

## NATURAL FIRST AID

**Your child falls over on the pavement. They take the skin off the palms of their hands and their knees. You pick them up and cuddle them but they cry out in shock and pain...and clearly some form of first aid treatment is required...**

This is a common scenario, particularly with infants and young children. The term 'First Aid' is commonly used to describe the actions and treatment options following injuries arising from accidents and emergencies, some major, others minor. Some injuries will be serious requiring treatment by trained professionals. But, what about those less serious injuries? Many don't really need professional treatment, but usually some form of treatment is required. In the scenario outlined above the grazes need cleaning and dressing and the child needs something soothing for the pain and also something to prevent infection and promote healing.

**But ... what safe treatment options are there that can be used with young children you might ask?**

Some products are either not appropriate for young children and infants or cannot be used for extended periods. It is also very easy to make mistakes in stressful situations and even seemingly safe everyday preparations can present dangers for young children and infants. Recent New Zealand headlines have told us *"drug induced deaths represent three times the road toll"* (*The Daily Post*, 12/2005). With headlines like these and concerns about side effects, drug interactions etc, some people are looking for more 'natural' and safer products to meet their everyday first aid needs. Unfortunately, not all "natural" products have high safety profiles either and some can be toxic if used inappropriately.

Fortunately, Homoeopathic Science has a comprehensive understanding of the preparation and use of many natural medicines. Homoeopathic remedies are ideal in first aid situations as they have an excellent safety profile, are easy to use, can be used by people of all ages and can be used together with other medications and/or forms of treatment.

Homoeopathic remedies offer options for burns, bruising, shock, sprains, strains, wounds, crush injuries to fingers and toes, sheer exhaustion, insect bites and so the list goes on. For example, in the above scenario, you could use the following homoeopathically prepared oral remedies: Arnica to assist the body's natural response to injury and trauma and Arsenicum.Alb to assist the body's defences against infection through the wound. You could also use diluted Hypericum and Calendula tincture applied topically to clean and dress the wound as well as soothe the local area. (*Note: Application of herbal Arnica topically on broken skin and wounds is not advised*)

Globally, many health professionals and people generally are using Homoeopathic remedies in many types of first aid situations, for example; Cantharis with burns, Arsenicum.Alb with infections from wounds, Ledum with mosquito bites and puncture wounds, Symphytum with fractures, Kali Bichromicum with lumbar spine disc injuries, Hypericum with nerve and crush injuries, Ignatia with emotional shocks and Aconite with fear. Some Homoeopathic remedy manufacturers have even formulated combination homoeopathic remedies for common every day first aid needs making it easier to select and use appropriate remedies in first aid situations.

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