

## CHAPTER 1

# INTRODUCTION

### WHAT IS HOMOEOPATHY ?

Homoeopathy founded by a German doctor Samuel Hahnemann, is based on the law of similars, **Similia Similibus Curentur** or *let likes be treated by likes*. In simple words, *a medicine will cure a patient suffering from symptoms which it can produce in healthy human beings*. Symptoms are the basis for selecting a medicine in homoeopathy. Therefore, in homoeopathy, the name of a disease is not at all necessary in the selection of a medicine.

### HOMOEOPATHY IS SAFE

Homoeopathy, based on natural law, is a safe system of medicine. Since the medicines are prescribed on similarity of symptoms ; there are (almost) no side-effects. Secondly, medicines are (generally) given in very small doses. This further reduces the chances of side-effects. Care should be taken to avoid prolong use of any medicine as it can cause proving of the medicine.

## CHAPTER 2

# BLEEDING

Injuries while cutting vegetables, injuries during stitching and sewing and many injuries which little ones' suffer may bleed. One should not panic at the sight of blood. Bleeding can be following types :

1) **Arterial bleeding** : Arteries carry oxygenated blood from heart to various parts of the body. Arterial bleeding is profuse, rapid and difficult to control. Blood spurts with each heart-beat. Blood is of bright red colour in arterial bleeding.

2) **Venous bleeding** : Veins carry blood back to heart from different part of the body. Veins are usually superficial while arteries are deep. Venous bleeding is slow and continuous and colour of blood is dark or blackish red.

### **NON-MEDICINAL FIRST-AID**

As soon as bleeding starts, the patient should immediately apply pressure with his thumb at the site,

2) **Hamamelis** : Hamamelis lotion can also be applied locally at the site of bleeding.

3) **Ferrum phos** : Application of Ferrum phos in 1 x potency locally is also very efficacious.

*Potency* : Dusting with 1 x.

4) **Staphisagria** :Staphisagria is used in tincture.

#### B) MEDICINES USED INTERNALLY

1) **Arnica montana** : Arnica, like in every injury, is the first medicine that should be given to the patient. It will cover shock due to injury.

*Potency* : It can be used in 30, 200 potencies.

2) **Staphisagria** : Used for injuries due to sharp cutting instruments. It is very effective to relief pain.

*Potency* : It can be used 30, 200 potency.

fingernail. This should be done by a physician or an expert staff member in a hospital. In case medical professional services are not available due to some reason, drilling can be done by the patient or any of his family members at his home. Care must be taken that drilling is done in sterile conditions. Any pointed knife can be used for drilling. Its tip should be sterilized by dipping into boiling water or by heating on a flame.

After sterilizing, the tip should be placed at centre of the blood clot on the nail and slowly turned clock-wise and anti-clockwise alternately with little pressure applied towards the nail. This entire procedure should be done very gently. As soon as the drilling is through a drop of blood will appear. Stop further drilling and apply clean gauze to absorb the blood. After the blood is absorbed, dressing should be applied to the wound.

In case the pain persists doctor should be consulted.

### **SOME HOMOEOPATHIC MEDICINES**

Homoepathic medicines can be used both externally as well as internally for fingernail injuries. In fingernail injuries there is excessive pain initially which usually

Hypericum, whichever is being given to the patient.

*Potency* : It can be given in 30 potency.

#### B) MEDICINES USED EXTERNALLY

1. **Arnica** : Arnica tincture in lotion form or in ointment form can be applied to the injury site provided there is no break in the continuity of the skin.

*Potency*-Used as lotion.

2. **Hypericum** : Hypericum tincture can also be applied if there is excessive painfulness.

*Potency*-Used as lotion.

3. **Calendula** : Calendula tincture is applied to the skin if there is break in the continuity of the skin. It is external medicine of choice after nail is punctured to drill out the blood.

*Potency*-Used as ointment or lotion.

left at the site of the sting while the stinger of vespids remains attached to the insect.

