



### **Acknowledgements**

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ISBN 0-946982-04-X Homoeopathy for the Family

# Homoeopathy for the family

An introduction to the use of  
classical homoeopathic  
medicines in the treatment of  
common ailments and  
conditions

Recommended by

*Homœopathic  
Development  
Foundation Ltd*

# Homoeopathy for the family

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### **Further reading**

*To find out more about Homoeopathy, please turn to the back of this book for a list of helpful publications and an order form.*

# Introduction

This booklet provides the general public with a simple explanation of how Homoeopathy works, so that it may be safely used for self care and first aid. In providing an easy-to-use guide to the treatment of common ailments and conditions it is fulfilling a need felt by a growing number of people. The fact that homoeopathic remedies are without side effects and are safe even for small children makes them eminently suitable for self-medication in the treatment of common complaints.

It must be emphasised that this publication should not be regarded as a substitute for expert advice from a homoeopathic doctor. Further, where symptoms persist beyond a reasonable period you should always consult a qualified doctor. Used as a handy household reference, the booklet will be found to be of real help in the treatment of those simple complaints which occur in the day-to-day life of every family.

Today Homoeopathy is practised by qualified doctors worldwide and has become recognised over the years as an effective and inherently safe form of medical treatment. In Britain it has been favoured by various members of the Royal Family; it is recognised by Act of Parliament and all Homoeopathic medicines are available on prescription under the National Health Service.

# What is Homoeopathy?

The basic principle of Homoeopathy has been known since the time of the ancient Greeks. Derived from the Greek word 'Homoios' meaning 'like', Homoeopathy is the medical practice of treating like with like. That is to say, treating an illness with a substance which when taken by a healthy person produces symptoms similar to those displayed by the person who is ill.

Current medical opinion takes the view that symptoms are a direct manifestation of the illness and, therefore, treats the ailment by suppressing the symptoms. Homoeopathy, by contrast, sees the symptoms as the body's reaction against the illness as it attempts to overcome it, and seeks to stimulate and not suppress the reaction.

Homoeopathy is essentially a natural healing process, providing remedies to assist the patient to regain health by stimulating the body's natural forces of recovery. The remedies appear to trigger a healing process in the body, leading to the correction of the illness.

## How Homoeopathy Began

In the eighteenth-century Dr Samuel Hahnemann, the great German physician, appalled by the medical practices of the day sought a method of healing which would be safe, gentle and effective. He believed that human beings have a capacity for healing themselves and that the symptoms of disease reflect the individual's struggle to overcome his illness. He reasoned that instead of suppressing symptoms he could seek to stimulate them and so encourage and assist the body's natural healing process.

Hahnemann discovered that when he took an infusion of cinchona bark (quinine) it produced the symptoms of Malaria. When given to a patient suffering from the disease it alleviated the symptoms. From this Hahnemann deduced the first principle of Homoeopathy – *similia similibus curentur* – 'let like be treated by like'. In other words, a substance which in a healthy person produces the symptoms of a disease will, in a person suffering from that disease, have a curative effect.

Hahnemann went on to discover that remedies obtained from animal, vegetable, and mineral sources were just as effective in extreme dilutions. This was especially apparent in the case of poisons which often produced symptoms similar to those of certain illnesses and which, in very diluted doses, suggested themselves as remedies on the 'like cures like' principle.

Over a long period Hahnemann and his assistants took small doses of various substances, carefully noting the symptoms they produced. These were called 'provings'. Subsequently, patients suffering from similar symptoms were treated with these substances. The results were usually encouraging and often remarkable.

Hahnemann then worked to establish the smallest effective dose, for he realised that this was the best way to avoid side effects. In so doing he unexpectedly discovered the second principle of Homoeopathy; that the more a remedy is diluted the more effective it becomes.

The third principle of Homoeopathy is that people vary in their response to an illness according to their basic temperament.

Thus, Homoeopathy, concentrates on treating the patient rather than the disease and it follows, therefore, that a homoeopath does not automatically prescribe a specific remedy for a specific illness. Instead, he tries to determine the patient's temperament and responses and so prescribe on a more individual basis. Patients suffering from the same diseases often require different remedies. On the other hand, another group of patients, with different diseases, may all benefit from the same remedy.

So to summarise: by close observation and careful experiment, *Hahnemann established the three principles of homoeopathy:*

1. A medicine which in large doses produces the symptoms of a disease will in small doses cure that disease.
2. By extreme dilution, the medicine's curative properties are enhanced and all the poisonous or undesirable side effects are lost.
3. Homoeopathic medicines are prescribed individually by the study of the whole person, according to basic temperament and responses.

# Questions and Answers

## **1. Is homoeopathy safe?**

Homoeopathic medicines are not harmful because they are so greatly diluted. They are safe, non toxic and non addictive. They are prepared in laboratories licensed by the Department of Health, to stringent standards of quality.

## **2. Is homoeopathy effective?**

Since the early nineteenth century homoeopathy has proved effective for millions of people worldwide; it has often been successful where other forms of treatment have failed. In more recent years medical journals have published positive reports of the results of scientific research into homoeopathy.

## **3. Is homoeopathy recognised officially?**

Homoeopathy was recognised by Act of Parliament in 1948, and accepted as a safe alternative form of medical treatment. It is practised by doctors who are fully qualified through conventional medical training and recognised by the General Medical Council. Homoeopathic prescriptions are available under the National Health Service.

## **4. Can homoeopathic medicine be taken with ordinary drugs?**

It is safe to do so, although any side-effects caused by the ordinary drug may complicate the symptom picture and make the correct choice of a homoeopathic medicine more difficult. ALWAYS follow your doctor's advice.

## **5. If the symptoms become worse when first taking a homoeopathic medicine is it all right or does this indicate the wrong choice of medicine?**

Homoeopathic medicines seek to stimulate symptoms, not suppress them, so that the body will overcome the disease naturally. Therefore, if symptoms are aggravated briefly, this usually means that the medicine is working.

## **6. Can the medicines be taken safely during pregnancy?**

The safety of homoeopathic medicines is well known. However, medicine manufacturers are forbidden by law from claiming that any medicine is safe during pregnancy. For guidance, consult a qualified homoeopathic doctor.

## **7. Are homoeopathic medicines safe for children?**

Yes. They can be given safely to even the youngest infant.

## **8. How do I know what potency to use?**

In most cases the 6th potency should be used, but choosing the right remedy is the most important thing to do. If the remedy is right, the results will be good.

## **9. Can animals be treated with homoeopathy?**

Homoeopathy is as effective for animals as it is for humans. There is an increasing number of veterinary surgeons practising homoeopathy in the United Kingdom. Addresses are available from the British Homoeopathic Association, in London.

# Medicines in Common Use

These medicines are stocked in most health stores and in many chemists.

Some medicines that are recommended or prescribed have not been included on this list as in general they are available only from specialist homoeopathic pharmacies.

1. Aconitum napellus (**Aconite**)
2. Actaea racemosa (**Actaea rac.**)
3. Apis mellifica (**Apis mel.**)
4. Argentum Nitricum (**Argent. Nit.**)
5. Arnica montana (**Arnica**)
6. Arsenicum Album (**Arsen. Alb.**)
7. Belladonna (**Belladonna**)
8. Bryonia alba (**Bryonia**)
9. Calcarea Carbonica (**Calc. Carb.**)
10. Calcarea Fluorica (**Calc. Fluor**)
11. Calcarea Phosphorica (**Calc. Phos.**)
12. Cantharis vesicatoria (**Cantharis**)
13. Carbo vegetabilis (**Carbo veg.**)
14. Cuprum Metallicum (**Cuprum Met.**)
15. Drosera rotundifolia (**Drosera**)
16. Euphrasia officinalis (**Euphrasia**)
17. Ferrum Phosphoricum (**Ferr. Phos.**)
18. Gelsemium sempervirens (**Gelsemium**)
19. Graphites (**Graphites**)
20. Hamamelis virginica (**Hamamelis**)
21. Hepar Sulphuris (**Hepar Sulph.**)
22. Hypericum perforatum (**Hypericum**)
23. Ignatia amara (**Ignatia**)
24. Ipecacuanha (**Ipecac.**)
25. Kalium Bichromicum (**Kali Bich.**)
26. Kalium Phosphoricum (**Kali. Phos.**)
27. Lycopodium clavatum (**Lycopodium**)
28. Mercurius Solubilis (**Merc. Sol.**)
29. Natrum muriaticum (**Nat. mur.**)
30. Nux vomica (**Nux vom.**)
31. Phosphorus (**Phosphorus**)
32. Pulsatilla nigricans (**Pulsatilla**)
33. Rhus toxicodendron (**Rhus tox.**)
34. Ruta graveolens (**Ruta grav.**)
35. Sepia (**Sepia**)
36. Silicea (**Silica**)
37. Sulphur (**Sulphur**)
38. Thuja occidentalis (**Thuja**)

# Selecting and Using the Right Remedy

This guide to self-treatment relates to ailments which are usually treated at home. However, it cannot be over-emphasised that with chronic conditions or where the symptoms are serious or prolonged a qualified doctor should be seen.

