Manuel Mateu i Ratera

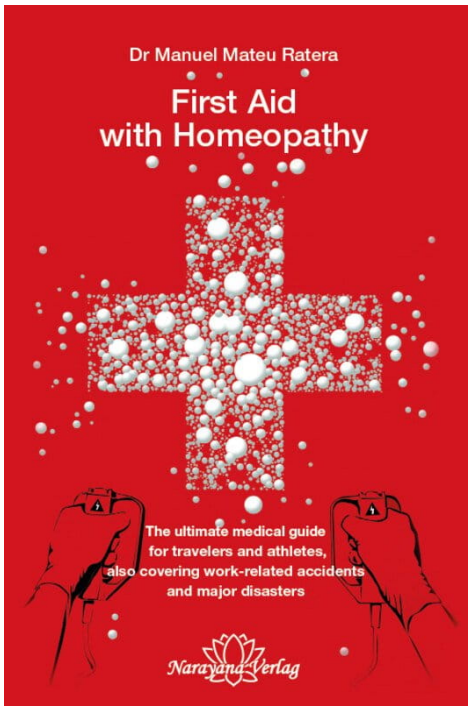
First Aid with Homeopathy

Leseprobe

First Aid with Homeopathy

von Manuel Mateu i Ratera

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Preface

"*Intellectuals solve problems, geniuses avoid them.*" *Albert Einstein*

…And the rest of us mortals, provoke them, suffer the consequences, and do our best to solve them.

As I finished this edition, my daughter Celia asked me: "Why are you interested in writing a book about First Aid?" Several reasons came to mind. The first one was the powerful influence of **Dr Pietro Bassi** of Courmayeur, the mountain physician who taught me the basis of traumatology, resuscitation, and rescue techniques for mountain and road accidents, and with whom I shared six months of work. The second reason, which influenced me greatly, was the experience of living through terrible mountain accidents, where people were saved *in extremis*. Some accidents were unforeseeable, being either the consequence of taking risks or from nature's unpredictable forces: serac (block of ice) falling, avalanches or cracks in the glaciers. Others were due to recklessness. Looking back, I can recall one experience that scarred me deeply; an accident I was responsible for. Climbing to the top of Pedraforca, by the Verdet, with a group of family and friends, I took a detour in the final portion of the climb and kept on going through a very steep path that required climbing using my hands. Several youngsters followed me; they considered this path fun and daring, and apparently without danger – among them was **Oriol.** I did not discourage them, on the contrary, I felt flattered, and we kept on going. Oriol's father, **Lluís,** had been my guide in Pedraforca when I was fifteen years old. We were climbing a relatively easy rocky part, when a block of rock detached from the mountain and Oriol fell. We were free climbing and were not using ropes; a thoughtless act. Oriol started rolling down, passed over rugged terrain, and missed multiple landings without stopping. Finally, when he reached a much wider landing, he stopped. If he had continued his fall, some thirty metres further, a vertical precipice would have awaited him at the base of the main channel. His guardian angel, luck or simply destiny, helped to avoid the fatal fall. When he stopped on that landing, he was conscious; he talked and moved slowly. Everybody helped with the rescue and a helicopter took him to the hospital. The shame and guilt I felt at my own reckless decision involving young, trusting people have lasted till this day.

I told Celia: "I think this book was born from my unconscious as a way to overcome accidents, to teach others to avoid them, and tackle the assistance in accidents successfully."

That was a painful lesson I learned, for I was the adult and was supposed to be aware of my responsibilities. I had also been very reckless, and my irresponsible behaviour had affected others. Accordingly, my position in this manual cannot be that of the expert who advises caution from a point of reason, common sense, and wise prudence but rather from the recognition that any one of us can be the cause of accidents, which can deeply affect others.

To prevent further accidents, it is crucial to know one's own limits, as well as the risks that terrains pose. This is my deepest wish.

Once we are motivated, learning these first aid techniques and applying the knowledge of basic medicine in each situation will allow us to help others be effective, avoid intense suffering, and ultimately save lives.

Violent paroxistic tachycardia.
Loss of voice and hoarseness in singers and speakers.
Claustrophobia; other phobias (heights, crowds).
Jet lag.

