

Accident Injury Guide

Homeopathic Support for First Aid

By Donna Powers RCHom, CCH, RSHom (NA)



Accident Injury Guide

Here are some excellent articles
on injury and first aid:

on homeopathic support for

[Healing with Homeopathy:
Injuries](#)



[Think Homeopathy for Sports](#)

by Judyth Reichenberg-Ullman, ND, LCSW and Robert Ullman, ND

[Some material from this article is excerpted from our book, *Homeopathic Self-Care: The Quick and Easy Guide for the Whole Family*, Prima Publishing, 1997]

Try It and You Will Be Convinced

Arnica montana has undoubtedly won more converts to homeopathy than any other medicine. Pop some Arnica pellets as soon as possible after a strain, sprain, or bruise and you will likely be singing its praises. The response is usually swift and impressive, whether or not you use a topical preparation or take it internally. Do remember not to apply Arnica, but rather take it internally, if there is an open cut or wound because a rash can occur in some sensitive individuals.

Once you've had success with Arnica, which, in our experience, is pretty much guaranteed, then you will want to venture further afield and try homeopathic self-care for other acute injuries. Once you are hooked, you'll definitely want a self-care kit. The medicines are a lot cheaper than buying them individually and last for life, unless, of course, you use them up, which you will do with Arnica once friends and family know how effective it is.

For more longstanding sports injuries or ones that are not easily amenable to self-treatment, find a homeopath. The likelihood of your finding rapid relief and avoid having an acute sports injury become chronic, as well as for ongoing physical therapy and surgery, is generally quite high.

How and When to Take Homeopathic Medicines for Sports Injuries

1. Take three pellets of 30C every four hours until you see improvement.
2. If you see no improvement after three doses, take a different medicine.
3. Lower potencies (6X, 6C, 30X) may need to be taken more often (every hour).
4. Higher potencies (200X, 200C, 1M) may need to be taken only once unless symptoms definitely return after being better.

Indications for The Most Common Medicines for Sports Injuries

Below we provide user-friendly information about what to take and when. The bolded information shows you the most common and important features of each medicine. In Homeopathic Self-Care, this information is illustrated with charts and icons. This format is not quite as thorough but should help you self-treat a number of acute sports injuries. Feel free to use your standard first-aid measures along with homeopathy. Just avoid liniments, mineral ice, and therapeutic ultrasound, which may prevent the homeopathy from working.

For chronic injuries, a much more extensive interview is needed along with periodic follow-ups for at least six months. In this case, consult a professional homeopath.

Bruises

Most of the time Arnica is all you need to treat bruises. We include a few other medicines in the rare case that Arnica does not help considerably within twenty-four hours.

Arnica (Leopard's bane)

Key symptoms

The main medicine for any trauma resulting in bruising
Use this one first unless one of the others fits exactly

Mind

Wants to be left alone and refuses help
Says there is nothing wrong with him

Body

Black eyes
Wants to lie down, but the bed feels too hard

Worse

Touch
Lying on hard surfaces
Motion

Better

Lying down, especially with the head low

Bellis Perennis (English daisy)

Key Symptoms

Bruises to veins or deeper tissues, especially after surgery or having your
blood drawn.
Ordinary bruises if Arnica fails

Mind

Restless

Body

Swelling sensitive to touch

Worse

Touch

Better

Cold applications
Motion

Ledum (Marsh tea)

Key Symptoms

Bruises that feel cold and are better from cold applications

Black eyes

Mind

Angry

Body

Bruises resulting from puncture wounds

Worse

Warmth or warm applications

Motion

Better

Cold applications

Phosphorus

Key Symptoms

Chronic tendency to bruise and bleed easily

Mind

Outgoing and friendly

Sympathetic

Desire for company

Body

Small wounds that break open and bleed easily

Worse

Cold

Better

Cold

Motion

Food and Drink

Great thirst for cold or carbonated drinks

Desire for salty, chocolate, ice cream, and spicy food

Ruta (Rue)

