The Robert Scott Bell Show: Homeopathic Hits - Ruta Graveolens

Ruta Graveolens: The Remedy for Strains and Eye Strain

Introduction:

Welcome back to the "Homeopathic Hits" segment of The Robert Scott Bell Show. Today, we're focusing on Ruta Graveolens, a remedy often used for strains and eye strain. This brief guide will delve into the various applications of Ruta Graveolens, particularly its effectiveness in treating these conditions.

Origin of Ruta Graveolens:

Ruta Graveolens is derived from the rue plant, a herb traditionally used for its medicinal properties. The substance is carefully processed and potentized to create this homeopathic remedy.

Key Characteristics:

- **Physical:** Ruta Graveolens is often used for conditions like tendon strains, sprains, and eye strain from excessive reading or screen time.
- **Mental:** Individuals needing Ruta Graveolens may experience irritability, restlessness, and a sense of weariness.

Primary Uses:

- **Strains:** Effective for dealing with tendon strains and sprains, especially when the area feels bruised or sore.
- **Eye Strain:** Used for eye strain resulting from excessive reading or screen time, particularly when the eyes feel tired and vision is blurry.

Dosages and Potencies:

- **Low Potencies (6X - 30C):** Suitable for acute conditions like mild strains or eye strain.
- **Medium to High Potencies (200C - 1M):** Used for chronic strains or severe eye strain.

Consult a qualified homeopath for the correct potency and dosage.

Complementary Remedies:

- **Arnica:** Often used after Ruta Graveolens for lingering symptoms of strains or sprains.
- **Euphrasia:** Complements Ruta Graveolens in treating eye strain, especially when there is redness or irritation.
- **Rhus tox:** Adjunct remedy for recovery from skeletal inflammation, including arthritis, sprains and strains.

Cautions:

While Ruta Graveolens is generally considered safe:

- Avoid self-prescribing for chronic or severe conditions.
- If symptoms persist or worsen, consult a homeopathic professional.

Conclusion:

Ruta Graveolens is a versatile homeopathic remedy, particularly effective for tendon and ligament strains and eye strain. Stay tuned to The Robert Scott Bell Show for more enlightening dives into the world of homeopathy through our "Homeopathic Hits" segment.

Disclaimer: This article is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for any medical condition.