Arnica Montana

Arnica ***Asteraceae***

Arnica is the **vulnerary** remedy par excellence. Indicated as first remedy for any type of **trauma**, shock, sprains, injuries, and overexertion, accompanied by pain, swelling, **bruising sensation**, and difficulty moving; especially indicated in recent muscle injuries with painful bruises.

Muscle pain causes loss of strength; feeling that the bed on which he rests is too hard, causing him to constantly move from one place to another, seeking a soft place. He is **afraid of being touched** or someone running into him if he is approached. Hypersensitive to pain.

Another cause of pain and muscle fatigue is **continuous and strenuous exertion**, whether physical, mental or from sexual excesses. It is therefore indicated in painful stiffness after long walks or long distance races (marathon, mountain trekking) especially in non-trained athletes who, after a long period of intense effort and exhaustion, are fatigued, sore, and bruised. Also indicated in chest pain caused by prolonged episodes of coughing, especially pertussis.

Caution: ice applications reduce the effectiveness of *Arnica*.

It is one of the 14 compounds of Traumeel ®.

In brain trauma, whether external (mechanical) or internal (stroke), when the patient remains in a **stuporous** state; correctly answers the questions but **falls back into a stupor,** as in the typhoid cases.

Post traumatic fever, drowsiness, and acidic sweating. Stuporous fevers in which the patient responds and falls asleep again, saying that he is fine and wanting to be left in peace.

Prevents postpartum haemorrhage and puerperal complications if administered immediately after birth. (Mathur)

Mind: the picture is more complex when the case is chronic.

In a bad mood, he wants to be left alone and does not want to be talked to. Pains are intolerable and he is **afraid of being approached and**

touched. Lassitude from any effort, even just talking. Forgetful, starts easily, and is very excitable. He has a curious mindset: when seriously ill, he says: "I'm fine, no need to call the doctor." Capricious, stubborn, argumentative; can become a subtle authoritarian or a dictator. People who think they are indispensable, who work themselves to death and are **reckless**, so sooner or later they collapse or have an accident. Grandgeorge says: "If the first marathon athlete had taken Arnica, he may not have died on arrival. Why did he want to run so fast without stopping? Why not pass the baton? **Arnica has to understand that he is not alone on earth, he has to delegate** and not attend to the whole world."

Asteraceae themes: sensation of being hurt, insulted, shocked, bruised, burned, afraid to be touched, hurt or be approached. Numb, stupor. Reacts as a tough guy who can take all the blows, and protects others from getting hurt. (Sankaran)

Striving for autonomy, independence, bodily integrity. Aversion to any interference or intrusion from the outside, such as operations, medications, vaccinations, or other trauma – anything that violates their boundaries and makes them feel vulnerable. (Scholten)

Arnica essence (Asteraceae – Acute miasm): **shock from sudden trauma.** Life is full of risks, threats, and dangers, with risks of injuries, blows, and insults. To survive I must be strong, hard, dominant, be bold and daring, and if necessary, insults and hit. Striving to have control, be tough and strong in dangerous situations. (Sankaran)

Indications:

Wounds, acute trauma and its consequences.

Concussion, traumatic brain injury, and its consequences (meningitis, epilepsy).

Trauma with stuporous type fever.

Traumatic shock.

Traumatic tooth extraction; post-extraction haemorrhages.

Epistaxis from blow, from washing face or in pertussis.

Pain after dental treatment.

Traumatic mechanical delivery; prevention of haemorrhages and complications.

Stroke, jaundice with the symptoms described.

Fatigue and pain from physical exertion, mental or sexual excesses.

Flu fevers with *Arnica* symptoms (pain and drowsiness).
Apparent death in the newborn.
Angina pectoris.
Decompression syndrome (diving).
Jet lag.

Arnica composite®

Composite of 14 remedies in various potencies, acting as a wide spectrum antitraumatic, with the following indications:

- Pain (analgesia).
- Vascular permeability and haemorrhages (hemostatic).
- Infection, inflammation, and suppuration (antiseptic and anti-inflammatory).
- Cicatrization of tissues and bones (cicatrizant).

