

Remedies for Stress in Traumatic Events

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Homeopathic Remedies for Stress in Traumatic Events

Aconite (*Aconitum napellus* or Acon)

This is always the first remedy to think of in any event that leaves you feeling shocked and in disbelief. Car accidents, floods, sudden death of a loved one, injury...any situation where you have been hurt or you have witnessed someone else being hurt. The shock (like fever when Aconite is needed) is sudden and unexpected and leaves you feeling as if you could die. Be sure to think of Aconite if you find yourself waking at midnight, afraid for your life. Or if your child, who has been quite frightened by an event like evacuation from floodwaters, wakes in the night and asks, "Will I die?" You can even give a dose of Aconite to your pet if you can see that they are afraid and in shock.

You will know if Aconite is needed because you will see fear in the other person's face and the fear will be 'felt' by you. Aconite may also be needed if the person has panic attacks (overwhelming episodes of fear) after the trauma. Shock and fear with trembling will be helped by Aconite.

Arnica (*Arnica montana* or Arn)

Those needing Arnica will typically say something like, "I'm fine. I'm OK." But you will look at them and notice they have a serious injury, and when you go to touch the wound/injury, they will back away as if afraid of your touch. Shock is part of the Arnica picture, so when you see someone that says they are OK more than they feel fearful, you will know that Arnica is likely a better choice than Aconite. You may also notice that they give an image of being tough and trying to protect others, but if their injury is quite serious, give them a dose of Arnica and they will come out of the shock and accept help.

Gelsemium (*Gelsemium sempervirens* or Gels)

Some people experience shock in a very different way and rather than look afraid or feel fear, they look spaced out. They don't complain or ask for anything but the images of what has just happened play over and over in their minds. There is a kind of numbness, shakiness, and paralysis that takes over. This is what a person needing Gelsemium might look like. They may have trouble falling asleep even though they look tired and droopy eyed. Their body can feel very heavy and yet there is a great deal of weakness and trembling. Bad news that continues on and on (just watching the news

can bring this state on) can be like living the ordeal all over again. In the floods that have happened in Calgary, the cool, wet weather might be a factor as well and make the person feel worse.

It's possible that someone needing Gelsemium has been coping and coping courageously during the traumatic event and then they develop neurological symptoms like weakness in the legs, double vision, and a heavy feeling in the body. They may experience shock and loss (think of how some families have lost everything in this recent flood) but may not be able to cry.

Natrum muriaticum (or Nat mur) or Ignatia amara (Iamara in Canada)

These are two remedies that you can think of when there is grief and it is difficult for the person to cry. The situation could be the loss of all belongings or if a pet or loved one has been injured or died because of the traumatic event. Many people during this flood were separated from their pets and in some cases, separated from their loved ones in the confusion of evacuations. Often, someone needing either one of these remedies will have a lump in their throat and crying in public will be impossible; they would prefer to cry privately. If the trauma goes on too long, however, they may end up sobbing uncontrollably. You will likely find that your attempts at comforting them will be resisted. Just remember that someone needing Ignatia or Natrum mur will have a hard time receiving comfort and expressing grief.

Cocculus

This is one remedy that may be of help for the person who, after the shock or traumatic event, is losing sleep from caring for others and worrying about the wellbeing of those in their care—be it beloved pet, child, elderly parent, or disabled family member. They can feel dizzy and off balance.

If your complaint is serious and/or life-threatening, go to the emergency room or to your doctor. Broken arms, legs, head injuries, dehydration, chest pains, suffocation, poisoning, surgery etc need immediate attention. Once the situation is well taken care of, then appropriate homeopathic treatment can be assessed.
