

## Remedies for Situations of the Heart

The remedies that I will suggest here are ones that can be used in an emergency situation while on your way to the hospital or doctor's office or while waiting for emergency services to arrive. I am highlighting these four remedies in particular, as they are remedies that you will already have in your home/first aid kits. As I look over them I am aware that they cover 3 of the most common emotions; fear, anger and sadness.

### **Aconite**

This is a remedy that every kit should have. Not only is it useful for sudden, violent onset of colds, flu, sore throats, it can be especially useful in an emergency situation whether it involves the heart or accident where there is a great deal of fear, anxiety and dread from anticipation. A person needing Aconite in this kind of emergency may be quite certain that they are going to die and will even "predict" a time. As with acute inflammations in other parts of the body, Aconite can also be useful for inflammations of the heart. Fear and anxiety will be the strongest indicator in your choice of Aconite. There is a great deal of restlessness as well.

### **Arnica**

Another great remedy that you may already have in your first aid kit and will be indicated when the person says they are well but in fact, you can tell by looking at them, they are definitely not well. They may want to insist you leave the emergency room or doctor's office even though they are obviously in serious condition. Both Arnica and Aconite can be extremely helpful if the person has had any kind of emotional or physical shock to the system. You can give one right after the other in these kinds of situations until you have reached medical care. Sometimes Arnica will be indicated if there is chest pain after strain or exertion, physically over doing anything, from sports to household chores like cleaning sidewalks or heavy lifting. There can sometimes be a bruised sensation in the chest area.

## **Ignatia**

I include this remedy as it may be a situation where the person has had a recent and significant grief from the death of a loved one. Literally, they may be suffering from a broken heart. There may be palpitations felt in the heart arising from strongly felt emotions. Again, the remedy can be given on the way to emergency services or while waiting for emergency services to respond.

## **Nux vomica (Colubrina)**

Nux vomica is from the same plant family as Ignatia. Where Ignatia is used for palpitations from emotions, especially grief, Nux vomica may be well indicated if the palpitations are from excess worry about business, work and/or problems related to digestive complaints and excess of alcohol and stimulants such as coffee. The picture that most comes to mind is the high speed executive who works too hard, poor diet, excess coffee, cigarettes and may be sitting on a whole lot of anger. Or, the anger is there all the time.

Usually first aid/home kits contain potencies of 30CH and it would be quite safe to use these more frequently than you might in other acute situations. Two granules given every 2-3 minutes for up to 3 or 4 times may be enough for you to see if a remedy is being effective. Improvements on an emotional level will be a good indication that the remedy is helping. For example, a person may begin to feel less fearful after taking Aconite.