Composition: Arnica 4D, Calendula 4D, Hamamelis 4D, Millefolium 4D, Belladonna 4D, Aconitum 4D, Mercurius solubilis 8D, Hepar sulphuris 8D, Chamomilla vulgaris 4D, Symphytum 4D, Bellis perennis 4D, Echinacea angustifolia 4D, Echinacea purpurea 4D, Hypericum 7D

Arsenicum album

White arsenic or arsenic trioxide As_2O_3

Arsenicum generally presents severe symptoms in any disease, whether respiratory, infectious, gastrointestinal or cutaneous (burns). It is the main remedy in **severe** and **extensive burns**, **poisonings** from **bad or decaying meat**, in severe forms of **altitude sickness**, in **solar conjunctivitis**, and **gangrenous wounds.**

There is a great physical and mental **restlessness,** which makes the patient **move from one place to another** without finding rest, even in very debilitating diseases.

Weak and exhausted at the slightest effort; state of prostration and depression disproportionate in relation to the situation. **Anxious and worried** about everything. He is convinced that he is seriously ill and he lives this situation with great **despair and distrust**, to the point of not wanting to give his symptoms and refuse food and medication, saying: "This will not help either..." It is a state of irritable weakness.

Absence of pain when the inflammation (throat, diarrhoea) would suggest otherwise.

Baptisia is therefore indicated in poisoning by sewer gas (hydrogen sulphide, H2S), especially when it produces febrile sepsis with neurological symptoms (stupor and delirium).

Leguminosae themes: being split, fragmented, dispersed, scattered, and trying to bring all the pieces together. Seeking to be strongly united, unified (compensation). (Sankaran)

Fabaceae themes: desire to enjoy life, but it is only "work, work, work". Fear of poverty. Serious, dry. Split between duty and pleasure. Weakness. Confusion. (Scholten)

Baptisia essence: **feeling of being fragmented, in pieces**; has to pick up all the pieces right now; **tries putting all the pieces together; if he succeeds, he is quiet**. (Sankaran)

Indications:
Poisoning by sewers gas (see *Pyrogenium*).
Septic or typhoid fever, with stupor.
Flu and sore throat fever, with stupor.

Belladonna

Atropa belladonna, Deadly nightshade ***Solanaceae***

Symptoms can occur from exposure to cold drafts or **sunstroke**. It is one of the best remedies for sunburn, particularly in children. Fits children and persons of plethoric, lymphatic, and bilious constitution, who can become violent and are prone to delirium when sick. Diseases begin **suddenly** and are **violent** in nature. Acute local inflammations with **throbbing pain**, **intense heat, and congestion with redness** of the skin; mucous and serous membranes are affected. **Hypersensitive** to light, shock, pressure, cold, sound, movement, and contact. Aggravated by cold local applications (unlike *Glonoinum*).

In fever and sunstroke, the patient's face looks as if it was **boiling**: face flushed bright red, dilated pupils, fixed stare, startled, as if wild. There is more anger than fear as in *Aconite*. The carotids are pulsating and visible.

Mind: **hypersensitive to everything**; startled by the slightest stimulus and easily excitable The circulatory storm can result in **furious delirium** with a tendency to bite, scratch, break or escape. This phase may alternate with stupor. Hallucinations and delusions. Fear of ghosts, sees faces, black animals and insects, terrifying, dogs and wolves which threaten him.

Sensations of spasms and tightness in the neck, liver region, and uterus can accompany the process. The patient is very thirsty but cannot drink (hydrophobia).

Belladonna is one of the components of Traumeel ® 14 in D2-D4 potencies. Indicated in "localised reaction phases, cerebral sensitivity with cramps and delirium."

Solanaceae themes: sudden and abrupt violence, rupture, explosion, burst, tear, touch, constriction, fulgurating, violent terror, persecution, murder, life and death issue, black or white. Anesthetised, stupefaction. Reaction: shouting, escaping, acute sensations, hitting and kicking. Brace before danger. (Sankaran)

Fight or flight: expecting overwhelming hidden dangers, fighting demons, leading to inner tension, and finally parasympathetic paralysis.(Scholten)

Belladonna essence (Solanaceae – Acute miasm): **sudden attacks of violence, explosion, rage and terror**. (Sankaran)

Indications:

Heatstroke and heat exhaustion, especially in children.

Indicated in a wide spectrum of diseases: delirium, congestive early stages of inflammatory or febrile processes (felons, appendicitis, pneumonia, sore throat, and otitis).

Air pilot's disease.

Nervous disorders and consequences of fright; fear with the indicated symptoms.

Poisonous and hallucinogenic mushroom poisoning.

Neuralgic pain after amputation.

Japanese encephalitis.

Hypertensive crisis.

