

# Richard Pitt

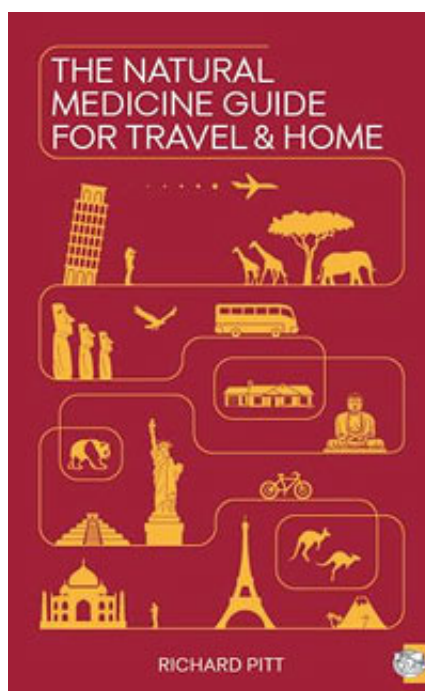
## The Natural Medicine Guide For Travel & Home

Reading excerpt

[The Natural Medicine Guide For Travel & Home](#)

of [Richard Pitt](#)

Publisher: Homeolinks Publisher



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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email [info@narayana-verlag.com](mailto:info@narayana-verlag.com)

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## Chapter Four

# Accidents, Injuries, Trauma

It is important to pay attention to any injury and treat it accordingly. Homeopathic remedies have an affinity for various types of injuries, whether a blow or a cut and also for certain types of tissues e.g., ligaments and muscles, and areas of the body. It is useful to know which remedies address the different tissues of the body and the nature of injuries they cover. It is always important to pay close attention to any injury in case of shock or damage to internal parts of the body and bleeding. What may seem superficial may in fact be a more serious injury. More than one remedy may be needed to affect a cure. Always treat the physical and or mental shock first before going to other remedies. Most likely this will be *Arnica* in physical shock and *Aconite* in mental shock. Please look at the various subsections below for more information.

### **Accidents and Injury**

This is a catch all phrase to cover the variety of situations which need to be treated due to a trauma to the body, including injuries to bones, ligaments, tendons and muscles. It is amazing how effective homeopathic remedies can be in treating all forms of trauma, including sporting injuries and also just the physical stress from over exertion. Prevention is better than cure and taking necessary precautions before strenuous

exercise is important. Try not to overdo things at the beginning of any physical exertion. Be prepared, drink and eat enough and don't put your body through too much stress. It can take days to recover and limit your enjoyment and ability to enjoy your experience. Take homeopathic *Arnica* to help prevent stiffness and exhaustion from too much exertion. If you know you are going to over-exert yourself, e.g., competing in a long run or cycle ride, take *Arnica*, one tablet a day for up to three days before the event and three times a day during the event.

If you get wet through from walking through rivers, lakes or due to any other factors, have another set of clothes to change into. Don't stay too long in wet clothes. Be prepared. If you get really chilled, get warm as soon as possible. If you get seriously chilled and can't get warm, take homeopathic *Aconite* (see below).

Even when an injury is more serious and muscles, tendons, ligaments or bones are damaged, homeopathic remedies can facilitate their healing and speed recovery. Different types of injuries are given their own subsection below, but as you will see, many of the same remedies are indicated for different injuries. It is worth reading the whole section to get a good idea of the images for each remedy and the types of injuries covered.

#### HOMEOPATHIC CARE

In the beginning of any injury, *Arnica* is the first remedy to give. It is the best remedy for any physical shock or blow, especially with bruising. If you are trekking, it is useful to take it during the first day of hiking when it is easy to overdo it. Take one tablet two to three times that day. Often people walk much further than they should and suffer the consequences. *Arnica* will help here. If you feel any soreness and bruised feeling with any injury, especially to soft tissues, take *Arnica* first. It is also the first remedy for any concussion. Often you can think things are OK and you may say everything is fine when it is not. If you are around any injury in which a person says they are fine, give *Arnica* and wait and observe. If, after an injury there is more emotional shock, with residual fright, *Aconite* is the first remedy to give, one tablet hourly for four hours, before considering other remedies for the physical injury.

If bruising and swelling does not go away after a few days or only is partly helped, *Ledum* should be given, especially in cases of a black eye with residual swelling or bruised feeling, or in injuries to soft tissue, joints and muscles. It is the first remedy to give for punctured wounds and swelling, whether a bite from an insect or a penetrating wound like a nail. It helps prevent tetanus. It is also good for sprains to joints, with puffy swelling and a cold feeling of the injured part. In penetrating punctured wounds, if the pains are extreme and shooting from the injured part, then *Hypericum* should be given. *Hypericum* is excellent for injuries to nerve rich areas where the pains are shooting, sharp and very intense, e.g., injuries to fingers and lacerations to nerve rich areas as well as injuries to the spine, especially the coccyx and the back of the head (occipital).

