



An introduction to Homeopathy part 2

Principles

Like cures like

Choose a remedy that is a match for the person's symptoms

Minimum dose

Give that remedy in the smallest appropriate dose

Direction of cure

Evaluate the action of the remedy according to the Law of Cure



Dosage & repetition



Very serious - 6c, 12c, 30c, 200c

Great pain, serious injury

1 dose every 5 - 30 mins

Serious - 6c, 12c, 30c, 200c

'Flu, food poisoning

1 dose every 1 - 2 hours

Less serious - 6c, 12c, 30c

Cough, teething, vomiting

1 dose every 4 - 8 hours

Accident & Injury remedies



Easy to use

Most people react the same way to injury and accident

A good way to learn about homeopathy

Arnica Montana (Arn.)

Injury



Injury to soft tissue

Pains bruised, sore, lame

Bruises

Breaks

Strains

Post op

Jet Lag

Childbirth

After dental work

Never been well since injury

'I'm ok, leave me alone'

Fear of being touched

> Lying down

< being touched

Aconitum Napellus (Acon.)

Shock

Fear, anxiety
Thinks going to die
Restless
As if in a dream

Thirsty for cold water
Nausea, vomiting
Tachycardia
Numbness & tingling
Cold



Bellis Perennis (Bel-p.)

Deep Tissue Injury



Trauma to the abdomen

Recovery from operation involving uterus, liver, spleen
or gallbladder

Hypericum Perfoliatum (Hyp)

Nerves

Injury to nerves

Pains shooting, tearing < pressure
Extreme pain

Injuries to spine, fingers, parts rich
in nerves

After dental work

Post surgery

Puncture wound

Incised wound

Episiotomy



Calendula officinalis (Calen.)

Wounds

Injury to skin

Cuts lacerated, suppurating

Pain excessive for size of wound

Wounds slow to heal

Cracked nipples

Episiotomy



Often used topically along with
Hypericum to treat wounds

Ledum Paulestre (Led.)

PunctureWounds

Puncture wounds (+
Hypericum)
Bites
Stings

Parts feel cold and are > cold



Cantharis (spanish fly) (Canth.)

Burns

Sunburn

Burns, scalds, with rawness and smarting

> cold applications



Ruta Graveolens (Ruta.)

Tendons

Injury to tendons, periosteum, cartilages

Bruises to shins, elbows, knee caps - in cream form

Tennis elbow in cream form

Sprains, strains (usually after arnica)

Eye strain especially from fluorescent light



< lying on painful part
> for movement