



Homeopathic First Aid Kit



REFERENCE GUIDE HANDBOOK
for the home prescriber

OLD EARTH APOTHECARY

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How this kit is designed to be used

When choosing a remedy, look up the symptom from the contents page and then select a corresponding remedy with a similar “symptom picture”. Find the best fitting match for your symptom.

In homeopathy, we aim to match the frequency of dosing with the severity of symptoms. For intense conditions, such as a fever or a burn, dosing frequently such as every 5 minutes to an hour is ideal. For moderate conditions, dosing every 3-4 hours is recommended. As the condition starts to improve, slow down or consider stopping dosing altogether.

Homeopathic medicines are considered safe to use with infants, children, in pregnancy and the elderly, and generally will not contraindicate any other medicines taken.

The guidelines in this handbook are for the treatment of simple and acute complaints. In the case of emergencies and serious accidents, seek professional help immediately. For chronic, persistent conditions a consultation with a qualified homeopath is ideal for individualized prescribing.

Taking a dose ~~~~~

To take a dose, remove the cap of the selected remedy and place 2-3 drops under the tongue, 10 minutes away from food or drinks, being careful not to touch the dropper to the mouth and contaminate. This is an ideal way to dose if you are simply dosing once or twice a day. For more intense, acute conditions where more frequent dosing is required, place 2-3 drops of the remedy into a bottle of water that contains approximately 250 mL of water. Seal and shake the bottle vigorously as this will medicate the medicine, which will then be sipped for each subsequent dose. Repeat this process of preparing a fresh bottle each day, if required.

Now that you have dispensed your stock liquid into water for rapid dosing situations, every sip from that bottle is considered a potent dose. If you have an infant who cannot swallow much liquid, syringe or spoon tiny doses of the medicated water bottle into the mouth. Aim to get enough water in to wet the mouth, though it does not need to be enough to swallow.

Homeopathy is not like pharmaceutical dosing where it gets less powerful as it is more diluted, nor where an infant can tolerate less. Infants can be dosed at the same frequency as adults - every 5-10 minutes for intense conditions and every 4 hourly or daily for moderate conditions.

About your remedies

Homeopathic medicine must be dispersed in water only. Other liquids such as juice or breastmilk do not allow the remedies to disperse as they do into water which holds the molecular structure of the medicine.

The potencies of the medicines in this kit are Fibonacci homochords which means they combine 10 centesimal potencies in the Fibonacci sequence including 3, 5, 8, 13, 21, 34, 55, 89, 144 and 233. We find these potencies are incredibly powerful with fewer aggravations as the body takes what frequency it needs from the homochord to stimulate the healing response.

These remedies are kept in a high concentration of alcohol, which will preserve them for a minimum of 2 years. Please store them out of direct sunlight, in a cool place, away from electronic devices such as wifi routers.

Within this kit, you will find 30 of the most important homeopathic remedies for first aid prescribing at home: **Aconite, Allium Cepa, Apis, Arnica, Arsenicum Album, Belladonna, Bellis Perennis, Bryonia, Cantharis, Chamomilla, Cocculus, Colocynthis, Cina, Coffea Cruda, Ferrum Phos, Gelsemium, Hepar Sulph, Hypericum, Ignatia, Ipecac, Ledum, Merc Sol, Nux Vomica, Oscillococtinum, Pulsatilla, Rhus Tox, Ruta Grav, Spongia Tosta, Staphysagria, and Thuja.**

ABDOMINAL PAIN, CRAMPS AND COLIC



BELLADONNA: Hot, flushed and restless with a distended, hot abdomen. Better bending backwards. Worse from jarring, pressure and touch.

COLOCYNTHIS: Draws the knees up, writhes with sharp, cutting pains. Irritable and angry. Better for warmth, pressure, bending double over and passing wind.

CHAMOMILLA: Severe, unbearable pain, abdominal bloating like a drum. Draws the knees up. Green diarrhoea like chopped spinach. Irritable and crying. Can't be pleased. Better from being carried around. Worse when teething.

NUX VOMICA: Severe bloating and pressure. Constipation. Irritability. Arches backwards. Worse from overeating. Often a result of periods of overindulgence.

