

Gentle Remedies for the effects from shock, anxiety and fear!



Whether real life experiences or the exposure to coverage from media outlets the anxiety and fear is real and can oftentimes be treated by gentle means!



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Remedies for acute effects from shock, anxiety and fear !

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Remedies for acute effects from shock, anxiety and fear !

*****ALL COMPLAINTS SHOULD BE GIVEN PROFESSIONAL MEDICAL ATTENTION*****

Whether an accident, floods, forest fires, earthquakes, conflicts, direct or indirect confrontation with the impacts of war or terror, the exposure to scenes of disaster, have detrimental impact on the mind and emotions.

The development of states of anxiety following such events of trauma, stress, worry and fear can be moderated and managed with Homeopathy. Below is a list of remedies that can help moderate symptoms.

Acute Shock

Aconitum napellus:

In the event of sudden and very severe onset of shock or anxiety Aconitum is the first remedy to give. All situations and events that come as a surprise, happen without a warning, call for this remedy.

The individual shows a great anxiety and fear, a 'fear for life' even. This can be the case where there has been an accident, a sudden injury, a forest fire, an earthquake etc. The individual is tense, greatly nervous and anxious, restless, overwhelmed, excited and irritated. He or she is saddened, has a disposition to have a gloomy outlook on the future, and feels weak. There is an urge to want to walk away from the situation or the place of anxiety.

Ignatia:

This is also an acute remedy indicated following a traumatic experience. The emotional shock that comes from distressing news, trauma, grief, or bereavement, shows with intense reactions such as deep sobbing, sighing, the sensation of a lump in the throat, brooding, or overwhelm. This is a person who may be prone to hyperventilation, twitching or cramping when stressful or traumatic situations have occurred.



Shock & Fear

Arnica montana:

Arnica is indicated for the effects from shock and mental strain. It is a remedy that can be useful when somebody is fearful of and easily frightened by nightmares, or when shocking incidents lead to nightmares. The individual may act gloomy, wants to be left alone, not to be talked to, not to be touched. It is also a remedy for shock that comes from injuries, in particular those to the head. As such Arnica is also a remedy to keep in mind for long standing complaints related to a shocking, traumatizing incident that occurred in the past. A person needing Arnica may pretend to be 'OK', but really is not.

Arsenicum album:

Intense fear, restlessness and a deep seated need for reassurance are indicative of Arsenicum album after acute shock or anxiety. A sense of impending doom and anxiety that persists, torment the individual needing this remedy. This person may get palpitations and breathlessness following a shocking incident of a frightful experience. He or she may not be able to sleep on account anxiety and worry and will seek company to feel safe and comforted. There may be the expression of intense fear of death, solitude or illness.



*Rescue-remedy: The original Rescue-remedy is not a homeopathic remedy. Rescue is the most widely known remedy of the Bach flower essences. This complex preparation is an emergency formula intended to provide relief, and enable immediate treatment in cases of crisis, trauma and stress. It is said to relax, calm, and lower stress.

A homeopathic remedy made of 'Rescue', similarly to the Bachflower remedy, can alleviate of the effects of shock and anxiety and can help regain ones calm after unsettling events or news.

Buddleia davidii:

This is a main remedy for mental, emotional and physical impact of recent or long-standing trauma that has caused shock or deep seated fear and anxiety. Where shock has deeply penetrated the psyche this remedy is of great use. It removes trauma to the nervous system, psyche and body. From emotional overwhelm, to birth trauma or negative effects from accidents, this remedy is an helpful ally. The person needing this remedy may feel paralyzed with panic, may have deep seated fears that interfere with their life, and may become anxious on account of upcoming events. He or she may show signs of hypervigilance, difficulty breathing, tightness about the chest, and may feel overwhelmed by their responsibilities.

Emerald:

This is a remedy that supports emotional healing from the effects that shock, anxiety and fear have had on an individual. The person needing this remedy, for effects from traumatic, shocking or fear inducing events, feels lodged, trapped, unable to act or proceed, and is angry, frustrated and emotionally tied on account of this. This remedy restores confidence, gives power back and restores the strength of those overwhelmed by stress or from trauma.

Gelsemium:

Where fright, fear, disturbing news or emotional excitement have caused a shock Gelsemium is the remedy of choice. This person may display physical ailments as a consequence of such triggers of shock. He or she may show signs of apathy, drowsiness, dizziness, dullness, lethargy or trembling. There is a numbness, a near to paralysis caused by the shocking event or experience, and he or she may increasingly want to be alone, may be more quiet than usual, can not concentrate, is irritable, sensitive and depressed.

