

The following is some very basic information on homeopathic remedies for trauma and acute situations.

## Homeopathy

### Terminology:

**Mother tincture:** a liquid extraction of a substance made in a specific manner (see below). We also feel that any tincture can serve as a mother tincture for making homeopathic remedies.

**Homeopathic remedy:** A medicine made by diluting a mother tincture and succussing, as detailed below.

Homeopathy is a medicine that will be of high benefit post PS, as a limitless amount of medicine can be made from a mother tincture. A homeopathic remedy can itself be diluted one step and succussed, resulting in 10 or 100 times the amount of medicine with only a very slight change in potency. The instructions on how to make remedies (found below) explain how this is so.

### Where to buy homeopathics:

When we buy homeopathics, we get them from Dolisos. They hand succuss their remedies (meaning a person actually makes the medicine rather than a machine) and offer a wide variety of remedies at good prices. Their phone number 800-365-4767 or [www.dolisosamerica.com](http://www.dolisosamerica.com) on the web. They will sell to retail stores or physicians. For some remedies (such as those of 200C potency or certain ones that are regulated) they will only sell to licensed physicians. We would be happy to get them for you. (and we're not licensed ☺)

### How to make homeopathic mother tinctures

The process by which we make homeopathic mother tinctures and remedies follows the same principles as our making of herbal tinctures. We always create a sacred space and give offerings and prayers. We always seek and receive permission before making a medicine. Our medicines are kept in a quiet, dark, sacred space designated specifically for that purpose. Homeopathics are especially sensitive to the influences of light, sound, scents, electrical fields and other vibrations. We store our mother tinctures and remedies in wood cabinets to insulate from these influences.

We have a 'back-up' set of remedies that we will be storing in a separate location from our mother tinctures to ensure that at least one set will make it through the pole shift.

Homeopathic mother tinctures are made from any material desired. For minerals and insoluble items, the material is usually triturated (powdered with a mortar and pestle) and put in solution, then succussed as an herbal tincture would be. Tinctures made from "toxic" materials are generally made into a 1:10 weight/volume ratio, non-toxic tinctures are made into a 1:5 weight/volume ratio. To figure out the ratio use the following formula:

For a 1:5 ratio tincture, use 5 times the amount of alcohol/water (of correct percentage depending on the plant), for example, 1 oz (weight) of herb would use 5 oz (volume) of alcohol/water solution.

For a 1:10 ratio tincture, use 10 times the amount of alcohol/water (volume), for example, 1 oz (weight) would use 10 oz (volume) of alcohol/water solution.

Proceed to make tincture as you would an herbal tincture.

### How to make homeopathic remedies from mother tinctures

For homeopathic remedies, there are two different potencies, X and C. X potencies are dilutions by ten and C potencies are dilutions by a hundred. The X potencies generally act more on the physical level and the C or M (thousand) potencies act more on the energetic level.

**To make an X dilution:**

Start with 1 drop of desired tincture and add 9 drops of 87% alcohol. Succuss 10 times. The result is a 1X dilution. To dilute to a 2X, start with 1 drop of 1X, add 9 drops of 87% alcohol and succuss. Continue until the desired potency is achieved.

The remedy you create will be able to make limitless amounts of medicine. You can place drops of the remedy in water (the purest you have given the circumstances), succuss the water and literally make jugs of the remedy. Ideally, you would add 10% by volume of alcohol to the water to hold the vibration of the remedy. Our experience has shown that without alcohol the water does not hold the vibration of the homeopathic as long, so when dosing plain water, you will want to make up only what you need at the time. The dosage of a liquid homeopathic is 5 drops under the tongue.

You also can purchase sugar pellets specifically made for homeopathic remedies. When dosing sugar pellets, fill a glass container (we use 1 or 2 dram amber glass vials) ½ way with pellets. Succuss the mother tincture or homeopathic remedy 10 times. Place 1 drop onto the pellets in the vial. Add pellets until the vial is nearly full. Place 1 additional drop of mother tincture or remedy onto the pellets. Cap the vial and succuss 100 times. You now have a vial full of the remedy. The dosage for dispensing the remedy is 5 pellets.

