

MATERIA MEDICA

Aconite – Acute pain and shock. Fear or fright persists after an accident. Initially for eye injuries.

Apis – Bee or wasp stings where the skin is red, rosy, shiny and swelling.

Arnica – Bruising trauma and shock. Soft tissue damage, concussion, black eye. Use immediately there is an accident and repeat at least 4 hourly.

Bellis Perennis – Muscle injury, deep bruises not helped by Arnica, haematoma & sprains. Injuries to breast tissue.

Bryonia – Injuries which are much worse from movement like fractured ribs and broken bones.

Cantharis – Simple burns, scalds and sunburn.

Hypericum – Bites with shooting pains. Nerve damage, crushed fingers or toes. Bruises to parts rich in nerves.

Ledum – Puncture wounds and mosquito bites that are white or purple, puffy and cold. Follows Arnica and dissolves blood collected at bruises and sprains.

Rhus Tox – Sprains and strains worse initial movement and then better. Overexertion with stiffness.

Ruta Grav – Tennis elbow, strains to ligaments & tendons, contusions to bones & tendons.

REMEDY INFORMATION

Owen Homoeopathics remedies can be purchased from your local stockist or from us direct. Check the web-site for a full list of stockists.

www.h-e-c.com.au

BOOKS TO READ

Homoeopathy for the Home prescriber – Jan Owen
Everybody's Guide to Homoeopathy – Dana Ullman
Australian Family Homoeopathy – Paul Callinan
Sports Injuries & Others - Leslie Speight
Neals Yard Natural Remedies – Susan Curtis
Aromatherapy an A-Z - Patricia Davis
Materia Medica & Repertory – Boericke

IMPORTANT

Taking of Homoeopathic Remedies:

1. The remedies are absorbed in the mouth, so are best held in the mouth for several minutes before swallowing. In the case of pilules, allow them to dissolve under the tongue.
2. Unless the dose is very frequent, half an hour before meals, or between meals, is the best time to take your dose. However, 10 minutes before or after a meal or taking a drink, is acceptable.
3. Do not use peppermint toothpaste, or drink strong peppermint tea, or ordinary coffee as these may antidote your remedies.
4. Do not smoke, brush your teeth or gargle, or drink alcohol, within half an hour of taking remedies.
5. Do not touch the remedies with your hands. Liquids may be administered on a teaspoon, diluted with water. Likewise, when administering pilules to infants or small children, a teaspoon is helpful. Pilules can be rolled into the lid of the vial, and then dropped under the tongue.
6. If any pilules are dropped, they should be discarded and not returned to the bottle as they are probably contaminated.
7. Store your remedies away from direct light, heat strong smelling substances, particularly camphor, as the potency of the medicine will be weakened.
8. When using Homoeopathic remedies, do not use products such as "Vicks" or "Deep Heat", as these will antidote the remedy. There are very effective Homoeopathic creams which you can use instead.
9. When taking more than one medicine, separate the doses by at least 10 minutes, preferably longer.
10. Store your medicines away from electrical appliances such as fridge, TV, microwave, clock radio and stereo.

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ACCIDENTS AND INJURIES

It is stressed that these suggestions are intended as a guideline. A trained Homoeopathic practitioner must be consulted if there is any doubt or query.

Homoeopathy offers excellent remedies for the treatment of accidents and injuries which occur in everyday life. In acute traumatic situations the remedies may need to be repeated often until the crisis has resolved. The healing process is accelerated markedly by the prompt use of the indicated remedy regardless of whether the injury requires medical attention.

Homoeopathy is a medical system developed by Samuel Hahnemann 200 years ago. It is well known in the United Kingdom, America, Europe and Asia and to a lesser extent Australia. Homoeopathy follows definite scientific laws of preparation, prescription and cure which are as true today as they were in Dr Hahnemann's time.

Homoeopathic medicines are provided in either pilules or drops and the dose varies depending upon the patient's individual need. These medicines have been prepared in a specific way by a process called potentisation. This is an activating process involving dilution and succussion (shaking hard) which makes the remedies non-toxic and free from side effects. This means that the Homoeopathic medicine will not affect or influence any other medicines prescribed for you by your doctor.

OWEN HOMOEOPATHICS

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Use the 6c potency unless otherwise specified.

In severe injuries it is wise to continue the remedies for several days after the symptoms have reduced to ensure adequate healing. Extra **Echinacea**, Tissue Salts such as **Silica** and **Calcium Fluoride** and **Vitamins A,C,E** and **Zinc** support the healing process

ABRASIONS AND LACERATIONS

Calendula tincture or cream applied topically promotes healthy granulation of tissue and rapid healing. **Hypericum** – reduces pain and addresses nerve damage, use often for sharp shooting pain. **Staphysagria 30c** – deep cuts and incised wounds. **Hepar Sulph** – acts as an antiseptic for local inflammation.