Opium:

In the acute state, this person appears stunned, as if dazed and not fully aware of the situation. The individual starts easily and is easily excitable. There is inquietude, irritability, and anxiety. This is someone who demonstrates a lack of vitality, who is sluggish and delirious. He or she may imagine frightful situations, and may have visions with fear, anxiety and uneasiness.

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Phosphorus:

Where a storm, loud noise or darkness trigger panic and anxiety in an individual, Phosphorus may be a good choice of remedy. These individuals may suffer of palpitations, restlessness, sweating or an uneasy stomach. Their anxiety may be triggered by their own emotions but may also be triggered by witnessing the emotional state of others. These persons are generally worriers and fear for their health, fear that an accident may happen to a near or dear one and that they could die. They cannot be alone and seek to have someone near.

Pulsatilla:

The individual needing this remedy has pronounced states of anxiety and fear that are characterized by a strong desire for consolation and company. The anxieties of this remedy are diverse. There is a fear of the dark, of disease, of separation, of death, of being alone, being abandoned or forsaken. There is a fear of being in a crowd, of evil. Someone needing this remedy may have anxiety with palpitations about the heart, difficulty breathing. He or she may be irritable, tearful and grief stricken. He or she, in such an emotionally sensitive state, may be weepy and will seeks continued reassurance and comfort.

Stramonium:

The impact from terror causes fear and anxiety in the individual needing this remedy. There may be manic rage, frenzy, fury, uproar and downright violence, with an inclination to hit or bite, stemming from a fear of being in danger or getting hurt. This person may be inclined to want to run from it all. This individual may be tearful and inconsolable in sadness or melancholic moods.

Recovery & Grief

Emerald:

This is a remedy that supports emotional healing from the effects that shock, anxiety and fear have had on an individual. The person needing this remedy, for effects from traumatic, shocking or fear inducing events, feels lodged, trapped, unable to act or proceed, and is angry, frustrated and emotionally tied on account of this. This remedy restores confidence, gives power back and restores the strength of those overwhelmed by stress or from trauma.



Ignatia:

In a way this too is a remedy for the recovery phase following a traumatic experience. Grief, bereavement, worry, shock and disappointment can be causative factors that trigger the need for this remedy. Silent brooding, sadness and melancholy with much sighing and sobbing are characteristic of emotions that call for Ignatia. He or she commonly though swallows his or her grief when others are present, and only cries when alone.

Natrium muriaticum:

Anger, loss, grief, fear and fright have happened in an individual's life when a need for this remedy may arise. It is indicated when he or she is irritable, sad, tearful, possibly even hysteric in these expressions. This person, in his or her sorrowful state, does not want consolation. Consoling here will worsen the state. Therefore solitude is preferred by this person to the point that any regular intellectual work cannot be conducted and an indifference to others and their surroundings sets in. There may be pronounced anxiety and anguish concerning the future.

Rose quartz:

An individual needing this remedy has been through a traumatizing experience and has as a consequence hardened and closed up, emotionally. Such states may result from extended stressful periods of time where he or she had to 'toughen up', had to be strong and dutiful. It is a remedy for persistent states of anxiety, and for the fear of losing someone near and dear.

Rose quartz is the healer of the emotional heart, the emotional trauma, and the grief of separation or loss.



HOW TO TAKE A REMEDY

Homeopathic potencies of 6D/X, 12 D/X are decimal potencies. The decimal potencies are suitable for the acute stages and moderate impact (see 'Acute' below). They are also suited for more frequent administration. The low centesimal potencies C5, C6, C7 or C9 too can be administered more frequently. The higher centesimal potencies however, C30 & C200 should be taken less frequently, as suggested in 'General' below, or as indicated by a homeopathic practitioner.

The following rule of thumb applies about remedy administration:

The remedies for acute shock (Aconitum & Ignatia) are suggested in the potency of C200 and may be taken as often as 3 to 4 times with one dose (5 pills or drops) taken every 5 minutes. Once symptoms calm down wait before giving another one dose until improvement stops or symptoms start to return. Only if symptoms return repeat one dose of the remedy. If there is no improvement in symptoms by the third dose, then stop taking this remedy. This means the remedy is not the best choice – select another that is a better match.

Acute (D-potencies)

6 to 8 globules / drops every 15 minutes up to 5 times; then proceed with the general administration.

General (C-potencies)

6 to 8 globules / drops or 1 tablet 3 times a day for up to 3 days

The remedies should be placed under the tongue, where they are left to dissolve. A homeopathic remedy should not be taken right after or right before a meal or drink. Wait 15 minutes after a meal and then take the remedy. Put the globules/drops/tablets onto a spoon or directly into the mouth.

If there is no relief, and symptoms persist, see a professional homeopath or your health-care provider. Stop taking a remedy when you are feeling better and symptoms have subsided.



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