1. Note your main symptoms and any strong likes and dislikes that may arise from them.
2. Study the INDEX OF SYMPTOMS to find a selection of medicines from which you can make your choice.
3. Study MEDICINES AND THEIR INDICATIONS carefully and select the medicine which most closely matches your symptoms.
4. You do not have to experience *all* the symptoms listed under a medicine nor need you exhibit all the likes or dislikes mentioned; they are often expressed as an extreme which may not always apply. Simply try to match up with the set of symptoms most similar to yours.
5. When treating simple, everyday ailments it is recommended that the 6th potency is used. This potency is most easily available from your local pharmacy or health food store.
6. **Dosage:** The suggested dosage is two tablets for adults, one tablet for a child and one tablet, finely crushed, for an infant.
7. **Frequency:** In acute conditions every two hours for six doses, then three times a day, between meals until relief is obtained. Watch the response to each dose.  
When improvement is evident, increase the interval between doses. Continue for two more days then STOP.  
Repeat only if the original symptoms recur.
8. If symptoms are somewhat increased do not be alarmed; this indicates that the medicine is working. Postpone the next dose until this increase or 'aggravation', as it is known, has passed.
9. Keep the medicines in a cool, dark place and away from strong smelling substances (camphor, etc).

10. **To obtain the best absorption, tablets should be sucked or chewed, not swallowed whole.** They should also be taken apart from food or drink and dissolved on a clean tongue when the mouth is free from the effects of tobacco or strongly flavoured toothpaste.
11. **Always avoid handling the tablets;** they should be tipped into a clean teaspoon and then dropped into the mouth.
12. Always replace the cap of one container before opening another; this is to avoid cross-contamination of the medicines.

As with every new skill, practice and familiarity improve the performance. The better you get to know the medicines and your own reactions, the more accurate will be your selection and the more effective you will find the medicines.

**IMPORTANT:**

**If symptoms are serious, prolonged or unusual, you should contact a qualified doctor.**

# Index of Symptoms and Guide to the Selection of Medicine

To select the most appropriate medicine:

- Consult the Index of Symptoms and then;
- Refer to the Medicines (p.22 onwards) and select the one that most closely relates to the symptoms and to the likes or dislikes that arise.

The medicines for each ailment or condition are not listed in order of suitability. Sometimes other homoeopathic remedies might also be appropriate and effective but those suggested are the ones that are most widely available.

It cannot be over-emphasised that this guide to self treatment relates to ailments that are usually treated at home. **If symptoms are serious or prolonged, consult a qualified doctor.**

<b>Abdomen painful</b>	Where food lies like a stone in the stomach, feels better after resting Bloated after a light meal, much flatulence Flatulence and colic, after eating or drinking alcohol	<b>Bryonia</b>  <b>Lycopodium</b>  <b>Nux vom.</b>
<b>Abscesses</b>	Unhealthy skin, very sensitive to touch Tense and painful Mouth abscesses When suppuration has taken place and is slow to clear	<b>Hepar Sulph.</b> <b>Hypericum</b> <b>Merc. Sol.</b>  <b>Silica</b>
<b>Acidity</b>	From nervous anticipation of coming events Severe heartburn, after only a little food, worse from cold food and drink and around 4-8 pm	<b>Argent. Nit</b>  <b>Lycopodium</b>
<b>Acne</b>	In red-faced persons Many pustules In those with fair complexion With scarring In cases resistant to treatment	<b>Belladonna</b> <b>Hepar Sulph.</b> <b>Pulsatilla</b> <b>Silica</b> <b>Sulphur</b>
<b>Adenoids</b>	Enlarged	<b>Calc. Phos.</b>
<b>Appetite, excessive</b>	Feeling of emptiness even after a meal Varies greatly to complete loss of appetite Even at night, but is easily satisfied	<b>Calc. Carb.</b>  <b>Ferr. Phos.</b> <b>Lycopodium</b>

<b>Appetite, loss of</b>	Aversion to food. Hunger in the evening prevents sleep Continual craving, with loss of appetite	<b>Ignatia</b> <b>Arsen. Alb.</b>
<b>Arthritis</b>	With redness and much swelling If the joints are bruised When there is no relief from pain Where bone is affected Pains are variable and go from joint to joint	<b>Apis mel.</b> <b>Arnica</b> <b>Bryonia</b> <b>Calc. Fluor</b>  <b>Pulsatilla</b>
<b>Bad breath</b>	With bitter taste in the mouth on waking With a metallic taste in the mouth	<b>Kali. Phos.</b> <b>Merc. Sol.</b>
<b>Bereavement</b>	Where the death is sudden and the shock severe Prolonged mourning. Cannot get over the loss of a loved one	<b>Aconite</b> <b>Ignatia</b>
<b>Bilious attack</b>	Where the food lies like a stone in the stomach Sour taste and nausea after eating, especially after over-eating	<b>Bryonia</b>  <b>Nux vom.</b>
<b>Bites, animal</b>	Seek medical treatment, but immediately take	<b>Aconite</b>
<b>Bladder, painful</b>	Burning pains	<b>Cantharis</b>
<b>Body odour</b>	Profuse, sour, sticky sweat, day and night, with skin very sensitive to the touch With perspiration which stains the clothes yellow Profuse sweat at night, chest, back, and thighs. Sweats while seated Where injuries tend to suppurate With unhealthy-looking skin and where feet are a particular problem Sweats only on uncovered parts, covered parts are dry	<b>Hepar Sulph.</b> <b>Merc. Sol.</b> <b>Sepia</b> <b>Silica</b> <b>Sulphur</b> <b>Thuja</b>
<b>Boils</b>	When there is much redness and heat When little injuries turn septic, develop into boils and are intolerably painful, the patient is chilly, the boil is hot When every little injury tends to suppurate. The patient is chilly, the boil is cold	<b>Belladonna</b>  <b>Hepar Sulph.</b>  <b>Silica</b>

<b>Bone injuries</b>	Fractures slow to heal, bones refuse to knit Recovery from all kinds of bone injuries is aided with	<b>Calc. Phos.</b> <b>Ruta grav.</b>
<b>Brain fag</b>	Nervous breakdown, trembling of the body, worse from alcohol Mental prostration, dull, sluggish, and excitement causes diarrhoea From excessive mental effort From a dread of having to make any mental effort	<b>Argent. Nit.</b> <b>Gelsemium</b> <b>Kali. Phos.</b> <b>Silica</b>
<b>Bronchitis</b>	With a rattling of mucous in the bronchial tubes With loss of voice or hoarseness	<b>Ipecac.</b> <b>Phosphorus</b>
<b>Bruises</b>	Treat with an Arnica ointment in conjunction with If skin is broken apply a thin smear of Calendula ointment	<b>Arnica</b>
<b>Bunions</b>	See Chiropodist	<b>Silica</b>
<b>Burns</b>	In all kinds of burns and scalds	<b>Cantharis</b>
<b>Carbuncle</b>	When extremely painful to touch and cannot bear contact of the dressing Expulsion of poisons assisted by	<b>Hepar Sulph.</b> <b>Silica</b>
<b>Catarrh</b>	Head colds with thick yellow-green discharge Colds with watering eyes and streaming nose Thick yellow-green discharge With a stringy discharge	<b>Calc. Fluor</b> <b>Euphrasia</b> <b>Pulsatilla</b> <b>Kali. Bich.</b>
<b>Change of life</b>	In fair blue-eyed women In dark-haired women	<b>Pulsatilla</b> <b>Sepia</b>
<b>Chestiness</b>	With a dry painful cough With hoarseness and loss of voice In those who take cold easily and often goes into the chest	<b>Bryonia</b> <b>Phosphorus</b> <b>Sulphur</b>
<b>Chilblains</b>	Intolerably itchy, swollen and stinging pain Itching, burning, bluish-red, and swollen. Unbearable in the heat of the bed For external use. Apply a thin smear of Tamus cream	<b>Apis mel.</b>  <b>Pulsatilla</b>

