



## Homeopathy for Immediate Relief in Acute Ailments

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### Abstract

Homeopathy renders immediate relief to most of the acute ailments and certain chronic ailments, dispelling the general misconception of its slower action. The efficacy of homeopathic remedies can be better established by administering them for acute ailments as well as first aid. Many people in the recent times turn towards continued usage of homeopathy from their positive experiences of using a homeopathic remedy as a first aid medicine and have attained immediate relief for the life's little sudden surprises. One should have a brief knowledge about the homeopathic remedies before using them. This article describes the characteristics of prominent homeopathic remedies that prove to be invaluable when used appropriately [1].

**Keywords:** Acute ailments; Chronic ailments; First aid; Remedy; Potency; Alternative medicine

**Abbreviations:** OTC: Over The Counter

### Introduction

Homeopathy is a safe, effective system of alternative medicine that has been used worldwide for over 200 years [2] discovered by Dr. Samuel Hahnemann, a German physician, based on his doctrine - 'Like cures Like'. Homeopathy views health and illness in a holistic manner. Homeopathy heals by stimulating the immune system and the body's natural ability to heal [3]. It relieves symptoms gently without any side effects. Homeopathy aims at the root cause of the Disease and individualized treatments, considering the mental, emotional and physical aspects all together. Homeopathic medicines are safe and are proven on healthy human beings. They are non-toxic, and can be used safely with infants, children, adults, elderly, and even on pets [2].

### Homeopathy Rendering Immediate Relief

Can Homeopathy render immediate relief? Yes, homeopathy has been rendering immediate relief for many acute ailments and certain acute exacerbations of chronic ailments. Many people continue using homeopathic remedies for chronic ailments with a gradual betterment of their condition after their initial usage in acute ailments [3]. Homeopathic medicines are perfect even as a part of first aid and emergency treatment kit, as they work fast and can be used as complementary medicines along with the conventional medicines, without interfering their sphere of action. They should be used along with administering the necessary first aid measures [4].

Below are few homeopathic remedies that are indispensable and are ideal in rendering immediate relief. It is better if used in '30c' potency in case of a daily use, though higher potencies are suggestible in few conditions.

## What are the Advantages of Using Homeopathic Remedies?

- a. They are safe, effective, natural and non-toxic.
- b. They don't cause any harmful side-effects.
- c. There won't be any substance abuse, as the active ingredient is in minute proportions.
- d. They are affordable and easily accessible many of these remedies are available OTC.
- e. They can be easily administered, especially with infants & pets.
- f. The Topical applications are safe, non-steroidal and are available in all forms - ointments, creams, lotions, gels, liquids, oils etc.

**All the below remedies and their indications are detailed and based on Boericke Materia Medica and Repertory by J.T. Kent [2,5].**

**Aconite:** For shock; colds; panic attacks.

This remedy can do wonders for conditions that occur suddenly and are often bought on by exposure to cold, dry winds, such as colds & sore throats. For sudden shock and panic attacks from hearing bad-news, fear & fright. It can also be used as a prophylactic for flu. It should be taken within the first 24 hours of appearance of symptoms or with appearance of the first signs [2].

**Apis Mellifica:** For bites & stings.

Apis Mellifica is the first medicine for insect bites & stings. Burning and stinging are the characteristic symptoms of this medicine. The affected areas are red, swollen, hot and sensitive to touch. Give this medicine soon after a bug bites [wasps, bee, fly, mosquito, red ants etc.] [3] and you can see the immediate decrease in the pain. It's indicated for throat & rheumatic joints accompanied with the characteristic symptoms [2].

**Arnica:** For Injuries; Wounds; Sprains & Strains; Jet lag; Concussions; mental Strain; Eye injuries; dental work. We can call this medicine as 'Trauma medicine' [3]. It's indicated for all sorts of injuries, wounds, falls, concussions, scrapes, abrasions, sprains, strains, jet lag, mental strain or shock [2]. Soreness and sensitivity to touch are the characteristic symptoms of this medicine. Arnica is best suited to persons 'who say there is nothing the matter with them in spite of their suffering'. Topical application of this medicine in ointment form relieves muscle soreness.

**Arsenic Album:** For Food Poisoning.

This is a deep acting medicine indicated for Food Poisoning especially from fruit or water. Best suited for

Heart -burn, Stomach upset from food poisoning, anxiety or mild bug. Anxiety, fear, mental restlessness, coldness and burning are the characteristic symptoms of this medicine [2]. A general worsening of the symptoms between 2-4 am is observed [6].

