

Choose a First Aid Remedy

The majority of the kits available on our website come with an instruction/information flyer.

You can also check out our Home Remedy Notes here <https://www.elementsofhealth.com.au/wp-content/uploads/2019/07/Home-Remedy-Notes.pdf>. This is a little more detailed information in relation to first aid applications.

This list can be cross referenced with most of the remedies in the list above. Some may not be included as they are specific to certain situations.

You may find that more than one remedy is required from this list. Either alternate the remedies or add your selection to a water bottle, shake and take a sip as the dose.

Also consider remedies such as **Ouchy** and **RRA** which are combinations of the most indicated remedies for some first aid situations.

A good homeopathic first aid book is also a good idea and the Homoeopathy for the Home Prescriber by Jan Owen which is available in the store, is a good “middle of the night prescriber” with quite a lot of information. Small enough to pack in a Go Bag or with your first aid kit.

<https://www.elementsofhealth.com.au/shop/remedies/pick-your-own-packs/homeopathy-for-the-home-prescriber/>

Always seek medical help in an emergency.

A

Abortion, threatened – Arnica
Abscess – Ledum, Hepar Sulph, Silica
 From a bite – Ledum
 Very painful to touch – Hep S
 Suppurating injury – Silica, Sulphur
Accidents, general – Arnica, Hypericum
Allergy to bee sting and similar – Apis
Anaesthetic, following – Phosphorus
Anthrax – Ars Alb, Secale, The Nosode
Anxiety – Aconite, Ars Alb, Phosphorus, SOS

B

Back injury – Arnica, Hypericum, Rhus Tox
Back pain – Arnica, Bellis P, Bryonia, Hypericum, Mag Phos, Rhus Tox, Ruta G
Bee stings – Apis, Ledum
Bites, puncture wounds; animal – Ledum, Hypericum
 From poisonous animals – Aconite then Ledum or Hypericum
Black eye – Symphytum, Hypericum
 Black eye, bruising – Ledum, Arnica
Bleeding – Arnica, Ipecac, Phosphorus

Blood nose – Aconite, Phosphorus, SOS

Bones (broken, fractured, pain) – Symph, Calc Phos

To relieve pain - Bryonia

Bruising – Arnica

After Arnica when bruises yellows –
Ledum

To bones ligaments and tendons - Ruta

Burning pains – Apis, Cantharis

Burns – Aconite, Belladonna, Cantharis

With swelling & burning - Apis

C

Chemicals; exposure – see burns, blisters, nausea,
vomiting, etc

Chilblains – Rhus Tox

Colds – Aconite, Belladonna, Allium C, Ars Alb,
Gelsemium

Colic in infants – Colocynthis, Chamomilla, Mag
Phos, Nux Vom

In adults – Colocynthis, Mag Phos, Nux
Vom

Collapse – Carbo Veg, SOS

Concussion – Arnica

Conjunctivitis – Apis, Belladonna, Euphrasia,
Pulsatilla

Croup – Aconite, Drosera, Hep S, Spongia

Cuts – Calendula, Hypericum

Also see Wounds

Cystitis – Apis, Cantharis, Staphysagria

D

Dehydration – China, Nat Mur

Diarrhea – Ars Alb, Merc S, Podo, Verat A

Drowning – Carb V

E

Earaches – Aconite, Belladonna, Chamomilla,
Ferrum Phos, Hep Sulph, Kali Mur,
Pulsatilla