When the injury is more to the muscles, ligaments, tendons and joints, then *Rhus Zw* and *Ruta gray* are remedies to consider. If you have any kind of joint or muscle sprain, whether a hamstring, or injury to the elbow, shoulder, ankle or knee, then these two remedies are important. There can often be a sore, bruised, stiffness in the injured part, which is better through moving it for a while, but then becomes worse from overuse. There can be swelling in the injured area but often the pain improves with warmth. *Ruta grav* is the first remedy for tennis elbow and simple eyestrain from too much reading and is indicated in injuries to smaller joints, like wrists and ankles. *Rhus tax* is indicated for larger joints and muscles, e.g., shoulder joints and hamstrings.

*Bryonia* is useful for injuries involving joints and bones and often is used in alternation with *Rhus tax*. In *Bryonia*, initially you do not want to move the injured part at all. Everything is made worse from any motion and you want to keep it totally still. Later, as stiffness becomes stronger, then movement may make it feel better, indicating *Rhus tax*. *Bryonia* can be given when there is a broken bone when any movement is unbearable.

*Symphytum* is excellent for broken bones. Commonly known as knit bone, it helps unite bones once they have been set. It is good for fractures of the cheek bone.

*Calendula* is a remedy applied locally in a tincture and/or cream as well as an internal remedy. It is useful for any wounds, especially cuts, lacerations and punctured wounds. It is a great healing agent and antiseptic. Some tincture should be put into warm water and the injured area cleaned thoroughly. Internally it is given in a tablet form when lacerations are very painful.

NOTE Often more than one remedy can be needed and often it begins with *Arnica* and then moves to another remedy, depending on the nature of the symptoms and the exact tissues most affected.

#### 🌿 HERBAL CARE

Calendula cream and comfrey cream are used for open wounds. If wounds are deep though, a tincture of calendula should be used instead. Lavender, eucalyptus and tea tree oils also can be used.

### Altitude Sickness

Altitude sickness happens when a person ascends to a high altitude too quickly. The body struggles to adapt to this change of altitude, not being able to get enough oxygen from the air. The symptoms can be fairly mild to life threatening, depending on the altitude, the rapidity of the ascent and the sensitivity of each person. Symptoms include dizziness, nausea, fatigue, confusion, weakness, headache, breathlessness and palpitations. Symptoms may be acute and quite sudden or gradually develop. This can be a life threatening condition and should not be neglected. All appropriate medical care should be given.

#### ● GENERAL CARE

Do not ascend more than 2,000 feet (600 meters) in one day where you intend to stay overnight. If symptoms are intense, then slowly descend to a lower level of altitude. Do not overexert yourself. Drink a lot of water. You have to avoid any dehydration.

## HOMEOPATHIC CARE

The first remedy to consider is homeopathic *Coca*. Take one tablet every thirty minutes until relief. If that doesn't work or you don't have that remedy, take *Arnica* every thirty minutes. (As *Coca* is made from the plant that cocaine is derived from, it is not so easily available over the counter in pharmacies, even though the homeopathic dosage is just a highly diluted form of the plant).

## HERBAL CARE

Chewing coca leaves may have the same effect as the homeopathic *Coca*. (Please check for legality in regards to taking coca leaves. For example, taking coca leaves in Peru may be fine, but it is not OK to take them across the border to Brazil). Taking coca tea works best.

### **Bites and Stings**

The treatment of bites partly depends on what has bitten you. Most nasty bites are from creatures that emit poisons, the most serious being jelly fish, spiders and snakes. However, various insect bites can also be quite serious. Secondary infection of bites, especially in tropical areas is an important consideration and care needs to be taken. Most bites are not serious however. The localized area often becomes swollen and can be painful. This is the natural reaction of the body. In itself, it is not a cause for concern, although any bite needs to be appropriately cleaned to prevent infection. One particular type of bite needs to be discussed is a dog bite, especially in countries where rabies exists. If there is any doubt, you must see a physician and have it checked out. One other important factor is the possible diseases that the bites can spread. This is especially the case for diseases such as malaria, yellow fever, dengue fever, Lyme disease, etc. See each of these conditions for more information.

