

## Homeopathic Healthcare

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### Burns

Homeopathic treatment can markedly reduce the pain of burns and accelerate the healing process. Self and family homeopathic treatment of simple first (red, sensitive skin) and second degree (the kind with blistering) burns is a fairly straightforward affair. Additionally, several natural topical agents are of use.

I recall the case of a young man who came to see me fairly early in my homeopathic career. He had managed to saturate a foot, sock and shoe with gasoline and failed to remove the sodden clothing for quite a while. A severe reactive dermatitis resulted — basically a first degree burn, with violent burning, stinging pain. One dose of *Urtica urens* 200C (stinging nettle) brought relief within a half hour! It was an impressive result.

I hope you and yours can avoid the fateful fires, but if you can't, please consider the following.

Homeopathic remedies are initially given to relieve the pain of a burn. Topical applications subsequently can speed healing.

Dosage: One dose of 30C potency every one to two hours depending upon the severity of the pain. If you experience no improvement in the pain after about 3 doses, take another remedy.

**Cantharis** (Spanish fly): While *Cantharis* is frequently indicated for mild burns, it is also useful for more serious second degree burns. If given soon after the burn, *Cantharis* may prevent the usual blistering following such burns. *Cantharis* burns cause extremely painful burning sensations which are ameliorated by cold applications. Sunburn is often helped with this remedy as well.

**Urtica urens** (stinging nettle): *Urtica* is indicated more for minor burns with unblistered skin. Burning, stinging, and itching sensations prevail. Scalds with hot or boiling water especially indicate *Urtica urens*. Cold bathing often aggravates the pain in this remedy.

**Causticum:** Burns which crack, ulcerate and/or fail to heal indicate this remedy. It is useful for long-term after-effects of serious burns. Chemical burns frequently respond best to Causticum.

**Phosphorus:** This is the first remedy to try for electrical burns.

**Apis** (honey bee): Minor burns with burning, stinging, redness and swelling. The pain is greatly helped by ice cold applications.

**Arsenicum album** (white arsenic): For serious burns usually. Pain, anxiety and restlessness result from the burn. The patient dislikes cold applications and wants to be kept warm.

### Local Burn Care

Immediately immerse the burn in cold water; cold water application can be continued for several hours if desired. Cleanse the area with soap and water, especially if the skin is broken. Do not pop unopened blisters; they heal better if left undisturbed and the chance of later infection is minimized. Cover the burn with a nonadhesive dressing if the burned area is liable to get dirty or suffer friction. Change the dressing twice a day.

### Topical Treatments

**Calendula** (marigold): Calendula is the preferred topical treatment for burns to promote healing, thwart infection, and reduce scarring of minor burns. For first degree burns Calendula spray, gel or salve is recommended. A lotion is prepared by combining 1 part Calendula tincture to 3 parts water for first and second degree burns. If this concentration burns, dilute further.

Other topical treatments for burns include Aloe vera — for first and minor second degree burns. Plantago (plantain) tincture can be useful for quite painful burns.

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