

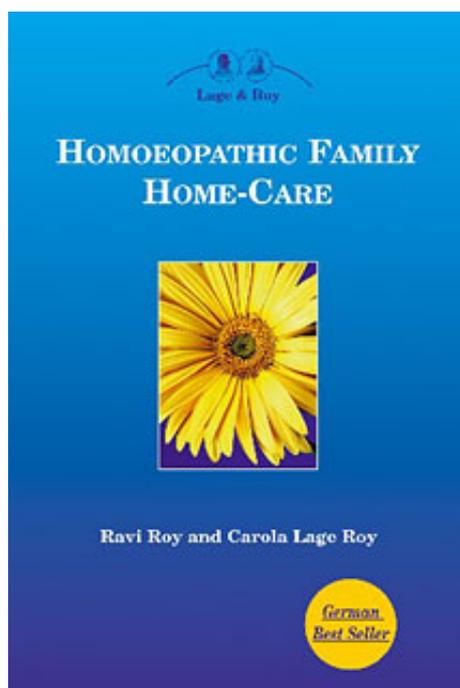
Roy / Lage-Roy Homoeopathic Family Home-Care

Leseprobe

[Homoeopathic Family Home-Care](#)

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After Irene had to leave, Carola's mother, Gabriele, and brother, Felix, came to help us for the final spurt. Our nerves were not the best after eight weeks of continuous writing along with all our other responsibilities. We cannot thank them enough for their willing assistance. Mother's very presence was a big help and her advice invaluable. Felix typed the remainder of the manuscript with all our corrections and last minute additions crowding the pages.

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Finally, we wish to thank our children Jakob (6), Jonas (4) and Aron (1) for their patience and understanding. We had very little time for them in those hard days. Their love was sustenance for us.

Many thanks to our editor, Gerhard Riemann. Without him this book would not have been written for the idea of this book was his. We thank him for his understanding, his advice and support. We wonder at his monumental work of correction, especially at the end, when we were rearranging and reformulating all the time. He ably put us through to the timely finishing of the book for its publication.

Preface

We are very glad and proud to present *Homoeopathic Family Home-Care* to English-speaking people. It has now been on the German market for over fifteen years and is our best-seller, having sold over 100.000 copies. To our knowledge, no other homoeopathic book has sold anywhere near this number in German. The book has lived up to its German-title, *Selbstheilung durch Homöopathie*, which has a double meaning. It means *do-it-yourself healing*, but we chose the title more because of its second meaning, *healing of the self*.

Over the years, hundreds of laypersons have called us or written to tell us how happy they are such a book exists. Thousands of mothers (each one who calls or writes to us knows many others who are using our book) have been able to step away from the dangers of antibiotics and other harmful medications. They have become self sufficient in homoeopathy by using our book, so that they have never had to take to any other medication.

Homoeopathic practitioners and our students have praise for the book. Of course, there is also criticism, although there has been no question of the book's efficacy. Those who have tried the suggestions, advice and remedies have only good things to say. *Homoeopathic Family Home-Care* does not subscribe to most established beliefs and practices of the western medical traditions. But it is our duty to be responsible for ourselves and what we have found true. As Hahnemann, the founder of Homoeopathy says, *aude sapere-dare* to know. Not only in the Golden Age of the Greek culture, but in every culture, some have dared to know. Knowledge, inner knowledge, is the only true wealth which we can have!

So we would like to make a request to you the reader. Try these remedies as suggested, according to the principles of homoeopathy. You will be surprised at the speed and efficacy of the healing. As you will read in this book, homoeopathy heals the causes of illness at deep levels, therefore, the healing occurs at that deep level. Homoeopathy is also fast, sure, and safe.

We wish you a great healing journey with homoeopathy and our book.

