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*DR.  
MASSOUD  
NOTES*

About  
**Homeopathy**  
Alternative medicine system



By

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## *About ACKNOWLEDGMENT*

*All thanks to ALLAH.*

*“Who made this percise complete system of life, indicate on his creation of everything, integrated & completing each other”*

*“I would also like to express my gratefulness & sincere thanks to **Dr. Leena Pestonji** the first homeopathic teacher to me for her continous guidance, honest help & true friendship that I found in her home, India.”*

*“ I would also like to express my gratefulness to my family, my parents & the great help and encouragement given to me by my wife in this book & all my life.”*

*To my daughter Salma*

*Dr. Mahmoud Massoud*

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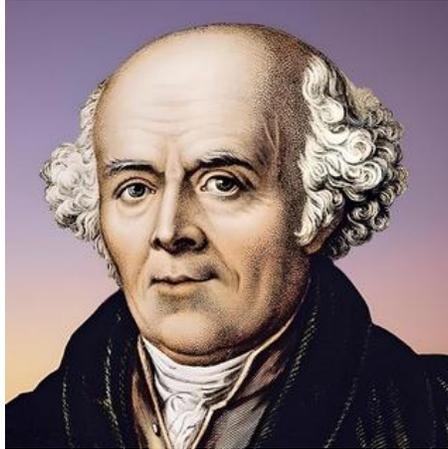
# Introduction

- *The aim of the art of medicine is to cure disease; Homeopathy is science of healing the body.*
- *Hahnemann, given us principles which we can study and advance upon..Hahnemann's Organon is the great text-book of the homoeopathic school. It contains philosophical conceptions and practical directions for the establishment of a true science of therapeutics, and all genuine progress towards this goal is in the direction pointed out in that work.*
- *Hahnemann's teachings, and the therapeutic edifice erected by the homoeopathic school, are based upon two distinct factors. On the one hand, upon facts of observation and experiment obtained by strict adherence to the inductive methods of research, facts that can thus be verified at all times; and, on the other hand, upon new ideas resulting from the exercise of deductive reasoning, ideas belonging possibly to a larger and higher realm, and to some extent beyond the acceptance of modern scientific thought, but nevertheless capable of great power in achieving curative results.*
- *This little book is intended to be an introduction and an aid to a fuller study and wider acceptance of Hahnemann's doctrines.*
- *Wise discrimination is necessary, for the minor things may be instructive or obstructive, or even destructive, according to the way they are held; they may, therefore, be useful or otherwise for the mental development of the physician or the scientific evolution of the school.*
- *These systems of medicine are all characterised by the fact that they involve holistic practice – that is, the procedures are individualized according to each patient's circumstances. This means that medicines (or procedures) appropriate for one patient might be totally inappropriate for another – even though the symptoms may be similar.*
- **Advantages of Homoeopathy**
  - *Treatment with homoeopathic medicines is safe, effective and based upon natural substances. With the use of single simple substance in micro-doses, medicines are not associated with any toxicological effect and can be safely used for pregnant women and lactating mothers, infants and children and in the geriatric population.*
  - *Medicines, instead of having a direct action on the micro-organisms, act on the human system (self-protective) to fight disease process. As such, no microbial resistance is known to develop against homoeopathic drugs.*
  - *The mode of administration of medicines is easy. There are no invasive methods and medicines are highly palatable, thereby enhancing treatment compliance.*
  - *Lack of diagnosis is not a hindrance for initiating treatment with homoeopathic medicines.*
  - *Individualized approach for treatment which is the mainstay in Homoeopathy is in consonance with increasing need for customized treatment, being realized in the modern era.*
  - *Homoeopathic remedies are non-addictive and once relief occurs, the patient can easily stop taking them.*
  - *Treatment is cost-effective.*

## Historical background

### ***Hahnemann: Father of Homeopathy***

*Christian Friedrich Samuel Hahnemann (10 April 1755 – 2 July 1843) was a German physician, best known for creating the scientific system of alternative medicine called homeopathy.*



#### ***Early life***

*Hahnemann studied medicine at Leipzig. Citing Leipzig's lack of clinical facilities, he moved to Vienna, where he studied. His medical professors in Leipzig and Vienna later credited for turning Vienna General Hospital into a model European medical institution.*

*After one term of further study, Hahnemann graduated with a medical degree with honors from the University of Erlangen on 10 August 1779.*

*His poverty may have forced him to choose Erlangen, as the school's fees were lower than in Vienna. Hahnemann's thesis was titled A Dissertation on the Causes and Treatment of Spasmodic Diseases.*

#### ***Medical practice***

*In 1781, Hahnemann took a village doctor's position in the copper-mining area of Mansfeld, Saxony. After abandoning medical practice, and while working as a translator of scientific and medical textbooks, he translated 15 books from English, 6 from French and 1 each from Latin and Italian from 1777 to 1806.*

#### ***Creation of homeopathy***

*The greek roots of homeopathy homios mean similar & pathos mean suffering. Hahnemann was dissatisfied with the state of medicine in his time, and particularly objected to practices such as bloodletting. He claimed that the medicine he had been taught to practice sometimes did the patient more harm than good:*

*My sense of duty would not easily allow me to treat the unknown pathological state of my suffering brethren with these unknown medicines. The thought of becoming in this way a murderer or malefactor towards the life of my fellow human beings was most terrible to me, so terrible and disturbing that I wholly gave up my practice in the first years of my married life and occupied myself solely with chemistry and writing.*

*After giving up his practice around 1784, Hahnemann made his living chiefly as a writer and translator, while resolving also to investigate the causes of medicine's alleged errors. While translating William Cullen's A Treatise on the Materia Medica, Hahnemann encountered the claim that cinchona, the bark of a Peruvian tree, was effective in treating malaria because of its astringency. Hahnemann believed that other astringent substances are not effective against malaria and began to research cinchona's effect on the human body by self-application. Noting that the drug induced malaria-like symptoms in himself, he concluded that it would do so in any healthy individual. This led*

him to postulate a healing principle: "that which can produce a set of symptoms in a healthy individual, can treat a sick individual who is manifesting a similar set of symptoms." This principle, like cures like, became the basis for an approach to medicine which he gave the name homeopathy. He first used the term homeopathy in his essay *Indications of the Homeopathic Employment of Medicines in Ordinary Practice*, published in *Hufeland's Journal* in 1807.

### **Development of homeopathy**

Hahnemann tested substances for the effects they produced on a healthy individual, presupposing (as von Störck had claimed) that they may heal the same ills that they caused. His researches led him to agree with von Störck that the toxic effects of ingested substances are often broadly parallel to certain disease states and his exploration of historical cases of poisoning in the medical literature further implied a more generalized medicinal "law of similars". He later devised methods of diluting the drugs he was testing in order to mitigate their toxic effects. He claimed that these dilutions, when prepared according to his technique of "potentization" using dilution and succussion (vigorous shaking), were still effective in alleviating the same symptoms in the sick. His more systematic experiments with dose reduction really commenced around 1800–01 when, on the basis of his "law of similars," he had begun using *Ipecacuanha* for the treatment of coughs and *Belladonna* for scarlet fever.

He first published an article about the homeopathic approach in a German-language medical journal in 1796. Following a series of further essays, he published in 1810 "*Organon of the Rational Art of Healing*", followed over the years by four further editions entitled *The Organon of the Healing Art*, the first systematic treatise and containing all his detailed instructions on the subject. A 6th *Organon* edition, unpublished during his lifetime, and dating from February 1842, was only published many years after his death. It consisted of a 5th *Organon* containing extensive handwritten annotations.

*The Organon* is widely regarded as a remodelled form of an essay he published in 1806 called "*The Medicine of Experience*", which had been published in *Hufeland's Journal*. Of the *Organon*, Robert Ellis Dudgeon states it "was an amplification and extension of his "*Medicine of Experience*", worked up with greater care, and put into a more methodical and aphoristic form, after the model of the Hippocratic writings."

### **Later life**

Teaching his new medical system at the University of Leipzig. As required by the university statutes, to become a faculty member he was required to submit and defend a thesis on a medical topic of his choice. On 26 June 1812, Hahnemann presented a Latin thesis, entitled "*A Medical Historical Dissertation on the Helleborism of the Ancients*." His thesis very thoroughly examined the historical literature and sought to differentiate between the ancient use of *Helleborus niger*, or black hellebore, and the medicinal uses of the "white hellebore", botanically *Veratrum album*, both of which are poisonous plants.

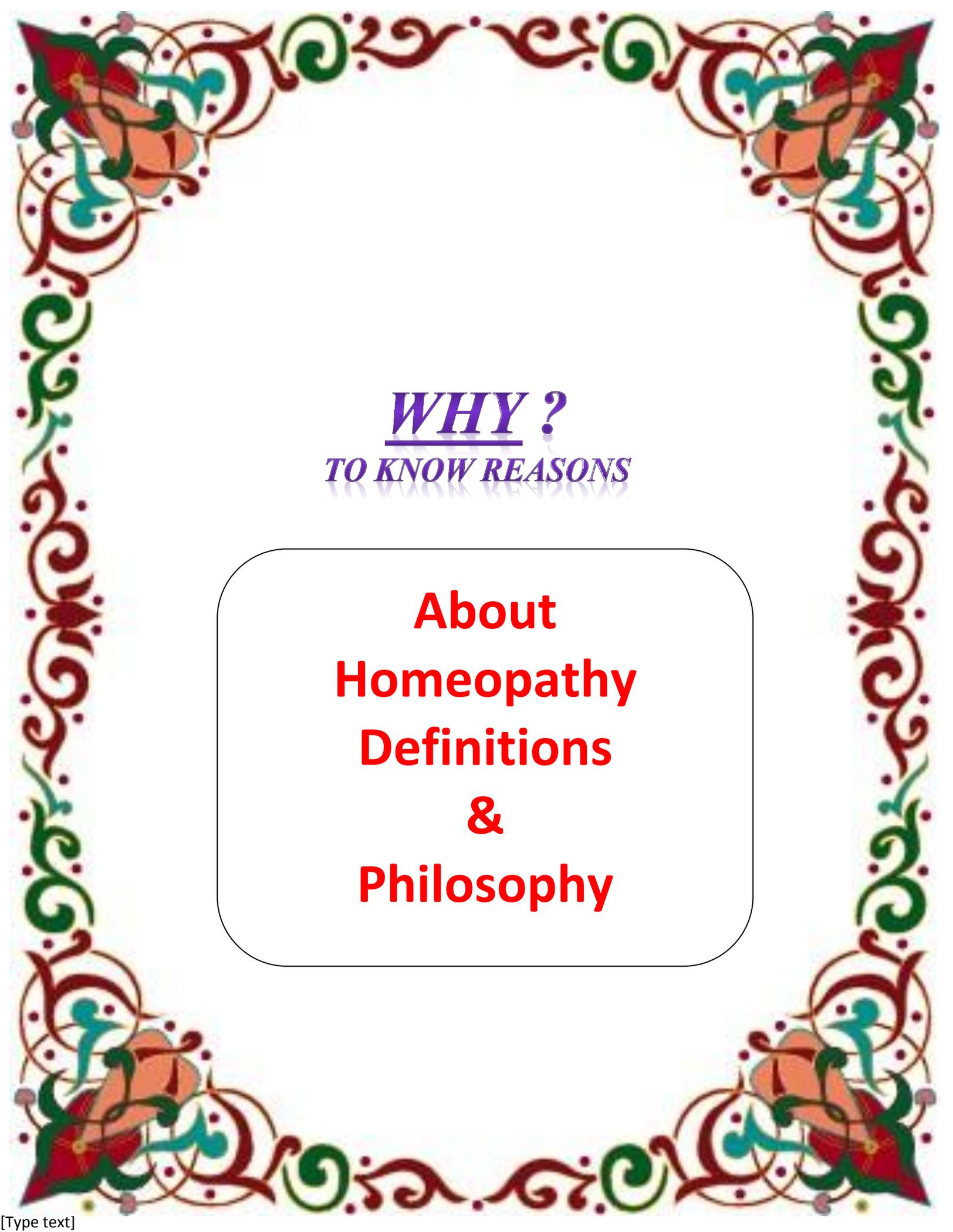
Hahnemann continued practicing and researching homeopathy, as well as writing and lecturing for the rest of his life.

He died in 1843 in Paris, at 88 years of age, and is entombed in a mausoleum at Paris's

## Writings

Hahnemann wrote a number of books, essays, and letters on the homeopathic method, chemistry, and general medicine:

- *Heilkunde der Erfahrung*. Norderstedt 2010, ISBN 3-8423-1326-8
- *Versuch über ein neues Prinzip zur Auffindung der Heilkräfte der Arzneisubstanzen, nebst einigen Blicken auf die bisherigen* [Essay on a New Principle for Ascertaining the Curative Powers of Drugs] (in German). 1796. reprinted in *Versuch über ein neues Prinzip zur Auffindung der Heilkräfte der Arzneisubstanzen, nebst einigen Blicken auf die bisherigen*. Haug. 1988. ISBN 3-7760-1060-6.
- *Fragmenta de viribus medicamentorum positivis sive in sano corpore humano obeservitis*, a collection of 27 drug "provings" published in Latin in 1805.
- *The Organon of the Healing Art* (1810), a detailed delineation of what he saw as the rationale underpinning homeopathic medicine, and guidelines for practice. Hahnemann published the 5th edition in 1833; a revised draft of this (1842) was discovered after Hahnemann's death and finally published as the 6th edition in 1921.
- *Materia Medica Pura*, a compilation of "homoeopathic proving" reports, published in six volumes between vol. I in 1811 and vol. VI in 1821; second edition of vol. I to Vol. VI from 1822 to 1827 and third revised editions of volumes I and II were published in 1830 and 1833, respectively.
- *Chronic Diseases* (1828), an explanation of the root and cure of chronic disease according to the theory of miasms, together with a compilation of "homoeopathic proving" reports, published in five volumes during the 1830s.
- *The Friend of Health*, in which Hahnemann "recommended the use of fresh air, bed rest, proper diet, sunshine, public hygiene and numerous other beneficial measures at a time when many other physicians considered them of no value."
- *Appeal to Thinking Philanthropist Respecting the Mode of Propagation of the Asiatic Cholera*, in which Hahnemann describes cholera physicians and nurses as the "certain and frequent propagators" of cholera and that whilst deriding nurses' "fumigations with chlorine", promoted the use of "drops of camphorated spirit" as a cure for the disease.[
- Hahnemann also campaigned for the humane treatment of the insane in 1792.
- John Henry Clarke wrote that "In 1787, Hahnemann discovered the best test for arsenic and other poisons in wine, having pointed out the unreliable nature of the 'Wurtemberg test,' which had been in use up to that date."
- *Samuel Hahnemanns Apothekerlexikon*. Vol.2. Crusius, Leipzig 1798–1799 Digital edition by the University and State Library Düsseldorf
- *Reine Arzneimittellehre*. Arnold, Dresden (several editions) 1822–1827 Digital edition by the University and State Library Düsseldorf
- *Systematische Darstellung der reinen Arzneiwirkungen aller bisher geprüften Mittel*. Vieweg, Braunschweig 1831 – Digital edition by the University and State Library Düsseldorf

A decorative border with a repeating pattern of stylized flowers and scrolls in shades of red, green, and brown, framing the central text.

**WHY ?**  
***TO KNOW REASONS***

**About  
Homeopathy  
Definitions  
&  
Philosophy**

## Defenitions of Homeopathy

- **Homeopathy** is a complementary and alternative therapy the use of which is based on the **Law of Similars** and involves the administration of ultradilute medicines prepared according to methods specified in the various official national homeopathic pharmacopoeias with the aim of stimulating the body's capacity to heal itself.
- **The therapeutic field:** The aim of the art of medicine is to cure disease, and the physician's highest ideal of a cure, as Hahnemann says, Organon § 2, is the rapid, gentle and permanent restoration of health, or the removal and eradication of disease in its whole extent, in the shortest, most reliable and most harmless manner.
- **Therapeutics:** all agents, medicines among them, which may aid this purpose. It includes sugars, climate, clothing, bathing, nursing, application of heat, cold, electricity and all other means used by the physician for restoring health.
- **Three methods of combating disease:**
  1. **Preventive medicine:** includes the application of everything that physiology, hygiene, sanitary science, etc., can teach to lessen the development of disease according to the teaching in § 4 of the Organon.
  2. **Palliative medicine:** dosage for their direct effects, as the use of Morphine for pain. Homoeopathic remedy given in minute dosage. This frequently yields brilliant results in palliating where a cure is impossible.
  3. **Curative medicine:** Homoeopathy, heal quickly, gently, radically, according to scientific and rational methods.
- **Medicinal Therapeutics:** the application of drugs as medicines for the purpose of modifying or curing disease: either empirically (remedy is given which experience has shown to be effective in a similar case), or according to the Law of Similars.
- **Allopathy** (from Alios= other and Patho= disease), Allopathy usually attacks the parts most exempt from the disease, in order to draw away the disease through them and thus to expel it, as is imagined. § 55 Organon.
- **Antipathy** (from Eanthios= contrary, and Patho= disease), It is a palliative method, pure and simple, The inefficacy and danger of this method as applied in diseases of a chronic nature is easily verified by clinical observation. Study § 56-71 Organon. after a brief period of apparent relief, they will break forth again in a more marked degree, and visibly aggravated." Organon § 23.  
**Objections to Antipathic Treatment:**
  - (1) It is merely symptomatic treatment attacking some prominent single condition, instead of the disease as a whole,
  - (2) The transient amelioration is followed by an increased aggravation
  - (3) Drug diseases are established that complications
- **Organo-Therapy**, supply deficiencies in the functional activity of human organs by the administration of substances derived from similar organs in animals.
- **Isopathic Medication:** use of morbid products of a disease for the cure of the same disease, toxins formed in the body, properly attenuated, are capable of curing the very diseases that give rise to them.
- **Nosodes**, homoeopathic medications of animal origin, specific alkaloids

- **Law of Cure, Similia Similibus Curantur:** *We should imitate nature, law for drug selection in all curable forms of disease >> curable or palliative >> any drug which is capable of producing symptoms of disease in the healthy will remove similar symptoms, and thus cure the disease when found in the sick.*
- **Homoeopathy,** *the Science of Therapeutics: healing art conformable to nature and experience, based upon exact observation of natural phenomena in disease and drug action, and noting the law governing their mutual relationship.*
- **The Central of Homoeopathy:**
  - (1) *The totality of **symptoms** of the patient constitutes the disease for the purpose of a cure.*
  - (2) *Drug experimentation on the healthy, so-called drug **proving**, is the only reliable method to arrive at a knowledge of the effects of drugs.*
  - (3) *The curative relation between these two sets of symptomatic facts is the law of similars, **Similia Similibus Curantur.** (‘let like be cured by like’)*
  - (4) *The administration of one **single** remedy at a time.*
  - (5) *The **minimum** (smallest) dose that will bring about a cure.*
  - (6) *Repetition of the dose should **cease** when marked improvement sets in.*

## **PHILOSOPHY**

- **Hahnemann philosophical conceptions** *are a protest against materialism; against all merely chemico-physiological ideas, all pathological, bacterial, antitoxic theories, discoveries and facts as a basis for Therapeutics.*  
*His teachings in regard to disease and their cure by homoeopathic remedies require a practical acceptance of the existence of a vital principle animating the body, and at the same time a similar vital principle or force embodied in every medicinal substance.*
- *Hahnemann saw in the body made up of material particles in themselves dead, but vivified and embodied and adapted to the real, living man, the spirit within. The connection between the immaterial, spiritual, immortal being, and the body is supposed by him to be effected by means of the **vital force** which he designates **Dynamis**.*  
*In Hahnemannian physiology, (1) the spirit, the true man, (2) the material body, receiving its life and health through (3) the vivifying vital force, the dynamis.*
  - *The vital force is active throughout the body, is the immediate cause of every functional activity, of all bodily growth. It is the formative force of the organism, is in fact the inner form which controls the molecular, chemical and mechanical processes, and uses them for its own purposes.*
  - *The vital force is the intermediate agent between the spirit and the body enabling the spirit to dwell for a time in its material bodily clothing.*
  - *If you choose to call it molecular motion, well and good, it is molecular motion guided for a definite end in view.*
- *From this conception follows the pathological deduction that the disturbance of the harmonious play of life, manifesting itself in symptoms affecting the functions and sensations which we call **disease**, is a disturbance of this same vital force or dynamis.*
  - *In disease, the vital principle is first disturbed, and its disturbance precedes functional and organic changes.*
  - *Hence, disease is of dynamic origin, and the true causes of disease are such as affect the vital*

force; dynamic agents, mental conditions, passions, moral deteriorations in the individual or in the race. So-called causes of disease can act only as secondary causes when the vital force has become weakened in its resistance and allows untoward influences to affect the organism.

- Hahnemann discovered the fact that there existed a dynamic, vital principle in all drugs, a curative force, peculiar and individual and distinctive of each drug, that could be practically transferred to some medicinally inert substance and preserved indefinitely.
- Need of the **Dynamized Remedy** to Change in the Disturbed Vital Force. hence the need for the dynamized drug of the potentized remedy, one from which all crude, grossly material parts have been eliminated.
- Only by the spirit-like (dynamic) operation of medicine that health can be restored.
- **The keynote to Homoeopathy is the Hahnemannian teaching** of the Dynamis or vital force. Homeopathy eliminates material causes of most diseases, material dosage of medicines and looks to the real cause of all disease in the disturbed vital force and selects a curative remedy corresponding to all the symptoms expressing the disturbance and administers it in a dynamized form, one in which the drug is free to all outward appearance of its proper material envelope.
- **It is believed that the vital force operates on three different levels:**
  1. General, where changes in understanding and consciousness are recorded (e.g. confusion and lack of concentration) and changes in emotional states are recorded (e.g. anxiety, envy, fear, irritability, love, sadness). These observations serve to build up a picture of the patient's wellbeing.
  2. Physical, where changes to the body's organs and systems are recorded (e.g. organ malfunctions and disease).
  3. Local, where changes occurring in the immediate vicinity of the patient's problem are considered.
- **Hering's law – the direction of cure**  
Hering's law, attributed to Dr Constantine Hering (often called the father of American homeopathy), gives an indication of the order in which a condition may be expected to resolve during homeopathic treatment. It states that cure takes place:
  - \_ from top to bottom of the body
  - \_ from the inside to the outside
  - \_ from the most important organs to the least important
  - \_ in reverse order of onset of symptoms.Hence mental symptoms (emotions) might be expected to improve before physical symptoms are resolved, and recent symptoms will subside before longstanding chronic symptoms.

upside-down inside-out backwards unimportant

## **The principles of homeopathy**

1. **Like cures like.** Hahnemann believed that, in order to cure disease, one must seek medicines that can excite similar symptoms in the healthy human body. This idea is summarised in the Latin phrase *similia similibus curentur*, often translated as 'let like be treated with like'. Thus a medicine such as *Coffea tosta*, made from toasted coffee beans, might be used to treat insomnia.
2. **Minimal dose.** When Hahnemann carried out his original work he gave substantial doses of medicine to his patients, in keeping with contemporary practice. This often resulted in major toxic reactions; fatalities were not uncommon. He experimented to try to dilute out the unwanted toxicity, while at the same time maintaining a therapeutic effect. Hahnemann found

that, as the medicines were serially diluted, with vigorous shaking at each stage, they appeared to become more potent therapeutically. To reflect this effect he called the process **potentisation**.

3. **Single medicine.** Hahnemann believed that one should use a single medicine to treat a condition. Proving in all materia medicas relate to single medicines and there is no way of knowing whether or how individual medicine drug pictures are modified by combination with other ingredients. There is a growing tendency for the major manufacturers to combine mixtures of medicines and potencies in one product. These are known as complexes.
4. **Whole patient.** The holistic approach to treatment, in which all aspects of a patient's wellbeing are considered, not just local symptoms in isolation (see below).

## **PRINCIPLES OF HOMEOPATHIC PHARMACOLOGY**

- **Pharmacology:** physiological action of drugs / medications / remedies.
- **Materia Medica:** is the study of drugs in regard to their origin, physical and chemical properties, but especially and chiefly in regard to their effects in modifying the health of the body.
- **Medicinal force:** drugs can be truly curative only by reason of their modifying properties of the vital processes.
- **Physiological action of drugs:** It is the physiological dose that is, a dose large enough to produce symptoms. This use of drugs is based upon the law of **contraria contrariis opponenda**, when an opposite result is desired, or when it is intended to produce not an opposite, but an entirely different action, but its usefulness is limited.
- **Classification of drugs,** according to their physiological and some, of their therapeutic actions, by Dioscorides, the father of Materia Medica: three principal classes, evacuants, alteratives and specifics.
  1. The evacuants are subdivided with respect to the various routes by which nature expels the morbid matters, such as purgatives, expectorants and diaphoretics.
  2. Alteratives comprise drugs which alter the course of morbid conditions, modifying the nutritive processes while promoting waste, and thus indirectly curing some chronic diseases; They increase metabolism.
  3. Other classes are the antipyretics, emmenagogues, styptics, anthelmintics, astringents, etc.
- **Drug proving:** The homoeopathic method by means of drug experimentation on the healthy, This is the only scientific and rational method of ascertaining the action of medicines. It is a creative principle, universal in its application, true for all time.

Hahnemann was thus the founder of the science of drug pathogenesis, actually experimented with drugs on himself and others that the first pure effects of drugs became known and could be rationally employed in practice.
- **Drug Pathogenesis:** the record of testing drugs on the human body in varying doses, and on different individuals of both sexes, and observing all the symptoms, subjective and objective, from the minutest disturbed function and mental state to the grossest organic lesion.
- **Relationship of Drug- homoeopathic action:**

homoeopathic school depends entirely upon the curative results obtained by giving the single remedy in a sub-physiological dose for symptoms similar to those it is known to produce.

## DRUG PROVING

- *It consists in the systematic testing of a drug on the healthy human body, in order to ascertain the changes which it is capable of producing in the functions and organs.*
- **General Rules:**
  1. *Hahnemann, " to test the medicines singly and alone on the healthy human body."*
  2. *The medicinal substance which is to be proved must be tested singly, without any admixture of any foreign substance, except an inert vehicle when necessary for its administration.*
  3. *Observe from before beginning a proving, as every one is liable, even in the best state of health, to slight variations in his sensations and functions.*
- **Dosage required for proving:**  
*Begin with a comparatively small dose and increase it gradually till distinct symptoms make their appearance.*
- **Repetition of doses:**  
*Repeat the dose every few hours until symptoms show themselves. It is best to give a single, rather large, dose and watch its effects.*
- **Age, sex & mood** are modifying factors in drug proving, and all drugs should be tried on individuals of both sexes and different ages & in different moods (Temperament.)
- **How to Describe Symptoms Obtained from a Proving:**  
*Symptoms >> Minute, accurate, sensation, ADL(Activity daily living),  
The sides of the body on which symptoms occur should always be stated, many remedies acting more markedly on one side than another.  
The times of occurrence, aggravation or amelioration.  
The three essential features of every complete symptom(1) Location (2) Sensation (3) modality*
- **Primary and Secondary Drug Effects:**  
*certain abnormal symptoms, the so-called primary effects of medicines by reaction of the organism, a condition entirely the opposite, where this is possible, of this first effect is produced—the secondary effects.*

## INTERPRETATION OF DRUG PATHOGENESIS

- *Anatomical arrangement of the symptomatology as a rule, according to " The Hahnemann Schema ".*
- *The "Cyclopaedia of Drug Pathogenesy", which endeavors to give the symptoms in the order of their development.*
- *Boeninghansen's method of interpreting symptomatology*
- **Repertory:** *is list of remedies related to each symptom, like an index.*  
**Grading of remedies in Repertory:** *according proving:  
Bold >> italic >> ordinary or all CAP >> 1<sup>st</sup> Cap>> small or in color code*
- **All provings of drugs give a symptomatology composed**
  - (1) *Of general symptoms.*
  - (2) *Of peculiar or characteristic symptoms.*
  - (3) *Of certain elective affinities to special organs or functions.*

- **General symptoms of drugs:**  
*These are common to all drugs and appear in every proving. They can practically be eliminated. Such are symptoms like feeling of malaise, loss of appetite, weakness, distress, headache, etc.*
- **Characteristic (keynote / guiding)Symptoms**  
*Each drug is an entity, and can express its disease producing properties pathogenetic force, in a way peculiar to itself.*  
*Characteristic symptom is one which is possessed by no other than the individual drug*
  - 1.**localization:** *In the locality or tissue or organ affected (elective affinity cannot be explained, but it exists, by which it preferably chooses certain cells to manifest its action)*
  - 2.**Sensation:** *In the sensations (pains, coldness, character...)*
  - 3.**Modifications:** *In the modalities and concomitants (conditions influencing or modifying drug action)*
- **Rubrics:** *Symptoms group of remedies share >>*

*Start always with emotions, mind, memory. These, the mental symptoms, must first be worked out by the usual form until the remedies best suited to his mental condition are determined.*

*Then all symptoms that relate to a pathological cause and all that are common to disease and to people. When the sum of these has been settled, a group of five or ten remedies, or as many as appear, we we are then prepared to compare them and the remedies found related to the remaining symptoms of the case.*

*The symptoms that are next most important are those related to the entire man and his entire body, or his blood and fluids : as sensitiveness to heat, to cold, to storm, to rest, to night, to day, to time. They include both symptoms and modalities.*

## **THE APPLICATION OF HOMCEOPATHY**

- **Treating with homeopathy**
  1. Collecting information.
  2. Matching symptoms reported by a patient with the drug pictures of appropriate medicines.
  3. Confirming the choice with questions based on modalities (what makes the symptoms better or worse).
  4. Choosing the correct dose and frequency.
  5. Following up.
- **The Examination of the Patient:** *complete, anatomy, physiology, chemistry, microscopy*  
*subjective symptoms + objective phenomena >> establish the diagnosis*  
*Hahnemann's teaching on this point is expressed in § 18 of the Organon totality of symptoms*
- **Determine the one most nearly indicated remedy** *producing a similar change*
- **The totality of the symptoms:**  
*includes every change of state of body and mind*  
*includes every subjective symptom that the patient can describe correctly*
- **Precautions:**
  1. Do not interrupt the patient, Avoid asking leading questions.  
*Careful questioning, to supply any deficiencies.*
  2. First, or Oldest, Symptoms decide the choice of the remedy
  3. Late Symptoms are valuable as being the latest expression of the diseased

4. write down every sensation and change of feeling, the time of its appearance, its duration.
  5. Get the modalities, especially the influence of the times of day, weather, season, position of body, exercise, sleep, etc.
  6. family history of the patient; heredity is a potent factor in determining disease
  7. Accept no diagnostic suggestions, or pathological theories, or former opinions of before
- Every **objective symptom** the physician can discover by examination & investigations. **Regional plan**, the Hahnemannian Schema form, is perhaps the best, as it follows a natural, anatomical arrangement.
  - Objective symptoms that are diagnostic of certain pathological, states, so-called **pathognomonic symptoms** are of great importance in guiding to a certain class of remedies and excluding other groups, even though such may seem superficially indicated. **Peculiar symptoms**: characteristic symptoms of the patient's totality of symptoms
  - **THE SIMILIMUM**  
the most similar remedy corresponding to a case, one covering the true totality of symptoms, is always curative, and in incurable cases, it is the best possible palliative remedy, administration Singly and without admixture of any other medicinal substance, given in the smallest dose that will bring about nature's reaction.
  - **THE SECOND PRESCRIPTION of chronic diseases:**
    1. **No further interference** (curative effect): Under conditions, no further medication is required >>
      - Short aggravation of the Symptoms,
      - General Amelioration (improvement) of the Symptoms,
      - Reappearance of old Symptoms (reverse order of their development),
      - Appearance of new symptoms
      - Other Favorable Symptoms: falls asleep soon, feels generally better
    2. **New remedy is to be chosen when:**
      - The mental state shows an embarrassed
      - When no change of any kind
      - When new and important symptoms appear
    3. **Precaution Rules of Hahnemann:**
      - doses, are too small.
      - too great haste in administering a new dose.
      - improper selection of a drug
  - **Diet and Regimen during Homoeopathic Treatment:**  
Hahnemann's careful restrictions diet and hygiene may be advisable in many cases  
Regimen in Acute Diseases >> The food and drink of a palliative and soothing kind, the temperature of the room and the quantity of covering should be regulated entirely according to the wishes of the patient, while every kind of mental exertion and emotional disturbance is to be carefully avoided.
  - **Polychrests:** group of 20 to 30 medicines most commercially available homeopathic ranges Over-the-counter (OTC) prescribing in pharmacies.  
(Aconite, Ignatia, Apis mell, Ipecac, Argent nit, Kali bich, Arnica, Lycopodium, Arsen alb, Merc sol, Belladonna Nat mur, Bryonia, Nux vom, Calc carb, Pulsatilla, Carbo veg, Rhus tox, Euphrasia, Ruta grav, Gelsemium, Sepia, Graphites, Silica, Hepar sulph, Sulphur, Hypericum, Thuja)
  - **Allergodes:** provided that the patient knows the source of the allergy or skin testing results.

- **Nosodes:** medicines extracted from diseased tissues, childhood illnesses, also tropical nosodes like cholera and malaria, Influenzinum.
- **Sarcodes:** medicines extracted from sound tissues, Many of these medicines (particularly those derived from snake and spider venoms)  
NB. Nosodes and sarcodes **not** a 'vaccines'
- **Tautodes:** isopathic treatment of adverse drug reactions, allergies and chemical irritation thought to be directly caused by the source material chosen.
- **Anthroposophical medicines:** Vegetable material is grown using methods of biodynamic farming.
- **Homotoxicology:** identify and treat the underlying toxic causes of ill health, rather than merely to suppress symptoms.
- **The biochemic tissue salts** (in the body need to be balanced):
  1. Calc fluor (calcium fluoride) 2. Calc phos (calcium phosphate)
  3. Calc sulph (calcium sulphate) 4. Ferrum phos (iron phosphate)
  5. Kali mur (potassium chloride) 6. Kali phos (potassium phosphate)
  7. Kali sulph (potassium sulphate) 8. Mag phos (magnesium phosphate)
  9. Nat mur (sodium chloride) 10. Nat phos (sodium phosphate)
  11. Nat sulph (sodium sulphate) 12. Silicea (silica)
 \*Used in the 6x potency, usually as soft tablets readily dissolves in the mouth
- **Flower remedies:**  
Herbalism treats predominantly mental and emotional manifestations of disease:  
eg. Bach flower remedies 38 remedies split into six groups according to their principal use:
  - \_ Fear (aspen, cherry plum, mimulus, red chestnut, rock rose).
  - \_ Uncertainty (cerato, gentian, gorse, hornbeam, scleranthus, wild oat).
  - \_ Insufficient interest in present circumstances (chestnut, clematis, heather, honeysuckle, impatiens, mustard, olive, water violet, white chestnut, wild rose).
  - \_ Oversensitivity to influences and ideas (agrimony, centaury, holly, walnut).
  - \_ Despondency or despair (crab apple, elm, larch, oak, pine, star of Bethlehem, sweet chestnut, willow).
  - \_ Overcare for the welfare of others (beech, chicory, vervain, vine, rock water).
  - \_ Rescue Remedy tabilising and calming effect on the emotions during a crisis.
  - \_ Bach rescue cream help a wide range of skin conditions.
- **Homeopathy is generally safe ??**  
Yes, can be used in some situations where allopathic medicine is inappropriate, although more rigorous collection of more evidence is necessary to support the use of homeopathy:
  1. Randomised controlled placebo studies designed to demonstrate that homeopathy is not merely a placebo response and satisfy criticism from sceptics.
  2. Clinical trials to establish efficacy of specific remedies.
  3. Physico-chemical studies on mechanisms of action.
  4. Audit and case study collection to establish effectiveness and improve the use of homeopathy.
  5. Attitudes and awareness studies and sociological research to determine why and how homeopathy is used.
  6. Cost-effectiveness studies.
 It cannot be used to resolve the cause of biochemical imbalances or inadequacies (e. g. hormonal imbalance or iron deficiency) but may be useful in reducing associated symptoms.  
There are economic benefits to accrue from using homeopathy.

## HAHNEMANN'S NOSOLOGY

The classification of diseases adopted by Hahnemann includes two types, acute and chronic. §§ 72-82, Organon.

<b>Acute diseases</b>	<b>Chronic diseases</b>
<p>Originate from</p> <ul style="list-style-type: none"> <li>○ defective hygiene,</li> <li>○ errors in diet,</li> <li>○ physical agents, cold, heat and other atmospheric changes, chemical.</li> <li>○ Mental and moral influences.</li> </ul>	<p>produced by infection from a chronic miasm, and which the vital powers of the body, aided by hygienic and dietetic and sanitary measures are not able to extinguish.</p> <ul style="list-style-type: none"> <li>● are psora, syphilis and sycosis.</li> </ul>

- **Cause of Recurrence of Chronic Diseases:**

was that the symptoms manifesting themselves at any one time were only a portion of the deeply-seated fundamental malady § 78, Organon.

- **Considering treatment:**

The best time to administer the remedy is a short time after the termination of the paroxysm, when the patient has partially recovered from it. The vital force is then in the most favorable condition to be modified by medicine and restored to healthy action. §§ 231-244, Organon.

- **Phases of Chronic Diseases:**

1. **The Skin Phase: called Psora**

(itch disease, with or without any present skin symptoms.)

It is the oldest, most universal and obstinate of all miasmatic diseases the parent of all chronic diseases,

The appearance of skin symptoms, or discharge from a mucous surface, shows that nature is making an effort to localize on the outskirts of the body the morbid process, removed as far as possible from the more vital parts § 203, Organon.

**Anti-psoric remedies:**

act from within outwards, from above downwards, who thus abound in skin symptoms and are deep and long-acting remedies.

The principal anti-psoric remedies are Sulphur, Calcarea, Lycopodium, Sepia, Silica, Natrum mur., Graphites, Arsenic, Alumina, etc

2. **General deviation of health: called Sycosis**

- strongly-affecting, irritating or weakening, much more serious matter
- characteristic physical sign: Great muscular debility, anxiety; great irritability, rheumatism. Nevertheless, the local malady (disease) is never anything more than a part of the general disease, but it is a part which has become excessively developed in one direction by the vital force, and transported to the surface of the body where there is less danger, in order to lessen the internal morbid process. § 201, Organon.
- The mental state and temperament of the patient are often of most decisive importance in the homoeopathic selection of a remedy,
- Acute insanity: even though due to latent psora, should not be treated with anti-psoric remedies at once, In the treatment of insanity, the medicines may be given mixed with the patient's usual drink, without his knowledge, thus obviating every kind of compulsion. Study §§ 221-231, Organon, in this connection.

**Miasms very easy to understand: (Dr Prafull Vijayakar)**

Miasm is nothing but an expression of Defence mechanism of every individual. That is what “Disease” is. A disease has different stages. Each of these stages in Homoeopathy is named as a different Miasm, namely Psora, Sycosis and Syphilis.

**Stage 1 (of disease)**

- Little deviation in health.
- Where there is temporary and reversible physiological and biochemical changes.
- Usually this happens in acute state of disease.
- This is named PSORIC Miasm
- (E.g. Here all symptoms of acute inflammation, infection, irritation, pain, sensitivity, spasm, colic etc will come)

**Stage 2 (of disease)**

- Disease progresses little more into chronicity.
- Here body tries to stabilise, protect and compromise by hiding, covering, masking, manipulating
- Here changes can be reversible or irreversible
- Process/Disease is usually slow and chronic
- This is named SYCOTIC Miasm
- (Here all those symptoms due to excess or deficiencies of elastin and fibrin– E.g. Proliferation, accumulation, multiplication of cells as in growths and excrescences, benign tumours, swelling, chronic inflammation/irritation – resulting in dullness, slowness, looseness – Uterine or rectal prolapse etc will come.)

**Stage 3 (of disease)**

- Disease further progresses, where life process goes against law of nature. Here body “loses control”.
- Irreversible changes and deeper pathologies take place.
- Ending in destruction of organs and life.
- This is named SYPHILITIC Miasm
- (E.g. Here all autoimmune diseases, genetic disorders, fatal diseases, destructive pathologies come. Where destruction of tissues, functions, morals, intellect, control is seen.)

Let us see how we can classify, different symptoms, mental and physicals into different Miasms.

**Expressions of symptoms that fall in the category of Syphilitic Miasm.**

**a. EXAGGERATION** (Amplification): Here, Psora gets exaggerated. E.g. exaggerated pains. Pt. screaming and crying with severe pains which are intolerable.

**b. DISTORTION:** Any symptom which is twisted, altered, misrepresented.

**c. UNNATURAL:** Abnormal, Perverted, going against nature, atypical, strange, odd, uncommon, contradictory.

**d. HYSTERICAL:** Out of proportion, out of control. Here reaction is out of proportion to stimulus. Reactions is unpredictable, panicky.

**e. DESTRUCTION:** Here there is destruction of natural thoughts, feelings, desires, and natural processes of life.

**f. AUTOIMMUNE DISEASES:** Self damaging diseases where body produces antibodies against its own natural, normal cells, killing self

**g. GENETIC MUTATIONS:** Cancers, All Genetic disorders, Autism, Cerebral palsy, mentally challenged children etc. (Also e.g. Effeminate and mannish behaviour can come under this category if intense)

SYPHILLITIC CAUSES	SYCOTIC CAUSES	PSORIC CAUSES
Trauma – sudden, violent, strong, destructive Shock, insult, Abuse, Wounded honour. Humiliation. Sudden anger, Rage, Loss of loved ones Strong suppressed anger. Fright, Panic Sudden joy Sudden loss in business/ money/ prestige	Slow and prolonged stresses Prolonged grief, vexation, Brooding Disappointment in love Anger Suppressed Mortification Suppressed sexual desires Excessive sexuality (debauchery, masturbation) Embarrassment Grief from loss of money/ position/ loved ones	Irritability Anger, Hurt Mild grief Anxiety, anticipation Anger, contradiction Fear, fright Rudeness, Criticism Neglect External impressions like light, noise, odour, touch, pain

Psoric	Sycotic	Syco-Syphilitic	Syphilitic (Exaggeration)	Syphilitic(Destruction)
Anxiety (Ready to fear)	Fear	Anguish	Panic	Fearlessness Audacity Temerity
Irritability	Anger	Rage	Fury	Content
Cheerful	Mirth subtle, concealed	Exuberance	Exhilaration (eg. Night Discotheque/ Pub (out of control, unpredictable)	Joyless Indifference
Sadness	Silent grief	Gloomy (dull, unclear)	Despair	Indifference
Liking Affection	Love Attachment	Craving Desires	Clinging	Detachment Painlessness Complain does not

Symptom	Psora	Sycosis	Syphilis
Appetite	Normal	Increased or Decreased Forced to eat	Addictions Craving – Pica (Appetite for abnormal things like mud, chalk, paper, cloth etc) Voracious, Ravenous Excessive Hunger after eating Anorexia nervosa
Modalities	All Simple < Touch <Pressure <Heat/ cold < Motion < Sun etc	All Ameliorations >Touch >Pressure >Heat/cold >Motion >Sleep >Eating etc	Any INTOLERANCES Intolerance to Sun Intolerance to Touch/ Jar/ Pressure/ Draft/ Heat/ cold/ Music/ Eating/ Drinking etc
Menses	Menses - Regular Pain – mild, spasmodic tolerable Flow - Moderate	Menses – little early or delayed Pain – Dull, little or more Flow – Scanty or Profuse	Menses – Prolonged/ Protracted / Absent (Amenorrhoea) Pain – Extreme Dysmenorrhoea with severe vomiting, headache etc Flow – Excessive or very scanty
Delivery	Normal	Early or late pains – too weak/ delayed Oligo-amniosis Hydro-amniosis	Labour – extremely delayed or lack of labour pains Labour – Too early or premature

## POSOLOGY

**Posology** (posos=how much) is meant the science of dosage.

- Differs according to the age, temperament (mood) and state of health of the subject.
- Homoeopathy discovered the fact that there is an opposite in effects between very large and small doses.eg. Large doses of Opium bind up the bowels, while a small dose has the opposite effect.

Reasons for is the bodily resistance to any foreign intruder which must be overcome by the drug before it can manifest its action.

