



Homeopathic First Aid Kit Materia Medica

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Aconite

Anxious, panicky; effects of fear; any illnesses of sudden onset with fear; after cold, dry winds; intense thirst, high fever; intense pains; common cold, flu; first remedy for croup.

Apis

Drowsy, listless, weak; no thirst; worse from heat; allergic reactions with puffy swelling, hives, welts, edema, stinging pains; to prevent or treat anaphylactic shock; insect stings; do not give before or after Rhus tox.; choose carefully: Apis for swelling and no thirst, Rhus tox. for itching and thirst.

Arnica

Won't accept help; sore all over; to prevent shock; after physical or mental shock; after injuries, head injuries, falls, wounds, cuts, bruises, surgery; for sore muscles; jet lag.

Arsenicum

Anxious, restless pacing; prostration, exhaustion; very thirsty for small sips of warm drinks; colds with profuse, burning, watery mucus and thirst; food poisoning; stomach and intestinal flu; nausea, burning pains in intestines, painful diarrhea.

Belladonna

Moaning; dry mouth though not thirsty (may be thirsty with high fever); sudden onset; dilated pupils; red face, hot, dry skin; intense, throbbing pains; strep throat; ear infections; headaches worse from light and sun; sun stroke; high fevers.

Bryonia

Irritable, grouchy, wants to be left alone; lies still; symptoms worse from motion; dry mouth, dry lips, very thirsty, gulps large amounts of cold drinks; vertigo from motion; headaches in forehead; flu with aching all over; fever; joint pains; back and neck pain.

Cantharis

Intense burning pains; red burning skin all over; ill effects of exposure to sun; sunburns; first and second degree burns; fever; urinary tract infections; bladder infections with burning pains during urination

Chamomilla

Agitated, screaming, whining; child wants to be carried; extremely sensitive to pain; painful ear infections; colic; painful abdominal cramps with loose, undigested stools (never use with constipation); menstrual pain.

Colocynthis

Angry; colicky, cramping pain, must bend double; desires hard pressure; menstrual cramps; intestinal cramps; diarrhea; painful muscle cramps anywhere.

Gelsemium

Worry (i.e. fear of flying). Slow onset, drowsy, listless, lethargic, sleepy but can't sleep, muscle weakness, shivering and trembling, not thirsty; dizzy; headache, better from passing large amount of urine; droopy eye lids; influenza, colds, fever, watery nasal discharge.

Hepar sulph.

Belligerent, irritable; chilly; sensitive to drafts; sore throat extending to ear; croupy cough; rattling cough, yellowish mucous; lingering cough; infections with fever; splinter-like pains; abscessed teeth; expels infection, dirt and splinters from wounds.

Ipecac

Persistent nausea with gagging and vomiting; bleeding or excessive menstrual bleeding; to stop any bleeding with bright, red blood; asthma attacks with choking; cough that causes gagging, choking and vomiting.

Ledum

To prevent tetanus, after puncture wounds, especially in sole of foot; after animal bites of any kind; antidotes spider bites.

Magnesia phos.

Wants heat, hot applications; menstrual cramps, presses heating pad against abdomen (use hot water bottle – electrical heaters antidote remedies); any abdominal and intestinal cramps; muscle cramps

Mercurius

Sweaty and thirsty; alternately hot and chilly; coated tongue, increased saliva; swollen lymph nodes under chin on neck; infections with fever; colds, flus, ear infections, sinus infections, sore throats, diarrhea.

Nux vomica

Impatient; irritable and overwrought; effects of over-eating and -drinking; alcohol hang-over; from over-work, over-study; after poisons of any kind; after drugs; after lack of sleep; chilly; sensitive to noise, odors; dizzy, headache in back of head, nauseous, vomiting, constipation; menstrual nausea and vomiting; insomnia

Phosphorus

Desires salt, ice cream, ice cold drinks, which are vomited as soon as they get warm in stomach; bleeding, with bright red blood; dizzy, vomiting; high fever; dysentery with bloody stool; hoarse cough, loss of voice in singers.

Pulsatilla

Weepy, sad, depressed, moody, craves company and affection; often needed in women of mild, yielding temperaments; not thirsty; averse to fats; desires open air; headaches, advanced colds with thick yellowish discharge; fever, flu; nausea, diarrhea; PMS; delayed menstrual period.

Rhus tox.

Restless, listless; itchy; when symptoms are better from moving around; desires cold milk; fevers, colds, flu; aching and stiffness in limbs and back; must limber up; contact dermatitis and any allergic reaction with itching; intense itching of skin; itching skin rashes, hives, urticaria; blisters, moist, itchy vesicles, etc. Do not give before or after Apis; aliments from overexertion; pain down left arm; heart attack.

Veratrum

Heat prostration, collapse from any reason; pale, clammy skin, cold sweat; desires ice; after loss of fluids, high fevers, prostrating sweats; profuse diarrheas; overexertion or work in hot humid weather; dysentery; nausea; fever; diarrhea; vomits least amount of food, even water.

Remember:

30C is a great starting potency for acutes. Coffee, mint, camphor (i.e. in nail polish, poison ivy lotions), other strong odors can antidote homeopathic remedies. Mix one pellet with distilled water, take one teaspoon or five drops as needed (or an olfactory/sniff dose if you are sensitive), repeat when symptoms return. If no improvement after 3-4 doses, change to better indicated remedy.