



Society of Homeopaths

8 great holiday emergency remedies

Off on holiday? Whether you're going abroad or 'staycationing', keep these remedies handy to tackle a range of minor ailments.

We suggest 30c potencies for all remedies, using every 30- 90 minutes, two or three times depending on the severity of the condition.

Always seek medical help for anything more than a minor injury or illness.

Aconite

Great for shock, such as from fright, bad news or after having a fall. Also good for the onset of fever after exposure to acute cold, wind or heat.

Apis

For bee or wasp stings and any allergic reaction which causes rapid swelling, redness and pain and where the affected area is puffy, white or rosy, feels hot and is better for cold compresses.

Arnica

The classic remedy for trauma, injury and bruising. The typical arnica patient will tell you that they are fine but may well be confused or in shock. Also useful for fractures, strains after exertion such as lifting heavy objects and the early stages of a black eye and for jetlag.

Arsenicum

This is a great remedy for food poisoning, especially from meat. The person will be very anxious and not easily pacified. The pains are often burning. Vomiting and diarrhoea accompanied by chills, exhaustion, and restless.

Belladonna

Great for heatstroke or exhaustion, along with appropriate cooling and rehydration therapy, and for acute fevers or inflammations, which come on suddenly and lead to throbbing pain, redness and swelling. The skin is hot and red and the face flushed but, at the same time, the person can feel chilly and want to be covered.

Ledum

This is the first remedy to think of with puncture wounds and for bites and stings which fester. Good for twisted or sprained joints, especially ankles.

Nux Vomica

The main remedy for hangover or indigestion from over-eating but also useful for food poisoning in which there is constant retching.

Urtica urens

Very useful for skin conditions such as urticaria with raised lumps like nettle rash and great for 'prickly heat'. Urtica can be used for minor burns and scalds as well where pains are stinging, like nettle rash, but not too sore to touch.