



‘Forest Fires’ Emergency Help – Homeopathic Remedies to the rescue!

*****ALL COMPLAINTS SHOULD BE GIVEN PROFESSIONAL MEDICAL ATTENTION ASAP*****

1st AID MUST HAVE HOMEOPATHIC REMEDIES

Aconitum napellus (C200): This remedy is indicated for all events that are sudden and shocking. All situations and events that come as a surprise or have not as such been experienced call for this remedy. Any event that happens without a warning calls for *Aconitum*. There is great anxiety and fear. Fear for life even. This can be the case where there has been an accident, a sudden injury, a forest fire, an earthquake. The individual is tense, greatly nervous and anxious, restless, overwhelmed, excited and irritated. There is a disposition to want to walk away from the situation or the place of anxiety.

Sulfuricum Acidum (C30): This is one of the go to remedies for complaints of intoxication with smoke of fumes. In forest fires, the inhalation and exposure of ‘too much’ fire smoke can cause symptoms of tension & pressure in the eyelids with irritation and cutting pain in the eyes. The headache is one of a compressed pressure. There may also be vertigo.

Dryness, roughness and a sore feeling of the throat may be present. If there is a cough, this may produce a slimy expectoration.

The person needing this remedy may be nervous, irritable, anxious, confused, hurried and may exhibit symptoms of exhaustion, lethargy, loss of vigor and bodily strength, headache, cold sweats, trembling.

Grindelia (C30): This is a remedy that may help where much fumes and smoke have been inhaled and have caused difficulty breathing/dyspnoea. This remedy acts on the pulmonary circulation. There may be wheezing and oppression in the lungs with a foamy, profuse and tenacious expectoration that is difficult to detach. The normal breathing has interruptions that may even prevent sleeping. The individual cannot breath lying down and must sit up, and may start from sleep and gasp for breath.

The individual is greatly exhausted.

SPECIFIC HOMEOPATHIC REMEDIES for:

***SHOCK / TRAUMA / ANXIETY (The remedies for shock are suggested in the potency of C200)**

Aconitum napellus: Sudden and very severe onset of a state. Where an incident shocks, or produces great anxiety, as for example following an accident, an injury, or an uncomfortable experience. Any event that happens without a warning calls for this remedy. There is great tenseness, anxiety, nervousness, and irritability. There is a disposition of the individual to want to walk away from the situation or place of anxiety.

Gelsemium sempervirens: This remedy is needed where shock, fright, fear or other emotional excitement, comes from the receipt of bad news for example, and can lead to ill effects, even physical ailments. There is great weakness, on the physical and mental level. The individual may exhibit symptoms such as weakness, an increased need to pass urine, diarrhoea and trembling. In this state it is difficult to think or concentrate.

***Rescue-remedy:** *Rescue-remedy is not a homeopathic remedy. Rescue is the most widely known remedy of the Bach flower essences. This complex preparation is an emergency formula intended to provide relief, and enable immediate treatment in cases of crisis, trauma and stress. It is said to relax, calm, and lower stress.*

(The below following remedies are suggested in potencies 6D/X, 12 D/X, 6C, or 30C)

***INTOXICATION (inhaling of fumes/smokes)**

Remedies for specific symptoms that could result on account of prolonged exposure to fumes and smoke.

-THROAT

Apis mellifera: This remedy is indicated where there is throat pain with dryness, burning and stinging, and the throat may be swollen inside and out with a sensation of constriction. Respiration and swallowing is difficult and the voice is hoarse.

Gelsemium sempervirens: The throat may feel constricted, dry and burning. The voice is hoarse and the tonsils are swollen, and feel rough. There is difficulty swallowing, with a sensation of a lump in the throat that cannot be swallowed. Swallowing causes pain in the ears. There is thirstlessness.

Sulfuricum Acidum: As mentioned above this a remedies for complaints of intoxication with smoke of fumes. In forest fires, the inhalation and exposure of 'too much' fire smoke can cause symptoms such as dryness, roughness and a soreness of the throat.

-DYSPNOEA & COUGH

Aconitum napellus: Where the cough comes on suddenly and violently *Aconitum* is indicated. It seems every new breath, every inspiration leads to a cough. There is a repeated desire to cough that is caused by a tickling and irritating sensation in the larynx. The cough is dry, hoarse, even croaking.

Arsenicum Album: There is shortness of breath/**dyspnoea** upon slightest exertion and the sensation of constriction in the throat with anxiety. There is a fear of suffocation The individual is weak, restless and exhausted.