Key Symptoms

Bruises to the periosteum (the outer layer of bones) such as the shin

Mind

Dissatisfied

Body

Skin becomes irritated easily

Worse

Overexertion

Lying

Better

Warmth

Rubbing

Motion

Sulphuric Acid

Key Symptoms

If Arnica doesn't work for bruises that occur after blows or trauma

Large, bright red bruises and small-ruptured capillaries

Mind

Very hurried

Body

Hemorrhage of black blood from any body opening

Worse

Cold or cold air

Better

Warmth

Food and Drink

Desires alcohol

Cuts and Scrapes

Just as surefire as Arnica is for bruises, equally effective is topical **Calendula** (Marigold) for skin abrasions ranging from a superficial scratch to an angry gash. Our second choice, which many folks also swear by, is Rescue Remedy Cream, which is Bach Flower preparation, although Calendula is all that we find necessary over 90% of the time.

Fractures

Arnica (Leopard's bane)

Keynotes

- First medicine for any trauma or wound resulting in fracture
- Reduces bleeding, bruising, pain and trauma
- Sore, bruised feelings in the muscles as if beaten and bluish-black discoloration under the skin

Mind

- Wants to be left alone
- Insists that nothing is wrong
- Tells the doctor to go away

Body

- Want to lie down, but the bed feels too hard and they look for a softer spot
- Compound fractures that bleed

Worse

- Touch
- Lying on hard surfaces
- Motion

Better

- Lying down, especially with the head low

Eupatorium Perfoliatum (Boneset)

Key Symptoms

- May relieve the pain after acute fractures
- Sore and bruised, like their bones are broken

Mind

- Very restless, but they would rather keep still because it hurts to move

Body

- Deep aching in the bones

Worse

Cold air
Sight or smell of food

Better

Conversation
Perspiration

Food and Drink

Strong thirst for cold drinks
Desires cold foods and ice cream

Symphytum (Comfrey)

Keynotes

The main medicine to think of for fractures to use after the bruise soreness has resolved with Arnica
Stimulates union of the bone ends and should not be used until the bone is set properly
Fractures that are slow to heal

Body

Pains persist long after the injury
Phantom limb pain after amputation
Sensation of the rough end of bones poking into the flesh
After effects of fractures and injuries to the periosteum, the outermost covering of the bone

Worse

Injuries
Trauma from blunt instruments

Better

Warmth

Calcarea Phosphorica (Calcium phosphate)

Mind

Wants change
Dissatisfaction
Likes to travel

Physical

Stimulates the bone ends to unite

Worse

- Change of weather
- Lifting
- Worse from cold, damp, especially melting snow

Better

- Warm, dry weather
- Lying down

Desires

- Smoked meat

Head Injuries (Mild)

Arnica (Leopard's bane)

Key Symptoms

- The main medicine for any serious head trauma, especially with bruising
- Use this one first unless one of the others fits exactly
- Shock

Mind

- Refuses help
- Says nothing is wrong with her

Body

- Concussion and bleeding and bruising of the tissues and the brain
- Black eyes
- Sore, bruised feelings as if beaten
- Bluish-black discoloration under the skin
- Wants to lie down, but the bed feels too hard

Worse

- Touch
- Lying on hard surfaces
- Motion

Better

- Lying down, especially with the head low

Cicuta (Water hemlock)

Key Symptoms

Neurological problems after head injury, especially convulsions and mental retardation

Mind

Childish. Feels like a child

Excitable

Shrieking

Doesn't remember what has happened

Doesn't recognize anybody

Body

Very severe convulsions with twitching and jerking

Tremendous spasms with severe arching of the back

Worse

Cold

Touch

Jarring

Better

Heat

Food and Drink

Desire for inedible things like dirt and charcoal

Helleborus (Black hellebore)

Key Symptoms

Dullness and mental confusion after head injury or concussion

Stupefied or bewildered

Seems as if she is not really present

Mind

Slow to respond to the senses and in answering questions

Information has difficulty getting in and out

Indifferent to surroundings and loved ones

Staring

Anguish

Body

Headache with dullness of mind after head injury

Furrowed brow, especially when trying to think or concentrate

Roll the head from side to side or bore it into the pillow

Cold sweat

Worse

4 to 8 p.m.