Carola and Ravi, Encinitas, March 10, 2003

Introduction

As a society, we are currently experiencing a slow but steady change in our expectations for our health and well-being. We are beginning to realize that we have to be less passive and more involved, that we cannot saddle others with the responsibility for our well-being and we cannot hold others accountable when we are not well. Therefore, in the same line of thought to hope that some spirit man can heal out souls, and some doctor can heal our bodies, is wishful thinking. While this may seem contradictory at first glance, it is obvious once you've thought about it. The function of the healer, whether a healer of spirit or body, is merely to effect a re-connection, a re-ligio. The member of the clergy who is able to re-connect man to God has effected the healing connection. The healer who is able to bring body and soul together has been successful, regardless of whether he is called a doctor, healer, spiritual healer, or goes by some other epithet. And attempting to heal oneself is one step more to independence. Services of healers will always be needed, but then they will be able to turn to deeper issues and not be constantly bogged down with superficial matters. Attempting to heal oneself means using a medium to restore the connection between body and soul and thus activating the body's own powers of self-healing. In our experience, current homoeopathic remedies are an exceptional medium for restoring this connection and thereby stimulating the body to heal itself. We wrote this book not only for the homoeopathic practitioner but also for you, the lay-reader, so that you can treat yourself when you are suffering from an everyday and relatively minor illness. And we wrote it so that you can use homoeopathy to help others. Homoeopathy is a holistic system, and homoeopathic remedies are rapid and do not cause side-effects. We will provide numerous examples substantiating this claim.

If you are going to employ homeopathy, it is of the utmost importance that you learn to observe minutely and precisely. As you read through the descriptions of remedies you will begin to understand how much care you have to take to observe symptoms that had previously been meaningless to you. This should come as **no** surprise; conventional medicine ignores many symptoms because conventional medicine confines itself to relatively undifferentiated processes.

For instance, suppose you were to describe the following to a practitioner of conventional medicine. A child was exposed to a cold wind. Within a few hours, the child developed a high fever associated with extreme anxiety, restlessness, dry and hot skin, chills with external heat, a great thirst for cold water, a headache in the forehead region, hypersensitivity to light and noise, sleep is almost impossible with palpitations, and nightmares. A practitioner of orthodox medicine would recognize the obvious: an infection with associated fever. But the majority of symptoms would not be of great interest to him. For the homeopath, however, this description would point to a condition that requires one remedy only: Aconite. Please get used to paying attention to the individual symptoms. A child with an infection and associated fever is a non-individual description. But, when we add

that the child experiences anxiety-even panic-with a high fever, we can characterize that as *individual*, because different children react differently to high fevers.

Our biggest dilemma in writing this book was deciding what information to include. Having too little information would prevent you from being able to employ homoeopathy effectively. But having too much information can be overwhelming and confusing if you don't have medical and homoeopathic training. We think the material in this book represents a solid middle-ground for the lay-person. But remember that you are just that-a lay-person. And this means you must be careful not to permit your enthusiasm to cause you to overestimate your capabilities regarding homoeopathic treatment. Do not attempt to treat serious illnesses and health problems-you are not trained to deal with the consequences. Let's be blunt; when confronted with critical situations like those described in the *Emergencies* chapter, as a lay-person, you must not hesitate at the same time to find appropriate professional help.

This book is also written for physicians and practitioners of the healing arts who are interested in homoeopathy. The *Emergencies* chapter may very well present you with a new perspective on treatment by suggesting alternatives that can supplement, rather than replace, conventional first aid.

At this point we would like to also address dosage. Throughout the book we have used almost exclusively, 200, to represent the potency of the remedy selected. The frequency of administration depends on how acutely the illness is progressing. As a rule, the more acute the illness, the more frequently the doses are administered.

Our use of the 200 potency is a surprise in some countries. In Germany, the lower decimal potencies are very popular (4 x, 6 x, 12 x, etc.). We prefer the higher potencies for a number of reasons.

Samuel Hahnemann (1755-1843), the founder of homoeopathy, did not recommend use of primarily low potencies. In fact, the potencies he used rose as he became more experienced-at times they reached 1,000!