<b>Chilliness</b>	For those who always hug the fire or radiator Cold hands When the chilliness is intense Especially in the evening	<b>Arsen. Alb.</b> <b>Calc. Carb.</b> <b>Hepar Sulph.</b> <b>Sepia</b>
<b>Claustrophobia</b>	With great fear	<b>Actaea rac.</b>
<b>Colds</b>	Of sudden onset after exposure to draughts or cold winds When the symptoms are influenza-like Sneeze colds. Nose runs like a tap	<b>Aconite</b>  <b>Gelsemium</b> <b>Nat. mur.</b>
<b>Colic</b>	With flatulence Better when 'doubled up' Better when lying still	<b>Argent. Nit.</b> <b>Belladonna</b> <b>Bryonia</b>
<b>Concentration</b>	Cannot concentrate	<b>Apis mel.</b>
<b>Confusion</b>	Associated with depression and despondency	<b>Actaea rac.</b>
<b>Conjunctivitis</b>	With headaches	<b>Argent. Nit.</b>
<b>Constipation</b>	With ineffectual urging Stool recedes when partly expelled With large painful stools	<b>Nux vom.</b> <b>Silica</b> <b>Sulphur</b>
<b>Coughs</b>	Dry painful cough Spasmodic cough Sudden violent attacks With hoarseness and loss of voice	<b>Bryonia</b> <b>Cuprum Met.</b> <b>Drosera</b> <b>Phosphorus</b>
<b>Cramp</b>	In calf muscles Especially in fingers, legs and toes	<b>Arsen. Alb.</b> <b>Cuprum Met.</b>
<b>Croup</b>	With spasmodic cough Which occurs after midnight Brought on by fright	<b>Calc. Fluor</b> <b>Hepar Sulph.</b> <b>Ignatia</b>
<b>Cuts</b>	Use a natural healing ointment in conjunction with	<b>Hypericum</b>
<b>Cystitis</b>	Stinging pains when passing water With high temperature Frequent passing of water with burning pain With pink deposits in the urine When easily distressed by condition	<b>Apis mel.</b> <b>Belladonna</b>  <b>Cantharis</b> <b>Lycopodium</b> <b>Pulsatilla</b>
<b>Dandruff</b>	With scaling of the scalp Moist dandruff	<b>Graphites</b> <b>Sepia</b>
<b>Dentist, visit to</b>	After extractions pain is reduced and healing assisted with	<b>Arnica</b>

<b>Depression</b>	Associated with confusion and despondency In emotional individuals and bereavement Especially women who are easily depressed	<b>Actaea rac.</b> <b>Ignatia</b> <b>Sepia</b>
<b>Diarrhoea</b>	Brought on by excitement and worry about coming events Brought on by mild food poisoning Chronic, yellow, offensive, urgent stool, driving patient out of bed in the morning	<b>Argent. Nit.</b> <b>Arsen. Alb.</b>  <b>Sulphur</b>
<b>Dyspepsia</b>	Due to nervous excitement about coming events Much flatulence, in chilly persons, who like fresh air Heartburn after only a little food, with colic pains, often around 4-8 pm	<b>Argent. Nit.</b>  <b>Carbo veg.</b>  <b>Lycopodium</b>
<b>Earache</b>	With redness, heat and throbbing With discharge from ears With formation of pus Worse at night, with smelly, yellow discharge	<b>Belladonna</b> <b>Graphites</b> <b>Hepar Sulph.</b>  <b>Merc. Sol.</b>
<b>Eczema</b>	Skin cracked and weeping Very sensitive to touch At the borders of the hair Much itching, uncontrollable desire to scratch, results in burning and smarting	<b>Graphites</b> <b>Hepar Sulph.</b> <b>Nat. mur.</b>  <b>Sulphur</b>
<b>Exhaustion</b>	Following physical effort After diarrhoea or sickness After mental effort	<b>Arnica</b> <b>Arsen. Alb.</b> <b>Kali. Phos.</b>
<b>Eyes, inflamed, burning, watering</b>	Unable to bear bright light	<b>Euphrasia</b>
<b>Eyelids, swollen</b>	Particularly lower eyelids	<b>Apis mel.</b>
<b>Face flushed</b>	With heat and throbbing On exertion or with a slight rise in temperature	<b>Belladonna</b>  <b>Ferr. Phos.</b>
<b>Fat, excess</b>	With excessive appetite Often accompanied by unhealthy skin In shy and emotional individuals	<b>Calc. Carb.</b>  <b>Graphites</b> <b>Pulsatilla</b>

<b>Fear</b>	Following a frightening incident Great fear to the point of terror Of crowds, death and impending misfortune Of darkness or thunderstorms	<b>Aconite</b> <b>Arsen. Alb.</b>  <b>Ferr. Phos.</b> <b>Phosphorus</b>
<b>Fear of coming events</b>	Especially when appearing before an audience With a fear of failure, 'examination nerves'	<b>Argent. Nit.</b>  <b>Gelsemium</b>
<b>Flatulence</b>	From eating sweets, cheese, fats and salty foods Brings up large amount of wind	<b>Argent. Nit.</b> <b>Carbo veg.</b>
<b>Fractures</b>	Where they are slow to heal General medicine for fractures, dislocations and bone injuries	<b>Calc. Phos.</b>  <b>Ruta grav.</b>
<b>Giddiness</b>	When looking up at a height or looking down from a height, and when over water, or from mental exertion From rush of blood to the head From exhaustion and weakness	<b>Argent. Nit.</b> <b>Ferr. Phos.</b> <b>Kali. Phos.</b>
<b>Gout</b>	With a fear of being touched Gouty enlargements of joints of the fingers With much pain	<b>Arnica</b>  <b>Calc. Fluor</b> <b>Lycopodium</b>
<b>Gums</b>	Swollen Gum-boil Inflamed and pyorrhoea Ulcers	<b>Apis mel.</b> <b>Calc. Fluor</b> <b>Calc. Phos.</b> <b>Merc. Sol.</b>
<b>Haemorrhoids</b>	See PILES	
<b>Hayfever</b>	Burning, watering eyes Symptoms better in the open air In chilly individuals, often worse on waking	<b>Euphrasia</b> <b>Pulsatilla</b>  <b>Silica</b>
<b>Headache</b>	With painful, watering eyes and unable to bear bright light Pain lessened by bending head backwards With humming in the ears Hammering headache preceded by misty vision or zig-zag lights	<b>Euphrasia</b>  <b>Hypericum</b> <b>Kali. Phos.</b>  <b>Nat. mur.</b>
<b>Heartburn</b>	With stomach pain With acute burning sensation	<b>Calc. Phos.</b> <b>Phosphorus</b>
<b>Hiccough</b>	With acidity	<b>Lycopodium</b>

<b>Hoarseness</b>	Following cold, damp weather With laryngitis	<b>Carbo veg.</b> <b>Phosphorus</b>
<b>Horse-fly bites</b>	To help reduce swelling	<b>Hypericum</b>
<b>Hot flushes</b>	Especially of the face With sweating	<b>Graphites</b> <b>Sepia</b>
<b>Housmaid's knee</b>	With inflammation	<b>Nat. mur.</b>
<b>Hunger, excessive</b>	Appetite varies greatly Even at night, but is easily satisfied	<b>Ferr. Phos.</b> <b>Lycopodium</b>
<b>Incontinence</b>	With stinging and burning Where there is liking for salty food	<b>Apis mel.</b> <b>Nat. mur.</b>
<b>Indigestion</b>	Accompanied by much flatulence From nervous causes From over-eating	<b>Carbo veg.</b> <b>Kali. Phos.</b> <b>Nux vom.</b>
<b>Insomnia</b>	With much twisting and turning Overtiredness, bed feels hard Jerks on going to sleep, often with nightmares With sweating of the head during sleep Frequent yawning but can't sleep Limbs hot and must be placed outside bedclothes. Requires extra pillow	<b>Aconite</b> <b>Arnica</b>  <b>Belladonna</b>  <b>Calc. Carb.</b> <b>Ignatia</b>  <b>Sulphur</b>
<b>Irritability</b>	From jealousy, fright, anger or grief With impulsiveness Very ill-tempered and easily aggravated	<b>Apis mel.</b> <b>Argent. Nit.</b>  <b>Bryonia</b>
<b>Itching</b>	Itching scalp Skin, worse on getting warm Scratching pleasurable, but results in burning	<b>Argent. Nit.</b> <b>Merc. Sol.</b>  <b>Sulphur</b>
<b>Joints</b>	Swollen Painful and rheumatic	<b>Belladonna</b> <b>Rhus tox.</b>
<b>Laryngitis</b>	With barking cough and tickling dry throat With a hard dry cough and loss of voice	<b>Drosera</b>  <b>Phosphorus</b>  <b>Rhus tox.</b>
<b>Ligaments, painful</b>	From over-exertion	<b>Rhus tox.</b>
<b>Light, intolerance to</b>	With watering, stinging eyes	<b>Euphrasia</b>
<b>Lips, dry</b>	With excessive thirst	<b>Bryonia</b>
<b>Listless</b>	And unsettled	<b>Apis mel.</b>
<b>Liverishness</b>	In early morning	<b>Nux vom.</b>
<b>Lumbago</b>	Very deep-seated With great restlessness	<b>Calc. Fluor.</b> <b>Rhus tox.</b>