Ants, bed bugs, mosquitoes and lice produce pain, itching, redness and swelling. Usually these symptoms are local appearing at the site of the bite.

### **NON-MEDICINAL FIRST-AID**

When stung by honey bee one should immediately remove the stinger which is left at the site of the sting. Stinger should be removed by scooping motion of the finger. One should not try to remove the stinger with the thumb and fore-finger as it may squeeze out the venom present in the venom-sac which is attached to the stinger.

If the stinger has gone deep, apply pressure from all sides which will push it towards surface. Figure 4 shows use of key hole for this purpose. After the stinger comes near the surface of skin it can be removed by scooping motion of the finger or with the help of a forcep.

As mentioned above, the stinger of a vespids remains attached to the insect. *When stung by a vespids, brush off the insect immediately otherwise it may sting the victim repeatedly injecting small amounts of venom each*

*time.*

**Author has found application of crushed garlic at the site of bite/sting very effective. If there is no medicine in the house, crush a flake or two of garlic and apply it to the site of bite/sting.**

### **SOME HOMOEOPATHIC MEDICINES**

In insect bites/stings, homoeopathic medicines can be used both externally as well as internally.

#### **A) MEDICINES USED EXTERNALLY**

**1. Calendula** : Lotion can be used externally

**2. Camphor** : Application of tincture of camphor is useful. To one part of tincture of camphor add nine parts of distilled water and apply.

**3. Ledum palustre** : Local application of Ledum in lotion form is very useful. Take one part of tincture of Ledum & to it add nine parts of distilled water. Important indication of Ledum is numbness at the site of sting relieved by cold application.

*Potency* - It can be used in 30, 200 potencies.

3. **Ledum palustre** : Ledum is another frequently used medicine for insect bites and stings. It is useful in cases of urticarial rashes developing after stings of yellow jackets or wasps. Erysipelas of face after insect stings. Numbness at the site of sting relieved by cold. It is given when the patient feels better after application of cold.

*Potency* - It can be used in 6 , 30 potencies.

of in preventing toothache is oral hygiene. If toothache strikes at odd hours when dentist is not available, check the mouth under good light.

If an impacted food particle is found, remove it. Most of the impacted food particles can be removed by flossing. Some common causes due to which food particles get impacted between teeth are:

- (i) Chewing the food poorly;
- (ii) Eating rapidly; and
- (iii) Poor oral hygiene including improper cleaning of teeth.

If a cavity is seen, then it should be cleaned gently with sterile cotton. Cotton can be wrapped on the end of a toothpick to clean the cavity. Many times, food particles get trapped in the cavity and cause pain. After cleaning the cavity in order to relieve the pain, cotton piece saturated with clove oil or planatgo mother tincture can be packed into the cavity. If one is applying clove oil to the cavity, care must be taken to avoid touching the inner surface of mouth or tongue as it can cause burning sensation and irritation.

are spongy and bleed easily. This medicine is very helpful for children whose milk teeth decay rapidly.

*Potency* : It can be used in 30 or 200 potencies.

4. **Mercurius sol.** : Toothache due to inflammation in decayed tooth. Crown of teeth decay. Teeth loose, feel tender and elongated. Gums spongy, recede, bleed easily. Toothache worse in night, by cold or hot.

*Potency* : It can be used in 200 potency.

5. **Pulsatilla** :Toothache is better by holding cold water in mouth. Toothache worse from warmth. Patient is thirstless. There is complete absence of thirst.

*Potency* : It can be used in 30 or 200 potencies.

6. **Staphysagria** : Teeth are blackish and crumbling. Decay of edges. Pain in the root of decayed teeth. Teeth are oversensitive to touch and cold. Toothache during menses. Toothache worse from pressure, mastication.

*Potency* : It can be used in 30 or 200 potencies.

7. **Plantago** : Plantago can be used for external application as a pack for cavity. Plantago tincture diluted with water can also be used to rinse the mouth.