The potencies used most frequently in English-speaking countries and in India (where a large percentage of doctors use homoeopathy) are 30, 200, and higher.

In our experience the use of 200 in acute and simpler cases leads to clearer, more unequivocal, and more rapid recovery. Certainly we recognize that lower potencies can also be effective (and they should certainly be employed when 200 is simply not immediately available), but their efficacy is not as intense as that of 200.

Our hope in writing this book is that we will convince you and others of the healing power of individually practiced homoeopathy.

help people with solid, muscular builds-people like construction workers, farmers, gardeners, or competitive athletes. Strong, muscular people need *Bellis perennis*.
 • Dosage: *BELLIS PERENNIS 200 C*, 1 dose every 2-4 hours, later 1 x daily.

Head Injuries

Head injuries should never be ignored, even if the victim appears to be fine, and particularly if the victim is a child. Children and infants frequently receive injuries to the head (for instance, if they fall out of bed). The bones in their head are still very thin and it is therefore much easier for them to incur brain damage. Children also go into shock more easily than adults.

Indications of a fractured skull or concussion will not necessarily be obvious immediately after an injury. In fact, sometimes a victim who is in a traffic accident will lose consciousness only for a few seconds, or not at all, and will appear to be completely unharmed, yet will have no memory of the period just prior to the accident.

You should therefore observe the victim for at least 48 hours after the accident, paying attention to the following symptoms: drowsiness or loss of consciousness, headache or dizziness, disorientation or loss of memory, rapid or weak pulse, symptoms of paralysis, impairment to vision, incomprehensible speech, bruises/contusions around the eyes and/or ears, bleeding from the nose, eyes, and/or mouth (do not stop the bleeding).

The victim should not under any circumstances get up or move around. Make sure children, in particular, do not get up or move around. Never attempt to use force to bring an unconscious victim back to consciousness.

General measures to be **undertaken**

If the victim is unconscious, monitor breathing and pulse. Provide artificial respiration or cardiac massage, if needed.

If you are able to rule out injury to the spinal cord, place the victim in a stable position on his side, elevating the head slightly so that blood, spittle, and vomit can exit the mouth.

If you suspect a neck injury, lay the victim flat and cover him well. It is possible for the victim to be conscious and still have a cerebral haemorrhage. Lying quietly reduces the risk of haemorrhage. Seek medical assistance immediately.

Homoeopathic treatment

Naturally, we will not and cannot recommend that you, as a layperson, attempt to treat serious injuries yourself. Still, there are situations in which the layperson and others can provide some assistance using the information in this section of the book. For instance, you can provide assistance:

1. If you are in the wilderness, far from any medical assistance;
2. In the form of first-aid, before medical assistance is available;
3. In the hospital, after consulting with the treating physician. A homoeopathic remedy can be helpful without interfering with other treatment;
4. To animals (that have been run over, for example). Homoeopathic remedies work on animals using the same principle.

ARNICA

Arnica should be administered after any type of *head injury*. After any accident, it is effective against shock, both physical shock and non-physical. It stems bleeding, prevents internal bleeding, and stimulates the body's powers for self-healing.

- Dosage (for minor head injuries): *ARNICA 200 C*, repeated every 1/2 hour until the victim is calm and has fallen asleep. It is not necessary to administer Arnica once the victim has enjoyed a healing sleep.

Concussions and Fractured Skull

What are the signs of a concussion?

The victim's lips are bloodless and her gaze is fixed and directed slightly upward. Her pupillary reflex is impaired (her pupils do not react to light). She may vomit, her pulse may be slow, she may have cold hands and feet or superficial respiration. Her memory may be affected if she lost and then regained consciousness after a serious concussion.

What are the signs of a fractured skull?

- Bleeding from the mouth, nose, and/or ears
- Slower, weaker pulse; substantial vomiting with no feeling of nausea
- Drowsiness, inability to stay awake
- Haematoma around the eyes generally occurs sometime later after the injury.