Others: pain in biliary colic, scarlet fever, strokes, apparent death of newborn, phlebitis, madness after a scare or an upset, and tendency to suicide during alcoholic intoxication.

Rabies prophylaxis (with *Lyssinum*).
Calcium carbonicum or *Sulphur* can complement its action afterwards.

Bellis perennis

Daisy ***Asteraceae***

From the same family as *Arnica* and *Calendula*, it is also a plant with **vulnerary** effects, especially useful in soft tissue injuries, **glands** (especially the breasts) and **when the body is suddenly chilled or wet**. Similar to *Arnica*, it acts on muscle fibres and blood vessels with **intense pain**, joint weakness as if it was twisted, and venous congestion from blows. One of the best remedies when the blow affects highly irrigated tissues.

Hardening, nodules and swelling in the breasts **after a blow** (see *Conium*); breast cancer after chest trauma. Swelling and hardening of any gland after a blow. Prone to cysts and keloid scars.

Consequences of **nerve injuries** with intense pain and intolerance to **cold baths**. Deep trauma or septic wounds, especially in pelvis and abdomen. Paralysis from bathing in a river in summer.

Problems due to cold food or drink when the body is hot: this is one of its main characteristics.

When the swelling remains in trauma, after treatment with *Arnica*.

Uterine disorders during **pregnancy** from mechanical cause: difficulty walking from abdominal pain, foetus kicking or moving violently or pelvic pressure from the weight of the foetus. Circulatory stasis in the breasts and varicose veins during pregnancy. Inability to walk during pregnancy.

Ameliorated by local pressure, massage, bandaging, and movement.

Lesions with exudate, swelling, and blood stasis. Congestion from mechanical injury, very sensitive to touch. Tumors after a blow.

Older workers exhausted by their work, when the mind begins to fail; older people still working. People who have done strenuous physical work or have traveled extensively.

One of the 14 components of Traumeel® in D2 potency. Indicated in: "dislocations, contusions, sensation of irritation in the abdominal wall and cavity, exudative processes, resorption of oedema."

Asteraceae themes: sensation of being hurt, insulted, shocked, bruised, burnt, afraid to be touched, hurt or be approached. (Sankaran).

1.6 Head injuries

Quick guide

First aid. Vital diagnosis: unconscious? → breathing? → pulse?	Protection against new accident Keep the patient alive: CPR if needed Haemorrhage compression Notify EMS (112) Avoid further complications (protection, cervical immobilisation, safety position, safety transfer Assess Glasgow levels. Hospital transfer - with ICU - Neurosurgery?
First remedy for head injuries	**Arnica**
Consequences of head trauma: vertigo, absences, blindness, coma, concussion, convulsions, headache, dullness, madness, sadness, suicidal thoughts, and memory loss	**Natrium sulphuricum**
Violent convulsions with spasms arching the spine, with catalepsy and screaming; headache, dullness, sadness, memory loss, mental and developmental retardation, and post-traumatic vertigo	**Cicuta**
Stupor and coma due to injury, shock or stroke; face flushed, hot, jaw dropping, hot perspiration; apnoea, hoarse breathing; narcolepsy, sleep	**Opium**

Dullness and stupefaction, slow to answer, weak memory, passive, apathetic, indifferent, blank; meningism, with automatic chewing movements, brain cry, frowning	**Helleborus**
Mental and emotional symptoms after injury: depression, dullness, forgetfulness, hysteria; seizures due to head and spine injuries, with tetanic rigidity, tonic, starting from the spine	**Hypericum**
Diffuse axonal injury, cerebral contusion and intra-parenchymal haemorrhage with seizures, coma, automatic chewing movements, gnashing, gasping for breath; carpal spasms	**Cuprum**
Clonic convulsions, epileptic-type, with opisthotonos and paralysis due to head injuries; headache, numbness, memory loss, grief and post-traumatic vertigo; great restlessness, moving neck, body, and legs continuously, < at night; muscle tension; < cold, > heat	**Rhus toxicodendron**
Convulsions and meningism from head injury, with delirium and headache; violent symptoms and behaviour, with facial flushing and cold extremities: compare with *Stramonium*, *Hyoscyamus*	**Belladonna**
When pain predominates in the occipital area with great heaviness of the eyelids, weakness, poor muscle strength, and trembling limbs	**Gelsemium**

Introduction

Head injuries are becoming more frequent and severe, mainly due to traffic, work, and sports related accidents. We will thoroughly approach them with a section on the repertory's symptoms to facilitate the choice of the best remedy or combination of remedies, alongside a specific materia medica and clinical cases to help us understand the usefulness of homeopathic remedies as adjuvant to necessary conventional measures.

