

Ruta Graveolens Cream

Injuries to Ligaments & Tendons

Ruta graveolens is used for injuries to the ligaments, tendons and the periosteum or lining of the bones.

01

WHEN TO USE THE CREAM

Ruta helps with muscle pulls and strains. It is good for injuries where the parts are twisted. Remember Ruta for knee or ankle injuries where the ligaments or tendons are pulled and torn off. Think of Ruta for injuries from overuse, such as tennis elbow, and eye strain. **

02

FIBROUS TISSUE AND BONES

This remedy is of use in areas where the skin is close to the bone, and in injuries to cartilage and fibrous tissue. Ruta is for fibrous tissue such as ligaments and tendons. (Remember Hypericum is for injuries to nerve tissue, Arnica to muscle tissue, and Bellis perennis to soft tissue.)

Consider Ruta in fractures, or bruising of the bone and the periosteum from injuries such as a blow from a hammer. The injuries can be slow to heal from, and there can be a lot of pain in the bones as well as bruising.

Hardened or thickened areas or nodules over the bones, periosteum or tendons caused by overuse or injury. Construction workers, mechanics and farmers who develop thickenings or nodular growths on their hands from holding their tools all day long can benefit greatly from Ruta. This remedy can help when there has been permanent flexing of the hands or feet caused by overuse or exertion of the hands or feet.

03

KNEES, ANKLES AND BACK

Ruta helps with lameness after sprains, especially of ankles, wrists and knees. Ruta is one of the first remedies to be thought of for injuries to the knees. It is good for bursitis of the knee, and is useful where the knees give way on going up and down the stairs. It can also help when the foot turns under from weakness of the ankles. Ruta is well known for injuries to the thigh.

“The Ruta cream helped heal my husband’s sprained ankle and over extended toe. We also used it on his wrist from over lifting. It really works well!” Angela

The characteristic Ruta back pain would be a bruised sensation, as though the person had fallen on the back or received a blow to the back or coccyx. Ruta also has weakness and lameness of the back and lower extremities from overstrain, lifting or spraining the back.

Think of Ruta for morning back pain and for wounds to the spine. Ruta can help with herniated disks with characteristic Ruta causation, such as overstrain and overexertion. The remedy helps people who strain their backs easily, or where the vertebrae slip out of place easily.

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OVERUSE AND EYESTRAIN

Tennis elbow. Ruta is a specific for this situation. Carpal tunnel syndrome. Ruta is of great benefit for overuse injuries of typists, musicians, computer programmers and other people who use their wrists excessively. **

Eyestrain. Ruta is the remedy you need to think of for non inflammatory injuries of the eye that are caused from overexertion of the ocular muscles. Seamstresses, people working at the computer for hours at a time, or anyone else doing fine work with the eye can benefit from this remedy for their eyestrain. It is also good for headaches and vision disturbances caused by overuse of the eye.

"Have used now for a few years First Aid Creams and had great results. Especially with the Ruta Graveolens with pain related to tendons and ligaments." Ron

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MORE SERIOUS CONDITIONS

For more serious conditions you may need to take the remedy in potency, and consult your homeopath or doctor. For minor conditions that have the Ruta characteristics, the cream or ointment should help sufficiently.
I have seen improvement in Dupuytren's contracture using Ruta graveolens 200C over time. The cream may provide support, though the potentized remedy is stronger. Homeopathic remedies are powerful and should not be taken without guidance.

TRADITIONALLY USED FOR

- Muscle strains
- Knee injuries
- Tennis elbow
- Twisted joints
- Ankle injuries
- Carpal tunnel

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OTHER USES

Pain in the feet. Ruta can help with pain in the bones and tendons of the feet. The pains in the feet are often described as bruised, sore, raw and tender. Ganglion on the wrist. Surgery. Ruta should be given after joint surgery to assist in healing.

Ruta has a wide field of action where it comes to dental problems. You should consider Ruta for the following conditions: Trauma to the tooth, where the tooth is loosened in the socket or knocked out of position. Bone and periosteal pain following dental surgery, or pain after injection of a local anesthetic. Pain of dry socket, at the beginning of an infection. To help reduce the pain and trauma of tooth extraction, if Arnica does not help sufficiently. To ease the discomfort associated with fitting and adjusting braces. To help heal jaw fractures.

Rectal prolapse: Ruta is good for rectal prolapse and many other symptoms pertaining to the rectum, including constipation. It has pain in the rectum when sitting, and is a good remedy for hemorrhoids and strictures of the rectum where the symptoms fit with Ruta. Ruta can also help with the tendency to miscarry in the sixth or seventh month of pregnancy.
Ruta helps with the bruised bone pains from injuries, or dislocations.

WHAT'S IN THE JAR

12.5% Organic Ruta graveolens 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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