General measures to be undertaken

First and foremost-quiet and rest! Avoid stimulating the victim's senses. Keep the victim warm and in a prone position, the head turned to the side.

It is possible for the victim to choke on his own vomit, so never leave him alone. If no homoeopathic remedies were administered to the victim, you must not let him fall asleep because he may still vomit and choke in his sleep several hours after the accident.

Homoeopathic treatment

Administer *Arnica* (see *Administering remedies to an unconscious patient*). The victim will either vomit shortly thereafter (only if his stomach is full) or will heave a few times. His pupils will begin to react to light again. Circulation in his lips will be restored and his facial muscles will relax somewhat.

At this point, we are going to make an exception to the rule regarding potency. We do this based on our many years of experience.

For serious concussion or fractured skull, high potency Arnica (10,000 C) works much faster and better than the 200 C potency.

Caution: Laypersons and inexperienced practitioners of homoeopathy should otherwise not use potencies higher than 200 C.

Cerebral Contusions

Once *Arnica* (moisten lips and mouth with it) has helped the victim regain consciousness, use *Hypericum*.

- Dosage: *HYPERICUM 200 C*, 3x daily, for an extended period of time.

Other Injuries

Contusion

When treating injuries homoeopathically, it is important that you pay attention to the tissue that has sustained the majority of the damage. You will select the remedy on this basis.

A description of how to treat contused tissues (crushed) will clarify this concept. Once there has been a discernible improvement, increase the intervals at which the remedy is administered.

Contusion of the *muscles*: *Arnica*

- Dosage: *ARNICA 200 C*, a few drops externally and every 1/2 hour a few drops internally.

Contusion of the *nerves*: *Hypericum*

- Dosage: *HYPERICUM 200 C*, 1 dose, every 1/2 hours, internally.

Contusion of the *bones*: *Symphytum*

- Dosage: *SYMPHYTUM 200 C*, 1 dose, every 1/2 hours, internally.

Contusion of the *periosteum* (the membrane of connective tissue that covers bones): *Ruta*

- Dosage: *RUTA 200 C*, 1 dose, every 1/2 hour, internally.

Contusion of the *cartilage*: *Argentum metallicum*

- Dosage: *ARGENTUM METALLICUM 200 C*, every 1/2 hours, internally.

Contusion of the *tendons*: *Calendula*

- Dosage: *CALENDULA 200 C*, every 1/2 hour.

These are the major remedies for injuries. If you become familiar with these six remedies for the various types of tissue, you will be able to treat many types of injuries yourself.

Abrasion

If the abrasion is dirty, clean it with *diluted essence of Calendula* (1 part Calendula to 10 parts water). Then, let it dry so that a layer of crust can form. (See *Caring for Wounds*). If the injury is still causing pain (and this can happen, particularly with children), administer *CHAMOMILLA 200 C*, 1 dose, internally.

Abrasions can also be very unpleasant for adults. Use the remedy *Coffea (coffee)* for severe pain. Drink a cup of coffee if you do not have the potentised remedy at home—it will provide a good deal of relief. However, it will not alleviate pain if you are already a regular coffee drinker.

You can also take 1 dose of *HEPAR SULPHURIS 200 C* for this type of injury.

Ruptures

For minor ruptures, administer 1 dose *ARNICA 200 C*, internally, to stimulate healing.

For major ruptures, stop the bleeding with *Calendula compresses* or *ARNICA 200 C* taken internally.

Administer 1 dose of ARNICA 200 C for shock to the body.

Cuts and Tears

To stop the bleeding, first place a compress of essence of *calendula* or *calendula blossoms* or *crushed ribwort* on the wound. (See *Remedies for Bleeding*, page 99), or administer *Arnica 200 C* internally.

To promote healing and prevent scars, take *STAPHYSAGRIA 200 C* 3x daily for 2 or 3 days.