Diagnosis

You can **suspect a cranial fracture** by the following signs:

- External visible wound and obvious deformity
- Bleeding from the ears, nose, or both
- Seepage of cerebrospinal fluid by ears, nose, or the wound itself
- Bruising around the eyes (periorbital)
- Pupils of different size (anisocoria)
- Very **likely brain damage** when the patient presents with:
- Radical change of personality / confusion, disorientation / slurred speech or hearing
- Impaired balance
- Impaired breathing, irregular pauses or apnoeas (Cheyne Stokes); heart rhythm disturbances

First aid

1. **Objectives**
    a. Protection against a new accident. Urgent and very quick measures to protect the injured and the rescuers against falling rocks, buildings, impact of other vehicles, fire or water.
    b. Keep the patient alive, with the brain well perfused and oxygenated until they reach the hospital and, if required, the neurosurgeon.
    c. Prevent bleeding.
    d. Avoid injuries and complications.
    e. Give notice to the Emergency Medical Services as quickly as possible.

2. **Assess pulse and respiration**
   a. Keep the airway open. Check ventilation. Be prepared for intubation and assisted ventilation if breathing stops.
   b. Complete resuscitation if necessary (CPR).
3. **Control bleeding**. If bleeding is visible:
   a. Apply sterile dressing with pressure.
   b. Install venous perfusion and monitor blood pressure.
4. **Avoid complications**
   a. New neurological damage
      i. Do not move the patient before applying **cervical immobilisation**, this will be done very carefully (cervical collar). Head injuries are often accompanied with cervical and spine lesions.

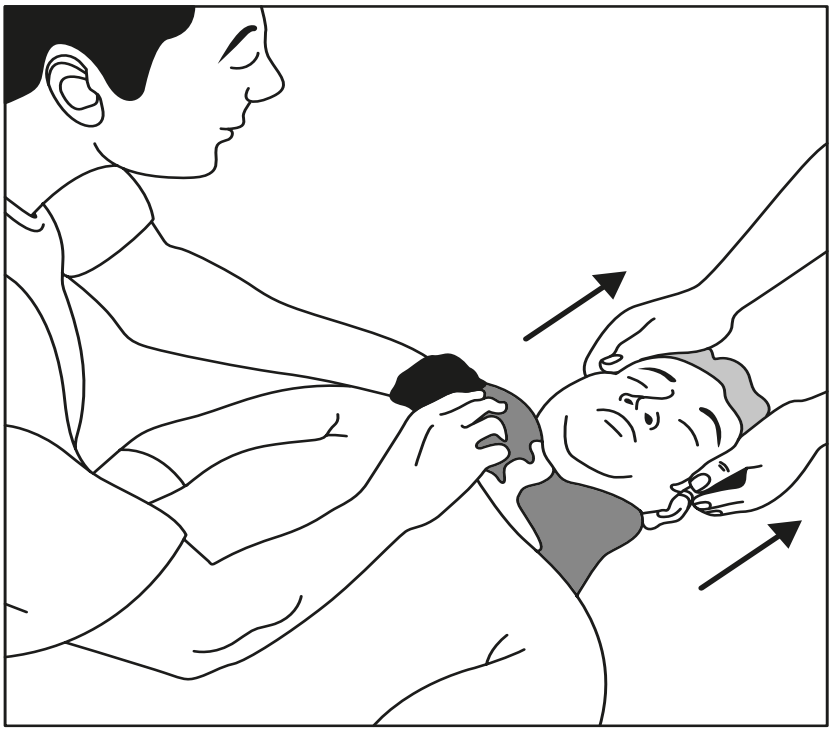


Fig. 1.6.1

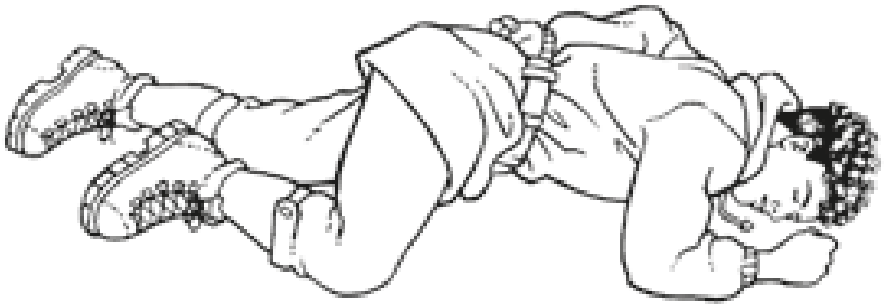
      ii. Transfer to the stretcher for transportation to the hospital with the safety transfer (minimum 4 people)



