



Eighteen of the Very Best Homeopathic Remedies for Home Use!

By David Johnson, CCH

Considering all the different homeopathic remedies available, there are a few particularly suited to the most urgent of situations—remedies you’d like to have at your immediate disposal. These remedies are also some of the easiest to use and will introduce you to homeopathy in general. The following is a list fitting those credentials:

Aconite (aka aconitum napellus): This is a remedy for emotional or physical “shock.” Imagine being involved in a frightening car accident. You’re not so much hurt as scared and emotionally upset. Aconite will help your “emotional body” to regain equanimity.

During physical shock, Aconite is the first remedy to consider when symptoms are coming on quickly, such as inflammation of the eyes, ears, nose or throat, especially after one has been exposed to and unprotected against the “shock” of cold or dry wind.

*Aconite may be alternated with Arnica montana (see below) in cases of physical injury accompanied by fright and shock.

Apis mellifica: This remedy is used for red, itchy and stinging skin swelling such as one might experience with hives or after a bee sting. (Compare to Ledum below)

Argentum nitricum: Among other indications, argentum nitricum is excellent for anticipatory anxiety in performers who expect themselves to do so perfectly. They feel pressure to perform perfectly in a time of crisis, that is, “SHOWTIME!!!” (Compare to Gelsemium below)

Arnica montana: Arnica is a remedy that should be in everyone’s medicine bag, given that it works really well to minimize swelling and bruising after blunt trauma (being struck by...anything!)

Belladonna: Belladonna is similar to Aconite as a remedy for sudden onset of symptoms, but in this case there’s more of a sense of throbbing or pulsating heat, such as in a sudden onset of fever. Others may actually feel the heat radiating off the body of the individual needing Belladonna.

Bryonia: Bryonia is indicated when one particular feature is present: the pain of injury or inflammation goes away if one keeps the affected area completely still, perhaps being held firmly. Alternately, the pain is triggered with even slight movement. Examples might be an injury to a rib or even pleurisy (inflammation of the pleural sacs surrounding the lungs.)

Chamomilla: More commonly a children’s remedy, but not exclusively so, Chamomilla is excellent for the feeling of anger and irritability with one’s pains. Teething or colicky children often experience this, and although bouncing them in one’s arms may help slightly, they can often arch backwards in frustration and discomfort.

Cantharis: Cantharis is indicated for extreme pain, irritation and sensitivity such as one might experience with an intense urinary tract infection, or with a second degree burn with blistering. (Compare to Staphysagria below)

Colocynthis: This remedy is used for cramping, twisting discomfort with shooting nerve pain after anger, indignation or “mortification.” Examples are abdominal or sciatic pain, with abdominal pain better with forward bending and warm applications. (Compare to Staphysagria below)

Carbo vegetabilis: Carbo vegetabilis is indicated for great weakness with abdominal discomfort and bloating, as well as an aversion to stuffy rooms and a desire for fresh air. (Compare to Gelsemium below)

Causticum: Causticum is a remedy for the rawness of a first degree burn, such as a sunburn or burn after exposure to hot water. (Compare to Cantharis)

Gelsemium: Gelsemium is an excellent remedy for flu-like symptoms, where there’s great weakness with possible inner trembling, sensation of heaviness, and eyes half-open, as if one was “hit by a Mack truck!” It has been put to good use in flu epidemics, and some individuals with early onset of Covid symptoms have benefited as well.

Gelsemium is also used for “fear of new ordeals,” so it can be very useful for performance anxiety when one becomes anxious by the thought of performing at all. (Compare to Argentum nitricum)

Hypericum: Hypericum is a sort of cousin to Arnica, in terms of its indications for trauma, except Hypericum is indicated for nerve-rich areas (such as smashed fingers and toes) and radiating pain from the area of the injury. Sometimes the two remedies can be alternated: Arnica to reduce swelling and bruising, and Hypericum to help reduce the pain from the contused nerves.

Ignatia: Ignatia is a wonderful remedy for helping with grief, especially when one is battling to ward off the expression of grief. The person may feel a lump in their throat, similar to how one might feel at a funeral.

Ipecac: Ipecac is used for nausea and vomiting, with the typical feeling of salivation prior to the vomiting itself.

Ledum: Ledum is the remedy used for puncture wounds of all kinds, including insect bites. It can also be used for injuries with swelling, where there’s a sense of coldness in the area. (Compare to Apis)

Phosphorus: This is an excellent remedy for nosebleeds, especially in people who are sensitive and compassionate, and who have to be careful not to “take on” other people’s problems.

Staphysagria: Staphysagria is a remedy where sensitivity has been “offended,” whether physically or emotionally. Physically it is used for the sensitivity of straight-line incisional wounds, even paper cuts, as well as urinary tract infections, including “honeymoon cystitis.” (Compare to Cantharis and Colocynthis)

The above remedies are easily available at natural food stores as well as online. And if you can even put one of these remedies to use at some point in the future, it is often worth the cost of the entire lot!

Typical dosing of homeopathic remedies is 3 pellets of a 30c potency repeated according to symptom response. An easy way to remember dosing is 3 pellets 3 times daily for 3 days, but then modify the frequency of dosing based on the symptoms themselves: repeating more often if the symptoms return sooner, or less often if things are continuing to improve without further dosing.

If you’re looking for help with more long-standing problems—physical, mental or emotional—an in-depth homeopathic consultation is required. And if you’d like to understand how homeopathy might help your situation, please call the Ommani Center (262-695-5311) and leave a message for me, David Johnson. I’ll get back to you asap, and we can talk to see if homeopathy is a fit for you. Otherwise, I hope the above list is of help to you and those you care for.

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©March2022, David Johnson is a Certified Classical Homeopath and sees children and adults of all ages for all types of acute and chronic conditions. To learn if your condition is amenable to homeopathic care or to schedule an appointment, please call us at 262-695-5311. During the COVID pandemic he is offering the choice of consultation via telephonic visits or in-person appointments for those free of COVID19 symptoms.