We have seen the edges of cuts and tears close by themselves, even in the case of major injuries. Stitches generally leave small scars. Wounds that are treated homoeopathically do not, generally, need stitches. A butterfly strip is sufficient. The scar is frequently smaller and heals better than if stitches are used.

Tears in the scalp: essence of Calendula, diluted, administered externally.

Puncture Wounds

The layperson cannot treat major puncture wounds. Until the doctor arrives, however, you can provide first aid in the form of *LEDUM*, administered internally (for shock and bleeding). In addition, you can use *Calendula compresses* to stem the bleeding.

Minor punctured wounds that do not bleed may result in *tetanus*. It is therefore important that you press together and knead the wound and the surrounding areas until a few drops of blood come out. The primary remedy for puncture wounds is *Ledum*; it also has a prophylactic effect against tetanus. • Dosage: *LEDUM 200 C*, 1 dose, internally, for minor puncture wounds. Repeat every 4 hours for major wounds.

Post-treatment: see *Itching Wounds* (page 101).

Use *HYPERICUM 200 C* for inflammations when the nerves have been damaged.

Bites

If the bite wound does not bleed, massage the region around the wound with some pressure until some blood flows out. The risk of infection is very high, but bites don't automatically mean rabies or tetanus. Appropriate homoeopathic care for the wound can prevent serious consequences and will help the wound to heal rapidly. Bites should be cleaned immediately in order to remove any toxic material that has penetrated into the wound. The most effective remedy for this is *tincture of Echinacea* (10-15 drops in 1 cup of water). Bites wounds of rabid animals should also receive this exterior treatment. Which homoeopathic remedy is selected depends on where the wound is located.

Bites to hands and feet, especially fingers and toes: *Ledum*

- Dosage: *LEDUM 200 C*, 5 drops, every 1-2 hours, later at longer intervals, taken internally.

Administer lower potency *Ledum* for wounds that were not cleaned immediately with *tincture of Echinacea*. This will act as a prophylactic against tetanus.

- Dosage: *LEDUM 3 x*, 5 drops, every 1/4-1/2 hours, later at longer intervals, taken internally.

Bites in soft tissue: *Arnica*

- Dosage: *ARNICA 200 C*, 5 drops, every 1/2 hours, later at longer intervals, taken internally.

Post-treatment: bite wounds frequently itch terribly during the healing process (see page 101) or become pus-filled (see pages 101 and 102).

Rabies

You have to suspect rabies when a wild animal's tame behaviour makes it noticeable or when there is a noticeable change in the behaviour of a pet that has been in contact with wild animals. Rabies is primarily spread by animal bites. However, the disease can also be passed merely by the infected saliva penetrating into the victim's mucous membranes.

The illness does not manifest itself from several days to 5 months, generally 40-90 days. Initial symptoms are pain in the throat and a strong aversion to water and liquids, even though the victim is quite thirsty. Every attempt to drink brings on painful cramps when the victim swallows. However, the victim is still able to swallow solid foods. Then, the victim begins to experience cramps in the respiratory musculature, the trunk, and the arms when he attempts to swallow. The victim is highly agitated.

Delirium sets in with violent outbursts of rage. Death generally occurs on the third day of the illness. There are no conducted researches to show the rabies vaccination effectively prevents the disease.

Different Types of Injuries

| Type of wound | General measures | Homoeopathic treatment |
|--------------------|---|---|
| Abrasions | Clean | with diluted essence of <i>Calendula</i> When children have pain: <i>Chamomilla</i> When adults have pain: <i>Coffea (coffee)</i> |
| Ruptures | Stem bleeding | <i>Calendula</i> compresses, <i>Arnica</i> taken internally |
| Cuts and tears | Stem bleeding | with <i>Calendula</i> compresses or ribwort leaves or <i>Calendula</i> blossoms, <i>Staphysagria</i> taken internally |
| Tears in the scalp | Stem bleeding | with Essence of <i>Calendula</i> |
| Punctures | Stimulate bleeding if minor wound is not bleeding | <i>Ledum</i> or <i>Hypericum</i> |
| Bites | Massage with pressure if needed Clean <i>Caulion</i> - <i>risk</i> of rabies | with tincture of <i>Echinacea</i> , <i>Ledum</i> , or <i>Arnica</i> ; <i>Lyssinum</i> if rabies is suspected- seek medical assistance immediately! |
| Splinters | Remove foreign body | <i>Hypericum</i> oil <i>Sili.cea</i> salve |