BITES AND STINGS

APIS: Bee, hornet and wasp stings. Rosy, red, shiny swelling which burns and stings. Worse from heat and touch.

HYPERICUM: Bites and stings like spider bites with darting or shooting pains. Helps reduce inflammation and prevent infection.

LEDUM: Mosquito bites or insect bites where the affected area is puffy, cold and white or purplish and mottled. Worse from jarring and warmth. Animal bites.

STAPHYSAGRIA: Large insect bites that itch violently. Stinging pain.

BURNS, SCALDS AND SUNBURN

APIS: Burns with a burning, stinging sensation. Swelling like a bee sting.

BELLADONNA: Burns and sunburn where the skin is red, hot, shiny and throbbing and the pain is worse from touch. In sunstroke the face is flushed and the head pounding.

CANTHARIS: For simple burns, scalds, sunburn with rawness and smarting. Burns and sunburn with large, painful blisters containing clear or bloody fluid.

GELSEMIUM: Droopy, drowsy or stupefied after too much sun exposure. Headache is like a tight band.

COLDS, FLU AND RUNNY NOSES

ACONITE: First stage of cold with sudden onset of symptoms. Onset often occurs after exposure to cold wind. Flushed with a hot head but cold body. Dry cough, burning and tickling in the throat which may be sore. Symptoms also occurring after sudden shock or upset. Best taken within the first 24-48 hours of onset.

ALLIUM CEPA: Profuse, clear, acrid nasal discharge. Watery eyes. Violent sneezing.

BELLADONNA: Sudden onset, fever, flushed face, throbbing headache, hacking cough. Sore throat, often right sided. Profuse, clear, acrid nasal discharge and sneezing.

HEPAR SULPH: Later stage cold with thicker yellow/green mucous. Cough is rattly and loose. Sore throat with splinter like sensation.

GELSEMIUM: Flu like symptoms with aches, pains and droopy, drowsy fatigue. Chills and shivers up the spine.

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COLDS, FLU AND RUNNY NOSES



MERC SOL: Excessive saliva, catarrh and sweating. Bad taste and offensive breath. Thick yellow nasal discharge. Swollen glands.

NUX VOMICA: When the nose is blocked or may be running during the day but stopped up when inside at night. Throat is sore and sensitive. Frontal headache. Chilly, irritable and worse from motion and uncovering.

OSCILLOCOCCINUM: Indicated for flu-like symptoms including fatigue, headache, body aches, chills & fever.

RHUS TOX: Moderate to high fever. Aching and restless with chills and sweating. Stiffness and desire to stretch. Dry mouth, lips and tendency to cold sores. Flu often brought on by exposure to cold or wet weather exposure.

PULSATILLA: Third stage sickness with thick, yellow discharge and loss of smell and taste. Appetite is poor, no thirst. Rattly cough and thick yellow mucous. Ear pains caused by congestion.

CONJUNCTIVITIS AND EYE CONDITIONS



APIS: Eyelids are heavy, shiny and swollen. Stinging pains, better from cold applications, worse from heat.

BELLADONNA: Bright red eyes. Dry and inflamed. Throbbing pains and very sensitive to light. Dilated pupils.

PULSATILLA: 'Sticky eye' with profuse yellow or greenish, sticky discharge. Lashes stick together. At the onset of a sty.

RUTA GRAV: Eyestrain from prolonged use. Stiffness, burning and redness of the eyes after overuse. May accompany headache.

COUGHS

ACONITE: Dry cough with sudden onset. Worse for exposure to dry, cold wind and around midnight. Croup.

SPONGIA TOSTA: Dry cough, dry mucous membranes, dry tickling in throat that causes cough. Constriction in throat. Dry asthma. Feels chilly. Wakes at night with suffocated feeling.

BELLADONNA: Dry, barking cough with pounding headache. The cough comes on suddenly with high fever. The face goes red with coughing. Worse lying down and worse at night.

BRYONIA: Cough develops slowly and is dry and hard with pain under the sternum. The person may clutch or hold their chest from the painful cough.

