

REMEDIES FOR SUNBURN

Cantharis

This little remedy will be of great help when the sunburn pain is excruciating, before the skin blisters and peels. In fact, we have used it in our family for other kinds of burns (oven-hot handle on a cast iron frying pain) and although the burn was bad enough for a hospital emergency visit, there was no scarring or permanent damage to the hand that grabbed the handle. Cantharis can be remarkable in these acute situations where you are sure the burn is serious. On your way to the emergency department, start giving the Cantharis (200 potency would be good in the serious burns), 2 granules every 5-10 minutes for 3-4 times at least.

For sunburns, you can use a 30CH potency quite effectively unless the sunburn is as serious as a scald with hot water or a burn from the oven or pan/pot; then you might want to use a 200CH. Intense acute situations where the symptom pictures fits respond well with the 200.

Family campfires a part of your summer holiday plans? You will want to keep some Cantharis on hand in the evening if someone accidentally burns themselves with the fire or...in one of those weird but true events where someone burns themselves pulling off toasted marshmallows or wieners on an extendible fork. Any injury to the fingertips/hands or toes/feet can be unbearably painful. I would even recommend a little Hypericum too as it will help ease the nerve damage in the fingers and toes.

You can use Cantharis if the following symptoms are present:

- Sunburn with rawness and smarting, better with cold applications.
- Restlessness with uneasiness and dissatisfaction.
- Possibly very angry or enraged with the sunburn pain.
- Skin burns on being touched.
- Burns before blisters form.
- Or if past the painful sunburned red skin stage with blisters forming and there is a risk of infection with lots of pus, slightly yellow, and sometimes tinged with blood that gets worse with rubbing and scratching, you can still use Cantharis.
- Think of skin burns that are failing to heal even after medical treatment...it won't be too late to use Cantharis.
- Robin Murphy suggests in his *Materia Medica III* that "The part may be treated with a lotion containing a few drops or pills of the Cantharis 30CH or 200CH..." in addition to the remedy being taken orally.

In addition to Murphy's suggestion of Cantharis in lotion, you can also consider [Nelson's burn cream](#). The formulation does contain Calendula so I would caution you to make sure the burn is free of infection before using it topically. Remember... Calendula can promote new skin growth SO quickly that if bacteria are present in the wound/sunburn, the cream can 'seal' in the infection. Best to wait a couple of days after giving Cantharis orally before using any creams.

Natrum Carbonicum

You can think of Natrum carbonicum for sunburn, especially if there is accompanying symptoms of sunstroke.

You can use Natrum carbonicum (sometimes sold as Nat carb or Natrum carb) if the following symptoms are present:

- Weakness and exhaustion after spending time in the sun, with or without a burn.
- Possible that your child will forget about the sunburn while active and then when quiet and sitting, the pain will start up.
- Oversensitive to the heat of summer and will want to spend time in the shade.
- After being in the sun and heat, the head feels 'stupid' and aches, or they may have black spots before the eyes as a consequence of being in the sun and heat.
- This might even be a remedy to consider if it has been a hot, sunny day and your child gets a sunburn, and then later on (especially here in the prairies it seems), there is a thunderstorm and your child is very nervous.
- Confusion after being in the sun.

REMEDIES FOR SUNSTROKE AND/OR SUNBURN

Belladonna

By now, you likely already have this remedy in your home/travel kit. Belladonna is a remedy that is so useful for so many situations where there is heat, redness, suddenness, dilated pupils, and burning pain. Good for fever AND good for the effects of sunstroke or heatstroke when the symptom picture fits!

You can use Belladonna in sun/heatstroke if the following symptoms are present:

- Convulsions after heat of the sun (similar in that way to the fever symptoms).
- Unconsciousness with sunstroke.
- Headache after exposure to the sun.
- Fever in the heat of the sun.
- Possibly furious with biting rage and a wild look on the face.
- Face flushed and eyes red with dilated pupils (the black part of the eye almost covers the colored part of the eye).

- Pulsating/throbbing/burning congestion to the head with sunstroke.
- The child might be delusional and see ghosts, hideous faces, black animals, or dogs/wolves.
- You might see the artery in the neck pulsating.
- You might be able to feel heat coming off the face and head yet the arms/legs are cold.
- Your child will likely want to be in the dark and have quiet as they will be sensitive to noise, light, and movement.

Glonoinum

This is a remedy that you will need in your family kit if you **definitely** have someone who is very affected by the heat of the sun. You can do some great healing with Belladonna, but if Glonoinum is needed, you will see immediate relief. You know your family needs best, so build your home/travel kit accordingly.

You can use Glonoinum in heat/sunstroke if the following symptoms are present:

- Congestion of the head alternating with congestion of the heart (too much blood gathering in head/heart so there will be a feeling of fullness/pulsating/throbbing in the head alternating with the heart).
- Can't bear any heat around the head, can't walk in the sun, must be in the shade or carry an umbrella.
- Can't bear anything on the head, especially a hat or pressure similar to a hat.
- Face pale in sunstroke.
- Difficult breathing.
- Confusion and does not where they are—even if in a familiar place.
- The child will feel better with a cold cloth or in cold air or from pressure around the head.
- Sparks and flashes before the eyes.
- Head feels heavy and enormously large for the skull.
- Waves of terrible, bursting, pounding headache, as if standing on head.
- Convulsions after heat of sun (like Belladonna).
- Unconsciousness with sunstroke (like Belladonna).
- Fever in the heat of the sun (like Belladonna).
- Your child will feel better in the open air, by keeping the head elevated, eating/drinking cold things, and better with cold applications.