- **The physiological dose of any drug, therefore, must be large enough**  
(1) to overcome the normal body resistance; (2) sufficiently more to produce symptoms.
- **Why the Homoeopathic Dose is Necessarily Smaller?**
  - Because here no bodily resistance has to be encountered, since a similar action already exists in certain organs and tissues, the disease having overcome the resistance offered by the protective sphere of the body, and thus the affected region is exposed to attacks from out.
  - Another reason is the fact that the affected parts are probably rendered hypersensitive by the disease process.
  - A third reason is that the homoeopathic remedy is given singly, without admixture with other drugs; and hence, its action is not interfered with.
  - The most effective dose for a disorder is the minimum amount necessary to produce a response. Give one dose only of the diluted substance, the homeopaths say, and then wait for a favorable reaction. Having produced the desired improvement, give a second dose only when improvement stops.
- **Hahnemann's recommendation** of the thirtieth potency as the dose for all remedies, but its controversial unphilosophical to adopt one potency for all drugs.
- **Repetition of Doses:**
  1. Give one remedy at a time—the one most clearly indicated by the totality of symptoms.
  2. Give it preferably at first in a medium potency with a tendency to go higher.
  3. So long as improvement shows itself, do not change the remedy, and better also, do not repeat the dose. Learn to wait, for so long as the disease does not progress any further, after giving the medicine, there is no danger in waiting, not until new indications appear.
  4. In acute diseases, the doses may have to be repeated frequently, according to the intensity and severity of the case; as a rule every hour or two.
- **Routes of administration:**

Oral: most usual, Topical Cream or oint contain 5% of mother tincture  
Eye drop, Nasal spray, Suppositories, Injections, Inhalation.
- **Patient instructions:**

Not handle the remedy  
Uncap remedy tablet or solution direct into the mouth over the tongue.  
No coffee, onion or garlic or toothpaste contain mint after remedy.  
Stored in dry cool place away from strong odours (perfumes).  
Avoid remedy exposure to direct sun light, microwave, x rays machines.

## About the Organon: Seven main sections

### I-Allopathy

- *Allopathy concept, disappearance of the pathological state*
- *Have no knowledge of the **real nature** of man, what he is, where he came from, what his quality is in sickness or in health.*
- *They accept nothing but what can **be felt, recorded**.*
- *Allopathy, deal only with ultimates, they observe only **results of disease**, and either deny.*
- *Such is the state of medicine at the present day there is **no standard authority**.,*
- *Non-homoeopathic treatment, which is **not violent**, leaves the chronic disease unaltered when the violence has subsided and the rough treatment is removed then the symptoms come back, but in a more disturbed state than before.*

### II-Homeopathy

- ***The science and the art of healing & cure***
- *Homeopathy **concept**, Restoring health, and not the removing of symptoms, is the first point.*
- *Homeopathy **perceives** that there is **something prior to these results of disease**.  
*Reductio ad absurdum, for nothing exists without a cause. The organs are not the man. The man is prior to the organs.**
- *Perfection of what is curable in disease, **curative** in medicine and the application of last to first.*
- ***Fixed principles " Law and Government from Centre "** must be accepted as authority.  
**Harmony is the result of principle.***
- *It is in **the realm of cause** that we must look for the primaries in the study of Homeopathy. **Discrimination** as to maintaining external causes and surgical causes. False in the interior, false in the exterior, so that the body becomes, as it were false.*
- *Not speak of changes of tissue or changes in the organs, but **changes of state**.*
- *From the **doctrines of Homeopathy***
  1. *It will be seen that morbid anatomy, no matter where it occurs, must be considered to be the result of disease.*
  2. *should not be clouded in technicalities (advanced investigations), but should be considered and talked out in the simplest forms of speech (symptoms).*
- ***Deranged and cured in dynamics planes.** (1)Healthy state. (2) How made sick. (3) How cured*

*Diseases correspond to man's affections, and the diseases that are upon the human race today are but the outward expression of **man's interiors**, and it is true if the diseases are such they represent the internal forces of man.*

- ***Study disease in general and the patient in particular.***
- *Study of the **nature** of acute miasms and the study of the nature of chronic miasms.*
- *The unprejudiced mind then comes from sound understanding, and a sound understanding comes from education. All the doctrines step by step.*
- *Study of the **Materia Medica** and knowledge of how it is built,best mode of applying these (medi*

cines) in the cure of diseases.

- The homoeopath's purpose is to transfer a man's sickness to paper and so find the image of the sickness in the *Materia Medica*.
- All the diseases known to man have their likeness in the *Materia Medica*.

## **II-Patient**

- Man consists in the will (health) + thinking (loves), disorder in any of them is sickness.
- Three states :
  - (1) of the state of health, or the normal activities of the body,
  - (2) of how that state is made sick or turned into disorder,
  - (3) of how that disordered state can be turned into health.

### **(1) Healthy state**

- Recognize that the muscles, the nerves, the ligaments and the other parts of **man's frame** are a picture and manifest to the intelligent physician the internal man.
- Man within him by endowment of the divine a **centre of government** which is in the grey matter of the cerebrum centre and in the highest portion of the grey matter.
  - In the government of the man, there is a triad, a first, a second and third, which gives direction, viz. : the cerebrum, cerebellum and spinal cord.
  - In man the centre of government from it every nerve cell is governed, From it all actions take place for good or evil, for order or disorder; from it disease begin and from it begins the healing process.
  - Everything in man, and everything that takes place in man, is prescribed over primarily by this centre, from centre to circumference.
- **Soul** , the formative substance which is immaterial; and then the body which is materia .
  - The spiritual vital force, the Dynamis that animates the material body, rules with unbounded sway, and retains all parts of the organism in admirable, harmonious, vital operation, as regards both sensations and functions.
  - What is the vital force ? powerful substance, and is endowed from intelligence, that there is a supreme God, that He is substantial, Everything proceeds from him and the whole series from the supreme to the most ultimate matter in this way is connected.
  - Gives to everything its own type of life, gives it distinction, gives it identity where by it differs from all other things.
- In the **healthy condition** of man the immaterial vital principle animates the material body.
  - The world of material substance is in order and harmony.
  - Man's very anatomy forms harmoniously, because of the continuous influx from first to last.
  - All forms are subject to the **laws of influx**. It is the cause of force. The energy derived from the simple substance keeps all things in order.
  - Cooperation working in perfect harmony.
  - It is not in the power of man to change from first to last; that is, it is not in his power to ultimate the simple substance.

*-This is retained for the Supreme Power Himself, from whom power continually flows through all the primitive substance to the end.*

- *This vital force the soul not in circumscribed **location**, Quantity cannot be predicated of simple substance, only quality in degrees of fineness. It keeps the body continuously constructed and reconstructed.*
  - *Each tissue has within it its portion of the vital substance, each having its own peculiar kind of function.*
- **Environment theory**  
*adapts itself to its surroundings, and tends to adapt its house to the surroundings, and thus the human body is kept in a state of order, in the cold or in the heat, in the wet and damp, and under all circumstances.*

### **(2) The sick state**

- *The sick man will be made sick under every circumstance, whereas the healthy man could live in a lazaretto.*
- **Disorder first in vital force.** *When a person falls ill vital force, everywhere present in his organism, that is primarily deranged by the dynamic influence upon it incline it to the irregular processes which we call disease.*
- *Our vital force, as a spirit-like dynamis when disturb the harmonious by injurious influences on the healthy caused by the external inimical forces morbid derangements (diseases) occur.*
- *It is necessary to know sicknesses, not from pathology, not from physical diagnosis, no matter how important these branches are, but by symptoms, the **language of nature**.*
- **The value of symptoms**
  - Nature of Symptoms: General , Common,  
Particular(expression of each and every disease)
  - Grades: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>.
  - Individualization:  
*The homoeopathic physician must individualize, he must discriminate things widely dissimilar in one way, yet similar in other ways.*
  - The generals are sometimes made up of particulars.
  - Anything that the individual predicates of himself is also general.

### **IV-Physician**

- *The physician's high and only **mission** is to restore the sick to health, to cure.*
- *It is not his sole duty to heal the results of sickness, but the **sickness itself**, when the man-himself has been restored to health, there will be restored harmony in the tissues and in the activities.*
- *The word "**perceive**", which is to see into clearly (understand), to apprehend with the mind and understanding.*
  - The physician must perceive in the disease that which is to be cured, and the curative.*
  - Homoeopathic physician so intelligent that when he goes to the bed side of a patient he can clearly perceive the nature of disease and the nature of the remedy.*
  - Each particular case of disease is **the totality of the symptoms**.*

- *"The physician is like wise a preserver of health" if he knows the things that derange health and cause disease, and how to remove them from persons in health."*
- *The physician must discriminate between the man and his house, and between the repair of man (all) and the repair of his house(body organs).*
- *We must, to be scientific homoeopaths:*
  - It is the duty of the physician, then, first to find out what is in man that is disorder, and then to restore him to health; and this return to health, which is a perfect cure, is to be accomplished by means that are mild, that are orderly, that flow gently like the life force itself, turning the internal of man into order, with fixed principles as his guide, and by the homoeopathic remedy.*
  - *Physician understands the nature of disease and of remedies, and then it is that he will be skilful.*
  - Physician must be familiar enough with disease cause, with disease manifestations and drug manifestations to be able to remove them in accordance with principles fixed and certain.*
  - The unprejudiced observer notes only chance of state as shown by symptoms*
  - The more mental it is the more signs there are to direct the physician to the remedy.*
  - All men are prejudiced. Man is fixed in his politics, fixed in his religion, fixed in his ideas of medicine, and because of his prejudice he cannot reason.*
  - The unprejudiced observer can see that pathology does not represent the nature of the disease, because numerous so-called diseases can present the same, pathology and the same phenomena*
  - Get rid of our prejudices is one the first things we must do in the study of Homoeopathy.*
  - The unprejudiced observer is the only true scientist. "He perceives in each individual affection nothing but changes of state." expresses it as "a distunement.*
- *By means of **physical diagnosis** the physician may find out the changes in organs, how far the disease has progressed, and determine if the patient is incurable.*
- Lack of harmony or lack of balance, which gives forth the signs and symptoms by which we recognize disease.*
- It may also decide whether you should give curative or palliative treatments.*
- *All **curable diseases** make themselves known to the physician by signs and symptoms.*
- When the disease does not make itself known in signs and symptoms, and its progress is in the interior, we at once perceive that, that man is in a very precarious condition.*
- The images of sickness are continually being formed, and only wait for a man intelligent enough to observe them, to understand their meaning to translate them, and it is possible for men, by the doctrines of Homoeopathy, to become wise and intelligent enough to be conversant with these signs.*
- *Conditions of the body that are **incurable** are such very often as have no external signs or symptoms.*
- *But if his condition is brought on only from **external causes**, the physician must delay action and let the surgeon do his work.*
- If the physician acts also as a **surgeon** he must know when he is to perform his functions as a surgeon, and when he must keep back as a homeopath.*
- Of course, it is quite right for the physician to remove those things that are external to the*

sick man and are troubling him like hemorrhoids

These are outward obstacles and not the disease.

-The aim should be to discriminate and remove external causes and turn into order internal causes.

### The examination of the patient

- Physician has only to remove the whole of the symptoms in order, at the same time, to abrogate and annihilate the internal change, that is to say, the morbid derangement of the vital force.
- What signs and symptoms call the physician's attention as curative signs and symptoms?
- The physician sees, hears and observes with his other senses part of the body, eg. the pain was in and the **character** of the pain

Date

Symptom.

Remedy

Things predicated of the symptom

< (aggravation)

> (amelioration)

- Question the patient, then the friends, and observe for yourself
- Say as little as you can, but keep the patient talking and keep him talking close to the line.
- It is often quite an important thing to get the patient to **write down** the symptoms in memorandum form as they occur.
- Put the symptom down **in simple language**, describing the sensation, and location, and the time of day of its coming and going, and the modalities.
- If the patient's answer is "**Yes or No**," your question was badly formed. many things to learn, the length of the attack, appearance of the discharge if it is a case of vomiting, its character, the time of day, etc., etc.
- All **sleep** symptoms are important, they are so closely related to the mind, the transfer from sleep to waking, from cerebrum to cerebellum, is important.
- Every case has common symptoms, but **peculiar symptoms** may be absent and you must not expect to cure when peculiar symptoms are absent.
- Physician must study the character of the **fever**, whether it is intermittent, continued or has come on in one sudden attack.
- Examine the **image** of the case where the order was lost ; because that is where the image must be found. The idea, get the original form of the malady, the symptoms and the inconveniences which exhibited themselves previous to the use of the medicines, or several days after their discontinuance, give the true fundamental notion of the original form of the malady.
- It is necessary also to observe the **changes** all along the line of progress to know the disease at its beginnings, its earlier manifestations, its symptoms and as endings.
- Carefully studying your cases at great length, **gathering** in everything that was in the beginning, your cures will be so striking that the multitude will come to you to be healed.
- You cannot place too much importance upon the masking of a patient's symptoms by medicines, by improper repetitions and by dosing carelessly.
- Almost everything in life is **circumstantial**.

*-The circumstances of a man's life govern his actions and reactions, symptoms and the development of symptoms.*

*-All the natural functions of life are connected with circumstances.*

- **Obstacle :**

*-Remember some people have tendency to **exaggerate** symptoms, This exaggeration must be measured with discretion and wisdom.*

*-Another we have in the examination of the case is **laziness** ; to write down the symptoms when they appear.*

*-**Shame** will prevent patients from telling the truth like gonorrhoea.*

*-Avoid getting **confused** by two disease images that may exist in the body at the same time. A chronic patient, for instance, may be suffering from an acute disease.*

*The two things must be separated.*

*The group of symptoms that constitutes the image and appearance of the acute miasm must now be prescribed for. The chronic symptoms will not, of course, be present when the acute miasm is running.*

- *Never prescribe for any two conditions, unless they be complicated.*

*-Only **chronic diseases** can be complicated with each other.*

*The acute is never complicated with the chronic; the acute suppresses the chronic and they never become complex.*

- *The better the **acute disease** is treated, the less likely there are to be any sequelae.*

- *It is a great **mistake** for anyone to fit remedies for complaints or states.*

*keep myself from thinking about things I have cured like that before, because it would prejudice my mind.*

- *Get all the symptoms first and then commence your **analysis** in relation to remedies.*

*-The analysis of a sickness is for the purpose of gathering together that about it which is peculiar.*

- ***Skilful** in this respect because he was a hard student of Materia Medica. and because he proved his Materia Medica daily.*

## **V-Miasm**

- *A state of disorder represents its nature to man by signs and symptoms, and these are things to be prescribed upon.*

- ***Disease**, Tissue changes (disease) are part of the body sick and are the results of:*

*-Tissue changes do not indicate the remedy, and so as physicians we must learn to examine symptoms which are prior to morbid anatomy, to go back to the very beginning.*

- *It is not from external things that man becomes sick, not from bacteria nor environment but **from causes in himself**.*

*-Man's skin is an envelope, protecting him against contagion from coarser materials; but against the immaterial substance he is protected only when in perfect health.*

- *The disorder is from the interior, but many of the disturbances that aggravate the disorders are external.*

- ***NB.** Mechanical causes of disturbance, external causes are not miasms.*

- *The pure disease, on the other hand, whether acquired or inherited, are those that flow*

*from the innermost to the outermost while making man sick , has pathognomonic symptoms.*

- *If the homoeopath does not see this, he cannot have a true perception of disease.*
- *The bacteria are results of disease.*  
*In the course of time we will be able to show perfectly that the microscopic little fellows are not the disease cause, but that they come after, that they are scavengers accompanying the disease, and that they are perfectly harmless in every respect.*
- *The **progression** of chronic diseases is from the surface to the center. They flow from the inner most to the outermost in a way to disturb his government.*  
*-Changes are the result of disorder and end in breaking down, degenerate.*  
*-We can only comprehend the nature of disease, and tissue changes the result of disease, by going back to its beginning.*
- *Disease can only be **perceived by its results***
- *Miasms in the universe are contagious, **acute and chronic.***

- ***The chronic**, which have no tendency toward recovery*
- ***Acute** affections are divided into two classes:*  
*(1) those that are miasmatic, which are true diseases,*  
*(2) those that may be called mimicking sickness.*  
*(Note. **Indispositions and the removal of their cause**,*  
*apparent diseases, which are not diseases, but disturbed states that may be called indispositions.*  
*Indispositions from external causes mimic the miasms, i.e., their group of symptoms is an imitation of a miasmatic manifestation, but the removal of the external cause is likely to restore the patient to health.*

- ***We have thus two things to deal with, the acute state, created by the disease itself, and the chronic state, which is the natural state of the patient born under miasm.***
- *These miasms all require a given time to operate before they can affect the external man, and this time is called the **prodromal stage.***
- *Each miasm produces upon the human economy its own **characteristics**, just as every drug produces upon the human economy its own characteristics.*
- ***Better descriptions of sickness with symptoms** not only pathology.*
- *Every cause of disease then has **form.***  
*-All diseases known to man are in the form of simple substance, an invisible something that cannot be detected by the chemist or the microscopist, and will never be detected in the natural world.*  
*-A dynamic disease is extinguished by another that is more powerful when the latter is similar to it.*  
*Noxious agents, do not possess the power of morbidly deranging the health of man unconditionally ; but we are made ill by them only when our body is sufficiently disposed and susceptible to the attack of the morbid cause that may be present and to be altered in its health, deranged and made to undergo abnormal sensations and functions.*  
*-Beginning of disease, i.e., in the stage of contagion, there is this limit to influx.*

- **Susceptibility,**  
Disease causes, existing as they do as immaterial substances, flow into man in spite of him; he can neither control nor resist them, and they make him sick.  
\*Susceptibility ceases when changes occur in the economy that bar out any more influx.
- **Why in epidemic some infected some not?**  
The reason is that they have sickness that it is impossible for the epidemic to suppress. The epidemic is allopathic, or dissimilar to their diseases, and cannot suppress their disease because of its virulence.  
Thus they alternate; when you weaken one, the stronger comes up.  
The two miasms will unite and form a complexity, which is a most vicious state of affairs.
- **Acute miasm** is one that comes upon the economy, passes through its regular prodromal period, longer or shorter, has its period of progress and period of decline, and in which there is a tendency to recovery.  
-The acute miasms are not governed in accordance with fixed time in order to be acute miasms, because they have times of their own.
- **Chronic miasm** is one that has its period of prodrome, period of progress and no period of decline; it is continuous, never ending, except with the death of the patient.
- chronic miasm is chronic from its beginning, and an acute miasm is acute from its beginning
- The diagnostic or pathognomonic symptoms are brought out for the purpose of distinguishing one disease from the other.
- Diseases must not be looked upon from a few symptoms that the patient may possess but from all the symptoms that the whole human race brings out.
- Man can only have one attack in his natural life-time of one of the three chronic miasms ; a man cannot take syphilis twice, he cannot take sycosis twice, he cannot take psora twice.
- **Idiosyncrasies**  
-Oversensitiveness to one thing or a few things, over-action of that drug.  
-There are acquired idiosyncrasies and idiosyncrasies that are born with a patient.

### Chronic diseases - Psora

- Psora is the **oldest miasmatic chronic** disease known.
- All the diseases of man are **built upon** psora, hence it is the foundation of sickness; all other sickness came afterwards.
- It is a **disordered** state of the internal economy of the human race.
- Psora affects the whole economy, nothing escapes ; it causes a general breakdown.
- It **progresses** from simple states to the very highest degree of complexity.
- The **acute miasms** come on either with sufficient violence to cause death to patients, or with less violence, wherein there is a period of progress and a tendency to recover.
- Those that have been poisoned in their earliest beginning with psora become **more sensitive** to it
- The human race becomes **increasingly sensitive** generation after generation to this internal state and this internal state is the underlying cause which predisposes man

to disease.

- The **miasms which succeeded psora** were but the outward representations of actions, which have grown out of thinking and willing.
- **From the suppression of psora** we have cancerous affections, organic diseases of the heart and lungs, phthisis, and general destruction of the body
- Psora has progressed until it has become the most contagious of diseases, because The more complicated it becomes the more susceptible are our children to its beginnings, and its contagion adds to the old disease; and while it goes on the children become increasingly sensitive to the other miasms.

### Chronic diseases-syphilis

- Syphilitic **eruptions** in all their varied manifestations as to time and color.
- **Prodromal** period usually from 12-15 days
- Disturbing the economy delay to 50 or 60 days
- **Transferred**, so that one in the advanced stages of psora will transfer to his good wife (the psora which he has), and she takes it up and progresses with it and adds it to her own.  
-But the law of protection by **dissimilars** often comes in here and saves the wife's system from receiving a new infection of either syphilis, psora or sycosis.
- (Dissimilars repel each other, and similars attract and cure each other)
- If the husband has the primary sore the primary sore will manifest itself in the wife, but if he gives the disease to his wife in the tertiary stage.
- **Manifestations** Syphilis affects the soft tissues and the bone.  
- At the end of the prodromal period we may expect the chancre External, the roseola and other eruptions; soon succeeding these, at the time of their disappearance, or in connection with them, we have the mucous patches in the throat, ulcers in the throat, and finally the falling of the hair.
- As syphilis commences to occupy the interior tissues of man the periosteum, the bone and the brain are tissues that are sought out as the principal sites.
- latter more commonly attacks the blood vessels and the liver and causes deposits beneath the skin, forming suppuration and boils.
- In the earlier state the homoeopathic treatment strikes at the root of the evil, and will take hold of that which would become latent, and will so turn things into order that the chancre that is painful will become painless, will continue on as a mild and harmless sore.
- If you take hold of a case that is very late gummatous formations and deep-seated ulcerations, and is threatening to break down in health.
- You will find constitutional remedies can only restore him and cure him by bringing out external manifestations upon his body somewhere.

## Chronic diseases-sycosis

- *This term comes from the Greek syko meaning “fig”, a term used in Samuel Hahnemann' time to qualify benign genito-anal granulating tumours, whether accompanied by purulent urethral discharge or not. He thus named sycosis, the chronic miasm of venereal origin causing growths of the skin and mucous membranes.*
- *The suppression cannot bring on the constitutional symptoms called sycosis.*
- *But while constitutional symptoms cannot follow the suppression of the acute miasm they will follow suppression of the chronic miasm, and become very serious.*
- *Anti-sycotic which when given to a sycotic case in its advanced state are able to turn the disease backward, to reproduce the earlier forms and bring back the discharge.*
- ***Manifestations*** *It affects the soft tissues and not the bones.*
  - Catarrhal state (eye, nose, Penis tone gonorrhoea),*
  - fibrinous condition, inflammation of the uterus and the soft tissues, or low grade changes in the kidneys.*
- *Sometimes in the man it does not take the catarrhal form, but produces inflammation of the testes, or it may affect the rectum.*
- *The susceptibility is laid by his inheritance, just as the susceptibility to psora is laid your parents and the susceptibility to syphilis is laid by our parents.*

## **VI-Cure**

- *"The **highest ideal** of a cure is rapid, gentle and permanent restoration of the, health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable and most harmless way, on easily comprehensible principles."*
- ***Adjusts*** *the internal disorder and the outermost of man returns to order.*
  - the cure must proceed from center to circumference.*
  - because this order, which is of the innermost, will cause to flow into order that which is of the outermost and finally the function of the body to become orderly.*
  - *if the true inner disorder is turned into order he will remain cured.*
- *The cure must be **quick** or speedy, it must be **gentle**, and it must be continuous or permanent.*
- ***In incurable cases***
  - The effects may be removed temporarily or palliated, but the patient himself has not been cured as to the cause, and owing to the fact that the patient cannot be cured the old changes will return and grow stronger because it is in the nature of chronic cases to increase or progress.*
  - Incurable diseases have few signs and symptoms, and by their absence, the disease is often thus known to be incurable.*
- ***Every curable disease*** *presents itself to the intelligent physician in the signs and symptoms that he can perceive.*
  - Totality of the symptoms must be the principal, turning of internal disorder into order.*
  - By removing the signs and symptoms in an orderly way, by converting disorder into*

*order so that the symptoms no longer have a cause*

*-The removal of the totality of symptoms means the removal of the cause.*

- *Vital disorder cannot be turned into order except by something similar in quality to the vital force.*
- *When the disease is annihilated the health is restored.*
- *Unless causes are removed from beginning to end the disease can reproduce itself.*
- **The law of similars cure** (law that governs Homoeopathy) depend entirely upon fixed law, that the drug which cured in each case was capable of producing symptoms similar to those which it cured.

*The curative power of medicines, therefore, depends on their symptoms, similar to the disease but superior to it in strength.*

*-In contagion (and consequently in cure) there is practically but **one dose** administered, or at least that which is sufficient to cause a **suspension of influx**.*

*-In order to cure the medicines must be able to produce in the human body an artificial disease similar, artificial disease remedy must be of a greater degree of intensity.*

*-Proper homoeopathic treatment causes a **separation**, while inappropriate treatment produces complication.*

*-The first prescription antidotes the drug and liberates the patient from the drug disease, and then you see the most acute or last appearing natural disease which comes back first.*

- **Fixed law**, the last miasm or the last symptoms that have been made to disappear will be the first to return and go away to appear no more.

*-The miasms can cure all similar diseases and the curing substances are in attenuated form*

*-Treatment of a very large number of cases of sickness by applying **principles**: that diseases get well in the reverse order of their coming, that the latest symptoms will be the first to go away, and that the older symptoms will come and go in reverse order in which they appeared ; old symptoms, in the form of eruptions, come back, old chills, which have been suppressed, come back, and many other chronic manifestations come back again in a sort of successive order.*

- **The return of the old symptoms means recovery**

*-The different eruptions change into varying forms but they are all from one cause, and will come back in their successive stages under true homoeopathic treatment.*

- **Characteristics:**

*It has demonstrated its curative relation to the patient, after having been prescribed in accordance with his symptoms, the recovery taking place in the proper direction, from above downward, from within out, and in the reverse order of the symptoms.*

*-Symptoms which disappear in the reverse order of their coming are removed permanently.*

- *Persons about to be made sick from bad habits should break off their bad habits.*
- *But cure and contagion are very similar, and the principles applying to one apply to the other.*

## VII-Remedy

- **Alternative powers of**  
*the serviceable medicines acting upon our spirit-like vital force, which preserves them through the medium of the sentient faculty of the nerves everywhere.*
- *Remedies are able to re-establish health and vital harmony after the changes in the health of the patient cognizable by our senses (the totality of the symptoms).*
- *That remedy, which will produce on healthy man **similar symptoms**, is the master of the situation, is the necessary antidote, will overcome the sickness, restore the will and understanding to order and cure the patient.*
- *Study Materia Medica. All the imitations of miasms are found in drugs.*
- *The remedy to be homoeopathic must be similar in quality and similar in action to disease cause.*
- *A remedy is not fully proved until it has permeated and made sick all regions of the body.*
- *Medicines, therefore, cannot affect the high and interior planes of the physical economy unless they are raised to the plane of similarity in quality.*
- **Which one is the remedy for each individual case ?**  
*He is called to a family with half a dozen patients in bed from this epidemic, and he find a little difference in each case so that one remedy is indicated in one patient and another remedy in another patient.*
  - There is no such thing in Homoeopathy as administering one of these remedies to all in the family because of a diagnostic name.*
  - Every remedy has in itself a certain state of peculiarities that identifies it as an individual remedy, and the patient has also a certain state of peculiarities that identifies him as an individual patient, and so the remedy is fitted to the patient.*
  - Remedies are adjusted as to appearance of the disease expressed in symptoms.*
- **Do I know a remedy that has produced, upon a healthy man, symptoms like these ?**  
*No drug can act curatively except by its ability to effect changes accordance with the judgment of the prover.*
  - The effect that medicines have upon the sick in restoring order can best be observed by inducing the effects upon healthy individuals, which we call proving.*
  - This spirit-like power to alter man's state of health (and hence to cure diseases) which lies hidden in the inner nature of medicines.*
  - When book tells you that a drug has produced such and such symptoms study these; that is a piece of valuable information.*
- **After giving palliative analgesic**  
*changes are observed which are really detrimental to the patient.*
  - The symptoms are changed, and this is always unfortunate.*
- *As a matter of fact, when speaking upon the material plane, the remedy grows weaker by potentization because the material is actually reduced.*
- *Every real medicine, namely, acts at all times, under all circumstances, on every living human being, and produces in him its peculiar symptoms.*
- *The **aim** is to get small doses, to get an insidious effect.*
- **Studying the Materia Medica** for the purpose of bringing the image of a remedy before

*the mind is the plan we must adopt in studying a disease.*

*-The study of provings, The best way to study a remedy is to make a proving of it.*

*-When their own original symptoms appear in the proving the effect of the remedy upon any one of these chronic symptoms is simply noted, whether cured or exaggerated, or whether or not interfered with ; but when the symptom occurs in its own natural way, without being increased or diminished, it may be looked upon as one of the natural things of that particular prover, and hence all the natural things of the prover are eliminated. Wait until the possible prodrome the period of progress and the period of decline of a given remedy is surely passed.*

- *If it is a **short-acting remedy**, the action will come speedily.*
- ***The simillimum**, remedy that has cured the patient, but in advance of curing that case it is only what appears to be the most similar*
- ***Poison**, Any substance capable of impressing itself upon the economy of man sufficiently to cause death, or to create a disorder in the economy*
- ***Why a remedy that has never been known to produce that symptom may cure the case**, because it is more similar to the generals of that case than any other.*
- *Each medicine produces particular effects in the body of man, and no other medicinal substance can create any that are precisely similar.*
- ***Purity** is important, medicines as they are proved should be kept unmodified and preserved and possessed of their full energy.*
- *The medicine should be **well-known** ; its history should be well-known, with all the steps and details.*
- *Ordinary physicians, you will notice they give two or three remedies to get their patients through where a **master gives but one**.*
- *The smaller the **dose** is of the homoeopathic medicine, the less and the shorter is the aggravation in the first hours.*
- *It is a **fatal error**. An increase of the dose cannot make it more homoeopathic.*
- ***The similarity of the remedy is first, and the dose is second.***
- *The homoeopathic **aggravation**:*
  - A disease that is of no very long standing ordinarily yields without any great degree of suffering to the first dose of this remedy.*
  - The more vigor there is in a constitution the more the remedy can co-operate with that vigor to bring about a safe and quick action.*
  - This trifling homoeopathic aggravation of the malady during the first few hours, the happy omen which announces that the acute disease will soon be cured, and that it will, for the most part, yield to a first dose.*
  - Relief that begins without any aggravation of the symptoms, does not last so long in an acute disease as when an aggravation has taken place.*
  - A slight action of the remedy over and above the disease is a good sign.*
- *The aggravation is of **two kinds**, aggravation of the disease, in which the patient is growing worse. patient is growing weaker, or we may have an aggravation of the symptoms, in which the patient is growing better growing stronger.*

*-True homoeopathic prescription. The true homoeopathic aggravation, I say, is when the symptoms are worse, but the patient says, "I feel better."*

- **Observation after administering the homoeopathic remedy is, where the aggravation is quick, short and strong with rapid improvement of the patient**
  - In cures without any aggravation we know that the potency is suitable, and the remedy, the curative remedy, provided that the symptoms go off and the patient returns to health in an orderly way.*
- **Prognosis after observing the action of the remedy**
  - Commences immediately to affect changes in the patient, and these changes are shown by signs and symptoms.*
  - The disappearance of symptoms, the increase of symptoms, the amelioration of symptoms, the order of the symptoms, are all changes from the remedy, and these changes are to be studied.*
  - Whenever you find an aggravation comes quickly, is short, and has been more or less vigorous, then you will find improvement of the patient will be long.*
  - observation relates to new symptoms appearing after the remedy prove an unfavorable one and no improvement take place.*
  - Observation is when old symptoms are observed to reappear. The disease is curable. They have only disappeared because newer ones have come up.*
- **Symptoms take the wrong direction.**

*Great danger in selecting a remedy on external symptoms alone, i.e., selecting a remedy that corresponds only to the skin and ignoring all the symptoms that the patient may have, ignoring the whole economy and general state of the patient.*
- **The second prescription**

*may be a repetition of the first, or it may be an antidote or a complement, the change of plan of treatment*
- **Difficult and incurable cases - palliation**

*The allopath has the means of putting the patients under the influence of strong drugs and making them imagine that something is being done to their benefit, whereas injury is being done whenever they are patched up by strong drugs.*
- **“antidoting” the remedies**
  - 1. Caffeine, especially coffee. Tea, chocolate, etc. seem to be alright in moderation*
  - 2. Camphor – which is often an ingredient of topical muscle strain ointments, stimulating oils and inhalants, lip balm and lip-stick, cough lozenges, etc. toothpaste.*
  - 3. Symptom-suppressive medication – that is anything which treats symptoms locally rather than treating the organism as a whole, or which suppresses the body’s natural defense (symptom forming) reactions. Corticosteroids used on skin rashes are an outstanding example of this. The patient should really be cautioned against using any form of treatment, including other Homeopathic remedies such as Cell Salts, while under constitutional Homeopathic treatment.*
  - 4. Dental work – dental drilling and filling, with or without Novocain, often “antidotes” or counteracts the homeopathically stimulated healing process. Teeth cleaning and routine checks are not disruptive.*

## Questions to be answered

### **How long it take to change?**

1-4 weeks

### **What will notice first?**

Improve energy, sleep before physical changes

Increase need for sleep good sign

### **How long until I'm fine?**

From one dose in acute disease to long time with chronic problems

### **How I know I'm getting better?**

Sense of improvement whole person overall

### **Some get worse before get improved?**

Like cleaning a house, little messier till end clean but you feel better any way, with aggravation.

### **How often take the remedy?**

Single dose high potency or daily dose low potency according problem

### **Return of old symptoms?**

Yes a good sign, as healing occur from in out but you feel more good so do nothing just wait

### **Remedies safe with pregnancy?**

6x or more are completely safe for any one mother & fetus ( the only true safe drug)

Noticed great effect on pregnant due to dynamic state of pregnancy accept more the dynamism of remedies

### **Remedies safe with children?**

It is safe for all ages from newborn till old due to high dilution

Noticed great effect on child due to dynamic state of children accept more the dynamism of remedies

### **Hormone replacement , menopause & osteoporosis?**

If the supplying gland is destroyed DM, Hypothy >> must be replaced hormone BUT, Menopause >> natural transition in life, so homeopathy just remove symptoms

Osteoporosis >> homeopathy restore balance and dynamic with supplement of deficient calcium & vit. D.

### **Is homeopathy recommend use allopathy?**

Yes, in this conditions

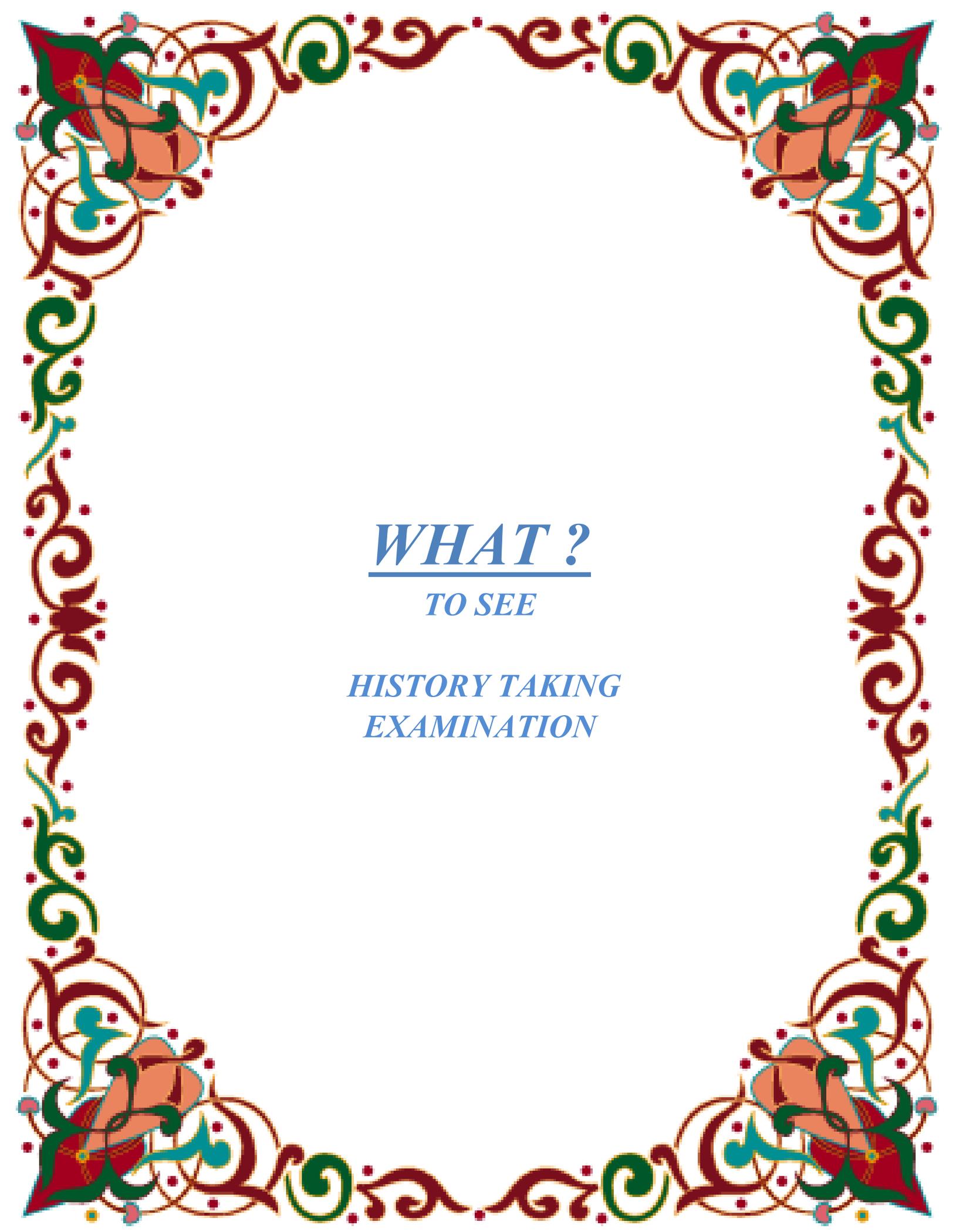
1. life threatening conditions (ICU) easily treated & rapid by allopathy
2. mechanical problems >> need surgeries to fix eg. Piles, fractures but healing need homeopathy

### **home kits on internet?**

Mix of remedies in abag for home use with the symptom writton on each bottle but truly it is wrong way to take remedies as homeopathy state first totality of symptom too chose remedy not just symptomatic treatment

### **Is homeopathy safe on animals also?**

Yes, promising treating animal like small babies take symptoms from the guardian as like to sit in sun, hate food, hate to be ridden,...

A decorative border surrounds the page, featuring stylized flowers in shades of red, orange, and teal, intertwined with green and brown scrollwork and small red dots.

*WHAT ?*

*TO SEE*

*HISTORY TAKING  
EXAMINATION*

# About History Taking

$$7 = 6 + 1$$

<b>1. Personal history</b>	<b>3س</b> (اسم/سن/سكن) <b>3فلوس</b> (وظيفة/جواز/سجابر)+ <b>ايديك</b> اللي بتكتب بيها Name, age, sex, habitat, occupation, marriage..., smoking..., rt or lt handed
<b>2.Past history</b>	<b>D.</b> (disease): DM/HTN—TB/Tumor—Rhoid/Spine عندك ضغط او سكر—اتحجرت في مست صدر فترة طويلة—اورام/كيماوى/اشعاعى— روماتويد//فيه تتميل في الزراعين او الرجلين او شكوى من الفقرات (Fever, Mind(mood/sleep/headache), head, eyes, ears, nose, mouth, throat, chest, abdomen, kidneys, rectum, back, extremities, skin) <b>O.</b> (operations) <b>D.</b> (drugs) ادوية سيولة // كورتيزون // allergy
<b>3.Family &amp; social history</b> اب	قرايب—اي امراض وراثية او تشوهات Consanguinity, congenital anomalies
<b>4.Obstetric &amp; Menstrual history</b> ام	pregestation مشاكل في الحمل (ضغط/سكر/المية قلت) gestational مشاكل ولادة (اترنق/شفاط/قيصرية) postgestion بعد الولادة (حضانة/الصفرا/حمى) Menarche age, mens regularity
<b>5.Develop history</b> اطفال	3m(head support)—6m(sit)—9m(stand)—18m(walk)—36m(run)+ Cognitive function الكلام
<b>6.Psychological &amp; Sexual history</b>	
<b>7.Complaint</b> 10 (1+9)	امتى - بدء فجأة/تدرجى—بيزيد ولا يقل—المدة When /Onset/course/duration
<b>General</b>	<b>1.Fever /malaise/pale/jaundice/faintout/hadache/....</b>
<b>Look Abnormal</b>	<b>2. Swelling</b> <b>3. deformity</b> (site/ size/ shape /surface/ consistency)
<b>Feel Abnormal</b>	<b>4.Pain</b> <b>5.Tingling/Numbness</b> ..character (فين/بيسمع فين/بيزيد باية/بيقل باية/معاه ايه؟) (Acute with activity ≈ structural abnormality After activity ≈ inflammatory Chronic/aching ≈ degenerative Night ≈ TB/Tumor)
<b>Move Abnormal</b>	<b>6.Instability // Gait</b> <b>7.Stiff // LROM</b>
<b>Others</b>	<b>8.Modalities</b> (Increasing/ Decreasing .....What/when/where/how/howmany ) <b>9.Sensation:</b> comfort/relax/security/loved/secured/belifes (vs) <b>10.Affecting ADL</b> (Activity Daily Living) ....Feed(diet)/WC—Sleep/Sex—Work/Driving—Daylight/Exercise

<p><b>WWHAM</b></p>	<p>Who is the medicine for? لمين          What is the medicine for? لاية          How long have the symptoms been present? بقاله اد اية?          Action already taken? عمل اية?          Medicines currently being taken for other reasons? اخذ اية?</p>
<p><b>LOAD</b></p>	<p><i>Listen, Observe, Ask and Decide</i>          _ <b>LISTEN</b> to what the patient tells you about symptoms.          _ <b>OBSERVE</b> the patient's general, appearance, temperament,          _ <b>ASK</b> appropriate questions to learn more about the condition.          _ <b>DECIDE</b> what to do next, after assessing the information provided.</p>
<p><b>ACT</b></p>	<p><i>Assess, Confirm, Talk</i>          _ <b>Assess.</b> With all the requisite information one can now choose an appropriate medicine          _ <b>Confirm.</b> Having chosen the medicine most likely modalities are that symptoms are made better or worse          _ <b>Talk.</b> It might also be appropriate to give some general information on homeopathy to counseling</p>
<p><i>Evaluation of Symptoms – “PRICED”</i></p>	<p><i>P – Peculiar. How rare, unusual, or unexpected is the symptom?          R – Recent. Symptoms which have come on more recently          I – Intensity. The more severe or intense the symptom          C – Clear. (“rubrics”) of the repertory          E – Enduring. Persistent and long patterns          D – Deep&gt;&gt; Mental – Emotional – Physical General – Sex – Sleep – Local</i></p>
<p><i>Assessment of the Vital Force – “FORCES”</i></p>	<p><i>F – Freedoms&gt;&gt; how free or limited is this individual in general – to be loving, joyful, creative, active, and effective in life?          O – Old. The age of the patient both at the time of treatment and at the time of onset of the illness          R – Relatives. The family history is important – early deaths, severe and chronic diseases in blood relatives tend to suggest that the vital force is weak          C – Center of Gravity. That is, is the bulk or main weight of the symptoms on the mental, emotional or physical planes?          E – Emergencies. How the individual tolerates and responds to the unavoidable stresses of life – death of a parent, change of job or home, accident, loss of money          S – Sensitivities allergies</i></p>

Check	List
<b>PHYSICAL WELL-BEING</b>	<ul style="list-style-type: none"> <li>• <i>General symptoms and ailments: onset of symptoms, and what affects them and how.</i></li> <li>• <i>Weight, shape, and physical condition.</i></li> <li>• <i>Diet: nutritional balance, food preferences and aversions, food intolerances, and any special requirements or dietary deficiencies.</i></li> <li>• <i>Energy levels.</i></li> <li>• <i>Sleep: amount and quality, effects of sleep deprivation, and dreams.</i></li> <li>• <i>Risks to health: smoking, consumption of alcohol and recreational drugs, or dangerous jobs or pastimes.</i></li> <li>• <i>Time out: relaxation and leisure activities.</i></li> <li>• <i>Knowledge of what to do if ill or injured.</i></li> </ul>
<b>PERSONALITY</b>	<ul style="list-style-type: none"> <li>• <i>Temperament: positive or negative, passive or assertive, relaxed or anxious.</i></li> <li>• <i>Self-image and self-worth.</i></li> <li>• <i>Emotions: ability to express and control feelings, laugh, and deal with negative emotions.</i></li> <li>• <i>Relationships: sensitivity to others, ability to resolve conflict, desire for approval, and sex drive.</i></li> <li>• <i>Any feelings of guilt, insecurity, and degree of control over personal destiny.</i></li> <li>• <i>Ability to cope under stress.</i></li> <li>• <i>Fears.</i></li> <li>• <i>Opportunities for creative expression.</i></li> <li>• <i>Spirituality, deeply held beliefs, and motivation.</i></li> </ul>
<b>MEDICAL HISTORY</b>	<ul style="list-style-type: none"> <li>• <i>Personal medical history: past injuries and illnesses, conventional drug prescriptions, and any complementary treatments.</i></li> <li>• <i>Family medical history: incidence in family members of conditions such as heart disease, diabetes, mental health problems, or cancer.</i></li> <li>• <i>Inherited susceptibilities: allergies or tendency to contract certain illnesses.</i></li> <li>• <i>Diet: susceptibility to cholesterol-related illness, obesity, or food intolerances.</i></li> <li>• <i>Awareness of symptoms of genetically inherited disease and preventative measures.</i></li> <li>• <i>Checkups: self-examination, medical tests, or screening.</i></li> </ul>
<b>LIFE EVENTS</b>	<ul style="list-style-type: none"> <li>• <i>Childhood trauma: impact of death or other loss of a parent, or physical or mental abuse.</i></li> </ul>