HEPAR SULPH: Loose, noisy, barking cough with yellow green mucous. Feels as if needle or splinter in the throat. Croup. Worse from colds and drafts, better from warm moist air.

IPECAC: Wheezing cough with difficulty breathing. Suffocative and can cause vomiting. Nasty cough that can cause children to go blue in the face. Can accompany nausea and vomiting.

PULSATILLA: Loose cough with yellow phlegm. Worse in the morning on waking, dry at night. The person likes company and comforting.

CONSTIPATION

Recurrent or chronic constipation often indicates the need for a constitutional prescription to resolve the underlying problem and would require a case taking from a qualified homeopathic physician.

BRYONIA: May have no desire for days. Large, dry, hard stool which is painful to pass. Strong desire for cold drinks.

NUX VOMICA: Caused by stress, abuse of drugs or laxatives, rich food, alcohol, coffee or change in routine. There may be frequent but ineffectual desire or only a little is passed and the rectum still feels full after.

CYSTITIS, UTIS AND BLADDER CONDITIONS

APIS: Constant urge. Burning and severe stinging pains. Increased volume of urine. Thirstless.

CANTHARIS: Burning pain and constant desire but can only pass a few drops. Sharp pains before and during urination.

STAPHYSAGRIA: Burning before and during urination. 'Honeymoon cystitis' after new or frequent sexual activity. Frequent UTI occurrence.

DENTAL CONDITIONS AND TEETHING



ACONITE: Toothache with stabbing pain. Worse after exposure to cold wind, cold food and ice cream. Restless and anxious.

ARNICA: For post-surgery to improve healing and for lengthy dental procedures.

BELLADONNA: For toothache or abscess with sudden onset, swelling, redness, intense heat and throbbing. Gums hot and swollen. Flushed, congested face.

CHAMOMILLA: For teething with irritability and crying, can't be pleased.

HEPAR SULPH: Infected abscess and chronic abscess.

HYPERICUM: For nerve pain. Post surgery or dental procedure to increase healing, often combined with arnica.

MERC SOL: Unhealthy, bleeding gums. Foul breath. Mouth ulcers. Inflamed gums. Septic sore throat.

DIARRHEAH, VOMITING, NAUSEA, BLOATING



ARSENICUM: Most common gastro remedy. Vomiting and diarrhea with burning pains. Food poisoning and traveller's diarrhea.

COCCULUS: Empty, hollow feeling with aversion to food. Motion sickness, morning sickness and jet lag. Exhausted, worn out, trembling. Useful for vertigo, pregnancy or migraines.

IPECAC: Nausea not relived by vomiting. Morning sickness. Diarrhea in spasms, offensive, yellow green and frothy. Headaches with nausea.

MERC SOL: Diarrhea, worse at night with great straining. Never feels finished. Sour smelling or offensive.

NUX VOMICA: Cramping pains coming on 2-3 hours after eating. Worse from over-indulgence in food or alcohol. Nausea, heartburn and heavy, bloated feeling. Constipation.

EAR CONDITIONS

ACONITE: Sudden onset after exposure to cold, dry winds and sudden cold, wet weather. The ear is red, hot and painful. Thirsty. Worse in the evening or around midnight. Better for warm applications.

BELLADONNA: Sudden onset with violent pain and throbbing. Often right sided and may extend to the throat. Screams from the pain. Hot head, cold limbs. Fever and delirium. Worse from warmth, touch, noise and movement.

CHAMOMILLA: Stabbing, tearing pain. Angry, irritable, restless and sensitive. Can't be pleased. Better for pacing or being carried.

FERRUM PHOS: Early stages with slight symptoms and generally feeling "off colour".

HEPAR SULPH: Inflammation and when pus is forming, before discharge. Whizzing, throbbing sounds in the ear. Worse from touch and cold air.

PULSATILLA: Ear red and swollen. There may be thick yellow/green discharge. Pain from congestion, as if pressure is pushing the drum out. Clingy and desires consolation. Helps relieves blocked eustachian tubes.

FEVER

ACONITE: Rapid onset, often during the night after exposure to weather. Hot, dry skin, restless, anxious. Best taken within the first 24-48 hours.