Homoeopathic treatment when rabies is suspected*

1. Clean the bite wound with *tincture of Echinacea* (10-15 drops in cup of water). Wipe off saliva carrying the infection.
2. Administer *Ledum or Arnica*. (See *Bites*).
3. If rabies is confirmed when the animal is examined: *LYSSIN 1000 C* (rabies nosode), 2 doses at 5-10 minute intervals.

Splinters

Splinters, prickles, thorns, and other foreign bodies sometimes become securely embedded in the skin. Applying a little *Hypericum oil* to the wound will make it easier to remove the splinter by relaxing the tissue. You can also soften the skin in a warm bath of soapy water. Then, carefully attempt to remove the splinter with tweezers or a needle. If you are not able to remove it, or if the splinter has already become in-grown, coat the spot with *Silicea*.

- Dosage (for exterior application): *SILICEA 6 x* or *12 x*, 5 drops in 1 teaspoon of oil. Coat the affected area 3x daily.

For a splinter injury that itches: *ANAGALLIS 6 x*

- Dosage: *See above*.

Injuries to the Nerves

Hypericum is the remedy for injuries to the nerves. However, you must be aware of a possible complication that can occur.

Let's use a pinched finger as an example. A haematoma, where the bleeding occurs under the skin, can form under the fingernail and press against the injured nerve, impairing the effect of *Hypericum*. The haematoma must first be dissolved using *Arnica* or must be removed by drawing it out.

You can prevent haematomas by firmly pressing the injured area for 1-2 minutes.

Use *Hypericum* for injuries in nerve-rich areas, e.g., fingers and toes. We have even seen *Hypericum* work when a nerve has been severed (as can sometimes occur when an injection is given).

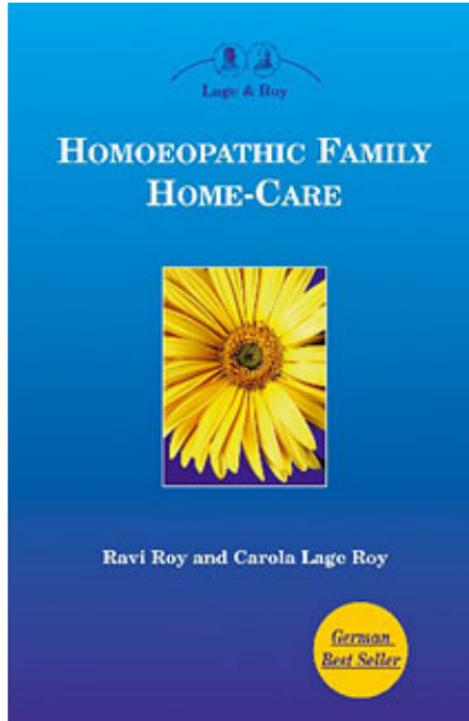
- Dosage: *HYPERICUM 200 C*, 1 dose for minor injuries; repeat every 4 hours for more serious injuries.

Fractures

How do you know when a bone is fractured?

- You may hear a cracking sound
- You may be able to see displaced ends of the bone beneath the skin, at the point of fracture
- Haematoma and swelling around the region of the fracture
- Stabbing pain that is worse when pressure is applied

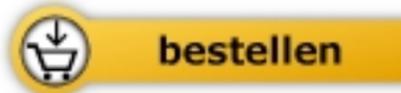
*Always contact a physician if you suspect rabies.



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