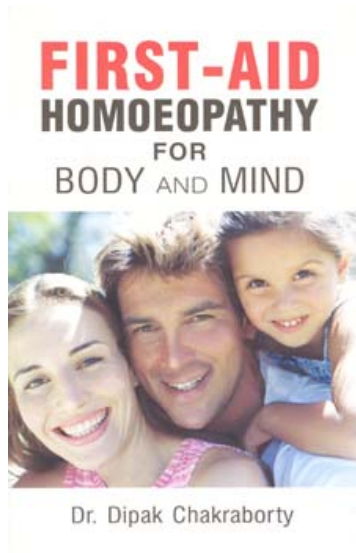


Dipak Chakraborty

First-Aid Homoeopathy for Body and Mind

Reading excerpt
[First-Aid Homoeopathy for Body and Mind](#)
of [Dipak Chakraborty](#)



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FIRST AID

A proper management and quick arrangement for First Aid are the twin major attempts to save a life from impending danger due to casualties like sudden injuries, bleeding (Haemorrhage), bone fracture, burn injuries, drowning, electrocution, food poisoning, choking (Block in Airways), heart attack, cerebral congestion, drug abuse, animal or insect bite, epilepsy etc.

For emergent use, a First Aid kit with the following accessories and medicines should be kept handy which may help cure and reduce risk. Besides, **First Aid awareness** with the knowledge of management is absolutely necessary for all the grown-up members of the family. For first aid awareness, a periodical discussion/questionnaire among the family members may be beneficial. Any active person with courage and knowledge of First Aid may save a life.

ASSESSORIES

1. One container or small box for keeping the medicines/accessories, preferably fitted with lock and key to avoid unnecessary handling or uncleaned touch.
2. One piece of unused Blade.
3. A pair of Scissors.

Where there is life, there is hope.

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4. Artery Forceps.
5. One Cotton Roll.
6. One Bandage Roll.
7. Few pieces of Band-Aid.
8. Some pieces of cotton ribbon for use as rope.

MEDICINES :

- ARNICA MONTANA Q 1 oz.
- CALENDULA Q 1 oz.
- HYPERICUM Q 1 oz.
- CANTHARIS OINTMENT 1 tube
- APIS MEL. 30 1 dr. (Liquid)

The following methods of First Aid may be applied immediately to minimize the risk as and when threatened due to the conditions mentioned below:

1. BLEEDING : (Haemorrhage) : The human body contains 5 Litres, of Blood for maintaining circulatory system. Profuse bleeding or continuous bleeding may cause death.

In such conditions, the First Aid should be considered as Fast Aid without delay or waiting for a doctor. During emergency and when medicines or accessories are not available, the commonly used articles like shoe laces, hair ribbon, briefcases, school bags, scales, cloth pieces etc. may be pressed into service without hesitation.

The injured person should be taken to a well ventilated place and the bleeding part be cleaned with cold water first and then efforts should be made to obstruct the blood flow by pressing with fingers or palm.

In case of bleeding from lower extremities, the injured part should be drawn up from the body level of

Prevention is better than Cure.

FACE

The facial portion is composed of 14 bones including the following :

Mandible-1, Maxillae-2, Zygomatic-2, Nasal Bones-2, Lacrimal bones-2, Vomer-1, Paletine bones 2, Inferior Nasal Conchae-2.

The following are the facial muscles :

Orbicularis Oris, Orbicularis Oculi, Levator Palpabrae Superioris, Buccinator, Temporalis and masseter.

Face is the index of mind and body. Mental state like pleasure, depression, intelligentia, dullness, affection, lust, cruelty, fear-pshycosis, suppression of facts could be read easily on the face of a person. Moreover, sleeplessness eye strain, anaemia and other sickness also reflects on human faces.

Even during a special care for face, some problems like eruption of pimples/acene, sunburn, black pores, dark stains below the eyes, dry scalling of skin, perspiration, unwanted hair growth or delayed projection of maleness are very common due to biological changes, climatic changes and mal-nutrition.

Green vegetable is essential for nutrition.

Eruption of pimples or acne is the most common threat to the facial skin. During adolescence, some physical and chemical changes occur in the body system. Sebaceous glands below the skin's surface produce small quantities of oily material known as Sebum. These glands stop secretion after 22 years of age.

When pores get clogged due to dirt or excess secretion of Sebum, skin bacteria feast on oily material (Sebum) and gradually release toxic stuff and inflame the pores. In some cases, the immune system reacts at this stage resulting in eruption of pimples/acne on the forehead, cheeks and other uncovered parts of the body.

Commonly pimples are of two types. Some people suffer from painful eruption of pimples with a white dot (pus) in the centre while others with a black dot. A sudden increase in eruption of pimples may be experienced during the summer season due to hot exposure.

Frequent exposure to sun may cause damage to facial skin and develop hyper-pigmented brown or copper colour patches or dropsical swelling, wrinkles, fine lines. The ultra-violet radiation in sunlight breaks down the elastic collagen that supports the skin. Sprinkling of cold water on the face immediately after moving in the sun during the summer season may develop black pores on facial skin. Stress, sleeplessness (insomnia) and irregular bowels, run-down condition of health may develop dark circular patches below the eyes. Use of various cosmetics and periodical bleaching, hair dye, repeated use of soap on the face, habit of smoking, intake of less water, deficiency of Vitamins and Minerals are the common factors behind dry scalling of facial skin.

Face is the index of mind.