

Homeopathy for First Aid & Injuries: Keynote Reminders Chart—Miranda Castro FSHom, RSHom(NA), CCH

Full Name & Abbreviation/s	Source	Keynotes	Type of Injury	Modalities
Aconitum napellus (Aconite or Acon.)	Monkshood	Sudden. Fear death. Looks scared. Restless.	SHOCK. Hemorrhage. Pre-surgery. Eye injury (Arnica/eye).	Thirsty. Worse touch. Wants fresh air.
Apis Mellifica (Apis)	Honey bee	Restless. Heatstroke. Stinging/Burning (itches).	Bites. Inflammations. ANAPHYLAXIS (from bites/stings).	Rosy red swelling. Worse heat. Better cold.
Arnica montana (Arnica or Arn.)	Leopard's Bane	Says they are well. Delayed shock. Bad dreams.	SOFT TISSUE injuries w/swelling. Head injury. Post-surgical.	Sore/bruised pains. Worse touch/pressure bed.
Belladonna (Bell.)	Deadly nightshade	Sudden. Violent symptoms. Dilated pupils.	Hemorrhage (bright red or dark/clotted). Sunstroke.	Thirstless. Worse heat.
Bellis perennis (Bellis or Bell-p.)	Common daisy	Intense soreness (not alleviated by Arnica).	Soft tissue injuries esp. abdominal (Arnica/pelvis), glands.	Sore/bruised pains. Better cold. Worse heat.
Bryonia alba (Bryonia or Bry.)	Wild hops	Sharp, stitching pains. Irritable. Talks about work.	Sprains/strains. Fractures. Injuries to joints.	Worse slightest movement. Better pressure.
Calcarea fluorica/fluorata (Calc fluor or Calc-f.)	Fluoride of Lime	Cell salt. Supports health of bones/teeth.	Fractures. Bone spurs esp. after injury.	
Calcarea phosphorica (Calc phos or Calc-p.)	Phosphate of Lim	Cell salt. Supports health of bones/teeth.	Fractures. Bones slow to heal. Growing pains.	Pale. Chilly.
Calendula officinalis (Calendula or Calen./Cal.)	Marigold	Pain out of proportion to injury.	Grazes/cuts/post-surgical. Clean wounds. Prevents sepsis.	Injured epithelial tissues.
Camphora (Camphor or Camph.)	Camphor	Icy cold. Fear death.	Shock. Collapse after injury. Pulse weak.	Doesn't want to be covered. Cold sweat.
Cantharis (Canth.)	Spanish fly	Burning pains.	Burn and scalds: 2 nd degree.	Better for cold applications.
Carbolicum acidum (Carb-ac.)	Carbolic acid (phenol)	Swelling face/tongue. Cold sweat. Prickling all over.	Anaphylaxis (from bites/stings). Where Apis doesn't help.	Urticaria (whole body), that burns/prickles.
Carbo animalis (Carb-an.)	Ox hide charcoal	Burning pains with distension	Post laparoscopic or abdominal surgery.	Worse lying down. Better sitting/passing gas.
Carbo vegetabilis (Carbo veg or Carb-v.)	Wood charcoal	Cold, sweaty (cold) and faint.	Shock with collapse. Great weakness with "air hunger".	Wants a fan, fresh air.
Causticum (Caust.)	Hahnemann's tincture	Slow to heal. Burns like fire/raw wound.	Burns: 3 rd degree with blisters. Deep. Chemical.	
Cinchona officinalis (China or Chin.)	Peruvian bark (quinine)	Sweaty/pale. Faint. Ringing in ears.	Collapse from loss of fluids. Chilly.	Worse touch.
Cocculus indicus (Cocculus or Cocc.)	Indian cockle	Dizzy. Dazed. Exhausted. Trembling.	Worn out carers. Travel sick (incl. jet lag). Loss of sleep.	Better lying in a quiet, warm room
Conium maculatum (Conium or Con.)	Poison hemlock	Stony hard, painful lumps remain after injury.	Injuries to glands (breasts/testicles).	
Gelsemium sempervirens (Gelsemium or Gels.)	Yellow jasmine	Paralyzed with fear. Dazed and confused.	Shock. Pre-surgical anxiety. Jetlag.	Weakness with heaviness. Thirstless.
Glonoinum (Glonoine or Glon.)	Nitro-glycerin	Flushed/red face. Violent headache w/throbbing.	Sunstroke. Esp. where Belladonna doesn't help.	Worse heat.
Hammamelis virginiana (Hammamelis or Hamm.)	Witch Hazel	Passive. Oozing.	Hemorrhage (dark). Injuries to veins.	Exhausted, weak. Not worried (passive).
Helleborus (or Hell.)	Snow rose	Mental dullness. Sighs. Difficulty concentrating.	Concussion/head injury.	Better concentrating.
Hepar sulphuris (Hepar sulph or Hep-s.)	Hahnemann's calcium sulphide	Pains sharp, like splinters/needles.	Wounds slow to heal, inflamed w/swollen glands.	Worse cold, better heat.