Cold

Hypericum (St John's wort)

Key Symptoms

Head injury and concussion, especially if the spinal nerves are also involved
Injuries to the spinal cord and nervous system
Shooting pains

Mind

Dull and forgetful after head injury
Sad

Body

Dizziness, headache and convulsions after injury to the head or spine
Numbness and tingling

Worse

Jarring the injured area
Touch
Cold air
Fog, cold damp weather

Better

Rubbing the area
Lying on the abdomen
Bending backwards

Food and Drinks

Desire for wine, pickles and cold drinks

Natrum Sulphuricum (Sodium sulphate)

Key Symptoms

After effects of head injury, especially convulsions or headaches
Severe depression following a head injury

Mind

Overly sensitive to criticism or scorn

Body

Crushing pain in the occiput (back of head)
Headaches that are worse from noise, stooping, light, or eating
Headaches that are relieved by vomiting
Increased saliva with a headache
Scalp is so sensitive that it hurts to comb the hair

Worse

3 to 6 a.m.
Lying on the left side

Better

Lying on the right side with the legs curled up

Food and Drink

Desire for yogurt and sour foods

Sprains and Strains

Arnica (Leopard's bane)

Key Symptoms

- The first medicine to give for any sprain or strain
- Muscles feel sore and bruised
- Shock after injuries
- Injuries after overexertion

Mind

- Refuses help
- Says nothing is wrong with her

Body

- Bluish-black discoloration under the skin
- Wants to lie down, but the bed feels too hard

Worse

- Touch

Better

- Lying down, especially with the head low
- Bryonia (Wild hops)

Key Symptoms

- Injuries that are painful from even the slightest motion

Mind

- Wants to go home

Body

- Stiffness and shooting pains in joints when touched or moved

Worse

- Light touch
- 9:00 p.m.

Better

- Pressure
- Lying on the affected side
- Bandaging the injured area

Food and Drink

- Very thirsty for large quantities of cold drinks

Ledum (Marsh tea)

Key Symptoms

Injured area is cold to the touch and feels better with ice or cold applications
He has a great desire to soak his feet in cold or icy water

Mind

Angry
Dissatisfied

Body

Body is cold but head and face are hot

Worse

Heat

Rhus Toxicodendron (Poison ivy)

Key Symptoms

Sprains and strains with stiffness and pain made better by moving, stretching,
and flexing
Injuries to muscles and tendons after overexertion
Restless because he can't find a comfortable position

Mind

Active
Jovial

Body

Restless legs in bed
Cracking of the joints

Worse

Cold applications
Getting wet and chilled

Better

Warm applications
Hot bath or shower

Food and Drinks

Desire for cold milk

Ruta (Rue)

Key Symptoms

Injuries to flexor tendons, joints, cartilage, and periosteum
(outermost layer of bone)
Bruised, sore, aching feeling with restlessness
Intense pain, weariness, and heaviness in the tendons

Mind

Dissatisfied
Quarrelsome

Body

Stiffness throughout the body
Restlessness
Tennis elbow

Worse

Cold air
Lying down, except on the back

Better

Lying on the back
Rubbing

Tendonitis

Arnica (Leopard's bane)

Key Symptoms

Any injury to a tendon
Sore, painful, and bruised as if beaten
Tendinitis from overexertion
Shock after injuries

