

Rhus Tox

For Musculoskeletal Injuries

Recommended for every home remedy kit, the homeopathic preparation **Rhus tox 30C** is a versatile remedy with a deserved reputation* for therapeutic use in two main areas: skin problems and musculoskeletal injuries. In this information sheet only musculoskeletal problems are considered.

There are many remedies that are useful for musculoskeletal injuries but Rhus tox is indicated when certain characteristics are evident:

- There is **stiffness** which may be worse beginning movement after resting, easing on continued movement but returning after too much use
- There may be **restlessness** (e.g. tossing & turning in bed at night, or the patient cannot sit or stand still)
- Pain or stiffness is worse for cold or damp but much relieved by heat (e.g. hot shower)
- The cause of the injury may be inordinate exertions of the muscles, **overstraining** – e.g. lower back injury from over-lifting or over-exerting oneself in some unaccustomed task.

A classic scenario is the sprained ankle that has partially healed (perhaps after Arnica) but now becomes stiff, especially first thing in the morning, or upon rising from a seat. The stiffness eases with gentle use, stretching, or limbering up, but returns after overuse. Hot packing or bathing brings relief, while exposure to cold makes it stiffen up more. (A phase of weakness may follow – in which case give Ruta Grav.)

Rhus tox has an affinity to ligaments, fibrous tissues, joints and the sciatic nerve. Musculoskeletal conditions that might benefit from Rhus tox (where indicated by above characteristics) include sprains, strains, sciatica, frozen shoulder, stiff neck, rheumatism & arthritis.

*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.

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Rhus Toxicodendron is a species of poison ivy plant. The proper botanical name is now *toxicodendron pubescens*.

Its effects on skin are well known – itchy, red eruptions with blisters.

Thus according to the *Law of Similars* (like cures like), Rhus tox could be useful in chicken pox – and so it is.

In potentised form, Rhus tox. has many more uses (including of course, treatment of poison ivy reactions).

Administration:

1 dose (1 spray or 2-3 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.