Bryonia alba: This cough is of a short, violent, dry, hacking character. There is pain and soreness in the chest. Each cough is felt by pressure in the head. Sitting up and holding the head or the sides of the chest may be indicative.

Drosera rotundifolia: This cough is caused by dryness and irritation on the inside of the throat, or by a violent tickling, scraping constriction of the larynx. There may be difficulty breathing/**dyspnoea** with the sensation of choking and suffocating.

Grindelia Robusta: As mentioned above this is a remedy for difficulty breathing and **dyspnoea** with a feeling of suffocation. There is waking from sleep with a start, gasping for breath.

Ipecacuanha: This cough is dry, hacking, constricting and asthmatic. Breathing is difficult. There is a marked **dyspnoea** with wheezing and the feeling of a heavy weight on the chest that may cause anxiety. Each cough can trigger painful shocks in the head.

Spongia tosta: This cough is dry, hoarse, and barking, with a desire to repeatedly clearing the throat. The larynx feels dry and burning. There may be the sensation of a constriction or a lump in the throat. Excitement aggravates the cough. The respiration is short, panting. The individual is breathless. There is palpitation, anxiety and a fear of dying on account of the impaired respiration (**dyspnoea**). He or she wakes in a start feeling close to suffocation.

Sticta pulmonaria: It is a severe, violent, hard, dry, barking, hacking, continued and exhausting cough. Dryness and tickling in the throat provoke the cough. The patient must sit up when coughing.

Sulphur: Breathing deeply is impaired (**Dyspnoea**). There is the sensation of much oppression, heaviness and burning heat about the chest.

-EYES

Aconitum napellus: There is marked redness and a dry and hot feeling. Moving the eyeballs is painful. There is a sensitivity to light, and increased secretion from the eyes after the exposure to dry wind or bright light. There may be the sensation of a foreign object in the eye.

Apis: Eyelids are swollen, sore and red. There is burning, stinging and itching. The upper lids are puffy and hang over like sacks. Cold applications ease the symptoms. Over-exposure to bright light can make the eyes greatly sensitive.

Sulphur: There is the sense of friction, burning, tickling, and itching. There is redness and a bruised, burning and wounded feeling, with irritation in the eye. The eyes may be blood shot and there may be profuse secretion. Symptoms are worse with the exposure to heat and there may be a sensitivity to light.

***DAMAGE / INJURY TO SKIN**

Arsenicum album: Damage has left the skin dry, like parchment paper, rough and scaly. There may be burning, itching and swelling, and there may also be itch-like pimples, that look like a rash. Scratching aggravates and increases the pain.

Belladonna: There is intense redness, throbbing, and burning. The heat of the skin radiates, can be felt on touching. New exposure to heat makes symptoms worse.

Calendula officinalis: This is a great wound healer. There is stinging and a febrile heat of the affected area. If there are scalds or burns that are superficial. *Calendula* accelerates the healing process of the skin.

Cantharis vesicator: Where the skin burns, feels raw and has produced blisters. These may itch, but burn when touched; cold applications sooth this skin. It eases the severe pain and promotes the healing of the burnt skin.

Urtica uhrens: The skin is sore, with the sensation of a burning heat. There may be swelling, numbness, violent itching and the sensation of 'pins and needles'. There may be emergence of a rash that looks like nettle rash.

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HOW TO TAKE A REMEDY

Homeopathic potencies of 6D/X, 12 D/X, 6C, or 30C are decimal potencies. The decimal potencies are suitable for the acute stages and localised affections, such as injuries (see '**Acute**' below). The decimal potencies are also suited for more frequent administration. The centesimal potencies C30 & C200 should be taken less frequently, as suggested in '**General**' below.

The following rule of thumb applies about remedy administration:

Acute (D-potencies)	6 to 8 globules / drops every 15 minutes up to 5 times; then proceed with the general administration.
General (C-potencies)	6 to 8 globules / drops or 1 tablet 3 times a day for up to 3 days

The remedies should be placed under the tongue, where they are left to dissolve. A homeopathic remedy should not be taken right after or right before a meal or drink. Wait 15 minutes after a meal and then take the remedy. Put the globules/drops/tablets onto a spoon or directly into the mouth.

If there is no relief, and symptoms persist, see a professional homeopath or your health-care provider. Stop taking a remedy when you are feeling better and symptoms have subsided.