

# ACUTE & EMERGENCY KIT OF 24 MEDICINES



- 1) Apis Mel 30C: Wasp / Insect bites.
- 2) Arnica 200C:
  - Fall → Blackening of skin.
  - Injury to head.
- 3) Arsenicum Alb. – 12C:- Food poisoning.
- 4) Belladonna, 30C: Aetiology: Cold:
  - Headache.
  - Sore throat.
  - Fever.
- 5) Bryonia Alba – 30C:
  - Cold.
  - Fever.
  - Constipation.
- 6) Carbo Veg 200C:
  - Gas, burping.
  - Putrid diarrhoea from spoiled fish & meat.
- 7) Causticum 200: Leg cramps.
- 8) Colocynthes 200C:
  - Abdominal cramps.
  - Bending double better.
- 9) Dulcamara 30C: Aetiology: Cold & damp:
  - Coryza & cold.
  - Cough.
  - Fever.
- 10) Eupatorium Perf 200: Fever with pain in the bones.
- 11) Ferrum Phos – 3x (tablets) or 12x (globules): First stage of inflammation:
  - Fever.
  - Chesty.

→ Cold.

- 12) Gelsemium 200C:
  - Slow fever with thirstlessness.
  - Sun Induced dull headache.
- 13) Hypericum 1000:
  - Injury to fingers, *surface nerves injuries*.
  - Fingers caught in doors.
- 14) Ipecac 12: Persistent nausea with or without vomiting.
- 15) Justicia 200: Dry cough.
- 16) Kurchi 30: Delhi / Bally belly: Loose stool from rich & spice.
- 17) Magnesia Phos 1M:
  - Abdominal pain better by warmth.
  - Menstrual colic.
- 18) Mercurius Sol 200:
  - Diarrhoea with blood & mucus.
  - Cramps in abdomen with loose stool.
- 19) Nux Vomica 200C:
  - Gas & distension.
  - Diarrhoea from late eating.
  - Hangover.
- 20) Phytolacca 200:
  - Sore throat..
  - Tonicil swollen.
- 21) Pulsatilla, 30C:
  - Diarrhoea from oily food, pastry, cream.
  - Catarrh & sinusitis.
  - Insomnia.
- 22) Rhus Toxicodendron, 200C:
  - Wet → Aches & Pains.
  - Fever.
  - Sprains.
- 23) Sabadilla 200: Sneezing.
- 24) Streptococcin 1M: Fever with sore throat.

### Ointment:

- 1) Calendula Cream: Cuts and abrasions.
- 2) Cantharis Cream: For burn: to apply.
- 3) Rhus Tox Gel: For sprains and back ache.