**ENVIRONMENT**

- *Family circumstances: effects of births, marriage, separation, divorce, death, bullying, exams, children leaving home, or caring for disabled or elderly relatives.*
- *Proximity of family and friends.*
- *Ability to deal with serious health problems.*
- *Property: effects of buying and selling homes, moving, or making extensive alterations.*
- *Work experience: impact of new job, loss of job, redundancy, retirement, job relocation, overwork, or juggling work and family.*
- *Financial or legal problems.*

- *Climate: effects of seasonal changes and day-to-day weather patterns.*
- *Access to and appreciation of fresh air.*
- *Exposure to sun and awareness of risks.*
- *Effects of pollution: air, water, and noise.*
- *Work environment: office ergonomics, noise levels, amount of personal space, and impact of heating or air-conditioning systems.*
- *Home environment: particular allergic responses to household products or toiletries, pollen, animals, tobacco smoke, or air pollution.*
- *Daily routine: stress and other effects of commuting, working in an office in an urban environment, and working long hours.*

**LIFE  
MANAGEMENT**

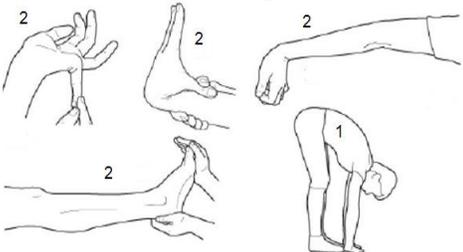
- *Time management: ability to set realistic goals, plan and organize projects, cope with deadlines, and delegate tasks.*
- *Success in maintaining a balance between work and play, and between work and family.*
- *Stress management: opportunities to relax, and ability to control stressful situations and to turn problems into opportunities.*
- *Work: ability to rationalize workload, deal with physical strains, or improve working environment.*
- *Routines developed in order to give structure to the working day and home life.*
- *Financial planning and organization.*

**DIAGNOSTIC  
CHECKLIST**

- *What are your most obvious physical symptoms?*
- *Are main symptoms accompanied by less acute symptoms?*
- *What are the characteristics of your symptoms?*
- *Do you have any psychological symptoms?*
- *Are you aware of any obvious cause of the symptoms?*
- *Do your symptoms get better or worse under certain conditions?*

# About Examination

**10 = 3+3+3+1**

<p><b>1. Greeting / define yourself/thanks</b></p> <p><b>2. Exposure</b></p> <p><b>3. Systemic examination &gt;&gt;</b> (Fever, Mind(sleep), hair, head, eyes, ears, nose, mouth, throat, chest, abdomen, kidneys, rectum, back, extremities, skin, clothes)</p>														
<b>4. General</b>	Pt is alert/conscious/cooperative/oriented to time place & person (coma/GCS) Average built (obese/cachectic) Normal decubitus/quiet facial expression (in pain /VAS) Pulse /BP/T/RR													
<b>5. Gait</b>	All steps ( <b>cadence</b> ): symmetric / smooth/ rhythmic/coordinated Angle foot progression (in/outtoeing) Base (stable/ wide/scissor) Walking aids/ shoes Every step ( <b>stride</b> ): Even مستوی / Uneven Foot (stance/swing phase) ankle/knee (flex/extension) Hip/pelvis (rotation/tilt/up/down) spine/shoulder.													
<b>6. Hyperlaxity</b>	<b>Beighton score 6/9</b> (2 thumb/2 fingers/2 elbow/2 knee/1 spine) <div style="text-align: center; margin-top: 10px;">  </div>													
<b>7. Look (4D)</b>	<b>A:</b> Alignment (position joint in body) <b>S:</b> Symmetry (compare other side) m.wasting <b>S:</b> Skin (scar: site/traumatic or surgical/ heal 1 <sup>ty</sup> or 2 <sup>nd</sup> swelling: site/size/shape/surface/consistency sinus: site/infection/discharge/ulcerate/surround)													
<b>8. Feel</b>	<b>T:</b> Temperature <b>T:</b> Tender points (bone/soft) / <b>Truck:</b> crepitus													
<b>9. Move</b>	Active Passive m.power →	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;"><b>0</b></td><td>No contraction</td></tr> <tr><td style="text-align: center;"><b>1</b></td><td>Flicker or trace of contraction</td></tr> <tr><td style="text-align: center;"><b>2</b></td><td>Active movement, with gravity eliminated</td></tr> <tr><td style="text-align: center;"><b>3</b></td><td>Active movement against gravity</td></tr> <tr><td style="text-align: center;"><b>4</b></td><td>Active movement against gravity and resistance</td></tr> <tr><td style="text-align: center;"><b>5</b></td><td>Normal power</td></tr> </table>	<b>0</b>	No contraction	<b>1</b>	Flicker or trace of contraction	<b>2</b>	Active movement, with gravity eliminated	<b>3</b>	Active movement against gravity	<b>4</b>	Active movement against gravity and resistance	<b>5</b>	Normal power
<b>0</b>	No contraction													
<b>1</b>	Flicker or trace of contraction													
<b>2</b>	Active movement, with gravity eliminated													
<b>3</b>	Active movement against gravity													
<b>4</b>	Active movement against gravity and resistance													
<b>5</b>	Normal power													
<b>10. Never miss</b>	<b>Neuro:</b> sensory/motor/reflexes <b>Vascular:</b> a. whole limb/Cap.refill/duplex													

**WHEN ?**

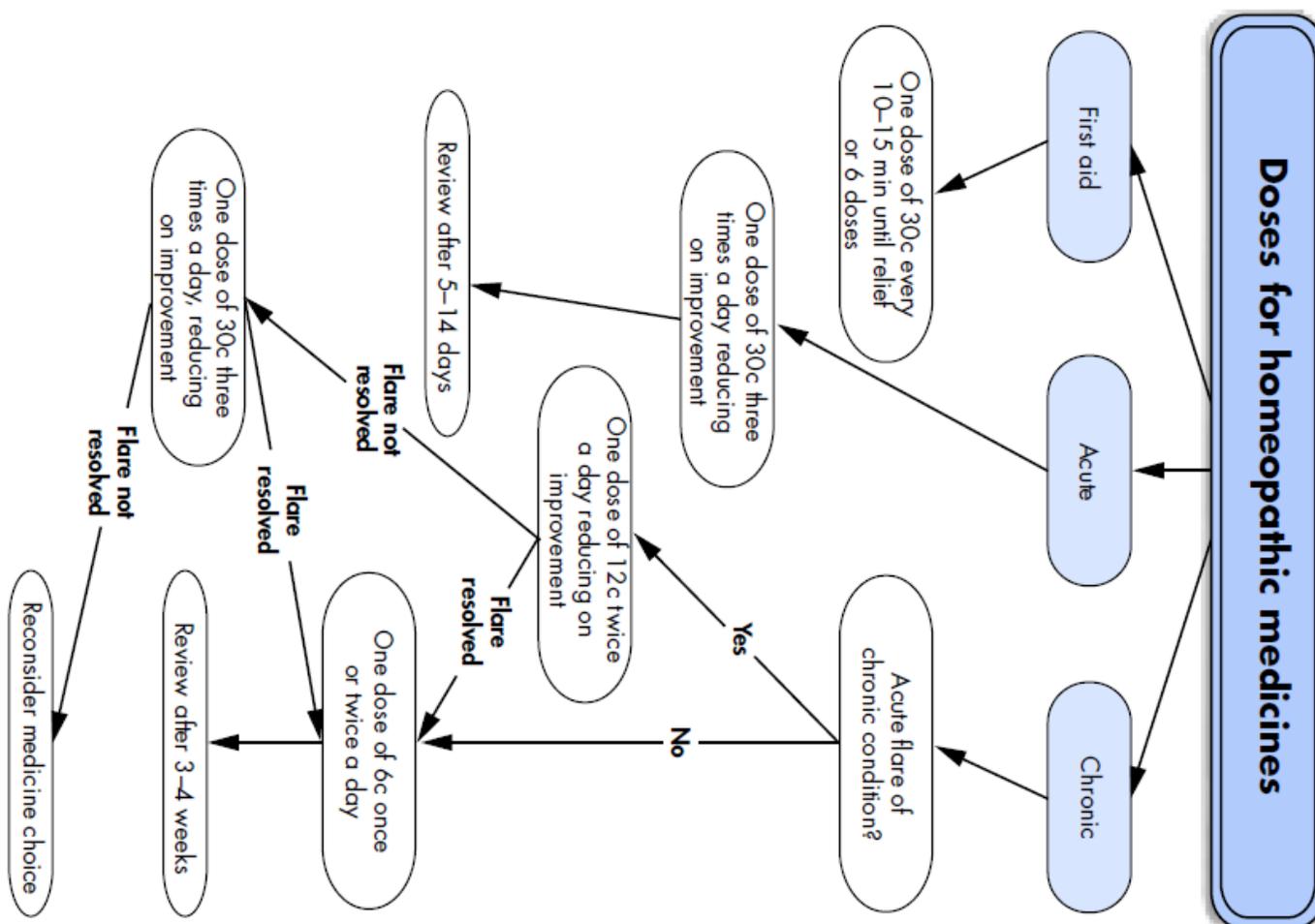
**TO DECIDE**

**Algorithms  
for treatment  
Acute & Chronic  
cases**

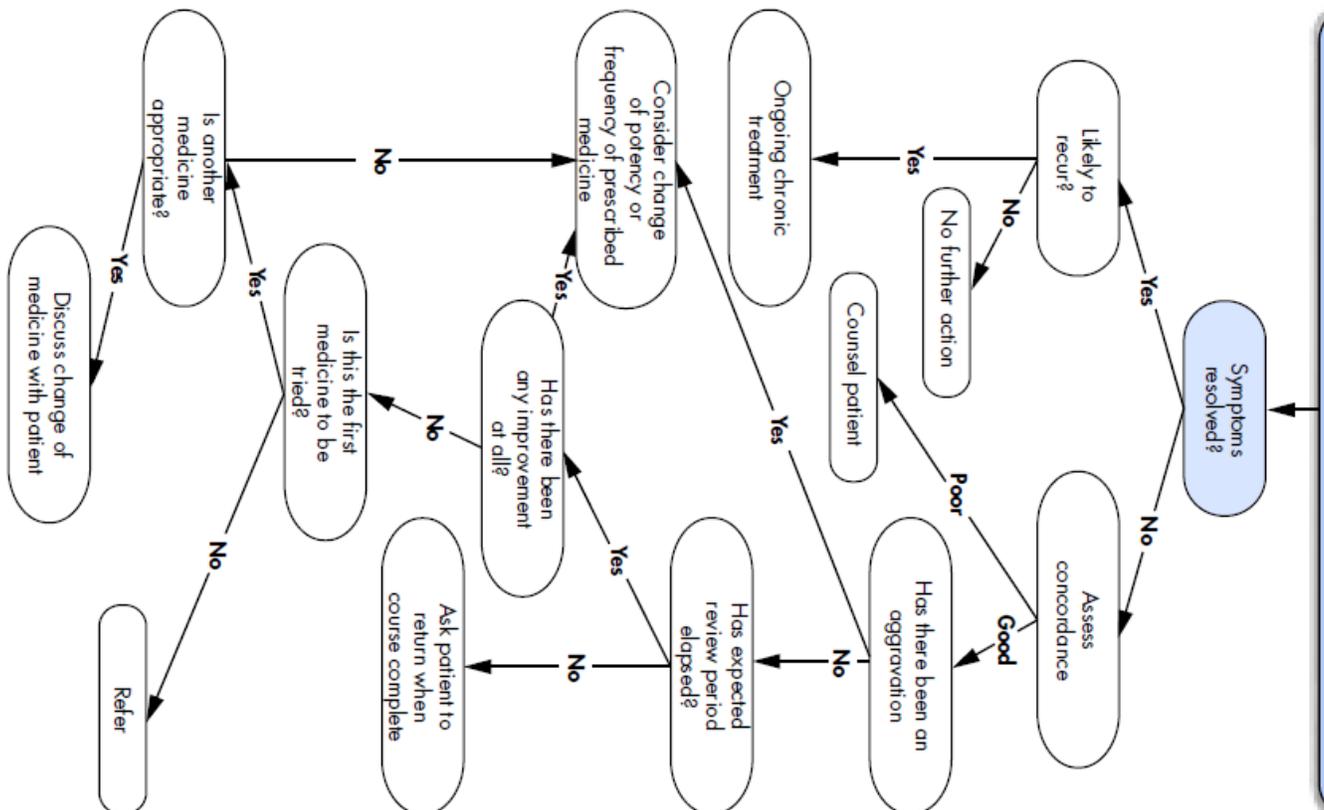
**About Repertory**

## Generating a prescription

- \_ **Name of medicine:** ensure that the abbreviations used are correctly interpreted.
- \_ **Potency:** on the centesimal scale (most commonly 6c, 12c, 30c or 200c) or on the decimal scale (most commonly 6x) Very high potencies such as M, 10M, 50M and CM may also be requested.
- \_ **Dose form:** granules, crystals or powders/solution
- \_ **Quantity:** available in 7 g, 14 g or 25 g glass vials, indicating the capacity of the container. These correspond to approximately 70, 125 and 250 tablets respectively
- Liquid potencies and mother tinctures are usually supplied in 5, 10, 30 and 50 ml bottles
- \_ **Dose:** The adult dose is usually two tablets, child under 12 years should be half that of an adult 'Take 10–20 granules twice daily' 'a pinch'.
- Liquid medicines are given as drops usually diluted with water, although they may sometimes be taken directly on the tongue.
- **first aid situations:** initial treatment rapid recovery suitable potency would be 30c.
- With **acute prescribing** the 30c dose should be taken three times daily for up to 7–10 days, reducing on improvement.
- In **chronic conditions** frequencies of once or twice a day or less at the 6c potency for 4–6 weeks may be more appropriate.



## Following up homeopathic treatment



↓  
Outcome card.

• How my symptoms have changed •

	Much worse	-3	-2	-1	0	+1	+2	+3	+4	Much better	
e.g. Day	-4	-3	-2	-1	0	+1	+2	+3	+4		Notes
1											
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## Follow-up

## **NB**

- **FIM:** frequently indicated medicine
- When the medicine has been chosen, **confirmatory questions** can then be framed using the materia medica tables. ('Better' and 'Worse' for columns)
- With **changing symptoms**, it is also important to establish when it is time to change the medicine(s), or indeed stop a successful treatment. This comes with experience, but generally the medicine dosage may be reduced as soon as improvement is experienced, increasing again only should the symptoms return.
- Note that medicines used initially in a **first aid** scenario may be continued at a lower acute dose if required for a longer period.
- The majority of the medicines recommended in the following charts are **polychrests**, and will be stocked in most pharmacies offering a homeopathic service.
- **Lifestyle advice** and concurrent conventional treatments in the notes with each chart.
- Standard notation for twice daily (**bds**), 3 times daily (**tds**), 4 times daily (**qds**), (**qd**) every day, (**qh**) every hour.

## **Choice of potency**

George Vithoulkas gives guidance on potency selection as follows:

1. If the case is clear, use 200 or higher.
2. If case is clear but with significant physical pathology, not over 200.
3. If an old person, weak vital force – a clear case but frail, not over 200.
4. If case is clear with severe mentals, give at least 200 – better to go to as high potency as possible.
5. If case not clear, but no deep pathology, use a low potency – 30x or 200.
6. If case is not clear, and with physical (tissue) changes use a low potency – 12x or 30x.

## **How to take the medicine**

**Because the active ingredient is placed on the surface of the dose form and is absorbed through the oral mucous membranes a number of precautions should be taken:**

– Solid dose forms should not be handled, to prevent deterioration due to bacterial or chemical contamination. They should be transferred to the mouth by way of the container cap

If dropped on the floor they should be discarded.

– Solid dose forms should be allowed to dissolve in the mouth not chewed and/or swallowed.

– Liquid medicines should be held in the mouth for 20–30 seconds before swallowing.

– Medicines should be taken half an hour before or after food, drink, tobacco, other medication or sweets.

Aromatic flavors are thought to inactivate homeopathic medicines. Ideally peppermint-flavored toothpaste should be avoided, but, if it is used, the patient should wait at least 30–60 min after cleaning their teeth and the mouth should be rinsed out thoroughly with water before taking the medicine.

– Medicines should be kept in the original container and stored in a cool dry place.

They should not be stored in the refrigerator, nor close to microwave ovens or computers.

– Existing allopathic medication should not be stopped without the permission of the original prescriber.

Oral sprays are a recent introduction to the homeopathic market, and have proved to be very convenient. The usual dose is 4 sprays for an adult, 2 for a child.

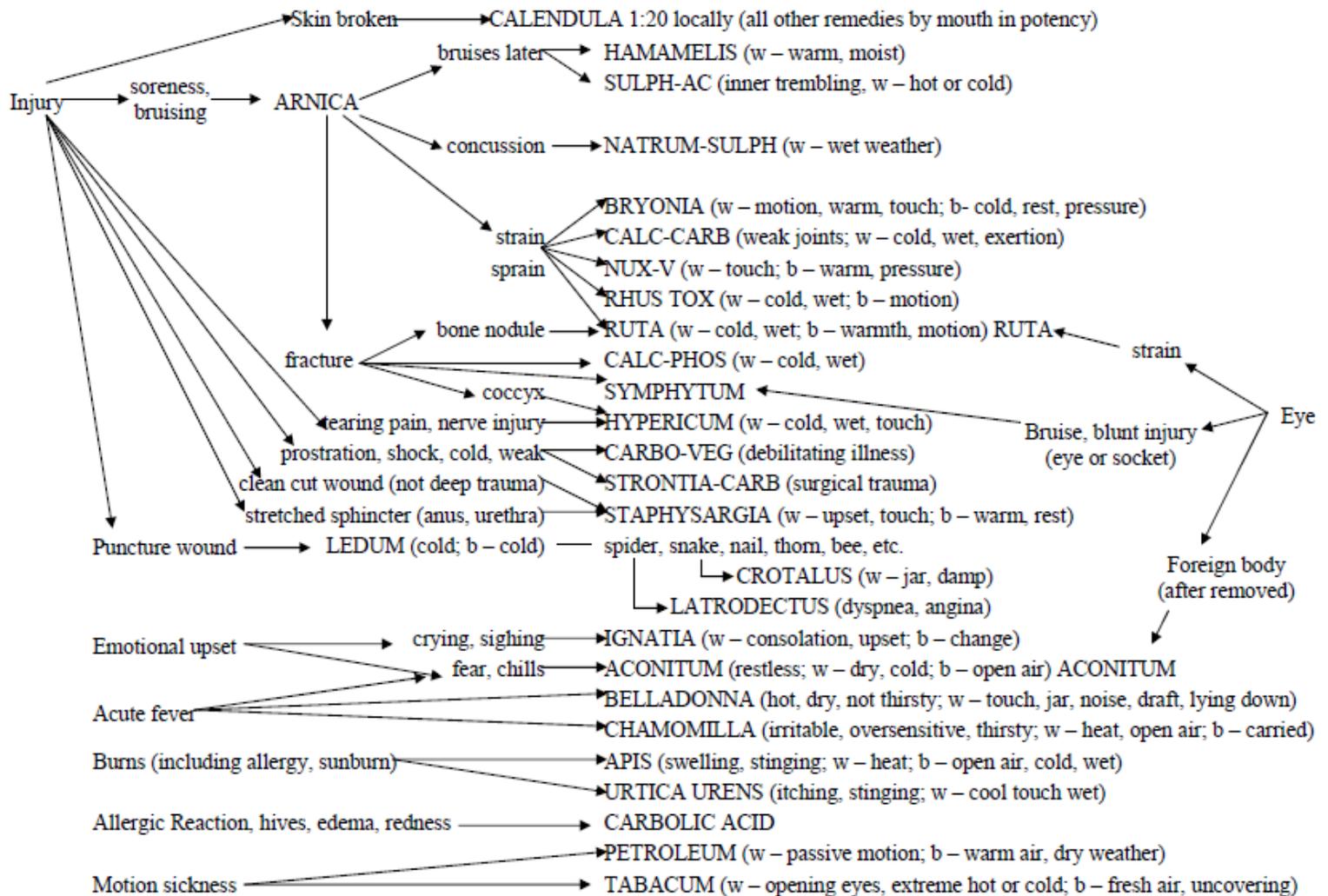
## Side-effects

- **Aggravation:** Typically a skin condition may become worse >> If an aggravation appears, the patient should be instructed to cease taking the medicine until the symptoms subside and then recommence, taking the medicine at a lower frequency.  
If the symptoms continue to get worse when the medicine has been temporarily suspended, then it is likely that the wrong medicine is being taken.
- **Interactions:**  
Examples of incompatible homeopathic medicines: Homeopathic medicine Incompatible with Aconite Glonoine, Allium cepa Arnica, Apis mel Aconite, Carbo veg, Argent nit Phosphorus, Rhus tox, Aersen alb Merc sol, Bryonia Pulsatilla, Calc carb Hepar sulph, Camphor All other medicines, Cantharis Causticum, Colocynth Coffea, Nux vom, Ignatia Belladonna, Chamomilla, Kali bich Lachesis, Nux vom Cocculus, Coffea, Sepia Ant tart, Sulphur Hypericum

## Acute conditions

Chart of Remedies of Acute Conditions

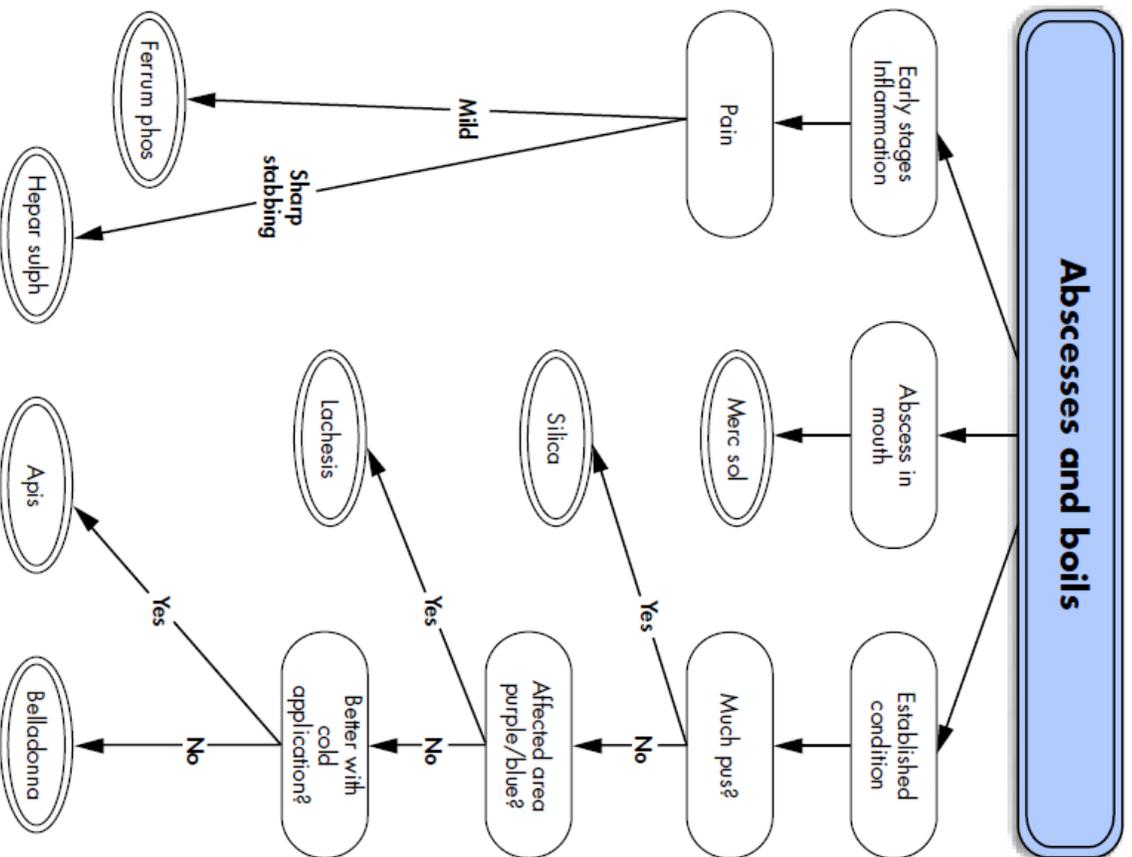
(w = worse, b = better)



# 1 Abscesses and boils

- Hypericum/Calendula tincture useful as a mouthwash for abscesses in mouth; may also be used to create a moist dressing – dilute 10 drops in 100 ml boiled/cooled water and use up to qds as required.
- Hypericum/Calendula 5% cream/ointment useful topically.

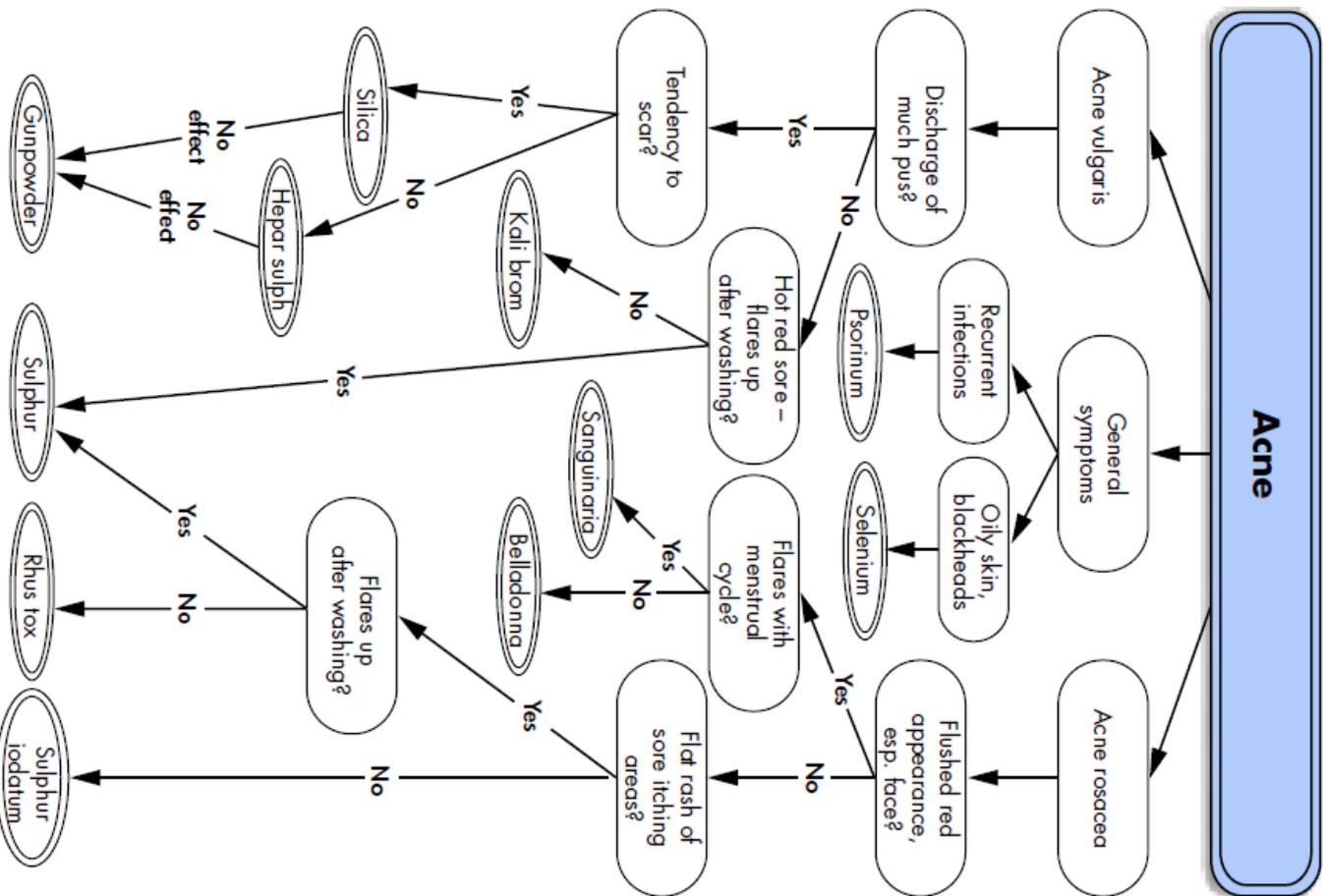
Homeopathic medicine	Better	Worse	Other
Apis	Open air, uncovering skin	Heat (in bed), touch	Stinging pain and swelling around abscess
Belladonna	Light covering	Heat and touch	Sudden onset, hot
Ferrum phos	Cold application	Touch, and at night	Can be associated with red inflamed eyes
Hepar sulph	Warmth	Cool	Lesions tend to suppurate
Lachesis	Warm application	After sleep	Blue-black swelling around boil
Merc sol	In the morning	Late afternoon	Skin may be cold and clammy
Silica	Warmth	In morning and after washing	Eruption's itchy



## 2 Acne

- Topical Calendula 5% cream/ointment useful on individual spots or infected areas.
- Calendula tincture may be applied neat to greasy skin.
- Hypericum/Calendula tincture may be useful on painful lesions – may be applied neat but may sting. If so, dilute 5 drops into 100 ml boiled and cooled water and wash.
- If the most appropriate remedy is not effective after 3–6 weeks, a constitutional medicine may be more suitable – a detailed consultation would be required; consider referral.

Homeopathic medicine	Better	Worse	Other
Belladonna	Light covering	Touch	Skin dry and hot
Gunpowder	Cool	Heat	Bursting headaches possible
Hepar sulph	Warmth	Touch and cool air	Popules prone to suppuration and bleeding. Excessive sweating. Cold sores
Kali brom	After physical activities	Cold weather	Pustules, itching, worse on chest, abdomen and face. Sleep restless
Psorinum	Heat, warm clothing	Cold	Dry skin. Eczema behind ears, crusty eruptions
Rhus tox	Warm, dry weather	During wet weather and at night	Intense itching, red swollen skin
Sanguinaria	Sleep	On the right side and touch. In the spring	Red, blotchy eruptions
Selenium	In evening	In hot weather	Dry, scaly eruptions
Silica	With warmth and in the summer	In cold air. After washing	Pale, waxy skin
Sulphur	Dry, warm weather	Warmth after washing and in morning	Dry, scaly skin
Sulphur iodatum	Cool air and in winter	After exertion and heat	Itching, especially on ears and nose. Cold sores

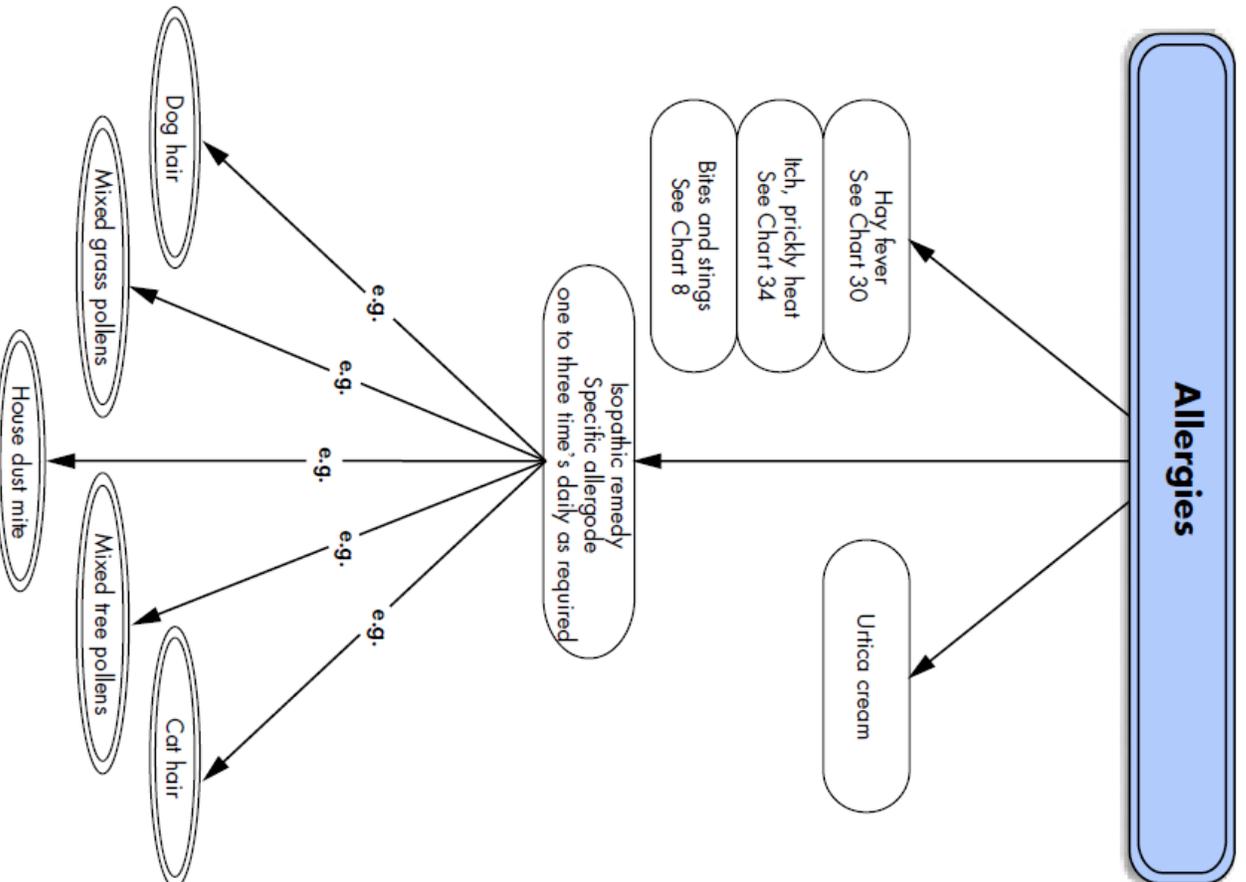


### 3 Allergies

There are three ways of approaching the treatment of allergies:

1. Advise the patient to avoid the allergen. This may or may not be practical, depending on the lifestyle and whether the allergen has been identified. Simple advice like not allowing a pet to sleep on the bed at night or avoiding certain foods might be appropriate.
2. Choosing a homeopathic medicine on the basis of 'like to treat like' (see Chapter 1 and the dedicated prescribing charts for Hay fever, Itch, and Bites and stings).
3. Using allergodes, isopathic medicines made from the allergen causing the condition. This is based on the principle of 'same to treat same' (see Chapter 1).

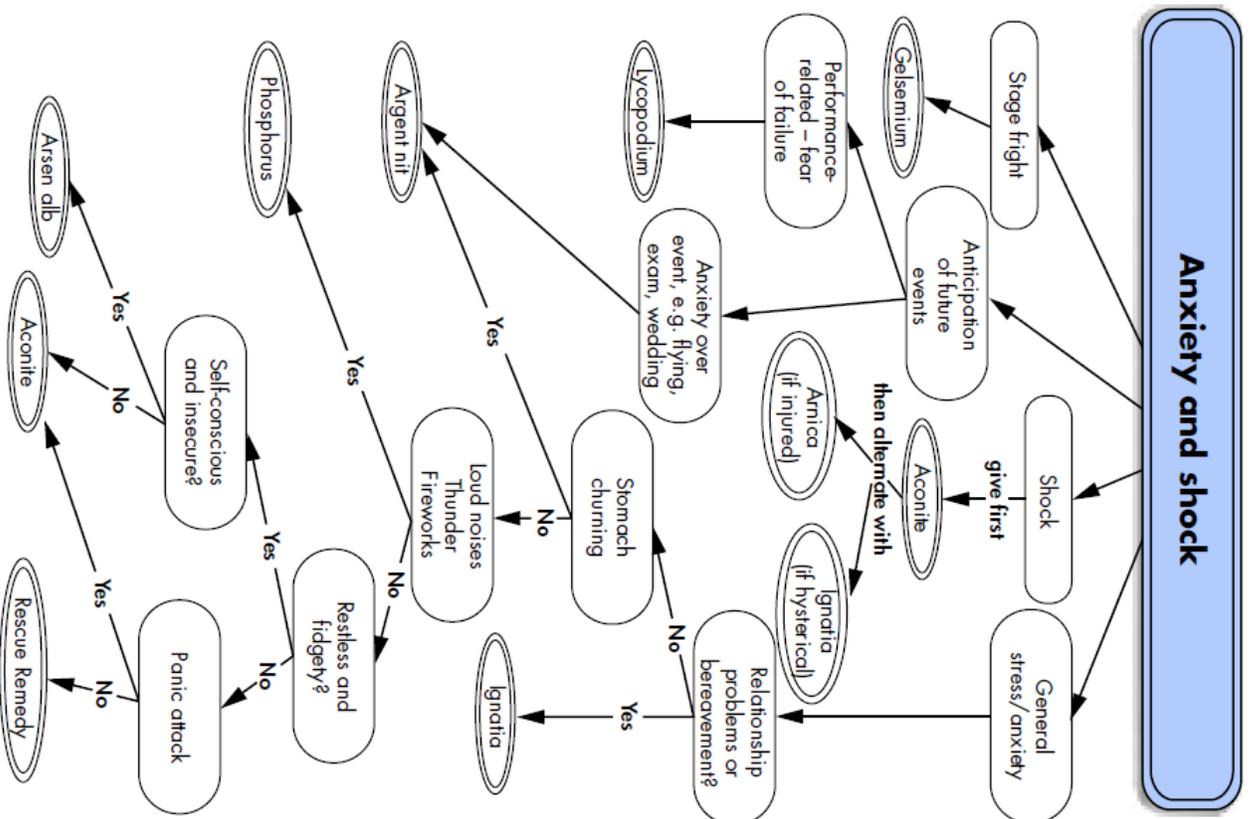
Topical Urtica cream may provide an option if the patient presents with an urticarial type of rash.



## 4 Anxiety and shock

- Concurrent use of Rescue Remedy is often useful where mental symptoms predominate (see Chapter 3).
- Relaxation techniques, dietary changes and regular exercise often useful for anxiety.

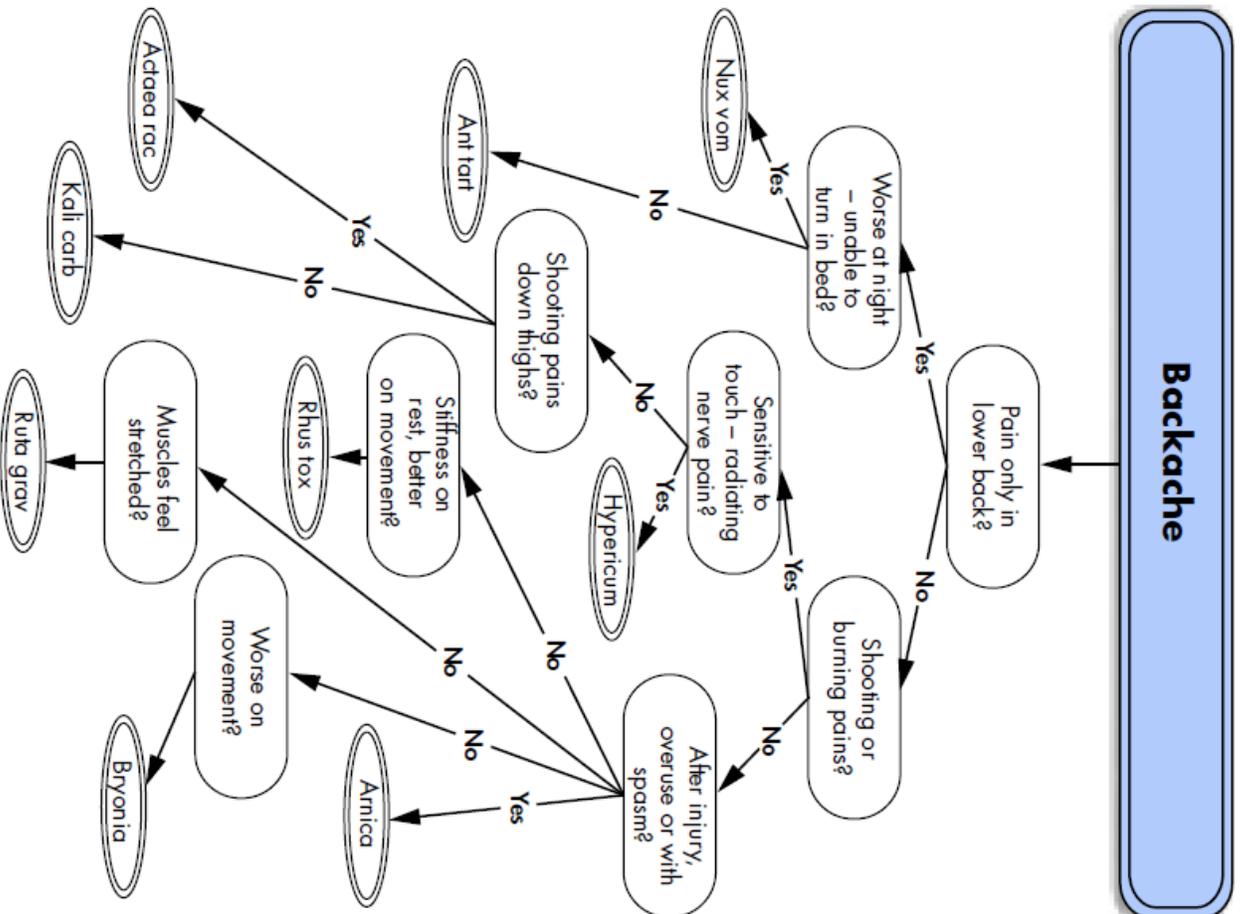
Homeopathic medicine	Better	Worse	Other
Aconite	In open air, in the evening and at night	Noise and light	Very restless, fear of the future and crowds
Argent nit	In fresh air	From warmth and at night	Fearful and nervous, impulsive
Arnica	Lying down	Motion and cold	Nervous, does not like to be touched or comforted
Arsen alb	Heat and warm drinks	In wet weather and with food	Great fear and despair, restless
Gelsemium	Open air	Excitement and bad news	Stage fright, desire to be quiet and left alone
Ignatia	Movement	In morning and after food	Sad and tearful
Lycopodium	With activity	Heat	Melancholy. Loss of self-confidence. Skin problems
Phosphorus	After sleep and after washing with cold water	After physical or mental exertion	Easily upset. Over-sensitive



## 5 Backache

- Arnica 5% gel and Rhus tox/Ruta 5% gel useful topically.
- Non-steroidal anti-inflammatory drugs (oral/topical) and topical rubefacients may be used concurrently but not within 30 minutes of homeopathic medicines.