BELLADONNA: Sudden onset, high fever, red face and hot skin. Throbbing pains. Head hot and extremities cold. Delirious. Convulsions during fever.

BRYONIA: Slow onset of fever, intense thirst and irritability with a desire to be left alone and stay very still.

CHAMOMILLA: Especially in young children when teething. Irritable and cranky.

FERRUM PHOS: For mild fever or in the early stages of feverish complaints when the person generally feels "off colour".

GELSEMIUM: Fever with heavy, droopy feeling. Tiredness, chills, weakness and shivering.

HAYFEVER

ALLIUM CEPA: Streaming nose and eyes. Nasal discharge irritates the nostrils. No sense of smell. Nose feels blocked despite the discharge. Burning eyes.

ARSENICUM: Violent sneezing due to itch and tickle in the nose. Swollen throat. Profuse nasal and eye discharge which burns. Irritable and restless.

GELSEMIUM: Eyes heavy and swollen. Sneezing. irritating discharge and tingling nose. Sore throat like a lump and dry cough. Apathetic, listless.

NUX VOMICA: Light sensitive eyes. Stuffy nose, obstructed breathing. Itching inner ears. Headache. Irritable, chilly, oversensitive.

PULSATILLA: Yellowish mucous of the nose, can be dry and constricted. Chilly but averse to heat and stuffiness. Better in the open air and from company.

HEADACHE



BELLADONNA: Throbbing and congestion, flushed face. Worse in the sun or from jarring or sudden movement.

BRYONIA: Sharp, stabbing pain. Much worse from movement, even just the eyes. Better from lying quietly in a dark room.

GELSEMIUM: Dull, congestive headache and a heavy drowsy feeling. Like a tight band around the head.

NUX VOMICA: Frontal headache with piercing pain and tension in the neck especially after over-work, late nights or over-indulgence.

INJURIES, BRUISES, WOUNDS, CUTS AND POST-SURGERY



ARNICA: Acute injury, bruising, bumps. Marked soreness and tender to touch. For labour, dental procedures and other surgeries. Promotes healing of soft tissue. Relieves sore muscles after exertion or exercise.

BELLIS PERENNIS: For bruises, sprains, and injuries when Arnica fails to help. Pain from trauma and bruising to the deeper tissues during surgery. Swelling following injury or surgery, if Arnica hasn't helped.

HYPERICUM: Reduces pain and addresses nerve damage. Often used for sharp shooting pains. Helps prevent inflammation and promotes healing post-surgery.

HEPAR SULPH: Acts as an antiseptic for local inflammation. Indicated for pus.

LEDUM: For puncture wounds, cuts, scratches and animal bites. Has an antiseptic affect. Inflammation from mosquito bite. Ledum follows Arnica well when bruises have turned black, for black eyes and sprains as it helps to cleanse the blood and restore tissues.

MENTAL AND EMOTIONAL

ACONITE: Acute, panicky fear and restlessness following sudden severe stress, shock or from a 'close call'. Nightmares.

ARSENICUM: Extreme mental and physical restlessness, particularly at night. Anxiety in perfectionist, high achievers. Don't like change.

COCCULUS: Anxiety brought on from exhaustion, excessive worry, sleeplessness. Very common remedy for exhausted mums being up all night caring for a baby.

COFFEA CRUDA: Highly strung nervous system. Over-excited, overstimulated. Over-active mind and can't calm down. Difficulty falling asleep and insomnia, or headaches.

GELSEMIUM: Anticipatory anxiety and dread before an event.

IGNATIA: Acute emotional upsets, shock, hysteria, emotional and mental strain. Lump in the throat. Changeable moods, appetite and sleep patterns due to emotional upset. Tics, twitches, paralysis, missed periods, hair loss, insomnia, or anxiety following the upset.

STAPHYSAGRIA: Easily offended and sensitive to rudeness. Suppressed emotions such as anger, indignation and violation.

MUSCLE ACHES AND JOINT PAINS



ARNICA: First remedy indicated for pain after injury or overstrain. Bruised feeling. The bed feels too hard.