BITES AND STINGS

Ledum – mosquito bites, white or purple, puffy and cold. **Apis** – bee or wasp stings, red, rosy, shiny and swelling. **Hypericum** – shooting pains. Bites on fingers and toes. **Carbolic Acid 30c** for allergic reactions.

BLISTERS

Calendula or **Hypericum** – as a cream, oil lotion or dilute tincture is excellent for healing blisters. It promotes rapid healing and prevents infection.

BROKEN BONES

Arnica 6c or **30c** regularly, as a general treatment. **Rhus Tox** and **Bryonia** – alternate 2 hourly to relieve pain. **Ruta Grav** – severe contusion. **Hyperica** – nerve damage. **Symphytum** – twice daily, to speed healing and for prickly pains on healing. **Eupatorium** - aching, throbbing pain in the bones. **Ruta Grav** and **Rhus Tox** – 4 hourly for non-union despite good management.

BRUISES

First remedy **Arnica** and a cold pack. Also **Arnica** cream or oil applied externally providing there is no broken skin. **Bellis** – bruises to the breast. **Hamamelis** – bruises of varicose veins. **Hypericum** - parts rich in nerves eg. Fingers and toes. **Ruta Grav** - bruises of bones and tendons.

BURNS AND SCALDS

Cantharis – for simple burns, scalds, sunburn. **Aconite** – where there is acute pain and shock and/or **Urtica Urens 6c** or **30c**. Also **Hypericum**, **Urtica**, **Aloe Vera** or Homoeopathic **Burn Cream** externally. **Rescue Remedy** internally or externally.

CONCUSSION

Medical attention must be sought unless the recovery is rapid and complete. **Arnica** is the immediate first aid remedy. **Nat Sulph** in **6c** or **30c** should be considered for the remaining effects of concussion and to prevent oedema and memory loss, this situation may be best assessed by your Homoeopath as several remedies could be indicated. **Rescue Remedy** also assists with the initial shock.

CRUSHED FINGERS AND TOES

Hypericum 6c or **30c** has a selective action on injured nerve fibres and is complimented with **Arnica**. Repeat the **Hypericum** often for pain. Also use **Rescue Remedy** and **Hyperica** cream.

EYE INJURIES

Aconite – initially for injuries, it is often called “*the Arnica of the eye*”. **Arnica** – inflammation from injuries, black eye. **Silica** – inflammation persists after removal of foreign body. **Symphytum** and **Hypericum** as necessary for pain. **Ledum** – to resolve bruising.

FRIGHT AND SHOCK

Rescue Remedy – needs repeating often after trauma or shock until the patient becomes calm. **Aconite** – after fright, with agitation, restlessness and fear of death. **Arnica** – after mental strain, shock, physical trauma. **Ignatia** – hysteria, loss of control, insomnia after grief or disappointed love. Seek help if these remedies do not alleviate the problem quickly.

PUNCTURE WOUNDS

Ledum – 3 times daily for three days or longer to prevent sepsis. **Hypericum** – if **Ledum** is unavailable or for long shooting pains. Also use **Ledum** cream or diluted tincture locally.

SPORTS MEDICINE

Arnica – is the first medicine to think of and promotes rapid resolution of damage. **Bellis Perennis** – muscle injury, haematoma with sprains. **Ledum** - to dissolve blood collected at sprain sites. **Rhus Tox** – strained, sprained stiff muscles, with pain on initial movement, better from continuous movement. **Ammon Mur** – strained hamstrings. **Ruta Grav** - tennis elbow, strains to ligaments and tendons and injuries to the bone covering (periosteum). **Mag Phos** – cramps in calves and soles. **Silica** - small bone chips. **Bryonia** – fractured ribs.

ESSENTIAL OILS AND CREAMS

Massage, baths and compresses using oils such as **Rosemary**, **Hypericum**, **Lavender**, **Marjoram**, **Arnica** and **Lemongrass** to name a few are marvellous at easing muscle aches and promoting healing. Homoeopathic creams such as **Rumartica** relieve aching joints and muscles.

BACH FLOWER REMEDIES

These remedies help us on an emotional and mental level to cope with stress. Dr Bach felt that “dis-ease” is a sign of imbalance in one’s emotions, attitudes and life directions. His aim was to create a safe system for people to be able to self prescribe. Contact us at the Centre for a leaflet or to discuss having a combination made up to your specific needs. **Rescue Remedy** is a combination of five Bach Flower Remedies and is particularly useful where there has been fright, trauma and/or shock. It aids the patient and the bystanders or caregivers.

TISSUE SALTS

Working at a cellular level tissue salts can help re-balance our systems and improve some of the symptoms of menopause - fatigue, bone thinning, loss of elasticity and digestive problems. Taken on a regular basis they complement homoeopathic treatment and won’t interfere with the action of your remedies. Ask for our leaflet.