If you have alcohol, you can dilute and succuss a remedy one potency higher while maintaining the majority of the same properties of the remedy. Therefore, if you have a 30X potency of a remedy that you have used extensively and are concerned that you may run out, you can place 1 drop of this remedy per 9 drops of 87% alcohol and succuss and you will have a much larger quantity of 31X of the remedy. This potency will have virtually the same characteristics as did the 30X potency. Over time and multiple dilutions, you will begin to see a change and the remedy will likely begin to act on an increasingly vibrational level. For this reason, it would be better to save some of the dilution just under the potency that you expect to use so that you will have a source from which to dilute (for example, if you expect to use 30X, save some 29X so that as you need more medicine you can make it from the 29X rather than using all the 29X to make the 30X then using all of the 30X to make the 31X etc.

**To make a C dilution:**

Start with 1 drop of desired tincture and add 99 drops of 87% alcohol. Succuss vigorously 100 times. The result is a 1C dilution. Start with 1 drop of 1C dilution; add 99 drops of 87% alcohol and succuss. The result is a 2C dilution. Continue until the remedy has reached the desired potency.

The same guidelines and suggestions apply to C dilutions as to X dilutions.

## **Basic information on homeopathic remedies for trauma and acute injuries**

All remedies are 30c potency unless otherwise indicated. You should see some change or have the patient feel some change in 5 minutes if you have found a remedy that will work. Remedies can be given as often as needed (as soon as the patient feels it 'wearing off') for the first few hours of an acute situation, though in some circumstances one dose may be all that is needed. Patients may switch from one remedy to another i.e. their condition initially calls for one remedy but their symptoms change after giving the remedy and therefore they need a different second remedy. It is possible to 'prove' a remedy – start exhibiting the symptoms a remedy cures – if a remedy is given over too long of a period of time.

We selected remedies that are the most general – there are many other remedies which could apply in a given situation, hence homeopathic repertories that are hundreds of pages long. Hopefully, this list will serve as some basic, general help and will not take the place of an experienced Medicine Person.

### Very basic homeopathic first aid kit

Arnica Montana 1M – as soon as possible following any physical trauma

Arnica Montana – bruises, muscle injuries

Phosphorus – hemorrhage

Ledum – puncture, gunshot wound

Hypericum – nerve injuries

Nux vomica – exposure to toxins

Arsenicum album – serious burns

Symphytum – broken bones

Aconite – shock

Opium – head injuries, pain

## 1) Gastrointestinal

### a) **Diarrhea**

- i) with pain that causes one to bend double **colocynthis**
- ii) no pain
  - (1) bloated **mercurius cor**
  - (2) nausea **arsenicum album**

### b) **Food poisoning**

- i) Double vision/ blurred vision
  - (1) Sharp pains in liver and spleen region – **agaricus**
  - (2) Thickening or slurring of speech, cramping in stomach - **botulinum**
- ii) Vomits after eating or drinking, everything seems to lodge in esophagus – **arsenicum album**
- iii) Contractive pain extending to chest, bloated stomach, loose stools – **carbo veg**
- iv) Clutching or radiating abdominal pains with jelly-like stool – **colocynthis**
- v) **Due to shellfish**
  - (1) With rash and intense itching, worse after urinating and stool – **urtica urens**
  - (2) Sensation of suffocation – **apis**

### **More information on remedies listed above:**

Agaricus: Symptoms occur several hours (3 to 12) after ingestion of food; **gastric upset with sharp pains in region of the liver and spleen**; sensation of an **icy coldness which feels like needles**, double vision, blurred vision; may have a loss of muscular control.

Apis: **Swelling**, redness, burning, worse with heat, better with cold; **throat is fiery red and puffy**, leading to sense of suffocation; sensation as if a splinter in throat; **constriction**, spasm with swallowing which goes to nose; gums and lips swollen; tongue feels scalded.

Arsenicum album: nausea; retching; vomiting after eating or drinking; **cannot bear the sight or smell of food; great thirst, drinks much but a little at a time; burning pains**; vomits blood, bile, green mucus; brown-black mixed with blood; everything seems to lodge in the esophagus; **small offensive dark stools**, rice water stools, **food poisoning**; gradual weight loss.

Botulinum: **food poisoning, canned food**; cramping in the stomach; staggering dizziness and slurring or thickening of speech; blurred or double vision; difficulty with swallowing; choking sensation and may have difficulty breathing.

Carbo veg: **Contractive pain extending to chest, accompanied by bloated abdomen**; stools are loose, dysenteric-like, hot, foul-smelling; may have **coldness, blueness of the skin and desire to be fanned for fresh air**. Pain causes patient to bend double.

