

TRAUMATIC MAN

ARNICA

First use in all cases of injury

BELLADONNA

Heat stroke

HYPERICUM

Head injury

LEDUM

Black eye

SYMPHYTUM

Blows to the eye

IGNATIA

Emotional shock

BRYONIA

Joint inflammation

BELLIS

Abdominal injury

SYMPHYTUM

Fracture (after Arnica and Ledum)

HYPERICUM

Nerve injury

RUTA

Wrist sprain

HYPERICUM

Tips of fingers

CALENDULA

Wounds, cuts

LEDUM

Bruising

LEDUM

Insect bites

APIS

Bee stings

RHUS TOX

Ligament injury

Swelling

ARNICA OR BELLIS

Muscular strains

CANTHARIS, Urtica, Quercus

Burns (internally)

CALENDULA, HYPERICUM,

Externally

RUTA

Tendon injury

RHUS TOX

Poison ivy

LEDUM/HYPERICUM

Puncture wounds

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