Mind

Refuses help
Says nothing is wrong with her

Body

Lack of strength in the hand when grasping something

Worse

Touch

Better

Letting the affected part hang down

Bryonia (Wild hops)

Key Symptoms

- Tendinitis that is painful from even the slightest motion
- Stiffness of the area is made worse by motion

Mind

- Wants to go home

Body

- Stiffness and shooting pains in joints when touched or moved

Worse

- Light touch

Better

- Pressure
- Lying on the affected part
- Bandaging the injured area

Food and Drink

- Very thirsty for large quantities of cold drinks

Causticum (Potassium hydrate)

Key Symptoms

- Contracted tendons
- Sensation of the tendon being too short
- Cramp in the Achilles tendon
- Wants to stretch or bend the affected area

Mind

- Cannot tolerate injustice
- Afraid something will happen

Body

- Hamstring under the knee seems too short

Worse

- Drafts
- Exertion
- Grasping anything

Better

- Gentle motion

Food and Drink

- Desire for smoked meat and beer
- Aversion to sweets

Rhus Toxicodendron (Poison ivy)

Key Symptoms

Tendinitis with stiffness and pain made better by moving, stretching, and flexing
Injuries to muscles and tendons after overexertion

Mind

Active
Jovial

Body

Restless legs in bed
Desire to stretch

Worse

Cold applications
Getting wet and chilled

Better

Warm applications
Hot bath or shower

Food and Drinks

Desire for cold milk

Ruta (Rue)

Key Symptoms

Injuries to flexor tendons, joints, cartilage, and periosteum (outermost layer of bone)
Injuries to ankles and wrists
Bruised, sore, aching feeling with restlessness
Intense pain, weariness, and heaviness in the tendons

Mind

Dissatisfied
Quarrelsome

Body

Stiffness throughout the body
Restlessness
Tennis elbow

Worse

Cold air
Sitting

Better

Lying on the back
Rubbing

Don't Leave Home Without Your Homeopathic Kit

The best time to treat yourself for sports injuries is immediately or within a few hours, although you can still get results days, weeks, or even months later. Carrying a homeopathic kit in your car is the best way to have what you need when you need it. Homeopathic medicines only work when you have them at your fingertips.

Speaking of fingers, let us give you a good example of when not having the right medicine on hand can delay the healing process. Just yesterday we both participated in an annual event that takes place here on Whidbey Island involving 500 or so volunteers from our local community. Each volunteer is assigned to a team, which works together on repairing a home of someone in need of assistance. Gardening, plumbing, carpentry, roofing, splitting wood - you name it.

In fact, one group of 13 yesterday painted an entire house in four hours including a lunch break! Bob was removing grass from the outside of a stubborn lawnmower blade, which had not stopped rotating completely. It struck Bob's gloved left index finger, bruising, but fortunately, not cutting it. Nevertheless, his finger "throbbled like crazy."

It sure was a good thing we had some Hypericum in the glove compartment or he wouldn't have been able to continue working all day. A dose of Ledum that night, alleviated the pain further. So, remember - no matter what sports activity or adventure you have planned - don't leave home without your kit. And, if you do, treat yourself as soon as you get home.

Judyth Reichenberg-Ullman and Robert Ullman are licensed naturopathic physicians board certified in homeopathy. They love to engage in outdoor activities such as hiking and kayaking and could write a book about how often they have used their home medicine kit during their adventures. Maybe they will. Their books so far include, *Homeopathic Self-Care: The Quick and Easy Guide for the Whole Family*, *Ritalin-Free Kids*, *Rage-Free Kids Prozac Free*, *Whole Woman Homeopathy*, *The Patient's Guide to Homeopathic Medicine*, and *Mystics, Masters, Saints and Sages-Stories of Enlightenment*. They teach and lecture internationally and practice at The Northwest Center for Homeopathic Medicine in Edmonds, Washington and Langley, Washington. For their schedule, see their website below. They treat patients by phone as well as in person and can be reached by telephone at 425-774-5599 or by fax at 425-670-00319. Their website is www.healthyhomeopathy.com.