Colocynthis: agonizing, cutting pain that **causes one to bend over double**; colic with cramps in calves, **dysenteric stool renewed each time by the least food or drink; jelly-like stools; sudden, violent cramping; grasping, clutching or radiating abdominal pains better with hard pressure**; yellow, frothy, watery, sourish stools. **Worse if annoyed**.

Mercurius cor: Bloated abdomen, painful to touch, bruised sensation; incessant bilious vomiting; dysentery; stool hot, **bloody, slimy**, with cutting pains and **shreds of mucous membranes**; continuous urging to stool and urinate; painful flatulence, violent thirst, chilly after stool; much perspiration, delirious; anxious; restless. **Worse after urinating, stool**; better resting.

Urtica urens: **Shellfish poisoning**, especially where there is a rash with **intense itching** and red blotches with burning and stinging pains which are worse with cold.

## 2) Skin

### a) abscesses/boils/carbuncles

- i) black and blue     **anthracinum**
- ii) dry, scaling **arsenicum album**

#### **More information on remedies listed above:**

Anthracinum: Burning and hardness, abscess formation which is **swollen, burning**, tends to ulcerate; **black and blue** discolorations; **boils, succession of boils**, glands are swollen, accompanied by severe pain, thick black hemorrhages, **blood does not coagulate**; sloughing of the skin, septicemia, tendency to gangrene.

Arsenicum album: Skin is **dry, rough, scaling, burning** and itching, **putrid** discharges which lead to death of the tissue, with **burning, bleeding** pains but patient feels **cold**.

### b) Burns

- i) metallic discoloration     **arsenicum album**
- ii) worse with cold applications     **cantharis**
- iii) raw & sore feeling **causticum**

#### **More information on remedies listed above:**

Arsenicum album: Skin which appears as if it has been **seared**, upper layers of skin have been mostly burnt off, remaining skin is in small scales or large flakes; skin is red, swollen and very sensitive to touch; dark metallic-like discoloration

Cantharis: **Burns** and **scalds** with a feeling of painful rawness which is worse with cold applications; **cutting, burning or smarting pains**; burning sensation of the skin before blister formation; **extensive burns causing kidney involvement**.

Causticum: **Rawness and soreness, fissures and cracks** in the skin, especially at the corners of the mouth, nose and eyes; **effects of deep burns**.

### 3) Respiratory Ailments

- a) rattling cough **antimonium tart.**
- b) Barking cough **spongia**
- c) with blood **drosera**
- d) cough with nausea & vomiting **ippecac**
- e) cough with the feeling of compression of the chest **drosera**
- f) with heat in chest **phosphorus**
- g) better with pressure on chest **bryonia**

#### More information on remedies listed above:

Antimonium tart.: **bronchitis, great rattling of mucus but very little expectorated; coughing and gasping at the same time; edema and impending paralysis of the lungs;** bluish skin, wheezing, thickly coated white tongue.

Bryonia: for upper respiratory infections, **pneumonia**, especially right sided; worse from rising up from bed, worse from taking a deep breath; **holds chest** when forced to cough, rusty or blood-streaked sputum.

Drosera: compression of the chest; cough with bright red sputum of clotted blood; **must press chest with hand for relief;** spasmodic dry, irritative cough; whooping cough; yellow expectoration **with bleeding from nose;** cough less during day but gets worse at night.

Ipecac: **constant constriction in chest, incessant or suffocating cough, violent cough with every breath; coughs till they are blue in the face, croup; especially indicated if associated with nausea and vomiting** and or frothy stool. Bleeding from **lungs with nausea.**

Phosphorus: **cough so painful they try to suppress it; oppression in the chest; much heat in chest;** pneumonia; head cold that goes to lungs; bloody sputum tastes salty or sweet.

Spongia: bronchitis, **larynx dry, burning, constricted; dry croupy, barking cough; croup worse during inspiration and before midnight; sensation of a plug in the larynx; cough better after eating and drinking.** Worse with dry cold wind.

### 4) Cardiac/Chest pain

- a) Pain/tingling in the left arm
  - i) tachycardia (rapid heart rate) **aconite**
  - ii) no tachycardia, constriction like an iron band around heart/chest **cactus**
- b) sensation as if heart would cease if they moved **digitalis**
- c) feeling as if heart would burst **spongia**

#### More information on remedies listed above:

Aconite: **fear of death**, numbness, tingling radiating down the left arm; **restless, tachycardia, sudden and violent onset of symptoms, very sensitive to noise, burning thirst.**

Cactus grand: **Constriction as if from an iron band around the heart or chest;** tight, pressing down pain, **endocarditis with mitral insufficiency**, pain shoots down the left arm, pulse is feeble, vertigo, red-faced.

