

Health Reflections



Finger Tips

With their fine network of nerves, fingers are super sensitive to injury. Unfortunately it's all too easy for them to get trapped in doors, to get cut with blades and to endure scalds and burns and splinters. Toes can be just as susceptible to torn nails, blisters and dropped heavy objects.

In the long run too, complaints such as RSI (*Repetitive Strain Injury*), arthritis, eczema and warts can present on the fingers and toes. However, please be sure to seek professional homeopathic treatment for such chronic ailments rather than attempting to self-prescribe.

But back to short-term acute complaints. How do we deal with injured fingers? Obviously, serious cases need emergency medical attention so that any stitching / grafting / contolling of bleeds can happen quickly. Afterwards, homeopathic medicines may be taken to encourage the healing of nerves, tendons, skin and bones, as needed.

In less traumatic cases, we can of course reach for the homeopathy kit straight away. Hopefully we all remember Arnica - our faithful go-to following accidents, shocks and bruising. One dose of Arnica 30c or 200c is usually a good idea straight away, before proceeding to choose the next remedy to suit the acute situation.

Hypericum (*St John's or St Joan's wort*) 30c: Our top consideration following injury to those nerve-rich fingertips. Pain will possibly be of a shooting nature.

Ledum (*Labrador tea*) 30c: Consider this if the finger was cut / punctured on rusty metal or in dirty conditions, and especially if numbness remains following the injury.

Calendula (*Marigold*) 30c: Calendula can be a star remedy when skin healing needs a boost. Ensure that all wounds are thoroughly cleaned out before taking Calendula, to avoid encasing dirt / debris under new skin.

Ruta (*Rue*) 30c: Strains and sprains bring Ruta to mind, especially if fingers are stiff, swollen and bruised. With its affinity for ligaments and flexor tendons, Ruta can bring relief especially if feeling worse for cold.

Symphytum (*Knitbone*) 30c: Broken bones often seem to respond swiftly to Symphytum, so it's important for x-rays to have been taken and for bones to have been properly aligned before taking this medicine. Otherwise fingers may heal in a crooked position.

Silica 30c: To encourage the body to expel pus, splinters, gravel or debris from under the nails or skin, reach for homeopathic Silica. *Note: if you have any implant or pacemaker fitted, seek a homeopath's advice first.*

Cantharis (*Spanish Fly*) 30c: Like the toxicology of the insect's poison, the symptoms calling for Cantharis are likely to burn, itch, and blister, and the patient will be inclined to seek cold applications, which ameliorate.

Identify the description that best suits your situation, select one pillule of that remedy and place on tongue. Repeat after an hour or two if needed, or wait for longer if feeling better. When symptoms cease to bother you, stop. If badly burned or badly injured or bleeding, or if symptoms persist, seek medical attention.



THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

Things That Happen to Fingers: The Homeopathy Plus Team (www.homeopathyplus.com, 2021);

Materia Medica - Hypericum: James Tyler Kent (1905 original republished on www.materiamedicainfo.com);

The Most Watched Interview of 2020: Del Bigtree interviewing Dr Zach Bush (www.thehighwire.com, 2020);

Human Hand, Its Wonderful Construction: S. Hahnemann (1775), *transl.* S. Hobhouse (www.homeopathy360.com);

The Family Guide to Homoeopathy: Andrew Lockie (Hamish Hamilton, 1998).

*Fran Lebowitz - Social Studies

Hypericum

Diddle diddle dumpling, my son John's
health-and-safety-brain has gone.
Oh John! You are a fine inventor -
but mind your thumb, not just the hammer!
Now when you work, I do suppose
your boots are fashioned with steel toes?
Of course, my dumpling, you may borrow
a flask and lunchbox for tomorrow -
but darling son, would you just please
stop grating your pinkie into my cheese?

EA

This is from the Little Stockpots' collection of poems, a light and accessible introduction to the homeopathic Materia Medica.

Of course there is a whole lot more to learn about Hypericum, but for the purpose of simple home prescribing, John's worried mum conveys the main point. Hopefully you will now reach for homeopathic Hypericum if you happen to hurt your fingers!

Here are two more points on which we may wish to reflect:

1. Hypericum is a plant known by many names. Some traditional English names include both St John's wort and St Joan's wort. Considering the intrinsic feminine quality of healing, this last name seems like a timeless reminder to balance out any heroic attitudes - including in healthcare - with a more quiet sense of holding.
2. Hypericum can be bought in health shops in the form of a) herbal preparations and b) homeopathic pillules. Before taking Hypericum, please ensure that you are either taking the herbal version based on herbal literature / herbalist's recommendation, or the homeopathic version based on homeopathic indications.



Hands

On leaving school in 1775, Samuel Hahnemann presented an essay on the subject of the human hand. Later in his career, he delved deep into the energetic properties of Arnica, Ruta, Ledum etc, thus helping many an injured hand to heal rapidly and gently.

Of course, the anatomy and symbology of the human hand still ignites wonder today. Here is part of Dr Zach Bush's recent description of the process of studying its anatomy in medical school:

"When you dissect a human body for four months, you can imagine that you've learned every vein, you've learned every artery, you've learned lymphatic systems, you've learned every nerve in that body.

And then the last thing you unwrap, interestingly, is the hands, and when you unwrap the hands it is the most overwhelming emotional experience that you're not expecting...for some reason, a human hand has so much humanity written in it and it is an overwhelming thing.

And so my medical career, I believe, can be mapped back to the human hand of the eighty year old woman that I dissected. Her hand was like an archaeological dig and human wisdom; the folds of that hand and everything else. It inspired me to ask deep questions and stay very curious about what it means to be human, what it means to be wrapped in these realms of tissue. "

*The whole interview can be heard at www.thehighwire.com – search for **The Most Watched Interview of 2020** featuring Del Bigtree and Zach Bush.*

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AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT

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