<b>Menstrual pain</b>	With tenderness of the breasts With headache With depression When both sad and irritable Tearful and with painful breasts	<b>Calc. Carb.</b> <b>Calc. Phos.</b> <b>Lycopodium</b> <b>Nat. mur.</b> <b>Pulsatilla</b>
<b>Mental strain</b>	From overwork and worry about the future	<b>Argent. Nit.</b>
<b>Migraine</b>	Preceded by misty vision or zig-zag lights Beginning in the neck, coming over the head, and ending in one eye Blurred vision before headache	<b>Nat. mur.</b>  <b>Silica</b> <b>Kali. Bich.</b>
<b>Milk, aversion to</b>	With a craving for eggs and sweets	<b>Calc. Carb.</b>
<b>Mouth, taste in</b>	Strong metallic, slimy taste, with flow of saliva Sweetish, metallic taste, saliva coppery Ulcers	<b>Cuprum Met.</b> <b>Merc. Sol.</b> <b>Merc. Sol.</b>
<b>Muscular soreness</b>	After violent exercise After prolonged exercise	<b>Actaea rac.</b> <b>Arnica</b>
<b>Nausea</b>	With burning pains Nausea and sickness With vomiting after drinking alcohol With vomiting after over-eating	<b>Arsen. Alb.</b> <b>Ipecac.</b> <b>Kali. Bich.</b> <b>Nux vom.</b>
<b>Neck, stiff</b>	Pain often travels down back	<b>Actaea rac.</b>
<b>'Nerves'</b>	Due to worry about coming events Unable to cope with life With indigestion	<b>Argent. Nit.</b> <b>Gelsemium</b> <b>Nux vom.</b>
<b>Neuralgia</b>	Pain disappears at night and returns next day With a flushed, hot and throbbing face	<b>Actaea rac.</b> <b>Belladonna</b>
<b>Nose</b>	Nosebleeds, especially in children Running, with influenza-like symptoms Frequent nosebleeds Nose runs like a tap	<b>Ferr. Phos.</b>  <b>Gelsemium</b> <b>Hamamelis</b> <b>Nat. mur.</b>
<b>Overweight</b>	With enlarged glands With a tendency to skin ailments	<b>Calc. Carb.</b> <b>Graphites</b>
<b>Overwork, effects from</b>	When long hours have been worked with much mental strain When there is nervous exhaustion	<b>Argent. Nit.</b> <b>Kali. Phos.</b>
<b>Pains, burning</b>	As a result of insect stings Especially when passing water Feet burn in the bed. Burning, itching piles	<b>Apis mel.</b> <b>Cantharis</b>  <b>Sulphur</b>

<b>Pains, shooting</b>	Which are worse with any movement and in cold, damp weather	<b>Actaea rac.</b>
<b>Periods, irregularities with</b>	See also Menstrual Pain Heavy periods Periods are too early and may be excessive In fair-haired, blue-eyed women. Periods are delayed, scanty, yet protracted In dark-haired women. Periods delayed	<b>Actaea rac.</b> <b>Calc. Phos.</b> <b>Pulsatilla</b> <b>Sepia</b>
<b>Piles</b>	Bleeding, protruding and itching piles Which ooze dark blood Sensitive piles Protruding piles with stitching pains Itching piles With prolapse of the rectum	<b>Calc. Fluor</b> <b>Hamamelis</b> <b>Hypericum</b> <b>Ignatia</b> <b>Nux vom.</b> <b>Ruta grav.</b>
<b>Premenstrual Tension</b>	With tenderness of the breasts With increase in weight With depression And irritable And quarrelsome And weepy And moody	<b>Calc. Carb.</b> <b>Graphites</b> <b>Lycopodium</b> <b>Nat. mur.</b> <b>Nux vom.</b> <b>Pulsatilla</b> <b>Sepia</b>
<b>Psoriasis</b>	In intelligent, tidy individuals In cautious, indecisive individuals In over-sensitive individuals given to quick, hasty speech In deep-thinking, independent individuals	<b>Arsen. Alb.</b> <b>Graphites</b>  <b>Hepar Sulph.</b>  <b>Sulphur</b>
<b>Restlessness</b>	In those with acute imagination With debility and exhaustion With great apprehension at night	<b>Aconite</b> <b>Arsen. Alb.</b> <b>Rhus tox.</b>
<b>Rheumatism</b>	In back and neck In back and limbs With a fear of being touched Greatly aggravated by movement Use after Rhus tox. Worse on beginning to move, but improves with continued gentle movement With pain in tendons and muscles	<b>Actaea rac.</b> <b>Apis mel.</b> <b>Arnica</b> <b>Bryonia</b> <b>Calc. Carb.</b>  <b>Rhus tox.</b> <b>Ruta grav.</b>
<b>Scalds</b>	Before blisters form, take	<b>Cantharis</b>
<b>School phobia</b>	In sensitive children	<b>Gelsemium</b>
<b>Sciatica</b>	Which is worse in cold, damp weather and at night	<b>Rhus tox.</b>

<b>Shingles</b>	Where the scalp is affected	<b>Rhus tox.</b>
<b>Shivering</b>	But likes open window	<b>Carbo veg.</b>
<b>Sickness</b>	With burning pains in the stomach Air sickness With abdominal cramp From coughing Where there is nausea Sickness and vomiting after drinking alcohol From over-eating	<b>Arsen. Alb.</b> <b>Belladonna</b> <b>Cuprum Met.</b> <b>Drosera</b> <b>Ipecac.</b>  <b>Kali. Bich.</b> <b>Nux vom.</b>
<b>Sinus affections</b>	Catarrh with stringy discharge Tearing pain in head, from root of nose extending to forehead with nausea Pain begins at the back of the head and settles over the eyes	<b>Kali. Bich.</b>   <b>Nat. mur.</b>  <b>Silica</b>
<b>Skin disorders</b>	Irregular blotches Cracked, weeping eczema Better for scratching Injuries tend to suppurate Itch, worse on getting warm Itching skin, scratching relieves, but results in burning	<b>Argent. Nit.</b> <b>Graphites</b> <b>Calc. Carb.</b> <b>Hepar Sulph.</b> <b>Merc. Sol.</b>  <b>Sulphur</b>
<b>Sprains</b>	Sprains accompanied by bruising Sprains of joints or tendons Sprains of wrists or ankles	<b>Arnica</b> <b>Rhus tox.</b> <b>Ruta grav.</b>
<b>Splinter, sensation of</b>	At the back of the throat	<b>Hepar Sulph.</b>
<b>Stings (Insect)</b>	Painful, bright red and swollen Bee or wasp, painful to touch, and bruised	<b>Apis mel.</b>  <b>Arnica</b>
<b>Stomach upset</b>	With sickness and burning pains	<b>Arsen. Alb.</b>
<b>Stomach, painful to touch</b>	When food lies like a stone in the stomach	<b>Bryonia</b>
<b>Styes</b>	With sticky discharge With burning sensation At onset take And warts	<b>Graphites</b> <b>Phosphorus</b> <b>Pulsatilla</b> <b>Thuja</b>
<b>Sunburn</b>	With redness, heat and throbbing After a day in the sun, when a reaction is expected, take Where sweating causes cramps	<b>Belladonna</b>  <b>Cantharis</b> <b>Cuprum Met.</b>

