

10 Homeopathic Remedies For Your Home

Arnica

One of the most common uses of arnica is the treatment of wounds, bruises, sunburn and other forms of skin irritation or inflammation. In these cases, an arnica-based gel, cream, ointment, or salve is topically applied to promote healing and soothing of the skin. Arnica gel is also touted as a means of relieving muscle soreness and sprain-related pain.

Aconite

Practitioners of homeopathic remedies generally think of recommending Aconite (*Aconitum napellus*) for patients who are emotional or nervous, normally in their pink of health and very robust, but fall ill very easily and fast, while showing signs of a noticeable depletion of their strength. Their behaviour pattern is marked by extreme fright, nervousness and restiveness accompanied by vulnerability to severe irrational phobias, fear of death as well as bouts of panic.

Belladonna

The homeopathic remedy belladonna is prepared using the entire belladonna plant and this medication is used to cure a number of health conditions, especially unexpected start of infections accompanied by inflammation.

Hypericum

St. John's wort is known for its effectiveness as an herbal medication to treat depression. In addition, presently scientists are studying St. John's wort to find out whether it may also be used to treat specific types of somatoform disorders (a condition distinguished by symptoms that imply a physical problem but for which there are no definite organic findings or identified physiological systems), Parkinson's disease and attention deficit hyperactivity disorder (ADHD).

Calendula Ointment

Calendula officinalis, also known as the English marigold or pot marigold, is a valued herb that is used medicinally both in herbal as well as homeopathic therapy to facilitate as well as accelerate healing of wounds and also to alleviate irritation of the skin. Currently, calendula is available in numerous dissimilar formulations and preparations ranging from herbal lotions to homeopathic pills to diaper rash cream. Calendula is safe as well as effectual for use by people of different ages.

Apis

This homeopathic medication is prescribed for people who are suffering from ailments that are accompanied by symptoms that are similar to the consequences of a bee sting. For instance, such patients will have symptoms like swelling and redness of the skin. In fact, such patients also often behave like the bees - being restive or showing irritability. As mentioned earlier, this homeopathic medicine is prepared by crushing and extremely diluting the whole body or the stings of the honey bees in a base prepared by mixing water and alcohol. In fact, apis is homoeopathic potentized venom of the honey bee.

Ledum

In homeopathy, ledum works best for people who have a tendency to become angry or irritated and nervous quite easily. It is possible that such people will never be content with anything, even when they achieve every thing that they desire to. When such people are sick, they may even go to the extent of becoming crazy or unreasonable and, hence, they may often be very problematic as well as difficult for other people to bear with.

Arsenicum Album

Arsenicum album, as a homeopathic remedy, is primarily used to treat conditions like anxiety, digestive complaints, mucosal inflammation and a fear owing to a feeling of insecurity as well as illnesses distinguished by typical symptoms like a burning pain. Earlier, this homeopathic remedy was also prescribed for people suffering from the sexually transmitted disease syphilis.

Ignatia

In general, Ignatia is an effective homeopathic remedy for incongruous physical symptoms, for instance, indigestion which is eased when one eats something, or a tender throat getting better after swallowing some solid food. Usually, the symptoms are accompanied by intense feeling of pain and having an inclination to sigh and yawn too often. People who respond to Ignatia well are those that have a loathing towards crowds, suffer from a phobia related to birds, particularly chicken. In addition, this homeopathic remedy is also employed to cure ailments that have their origin in emotional trauma. These conditions may include digestive disorders like queasiness and vomiting; headaches; tender throats; and nervous spasms and shuddering.

Gelsemium

Apart from the health benefits offered by gelsemium, this homeopathic remedy is also prescribed to treat health conditions, such as severe influenza or throbbing throats accompanied with headaches with double vision, feebleness, wilted limbs, fever, colds as well as intense and tired out eyelids. People suffering from these symptoms may experience absence of need for liquids even when they are suffering from fever. Occasionally, homeopathic practitioners also prescribe gelsemium for people suffering from hay fever, provided the ailment is accompanied by the symptoms discussed above.