LECTURES ON HOMEOPATHIC MATERIA MEDICA

by JAMES TYLER KENT, A.M., M.D.

Late Professor of Materia Medica in Hering College, Chicago.

Presented by Dr Robert Séror

Hypericum

One who makes a study of the proving of *Hypericum* will be reminded of a class of injuries involving sentient nerves and it is not surprising that this remedy has come into use for the results of such injuries.

Injuries: The surgery of Homeopathy largely involves the use of *Arnica*, *Rhus tox.*, *Ledum*, *Staphysagria*, *Calcarea* and *Hypericum*. These remedies are used in a routine way when a physician runs into semi-surgical conditions, or the results of injuries.

For the bruised, "black-and-blue," sore appearance and sensation *Arnica* comes into use it corresponds especially to the acute stage until the soreness and bruised condition have disappeared from the parts injured or from the whole body; but for the strains of muscles and tendons *Arnica* proves insufficient and a thorough study of *Rhus* will show that that remedy is suitable for the resultant weakness of tendons and muscles, and the bruised, rheumatic feelings that come on in every storm and often wear off on continued motion.

For the final weakness that persists even after *Rhus* we have *Calcarea carb.* In these three remedies we have a series, but to distinguish these from *Hypericum* is the important thing. *Hypericum* is only a minor remedy for bruised and strained tendons and muscles; it goes into a different class of complaints.

Hypericum and *Ledum* run close together, and they have to be compared. *Ledum*, as much of the sore bruised feeling of *Arnica* and will often take its place; but *Hypericum* and *Ledum* come together for consideration when an injury to a nerve has taken on inflammatory action. Instead of the muscles and bones and blood vessels, as in *Arnica*, *Rhus* and *Calcarea*, the nerves are the sphere for these two remedies.

Nerves injuries: When the finger ends or toes have been bruised or lacerated, or a nail has been torn off, or when a nerve has become pinched between a hammer and the bone in a blow, and that nerve becomes inflamed and the pain can be traced up along the nerve, and it is gradually extending toward the body from the injured part with stitching, darting pains, coming and going, or shooting up from the region of the injury toward the body, a dangerous condition is coming on.

In this condition Hypericum is above all the remedies to be thought of and hardly any other medicine is likely to come in. It hardly need be said that lock-jaw is threatening.

Sometimes a vicious dog will take hold of an individual through the thumb, or through the hand or the wrist and run one of his great teeth through the radial nerve or some of its branches in the hand, causing a lacerated wound. You may not find in the earlier stages the symptoms of Hypericum, but they will develop gradually and you will have them to treat. Do not cut the off, but cure it. We cure all these injuries with medicines-punctured, incised, contused and lacerated wounds, painful wounds.

A wound will sometimes yawn, swell up, no tendency to heal, look dry and shiny on its edges, red; inflamed; burning, stinging, tearing pains; no healing process. That wound needs Hypericum. It prevents tetanus. Every practitioner knows that lockjaw may develop after an injury to sentient nerves. The old school doctor is frightened by these shooting pains up the arms after an injury. A shoemaker may stick his awl into the end of his thumb or a carpenter may stick his finger with a brass tack and he does not think much of it, but the next night shooting pains extend up the arm with much violence.

The allopathic physician looks upon that as a serious matter, for he sees lockjaw or tetanus ahead. When these pains come on Hypericum will stop them, and from this stage to advanced states of tetanus with opisthotonos and lock-jaw Hypericum is the remedy. It is full of just such symptoms as are found in tetanus and such symptoms as lead to tetanus and it is full of all the manifestations of an ascending neuritis.

Again, you may have an old scar, and it comes in contact with a hard body and is injured, bruised, torn internal) smashed, and stinging, tearing pains come in that cicatrix, and it burns and stings, and there is no relief, and the pain runs toward the body along the course of nerves. A painful cicatrix with pain shooting up toward the centre of the body following up the nerves.