Digitalis: **sensation as if heart would cease if they moved**

Spongia: sensation of heart swelling as if it will explode.

## 5) Eyes

- a) burning
  - i) no tearing **aconite**
  - ii) tearing and photophobia **arsenicum album**
- b) swollen with pus-y discharge **apis**
- c) double vision **arnica**
- d) puncture wound with cold feeling of wound **ledum**
- e) pain following trauma to eye **symphytum**
- f) orbital fracture **symphytum**

### More information on remedies listed above:

Aconite: **Dry burning heat, much pain and restlessness, fearful, from foreign objects, from snow blindness, pain of scratched cornea following foreign body extraction**, sparks in the eyes, aversion to light, sudden onset.

Apis: **swollen, fluid filled**, red eyelids; eyes burn and sting; **sudden piercing pains; pus-filled discharge**.

Arsenicum album: **burning eyes with lachrymation (tears)**, burning **hot photophobia (aversion to light)**; red eye lids, ulcerated, edema around the eyes.

Arnica: retinal hemorrhage from **trauma**; double vision from trauma to the eye.

Ledum: **Puncture wounds**, contusions – especially with a **feeling of coldness** in the eye.

Symphytum: **Eye pain after a blow from trauma, orbital fractures**.

## 6) Seizures/Convulsions

- a) conscious **baryta mur**
- b) unconscious **argentum nitricum**
- c) unconscious, in children, from cold **cicuta virosa**

### More information on remedies listed above:

Argentum nitricum: **convulsions** without consciousness.

Baryta mur: convulsions where muscle spasms alternate with muscle relaxation, epileptic **convulsions, icy coldness of body with paralysis, voluntary muscular power gone but perfectly sensible**.

Cicuta virosa: Convulsions in Children **without consciousness** from cold air or becoming cold; **tetanic frigidity (muscles spasm continuously), bend head, neck and spine backwards, dilated pupils**.

## 7) OB/GYN

### a) Labor

- i) fear **aconite**
- ii) spasmodic pain with no progress **caulophyllum**
- iii) peevish and cross, refuses what is offered **chamomilla**
- iv) retention of placenta **pulsatilla**
- v) postpartum hemorrhage
  - (1) with bright red blood **belladonna**
  - (2) with dark blood **bryonia**
- vi) 3 remedies to give (all of them) immediately following delivery (this has led to women having no bruising/pain following delivery) **arnica, hypericum** and **ruta graveolens**
- vii) If cutting peritoneum was necessary during birth **ledum**
- viii) displacement of uterus
  - (1) from lifting and straining **nux vomica**
  - (2) feels like everything coming out through vagina **lillium tig**
  - (3) prolapsed uterus **nat mur**
  - (4) retroversion of uterus **lycopodium**

### b) Delivery

- i) look of terror on baby's face **aconite**
- ii) infant blue and pale **antimonium tart**
- iii) trauma or bruising on infant **arnica**

#### More information on remedies listed above:

Aconite: **mother fears** of not delivering fetus or fear of death; **vulva, os and vagina are dry, tender and undilatable**; **baby** born with a look of terror on face, post-partum hemorrhage.

Antimonium tart: infant is **blue and pale**, asphyxia due to meconium, the nostrils are dilated but not active.

Arnica: **Birth trauma, bruising on birth**

Belladonna: post partum hemorrhage - **profuse, bright red hot blood with downward pressure**.

Bryonia: **dark red bleeding with pain in the back, averse to motion**.

Caulophyllum: **Severe spasmodic pains without progress**; false pains; pains flag form long continuance and exhaustion; thirst and fever; **erratic pains**; **commonly used in pregnancy**

Chamomilla: Spasmodic, distressing pains, patient cannot bear them; **peevish and cross**; is spiteful; cries out sharply; tearing pains in back and down inner sides of legs; **refuses what is offered**; **moves about due to the pain**

Lillium tigrinum: all displacements of the uterus; **bearing down as if everything would come out through vagina, places hands on vulva to prevent it**.

Lycopodium: especially for retroversion of the uterus.

Nat mur: prolapse of the uterus – has to sit to avoid prolapse.

Nux vom: **uterine deviations from lifting or straining**.

Pulsatilla: retention of the placenta; **most often used for spasmodic retention of placenta**; **no thirst**; very slow labor; weepy; gets stuck at various stages of labor; air hunger