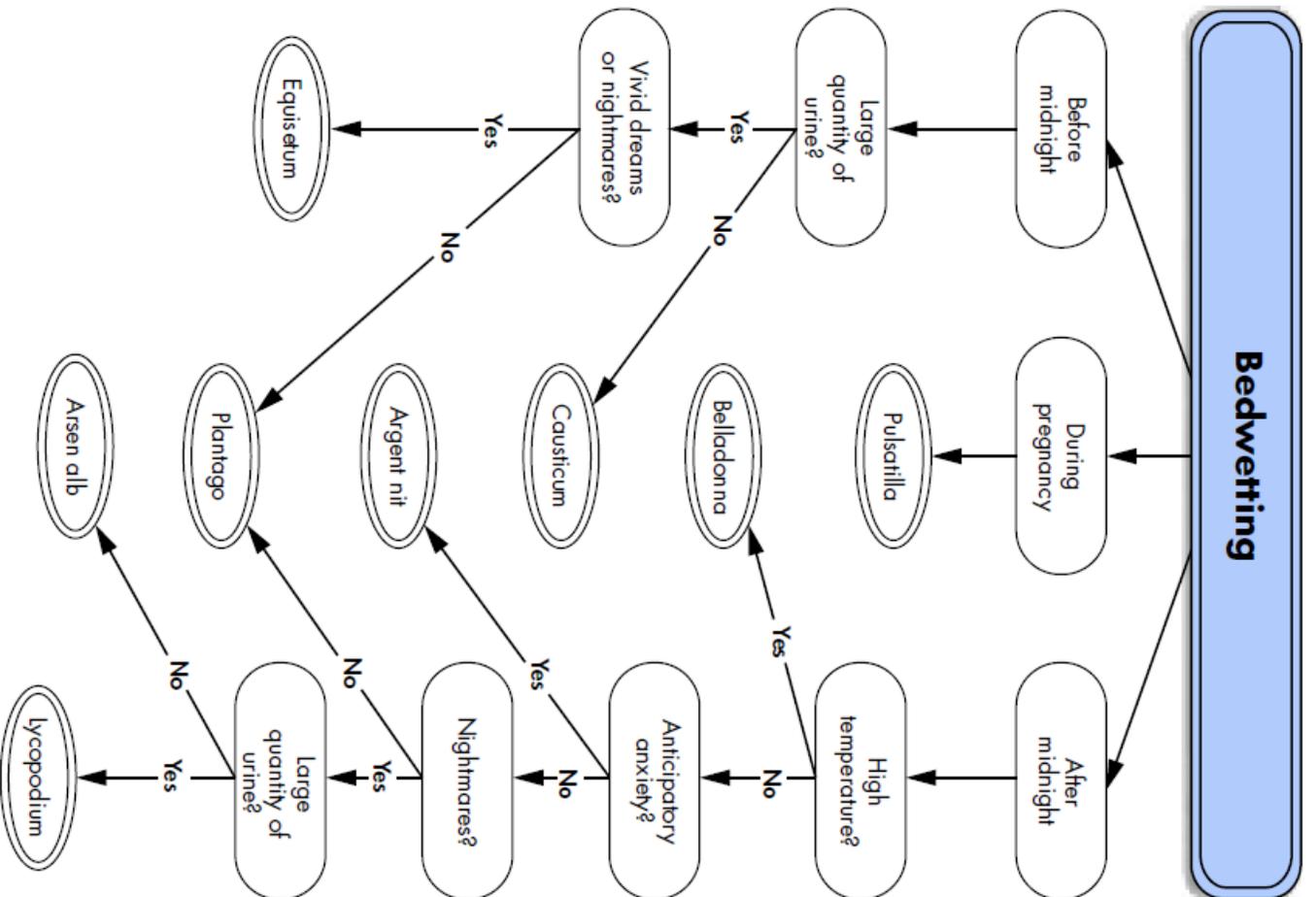
Homeopathic medicine	Better	Worse	Other
Actaea rac (aka Cimicifuga)	Warm covering	Morning and cold	Very sensitive upper spinal region. Stiffness in neck and back
Ant tart	Sitting up	Lying down and at night	Violent pain in sacro-lumbar region
Arnica	Lying down	Motion	Pain in limbs, difficulty sleeping
Bryonia	Application of cold	Warmth, any motion	Stiffness in small of back and neck region
Hypericum	Rubbing	Cold	Pain radiating up spine and down limbs
Kali carb	Warm weather and gentle movement	Cold weather	General stiffness in back especially in kidney region
Nux vom	Evening	Morning	Pain in lumbar region. Difficulty turning in bed
Rhus tox	Motion and lying on firm surface	Cold weather and at night	Pain between shoulders
Ruta grav	Pressure and lying on back	Lying down and cold	Lumbago, worse before rising



## 6 Bedwetting

- Reduce fluid intake in evening.
- Consider cause (e.g. nightmares, stress) and prescribe second medicine if necessary.

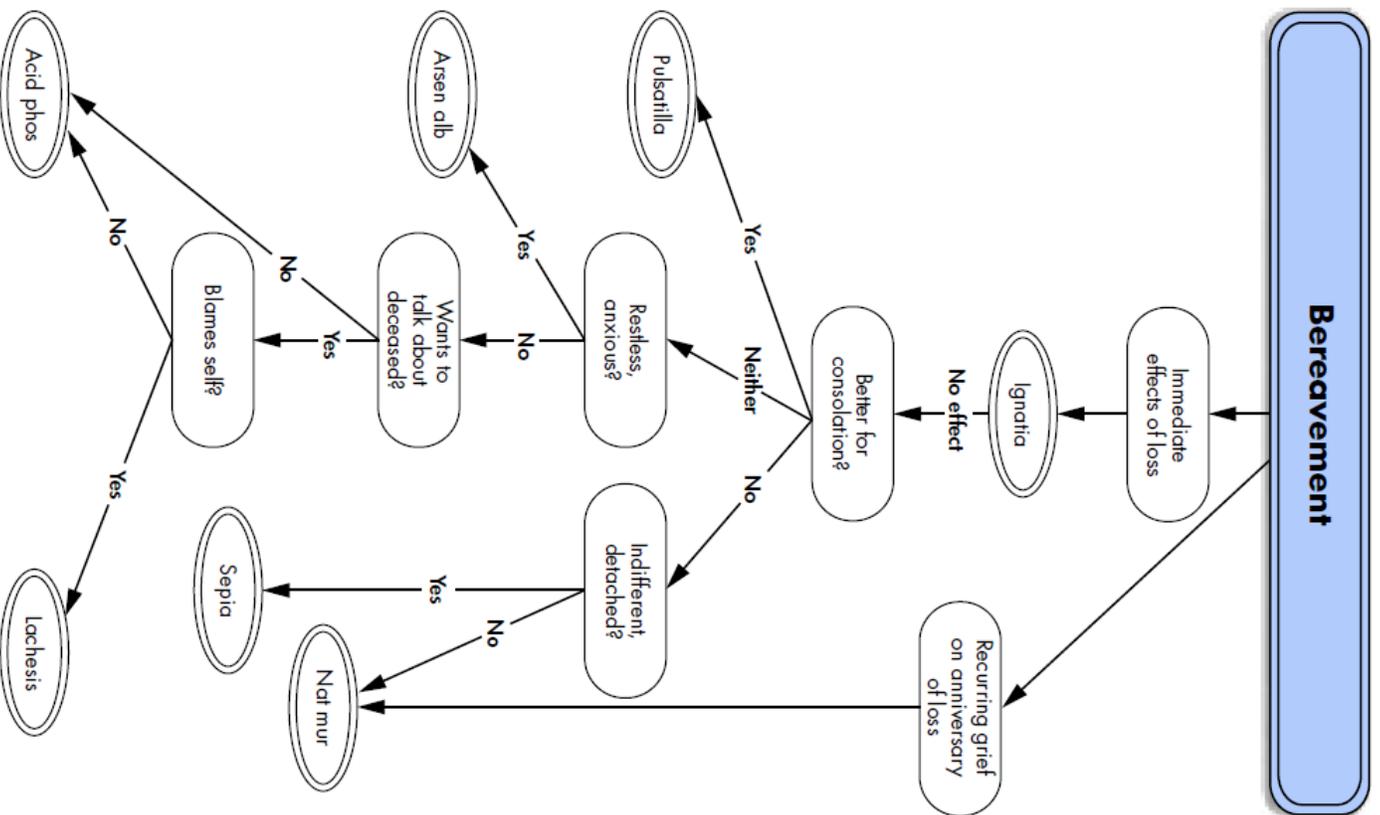
Homeopathic medicine	Better	Worse	Other
Argent nit	Fresh air	Warmth and at night	Bad dreams. Pain on urination
Arsen alb	Warmth	Cold	Disturbed and restless sleep
Belladonna	Cool	Hot weather. Mentally active child	Frequent and profuse urination. May shout in sleep
Causticum	Warmth of bed	Cold	Burning sensation in urethra
Equisetum	Reassurance and support to patient	Cold	Pain and tenderness in bladder region
Lycopodium	Uncovered in bed	Heat	Pain in back before urination
Plantago	In the dark	Tobacco smoke	Profuse flow of urine often with pain. Insomnia. Sharp pain in eyes
Pulsatilla	In cool fresh room, uncovered in bed	In warm room. Lying down	Associated with coughing and passing wind



## 7 Bereavement

- **FIM** – Ignatia for immediate effects of bereavement.
- Rescue Remedy may also be useful.

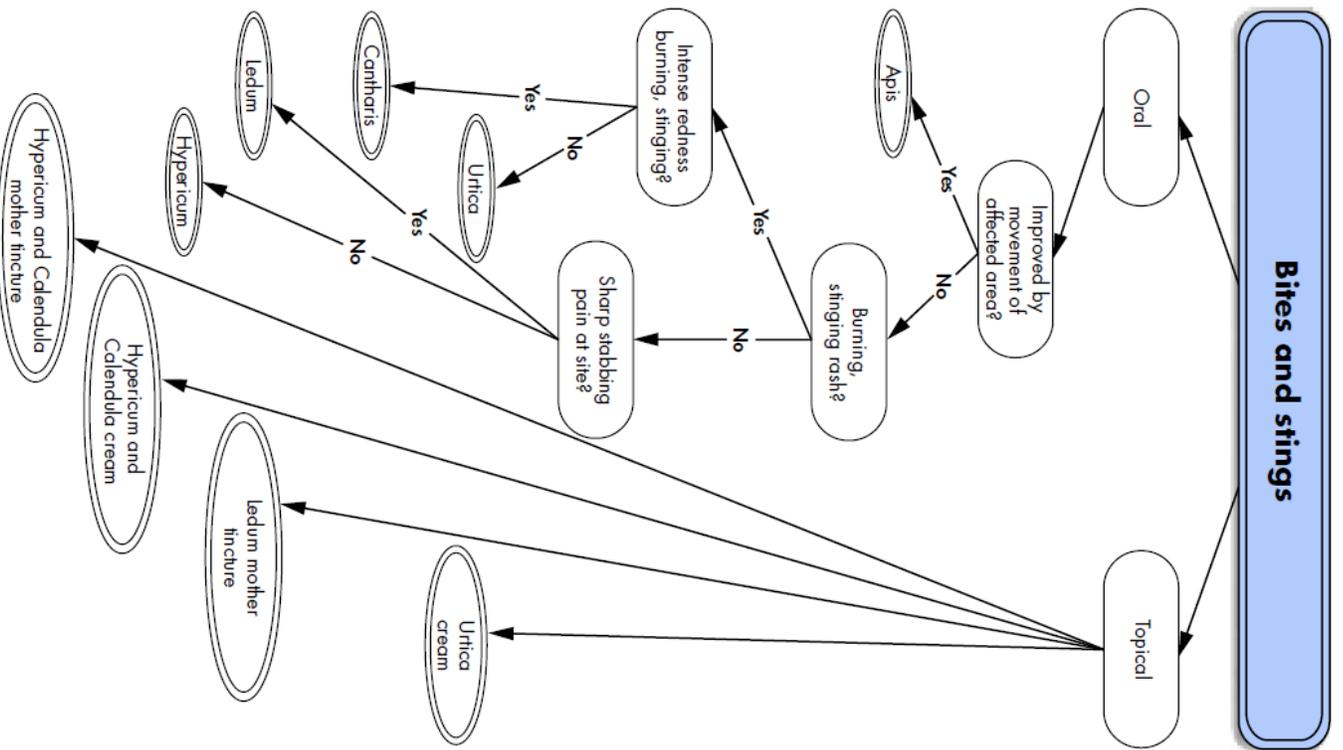
Homeopathic medicine	Better	Worse	Other
Acid phos	Warmth	From conversation	Headache and confusion Diarrhoea. Cannot collect thoughts
Arsen alb	Heat	In wet weather and cold	Great fear of being left alone
Lachesis	Warmth – wrapped up	After sleep	Restless and talks a lot
Nat mur	In open air	Noise; being consoled	Depression, fright and anger
Pulsatilla	In open air	Heat	Fear of being alone Weepy
Sepia	After exercise	In cold air	Irritable and anxious, especially in the evening



## 8 Bites and stings

- **FIM** – Apis for bee, wasp and jellyfish stings.
- Apply tinctures neat or diluted tds.
- Apply creams tds.
- If experiencing difficulty breathing, wheezing or heart palpitations, see a doctor immediately.

Homeopathic medicine	Better	Worse	Other
Apis	Application of cold	Heat and pressure	Sore and sensitive, swelling after bite
Cantharis	With rubbing	Touch	Burning pain
Hypericum	With rubbing	In cold. Application of pressure	Also used for crush injuries
Ledum	Cold	At night and from heat	Puncture wounds
Urtica	With rubbing	Touch	Itchy blotches

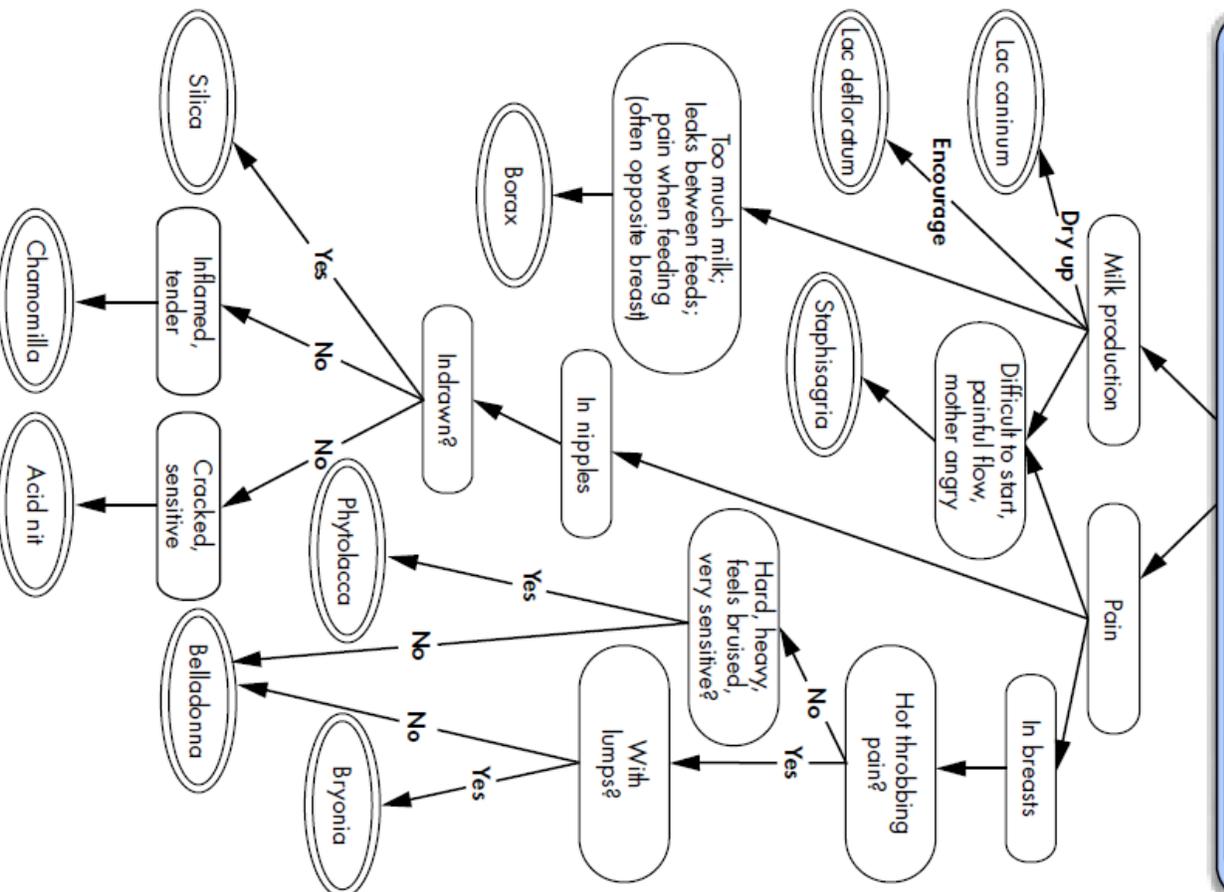


## 9 Problems associated with breastfeeding

- Application of Hypericum/Calendula 5% cream to nipples between feeds may be beneficial.
- Breastfeeding or expressing should be continued despite acute symptoms as this will help to empty the breast and may contribute to alleviation of symptoms.

Homeopathic medicine	Better	Worse	Other
Acid nit	Steady pressure on breast	Evening and night and in hot weather	Headache; halitosis
Belladonna	Pressure, cool air and rest	Exertion and motion	Vagina dry and hot
Borax	Holding painful part with hand	Downward pressure on breast; warm weather	During nursing, pain in the opposite breast
Bryonia	With pressure on breast and rest	Warmth, motion and touch	Breasts hot, painful and hard
Chamomilla	In mild weather and for application of cold	With heat	Sensitive, irritable, often thirsty; inflamed nipples
Lac caninum	Cold	In the morning and for touch	Prono to mastitis and backache
Lac delforatum	With warm covering	Cold	Prono to constipation
Phytolacca	Warmth	Exposure to damp, cold weather	Severe stinging in breasts
Silica	Warmth	Cold	Nipples very sore
Staphisagria	Lying on back	Cold and motion	Irritability

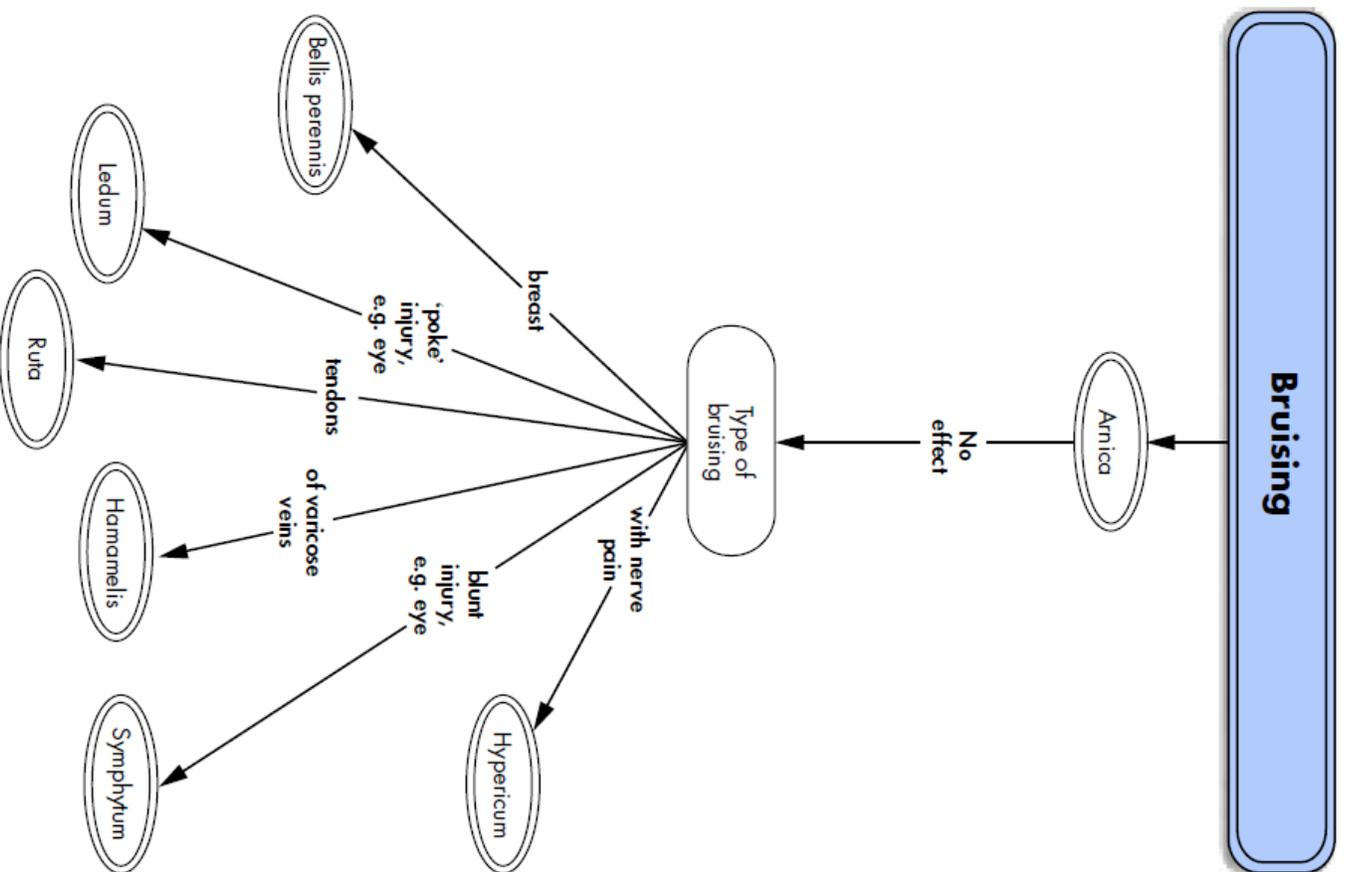
### Breastfeeding problems



# 10 Bruising

- **HM** – Arnica.
- Arnica may be taken tds starting 24–48 h before a surgical or dental procedure.
- Arnica 5% cream or gel is very effective, but do not use on broken skin.
- Ruta 5% ointment, Hypericum 5% ointment and Rhus/Ruta 5% gel may also be effective.

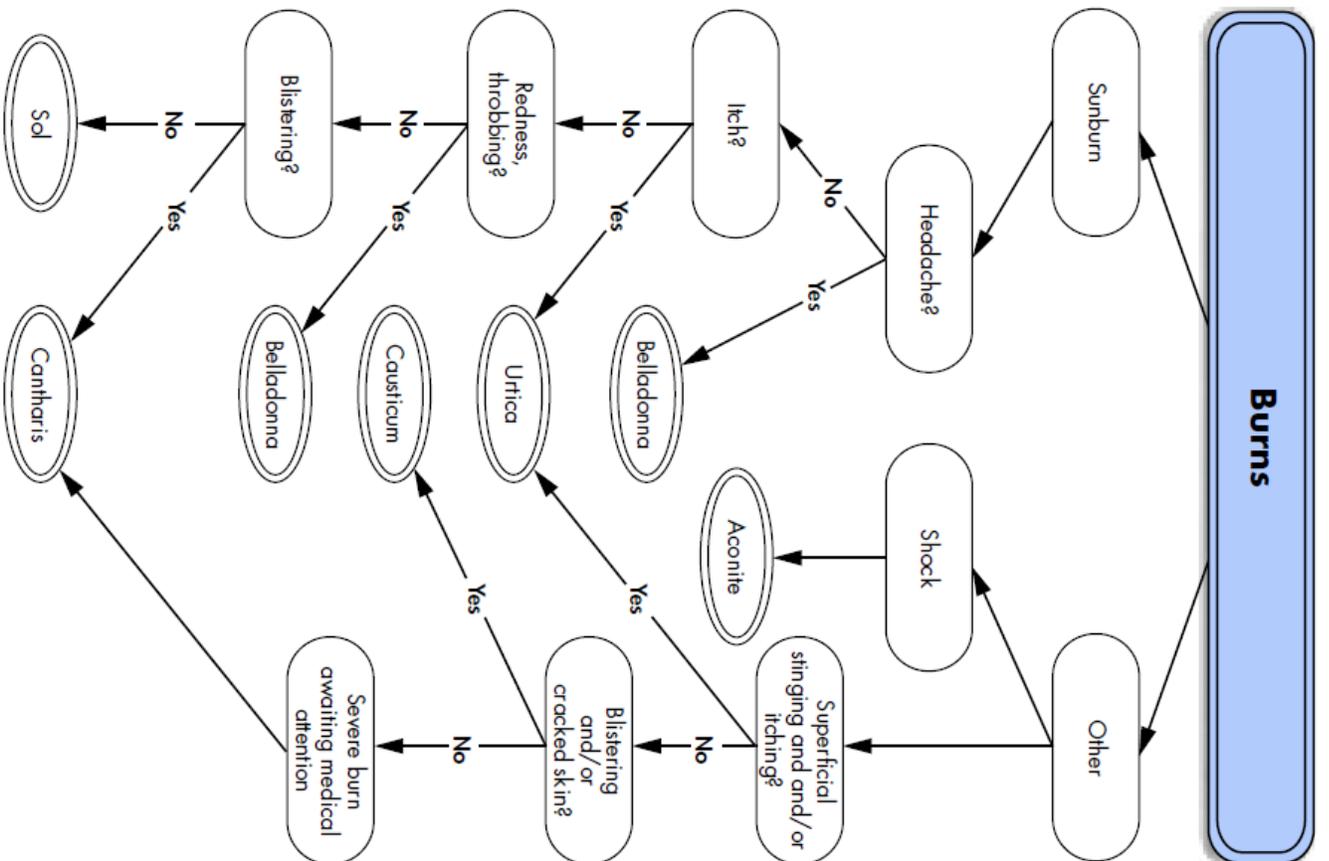
Homeopathic medicine	Better	Worse	Other
Arnica	Lying down	With heat and touch	Black and blue with pain. Patient does not like comforting
Bellis perennis	With local application of cold	With heat and on left side	May be associated with boils
Hamamelis	Rest	In warm, moist air	Also used for varicose veins
Hypericum	With rubbing	In cold	Often involves blood and pain in digits
Ledum	Cold	Warmth	Bruising lasts for some time
Ruta grav	Warmth and scratching	Over-exertion and cold	May be associated with soft tissue injury
Symphytum	Warmth	Touch	May be associated with bone injury



# 11 Burns

- Hypericum/Calendula tincture useful topically – dilute 5 drops into 100 ml boiled and cooled water and clean the area. This solution may also be used to impregnate a dressing.
- ‘Burn’ ointment (a product containing mixture of ingredients and available from several manufacturers) may also be used topically in most cases, particularly on the painful outside edges of the burn.
- Sol is a remedy that is not found in all materia medicas. It is made by exposing alcohol to sunlight and when taken orally is useful for sunburn.

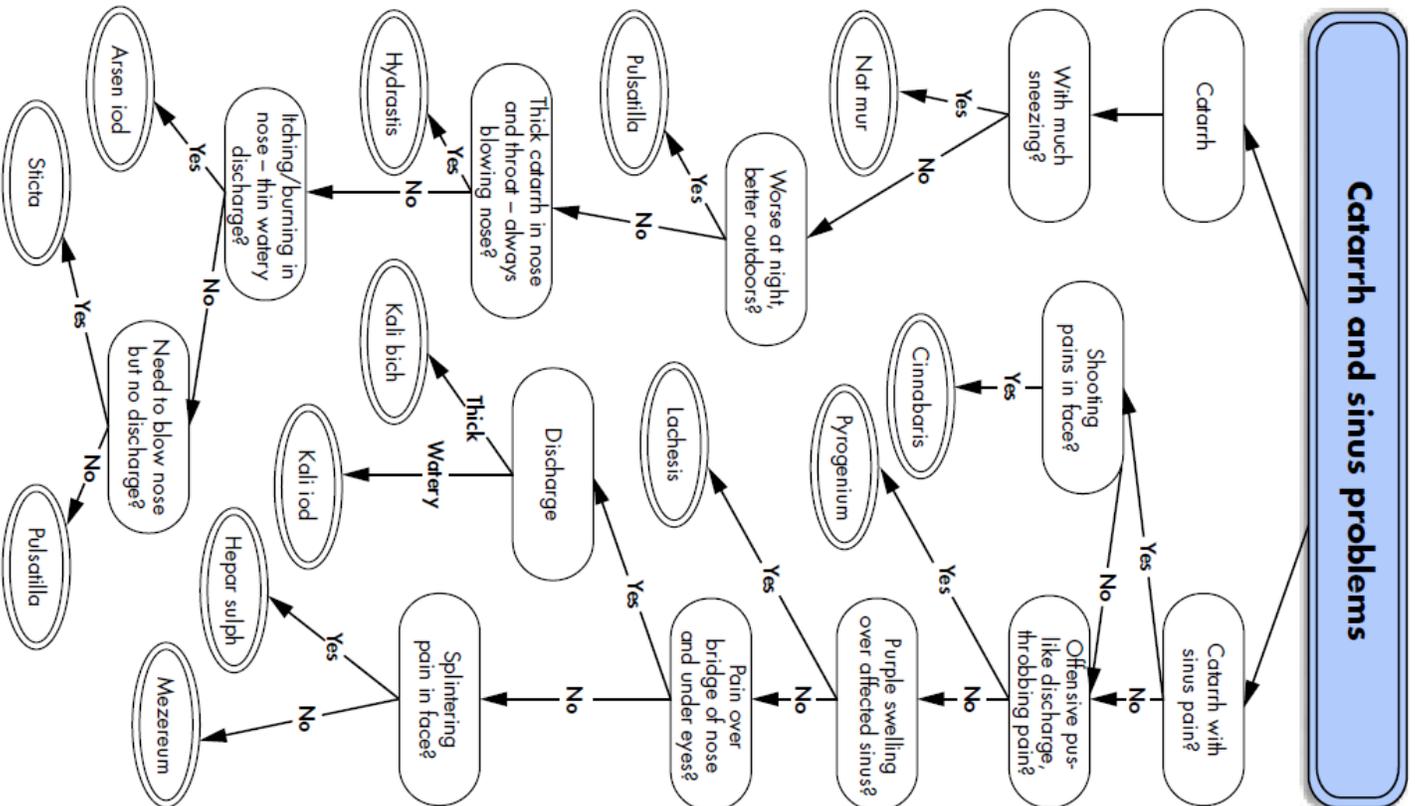
Homeopathic medicine	Better	Worse	Other
Aconite	In open air	In warm atmosphere	Red, hot, swollen and burning with numbness
Belladonna	Application of light covering	Touch and heat	Dry, hot and swollen skin with rash
Cantharis	Application of cold	Touch	Scalds and burns
Causticum	Cold drinks	Change of atmosphere	Very painful burns
Sol	Out of sun and cool atmosphere	In warm atmosphere and touch	Sunburn. Can be used prior to exposure
Urtica	Lying down quietly	Touch	Erythema with burning and stinging



## 12 Catarrh and sinus problems

- 'Stuffiness' in a baby may respond well to Pulsatilla alone or in conjunction with normal saline nasal drops.
- Inhalations may be used concurrently but should be avoided within 30 minutes of taking the homeopathic remedy.
- If no single medicine is strongly indicated a combination of Kali bich and Pulsatilla 30c given tds for 5-7 days can often be effective.
- Persistent symptoms, especially at night, could be an indication of an allergy, e.g. house dust mite.

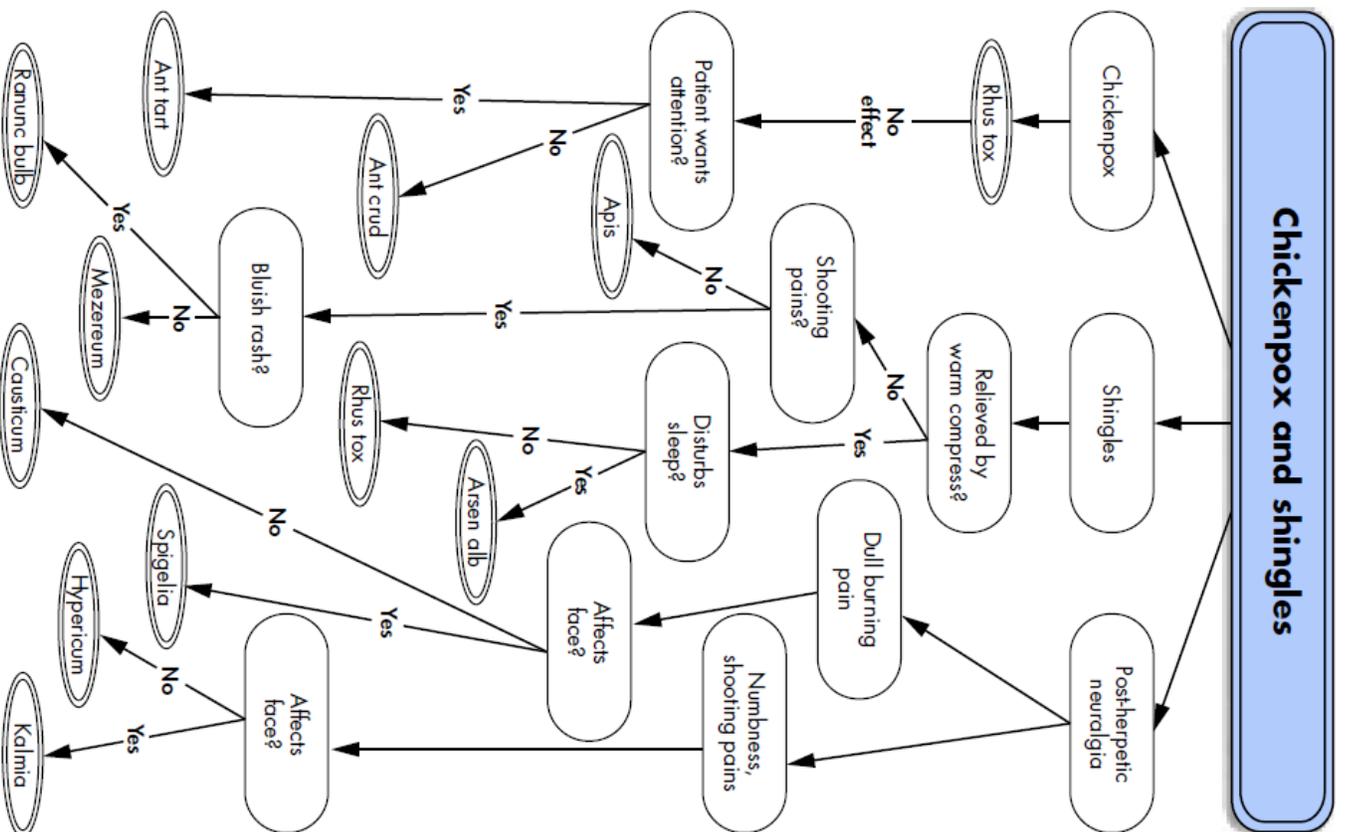
Homeopathic medicine	Better	Worse	Other
Arsen iod	Open air	Exertion	Dry and hacking cough
Cinnabaris	Open air	After walking	Hoarseness
Hepar sulph	Moist heat	Cold, dry air	Wheezing, possible association with asthma
Hydrastis	Dry weather	Cold air	Dry, harsh cough
Lachesis	Open air	After sleep	Dry, tickly cough
Kali bich	Heat	Cold	Wheezing on waking, Whooping-type cough
Kali iod	Cold air	Heat	May cause difficulties during the night due to inability to lie down in comfort
Mezereum	Open air	At night	Tightness in chest, may be associated with snoring
Nat mur	Open air	With exertion	Shortness of breath and tickling cough
Pulsatilla	In open air	Heat	Dry cough in evening and at night
Pyrogenium	Heat (hot baths, hot drinks)	Cold and motion	Wheezing
Sicca	In open air	Sudden changes of temperature	Sore throat and dry hacking cough during the night



# 13 Chickenpox and shingles

- Hypericum/Calendula tincture useful topically for chickenpox – dilute 5 drops into 100 ml boiled and cooled water and apply to spots.
- Calamine lotion may be used concurrently when tincture has absorbed.

Homeopathic medicine	Better	Worse	Other
Ant crud	Open air	In evening	Itching when warm in bed
Ant tart	For sitting up	Lying down and in the warm	Pustular eruptions leaving bluish-red mark
Apis	Keeping cool	Heat	Sore and sensitive, urticaria-like eruptions
Arsen alb	Heat	Cold and scratching	Dry, rough papules
Causticum	Warm weather, gentle motion	Damp, wet weather	Profuse sweat on slight exertion
Hypericum	Lying quietly	Touch	May be associated with diarrhoea
Kalmia	Lying down	Motion	Red, inflamed and painful areas of skin
Mezereum	Open air	At night	May be associated with oozing eruptions
Ranunc bulb	Warm weather	Change of temperature	Burning and intense itching
Rhus tox	Heat	Cold air	Intense itching of skin
Spigelia	Dry air	Touch (pressure of clothes)	Restless sleep with frequent awakening

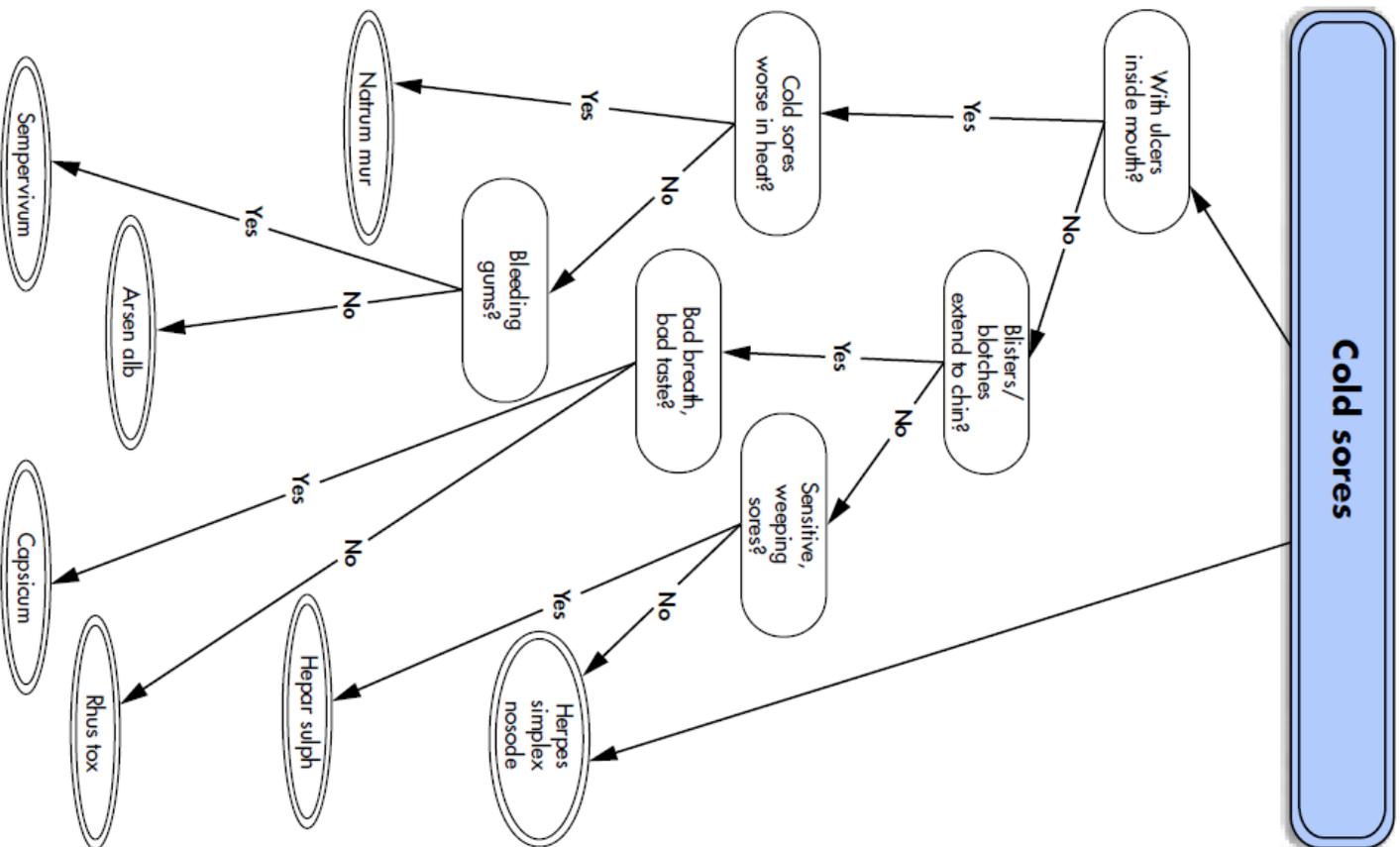




# 15 Cold sores

- For prevention – Herpes simplex nosode 30c once or twice daily, increasing to tds if required for treatment.
- Hypericum/Calendula 5% cream/ointment useful topically.
- Hypericum and Calendula tincture has been used topically but may sting on application because of the alcohol content.

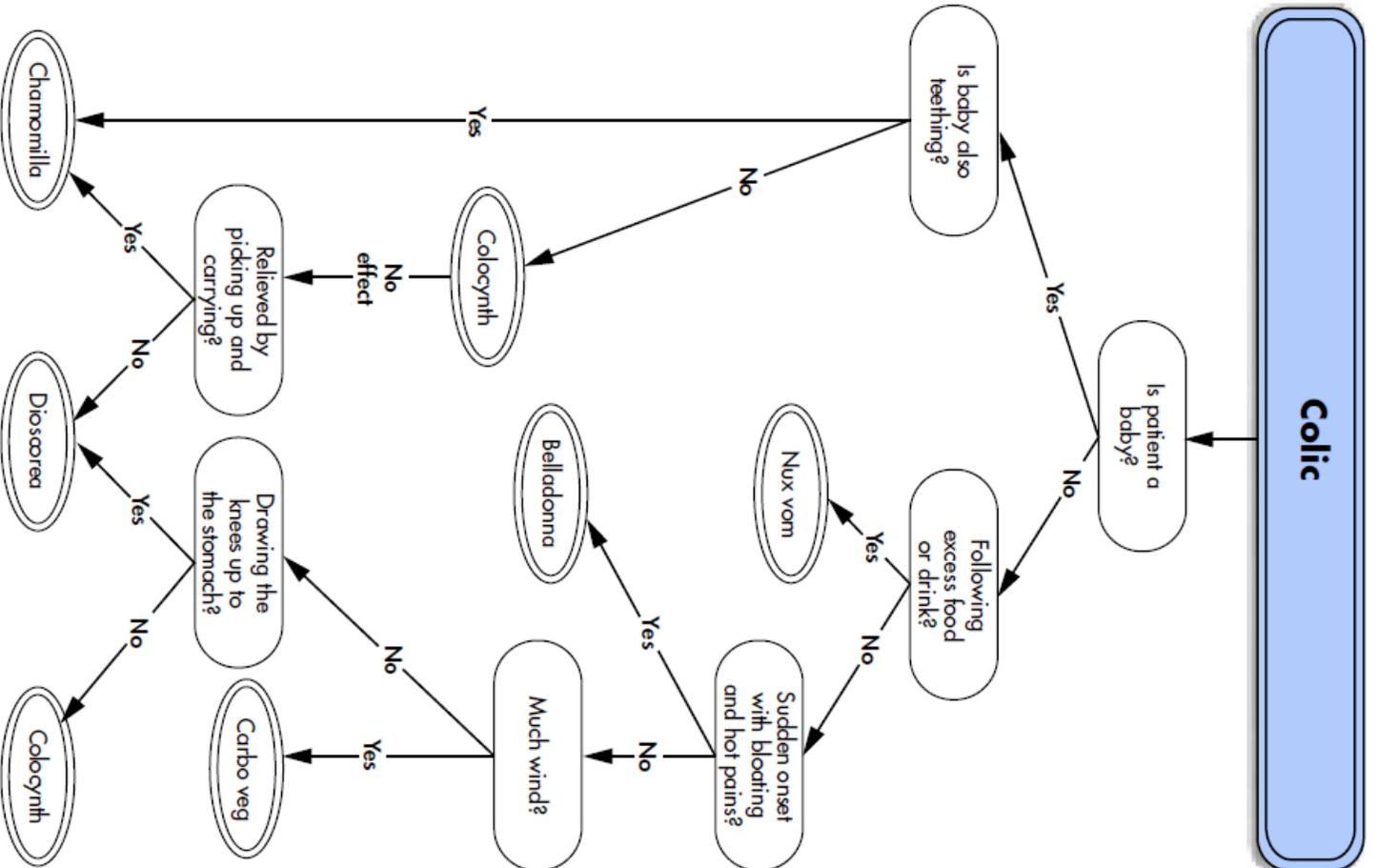
Homeopathic medicine	Better	Worse	Other
Arsen alb	Heat and warm drinks	Cold and cold drinks	May be associated with gums that bleed easily and also dry rough skin
Capsicum	Heat	Open air	May be associated with halitosis and burning on tip of tongue
Hepar sulph	Damp weather	Dry, cold air	Gums and mouth may bleed easily. May also suffer from skin abscesses
Nat mur	Open air	Warm room	Lips and corner of mouth dry and cracked; also crack in middle of lower lip
Rhus tox	Warm dry weather	Cold wet weather	Sore gums, red and cracked tongue
Semperivivum	None recorded	None recorded	Sore and painful tongue with ulcers that bleed easily. Herpes



# 16 Colic

- **FIM** – for babies, usually Colocynth (or consider Chamomilla if teething).
- The medicine should be given directly to the baby, not the mother, as it is not known to be expressed in breast milk.
- Persistent colic that fails to respond to treatment in a bottlefed baby might be eased by a change of feeding formula. In a breastfed baby, a change in the mother's diet may help.
- Lactase enzyme may be given in the milk concurrently

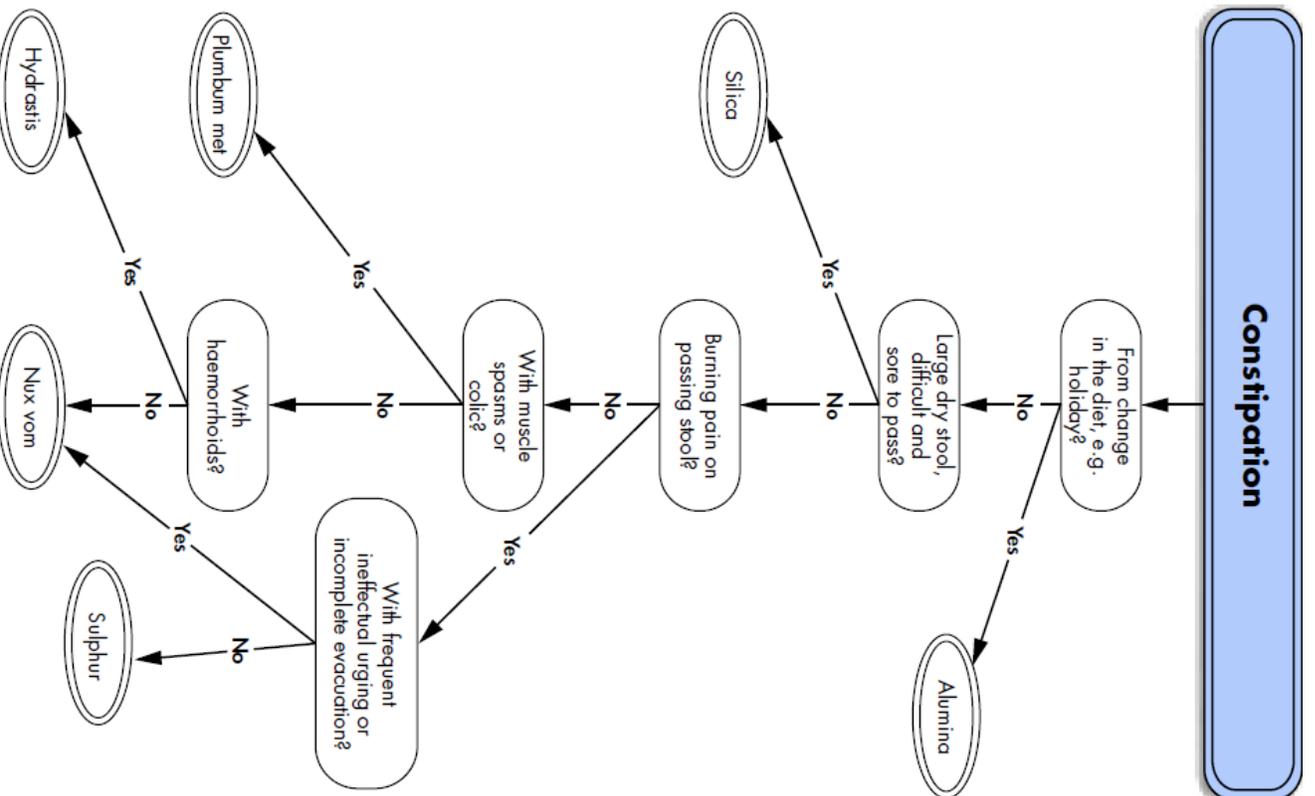
Homeopathic medicine	Better	Worse	Other
Belladonna	Standing up	Lying down	Associated with loss of appetite, nausea, vomiting and abdominal distension
Carbo veg	After belching	Lying down and in the evening	Abdominal pain and stomach cramps
Chamomilla	Fasting	Night	Distended abdomen, flatulence
Colocynth	Warmth	Anger	Abdominal pain causing patient to bend double
Dioscorea	Standing up in open air	Night and lying down	Abdominal pain that changes location and belching
Nux vom	After sleep	After eating	Sour taste and nausea in morning. Flatulence, distension, spasmodic colic



# 17 Constipation

- If there is no clear medicine indicated, Sulphur 30c in the morning and Nux vom 30c at night for 3 days may be effective.
- Conventional medicine and suppositories may be used concurrently.
- Patient should increase intake of fluids and dietary fibre.