Hypericum is the medicine for that.

Now there are other remedies - all know about *Arnica*, but be sure you keep it in its place. The first stage of the injury, where much bruising has been done, and there are none of these pains that I have described, for the first hours for bruised conditions and concussions and shocks *Arnica* is routine, because it produces states upon the human body like it had been bruised. But you will find *Arnica* only fits into that one place.

Arnica should never be used for wounds the way the lay people use it, because if it is used in full strength it may bring on erysipelas.

Again, for bruised of bone, cartilages, tendons, insertion of tendons, bruises about cartilages and about joints, *Ruta* is better than any other remedy; and if we study the proving of *Ruta* we will not be surprised, because it produces symptoms like those found in such conditions.

Lingering, sore, bruised places on bones, in joints and upon cartilages. But *Ledum* comes in very often as a preventive Medicine. It is a preventive medicine when an accident happens to the ends of the fingers, if a patient steps on a nail or tack or sticks a splinter under a fingernail or into the foot. If a horse pick up a nail, pull it out and give him a dose of *Ledum*; there will never be trouble, he will, not have lock-jaw.

These punctured wounds, rat bites, cat bites, etc., are all made safe by *Ledum*; i.e., *Ledum* prevents the shooting pains that naturally come and the nerves will never be involved. We will have no trouble if we can give it at once. Again, if the pain is a dull aching in the part that was injured, in the wound *Ledum* is still the remedy; if it shoots from the wound up the nerve of the arm it is more like *Hypericum*.

A sensitive nervous women steps on a tack during the day, and she feels all the day where the tack went in, lies down in bed and it aches so violently she cannot keep it still. *Ledum* will prevent any further trouble, but if that goes on until the morning the pains will be shooting up the leg, calling for *Hypericum*.

I mentioned the use of *Ledum* when a horse picks up a nail. Now, if a nail goes through the thin part of the hoof and strikes the coffin bone that horse is almost sure to die with tetanus; the veterinarians know nothing for it; though they poultice it and put on liniments, etc., that horse will die with tetanus; but if a dose of *Ledum* is given before the tetanus comes on it will save the animal from tetanus; after the jerking comes on it will save the animal from tetanus; after the jerking comes on *Ledum* will not do, but *Hypericum* must be given.

Hypericum belongs to lacerated wounds and when there is laceration of parts that are full of small nerves, sentient nerves, give it at once. Do not waste time with *Arnica* because there is soreness, for the soreness is of much less importance than the danger from nerves in lacerated wounds. In punctured wounds give *Ledum* at once. Whatever sequences come on, of course, have to be met in accordance with the, state and symptoms of the case.

Spine injuries: Injuries of the spine give us another class of troubles requiring Hypericum.

I remember a case such as has been met with quite often and such as we read of and hear about, one, however, that was not saved. A sudden lurch of the car caused a man who was standing on the rear end of the car to be hurled back on his coccyx. He did not think much of it, went home, bad pains in the head and various parts of the body.

Several physicians were called; nobody could find out what was the matter with him, and at the end of ten days he died. They turned him over and found that his coccyx was black and an abscess was threatening in the muscular region. If it had been known Hypericum would have saved his life.

Many times I have seen Hypericum cure similar conditions. Injuries of the coccyx are among the most serious and troublesome injuries that the physician comes in contact with; injuries just like that, falling back and striking a stone, or something that bruises the coccyx.

Very little is found immediately in the coccyx; close examination reveals nothing more than soreness upon pressure, but many times we do have the description of pains shooting up the spine and down the extremities, shooting pains over the body and often convulsive movements.

When such symptoms are present any physician ought to be wise enough to find out an injury, but even very astute physicians are blinded over injuries of the coccyx. Many a woman sustains an injury of the coccyx during labor, and however, slight, soreness remains for years afterwards, and she is always in trouble, always hysterical and nervous, from this injury of the coccyx.

