First Aid Prescribing Approach

- Seek medical care when needed/available
- Aetiology & tissue affinity are primary
- Use symptoms & modalities to differentiate
- Repeat remedy frequently if severe/urgent
- Change remedy quickly as needed

Arnica

Arnica Montana is the Leopard's bane, also known as the 'fall herb' and has been known to mountain-dwellers for centuries as the first remedy to use in accident and first-aid situations. It should always be prescribed internally when indicated, and can be applied externally as well in cream or ointment form provided the skin is not broken.

Affinities
Soft Tissues. Blood. Blood Vessels. Muscles. Nerves.

Aetiologies
Traumatic Injuries. Blows. Falls. Over-Exertion. Sprains. Strains. Surgery. Dental work. Childbirth. Stroke.

Therapeutic Indications
Accidents and injuries - give immediately to prevent bruising, reduce shock, swelling & bleeding and promote rapid healing
Bruising or internal haemorrhage resulting from falls or blows; will also reduce the tendency to easy bruising
Sprains, strains and fractures
Immediately after dental work (esp. extractions) and surgical operations
After over-exertion such as climbing, running, gardening, keep-fit etc. where the muscles feel achy, sore and bruised
Over-use of any organ or muscle; heart attack from over-exertion.
During & after childbirth, especially if prolonged or difficult
For the long-term after-effects of an accident, injury or wound in the past - e.g. headaches following a head injury
Jet-lag - take before, during and after the journey
After head injury, concussion, stroke, brain haemorrhage esp where mental function is affected. Haematoma.
Influenza or whooping cough with sore, bruised, aching pain

Key Symptoms
Sore, bruised sensation; bed feels too hard & cannot get comfortable
Fear of being touched or approached; says nothing is wrong; sends the doctor away

Modalities
< Exertion < Touch < Shocks < Jarring

Rhus Tox

Rhus Tox is known as poison ivy or poison oak & is native to the USA.

Affinities
Muscles. Nerves. Joints. Tendons. Skin. Mucus membranes. Inter-cellular tissues. Left Side.

Aetiologies
Sprains & Strains. Over-exertion. Over-lifting. Over-stretching. Muscular Injuries. Getting wet, esp. when over-heated.

Therapeutic Indications
Muscular, back & joint pains with restlessness & stiffness < on first motion > continued motion
Sciatic, neuralgic or rheumatic pain; Tearing pains < cold, damp > warmth
Whiplash injuries with tearing pain & stiffness > warmth.
Cracking of joints when stretching.
Vesicular skin eruptions with intense itching.
Cold sores on lips, mouth, chin. Jaws crack on chewing.
Shingles, esp. on scalp. Erysipelas. Cellulitis. Moist eczema.
Rheumatism following old injuries < cold damp, change of weather, cold bathing

Key Symptoms
Pain + Stiffness < on first motion
Restlessness, can't get comfortable; constantly changing position

Worse
Getting Wet. Cold, damp conditions. First Motion. Over-exertion. Before storms. Left Side.

Better
Warmth. Hot bath or shower. Continued Motion. Change of position. Rubbing.

Ruta

Ruta Graveolens is the common Rue, also known as Herb of Grace & has a long tradition of herbal use. Mentioned in Shakespeare's All'w Well that Ends Well.

Affinities
Tendons. Cartilage. Fibrous Tissue. Joints. Periosteum. Hamstrings. Lower back.

Aetiologies
Over-Exertion. Repetitive Strain Injury. Sprains. Strains. Injuries to joints. Sports injuries. Torn Ligaments.

Therapeutic Indications
After sprains where pain, weakness & lameness remain.
Wrist ganglion. Bursae. Hard deposits on periosteum, tendons, joints.
Bruised pain in bones. Fibrositis. Bursitis. Carpal Tunnel Syndrome.Tendonitis.
Tennis Elbow. Housemaid's knee.
Eye strain from too much close work, studying etc. Eyes red, hot & inflamed. Disturbances of accommodation. Headache from eye strain.
Backache > pressure > lying on back < morning before rising
Sciatica worse lying down at night

Key Symptoms
Lameness remaining after sprains. Weakness in tendons & joints following injuries.
Legs give out when rising from a chair
Sore, bruised, aching pains with restlessness & weariness.

Worse
Cold, wet weather; Lying; Sitting

Better
Warmth. Lying on Back. Motion.

Accidents - Injuries - Falls - Sprains

Swollen - Sore - Bruised - Bleeding
Shock - Concussion → **Arnica**

Muscle & Nerve Pain - Stiffness → **Rhus Tox**

Tendons - Cartilage - Joints - Weakness → **Ruta**