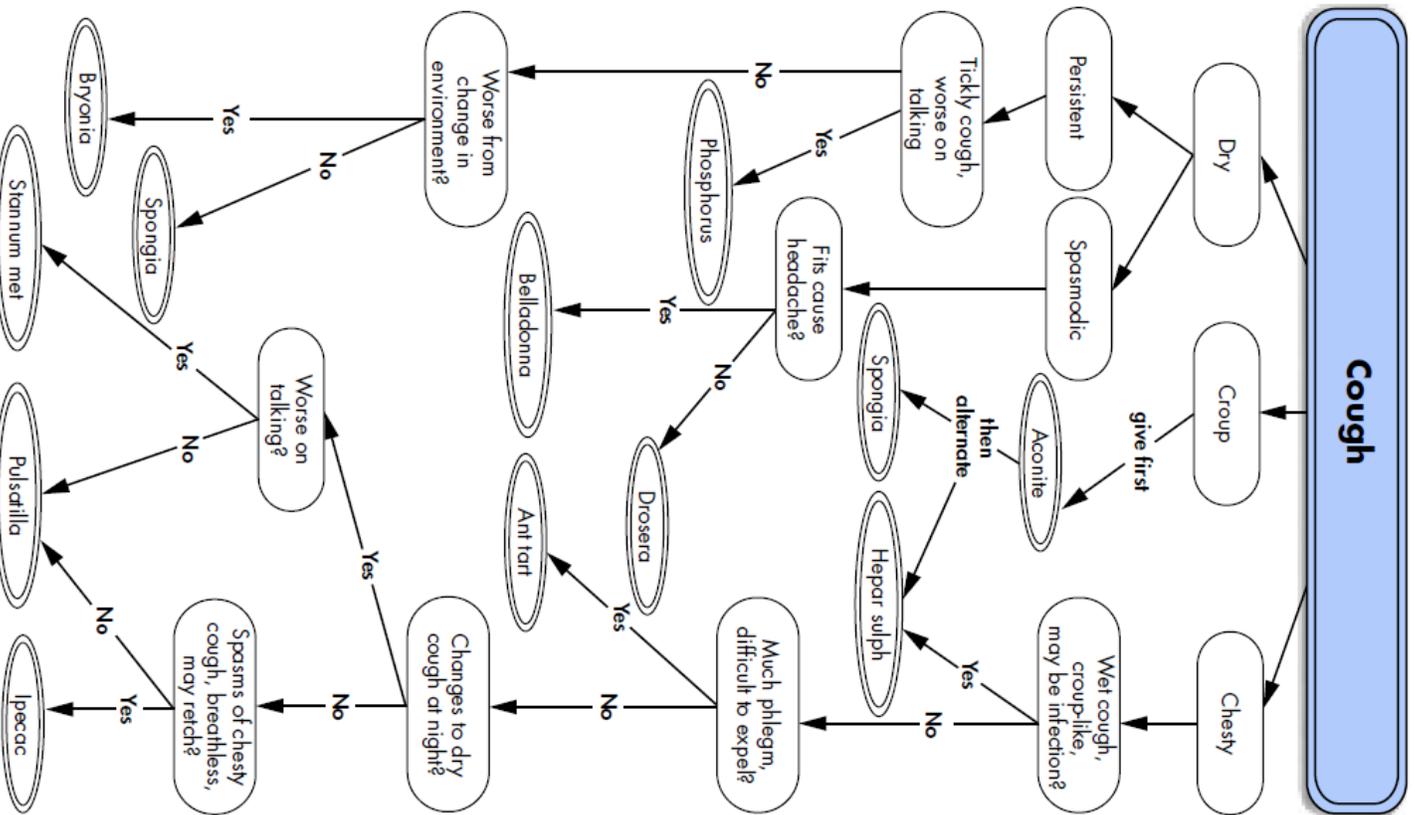
Homeopathic medicine	Better	Worse	Other
Alumina	In open air and after cool wash	In morning and warm room	Colic
Hydrastis	Warm covering	At night	Sore feeling in stomach, white swollen tongue
Nux vom	After sleep	In morning	Very irritable, nausea in morning and after eating. Flatulence
Plumbum met	After physical exertion	At night	Excessive colic
Silica	Warmth	In morning	Abdominal pain and colic
Sulphur	In open air and after activity	At night and in bed	Abdomen sensitive to pressure. Itching and burning of anus. Loss of appetite



# 18 Cough

- For persistent coughs that seem unresponsive, a course of Tuberculinum bovinum 200 (Tub boy) night/morning/night may also be beneficial.
- A persistent cough, especially at night, could be an indication of chronic disease or an allergy, e. g. house dust mite (see Chart 3, Allergies).

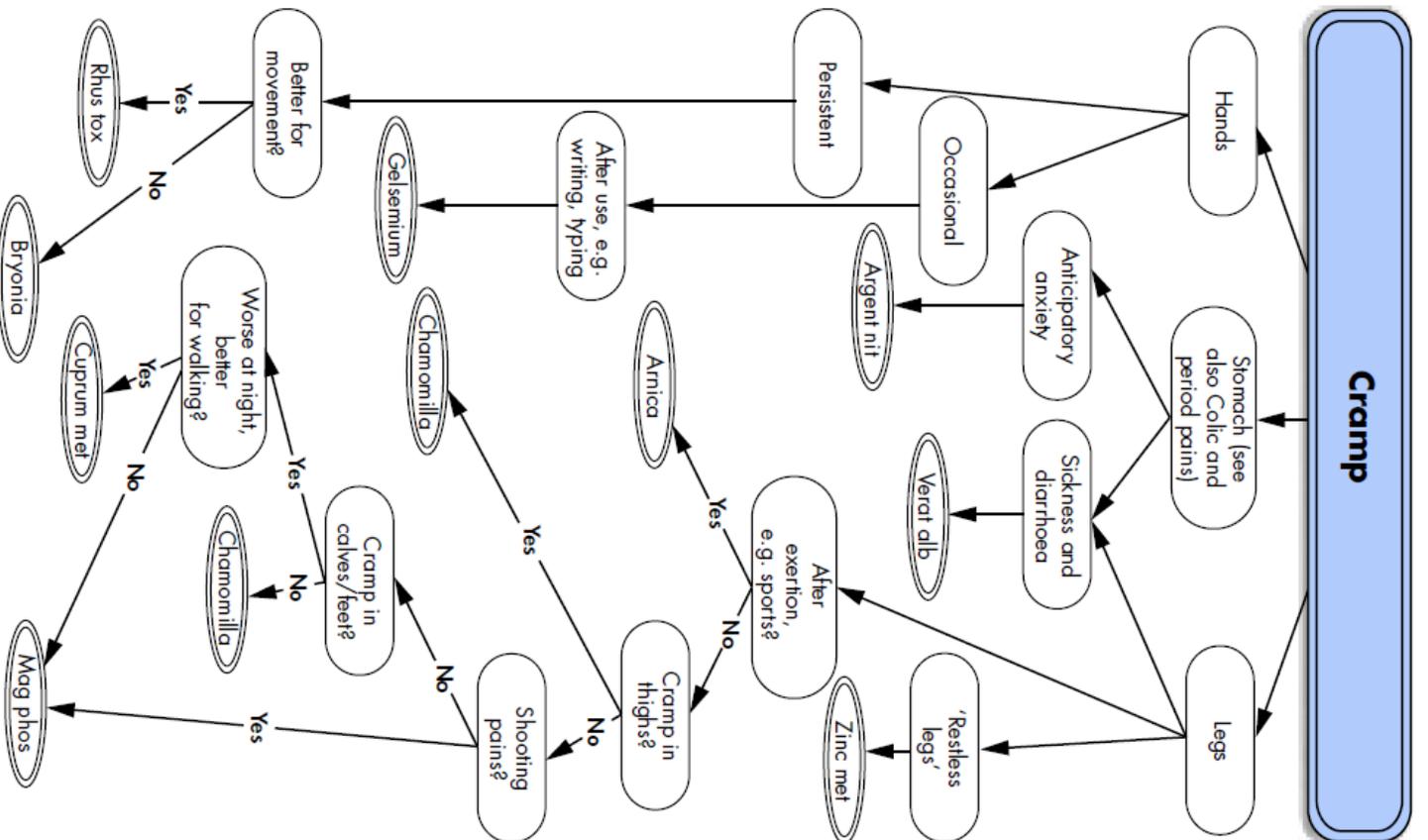
Homeopathic medicine	Better	Worse	Other
Aconite	In open air	In warm room and from dry, cold winds	Hoarse, dry, croupy cough
Ant tart	Sitting up	In evening and lying down	Hoarse cough with burning sensation in chest
Belladonna	Sitting up	In a draught and lying down	Tickling, short, dry cough
Bryonia	In cool	With activity, after eating and drinking	Dry, hacking cough
Drosera	When active	At night	Spasmodic, dry, irritating cough
Hepar sulph	Warmth	Draught and activity	Hoarseness, with loss of voice
Ipecac	Rest	Warmth	Frequent coughing. Croup. Often associated with coryza and sneezing
Phosphorus	Physical exertion, talking, evening	Lying on right side, fresh air	Hoarseness with dry tickling in the throat. Cough made worse by talking
Pulsatilla	Open air, cold food and drinks	Heat	Urine may be emitted with cough. Expectoration thick and greenish
Spongia	Warmth	In dry, cold wind	Dry, barking, croupy cough. May be associated with bronchial catarrh
Stannum met	Lying down	When using voice	Hoarse cough, sorer chest, may be associated with colic



# 19 Cramp

- **FIM:** at night for restless legs, Zincum met; for leg cramp, Cuprum met. The indicated medicine should be taken in the 30c potency 1 hour before bed, at bedtime and again if wakened.
- The importance of increasing fluids and reducing caffeine intake, especially in the evening, should be stressed.

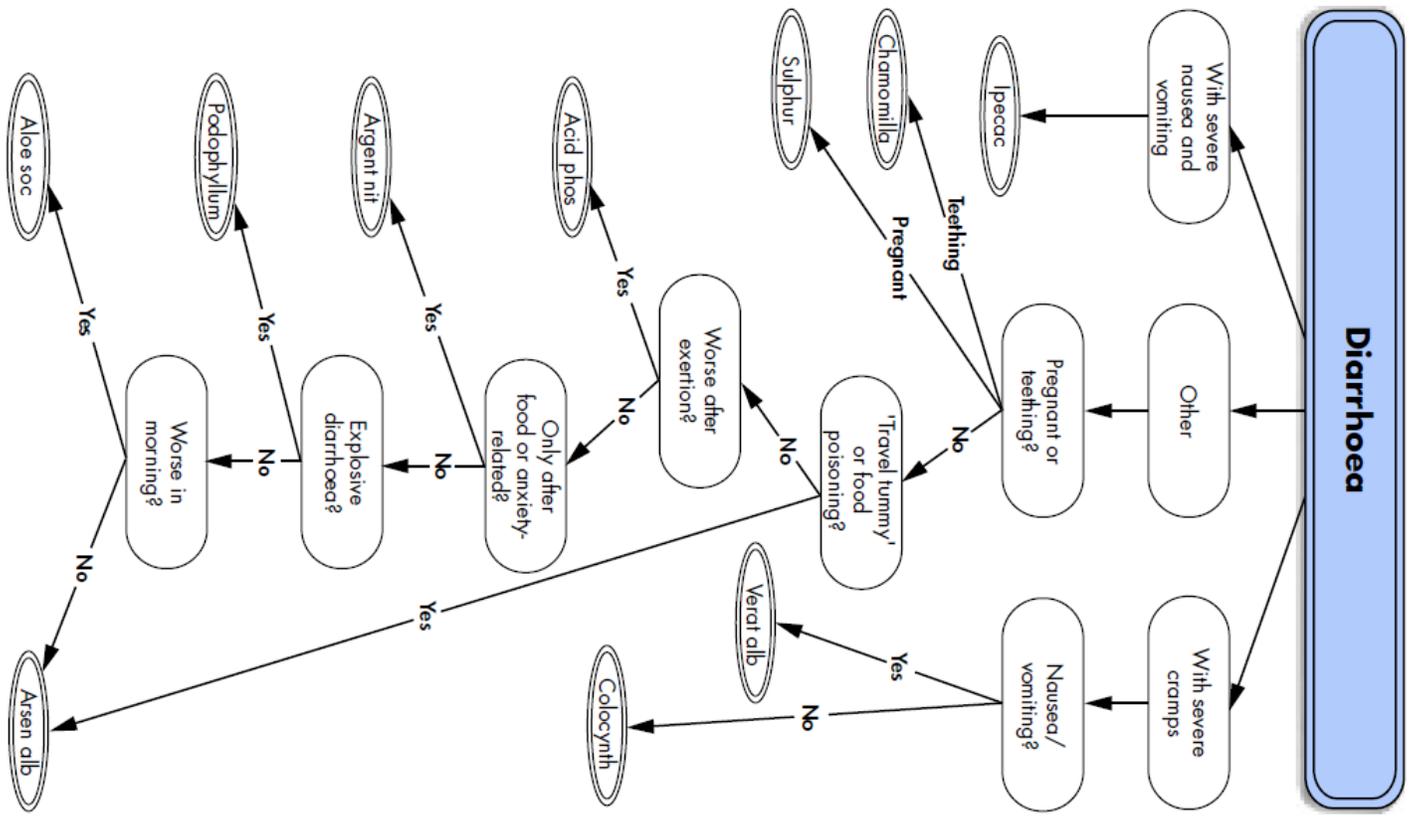
Homeopathic medicine	Better	Worse	Other
Argent nit	Fresh air and cold	Warmth and at night	May be associated with nausea and passing wind. Also colic
Arnica	Lying down	Heat	Wind and pain in stomach
Bryonia	Cold	Warmth	Nausea and thirst, abdominal pain, constipation
Chamomilla	Heat	At night	Belching and biliousness. Abdominal distension
Cuprum met	Cold drinks	Cold air	Intermittent colic
Gelsemium	Continued motion	After emotion or excitement	Cramp in muscles of forearm. Difficulty sleeping
Mag phos	Warmth and bending double	Cold and night	Windy colic. Weakness in arms and hands
Rhus tox	In warmth and during motion	At night and during rest	Pain in joints and between shoulders
Verat alb	Walking and warmth	Night	Soreness and tenderness of joints. Sciatica
Zinc met	Rubbing	Open air and after food	Twitching of muscles. Chills/ains



# 20 Diarrhoea

- **FIM** – Arsen alb.
- Electrolyte replacement therapy may be used concurrently.
- Symptoms may have origins in anxiety, excitement or fear (see Chart 4, Anxiety and shock).

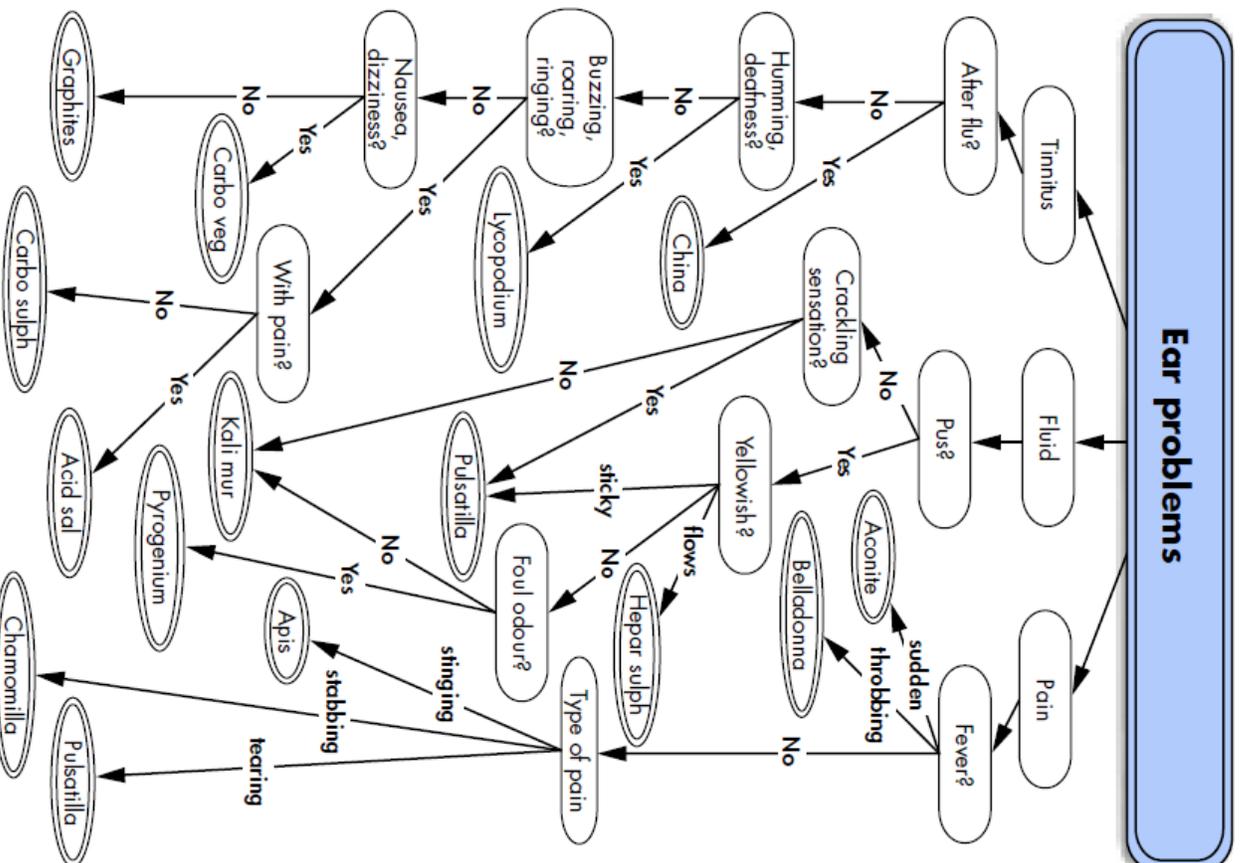
Homeopathic medicine	Better	Worse	Other
Acid phos	Keeping warm	After exertion	Distended abdomen. White, watery diarrhoea; much wind
Aloe soc	Cool atmosphere	Early morning and in hot dry weather	Sense of insecurity when passing wind. Lumpy, watery stool
Argent nit	After belching and in fresh air	Night and warmth. Cold food	Colic. Watery, green stools. Abdominal distension. Anxiety
Arsen alb	Warm drinks	After cold drinks and food and at night	Nausea and vomiting
Chamomilla	After fasting	Heat and at night	Distended abdomen. Hot, green, watery stool with colic
Colocynth	Warmth	Emotional upset	Abdominal pain, colic and cramps
Ipecac	After passage of stool	After eating and at night	Darkgreen stools with mucus
Podophyllum	Evening and when bending forward	Early morning and hot weather	Abdominal distension, rumbling and shifting of flatus. Nausea
Sulphur	Dry, warm weather	At rest. Standing	Drinks a lot, eats little. Itching and burning of anus
Verat alb	Warmth	At night	Abdominal pain and cramps in legs



## 21 Ear problems

- For recurring ear problems, a constitutional medicine may be more suitable – a detailed consultation would be required. Consider referral.
- Conventional ear drops may be used concurrently.
- Verbascum mother tincture applied topically may be appropriate.

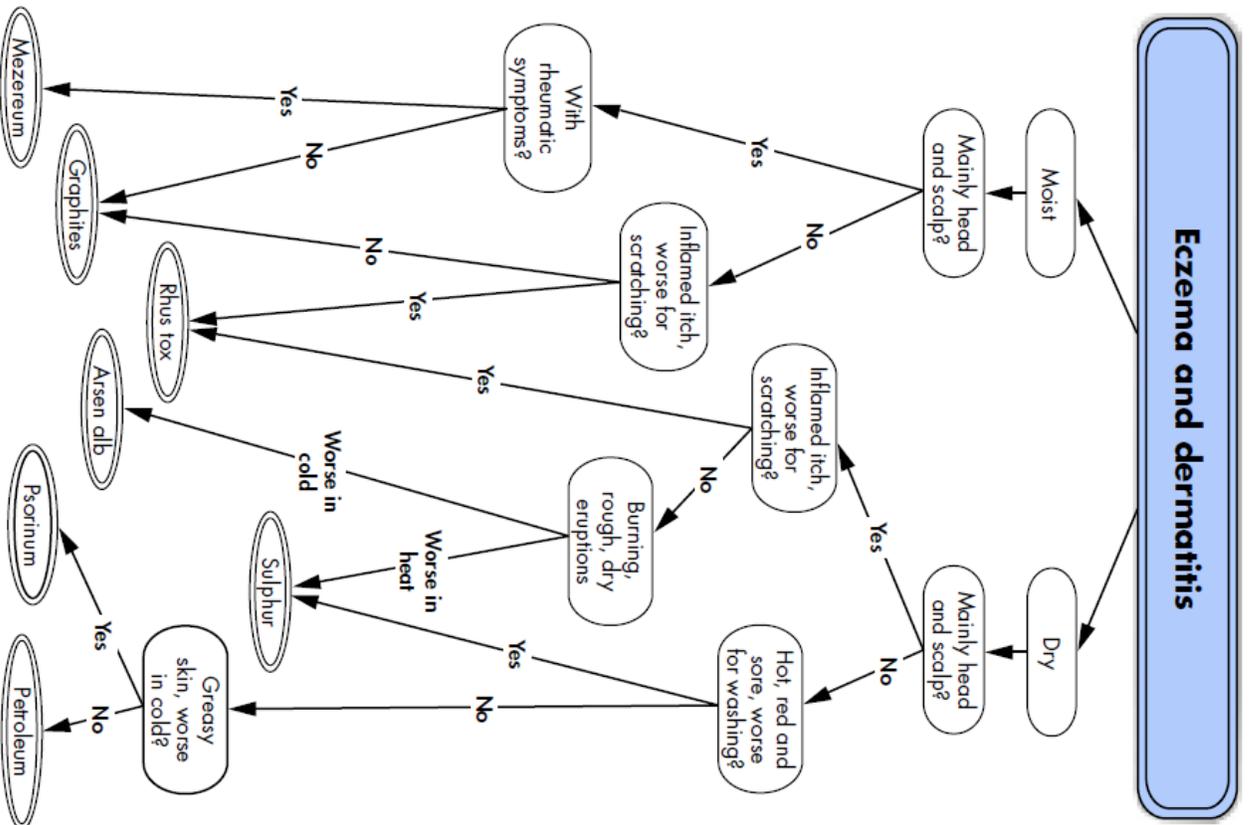
Homeopathic medicine	Better	Worse	Other
Aconite	In open air	In warm room and lying on affected side	External ear often hot, red and swollen. Very sensitive to noise
Acid sal	None recorded	Night and in cold air	Deafness with vertigo
Apis	In open air	Heat	External ear red and inflamed
Belladonna	After rest	Touch and noise	Pain in middle and external ear. Sensitive to loud noises
Carbo sulph	In open air	In warm, damp weather	Headache and dizziness. Impaired hearing
Chamomilla	In damp weather	Heat, emotional upset and touch	Eardrums with soreness
China	In open air and lying down	In cold and draughts	Impaired hearing, sensitive to noise
Graphites	Dark	Warmth	Headache in the morning on wakening
Hepar sulph	In damp weather	Slightest draught and cold winds	Whizzing and throbbing in ears
Kali mur	Cold drinks	In open air	May be associated with chronic catarrh
Lycopodium	At night	Heat	May be associated with eczema behind ears. Yellow discharge possible
Pulsatilla	Open air	Heat	External ear swollen and red, bland discharge possible
Pyrogenium	Heat	Cold	Possible loud, ringing noise in ears



## 22 Eczema and dermatitis

- Graphites, Rhus tox or Sulphur 5% creams as appropriate may be useful topically.
- For conditions affecting the scalp, Calendula shampoo may be useful.
- Tautodes should be considered where a skin condition has been caused by chemical irritation (see Isopathic medicines in Chapter 3).

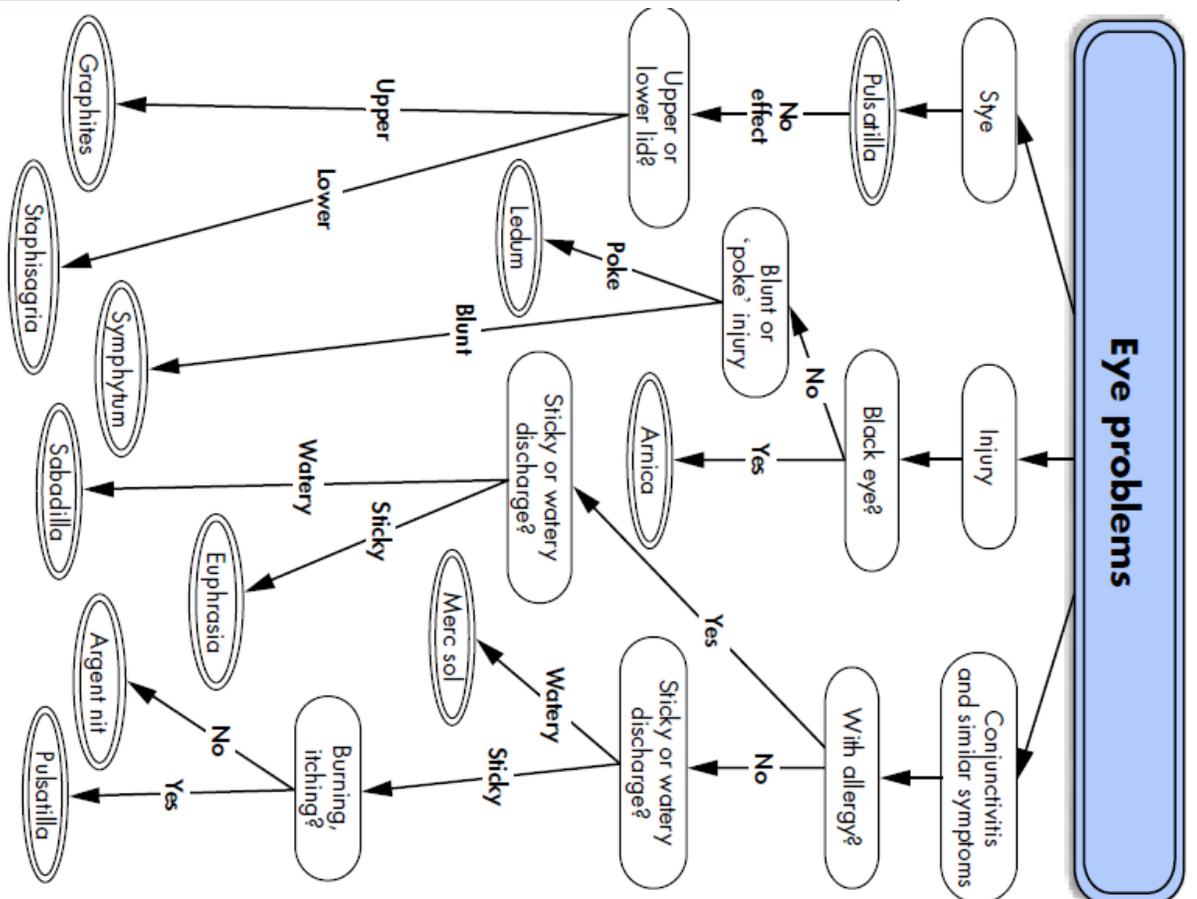
Homeopathic medicine	Better	Worse	Other
Arsen alb	Application of heat	In the cold	Itching, burning, dry and rough eruptions
Graphites	In the open air	In the cold	Rough, hard and dry skin
Mezereum	In the open air	At night and with touch	Eczema with itching
Petroleum	In dry weather	In winter	Itching at night, skin dry, rough and cracked
Psorinum	In heat	In changeable weather	Sore pain behind ears, possible discharge from eczema around ears
Rhus tox	In warm	In cold	Pain in ears. Swollen lobules
Sulphur	Dry, warm weather	After washing and with warmth in bed	Burning and itching, worse from scratching. May be associated with pruritis



## 23 Eye problems

- Euphrasia (commonly called 'Eyebright') tincture useful topically – dilute 5 drops into 100 ml boiled and cooled water and bath. Note: this is not sterile and must not be used undiluted.
- Euphrasia eye drops (sterile) are available at the time of writing as a prescription-only medicine.
- Other unlicensed eye drops are also available.

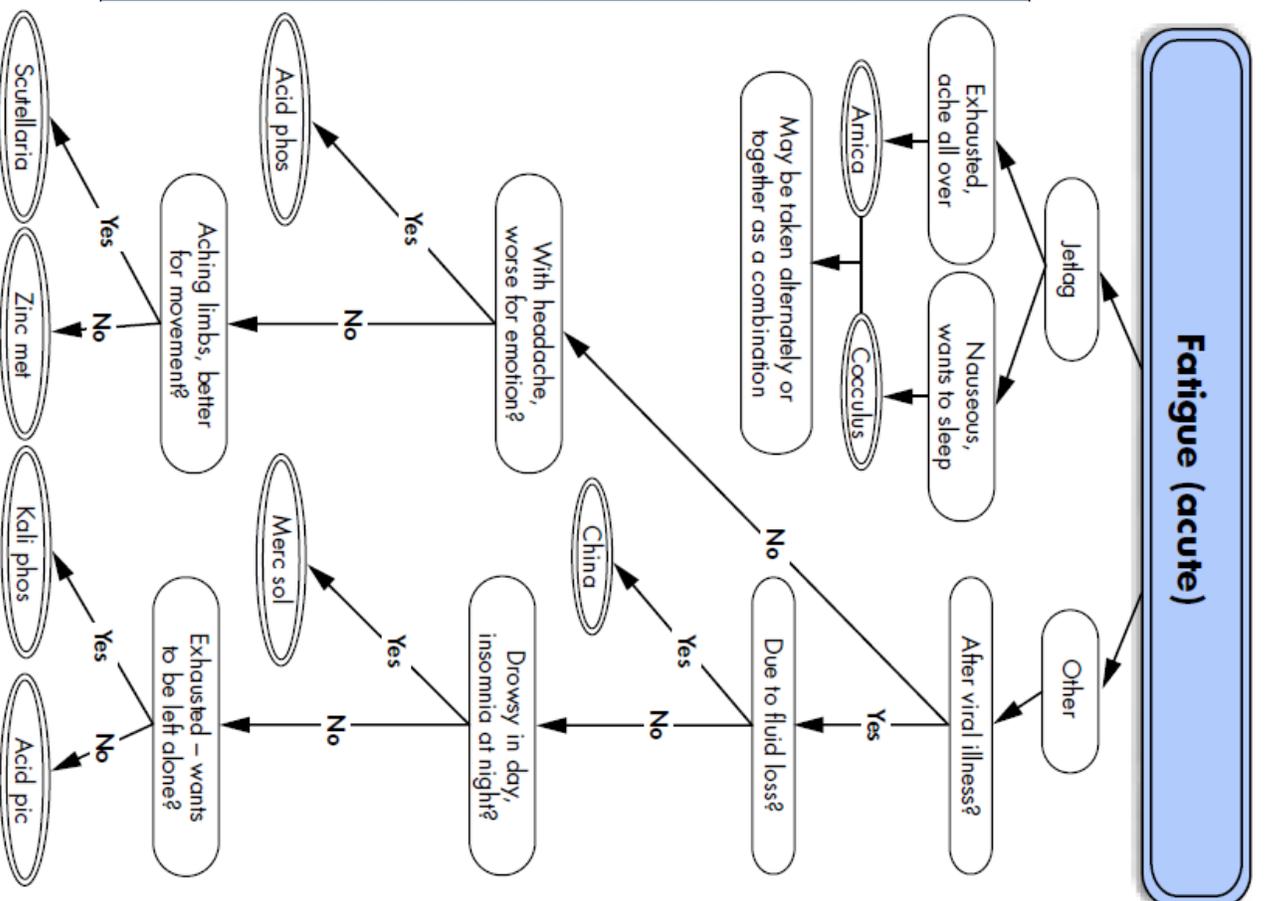
Homeopathic medicine	Better	Worse	Other
Argent nit	Cold	Night	Blurred vision, eyes photosensitive. Headache
Arnica	Lying down	Touch	Dizzy feeling on closing eyes
Euphrasia	In the dark	In evening and in bright light	Burning and swelling of lids with frequent blinking. Bursting headache
Graphites	In the dark	Warmth and at night	Eyelids red and swollen
Ledum	In cold	Warmth and at night	Burning on margin of lids. Feeling of sand in eyes
Merc sol	In moderate temperature	At night	Burning, acrid discharge. Patients report 'floating black spots'. Vertigo
Pulsatilla	In open air	Heat	Bland discharge, styes, profuse lacrimation
Sabadilla	In warm	In cold	Eyelids red and burning. Eyes water when looking at light, sneezing
Staphisagria	Warmth	After emotional upset	Recurrent styes, corner of eyelids itch
Symphytum	During the day	Pain worse at night	Continual inflammation, profuse lacrimation, pain



## 24 Fatigue (acute)

- For prevention of jetlag – Arnica tds on day of departure and arrival and every 2 hours during flight (if awake).
- Homeopathy can also be valuable in *chronic* fatigue – a referral for a detailed consultation would be required.

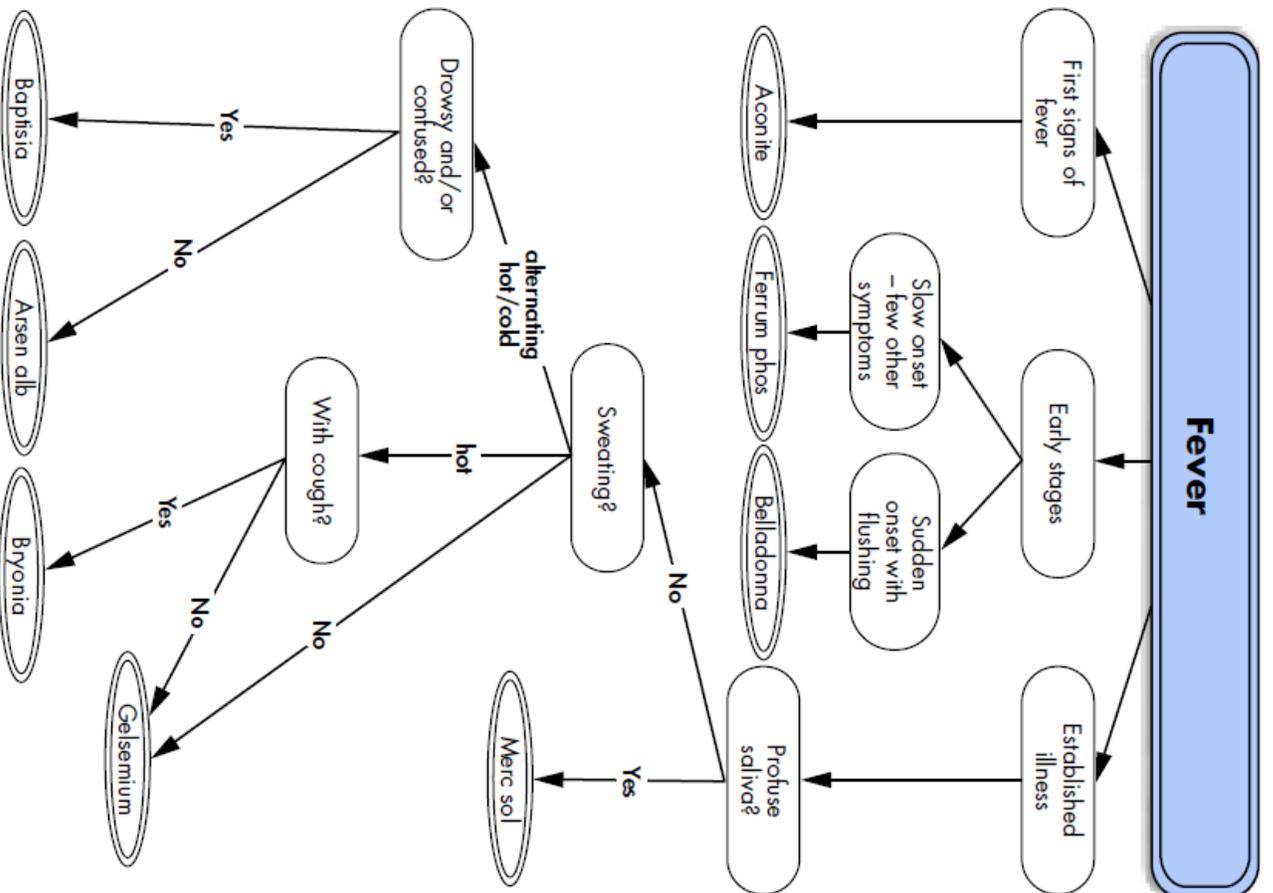
Homeopathic medicine	Better	Worse	Other
Acid phos	Keeping warm	Exertion	Headache, worse with noise. Eyelids inflamed
Acid pic	Cold air and cold water	With least exertion	Back pain, 'pins and needles' sensation in hands and feet
Arnica	Lying down	Touch	Confusion, wants to be left alone
China	None recorded	When eating and after mental exertion	Sensitive to noise and bitter taste in mouth
Cocculus	Lying on side	During eating and in open air	Suffers from motion sickness
Kali phos	Warmth and rest	Excitement and physical exertion	Headache and vertigo
Merc sol	Moderate temperature	At night	Sweating on head
Scutellaria	Sleep	Over-exertion	Dull headache and nausea
Zinc met	Warm open air and eating	Noise	Violent headache after drinking wine, eyes sore and lacrimating



## 25 Fever

- **FIM** – Belladonna may be the medicine of choice, particularly if the patient is very hot and flushed and the condition came on suddenly.
- Paracetamol and/or ibuprofen may be used concurrently but not within 30 minutes of the homeopathic medicine.

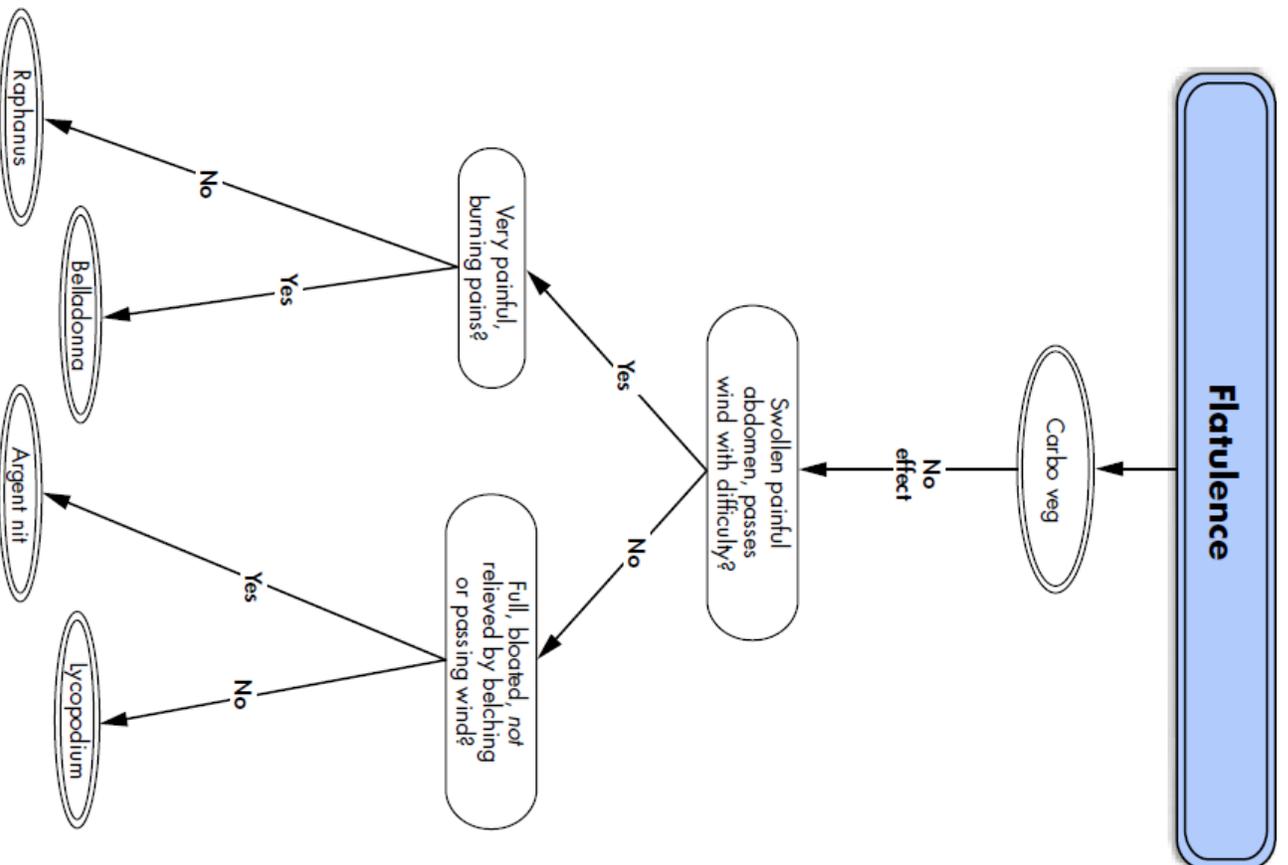
Homeopathic medicine	Better	Worse	Other
Aconite	In open air	In warm room and tobacco smoke	Red, hot and flushed face. Red, dry throat. Nightmares. Cold sweat
Arsen alb	Heat and warm drinks	Cold	Swollen, burning sore throat. High temperature and exhaustion
Baptisia	Drinking liquids and in open air	Heat	Difficulty in swallowing, sore throat, heat all over body
Belladonna	Sitting up	Touch and lying down	High fever, sudden onset. Perspiration on head
Bryonia	Cold	Warmth and motion	Profuse perspiration. May be associated with rheumatic pain
Ferrum phos	Application of cold	Night	May be associated with catarrh
Gelsemium	Open air, drinks	Excitement, bad news	Chilliness up and down back, muscular soreness, perspiration and headache
Merc sol	Moderate temperature and after rest	At night, in warm room and in warm bed	Gastric symptoms. Debility. Profuse perspiration



## 26 Flatulence

- FIM – Carbo veg.