Electrocution – Phosphorus

Eye strain – Ruta

Eyes, watering; hayfever, chemicals, etc – AlliumC,
Euphrasia

F

Falls – Arnica

On coccyx – Hypericum

Fatigue – from grief, stress - Phos Ac

Fear – Aconite, Stram

Of the dark – Phos, Stram

Of poisoning – Ars Alb

Fever with great heat & little thirst – ABC,
Belladonna

Fever with great thirst – Aconite

Generally – Ars Alb, Chamomilla, Ferrum
Phos, Gelsemium

Food poisoning – Ars Alb, Podo, Verat A

Foreign objects – Silica

Fright, fear, panic – Aconite, Phosphorus, SOS

Fear of thunderstorms, loud noises –
Phosphorus

G

Gastric symptoms – Ars Alb, China, Nux Vom

Grief – Ignatia, Nat Mur, Phos Ac

Gunshot wound – Arnica, China, Ledum,
Gunpowder

H

Haemorrhage – Ipecac, Phosphorus

Gushes, spurts, bright red – Aconite, Arnica,
Phosphorus

Headache – Belladonna, Bryonia, Gelsemium, Nat
Mur, Nux Vomica

Sinus headache – Kali Bich

Heart attack – Aconite

Heat rash – Belladonna

Hives – Apis, Belladonna, Nat Mur, Rhus Tox,
Urtica

Hypothermia – Aconite, Carbo Veg

I

Inflammation, infection – Hep S, Pyrogen

Inflammation, joints – Ruta

Injury especially to soft tissue – Arnica

Bleeding, bruising – Arnica

Lacerations – Arnica, Hypericum

Painful – Arnica

To eyes – Arnica, Ledum, Symp

To feet – Arnica, Ledum

To head – Arnica then Hypericum and/or
Nat S

To nerves or parts rich in – Hypericum

To periosteum – Ruta

Insecurity; after loss – Ars Alb

Itchy, hivey rash – Apis

J

Jellyfish stings – Apis, Cantharis, Urtica

N

Nausea not relieved by vomiting – Ipecac

Needle stick injury – Ledum, Hypericum

Nerve pain – Hypericum

P

Plague – Ars Alb, Crot H, Ignatia, Lachesis,
Phosphorus, Pyrogen, Tarent C

Puncture wounds – Arnica then Ledum,
Hypericum

R

Radiation Exposure – Arnica, Ars Alb, Cad Sulph,
Calc F, Nat M, Nux V, Phos, Rad Brom,
Radiation Mix

Thyroid Support – Kali Iod

Rape – Aconite, Arnica, Ignatia, Staphysagria

Rashes – Apis, Sulphur (use sparingly)

Rat poison, ingestion of – Aconite followed by
Ipecac

Restlessness – Aconite, Ars Alb, Rhus Tox

S

Shock – Aconite, SOS

Physical shock from injury – Arnica, Carbo Veg

Skin rash, itching, redness - Sulphur

Smallpox – Ant Tart, Crot H, Merc Sol, Sarr P

Smoke inhalation – Ars Alb, Carbo Veg, Phosphorus

Snow blindness – Aconite

Sore throat – Aconite, Belladonna, Ferrum P, Hep S, Lachesis, Merc S, Phytolacca

Spinal Injury – Arnica, Hypericum

Sprains & strains – Arnica, Rhus Tox, Ruta

Stiffness, worse beginning to move, better continued movement – Rhus Tox

Stroke – Aconite

Sudden onset of ailments – Aconite. Belladonna

Sunburn – Belladonna, Cantharis

Sun stroke – Belladonna, Gelsemium, Glonoine

Surgery, following – Aconite, Arnica, Phosphorus, Bellis P (deep abdominal surgery), Sulphur or **Surgery Combination**

Swellings (tight, red, shiny) – Apis

T

Tear Gas – Allium C, Euphrasia

Tendonitis, bursitis – Ruta

Terror – Aconite, Stramonium

Thyroid Support from Radiation Exposure – Kali lod

Toothache – Aconite, Arnica, Ferrum phos

Suspected abscess – Hep S, followed by Silica

Nerve pain – Hypericum

Bleeding gums - Phosphorus

V

Vomiting – Ars Alb, Phosphorus

Violent – Verat A

W

Worse after cold water – Phosphorus

Wounds – Arnica, Hypericum, Ledum

Deep, incised eg glass, knife - Staphysagria

Infected – Hep S

Puncture wounds – Ledum, Hypericum

That won't heal – Calendula, Silica

To forehead, shins, periosteum – Ruta

Combination Remedies

Combinations can be useful if you don't know what to give or you are in a stressful situation and just need to grab a remedy fast!

[Bites & Stings](#) Any wound or injury (even if not a bite or a sting) with stinging pain or which looks like the patient has been bitten/stung. So could be useful for hives from contact with something toxic or cystitis, with stinging and burning.

[Broken Bones & Fractures](#) Speaks for itself. Only caution is not to give this remedy unless the bone is set correctly as it can work rapidly!

[Ouchy](#) for bumps, bruises, bites, wounds, anything which needs soothing or healing.

[RRA](#) for sprains, strains, aches and pains, and bumps and bruises as a result of an accident, injury or over-exertion.

[SOS](#) is our version of Rescue Remedy and can be useful to have on hand for situations where emotions are heightened, such as fear, shock, fright, anxiety. For all life's little dramas!

There are many more [combinations](#) which may be appropriate, depending on your living situation, leisure pursuits and environment.