<b>Suppuration</b>	With cracked skin When there is great sensitivity to the slightest touch	<b>Graphites</b> <b>Hepar Sulph.</b>
<b>Swallowing, difficulty in</b>	With a sore throat and running nose	<b>Gelsemium</b>
<b>Synovitis</b>	Associated with sprains	<b>Ruta grav.</b>
<b>Tendons</b>	Painful from over-exertion Painful from rheumatism	<b>Rhus tox.</b> <b>Ruta grav.</b>
<b>Thirst, absence of</b>	With a swollen throat Even with a high temperature Even though the mouth may be dry	<b>Apis mel.</b> <b>Gelsemium</b> <b>Pulsatilla</b>
<b>Thirst</b>	With a high temperature For cold drinks Due to the over-use of salt With dry mouth and throat. Desire for milk	<b>Aconite</b> <b>Bryonia</b> <b>Nat. mur.</b>  <b>Rhus tox.</b>
<b>Throat, sore</b>	Following exposure to dry winds Dry and burning With excess of saliva	<b>Aconite</b> <b>Arsen. Alb.</b> <b>Merc. Sol.</b>
<b>Thrush (mouth)</b>	With much mouth watering Where the lips are affected	<b>Merc.Sol.</b> <b>Nat. mur.</b>
<b>Tinnitus</b>	Sensitive to least noise With vertigo and nausea Where catarrh makes worse When noises are worse at night	<b>Actaea rac.</b> <b>Carbo veg.</b> <b>Pulsatilla</b> <b>Sulphur</b>
<b>Tiredness</b>	Following physical effort After diarrhoea or sickness After mental effort	<b>Arnica</b> <b>Arsen. Alb.</b> <b>Kali. Phos.</b>
<b>Tonsilitis</b>	With much inflammation	<b>Hepar Sulph.</b>
<b>Toothache</b>	Worse for cold air and drinks In poor teeth Worse from hot and cold, but better when cheek is rubbed	<b>Calc. Carb.</b> <b>Calc. Fluor</b>  <b>Merc. Sol.</b>
<b>'Touchiness'</b>	In absent-minded individuals As a result of fussing	<b>Calc. Phos.</b> <b>Hepar Sulph.</b>
<b>Travel sickness</b>	With restlessness and fear Great sensitivity to least movement With the need to vomit Air sickness	<b>Aconite</b> <b>Nux vom.</b> <b>Ipecac.</b> <b>Belladonna</b>
<b>Urination, burning, painful</b>	Before, during and after passing water	<b>Cantharis</b>
<b>Urination, constant urge to</b>	Especially after drinking cold water	<b>Cantharis</b>

<b>Urticaria</b>	With burning and stinging After strenuous exercise Accompanied by indigestion	<b>Apis mel.</b> <b>Nat. mur.</b> <b>Ruta grav.</b>
<b>Varicose veins</b>	Medical advice must be sought should there be a tendency to ulceration, but to help alleviate this condition take	<b>Hamamelis</b>
<b>Vertigo</b>	With buzzing in the ears Worse when turning in bed With vomiting Worse when looking up With nausea and tinnitus When walking in the open air With trembling With headache With nausea	<b>Argent. Nit.</b> <b>Belladonna</b> <b>Bryonia</b> <b>Calc. Carb.</b> <b>Carbo veg.</b> <b>Drosera</b> <b>Gelsemium</b> <b>Nat. mur.</b> <b>Nux vom.</b>
<b>Voice, loss of</b>	With hoarseness From over-use of the voice With laryngitis	<b>Carbo veg.</b> <b>Kali. Phos.</b> <b>Phosphorus</b>
<b>Vomiting</b>	See SICKNESS	
<b>Warts</b>	Use a suitable external application, and take	<b>Thuja</b>
<b>Washday hands</b>	From constant immersion in water	<b>Sepia</b>
<b>Whitlow</b>	With heat and throbbing With marked whiteness of skin Throbbing, worse at night When infection is slow to develop	<b>Belladonna</b> <b>Calc. Fluor</b> <b>Hepar Sulph.</b> <b>Silica</b>
<b>Wounds, lacerated or punctured</b>	Where nerve endings have been affected; pain travelling upwards. Suitable for horse-fly bites	<b>Hypericum</b>

# The Medicines and their Indications

<b>Medicine/ Ailment or Condition</b>	<b>Remarks</b>
<b>1 Aconite (Aconitum napellus)</b> Symptoms are sudden, violent and brief Exposure to draughts or a cold wind Dry suffocating cough Sore throat following exposure to cold dry winds High temperature with great thirst Great pain Bereavement Animal bites Travel sickness Anxiety, restlessness, fear, grief Insomnia	<i>Worse:</i> at midnight when lying on affected side in a warm room in tobacco smoke in cold winds listening to music  <i>Better:</i> in the open air with bedclothes thrown off
<b>2 Actaea rac. (Actaea racemosa)</b> Depression Headache Neuralgia Stiff neck Painful muscles following strenuous exercise Shooting pains Claustrophobia Tinnitus Heavy periods Rheumatic pains in back and neck	A marked symptom is a sense of depression, confusion and despondency.  <i>Worse:</i> in cold and damp when moving  <i>Better:</i> in warmth when eating headache improves in open air
<b>3 Apis mel. (Apis mellifica)</b> Effects of insect stings Burning stinging pains Cystitis Swelling of lower eyelids Absence of thirst Arthritis	Apis mel. is indicated in cases where irritability and despondency result from fright, jealousy, anger or grief

<b>Medicine/ Ailment or Condition</b>	<b>Remarks</b>
<b>Apis mel. (contd)</b>	
Rheumatism	<i>Worse:</i>
Listless	during late afternoon
Cannot concentrate	after sleeping
Swollen gums	from heat
Incontinence	when touched
Urticaria	in closed and heated rooms
	<i>Better:</i>
	in open air
	from cold bathing
<b>4 Argent. Nit. (Argentum Nitricum)</b>	
Acidity, dyspepsia	Suited to impulsive,
Craving for sweet food, cheese, fats or salt followed by upset stomach with much flatulence	irritable or nervous people who tend to worry about the uncertainties of the future
Colic	Helpful when taken before a difficult undertaking (e.g. making a speech)
Headache	
Dizziness from overwork and mental strain	
Vertigo with buzzing in the ears	
Conjunctivitis	<i>Worse:</i>
Itching scalp	in warmth
Irregular blotches on skin	after eating sweet foods
	from overwork
	with worry about the future
<b>5 Arnica (Arnica montana)</b>	
Use after any injury	<i>Worse:</i>
Bruises	from touch
Sprains	from motion
Physical exhaustion following sustained exercise, e.g. a day's gardening or a long walk	in damp, cold conditions
Insomnia due to over-tiredness	<i>Better:</i>
Muscles ache all over	when lying down
Bed feels too hard – constant desire to move to a soft part	with head low
Cannot bear to be touched	
Great sensitivity to pain	
Gout, rheumatism with a fear of being touched	

<b>Medicine/ Ailment or Condition</b>	<b>Remarks</b>
<b>6 Arsen. Alb. (Arsenicum Album)</b>	
Restlessness	Suited to excessively tidy,
Anxiety and fear	intelligent and precise
Burning pains	individuals
Throat dry and burning	
Burning pain in the stomach	<i>Worse:</i>
Thirst with the desire to sip little	after midnight
and often	between 1 and 2 pm
Food poisoning	at the coast
Cramps in calves	from cold and wet
Cannot bear the sight or smell of food	weather
Psoriasis	after eating ice cream or cold
	drinks, when feeling hot
	<i>Better:</i>
	by keeping warm, with cool
	air round the head
<b>7 Belladonna (Atropa belladonna)</b>	
Brightly flushed face	Suited to lively cheerful
Swollen joints	individuals
Insomnia	
Vertigo	<i>Worse:</i>
Facial neuralgia	in the afternoon and at
Severe throbbing earache	night
Throbbing headache	from noise
Dry hacking cough	from touch
Air sickness	when lying down
Acne	
Cystitis	<i>Better:</i>
Whitlow	from warmth
Colic	while sitting erect
<b>8 Bryonia (Bryonia alba)</b>	
Irritability	<i>Worse:</i>
Chestiness - colds often go down into	from any movement
the chest	from warmth
Dryness	
Dry painful cough, often violent	
Dry lips	
Thirst, especially for cold drinks	

<b>Medicine/ Ailment or Condition</b>	<b>Remarks</b>
<b>Bryonia</b> ( <i>continued</i> ) Food lies like a stone in the stomach which is too painful to touch Sits with knees up Colic Diarrhoea after eating over-ripe fruit Arthritis Vertigo	<i>Better:</i> from cold from cold food and drinks From pressure (except on the abdomen) from rest while lying on the painful side
<b>9 Calc. Carb. (Calcarea Carbonica)</b> Excessive appetite Overweight Dislikes milk Craving for eggs and sweets May feel generally better when constipated Tendency to feel the cold and to catch cold easily Cold hands Cracked skin in the winter Itching skin Profuse periods Period pains Premenstrual tension Toothache Vertigo Insomnia, with much sweating once asleep Use after Rhus tox, for rheumatism	Suited to quiet, shy, sensitive people who are subject to depression. Often a feeling of being looked at by everyone and a fear of being laughed at. Embarrassment when entering a room full of strangers.  <i>Worse:</i> from cold in damp weather at night from standing  <i>Better:</i> in dry weather from warmth (avoid sun) while lying on the painful side
<b>10 Calc. Fluor. (Calcarea Fluorica)</b> Head colds with thick greenish-yellow discharge Catarrh Cough with tiny lumps of tough mucus Croup Piles – bleeding, protruding, itching Varicose veins Whitlow Gum-boil Toothache Arthritis	<i>Worse:</i> after rest from damp weather  <i>Better:</i> after a little movement from warm applications

