

Grumpy Wizard's House Rules for Healing

Recovery: *A character recovers 1 hit point per day if they are active or adventuring. The character requires basic sustenance and a modicum of rest. If the character does not have at least six hours of sleep, food, water and regular breaks, there is no hit point recovery.*

If the character spends a full day resting and doing no strenuous activity, the player character can roll 1HD. The result is the number of hit points recovered. A character may walk unencumbered around easy terrain such as a city, perform guard duty where no fighting or stressful situations occur. 1HD means the hit die specific to the character's class. A magic-user rolls a D4, a fighter D8 and so forth.

A character can also recover Hit Points by magical means such as a *heal wounds* spell or *potion of healing*.

The referee may give modifiers if the PC makes use of techniques to enhance their recovery. Examples of such techniques would be massage, bathing in hot mineral springs, and meditation.

Healing: *A character who has gained a wound from the **Death and Dismemberment** table and survives the combat remains at 1 hit point until they have completed a prescribed period of full rest.* The result on the D&D table determines how long the PC must rest before hit points will be recovered. When this period is over, the character is "healed."

A character may have to spend several weeks resting/healing. During that time their hit point total will be "1". *Once the healing period had passed, the character will then **recover** hit points at the normal rate of 1 per day while adventuring or 1HD per day of rest.*

The character may forego the rest period if they receive magical healing such as healing potion or *heal wounds* spell.

Magical Healing

The two primary methods for magical healing are the *heal wounds* spell and the *potion of healing*. *Heal wounds* replaces the spells *cure light wounds* and *cure serious wounds*.

Heal Wounds:

Spell Level: Cleric, 1st level, Druid 2nd level

Range: Touch

Duration: Immediate

Heal wounds can be used to stabilize a character who has received a life threatening wound as the result of a roll on the **Death and Dismemberment Table**. When used in this way, the wounded recipient has 1 HP but is no longer in danger of dying from current wounds. Further castings of *heal wounds* are necessary for the character to **recover** hit points per the **Recovery** rules. The number of castings required are determined by the results on the DaDT.

A character that has been **healed** and is now able to **recover** hit points will receive 1D6+1 hp/level of caster.

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Potions of Healing:

The *potion of healing* can be used to stabilize a character who has received a life threatening wound as the result of a roll on the **Death and Dismemberment Table**. When used in this way, the wounded recipient has 1 HP but is no longer in danger of dying from current wounds. Further *potions of healing* or castings of *heal wounds* are necessary for the character to **recover** hit points per the **Recovery** rules.

A character that has been **healed** and is now able to **recover** hit points will receive 1D8+1 when using this potion.

A *potion of extra healing* has the equivalent healing power of three *potions of healing*.

This table was influenced by numerous bloggers and game designers. I did not invent the DaDT concept or mechanisms. This was an OSR scene wide effort and I acknowledge that WE did this together. These house rules were originally posted on my blog at:

<https://grumpywizard.home.blog/2021/10/06/death-and-dismemberment-table/>