

Natural Anesthetics For Humans

Way before the invention of Advil and Percocet, there were many different natural anesthetics used to dull or block pain.

Before we even start discussing them, you need to understand that just because something is natural, that doesn't mean that it's safe or that you can take as much as you want. Remember, arsenic is natural, too! So, before you use any kind of natural anesthetic, make sure that you know what you're doing!

That being said, let's talk about natural pain killers that you should have on hand in case of a [SHTF scenario](#).

There are two primary types of natural anesthetics: topical and internal. Topical anesthetics are used directly on your skin, and internal anesthetics are ingested and work from the inside out.

You'd want to use a topical anesthetic to treat issues such as toothaches, cuts, rashes, and burns. Internal anesthetics are used to treat conditions such as general pain, headaches and muscle aches.

Since anything taken internally can quickly kill you, we're going to stick to topical anesthetics for this article.

Clove Oil



Clove oil has been used for centuries to relieve toothaches and now studies show that it's basically as effective as benzocaine for topically numbing pain.

You can make a gel with it or simply dab some of the oil straight onto your gum and let it sit. Keep in mind though that this is only going to numb your tooth, not cure the problem. You're eventually going to need to take care of the bad tooth that's causing the pain because the infection can spread to your heart and kill you.

Clove oil can also be used to relieve itching and burning related to dry skin, poison ivy and poison oak. It's also used to treat upset stomach but you need to know how much to take because high doses are toxic.

Cayenne Pepper



In addition to many [other health benefits](#), the capsaicin in cayenne pepper is also great to use to treat arthritis, bursitis, psoriasis, eczema, muscle pain, and nerve pain.

Capsaicin is the chemical in peppers that makes them hot but when used topically, it causes your body to release a chemical called Substance P. This is the chemical that carries pain messages from your nerves to your brain.

In addition to capsaicin, cayenne also contains salicylates, the same compounds found in aspirin.

The best way to apply the cayenne to your skin is to make a gel or cream out of it using coconut oil or other natural

bases. When you first apply it, you'll feel hot. That's because the capsaicin is causing the Substance P to flood through. Once your supply is depleted within a couple of minutes, you'll get relief.

Lavender



This pretty purple flower has been used for centuries as an antiseptic, topical anesthetic and sedative and is safe for use on your pets, too. You'll often find it as an ingredient in essential oils created from relaxation or to treat insomnia. For the purposes of this article, we'll talk about its use as a topical anesthetic.

It's great to use to treat cuts and scrapes too because in addition to relieving the pain, it also helps prevent scarring and stop bleeding.

If you make a lavender salve, you can rub it on your muscles and joints to relieve sprains and other muscle pain as well as cramps and sore feet.

Wintergreen



Wintergreen is just a mild anesthetic that's good to treat toothaches or stomach aches, but since it's so easy to grow, we thought we'd throw it in.

Other anesthetics that have been used throughout history include onions, garlic, ginger, tea tree oil, and Epsom salts.

Peppermint and apple cider vinegar are typical natural remedies for upset stomach and other digestive issues. Calendula, Jasmine, Yarrow and Chamomile are great for relieving itching caused by just about anything and can also help with inflammation.

There are many different [herbs and spices that have various uses](#) as anesthetics, but you need to be careful when using them. If you plan to incorporate natural pain killers as part of your survival plan, you need to educate yourself well using trusted sources because, though a little may help, too much of an herb or spice may kill. It may be a good idea, to include in your bag an herbalism guide book for both people and pets.

We hope that, though in no means inclusive, this list of natural anesthetics is helpful to you!

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*This article has been written by **Theresa Crouse** for [Survivopedia](#).*

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