**Medicine/  
Ailment or Condition**

**Remarks**

**11 Calc. Phos. (Calcareo Phosphorica)**

Headache from change of weather  
Severe stomach pain after eating  
Heartburn  
Fractures slow to heal  
Rheumatic pain  
Painful periods  
Cold hands and feet  
Enlarged adenoids  
Acne  
Inflamed gums and pyorrhoea

Helpful after grief; after injury where bones are slow to knit

*Worse:*  
from any change in the weather, especially cold, damp, rainy  
from exertion and movement

*Better:*  
in warm, dry weather  
hot bath  
when resting

**12 Cantharis (Cantharis vesicatoria)**

Burning pains  
Burns and scalds before blisters form  
Sunburn  
Burning pain in the bladder, before, during and after passing water  
Cystitis  
Urine scalds and is passed drop by drop  
Constant urge to pass water  
Gnat bites

*Worse:*  
from touch  
during passing water and after drinking cold water or coffee

*Better:*  
from warmth  
lying down

**13 Carbo Veg. (Carbo Vegetabilis)**

Indigestion with excessive flatulence  
Mild food poisoning after eating fish  
Ailments following cold damp weather  
Shivering but likes open window  
Cold limbs at night  
Hoarseness  
Loss of voice  
Tinnitus with nausea and vertigo

*Worse:*  
after eating fatty foods  
during warm damp weather in the evening and at night

*Better:*  
on bring up wind  
from cold

<b>Medicine/ Ailment or Condition</b>	<b>Remarks</b>
<b>14 Cuprum Met. (Cuprum Metallicum)</b>	
Cramp in fingers, legs or toes	<i>Worse:</i>
Where sweating causes cramps	in the evening and at night
Vomiting with abdominal cramps	in cold air
Nausea with stomach pain	after vomiting
Spasmodic cough with shortness of breath	
Metallic taste in the mouth	<i>Better:</i>
Cough starts on inhaling warm air	after a cold drink
	while sweating
<b>15 Drosera (Drosera rotundifolia)</b>	
Spasmodic coughs	<i>Worse:</i>
Any cough with sudden violent attacks	from warmth, warm drinks
which may end in vomiting	after drinking
Deep hoarse barking cough with	while laughing, singing,
retching	talking
Constant tickling cough	when lying down
Vomiting from coughing	after midnight
Laryngitis with a dry throat making it an	
effort to talk	<i>Better:</i>
Sensation of having a feather in the	in open air
throat	activity
Vertigo	on getting up from bed
<b>16 Euphrasia (Euphrasia officinalis)</b>	
Cold with watering eyes and streaming	<i>Worse:</i>
nose	in the evening
Inflamed eyes which sting and burn	in bed
Conjunctivitis	when indoors
Inability to bear bright light	from warmth
Hayfever	in bright light
	<i>Better:</i>
	in dim light or
	darkness
	from cold applications

**Medicine/  
Ailment or Condition**

**Remarks**

**17 Ferr. Phos. (Ferrum Phosphoricum)**

Fear  
Dizziness  
Nosebleeds  
Suitable for first stage of acute inflammation and early cold, especially when without very definite symptoms  
Appetite varies greatly from insatiable hunger to total loss  
Can be excited and talkative

Suited to people who are pale and of a delicate physique, who flush easily on exertion or with a slight rise in temperature. They prefer to be left alone, often hate noise and may feel inadequate

*Worse:*  
at night  
from cold  
from touch

*Better:*  
in summer  
from warmth  
from cold applications while slowly walking around

**18 Gelsemium (Gelsemium sempervirens)**

Influenza  
Sneezing  
Sore throat  
Symptoms of flushing, aching, trembling  
'Tight' headache  
Heavy eyes  
Shivering  
Weary with heavy, aching muscles  
Absence of thirst even with high temperature  
Difficulty in swallowing  
Running nose  
Vertigo  
School phobia

Suited to excitable people who suffer from 'nerves', have great difficulty in coping with life's problems and by whom even the simplest tasks are anticipated with nervousness and worry

*Worse:*  
about 10 am  
in hot rooms  
when exposed to the sun  
before thunderstorms  
on receiving bad news

*Better:*  
in the open air  
after passing water

<b>Medicine/ Ailment or Condition</b>	<b>Remarks</b>
<b>19 Graphites (Graphites)</b>	
Unhealthy skin	Suited to individuals who
Eczema	are by nature extremely
Tendency for injuries to suppurate	cautious and who find
Cracked finger tips	difficulty in making decisions
Overweight	
Constipation	<i>Worse:</i>
Tinnitus	at night
Earache	during and after periods
Sinus trouble	in draughts
Styes	
Dandruff	<i>Better:</i>
Hot flushes	in the dark
Premenstrual tension	from wrapping up
<b>20 Hamamelis (Hamamelis virginica)</b>	
Varicose veins	<i>Worse:</i>
Nosebleeds	during the day
Piles which ooze dark blood	from touch
Tired feeling in arms and legs with	in warm moist air
painful muscles and joints	
Bruised soreness of affected parts	<i>Better:</i>
Chilblains with a bluish colour	in the open air
	during periods of
	concentration
<b>21 Hepar Sulph. (Hepar Sulphuris)</b>	
Skin highly sensitive to touch (even	Suited to acutely sensitive
clothing on affected parts is very	individuals of fair hair and
painful)	complexion, who speak
Injuries tend to suppurate	quickly, dislike fuss and
Eczema	prefer to be left alone
Acne	
Crack in the middle of the lower lip	<i>Worse:</i>
Whitlow	in cold air
Intense chilliness	when lying on the painful
Croup	side
Cough brought on by the least exposure	when affected parts are
to the cold air	touched
Wheezing	
Sensation of a splinter at the back of	<i>Better:</i>
the throat	from warmth
Earache	from wrapping up
Tonsillitis	(especially the head)
	in damp wet weather

<b>Medicine/ Ailment or Condition</b>	<b>Remarks</b>
<b>22 Hypericum (Hypericum perforatum)</b>	
Very painful cuts and wounds	<i>Worse:</i>
Lacerated wounds involving nerve endings	from the cold and damp
Falls injuring spine, especially coccyx	from touch
Headache with a floating sensation as a result of a fall	in a closed room
Blows on fingers or toes, torn nail	<i>Better:</i>
Horse-fly bites	while bending head
Sensitive, bleeding piles	backwards
Abscess, tense and painful	
<b>23 Ignatia (Ignatia amara)</b>	
Fright	Suited to emotional and
Prolonged grief	sensitive people who are
Piles which protrude easily with stitching pains in the rectum and which are better while walking	easily moved to tears and who prefer to be left alone
Sore throat relieved by swallowing	<i>Worse:</i>
Croup	cold air, strong odours,
Dislike of tobacco and tobacco smoke	tobacco smoke, coffee,
Piercing headache	alcohol
Insomnia with much yawning	<i>Better:</i>
	warmth
	change of position
	while eating
<b>24 Ipecac. (Ipecacuanha)</b>	
Any illness where there is nausea and sickness	<i>Worse:</i>
Travel sickness, no relief from vomiting	in winter and dry weather
Bronchitis	in a warm room
Rattling of mucus in the bronchial tubes with nausea and sickness	<i>Better:</i>
	in open air
	resting with eyes closed
<b>25 Kali. Bich. (Kalium Bichromicum)</b>	
Complaints brought on by a change to hot weather	<i>Worse:</i>
Catarrh with a stringy discharge	in the morning
Sinus troubles	from alcohol, especially
Hard cough with stringy sputum or in plugs	beer
Sore throat	during hot weather
Migraine – blurred vision before headache	<i>Better:</i>
Pains move rapidly from place to place	from heat
Nausea and vomiting after alcohol	

Medicine/ Ailment or Condition	Remarks
<p><b>26 Kali. Phos. (Kalium Phosphoricum)</b>  Mental tiredness from overwork  Nervous exhaustion  Nervous indigestion  Indigestion following a 'working lunch'  Exhaustion following long periods of preparation for examinations  Headache with humming in the ears following mental effort  Loss of voice or hoarseness after over-exertion and constant use of the voice  Giddiness from exhaustion and weakness  Dry tongue in the morning</p>	<p><i>Worse:</i>  from noise, excitement, worry  from mental and physical exertion</p> <p><i>Better:</i>  during gentle movement  from warmth  after nourishment</p>
<p><b>27 Lycopodium (Lycopodium clavatum)</b>  Irritability  Dislike of exercise  Fear of failure  Preference to be alone (but with somebody near)  Excessive hunger even at night but which is easily satisfied  Craving for sweet foods even though they cause indigestion  Coldness in one foot (usually the right) while the other is warm  Pains which go from right to left  Dislike of cold weather but the better for it  Cystitis  Period pain  Premenstrual tension  Gout  Hiccough with acidity</p>	<p>Suited to people who are intense, conscientious and of keen intellect but who nevertheless feel insecure. They cannot endure contradiction but seek argument  May be irritable, especially in the morning  Symptoms (mostly on the right side)</p> <p><i>Worse:</i>  between 4 and 8pm  in stuffy rooms  from cold air, food, liquid  sensitive to music, loud and sudden noise</p> <p><i>Better:</i>  after warm drinks, food  on loosening clothing  in fresh air, activity</p>
<p><b>28 Merc. Sol. (Mercurius Solubilis)</b>  Feverish head cold (with weakness and trembling)  Sore throat with excessive saliva  Tongue flabby and indented  Metallic taste in mouth  Mouth ulcers  Thrush (mouth)  Thirst  Toothache, earache</p>	<p><i>Worse:</i>  at night  in a warm room  in bed, lying on right side  during wet or changeable weather, and the least draught</p>