ARSENICUM: Sciatic pain especially in the elderly. Burning pain down leg, cramping in calves.

BRYONIA: Stabbing pain which is better for staying very still. Don't want to be moved and irritation and pain on movement.

HYPERICUM: Any nerve pain or damage. Sciatica. Pinched neck. Sharp, shooting or tingling pains. Injuries to the coccyx.

RHUS TOX: Pain and stiffness from overexertion or cold damp weather. Arthritis. Worse initially then better for movement. Cramping sciatica pain, stiffness in lower back. Worse for cold. Must move.

RUTA GRAV: Pain and stiffness of joints and tendons from overuse, strain, injury. RSI. Bursitis. Tendonitis. Rising from a chair is difficult and person feels as though the joint will "give way". Worse for cold, damp weather. Better for warmth and gentle movement.

PARASITES AND WORMS



CINA: Gastrointestinal worms and/or parasites. Anal itching and appetite changes. Often irritability. Frequent picking and rubbing of the nose, with a boring the finger deeply into the nose to relieve itching.

Dose every second day for 8 weeks to address the life cycle of the parasites and clear symptoms. It is important to remember that whilst clearing parasites can elevate health, we need to address the root cause of why parasitic infections are prospering in the first place.

Try to achieve a strong 'terrain'; a diverse gut microbiome which is low in toxins. If worms and parasites continue to re-infest, further investigation and treatment may be required.

SKIN CONDITIONS

Constitutional treatment with a homeopathic physician is recommended for chronic skin conditions such as eczema or psoriasis, though you may find relief with the remedies in this kit. If symptoms persist, a homeopath may help you find the root cause.

APIS: Hives. Generalised urticaria. The skin lesion is swollen, hot, red, and very itchy or burning. Worse from becoming overheated, better for cold applications. Swelling of lips or around eyes.

BELLADONNA: First stage of outbreak of acne, boils or eruptions where the area is red, hot, swollen and sensitive. May be pustules.

HEPAR SULPH: Boils, abscesses, ances and suppurating sores. Red, painful pustules. For infections that occur easily with little cause.

RHUS TOX: Restless and very itchy. Prickly heat. Shingles and chicken pox. Vesicles and blisters.

SPRAINS

ARNICA: Acute sprains, muscle or tendon injuries. Worse for touch, motion and pressure. Aversion to be examined - "It's okay, I'm fine, just leave me alone."

BELLIS PERRENIS: For sprains where person feels bruised and sore, and when Arnica fails to help. For swelling when Arnica hasn't helped.

RHUS TOX: Sprains with annoying, stiff, painful, restless feeling. Worse when first beginning to move but better after continued movement. Better for heat and hot bathing.

BRYONIA: Severe pains with sharp, excruciating, stitching or sore pains. Worse from the slightest motion and worse from heat. Better for keeping perfectly still with pressure and cold applications.

SORE THROAT AND TONSILITIS

ACONITE: Sudden onset, especially after exposure to cold, dry wind. Dry, tingling burning pain, worse for swallowing or talking. Fever and thirst.

APIS: High fever. Burning, stinging pains or painless. Swollen purple-red throat. Often right sided. Better for sucking ice.

BELLADONNA: Rapid onset with pain on swallowing. May radiate to ears. Feverish with red face and dry, hot skin. Throat is red and shiny. Right sided.

HEPAR SULPH: Splinter like pains. Throat is sore and sensitive to touch. White pits full of pus and debris.

MERC SOL: Swollen, infected tonsils and burning pain into the ears. Foul breath, flabby tongue. Profuse saliva and sweat. Intense thirst with dry mouth.

DISCLAIMER



While the contents of this book are intended to help in the treatment of acute illnesses, the treatment of chronic, persistent conditions requires professional homeopathic prescribing which is a more in depth process.

The information in this handbook does not replace any advice from a medical professional. And application of the recommendations set forth in this book are at the home prescriber's discretion. Please consult a medical professional in cases where you are unsure or require specific medical advice.

This reference handbook is derived from Dr. Roger Morrison MD in his Desktop Companion and Jan Owen in her published work Homeopathy for the Home Prescriber.