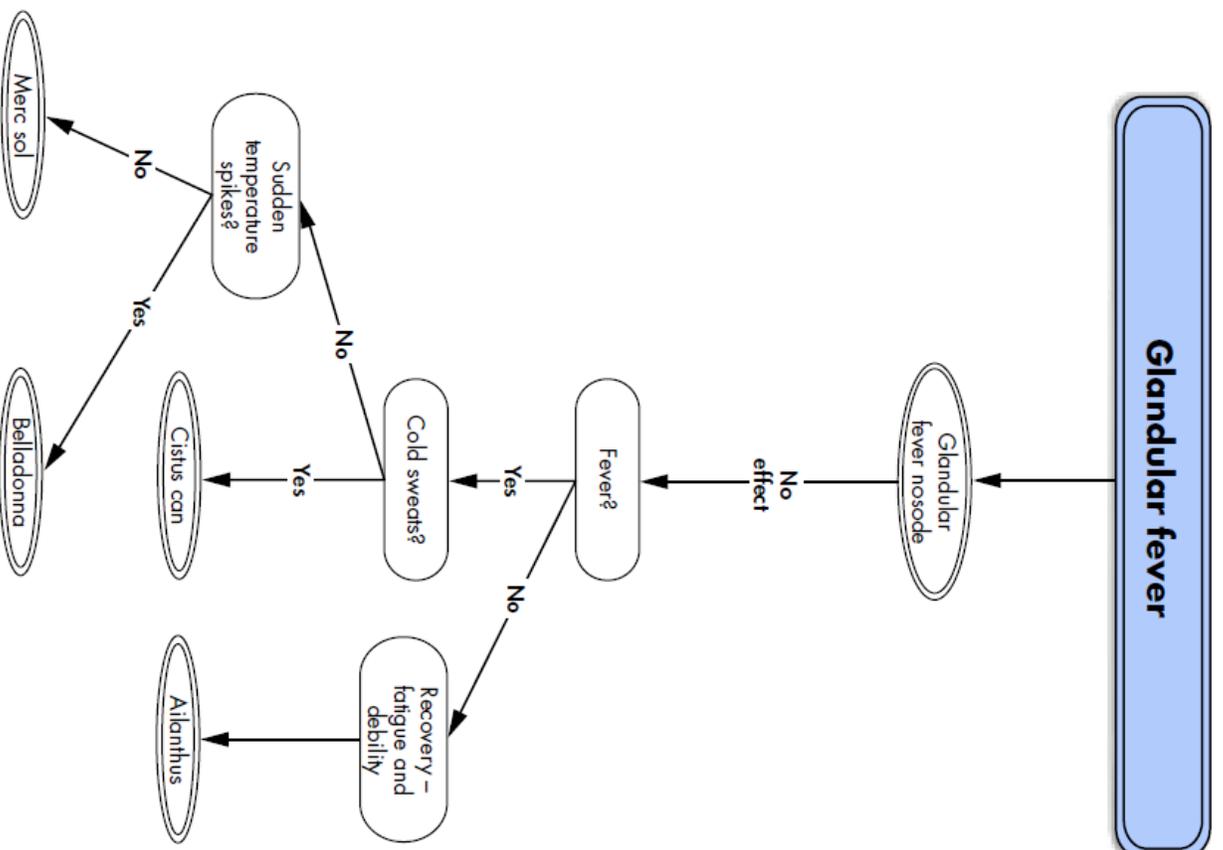
Homeopathic medicine	Better	Worse	Other
Argent nit	In fresh air	Warmth and at night	Belching, nausea and retching. Much abdominal distension. Colic
Belladonna	When sitting up	When lying down	Abdominal distension and loss of appetite
Carbo veg	After belching	At night and in open air. After eating fatty food	Stomach feels bloated, belching, abdominal pain
Lycopodium	Motion	In heat or warm room	Bloated feeling after eating small quantities of food. Hiccough
Raphanus	Walking in open air	At night and on waking	Retching and vomiting, loss of appetite



## 27 Glandular fever

- **FIM** – Glandular fever nosode.
- If appropriate, herbal Echinacea can be very valuable to boost the immune system – 825 mg daily (adult dose).

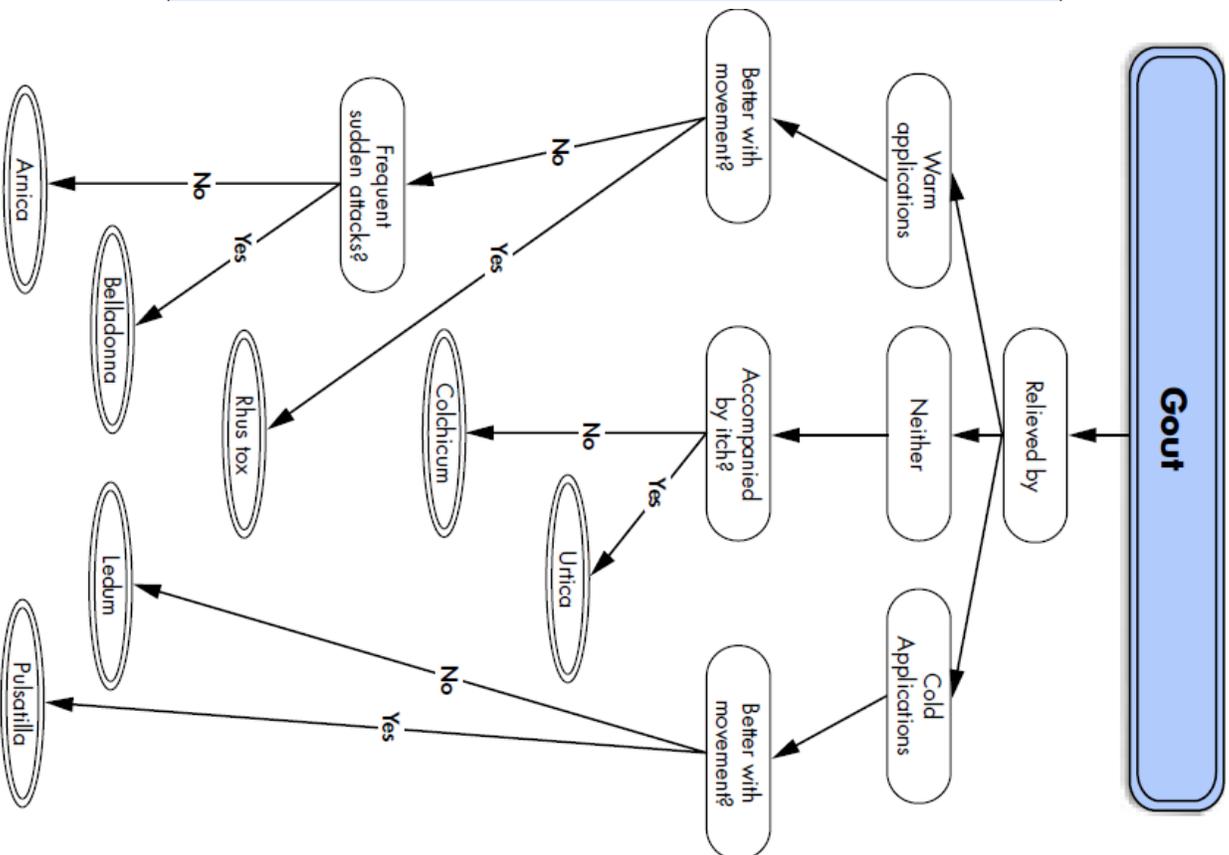
Homeopathic medicine	Better	Worse	Other
Ailanthus	Hot drinks	Motion	Inflamed and red throat. Hoarse, croupy voice. Often associated with skin conditions
Belladonna	Sitting up	Touch, noise and lying down	High fever, sudden onset
Cistus can	After food	Extremely sensitive to exposure to cold air	Itching in skin, glands inflamed
Merc sol	Moderate temperature and rest	At night and from warm room and warm bed	Profuse perspiration. Salivation



## 28 Gout

- Importance of diet should be stressed.
- Conventional medication should be continued.

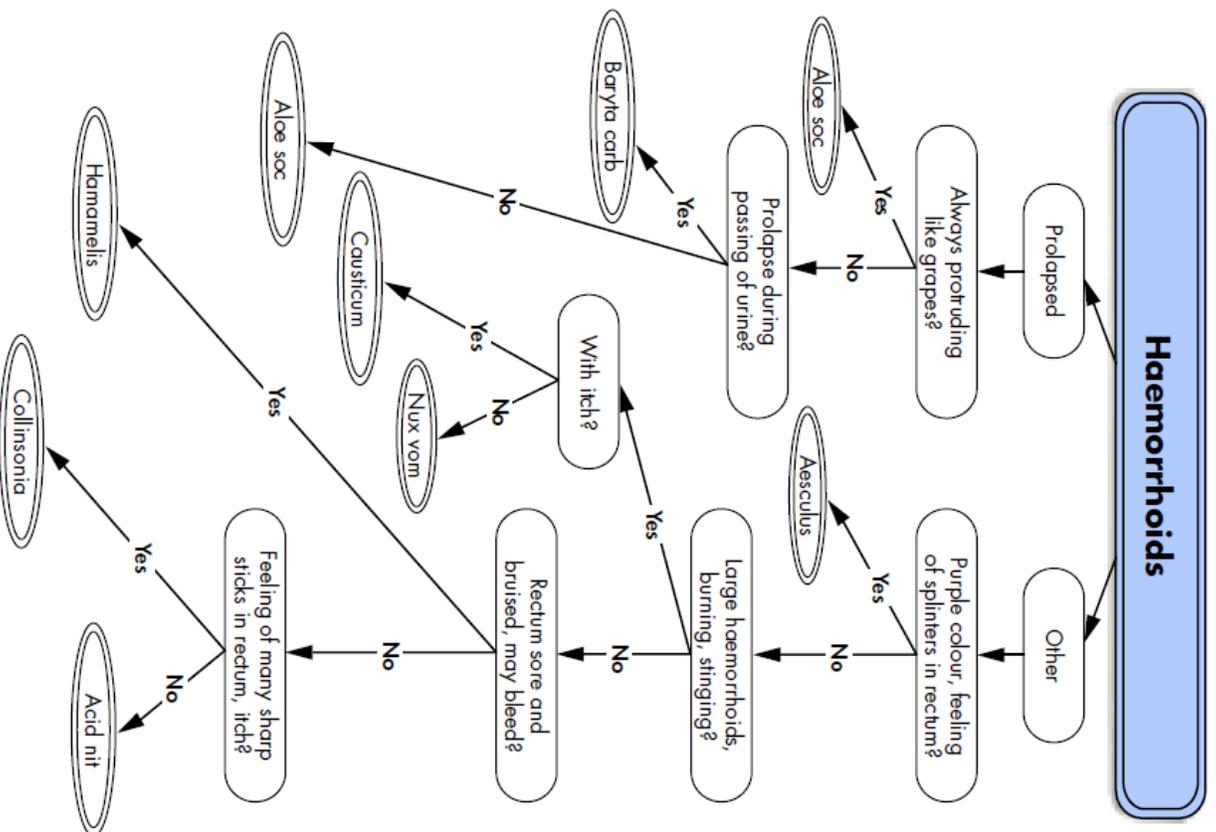
Homeopathic medicine	Better	Worse	Other
Arnica	Lying down	Touch and exertion	Pain in back and limbs. Patient wants to be left alone
Belladonna	When sitting up	When lying down	Shooting pains along limbs, joints swollen, cold extremities
Colchicum	When stooping	In evening and warm weather	Pins and needles in hands and wrists, numb fingertips. Gout in heel
Ledum	Cold	At night	Pains through foot and legs and in joints. Throbbing in right shoulder
Pulsatilla	In open air and from motion	Heat	Pain in limbs that shifts rapidly, knees swollen
Rhus tox	Motion	At night and during rest	Hot, painful, swollen joints
Urtica	None recorded	Cold, moist air and from touch	Pain in ankles and wrists



## 29 Haemorrhoids

- Hamamelis 5% cream useful topically.
- Conventional medicine and suppositories may be used concurrently.
- Usual referral criteria apply.

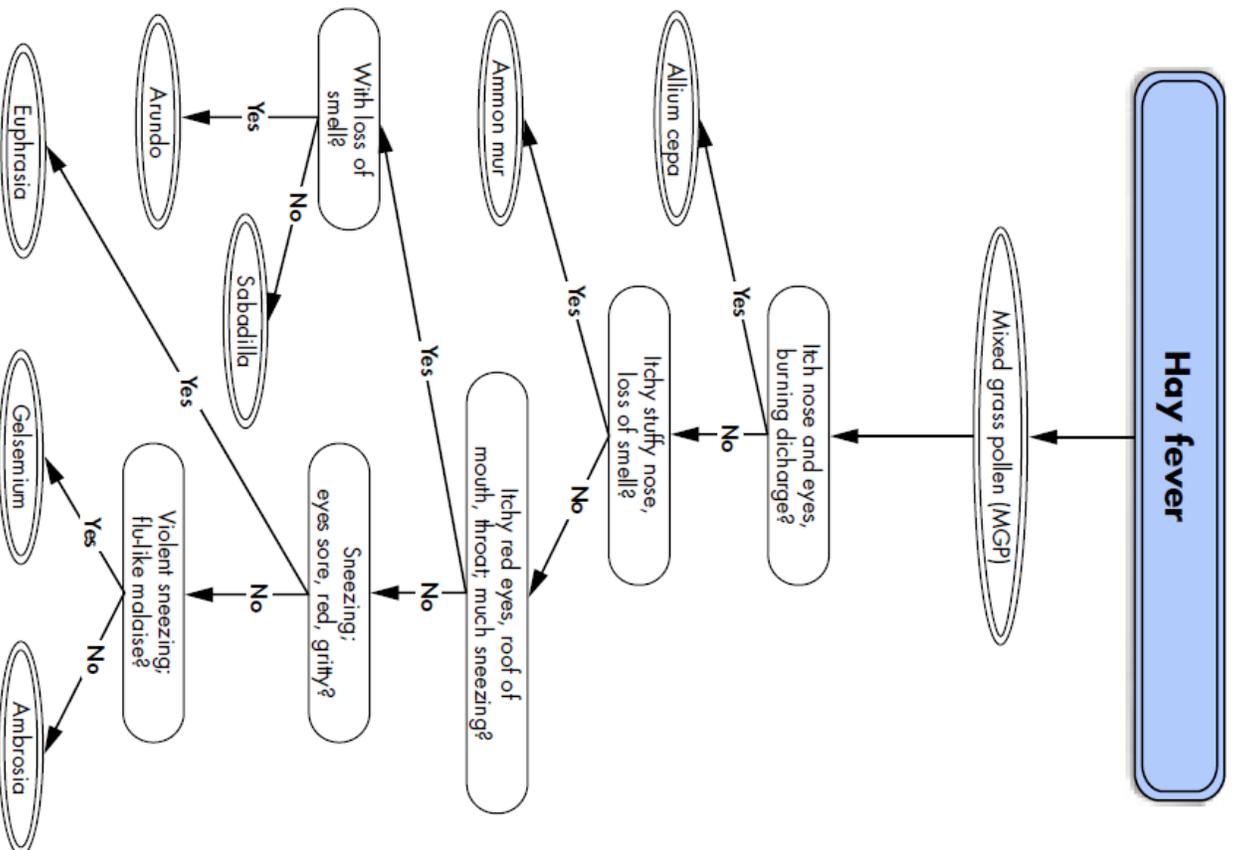
Homeopathic medicine	Better	Worse	Other
Acid nit	None recorded	In the evening and at night	Great straining but little passage of stools. Constipation
Aesculus	Cool, open air	In morning	Much pain after stool. Painful haemorrhoids; large, hard, dry stools
Aloe soc	Cold	In early morning and summer heat	Lumpy, watery stool with soreness in rectum after passing
Baryta carb	None recorded	In cold weather	Constipation with hard stools
Causticum	After gentle activity	In evening and after passing stool	Soft and small stool, expelled with much difficulty
Collinsonia	Heat	Slightest excitement	Aching feeling in anus, dry stools
Hamamelis	Rest and lying down	Warm air and at night	Sore haemorrhoids, may bleed profusely
Nux vom	In the evening	In the morning	Constipated with ineffectual urging



## 30 Hay fever

- **FIM** – Mixed grass pollen (MGP) 30c up to tds as required.
- Try MGP first, moving to other medicines if effect not satisfactory. Medicines may be co-administered or prepared as a bespoke combination medicine depending on presenting symptoms.
- See also Chart 3, Allergies.

Homeopathic medicine	Better	Worse	Other
Allium cepa	In open air and in cold room	In evening, in warm room	Hacking cough, sneezing, copious discharge from nose
Ambrosia	Cold air	Warm room and in presence of other people	Watery coryza, eyes burning
Ammon mur	In open air	In the morning	Acrid nasal discharge. Skin itching in evening
Arundo	Not recorded	In the evening and with motion	May be associated with eczema. Burning and itching of eyes and nostrils
Euphrasia	In the dark	In the evening	Eyes red and sore, acrid lacrimation, bland coryza
Gelsemium	In open air	In damp weather	Sneezing, watery nasal discharge
Sabadilla	When wrapped up and in open air	In the cold	Spasmodic sneezing with runny nose

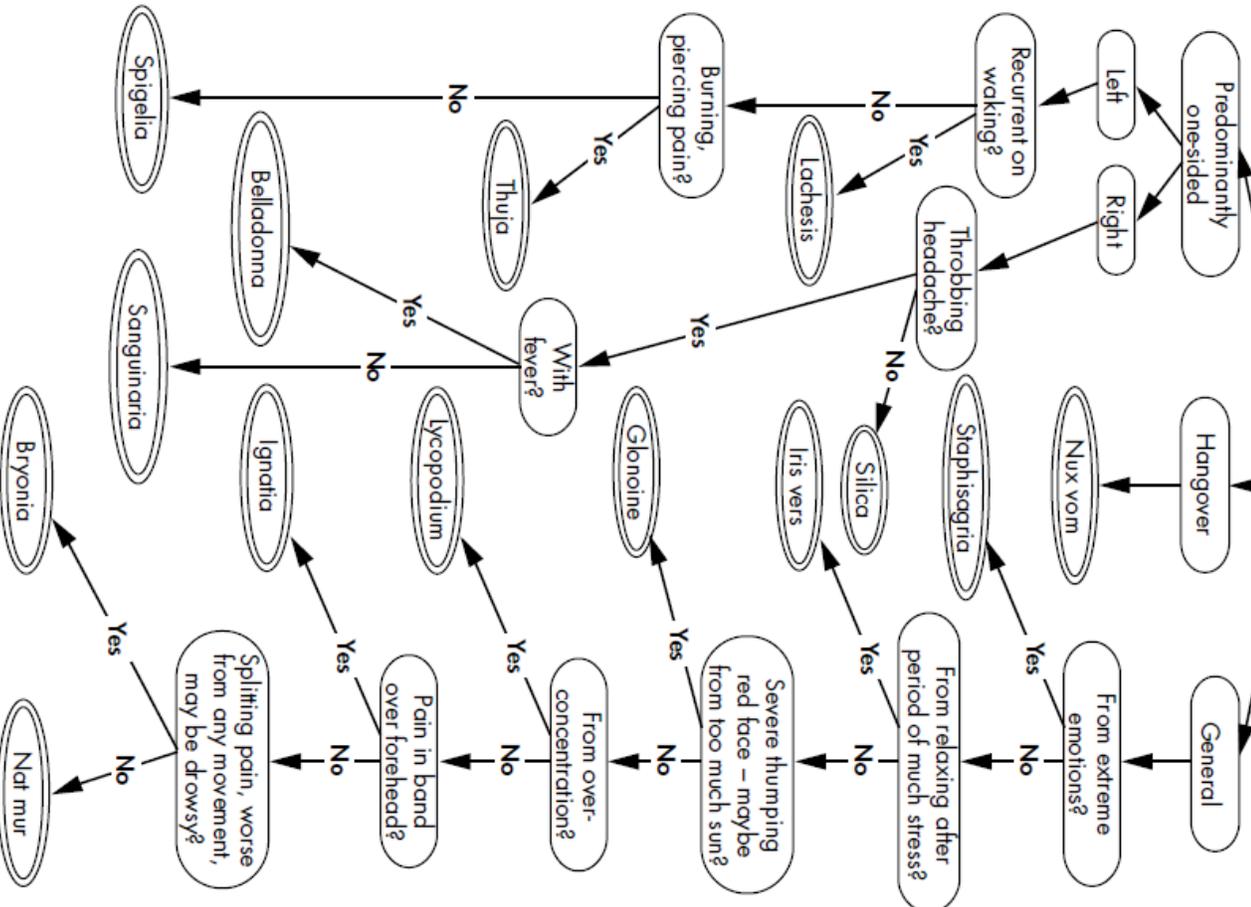


## 31 Headache and migraine

- Relaxation techniques, dietary changes and regular exercise often useful.
- For frequently recurring symptoms, a constitutional medicine may be more suitable – a detailed consultation would be required.
- The site and intensity of pain are important in identifying the correct medicine.

Homeopathic medicine	Better	Worse	Other
Balladonna	Sitting down	Noise and lying down	Often fever, pain in forehead. Sudden onset
Bryonia	In cold	Motion	Vertigo, nausea and faintness on rising
Glonoine	Open air, elevating head	In the sun or beside open fire. Lying down	Abnormalities of vision
Ignatia	Change of position	Tobacco smoke	Congestive headaches following anger or grief
Iris vers	Continued motion	In evening and during night	Frontal headache with nausea. Ringing in the ears. Facial neuralgia
Lachesis	In warm atmosphere	After sleep	May be associated with sun. Vertigo
Lycopodium	Motion and warm food and drink	Headache worse early evening and lying down	Throbbing headache especially after coughing
Nat mur	In open air	Noise and in a warm room	Blinding headache
Nux vom	While at rest and in the evening	Morning and after eating	Frontal and congestive headache. Eyes photosensitive. Stuffed up nose
Sanguinaria	Lying down and sleep	On right side	Pain in the back of the head, flushed face. May be associated with sun
Silica	Warmth	In the morning	Pain over most of head. Aversion to light. Very sensitive to cold air
Spigelia	Lying down	Touch and noise	Throbbing pain in front of head
Staphisagria	During night and warmth	Emotional upset	Associated with eye symptoms
Thuja	Warmth and motion	At night from heat of bed	Left-sided headache may be associated with chronic otitis and catarrh

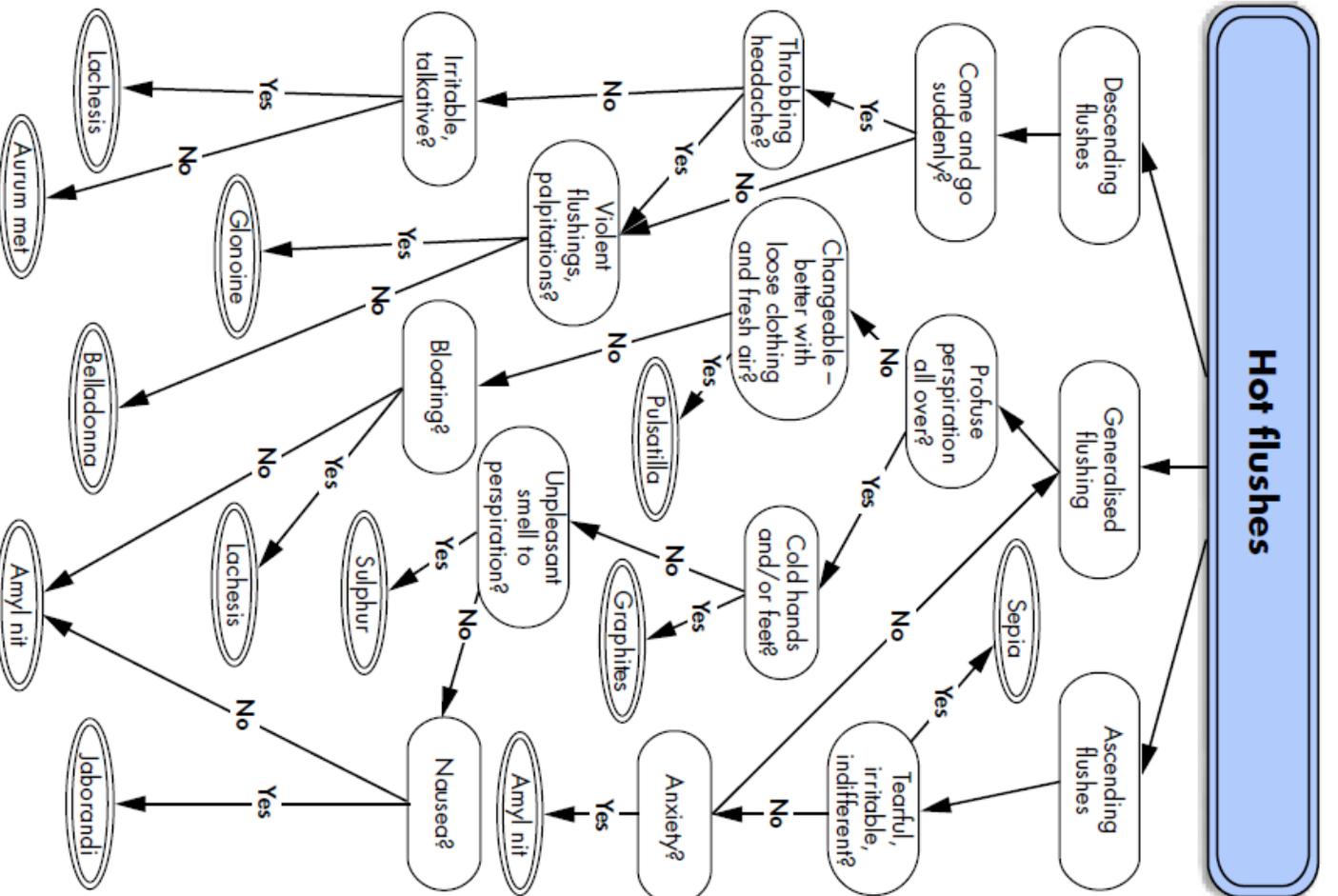
## Headache and migraine



## 32 Hot flushes

- Often the best long-term dosage regimen is the indicated medicine in the 6c potency given tds for 3 days then bd. This may be increased to 12c on follow-up or supplemented by a further supply of the indicated medicine in 30c for acute symptoms.
- Conventional medication, e. g. HRT (hormone replacement therapy) should be continued unless stopped by the prescribing doctor.
- See also Chart 36, Menopause.

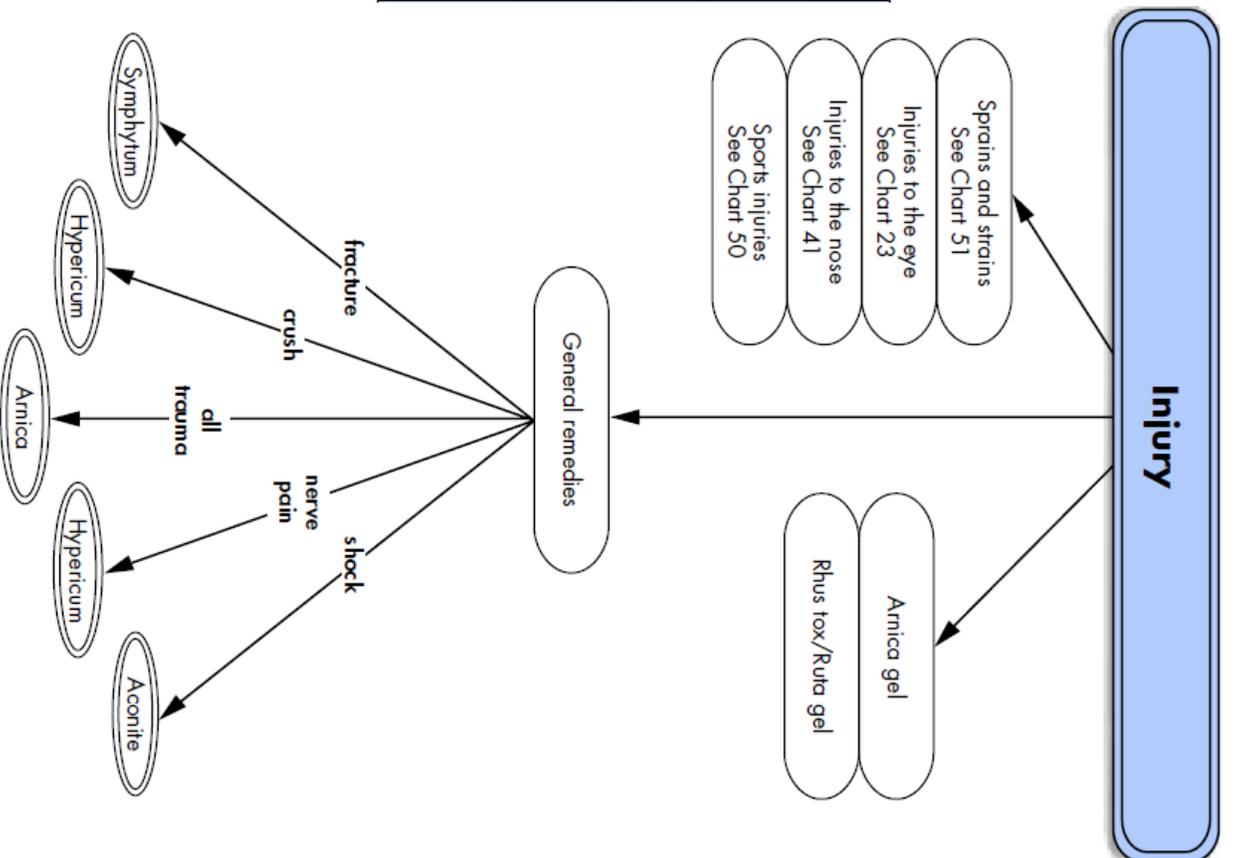
Homeopathic medicine	Better	Worse	Other
Amyl nit	Cool air	Anxiety	Facial flushing with anxiety and palpitation. Hiccough and yawning
Aurum met	Cool, open air	At night	Vaginal discomfort and uriner problems
Belladonna	Sitting up	Lying down	May be associated with painful breasts
Glonoine	Open air. Elevating head	Lying down	Often associated with backache
Graphites	Wrapping up	At night	Constipation. Pale and scanty menses. Weakness in back. Swollen breasts
Jaborandi	Cool atmosphere	At start of menses	Backache and often much coughing. Profuse sweating and nausea
Lachesis	Open air, cold drinks and loosening clothes	Pressure from clothes and after sleep	Palpitation, flushes of heat and fainting. Sciatica. Painful breasts
Pulsatilla	Open air and motion	Heat and towards evening	Chilliness and nausea, pain in the back, diarrhoea
Sepia	Exercise and warmth of bed	Morning and evening	Morning sickness, pain in vagina, back pain
Sulphur	Dry, warm weather	At rest and from warmth in bed	Burning sensation in vagina, cracked nipples



## 33 Injury

- **FIM** – any injury will usually respond to Arnica.
- Topical treatments include Arnica, Calendula, Hypericum Calendula.
- See also Chart 10, Bruising, Chart 50, Sports injuries and Chart 51, Sprains and strains.
- Arnica and Rhus tox./Ruta gel can be useful topically.
- For fractures: Symphytum 30c should be taken tds for no more than 10 days.

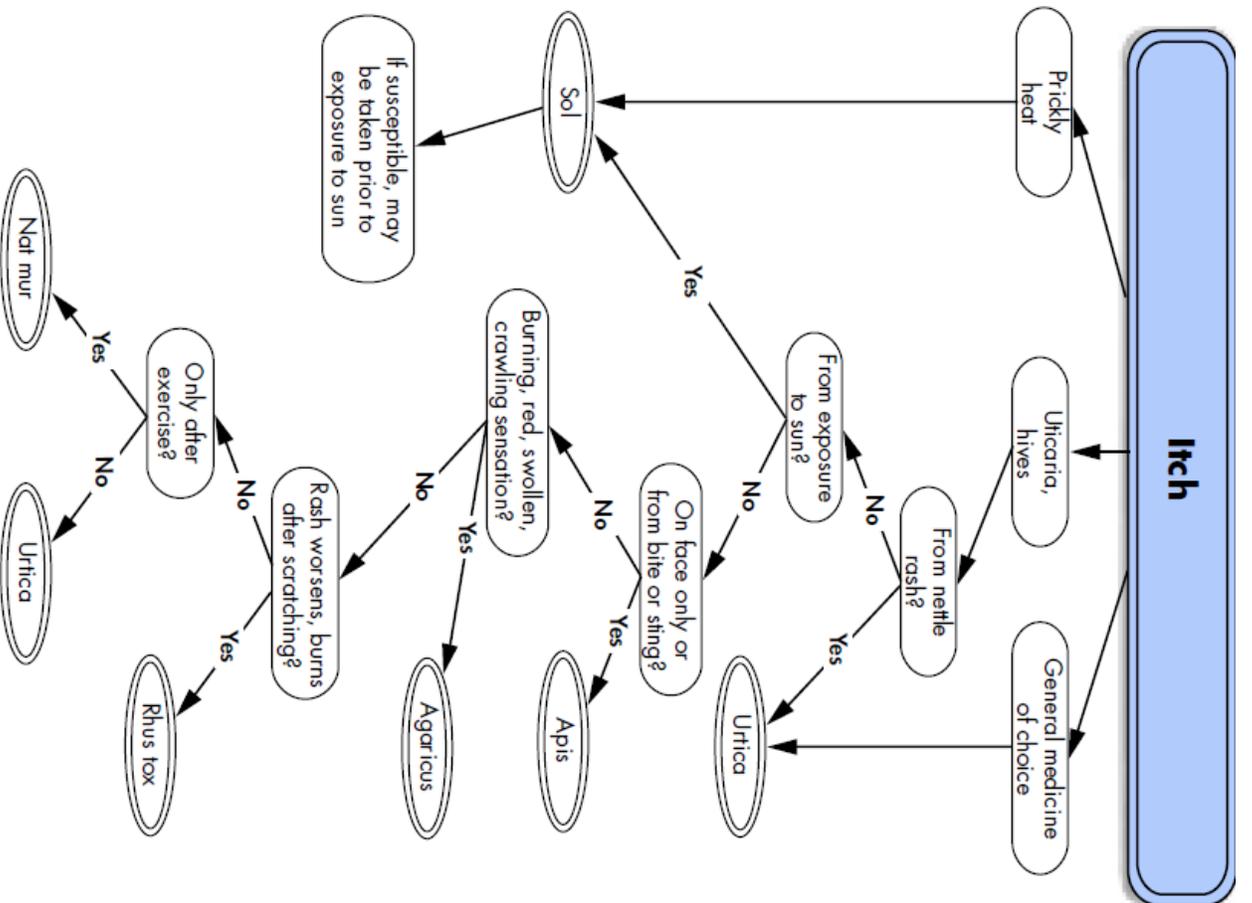
Homeopathic medicine	Better	Worse	Other
Aconite	In open air	In warm room	Anxiety and fear. Vomiting, mouth dry and tingling
Arnica	Lying down	Touch	Bruising. Skin itching and burning
Hypericum	Lying quietly	In cold	Blood and crush injuries, particularly involving digits
Symphytum	By changing position and applying heat	At night	Bone involvement. Numbness in palms of hand and soles of feet



### 34 Itch

- Urtica 5% cream useful topically – may be kept in fridge for maximum relief.
- For prevention of prickly heat, Sol may be taken in the 30c potency bd starting 1 week before exposure, increasing to tds and used concurrently with Urtica 5% cream if acute symptoms are experienced.
- See also Chart 3, Allergies.
- Sol is a remedy that is not found in all materia medicas. It is made by exposing alcohol to sunlight. When taken orally it is useful for itching and burning skin following exposure to sun. See Chart 11, Burns.

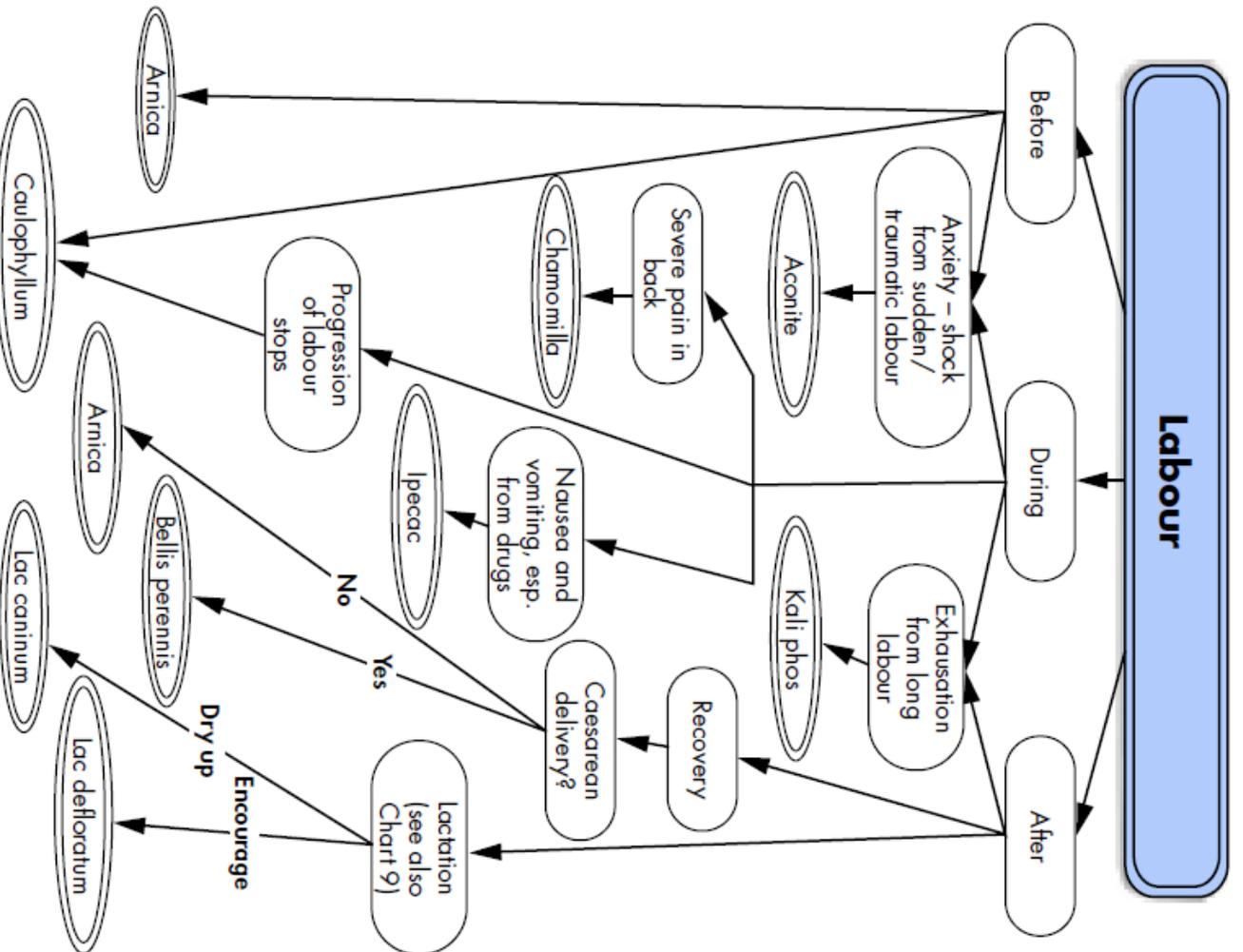
Homeopathic medicine	Better	Worse	Other
Agaricus	Movement	In cold air	Often associated with chilblains and small pimples. Restless sleep causes itching and burning skin
Apis	In open air	Heat and touch	Stinging pain and oedema in extremities. Hives with itching
Nat mur	In open air	Heat	Dry eruptions on skin. Pain in back. Hives, itching after exertion
Rhus tox	Motion and in warm dry weather	During sleep	Red, swollen, itching skin with vesicles. Restlessness
Sol	In cool	In direct sunlight	Associated with exposure to sun
Urtica	Lying down	Cold air	Urticarial rash. Erythema with burning and stinging. Itching of scrotum



### 35 Problems associated with Labour

- Arnica tds – start 2 days before due date (or as soon as possible) and continue until recovery.
- Caulophyllum should be taken bd starting 10 days before due date to ease passage of labour – stop when labour begins. If being used when progression of labour stops, the medicine should be taken hourly for three doses or until progression resumes.
- Hypericum/Calendula tincture useful – add 10 drops to a bath to relieve soreness from stitches, tearing or episiotomy.

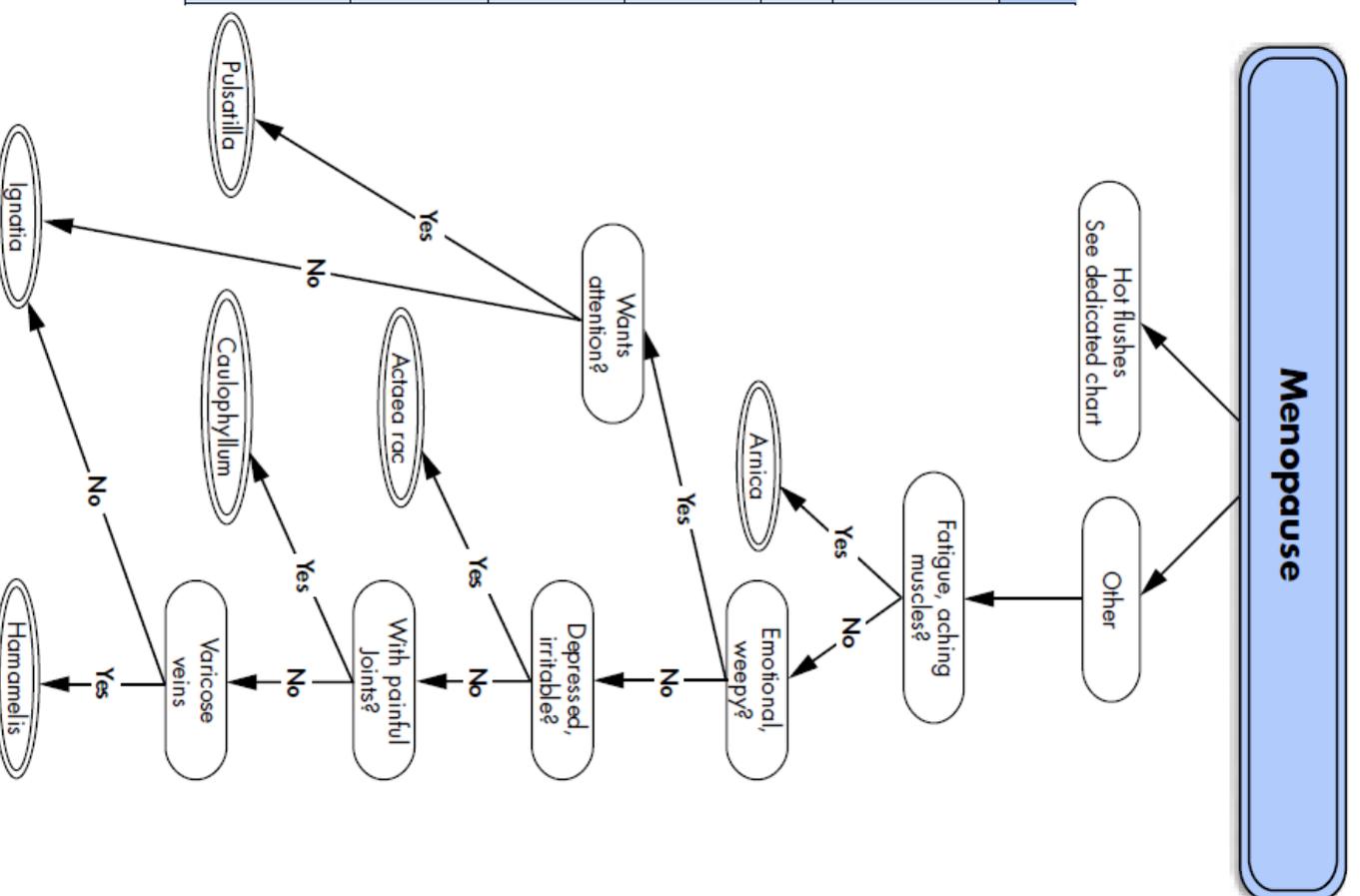
Homeopathic medicine	Better	Worse	Other
Aconite	Lying down	In warm room	Worry and anxiety. Red, inflamed eyes
Arnica	Lying down	Least touch	Used to reduce bruising and pain
Bellis perennis	Gentle movement	In warmth of bed	Trauma of the pelvic organs. Varicose veins in pregnancy; difficulty in walking. Wakes early in morning
Caulophyllum	Warmth	Open air	Spasmodic and severe pains. Dyspepsia
Chamomilla	With cold application	Heat	Where labour pains spasmodic, patient intolerant of pain. May be bloody discharge. Often irritable dry cough
Ipecac	Closing eyes, rest	Warmth	Irritable and anxious. Continuous nausea. Labour pains spasmodic and cutting across from left to right
Kali phos	Warmth and rest	Worry and physical exertion	Labour pains continual but of low intensity
Lac caninum	Cold and with cold drinks	Morning or evening	Erectic labour pains
Lac deffloratum	After food	Warmth	Throbbing pains with nausea and vomiting, constipation. Associated with poor nutrition



## 36 Problems associated with the menopause

- Hamamelis 5% cream may also be useful for varicose veins – apply bd.
- Conventional medication, e. g. HRT, should be continued unless stopped by the prescribing doctor.
- See also Chart 32, Hot flushes.