**Medicine/  
Ailment or Condition**

**Remarks**

**Merc. Sol. (continued)**

Abscesses  
Chilliness at onset of a cold  
Diarrhoea with straining  
Itching skin

*Better:*  
at rest  
after rising or sitting up  
at high altitudes

**29 Nat. Mur. (Natrum Muriaticum)**

Sneezy colds  
Nose runs like a tap (treat quickly at the onset)  
Sinus  
Eczema  
Thrush (mouth)  
Urticaria  
Incontinence  
Vertigo  
Menstrual pain when both sad and irritable  
Premenstrual tension  
Migraine  
Housemaid's knee  
Thirst  
Dislike of bread  
Use of much salt on food  
Exhaustion

Suited to those of a pale complexion and oily skin who tend to feel insecure, worry about the future and are easily moved to tears. They are irritable and quarrelsome, do not wish to be ignored but dislike consolation

*Worse:*  
in mid-morning  
at the seaside, although can be the reverse  
lying down  
stress

*Better:*  
in the open air, bright days while lying on the right side washing in cold water after sweating

**30 Nux vom. (Nux vomica)**

'Nerves'  
Nervous indigestion  
Over-sensitive to noise, odours, light, music  
Trifling ailments unbearable  
Ill effects of over-eating or drinking  
Early morning liverishness  
Travel sickness  
Fussiness about food, liking for fatty foods  
Indigestion  
Dislike of coffee and tobacco smoke  
Pain, like a stone in the stomach, two to three hours after eating  
Constipation with ineffectual urging  
Itching piles  
Stuffy colds  
Raw throat  
Vertigo  
Premenstrual tension

Suited to thin, dark people who are inclined to be impatient and irritable

*Worse:*  
between 3 and 4 am  
from cold, dry weather and draught

*Better:*  
in the evening  
from being covered, at rest from warmth  
after waking in the morning

**Medicine/  
Ailment or Condition**

**Remarks**

**31 Phosphorus (Phosphorus)**

Bronchitis  
Cough  
Hoarseness, laryngitis, loss of voice  
Craving for cold food and drink (e.g. ices and cold water) which is vomited as soon as it becomes warmed by the stomach  
Vomiting  
Heartburn  
Fear of darkness or thunderstorms  
Styes  
Painful jaw

Suited to people who are usually tall and slender with a delicate skin and fair or red hair. They are physically and mentally hypersensitive and are often young people who are growing rapidly

*Worse:*  
in the evening  
while lying on the left side  
after warm food and drink

*Better:*  
while lying on the right side  
after cold food  
in the open air

**32 Pulsatilla (Pulsatilla nigricans)**

Catarrh (yellow-green thick discharge)  
Hayfever  
Styes (especially on upper lids)  
Change of life  
Menstrual pain  
Premenstrual tension  
Periods scanty yet protracted  
Cystitis  
Acne  
Tinnitus  
Arthritis  
Rapid change in symptoms – from feeling well to feeling miserable  
Pains shift rapidly  
Aversion to fat or greasy food  
Absence of thirst (even in fever) though the mouth may be dry

Suited to persons with fair hair, blue eyes and fair or pale complexion (often with pink patches). They are affectionate, easily moved to laughter or tears, shy, never obstinate but like and seek sympathy. They are sensitive to reprimand and tend to put on fat easily. They dislike extremes of weather

*Worse:*  
in the evening  
from heat  
after eating rich foods  
from sudden chilling when hot

*Better:*  
in the open air  
from cold applications  
after cold food and drinks  
while lying on the painful side

<b>Medicine/ Ailment or Condition</b>	<b>Remarks</b>
<p><b>33 Rhus tox. (Rhus toxicodendron)</b>            Effects of over-exertion, strain operations, etc            Strains of joints or tendons            Rheumatism, lumbago, sciatica            Pain in ligaments            Shingles            Thirst            Tickling cough            Tongue with red triangular tip            Restlessness</p>	<p><i>Worse:</i>            on beginning to move*            from cold and wet            during rest            after midnight</p> <p><i>Better:</i>            during warm weather            with gentle movement            from warm applications</p> <p>* Pain increases on beginning to move but tends to diminish if a gentle movement is maintained</p>
<p><b>34 Ruta grav. (Ruta graveolens)</b>            Injuries to bones – bruised bones, fractures, dislocations            Sprains of wrists and ankles            Pains as if bruised            Rheumatism with pain in tendons and muscles            Eye strain – eyes burning and aching            Synovitis            Urticaria            Piles with prolapse of the rectum</p>	<p><i>Worse:</i>            from cold            during wet weather            while lying down</p>
<p><b>35 Sepia (Sepia)</b>            Indifference to loved ones            Sadness and fear of being left alone            All-gone sensation in the middle of the morning            Sensitive to the cold            Premenstrual tension            Periods suppressed or delayed            Change of life            Hot sweats            Dandruff            Wash-day hands</p>	<p>Suited to people who are easily depressed, particularly women, and who are likely to harbour real or imaginary fears. They have little interest in work or recreation</p> <p><i>Worse:</i>            in the afternoon and evening            from cold            before thunder            from tobacco smoke</p> <p><i>Better:</i>            in a warm bed            from hot applications</p>

<b>Medicine/ Ailment or Condition</b>	<b>Remarks</b>
<b>36 Silica (Silicea)</b>	
Physical and mental debility due to over-exertion or to over-use of the mind	Suited to persons of light complexion, fine skin and pale face who find mental effort difficult. They have difficulty facing up to people and problems and prefer not to have responsibility.
Boils, carbuncles, abscesses, acne	Despite a dread of work they have nevertheless excellent working ability
Bunions	
Whitlow	
Helps the expulsion of foreign bodies, e.g. thorns and splinters	
Constipation – stool recedes when partly expelled	
Migraine	
Chronic headache beginning in the neck, coming over the head and ending in one eye	
Hayfever	<i>Worse:</i> from cold
Sinus trouble	from being uncovered in cold weather in approaching winter
	<i>Better:</i> when wrapped up lying down in summer
<b>37 Sulphur (Sulphur)</b>	
Unhealthy looking skin	Suited to deep thinking people who have a nervous yet independent nature
Tendency to skin diseases	
Itching skin – scratching pleasurable but results in burning	
Acne	<i>Worse:</i> from cold
Burning and itching piles	from dampness
Tendency to sweat easily	at the coast
Body odour	
Orifices of body red (eg lips)	
Burning pains	<i>Better:</i> from warmth
Feet must be placed outside bedclothes to cool	in fresh air
Insomnia	
Tinnitus	
Mid-morning hunger	
Large appetite for highly seasoned, spicy and fatty foods	
Liking for sweets	
Aggravation from milk	
Diarrhoea – driven from bed in the morning	
<i>(continued)</i>	

**Medicine/  
Ailment or Condition**

**Remarks**

**Sulphur** (*continued*)

Constipation with large, painful stools  
Lack of energy (regained quickly at the prospect of pleasurable activity)  
Tendency to become exhausted quickly  
Tendency to catch cold easily which often goes into the chest  
Bed sores

**38 Thuja (Thuja occidentalis)**

Warty growths  
Styes  
Pain, which may be accompanied with the frequent passing of water  
Morning headaches  
Inability to take food in the morning

Suited to dark-haired, dark-skinned people with strong, sometimes inflexible minds

*Worse:*  
from cold, damp weather  
bright, direct sun  
heat of bed  
at 3 am and 3 pm

*Better:*  
while drawing up a limb  
in cool air  
after sweating  
from massage

# Especially for Children . . .

## **Aconite**

For the child who catches cold on getting wet.

Hot, dry skin. Feverish thirst for cold water.

Restless tossing at night.

Give this medicine in the early stages before the condition becomes well established.

## **Apis Mel**

This child is tearful and fidgety with retention of urine in nursing infants.

Shrill, sudden piercing screams while sleeping or waking.

