

Ruta Grav

For Injuries from Over-Doing It

Essential for every home remedy kit, the homeopathic preparation **Ruta Grav 30C** is a versatile remedy with a deserved reputation for therapeutic use in **injuries** from **over-doing** – over-use, over-exertion, over-strain – especially to **ligaments, tendons, joints or periosteum of the bones***. It has a range of other uses as well. Consider Ruta Grav in the following circumstances.

- **Sprains & strains** where there is damage to **ligaments** or **tendons** especially where there is **weakness** (if stiffness, consider Rhus Tox).
- **Eyestrain** – overexertion of the ocular muscles from close work. Headaches and visual disturbances caused by overuse of the eye.
- **Over-use injuries** such as **tennis elbow**, **carpal tunnel** syndrome or **ganglions** of the wrist.
- **Twisting injuries** – for example from energetic dance movements or after **adjusting orthodontic braces**.
- **Trauma to periosteum** (outer layer of bones) – for example banging shin bone on a car towbar or dishwasher door; when a lump remains after such an injury; “bruised” bones.
- **Sciatica** with severe rending, tearing pains in the sciatic nerves; pains start in the back and go down the hips and thighs; comfortable during the day, but aggravated as soon as he lies down at night.
- **Hard nodules** that form in hands of people who work long hours holding tools (e.g. a hammer or crowbar) – a hardened mass of tissue in the tendons like a bursa.

Injuries that respond well to Ruta Grav may have pains of nearly all descriptions but (similar to Rhus tox) will usually be **better for warm applications** and **worse lying down** or from **cold**.

Professional homeopaths have access to many more remedies for these and other injuries. An individualised prescription will give best results.

*Empirical evidence from 200 years of clinical experience and proving results as recorded in many standard homeopathy texts.

Information intended as a guide only.

If a situation requires more than simple treatment please seek professional advice.

In an emergency, dial 111.

Compiled by:

Diane Willcock MSc, PhD, DipHom(NZ)

diane.hpath@gmail.com

www.dianewillcock.co.nz

Ruta Gravalens or Common Rue, is cultivated as a medicinal herb, a condiment, and an insect repellent.

Rue has a long history:

Hippocrates commended it; it constituted an ingredient of the antidote to the poison used by Mithridates; the ancient Greeks regarded it as antimagical for relieving nervous indigestion (attributed to witchcraft) suffered when eating with strangers; in Europe, during the Middle Ages, it was considered a powerful defence against witches.



Administration:

1 dose (1-2 drops, sprays or pilules) in mouth. Observe patient.

Repeat according to intensity of situation - in general, 2-4 hourly over 24 hours. In more severe situations, the remedy may be repeated as often as every 5-15 minutes.

As patient improves, increase time between doses until obviously recovering.

If symptoms improve but worsen again, repeat dose. If there is no change in condition after 6 doses, choose another remedy or consult a professional homeopath.

*I can't manage without homeopathy.
In fact, I never go anywhere without homeopathic remedies.
I often make use of them. - Paul McCartney*