

Ledum palustre or Marsh Tea is another one of our leaders in homeopathic first aid treatment. The genius of Ledum lies in its effects on puncture wounds, animal and insect bites, and in certain rheumatic or arthritic conditions.

Ledum Palustre Cream

Puncture Wound Remedy

01

WHEN TO USE THE CREAM

Ledum cream can be used topically for insect bites, puncture wounds, such as splinters in the finger, and for local symptoms after vaccinations. When the characteristics are present, you can apply the cream topically for the pain of gout and arthritis. **

"I don't know what I'd do without my Ledum cream when I go up to my cottage in Canada." Amy L.

02

PUNCTURE WOUNDS AND VACCINATIONS

The next area in which Ledum has dominance is in puncture wounds. Think of Ledum for someone who has stepped on a sharp object, or has a splinter under the nail. In such injuries there is not much bleeding at the wound, but there is a lot of pain. Ledum is one of the main remedies surgeons should know about for puncture wounds. Ledum and Hypericum can prevent tetanus or lockjaw.

Ledum should be thought of for negative local effects from vaccinations, such as induration or hardening at the site of the vaccine. For constitutional effects of vaccinations, think of remedies such as Silica and Thuja.

03

INSECT AND ANIMAL BITES

Ledum is well known for its positive effects on insect bites, especially mosquito bites, but also spider bites, tick bites, wasp and bee bites, and scorpion bites.

Here Ledum characteristics should be present to help select the remedy, such as inflammation at the site of the wound, amelioration from ice, and ascending pains. The injured part is also often swollen, purple and mottled. In serious animal and insect bites Ledum should be administered in high potency.

"When we started using the Ledum Cream his bites stopped swelling and the itching wasn't unbearable to him." Stacey Gordon

For more serious puncture wounds or animal bites, please take the remedy in potency and consult your doctor or homeopath.

Ledum has to be remembered as one of our principal remedies for the effects of animal bites, from cat and dog bites to the bites of poisonous snakes. Ledum has to be thought of for snake bites, partly because many of its symptoms are so similar to Lachesis, with which it can be confused.

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04

THE LEDUM SIGNS

The patient is extremely chilly or cold to the touch, but he wants to be uncovered, feels ameliorated from cold application, or even desires to put his feet in ice cold water. The chilly Ledum patient may also perspire profusely at night, but cannot bear to be covered.

The amelioration from cold is so strong in Ledum that when the patient is suffering from stiffness, his joints will loosen up from cold bathing. This is the opposite of Rhus tox, which is better from hot bathing.

Another striking characteristic of Ledum is that in rheumatic or arthritic conditions the pain begins in the extremities and extends upward. The pain is also much more severe in the lower limbs. In painful wounds the pain originates at the site of the wound and ascends.

05

ARTHRITIS AND GOUT

One of Ledum's uses is for arthritic or rheumatic complaints. For arthritic pain Ledum runs the gamut from helping with functional pain, to the pain from arthritic nodosities in the fingers, feet and other joints.

Ledum is good for the pain of gout. In both arthritis and gout the patient is cold, but he is aggravated from the heat of the bed and the pains are worse at night.

The joints are swollen, pale and hot, and the peripheral joints will be affected first. The patient will want to uncover, and the part feels better from ice or cold applications. The feet and the small joints are often affected. **

06

OTHER CONDITIONS

- Wounds that are very painful to the touch.
- Abscesses and septic conditions that are very tender and relieved by cold.
- Like Hypericum, it can help with crushed fingers and toes, but here the pain shoots up the limb and would be better from cold applications. The fact that it is better from cold applications is what would lead you to Ledum over Hypericum in injuries to the extremities.
- Long lasting discoloration after injuries.
- It can antidote poison oak when the characteristic indications are present.
- Pain from spinal injuries, and muscular rheumatism of the shoulders.
- When Arnica does not work sufficiently to clear up bruising, Ledum can complete the cure. Some people believe that Ledum can clear up a black eye better than Arnica. If the injury is to the eyeball itself use Symphytum.
- Ledum also helps when there is a tendency to sprain ankles, and with ankle swelling, and painful soles of the feet. Remember the characteristic indications of Ledum need to be present to use it for these conditions.

WHAT'S IN THE JAR

12.5% Ledum palustre herbal tincture HPUS. Handmade in small batches. 1.5 oz amber glass jar.

Wishing you health and happiness,

Deborah Olenev **CCH RSHom (NA)**

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