Homeopathic medicine	Better	Worse	Other
Actaea rac (aka Cimicifuga)	Warmth and after food	In the morning and in the cold	Pain in ovarian region, nausea and vomiting. Headache associated with worry
Arnica	lying down	With touch and motion	Sore nipples
Caulophyllum	Warmth	Open air	Spasmodic and severe pains in abdominal region. Thrush
Hamamelis	In open air and rest	In warm, moist air	Bearing down pain in back, vagina irritable and tender, sore nipples
Ignatia	While eating	In the morning	Disinterest in sexual activity, dry spasmodic cough. Very light sleep
Pulsatilla	Open air and motion	Heat	Patient fears to be alone and likes sympathy. Dyspepsia after a meal. Amenorrhoea

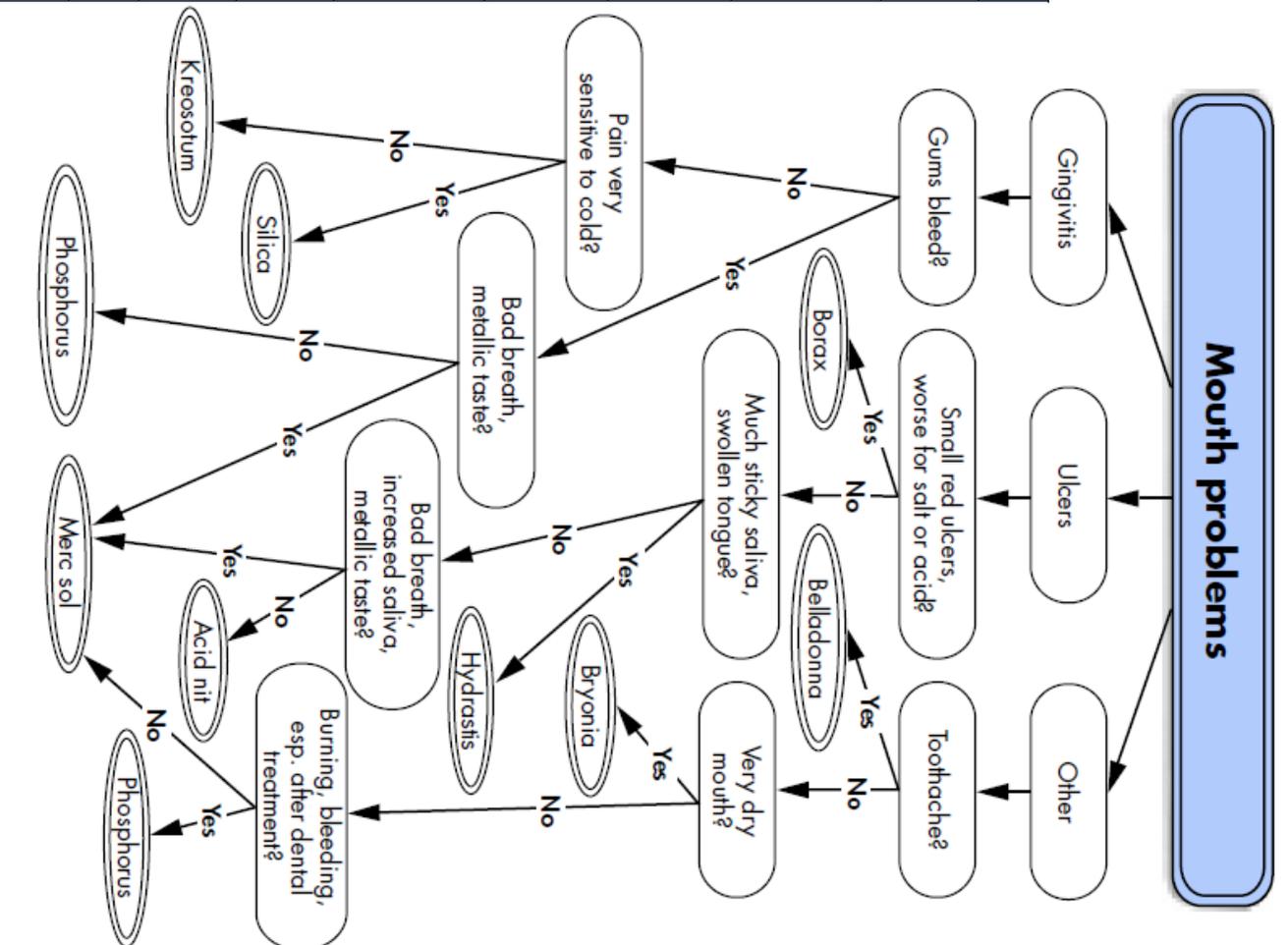




## 38 Mouth problems

- **FIM** – Merc sol for most acute mouth problems.
- Hypericum/Calendula tincture useful as a mouthwash – dilute 10 drops in 100 ml boiled/cooled water and use up to qds as required.
- Herbal Echinacea can benefit if patient suffers persistent ulcers – 825 mg daily (adult dose) if appropriate.

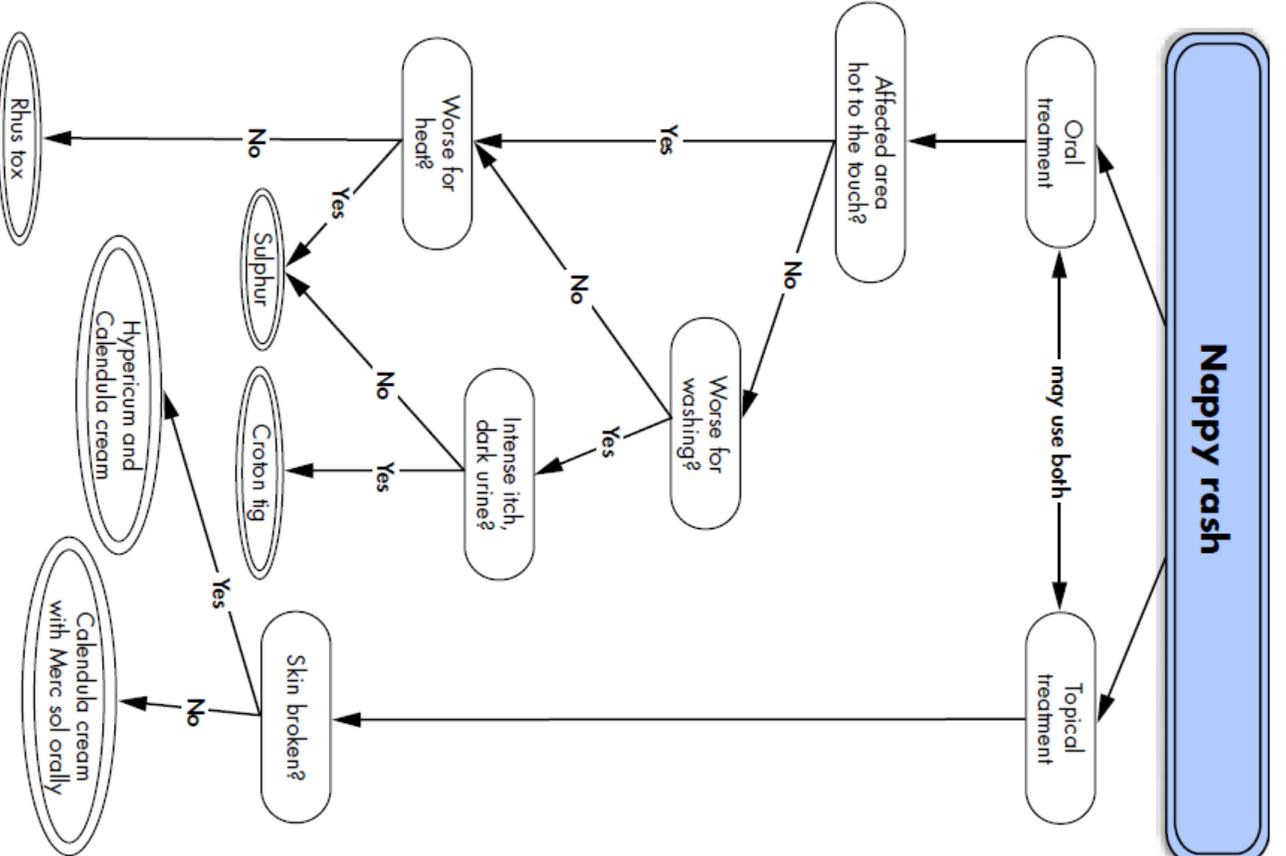
Homeopathic medicine	Better	Worse	Other
Acid nit	Hot drinks	Evening and night	Bleeding of gums, ulcers on soft palate, burning in throat
Belladonna	Cold drinks	Heat and warm drinks	Throbbing pain in teeth, gumbols, tongue swollen, dry throat with enlarged tonsils
Borax	Cold weather	Warm weather	Mouth hot and tender, ulcers may bleed, gumbols and bitter taste
Bryonia	Warmth	With cold drinks	Lips dry and cracked, excessive thirst, bitter taste in the mouth, dry throat
Hydrastis	In dry air	In cold air	Peppery taste in mouth, tongue white, swollen and large. Gums dark red and swollen
Kreosolum	Warmth	In open air	Halitosis and bitter taste in mouth. Lips red and bleeding
Merc sol	Moderate temperature	In warm atmosphere and in warm bed	Increased saliva, halitosis, burning sensation in throat
Phosphorus	With cold food and after sleep	With warm food and drink	Dry tongue and toothache
Silica	Warmth	Cold	Pain on swallowing and gumbols



## 39 Nappy rash

- Both topical and oral treatment may be used concurrently.
- Use of barrier cream may be appropriate after topical treatment.

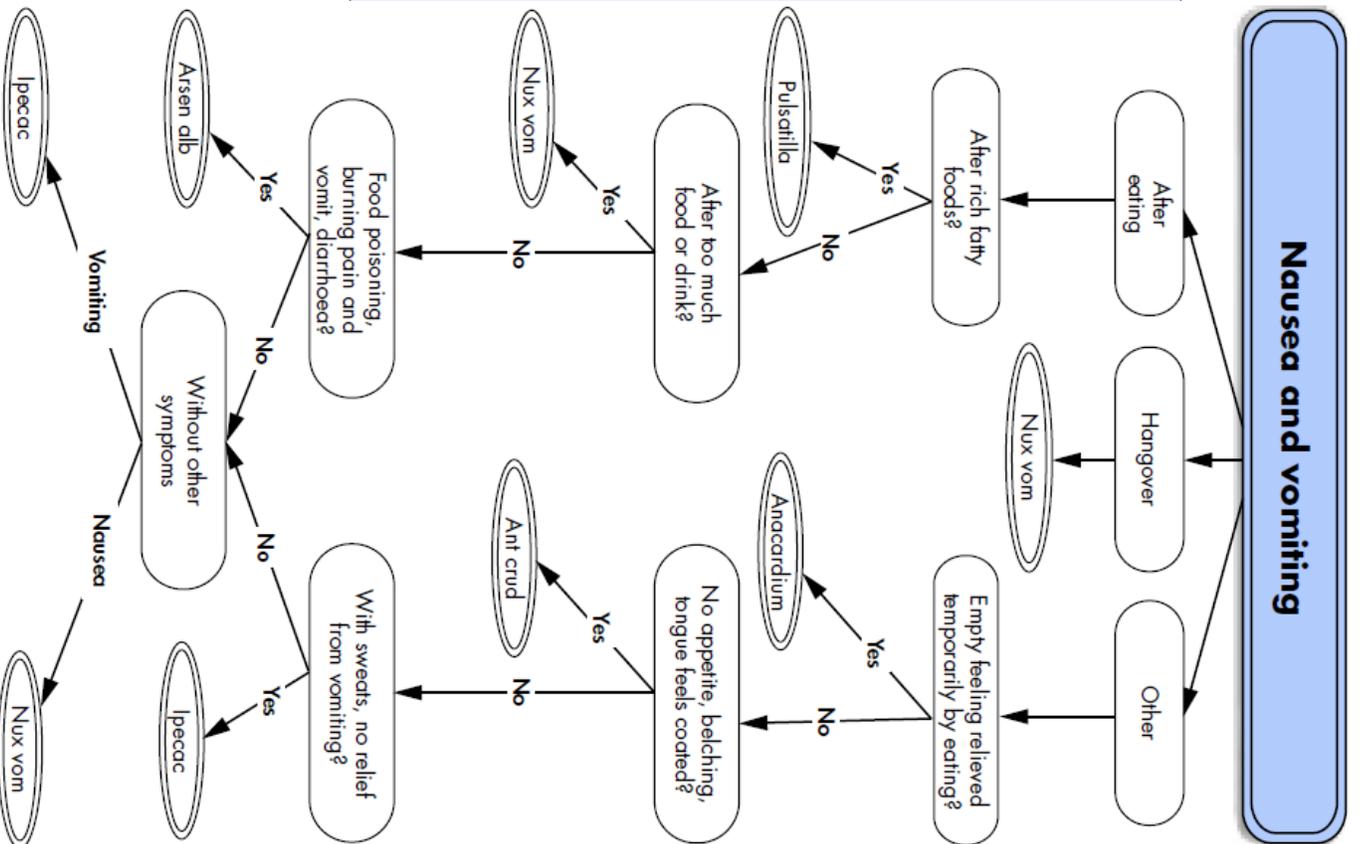
Homeopathic medicine	Better	Worse	Other
Croton tig	Removing nappy	Touch and washing	Intense itching; pustular eruptions. Dark orange-coloured urine
Merc sol	Moderate temperature	At night	Constantly moist skin, cold clammy sweat on legs at night. Greenish, slimy stool
Rhus tox	In warmth	During sleep	Red, swollen, itching skin. Dark-coloured urine. Diarrhoea, with mucus
Sulphur	Lying on right side	Overwarmth in bed	Frequent urination, especially at night. Redness around anus with itching



## 40 Nausea and vomiting

- **FIM** – Nux vom (nausea); Ipecac (vomiting).
- Electrolyte replacement therapy may be used concurrently.

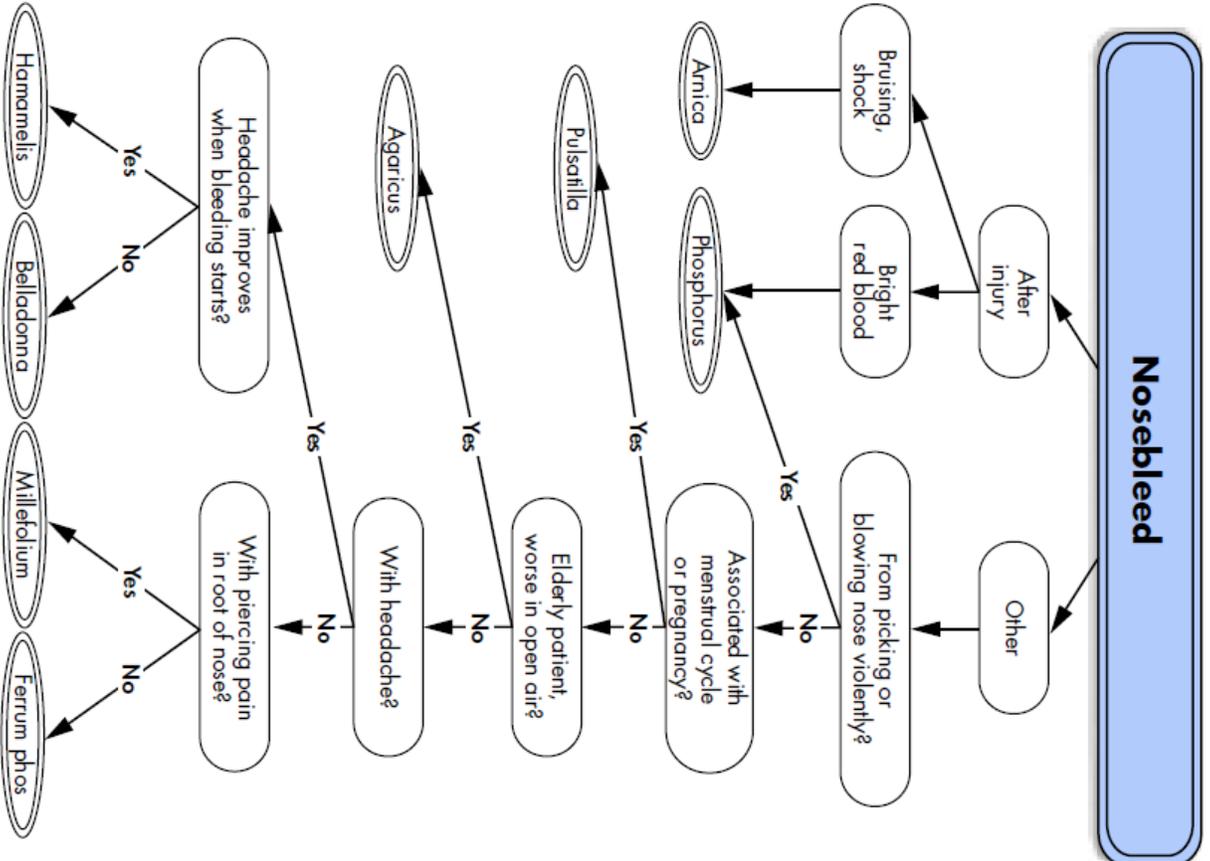
Homeopathic medicine	Better	Worse	Other
Anacardium	Eating	Between meals	Belching, nausea and vomiting, abdominal pain and constipation
Ant crud	During rest	In the evening	Thirst in evening and night, heartburn. Desire for acids and pickles
Arsen alb	Warm drinks	After food	Cannot bear sight or smell of food, great thirst, retching, heartburn
Ipecac	Hot drinks	Lying down	Mouth moist with much saliva, constant nausea and vomiting, hiccoughs
Nux vom	After rest	After eating particularly spicy food	Sour taste and nausea after eating, belching. Ravenous hunger
Pulsatilla	After cold food and drinks	Rich, fatty food and after eating	Belching, taste of food remains a long time, bitter taste, flatulence, heartburn



# 41 Nosebleed

- If no medicine is clearly indicated, try Phosphorus first.
- For recurring nosebleeds, conventional treatment or a constitutional medicine may be more suitable – a referral would be required.

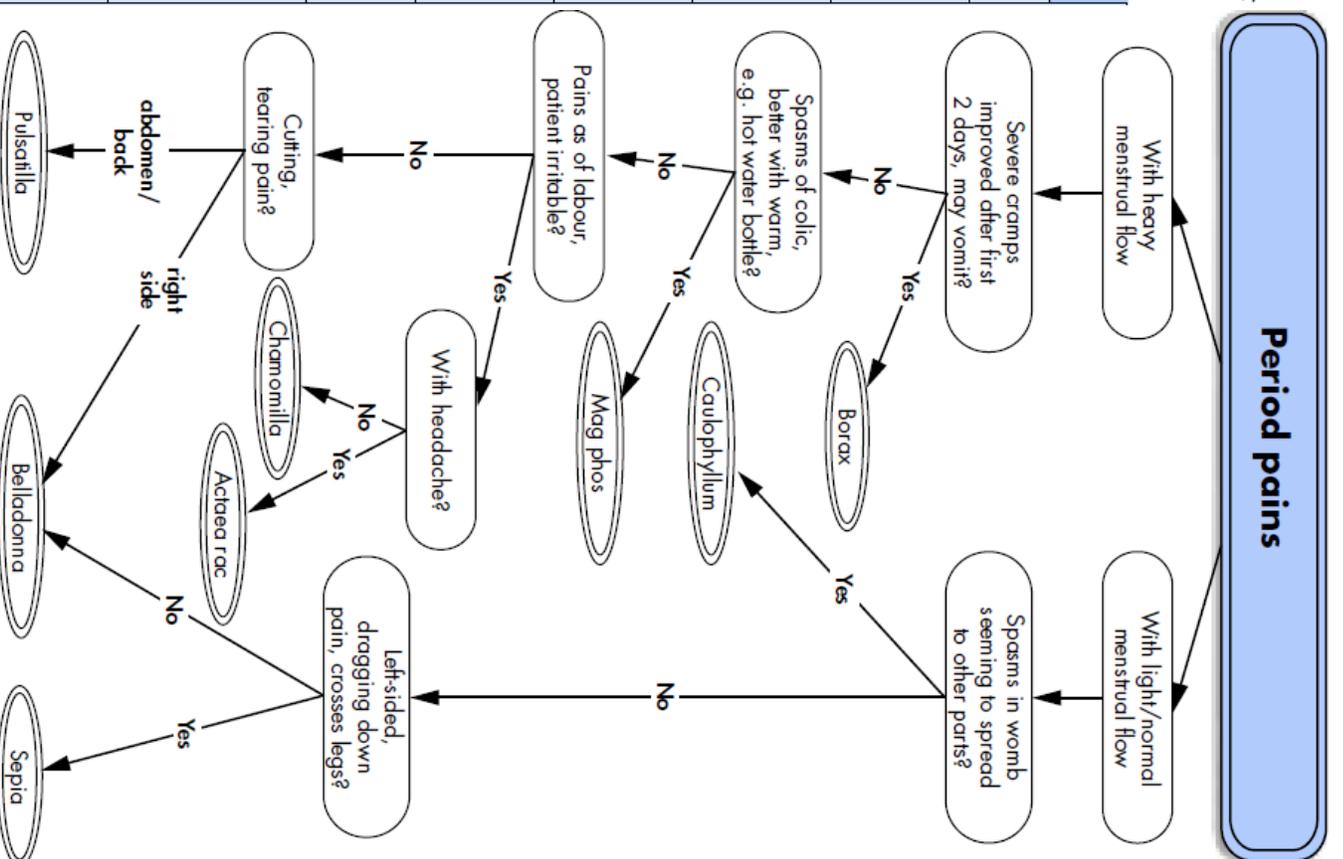
Homeopathic medicine	Better	Worse	Other
Agaricus	Warm	In open and cold weather	Particularly in older people. Internal and external nasal itching, spasmodic sneezing
Arnica	Lying down	Touch and motion	After coughing fit
Belladonna	Sitting up	Lying down	Red, flushed face, tingling in tip of nose
Ferrum phos	Application of cold	At night	First stage of head cold, bright red blood, face flushed, cheeks sore and hot
Hamamelis	In cold	In warm air	Profuse bleeding with tightness in bridge of nose
Millefolium	Application of cold on bridge of nose	After violent exertion	Stuffed-up nose
Phosphorus	In open air and after sleep	With physical or mental exertion	Handkerchief often bloody
Pulsatilla	In open air	In warm room	Coryza, stoppage of right nostril, loss of smell



## 42 Period pains

- When the appropriate medicine has been established and is effective for the acute symptoms, it may be possible to use the same medicine for days 12–18 of the cycle to prevent the symptoms or reduce the severity.

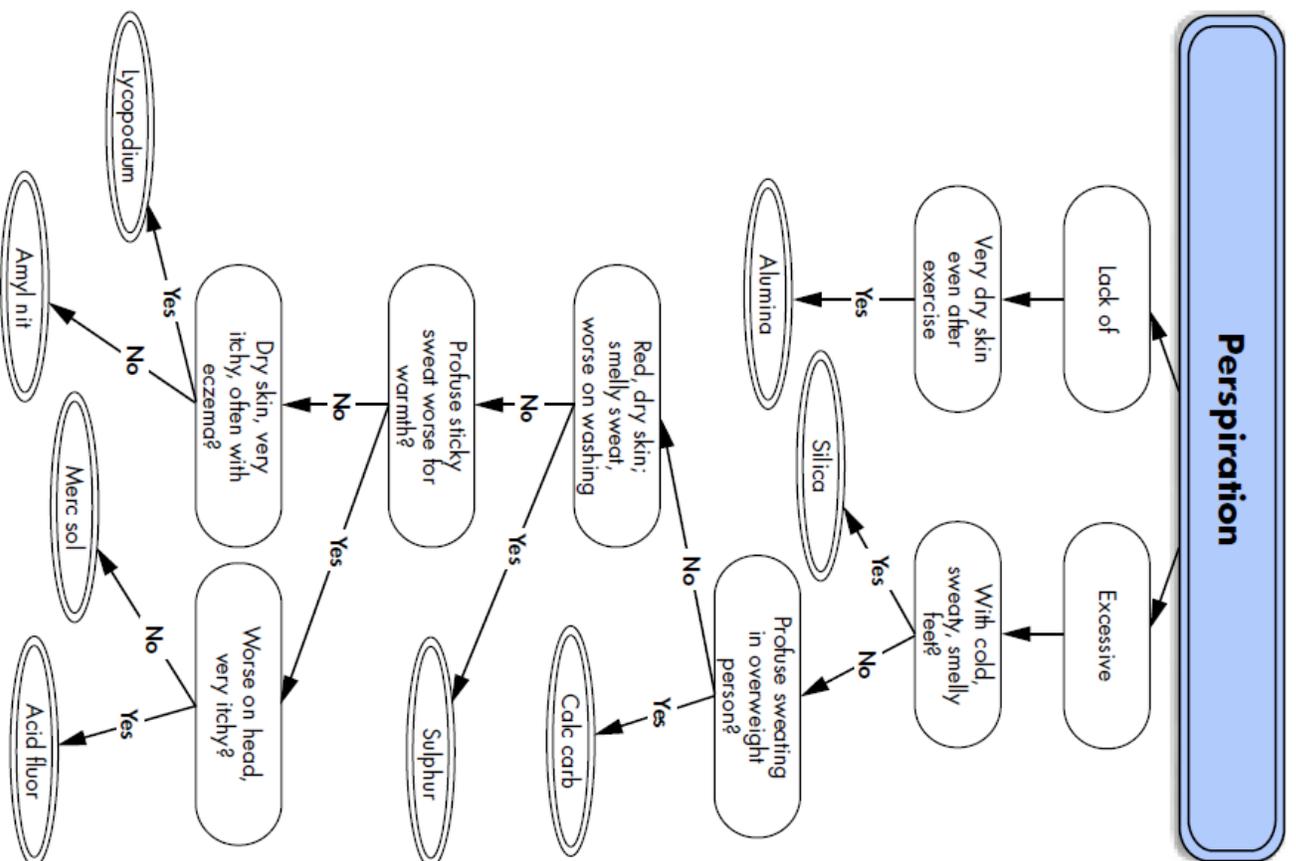
Homeopathic medicine	Better	Worse	Other
Actaea rac (aka Cimicifuga)	Warmth and eating	In the morning	Pelvic pain, amenorrhoea
Belladonna	Sitting up	Touch and lying down	Throbbing pain radiating from nipples, breasts feel heavy
Borax	Evening and cold weather	Warm weather	Menses profuse, nausea and pain in stomach extending into small of back
Caulophyllum	Warmth	Motion	Spasmodic and severe pains over abdomen. Dysmenorrhoea
Chamomilla	Pressure	Touch and in morning	Patient complains of general pain, inflamed nipples tender to touch
Mag phos	Warmth	In the cold and at night	Colic and irregularities of cycle
Pulsatilla	Open air and motion	Heat	Amenorrhoea, nausea and downward pressure. Painful flow. Diarrhoea possible
Sepia	Exercise and warmth of bed	In cold air	Flatulence with headache, sickness in the morning, painful vagina



## 43 Perspiration

- Distinction should be made between general excessive perspiration and fever.
- Importance of increased fluid intake should be stressed.

Homeopathic medicine	Better	Worse	Other
Acid fluor	Cold while walking	Warmth in the morning	Profuse, sour offensive perspiration, often inflammation of finger joints
Alumina	In open air and from cold washing	In the afternoon and in warm room	Chapped and dry skin, brittle nails
Amyl nit	Cool air	Anxiety	Flushed face and chest pains. Bursting headache
Calc carb	In dry weather	Physical or mental exertion	Rheumatoid pains in extremities
lycopodium	Motion and warm drinks	Heat or warm room	Abscesses beneath skin, hives and violent itching. Varicose veins
Merc sol	In cool	Warmth of bed and at night	Excessive odorous perspiration, itching skin
Silica	Warmth	In the morning	Abscesses and boils on skin. Scitica. Cold sweat on hands and feet
Sulphur	Dry warm weather	Scratching and washing	Dry, scaly unhealthy skin with itching and burning. Patient feels hot

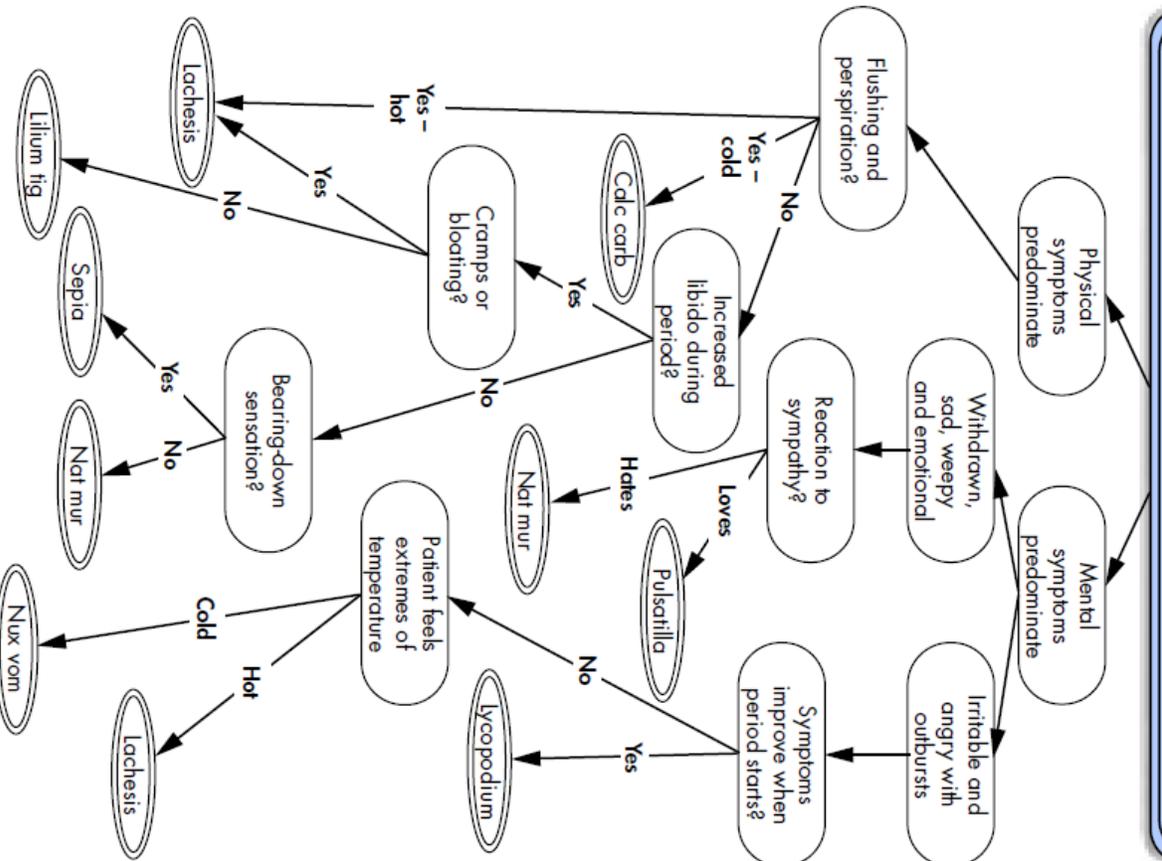


## 44 Pre-menstrual syndrome

- **FIM** – choice between Pulsatilla and Sepia.
- Pulsatilla more successful in fair-skinned and affectionate women with a tendency to be weepy; Sepia in tall slim women with dark complexion.

Homeopathic medicine	Better	Worse	Other
Calc carb	In dry climate and lying down	Mental or physical exertion and cold	Headache, colic and chilliness. Cold, damp feet
Lachesis	Warm applications	Pressure of clothes and after sleep	Breasts inflamed, flashes of heat, headache and fainting spells
Lilium tig	Fresh air	In warm room	Pain down thighs. Pruritus
Lycopodium	Motion and being uncovered	Any form of heat	Pain in right ovarian region. Burning sensation in vagina
Nat mur	In the open air and pressure against back	Lying down	Irregular periods, usually profuse flow
Nux vom	Sleep and strong pressure	In the morning and after mental exertion	Irregular cycle
Pulsatilla	Open air and from motion	Heat and a warm room	Amenorrhoea. Chilliness, nausea and downward pressure. Sometimes associated with diarrhoea
Sepia	Exercise. Pressure and warmth of bed	In morning and evening	Period often late, sickness in the morning and vagina may be painful

### Pre-menstrual syndrome

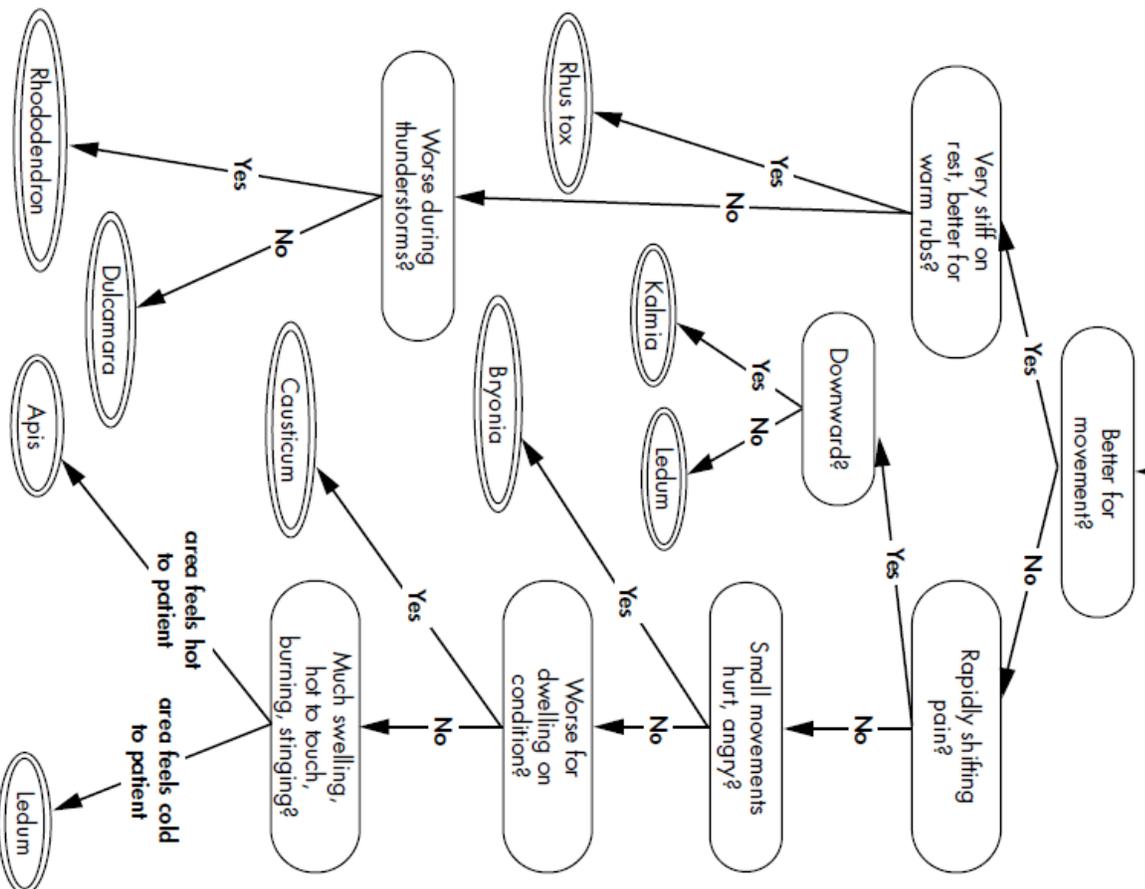


## 45 Rheumatic and arthritic pain

- **FIM** – Rhus tox if better for movement, Bryonia if better for rest.
- Rhus Tox/Ruta 5% gel useful topically in many cases.
- See also Chart 50, Sports injuries and Chart 51, Sprains and strains.

Homeopathic medicine	Better	Worse	Other
Apis	In open air and after cold bathing	Heat and touch	Oedema, synovitis. Swollen knee. Rheumatic pain in back and limbs. Sore sensitive skin
Bryonia	Application of cold	Warmth and motion	Knees stiff and painful. Joints red, swollen and hot
Causicum	Warmth, especially heat of bed	Dry, cold winds	Weak ankles and dull pain in arms and hands
Dulcamara	Movement	At night	Pain in shin bones. Often associated with skin eruptions
Kalmia	Warmth	Motion	Pains affect hips to knees and feet. Sense of coldness in limbs. Joints red, hot and swollen
Ledum	Cold	At night and from heat of bed	Pains in foot and in joints, especially small joints. Swollen, hot. Throbbing in right shoulder
Rhododendron	With warmth and eating	At rest and at night. Extreme sensitivity to changes in weather	Swollen joints, inflammation of big toe joint. Pain especially on right side of limbs. Stiff neck
Rhus tox	With movement and in warmth	In the cold and at night	Rheumatic pains over neck, thighs and extremities

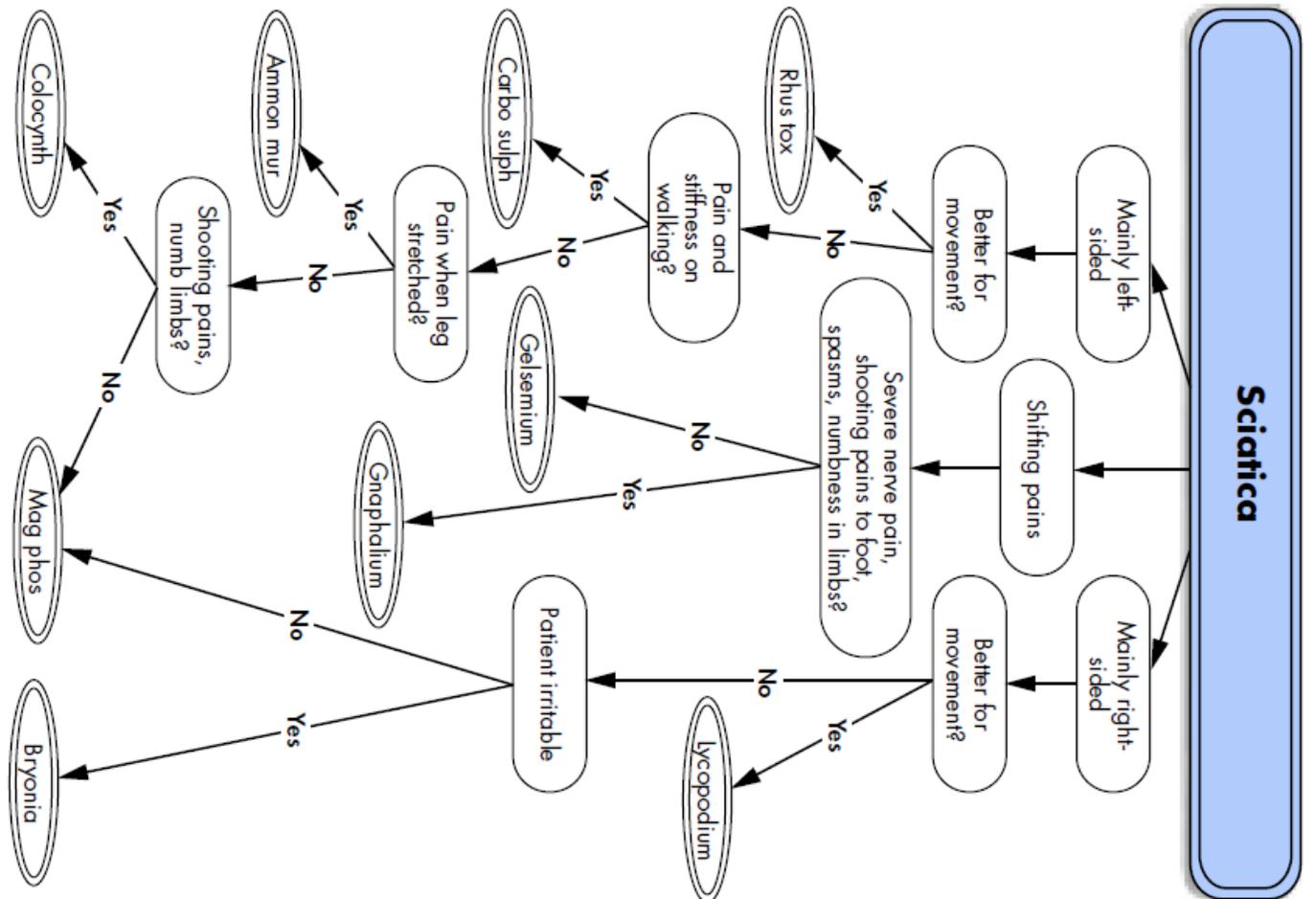
### Rheumatic and arthritic pain



## 46 Sciatica

- This is a very changeable condition – the same patient may present different symptoms with each episode and may require different medicines each time.

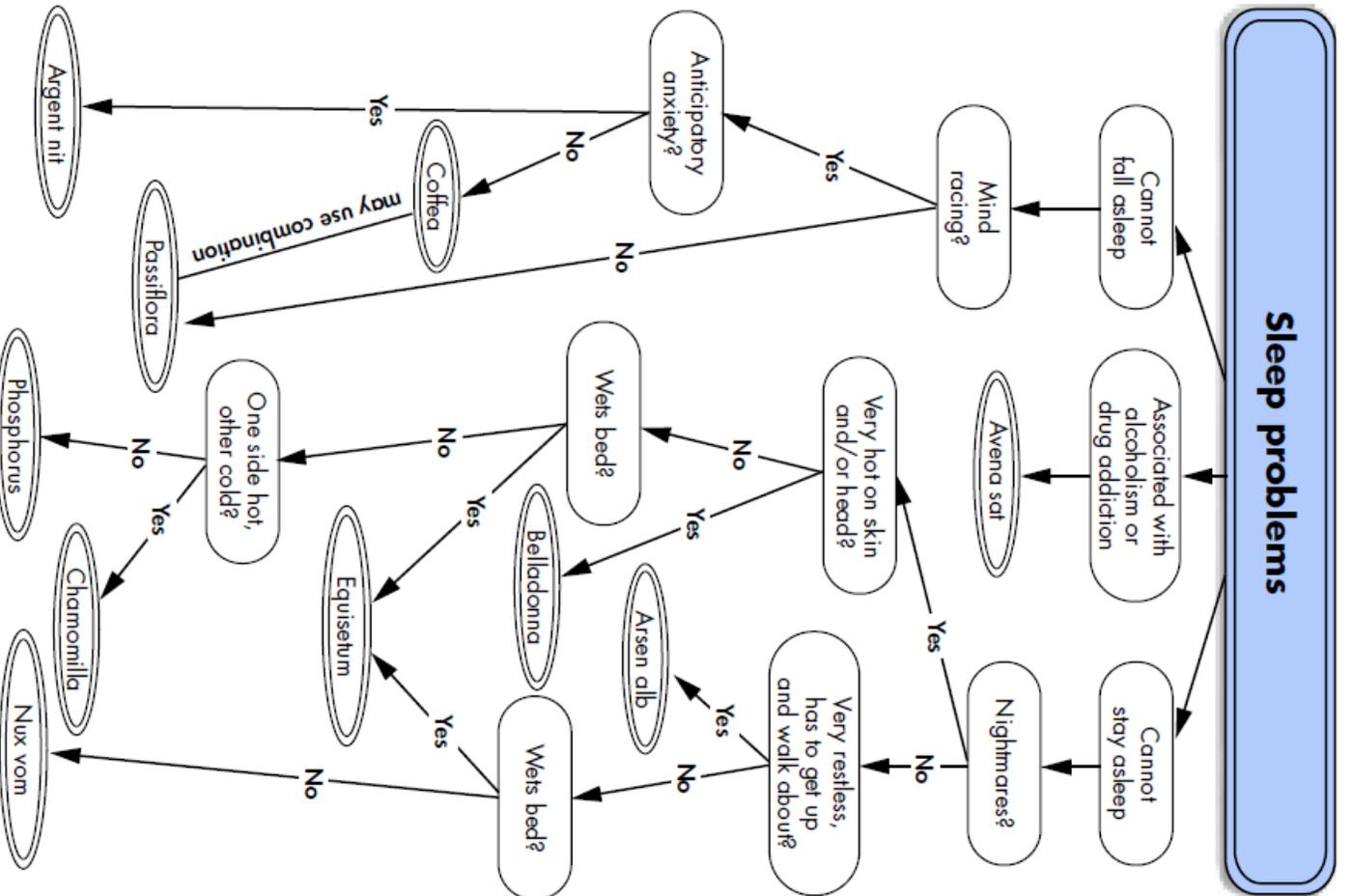
Homeopathic medicine	Better	Worse	Other
Ammon mur	Lying down	Sitting down	Shooting and tearing pain. Often associated with backache and sweaty feet
Bryonia	Cold	With warmth and motion	Painful stiffness in neck and back, knees stiff and painful
Carbo sulph	In open air	In warm	Pains in lower limbs with cramps. Fingers swollen
Colocynt	Pressure and heat	Gentle touch	Pain from hip to knee. Stiffness of joint. Sciatica particularly on left side
Gelsemium	In open air and continued motion	In damp weather	Fatigue after slight exercise. Trembling in limbs
Gnaphalium	Sitting and flexing limbs	At night and with motion	Cramps in calves of legs and feet when in bed. Pain in joints and back
Lycopodium	Warm food and drink	On right side	Numbness in limbs, especially while at rest and at night. Feet sweaty
Mag phos	In the warm and with pressure	In cold and at night	General muscular weakness and feet very tender
Rhus tox	In the warm	During sleep and cold	May be associated with hot, painful swelling of joints and tingling in feet



## 47 Sleep problems

- **FIM** – Avena sat, Coffea and Passiflora either alone or in combination may be useful.
- For persistent insomnia, a constitutional medicine may be more suitable – a detailed consultation would be required. Consider referral.
- Conventional medication should be continued unless stopped by the prescribing doctor.