## **Argent Nit**

Usually agitated and fidgety, with an irresistible desire for sweets and sugar; this causes sickness and vomiting of mouthfuls of liquid and greenish diarrhoea.

## **Arnica**

This is a most useful medicine for dealing with the bumps and bruises of childhood. It is especially helpful if the child is shocked after some little mishap. Arnica ointment applied externally is also helpful in clearing up a bruised surface. The medicine can be given before and after visiting the dentist to assist the natural healing process.

## **Arsen Alb**

For the child who is over-tired and irritable even after the least exertion. Tummy pains from eating fruit, shell fish, rich and oily foods; mild food poisoning. The condition is usually worse around midnight, with restlessness and peevishness.

## **Belladonna**

The child suffers a sudden attack of symptoms which usually include hot and red skin with flushed face. The attack is often violent and there may be great excitement with vomiting or a severe headache. Use if the child has taken too much sun.

## **Bryonia**

In contrast to Belladonna, symptoms usually come on gradually. The child may be irritable and dislike being lifted or carried. Hard, dry cough with stitching pains in the chest, made worse by movement. Thirst.

## **Calc Phos**

For pale-faced, thin, lanky children. The infant wants to suckle all the time and vomit easily. Headache of children at time of puberty.

## **Cantharis**

There is a constant urge to pass water but the child usually cries from the pain. Mouth and throat may appear red and inflamed and liquids are swallowed with difficulty. Give when the mouth is burned from taking food which is too hot.

### **Chamomilla Teething granules**

This is the medicine for fractious teething infants, best given in granule form. The child whines and wants many things, but immediately throws them away, and is only pacified with constant petting.

### **Drosera**

May be used where the child has rapidly recurring fits of coughing and possibly retching and vomiting.

### **Gelsemium**

The remedy for influenza. The symptoms are well-known: shivering with cold which may alternate with heat; aching all over. Diarrhoea from emotional excitement. Examination 'funk' in older children.

### **Hepar Sulph**

The Hepar Sulph. child is over-sensitive and easily takes offence at the slightest thing. A very chilly child who must keep warm although he will easily perspire. Useful with splinter-like pains, especially the sensation of a bone stuck in the throat. Unhealthy skin, cuts and grazes tend to suppurate.

### **Hypericum**

Use this remedy if the child jams its fingers in the door; it helps healing and relieves pain. If bitten or scratched by an animal, useful to give before going to the doctor. Arnica should also be given.

### **Ipecac**

Diarrhoea of infants, with grass green, slimy stools. All complaints are accompanied by nausea and frequently shivering and yawning. The onset is sudden and progresses rapidly. The child passes copious amounts of greenish slime. In fat, pale children there is nausea, vomiting and colic with diarrhoea. The child wails and screams continuously.

### **Lycopodium**

Child awakens cross and angry, inclined to strike, bite, scratch and kick everyone who approaches. Painful urging to urinate, the child cries and grasps abdomen. There is a red sand deposit in the diaper and a rash where urine has inflamed the skin. Look out for the right foot being cold and left foot being of normal temperature.

### **Merc. Sol**

A useful remedy for toothache. However, the child must always be taken to the dentist. For bad breath and where the child complains of nasty taste in the mouth. Mouth ulcers.

### **Nux vom**

This is the remedy to give after the birthday party, when the child has over-eaten and indulged in rich food. He will be very irritable, with possibly a sour taste and nausea, and may complain of tummy pains. This could be followed by a period of constipation, when this remedy will help.

**Phosphorus**

For the excitable child who is easily startled. Persistent bleeding after tooth extraction. Cough from tickle in throat, worse from cold air, laughing or talking. Nosebleeds.

**Pulsatilla**

For the child with a mild, gentle, yielding disposition, easily moved to tears. Fears dark and ghosts. Likes to be fussed over and caressed. Useful for styes. If your child fits this description of temperament use the remedy first no matter the ailment.

**Rhus tox**

This is for the child who plays out in the rain and complains the next day of pains. After moving about he may feel better. These symptoms may also result from a visit to the swimming baths.

**Silica**

Weak, puny child, eats plenty but assimilation is poor. Is constantly restless, self-willed, touchy and contrary. Unable to take any form of milk and the mother's milk causes diarrhoea and vomiting. The child is chilly even in a warm room but there may be smelly night sweats. Sometimes there is bed wetting, with a yellow sand deposit in the diaper.

**Sulphur**

This child is difficult to calm, cannot get what it wants quickly enough, becomes sulky and will not speak. Warm, hungry babies, kick off the bedclothes, impossible to keep them covered at night. Extreme brilliant redness of the lips, eyelids, nostrils and anus. Child cannot bear to be washed. Skin rough, scaly and very itchy.

# Explanation of Terms in Common Use

## **Acute**

An illness which lasts a short time and with pronounced symptoms.

## **Aggravation**

A temporary worsening of symptoms which may occur during homoeopathic treatment as the remedy brings the infection to the surface whereupon it can be tackled and overcome more easily by the body's natural healing forces.

## **Allopathy**

A word first used by Dr Samuel Hahnemann to describe the ordinary system of medical treatment.

## **Centesimal**

The dilution of one part of substance to ninety-nine parts of diluent. Homoeopathic medicines prepared on this scale are referred to as c or ch.

## **Chronic**

An illness persisting over a long period of time. The symptoms are constantly present or recur frequently.

## **Classical**

Traditional homoeopathy according to the principles established by Dr Samuel Hahnemann.

## **Constitutional Medicine**

A medicine prescribed on the basis of character, temperament and general reactions, as well as for the symptoms of the illness.

## **Decimal**

The dilution of one part of substance to nine parts of diluent. Homoeopathic medicines prepared on this scale are referred to as D or x.

## **Hahnemann**

Dr Christian Friedrich Samuel Hahnemann was born in Meissen, 10 April 1755. A brilliant student, Hahnemann read medicine and graduated from the University of Erlangen in 1775. Samuel Hahnemann soon became disillusioned with the medical practices of the time and set about to discover a form of medicine that would be safe, gentle and effective. Through research over a number of years and with the help of friends and followers Hahnemann established the system of Homoeopathic Medicine as it is practised today. He died in Paris in 1843 in his late eighties.

## **Materia Medica**

A detailed list of homoeopathic remedies, in alphabetical order. These books give the sources of remedies and the symptom picture related to each one. This information is then used to match the symptoms of the patient with those of a medicine.

**Medicine Pictures**

A summary of symptoms that a substance is capable of producing in a healthy person and is therefore appropriate for the treatment of those symptoms.

**Modalities**

A term applied when the patient feels better or worse. For example heat, lying down, sitting up, fresh air, etc. It is Modalities together with the medicine picture which results in the individual being treated rather than the illness.

**Mother Tincture**

The starting material for the preparation of homoeopathic medicines denoted by the symbol O.

**Organon**

First published in 1810 and entitled *The Organon of Rational Healing*, this book is considered to be the most important of all Samuel Hahnemann's works, in which he has set out the whole of his philosophy on Homoeopathy.

**Polycrests**

A medicine of value as a remedy for several conditions or diseases.

**Potency**

Dr Samuel Hahnemann discovered that the greater the dilution, the more potent the remedy became, therefore a Potency is the strength, or dilution, of a remedy.

**Provings**

The name given to the systematic testing, by healthy people, of a potential homoeopathic medicine. The purpose of this was to catalogue all the symptoms induced by the substance, experienced by the person taking it. In this way Hahnemann and his followers established many homoeopathic remedies.

**Similia Similibus Curentur**

The Law of Similars – 'Let like be treated by like'.

**Succussion**

Violent shaking, with impact, which takes place at each stage of sequential dilution when preparing a homoeopathic remedy.

**Trituration**

The method of producing a homoeopathic remedy from a substance which is insoluble. The substance is finely ground and mixed with an appropriate diluent.

# More Books About Homoeopathy

To give you the chance to learn more about how homoeopathy can help you and your family, we have brought together a first-class selection of books written by practising, professional homoeopaths.

Some of these books are listed below and if you use the order form opposite, they can be in your home within a few days.

Our own personal knowledge of homoeopathy plus the experience of our specialist advisory panel, make certain that all the books on our list are readable, reliable and thoroughly informative.

Ref. No.		Prices include P&P
1	<b>Homoeopathy: The Family Handbook</b> This Handbook is packed with useful information to help readers develop their use of homoeopathy for all the family – including pets.	£5.50
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4	<b>Cats: Homoeopathic Remedies</b>	£6.50
5	<b>Dogs: Homoeopathic Remedies</b> The author, George MacLeod, is one of the world's foremost homoeopathic veterinary authorities. These books have been written for pet owners, with sympathy and understanding.	£6.50
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7	<b>The Travellers Guide to Homoeopathy</b>	£3.30
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