For prevention of bites and stings, see Chapter Sixteen: Prevention, Malaria section. Always wear shoes when in tropical areas, apart from the beach. This way you can avoid picking up infections and also little insects called jiggers that burrow under the skin, causing pain and infection. If you do get them, they need to be removed with a sterilized

needle. Hookworms are also avoided this way. See Chapter Twelve: Skin Conditions, for other affections such as fleas, bedbugs and lice. Also, see Chapter Fourteen: Other Tropical and Infectious Diseases, Leishmaniasis which is caused by the bites of sand flies. For tick bites see Chapter Fifteen: Tick Bite Diseases. Leeches are another attraction of tramping through tropical forests. Having blood filled shoes and socks while walking for miles is one of those unique experiences of travel as is also finding a bloated leech on part of your body! Avoiding leeches is not easy. Wearing boots doesn't work often as they get through the lace holes. Wearing shorts and sneakers can be better as you are more likely to see them as they climb on your shoe or up your leg!

### ● GENERAL CARE

Ensure any bite or sting is clean. Initially the bite (or wound) should be cleaned well with warm water and soap, washing the wound for at least five minutes. In the case of a bite from a dog the wound should then be washed in alcohol (isopropyl alcohol or even vodka) to further clean the wound. See Chapter Fourteen: Other Tropical and Infectious Conditions, Rabies. *Calendula* tincture *and/or* *Echinacea* tincture should also be used. If any insect bite is stinging and burning, use *Urtica. urens* tincture or cream or any other natural relief for stings. You can also use tea tree or lavender. There are bites from flies that can be very painful and need both local and internal treatment. Also some flies called botflies or tumbu flies can lay larvae that burrow under the skin and can be very painful. If you come back from tropical parts and seem to have something that looks like a cyst under the skin, get it checked out. If still in the tropics try and bring the larvae to the surface by putting paraffin on the infected part or again try using essential oils like tea tree. For leeches, try and remove them by either scraping them off the skin, putting tea tree on them or salt. Once removed, use some tea tree or calendula solution to clean the wound. If you are walking barefoot in water and stand on a sea urchin, put the skin of a papaya on the wound and it will help extract the spine of the fish. Otherwise, getting it out can be difficult and painful.

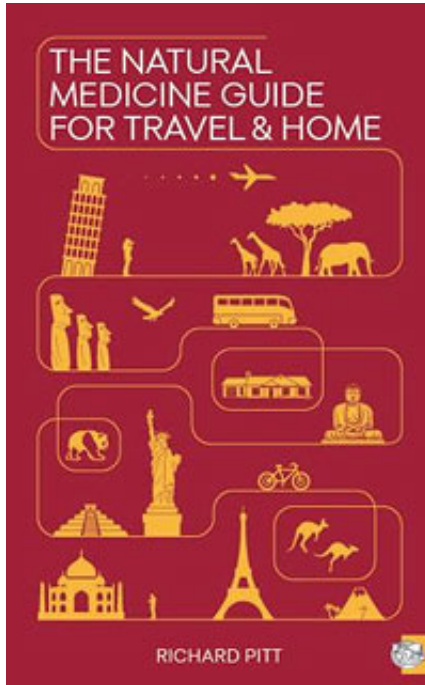
## HOMEOPATHIC CARE

The first remedies to consider for the effects of simple bites are *Apis* and *Ledum*. *Ledum* is the main remedy for punctured wounds of all sorts, including that of animal bites. The local area may get puffy and swollen, which although may be red in color, may even feel cold. It is best to start with this remedy if no other remedy stands out. *Apis* can either follow *Ledum* or be given first if the bitten area is red, swollen and hard, and has stinging or burning pain. *Apis* will often be needed for the stings of poisonous animals, such as wasps and bees and also if there is any kind of systemic allergic reaction to any bites. In case of a systemic reaction to a bee sting, medical intervention may be necessary. The worst case scenario is a person who goes into anaphylactic shock. This needs immediate medical intervention but *Apis* can be given every one minute while getting attention.

*Hypericum* can often follow *Ledum*, especially when the bite or sting is very painful and pains shoot along the nerve endings from the area of the bite. *Lachesis* can be needed when the bite looks as though it is becoming infected, turning a bluish/purple or black color or becoming abscessed. You may feel intense burning or stitching pain in the wound. This is often due to venomous bites, especially of snakes and spiders. *Crottilus horridus* (a remedy made from the venom of a rattlesnake) can also be considered when the local swelling becomes blue/black and the blood from the wound is also black. The snake remedies are considered more when there are serious toxic effects of poisonous bites.

*Belladonna* should be given if there is any bite from a dog, merely as a precaution against rabies. Also, *Lyssin* (a nosode made from rabies) should also be given if possible, both remedies together, one tablet two times daily for one week. However, conventional anti-rabies injections should be taken if there is any risk of the animal having rabies. See *Chapter Fourteen: Other Tropical and Infectious Diseases, Rabies section*





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304 pages, pb  
publication 2013



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