Such injuries, if taken early, can be cured by Hypericum. It is in the remedy. Slight inflammation or irritation of the lower part of the cord; it feels lacerated, and sore, and aches and never passes over until the results of the injury right in the spot have been removed. These injuries have been cured in after years by *Carbo animalis*, *Silica* and *Thuja* and other remedies as indicated.

It is related also to injuries of the spine higher up. It is not an uncommon thing for a man. While going down stairs, to fall backward, his feet to slip from under him and he strikes his back upon one of the steps and undergoes a sharp injury.

Some will at once give *Rhus tox*; I have known others to give *Arnica*. Hypericum is to be given at once to prevent the kind of inflammation that may come from

such an injury. Then there will be other tendencies, such as drawings and rheumatic symptoms that will come on, calling for *Rhus* and finally *Calcarea*.

Old weakness of the back, with painfulness on rising from a seat, are often cured by *Rhus*, followed by *Calcarea*, but *Hypericum* must first of all take care of the condition of the fibers of the cord and meninges. Meningeal troubles are common from injuries of that class, with drawing of the muscles of the back, a feeling of contraction or tightening. Stitching, shooting pains in the back in various directions; they shoot down the limbs. Injuries of the back are not so likely to end in tetanus as the injuries of the sensory nerves; but they are sometimes even more troublesome because they linger so long.

Persons who have been injured in the spine or about the coccyx linger along for years with symptoms that would lead to many remedies. We find in the provings such symptoms as occur after these injuries, and, of course, this remedy will cure anything that its proving justifies. Its action is upon the nerve sheaths and meninges, with stitching, tearing, rending pains along the nerves, wherever there are injuries.

Now, there is another remedy that we want to know. If you have a clear-cut or incised wound made with a sharp instrument, or if you have made such an opening with your knife while practicing surgery, if you have opened the abdominal cavity and the walls of the abdomen take on an unhealthy look, and there are stinging, burning pains, *Staphysagria* is the remedy that will make granulation come immediately.

Sphincters: *Staphysagria* is also a wonderfully useful remedy where the sphincter stretchers have been.

Staphysagria is the natural antidote to stretching. When the urethra of a woman has been stretched for stone in the bladder, *Staphysagria* is useful. I remember a case of stretching of the urethra; after the operation the patient was in great distress, screaming and crying, bathed in a cold, sweat. Head hot and body in cold sweat.

Staphysagria was given to him and in a few minutes she went to sleep. She had been six hours in that suffering without any relief whatever. Where coldness, congestion of the head, and rending, tearing pains occur from stretching sphincters, or from tearing parts, for the purpose of operation, death is likely to occur, and *Staphysagria* is closely related to that tearing, lacerating and stretching of fibres which causes such suffering.

After a surgical operation, where there has been much cutting, a great state of prostration, coldness, oozing of blood, almost cold breath, of course the Materia Medica man, if there is one around, will say,

"Why give him *Carbo veg.*, of course."

Yes, you will, but it will not help him. It may disappoint you. But if you are a surgeon, know your surgical therapeutics better than a Materia Medica man, you will say,

"No, *Strontium carb.* is what I want."

It relieves that congestion all over the body; he gets warm and has a comfortable night. *Strontium carb.* is the *Carbo veg.* of the surgeon.

Lastly, we sometimes have to antidote chloroform, and because there are pains and aches you will get no action from these medicines; you can antidote your chloroform almost instantly by a dose of *Phosphorus*, because it is the natural antidote of chloroform. *Phosphorus* will stop the vomiting; *Phosphorus* has vomiting like that of chloroform. Phosphorus likes cold things, cold water in the stomach, and vomits as soon as water has become warm in the stomach. So does chloroform. Why should they not antidote each other?

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.
