxiety, fear and depression may overwhelm a person. They may cry easily without cause. | Rhus toxicodendron 200C | see note below | Treatment for the Rusty Gate and Headaches from Neck and Shoulder Tension |
| Road Trip Stiffness that Improves after moving around for a few minutes | Rhus toxicodendron 200C | Take one dose of the about 10 minutes before you are going to stand up or arrive at your destination. You will find it will be much easier to take those initial few steps and the discomfort will be less. | Treatment for the Rusty Gate and Headaches from Neck and Shoulder Tension |
| Seat Belt Injury | Arnica montana 200C | see note below | Treatment for Accidents, Trauma, Bruising, Pain and Swelling |
| Sepsis | Pyrogenium 200C | every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |
| Shaking, uncontrollable, fearful shaking right after a traumatic event | Aconitum napellus 200C | See note below - Usually only one or a few doses immediately after the trauma | Shock and Sudden Onset |

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| Shingles pain | Hypericum perforatum 200C | see note below | Remedy for Nerve Injury and Pain |
| Shock - Sudden onset - one minute you are fine and the next you are not | Aconitum napellus 200C | See note below - Usually only one or a few doses immediately after the trauma | Shock and Sudden Onset |
| Sprains and Strains with bruising, swelling and pain | Arnica montana 200C | see note below | Treatment for Accidents, Trauma, Bruising, Pain and Swelling |
| Sprains of the lower body - foot, ankle or knee; especially if ice or a cold application makes the person feel better | Ledum palustre 200C | 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. | Puncture Wounds, Bites, Sprains and the Eyes |
| Stiffness after sitting for a while, especially during a road trip | Rhus toxicodendron 200C | Take one dose of the about 10 minutes before you are going to stand up or arrive at your destination. You will find it will be much easier to take those initial few steps and the discomfort will be less. | Treatment for the Rusty Gate and Headaches from Neck and Shoulder Tension |
| Stress, emotional, especially around yours or someone else's health | Ignatia amara 200C | see note below | Treatment for Acute Emotional Stress |
| Sunburn | Cantharis 200C | see note below | Remedy for Burns |
| Surgery Protocol | Arnica montana 200C | Protocol for surgery and tooth extractions. The night before the procedure, take one dose of Arnica Montana 200C. Take another dose the following morning. Take another dose just before entering the surgical room or dental chair. Once the procedure is finished, take another dose as soon as possible. Continue to take one dose of the Arnica Montana 200C every two hours. Continue as needed to reduce the pain. The Arnica not only helps to control bleeding and alleviate the pain, it also reduces swelling and decreases the likelihood of infection. If the Arnica | Treatment for Accidents, Trauma, Bruising, Pain and Swelling |
| Tailbone Injuries from falling or giving birth | Hypericum perforatum 200C - will not hurt the baby if nursing | see note below | Remedy for Nerve Injury and Pain |

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| Tetanus prevention after a puncture wound that could lead to tetanus | Ledum palustre 200C | One dose every 3 hours for 24 hours if no symptoms and worried about Tetanus. If having symptoms of tetanus, then one dose every hour until very much better | Puncture Wounds, Bites, Sprains and the Eyes |
| Throat, sore and swollen tonsils or swollen uvula | Apis mellifica 200C | see note below | For a life-threatening condition, you will need to take Apis 1M as you are heading to the emergency room. For this type of condition, it will likely be taken every 15 minutes for a few doses and then again spread out as improvement occurs. |
| Tooth Extraction | Arnica montana 200C | Protocol for surgery and tooth extractions. The night before the procedure, take one dose of Arnica Montana 200C. Take another dose the following morning. Take another dose just before entering the surgical room or dental chair. Once the procedure is finished, take another dose as soon as possible. Continue to take one dose of the Arnica Montana 200C every two hours. Continue as needed to reduce the pain. The Arnica not only helps to control bleeding and alleviate the pain, it also reduces swelling and decreases the likelihood of infection. If the Arnica | Treatment for Accidents, Trauma, Bruising, Pain and Swelling |
| Trigeminal neuralgia aka facial nerve pain, especially right sided pain | Hypericum perforatum 200C | Montana 200C does not relieve the pain, then talk to me about a higher potency like 1M or 10M. If there is nerve injury, Hypericum might be indicated as well. We talked about this last week. | Remedy for Nerve Injury and Pain |
| Typhoid Fever | Pyrogenium 200C | every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |

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| Ulcers of the Skin | Pyrogenium 200C | every 15 minutes to six hours. As the infection starts to improve, the dosing becomes less frequent. Usually, toward the end of recovery, this medicine is taken twice daily until the infection is gone. You can definitely take the Pyrogenium along with any other medications that your doctor prescribes. That is the beauty of homeopathy, no drug interactions. | Sepsis, Fever & Infection |
| Urinary Tract Infection with burning before, during or after urination as a symptom | Cantharis 200C | see note below | Remedy for Burns |
| Vaccination, after procedure | Ledum palustre 200C | see note below | Puncture Wounds, Bites, Sprains and the Eyes |
| Weekend Warrior Aches and Pains | Arnica montana 200C | see note below | Treatment for Accidents, Trauma, Bruising, Pain and Swelling |
| Wound Pain that shoots down a nerve to another part of the body | Hypericum perforatum 200C | see note below | Remedy for Nerve Injury and Pain |

Note on frequency of dosing: The more severe the pain, the more frequent the dosing. It might be every 30 minutes (for the first few hours) to twice daily until very much better. If you take a dose and get some relief, take another dose when you feel like you are sliding backward again. In most acute conditions you take 2-6 doses in a 24 hour period, always spreading dosing out as improvement happens and stopping when very much better.