Smile in Injuries too with HOMOEOPATHY

CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY
INJURIES
- Injuries are usually accidental.
- An injury may be simple like pin pricks, cuts to severe like burns, fractures, etc.
- Sometimes, injuries may cause long-lasting effects which could be injurious to health in many ways.
- Most of the injuries can be managed suitably by first aid and homeopathic medicines.

FIRST-AID IN INJURIES
- Clean the wound.
- Apply Calendula ointment and bandage the injured part daily for 2-3 days.
- Keep the affected part free from dust and dirt.
- Take the indicated homeopathic medicine orally.

HOMEOEPATHIC MEDICINES FOR INJURIES

ARNAICA MONTANA 30
- Bruised injury from fall, hit, kicks and blunt instruments, such as wooden piece, iron bars, stone pieces, mechanical injuries etc.
- Injuries of soft parts.
- Sore, lame, bruised feeling all through the body as if beaten, does not allow anyone to be near him.

CALENDULA OFFICINALIS 30
- For open, lacerated or ragged wounds.
- Aids in healing open wounds and ulcers when there is delay in healing.
- Calendula ointment can be locally used in dressing the wounds.
- Controls bleeding after tooth extraction.
- Suitable for non healing, old neglected wounds.

CANTHARIS VESICATORIA 30
- Commonly used for minor burns.
- Cantharis lotion (1 part of Cantharis mother tincture mixed with 4 parts of distilled water) can be locally used for relief from pain.

ECHINACEA ANGUSTIFOLIA 30
- Prevents suppuration (formation of pus).
- Its ointment can be applied locally in septic wounds.
- Irritations from bites and stings of insects.

HAMAMELIS VIRGINIANA 30
- Incised, lacerated and contused wounds, injuries from falls.
- Checks bleeding, removes pain and soreness.

HYPERICUM PERFORATUM 30
- For injuries especially to parts rich in nerves e.g. toes, finger tips; pain after a fall on coccyx (last bone of spinal column).
- Injuries from needles, pins, splinters and rat bites.

LEDUM PALUSTRE 30
- Punctured wounds caused by sharp pointed instruments like nails etc.; injuries from rat and mosquito bites and stings of insects.
- Long remaining discoloration after injuries.
- Easy spraining of ankles.

RHUS TOXICODENDRON 30
- Ailments from spraining or straining a single part, particularly from stretching high up to reach things.
- Strain of muscles and tendons.

RUTA GRAVEOLENS 30
- Sprains of joints.
- Lameness especially of ankles and wrists in hockey and cricket players, etc.
- Injuries to bones, with a sore and bruised sensation.
- Injuries to eyes.

STAPHYSAGRIA 30
- Injuries from sharp cutting instruments like knives or blades.
- Incised wounds.
- Pain remaining after abdominal surgery.

SYMPHYTUM OFFICINALE 30
- Injury of bony parts from blunt instruments.
- Slow healing of injuries of bones and tendons.
- Non-union or delayed union of fractures.
- Pain in eyes after a blow.

Various kinds of injuries can be treated homoeopathically

BELLIS PERENNIS 30
- Sprains, bruises and injuries to nerves; intolerance to cold bathing.
- Injuries to the deeper tissues, especially after major surgery.
- Marked muscular soreness and lameness as if sprained.
- Blackish discolouration of the affected part, which is sensitive to touch.
Bovista 30
- Chronic sprains and swelling that remains long after sprains.

Strontia carb 30
- Pains from old injuries.
- Chronic sprains with swelling.

Terminalia arjuna 30
- Used in fractures.
- Pain all over body due to fall.
- For all sorts of ecchymosis.

How to select the medicine?
To pick the right medicine, match the symptoms of the medicines given in the handout, with the problem you are suffering from. The medicine with majority of symptoms similar to yours will be the right choice for you.

DOSE
Children: 3 to 4 globules (Size No. 20), 3-4 times a day, for 2 to 3 days.
Adults: 6 to 8 globules (Size No. 20), 3-4 times a day, for 2 to 3 days.

General instructions
- Medicine should be taken after cleaning the mouth and preferably in empty stomach.
- Strong smelling substances like onion, garlic etc. should not be taken within half an hour before and after taking the medicine.
- The medicine should not be taken if the white globules turn yellow, or if the sediments appear in the liquid form of medicine.
- Homoeopathic medicines act better in patients who are not addicted to tobacco products. It is, therefore, advisable to restrict the use of cigarette, bidi, paan masala, alcohol, narcotics, etc. when one is under homoeopathic medication.
- If improvement occurs within 2-3 days, then medicine should be stopped.
- If patient doesn’t improve within 48 hours or becomes worse at any time, then a qualified homoeopathic doctor should be consulted.
- During homoeopathic treatment, no other medicines should be taken, unless suggested by a qualified homoeopathic doctor.
- Keep the medicines:
  - Away from strong smelling substances like camphor, menthol etc.
  - In a cool, dry place away from direct exposure to sunlight.
  - Away from the reach of children.