Safety transfer in case of spinal lesions

Fig. 1.6.2

b. Aspiration of vomit: if the person vomits once the cervical area is immobilised, rotate the patient slightly to the side (semi-prone), in recovery position, if you can rule out spinal injury. This rotation should be made be very carefully, slowly, following safety transfer procedures.



Injured person in recovery position

Fig. 1.6.3

c. Infection: treat open wounds with **sterile,** simple application without trying to inspect the wound. In absence of gauze, use clothes or towels. In extreme cases, the rescuer's hand can be lifesaving.

5. **Transfer to hospital. Assess state of consciousness.** Note the state of consciousness for clinical information. In blunt trauma, although the patient is conscious, monitor the risk of post-traumatic cerebral haemorrhage.

a. **Glasgow Method:** eye (4) + verbal (5) + motor (6)
b. **Simplified method** of 4 grades: alert / verbal only / only pain / unconscious.
c. **Arnica** 30C sublingual immediately and repeated often (every 10-20 min). If the patient is unconscious, administer diluted medication, a few sublingual drops with a syringe. If a higher potency is available, 1M or 10M, it is preferable in these circumstances to use them. Arnica is the first homeopathic remedy to administer and the most useful during the first minutes/hours of the accident.

Let's see the importance of rapid response in the case of a gunshot wound to the head, in the multiple murder which sent shock waves worlwide, in Tucson (Arizona), and which seriously wounded U.S. Congresswoman Gabrielle Giffords, in January 2011. The congresswoman, who was presumed dead at first, was rescued by her Hispanic assistant, Daniel Hernandez. His account is as follows:

> *"As I approached, there were several wounded people lying on the floor. The first thing I tried to do was find out who was alive. I started checking to see if they breathed and if they had a pulse. I checked two or three people who were dead before I realised that they had shot the congresswoman. I saw she was wounded in the head and because of the severity of the wound, she became my priority. There was a lot of bleeding and, in her position, there was a risk she would choke on her own blood. I sat her up. I put her on my chest to breathe. Then, I applied pressure on the wound. What could I use? I had no more than my hand until someone went into a store and brought shirts. "One reason for the survival of the congresswoman was the quick arrival to the hospital. In less than forty minutes, she was in the operating room*." (Peirón, 2011)

Comatose patient, hospitalised

The patient with head injury and coma will be treated in an intensive care unit in a hospital with a neurosurgery department. Follow established protocols. Homeopathic treatment has proven effective in resolving some serious head trauma. The hospital may have specialists in homeopathy who could help in treating these patients.

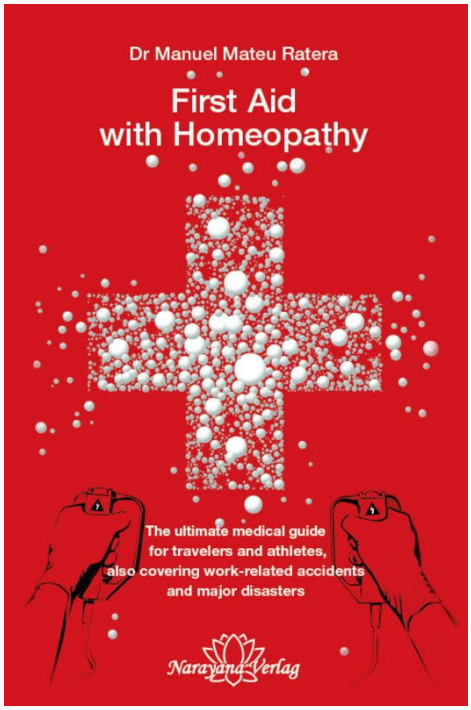
Manuel Mateu i Ratera

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