

# MUST HAVE REMEDIES FOR ...GARDEN AND GARDENER

If you are 'into' gardening, have a garden, allotment or even just a balcony, then you have and will be spending a lot of your time tending to your vegetable plants, trees, and flowers and you will pay particular attention to the wild growths of weeds and the unwelcome visitors that would like to feast on what you are growing in your beds.

The process of creating, maintaining and harvesting from ones own garden has something meditative and joyful about it, and for many, making a conscious choice for a sustainable lifestyle and self-sufficiency is becoming increasingly important.

So when you have already put work into your garden, started in spring with preparing the ground, weeding the beds and raising seedlings and have then transferred your plants to the soil of your pot, garden, or allotment, then naturally you want to reap the rewards of all this labor and the time that you have spent growing and caring for your vegetables or plants.

While the tasks associated with gardening can be fulfilling, they may come with a few 'hurdles', both for the gardener and the harvest. For the gardener there may be strain, pain, trauma and soreness of the muscles, joints, and tendons from the repetitive movements and exertions. Not to mention the little accidents that may occur, contusions, stings and other injuries.



For the garden there may be threat by infestations of insects, snails and other criters, of bacteria and fungi too. Luckily Homeopathy has a range of fantastic remedies that can come to the rescue of the crop of the garden and the aches and pains of the gardener.

## For the garden...



Keep the pests at bay

### Go to remedies

One very common infestation in the vegetable garden is that of snails and slugs. A remedy that is called for to keep these slimy creatures at bay is '**Helix tosta**'. Spraying the plants or watering them with water containing low potentized Helix will ward snails off without harming, and will diverting them to other plants.

If you are enjoying the bloom of roses in your garden, then you will likely be familiar with rusty discoloration on the green leaves. These are a sign of a fungal infection and one remedy that may come in handy is '**Belladonna**'.

Did you know there could be sunburn in plants too? Homeopathic '**Cantharis**' is the remedy that resolves burn issues pertaining to plants. Where the leaves of plants appear dried, brown in discoloration and dry, from burns of the sun, of water droplet reflection or fertilizer, this remedy helps resolving the issue.

## For the gardener...



Gardener's allies and wound healers

### Must have's

The number one homeopathic remedy for gardeners is '**Bellis Perennis**'. For centuries known as 'bruise- or wound -wort', in reference to it's uses in the treatment of bruising from accidents, for example, like falling or bumping into something, it is today a much praised homeopathic remedy for all the ails and pains from over-exertion. It is used in hematoma and muscular pain where there is soreness and exhaustion. This remedy has even been named a 'gardeners-drug'.

The other big remedy which is also a very good for pains, bruising and soreness caused by physical activity is '**Arnica montana**'. Trauma, bruises, or strains from heavy lifting or falling, hematoma, wound healing, over-exertion and delayed-onset-muscle-soreness are symptoms for which Arnica is indicated.



If you have transferred potted seedlings out into the garden, or have uprooted and replanted any plant, or if weather damage has occurred, and there are signs that the plant is weak and may likely succumb on account of the impact, then '**Carbo vegetabilis**' is a true life-saver.

A homeopathic weedkiller is the remedy '**Ruta graveolens**'. It is in the nature of the plant that many others do not companion well with it. Hence the treatment of the soil with the homeopathic remedy will remove many weeds. Time is to be left between re-planting such treated soil.



'**Ledum palustre**' is a remedy that is specific for punctured wounds. Stiffness, shooting, tearing and aching pains in joints and back are characteristic for states that require Ledum. Movement aggravates these symptoms. The painful area may be swollen and may feel hot.

Where there are injuries to the fingers or toes, in particular where the nails and the tips of respective digits are concerned '**Hypericum**' is a remedy to think of. Such injuries, from mechanical impact, nails, splinters, needles or hammer may be extremely painful. Hypericum eases the pain.

'**Rhus toxicodendron**' is a gardeners friend that must not be forgotten. The stiffness of joints, the day following extensive garden work, respond well to this remedy. The stiffness is initially worse with the beginning of movement but gets better with continued movement.



## Uta Mittelstadt

Homeopath BSc, MSc

Homeopath BSc, MSc; Holistic Health & Slowager coach & practitioner; Advisor at HWC, Editor-in-Chief at Clever H.-the Mag!....Passionate about Homeopathy!

Practices at: <https://careclin.org>

Blogs at:

<https://cleverhomeopathy.wordpress.com>

## Bibliography:

Boericke W. Homeopathic materia medica and repertory. Delhi: B. Jain Publishers Pvt. Ltd., 2004.

Vaikunthanat Das K. Homeopathy for Farm and Garden. Kandern: Narayana Publishers., 2012