**Belladonna:** For heat stroke; blisters.

The complaints that come on sudden with violence call for Belladonna [2]. It is indicated for Heat or sun stroke, fevers, skin conditions. The affected areas are red, hot and swollen with throbbing pains.

**Calendula:** For all sorts of wounds.

Calendula cream is a highly effective wound dresser & topical applicant and acts as a natural alternative to OTC creams [3]. It is indicated for cuts, wounds, abrasions, cold sores, mouth ulcers, scrapes can be used internally and topically simultaneously [6].

**Cantharis:** For burns and scalds.

Indicated for all sorts of burns, blisters, scalds, cystitis raw, burning pains are the characteristics of this remedy seen with all the symptoms. Simultaneous topical and internal administrations of the remedy are recommended [6].

**Glonoino:** For sun/heat stroke, exhaustion and congestive headaches.

This medicine has tendency to sudden and violent irregularities of circulation [2]. Sudden collapses in front of campfire and on very hot days call for this medicine [3].

**Hypericum:** For injuries; cuts; puncture wounds; spasms; tetanus; dental works.

This is a great remedy for injuries to nerves. It works like an anesthetic and relieves the pains greatly. Indicated for crushed fingers, especially tips; injuries to toes & nails; animal bites [2]. Relieve pain after surgeries, tingling, burning and numbness are the characteristic symptoms of this remedy.

**Ignatia:** For homesickness.

It is best suited to nervousness resulting from homesickness, at camping, sleepovers, night outs and dorms [3]. And complaints that originated from hearing bad news, shock, grief and disappointment. Ailments from Fear & Fright call for this remedy [2].

**Ledum Paul:** For puncture wounds; lacerations; bites & stings.

This remedy is indicated for puncture wounds, produced by sharp -pointed instruments [2]. The cold wounded

parts call for this remedy. There is characteristic long discoloration after injuries works as an antidote for Poison-oak eruptions and Insect bites & stings [3].

**Natrum muriaticum:** For heat/ sun stroke & exhaustion; fainting spells; rash; prickly heat.

Another great remedy for sunstroke apart from Glonoine. Prostration & exhaustion with great weakness and weariness call for this remedy [2]. Ailments resulting from grief, fright, anger etc, dry eruptions with itching and burning.

**Nux Vomica:** For over-indulgence, hangover and food poisoning.

This remedy is a life saver in the case of all sorts of stomach upsets and headaches, a result of over indulgence [3]. Irritability is the characteristic symptom that stands prominent with all the symptoms. It is best suited for all sorts of Food poisonings.

**Phosphorus:** For electroshock; nose bleeds; bleeding wounds.

This remedy is indicated for hemorrhages with great nervous debility [4]. It is best suited for sudden faints and electric shocks and controls and stops bleeding in nose bleeds and bleeding wounds. Suddenness of the symptoms is the characteristic symptom of this remedy.

**Rhus Toxicodendron:** For sprains & strains; Poison ivy Rash; blisters; post-operative complications

This remedy is indicated for all sorts of muscular soreness & sprains. Great physical restlessness is the characteristic symptoms and ailments from strains, over-lifting and getting wet, red and swollen eruptions with intense itching and rash from Poison-ivy [3]. Stiff joints, Tearing pains in tendons, ligaments and fasciae.

**Ruta:** For sprains & strains; eye strain & injuries.

This remedy is indicated for complaints from straining tendons and joints [2]. Lameness after sprains and Injuries, bruised bones. Eye strain followed by headache. Eyes red, hot and painful from sewing or reading Eye injuries.

**Silicea:** For splinters & thorns.

This remedy promotes the expulsion of splinters & thorns and foreign bodies from tissues. Crippled nails. Every little

injury suppurates. Felons, abscesses, boils and old fistulous ulcers.

**Urtica Urens:** For rash; urticaria; prickly heat; burns & scalds.

This is mostly a skin remedy. Antidotes the ill-effects of eating shellfish, Itching blotches. Urticaria burning heat with formication and violent itching indicated for prickly heat, nettle rash burns & scalds.

## Conclusion

The above quoted remedies are few of the many homeopathic remedies that show excellent healing effects. Timely administration of the indicated remedy while following the necessary supportive measures brings on immediate resolution of the complaints without any harmful side effects. Homeopathic medicines contain active principle in the form of nano-particles that are produced through the process of potentization and act on the disease on a dynamic plane treating the whole person, thus rendering a long-lasting relief [2].

Homeopathy is now glorifying all over the world as a premium alternative and complementary medical system. Many professional homeopaths are conducting extensive, scientific, evidence-based researches to promote, propagate and reinvent homeopathy.

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