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Ignatia amara (Ignatia or Ign.)	St Ignatius bean	Sighing. Sobbing (on own). Cannot sleep. Headache.	Loss after injury or surgery.	Worse consolation. Better alone.
Ipecacuanha (Ipecac or Ip.)	Ipecac root	Nausea no better for vomiting.	Hemorrhage (bright red). Nausea after blood loss.	Thirstless. Worse heat. Clean (shiny) tongue.
Kali bichromicum (Kali bich or Kali-b.)	Bichromate of potash	Deep. Painful. Punched out. Slow to heal.	Burns: 4 th degree, w/ulcerations. Electrical/chemical burns.	
Kali phosphoricum (Kali phos or Kali-p.)	Phosphate of potassium	Cell salt. Skin feels tight around scars.	Post-surgical constriction.	
Lachesis (Lach.)	Bushmaster snake	Purple, mottled. Can ooze dark blood.	Snake and spider bites. Esp. brown recluse spider bites.	Worse heat.
Ledum palustre (Ledum or Led.)	Marsh tea	Prevents sepsis.	Puncture wounds. Tic bites. Injury to eye (black eye).	Part feels cold, is better cold.
Myristica sabifera (Myristica or Myris.)	Brazilian ucuba	Infection with abscess from splinter/foreign object.	Bites/wounds. Where Silica doesn't help.	Area is swollen (doughy).
Natrum carbonicum (Nat carb or Nat-c.)	Carbonate of carbonate	Chronic effects of sunstroke (headache/exhaustion).	Heat stroke/exhaustion, sunstroke.	Weakness with heaviness.
Natrum sulphuricum (Nat sulph or Nat-s.)	Phosphate of Sodium	Depression and/or headache.	Head injury.	Worse cold damp or humid weather.
Opium (Op.)	Opium	Spaced out (stupefied). Fear after shock or surgery.	Shock. General anesthetic. Where Aconite doesn't help.	Images of the event when awake. Sleeps OK.
Phosphoric acid (Phos ac. or Ph-ac.)	Phosphoric acid	Apathy. Exhaustion. Pale.	Shock. Loss of fluids.	Thirstless.
Phosphorus (Phos.)	Phosphorus	Small wounds bleed a lot.	Hemorrhage (bright red) after dental work/childbirth.	Electric shock. Lightning strike.
Pyrogenium (Pyrog. or Pyr.)	Pyrexin	With high fever. Pulse rapid.	Septicemia. After surgery/childbirth/injury etc.	Thirsty. Extreme chilliness, worse cold.
Radium bromatum (Rad brom. or Rad-b.)	Radium bromide	Burns are slow to heal. They itch and burn.	Burns from radiation treatments. With rashes.	
Ranunculus bulbosus (Ran-b.)	Buttercup	Stitching/stabbing pains in spots. Cannot rest.	Injuries to joints. RSI. Where Rhus-t./Bry. don't help.	Worse motion. Worse cold. Sits bent forward.
Rhus toxicodendron (Rhus tox or Rhus-t.)	Poison ivy	Rusty gate. Stiff. Restless.	Injuries from sprains/strains. Joints/ligaments. Overlifting.	Better heat. Worse first/continued motion.
Ruta graveolens (Ruta)	Rue	Stiff and lame. Bruises heal slowly, leave knots.	Sprains/strains. Joints, periosteum (esp. shins). Eye strain.	Worse night/lying. Better warmth
Silica (Silicea or Sil.)	Flint	Cell salt. Abscess from splinter/foreign object.	Inflammation with swollen glands. Wounds slow to heal.	Painful suppurations. Scars break open.
Sol	Sunlight		Sunburn. Never well since a burn. Radiation burns	
Staphysagria (Staph. or Stap.)	Stavesacre	Feels 'injured', humiliated/indignant. Resentful. Angry.	Puncture wounds. Post-surgery/childbirth/dental anything.	Pains severe/cutting/tearing. Worse touch.
Strontium carbonicum (Stront-c.)	Strontium carbonate	Weak ankles.	Sprains/strains recurring (same place). Chronic sprains.	Better wrapping/heat.
Sulphuric acidum (Sul-ac.)	Sulphuric acid	Black and blue and stiff from bruising.	Bruises are slow to heal. Where Arnica doesn't help.	Worse heat.
Symphytum (Symph.)	Comfrey, Boneknit	Very painful. Sore, sticking pains.	Fractures. Injury to eyeball/bone around eye. Black eye.	Speeds the healing of broken bones.
Thiosinaminum (Thios.)	Mustard seed oil	Lumpy/keeloid scars.	Scars. Adhesions.	
Urtica urens (Urt-u.)	Stinging nettle	Simple burns with stinging/itching.	Burns: 1 st degree, and scalds.	