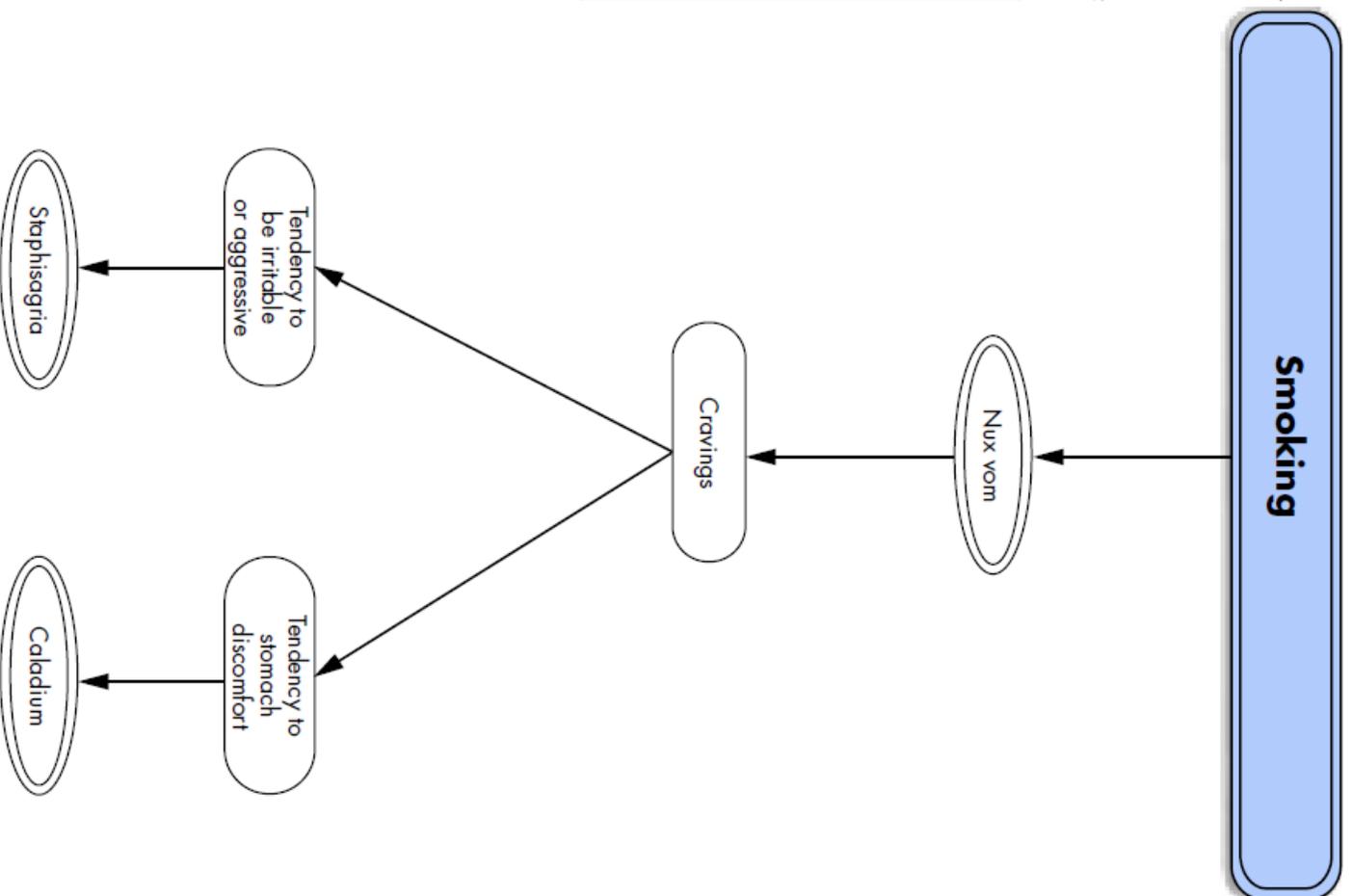
Homeopathic medicine	Better	Worse	Other
Argent nit	Fresh air and cold	Warmth and at menstrual period	Cannot fall asleep due to imagination. Dreams featuring snakes
Arsen alb	Heat and warm drinks	In wet weather and cold drinks	Disturbed, anxious and restless. Requires head to be raised with pillows. May sleep with hands over head
Avena sat	None recorded	None recorded	Sleeplessness may be associated with alcoholism or drug addiction
Belladonna	In quiet and moderate temperatures	Touch and noise	Restless, screams out in sleep. Often sleeps with hands under head
Chamomilla	Being carried (children). Warm and wet weather	Heat and emotional upset	May cry out during sleep, anxious and frightened dreams
Coffea	Lying down and holding ice in the mouth	Emotional upset	Wakes up very early with a start. Sleep disturbed by dreams
Equisetum	Lying down	Movement	Enuresis
Nux vom	Following rest	After eating spices	Broken sleep, dreams associated with urgency
Passiflora	Peace and quiet	Mental worries and exhaustion	Restless and nocturnal cough
Phosphorus	Cold food and washing with cold water	Physical or mental exertion and warm food and drink	Drowsiness after meals. Goes to sleep late



## 48 Smoking

- Homeopathy can be effective alone but often works best complementary to a directed NRT (nicotine replacement therapy) programme.
- Nux vom should be taken in the 200c potency twice daily from day of stopping for 5–10 days.
- Nux vom pre-eminently the medicine for many of the conditions found in modern life.
- To alleviate acute cravings, use Staphisagria or Caladium at a dose of 30c qds.

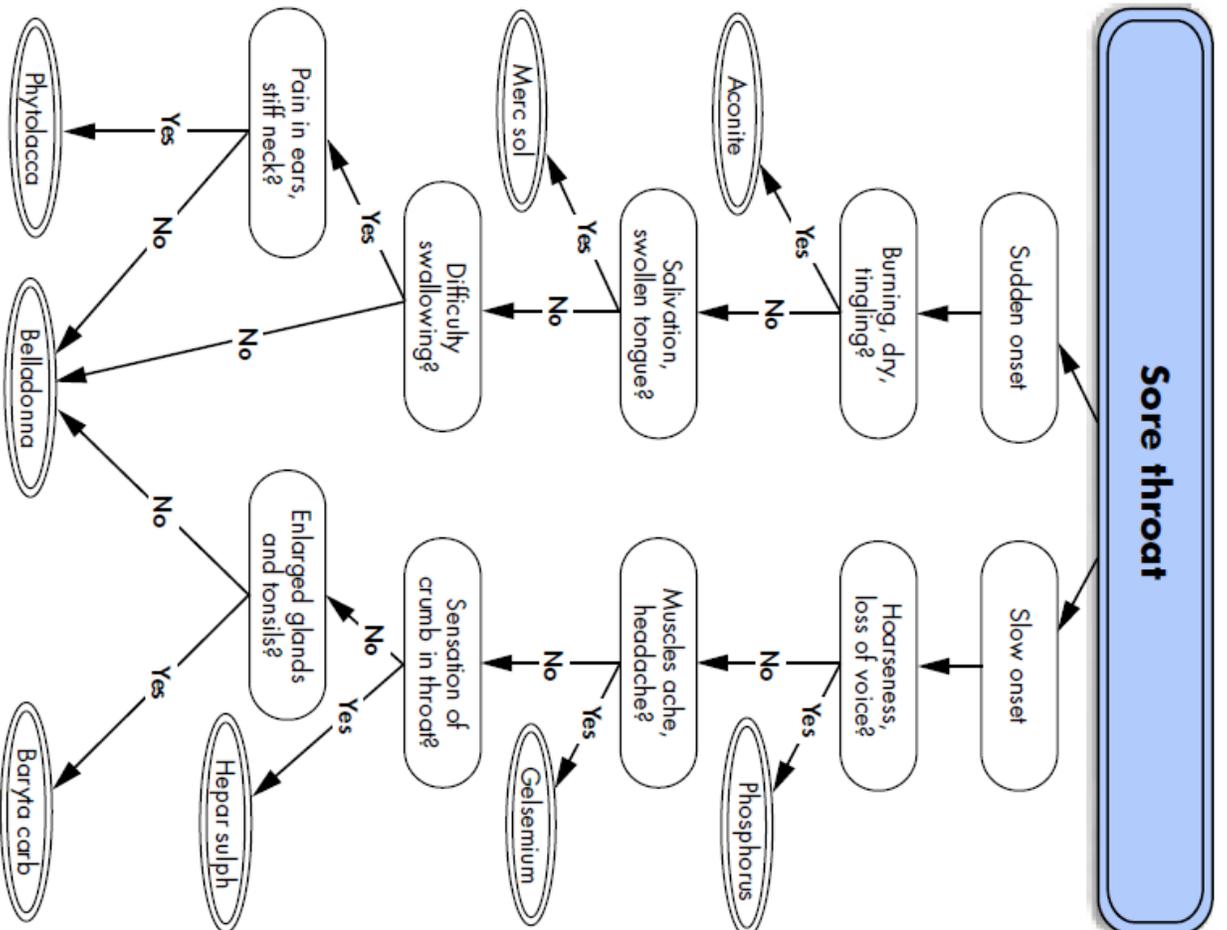
Homeopathic medicine	Better	Worse	Other
Caladium	After sleeping	Warm air	Headaches following smoking. Belching
Nux vom	Rest	Touch and if other ailments present. Mental exertion	Stress of modern life, irritability, digestive disturbances. Sleep problems
Staphisagria	Rest	After emotional upset	Headache with yawning, craving for tobacco. Nausea, diarrhoea



## 49 Sore throat

- **FIM** – Belladonna where fever, red, hot, sore to swallow, especially in children.
- Hypericum/Calendula tincture useful as a gargle – 5 drops in water.
- If appropriate, herbal Echinacea can be very valuable to boost the immune system – 825 mg daily (adult dose).

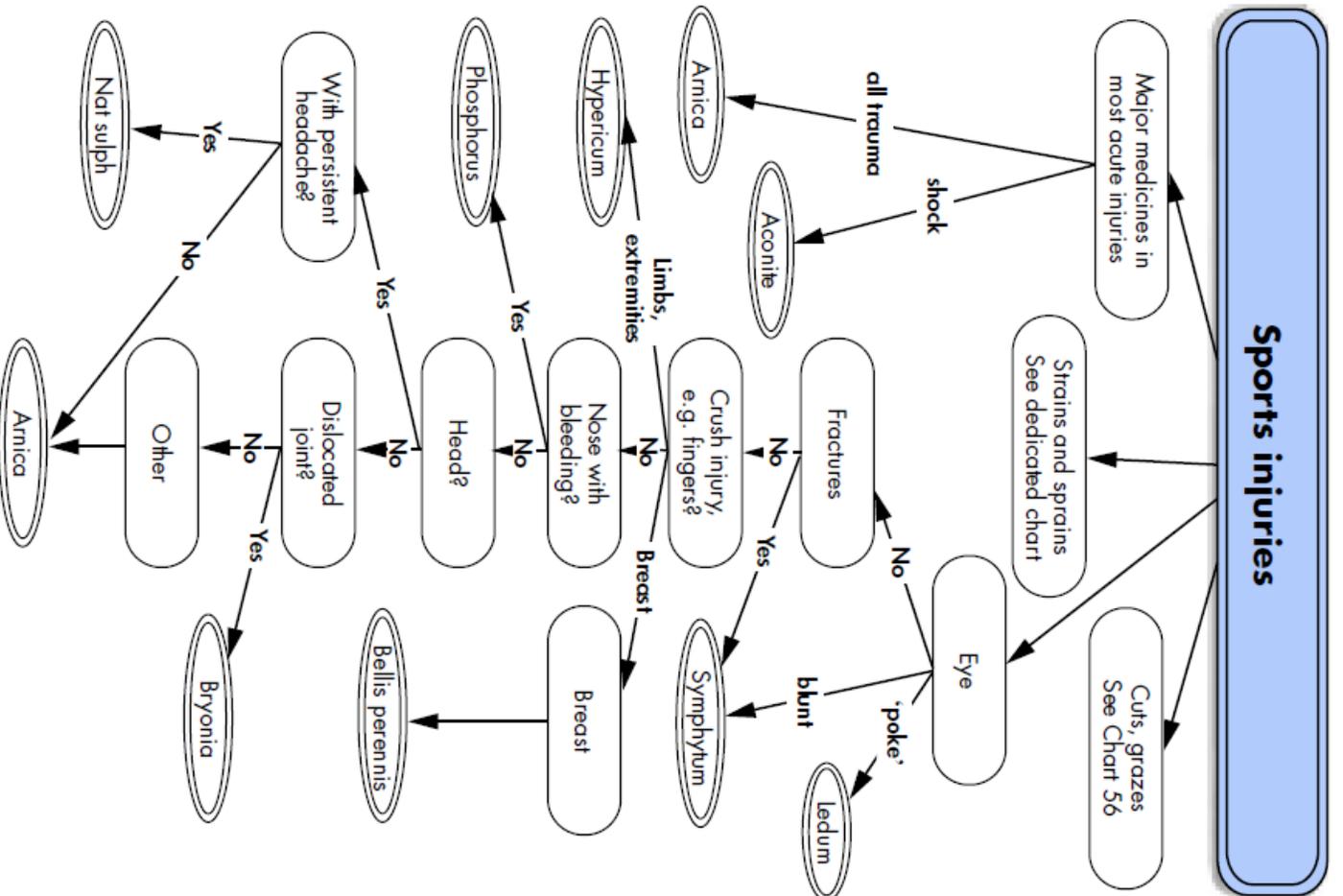
Homeopathic medicine	Better	Worse	Other
Aconite	In open air	In warm room	Red and dry with swollen tonsils
Baryta carb	Walking in open air	Heat	Difficulty swallowing. May be associated with overuse of voice
Belladonna	Cold drinks	Heat	Dry throat, enlarged tonsils. Throat feels constricted. Red and hot
Gelsemium	In the open air	After emotional upset	Difficulty swallowing warm food, throat feels rough and burning. Ear may also be affected
Hepar sulph	After eating and in damp weather	Dry, cold winds and cool air	Gums and mouth painful to touch and bleed readily
Merc sol	Sucking ice cubes	At night and from warm room and warm bed	Raw and burning throat with loss of voice. Ulcerated. Excessive saliva
Phosphorus	Cool open air and cold food	After physical exertion and from warm food and drink	Thirst for very cold water. Bleeding gums
Phytolacca	Warm dry weather	In cold weather	Dark-red or bluish sore throat. Sensation of lump in throat



## 50 Sports injuries

- Arnica 5% gel useful topically in most cases for bruising.
- Ruta/Rhus tox 5% gel used topically for sprains and strains.
- See also Chart 51, Sprains and strains.

Homeopathic medicine	Better	Worse	Other
Aconite	Open air	Warm room	Inflamed joints, knee problems and fear and anxiety
Arnica	Lying down	Least touch	Injuries involving bruising. Physical and mental exhaustion
Bellis perennis	In cool	After hot bath and warmth of bed	Injuries to breast and trauma of pelvic area. Good medicine for sprains and bruises
Bryonia	With pressure and rest	Warmth and motion	Knees stiff and painful. Pain in neck
Hypericum	After rubbing and lying quietly	In cold and with touch	Pain in toes and fingers especially the tips. Pain in shoulders
Ledum	At night and from heat of bed	Cold	Ankle sprain and shoulder injuries, especially right shoulder
Nat sulph	In dry weather and changing position	In damp	Pain in hip joint, stiffness of knees. Pains in back of neck
Phosphorus	Cold food and in the open air. Washing with cold water	Touch, warm food or drink	Burning in the back. Pain in elbow and shoulder joints. Dry tickly cough
Symphytum	Rest	Activity	Any injury with bone involvement

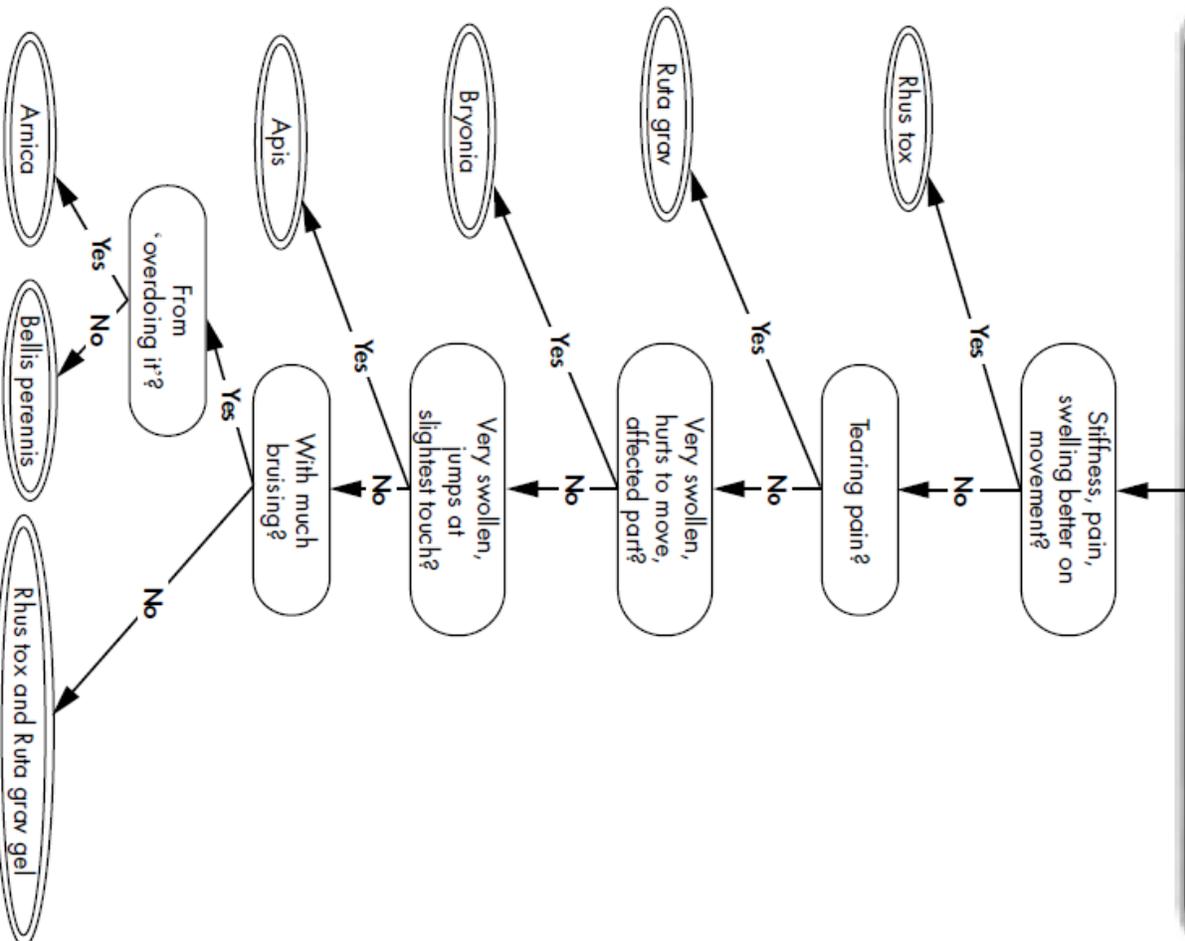


## 51 Sprains and strains

- Rhus Tox/Ruta 5% gel or Arnica 5% gel as appropriate useful topically in most cases.

Homeopathic medicine	Better	Worse	Other
Apis	Uncovered and with application of cold	Heat and touch	Oedema in extremities, synovitis
Arnica	Lying down	Least touch and motion	Effects of mental and physical exertion. Used for traumatic injuries
Bellis perennis	Motion	Warmth of bed	Used for sprains and bruises, injuries to breast
Bryonia	Rest	Motion	Patient usually irritable and thirsty
Rhus tox	Application of heat. Initial movement worse, subsequent movement much easier. Stretching limbs	Cold	Skin often red, swollen and intense itching
Ruta grav	Warmth and gentle rubbing	Lying down and cold	Used for muscular sprains. Also used for eye strain

### Sprains and strains

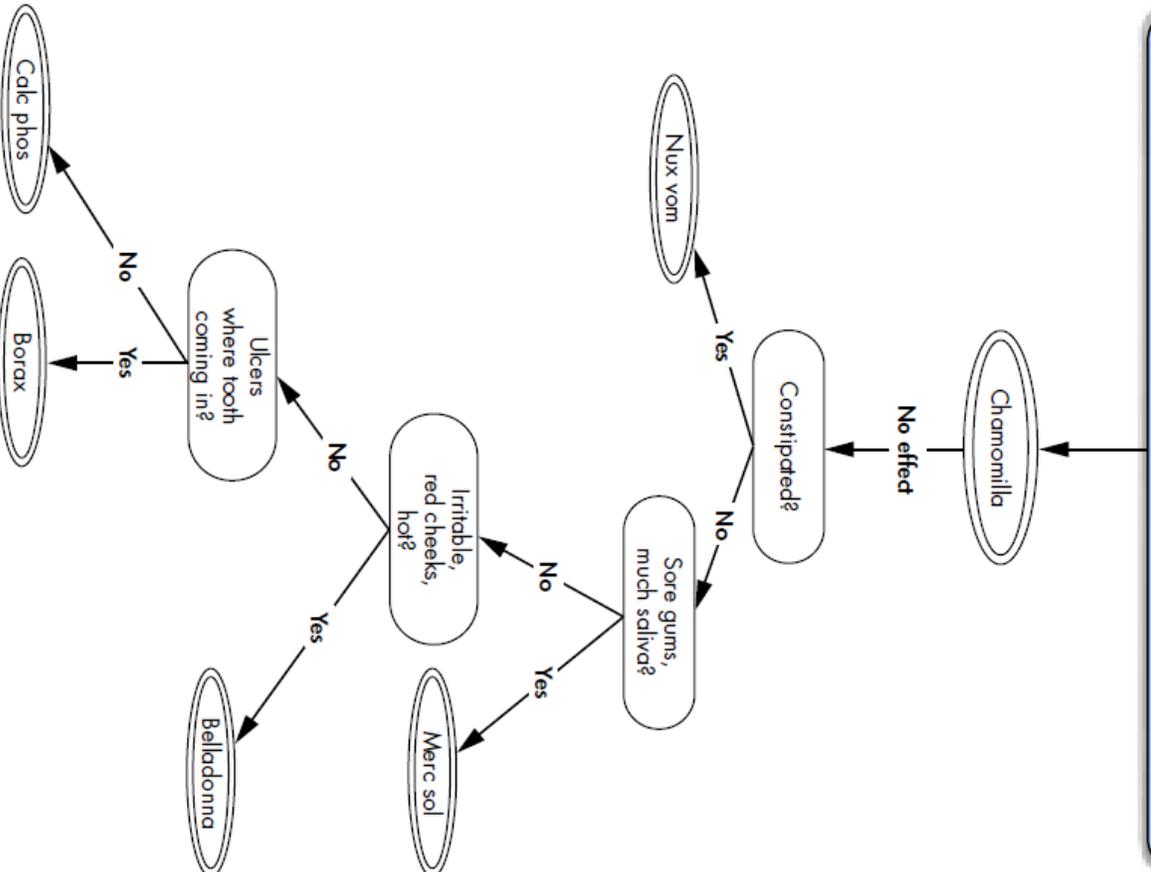


# 52 Teething

- FIM – Chamomilla.

Homeopathic medicine	Better	Worse	Other
Belladonna	With light covering	Touch and lying down	Skin dry and hot, possible high feverish state
Borax	Late evening	Warm weather	Baby cries while being nursed. Mouth hot and tender
Calc phos	In summer	Cold weather	Associated with swollen tonsils. Teeth develop slowly
Chamomilla	Being carried	Warm food or drink	Restless, needs constant attention
Merc sol	In moderate temperature	At night	Severe pain on touch and from chewing
Nux vom	In the evening and while at rest	In the morning after eating	Often associated with small aphthous ulcers, swollen gums

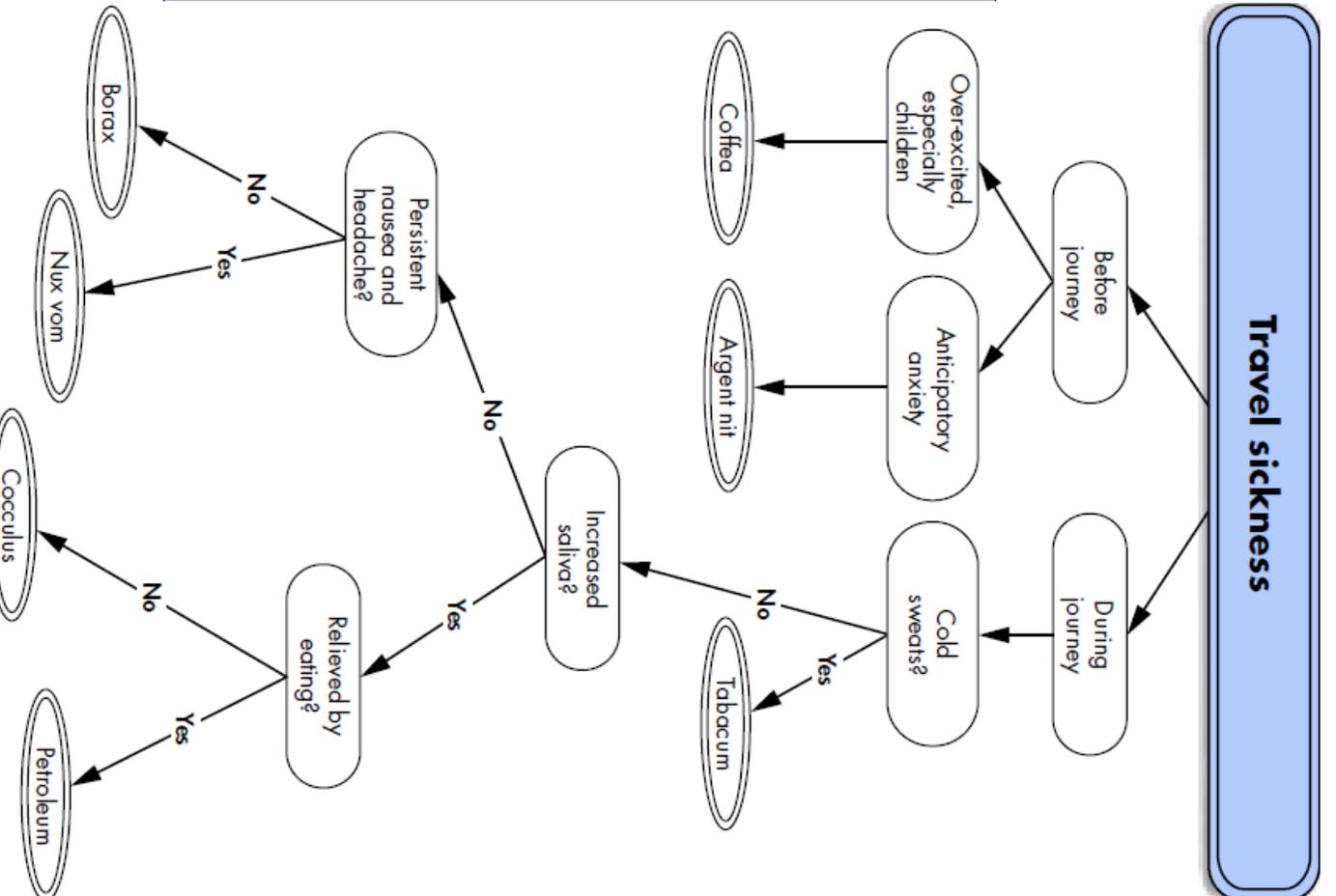
## Teething



## 53 Travel sickness

- Acupressure wrist bands are effective in some cases.
- Appropriate medicine should be given in the 30c potency 1 hour before journey, on departure and every 2 hours during journey if necessary, up to a maximum of six doses in 24 hours.
- If no single medicine is strongly indicated, the most appropriate two medicines may be alternated, up to a maximum of six total doses in 24 hours.
- See Chart 4, Anxiety and shock for medicines associated with anxiety about travel.

Homeopathic medicine	Better	Worse	Other
Argent nit	Cool air	Emotion and warmth	Belching, nausea and vomiting, wind, Anxiety about journey
Borax	In cool weather	Noise and tobacco smoke	Nervous and sensitive to sudden noises. Abdominal distension
Cocculus	Cool air	With eating and after loss of sleep and emotional disturbance	Nausea from travelling in cars and boats. Hiccoughs and spasmodic yawning
Coffea	Warmth, lying down and holding ice in the mouth	Open air	Irritability
Nux vom	After sleeping	Eating, especially spicy food	Sour taste in mouth, much retching; constipation
Petroleum	Warm air	Dampness	Heartburn and belching, hunger. Car motion
Tabacum	In fresh air and with eyes closed	Extremes of heat and cold	Nausea, worse with smell of tobacco smoke. Vomiting on least motion. Sea sickness

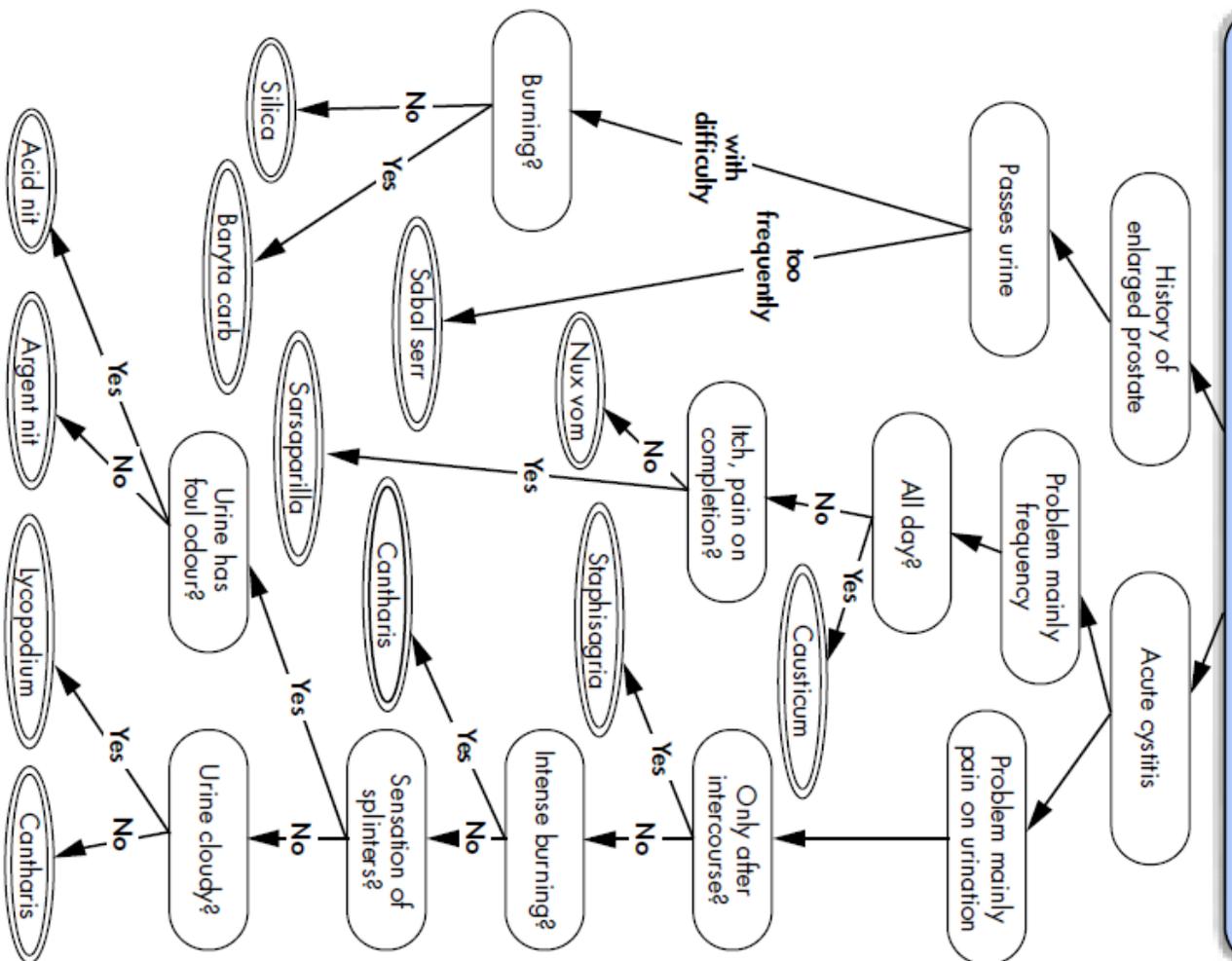


## 54 Urinary problems (acute)

- **FIM** – Causticum if increased frequency, Cantharis if pain/burning mainly on urination.
- Sabal serr mother tincture or tincture can be useful taken at night – 3-5 drops in water for men with increased urinary frequency.

Homeopathic medicine	Better	Worse	Other
Acid nit	Movement	In evening and at night	Scanty urine, dark in colour. Burning and stinging sensation
Argent nit	In fresh air and cold	In warmth and at night	Burning pain and itching. Divided stream of urine
Baryta carb	Walking in open air	In warm atmosphere	Frequent urge to urinate
Cantharis	Warmth	Drinking cold water	Scalding urine passes dropwise. Constant desire to urinate
Causticum	In warmth and heat of bed	Cold air and movement	Involuntary passage of urine when coughing, sneezing or excited
Lycopodium	Being uncovered	Heat or warm room	Pain in back before urinating ceases after flow. Much straining. Polyuria during the night. Male impotence
Nux vom	In the evening or at rest	In the morning and in the cold	Irritable bladder, frequent passage of small quantities of urine
Sabal serr	After sleep	In the cold	Constant desire to urinate. Enuresis
Sarsaparilla	In cool dry air	At night and after urinating	Urine dribbles, bladder distended and tender. Child often screams before and while passing urine
Silica	Exercise and warmth of bed	Cold air	Chronic cystitis. Bearing-down sensation
Staphisagria	Warmth and rest at night	Emotional upset and tobacco. Women – after sexual activity	Burning sensation during urination. May be associated with prostatic trouble

## Urinary problems (acute)

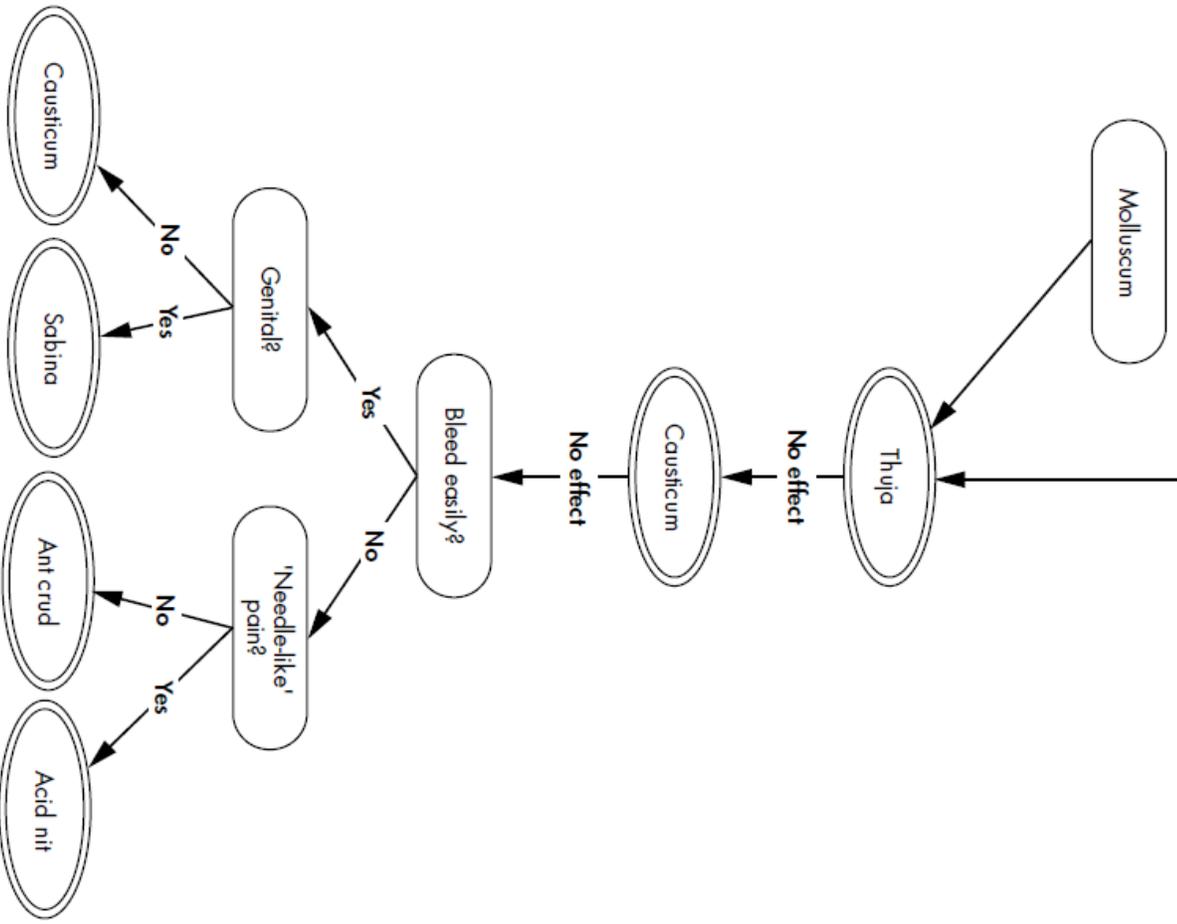


## 55 Warts and verrucae

- **FIM** for all conditions – Thuja 30c, twice daily.
- Thuja tincture or 5% ointment also useful topically.
- Topical and oral treatment may be used concurrently.
- Treatment may take 4–16 weeks.

Homeopathic medicine	Better	Worse	Other
Acid nit	Mild weather and warm covering	At night and in extremes of temperature	Large jagged warts that bleed on washing
Ant crud	Warm bath	Aggravated by heat and cold bathing	Dry, scaly skin often with pustular eruptions
Causicum	Not recorded	Not recorded	Large jagged warts, especially on fingers and nose
Sabina	Cool, fresh air	Heat	Warts that itch and burn
Thuja	None recorded	After scratching	A variety of skin eruptions (including verrucae), and nail problems

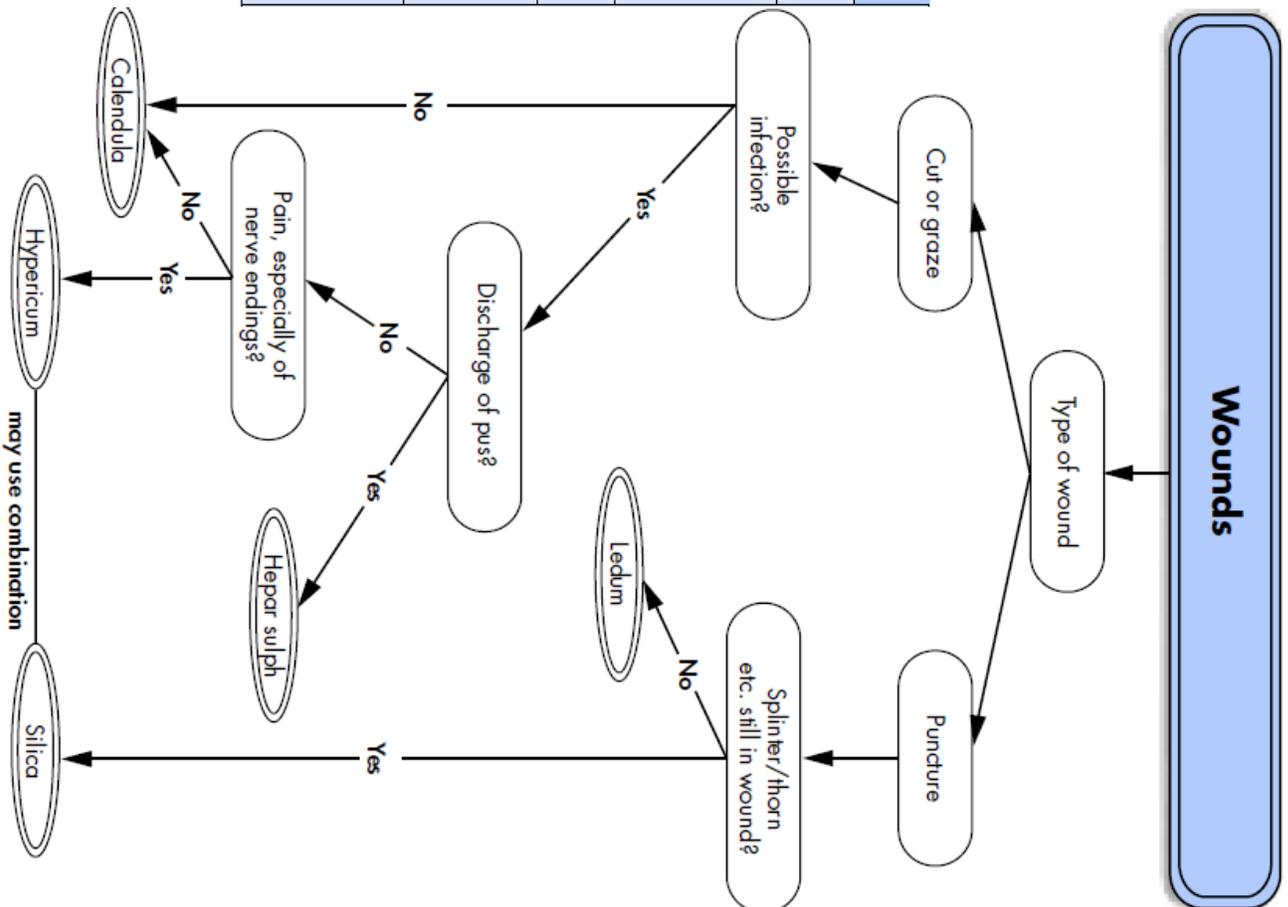
## Warts and verrucae



## 56 Wounds

- For superficial cuts and grazes, clean wound with diluted Calendula or Hypericum/Calendula tincture then use the 5% cream or ointment (latter better as greasy base seals wound). **Do not use topical products on deep wounds.**
- Superficial wounds may be also dressed with tea tree preparations; however, this herbal product does cause an allergic response in some patients.
- Oral and topical treatment may be used concurrently.

Homeopathic medicine	Better	Worse	Other
Calendula	Warmth	In the evening	Superficial burns and scalds
Hepar sulph	Wrapping up affected parts	Cool air	Used to treat ulcers and cold sores. Also abscesses, chapped skin and where infection present
Hypericum	Lying quietly	Application of pressure. Motion	Blood and crush injuries. Shock
Ledum	Cold	At night and from heat of bed	Puncture wounds. May be indicated if patient suffers from eczema
Silica	Warmth	Cold	Promotes expulsion of foreign bodies from tissues. May be indicated where injury suppurating



## **COMPLEMENTARY LIFESTYLE GUIDE (HELPING REMEDIES WORK)**

### **EATING FOR HEALTH**

- *Obtain protein from vegetarian sources rather than meat and dairy products.*
- *Eat foods that are rich in vitamins and minerals or take supplements.*
- *Cut down on refined carbohydrates, salt, animal fats, sugar, yeast, and processed foods.*
- *Drink plenty of fluids.*
- *Reduce consumption of caffeine and alcohol.*
- *Eat regular meals.*
- *Lose weight if necessary.*
- *Consult a dietician about specific needs.*
- *Include plenty of fiber in the diet.*
- *Use healthy cooking methods—for example, broiling rather than frying.*

### **STAYING IN SHAPE**

- *Learn breathing techniques to maximize the benefits of exercise.*
- *Include exercise in a daily routine—for example, climb stairs rather than take an elevator.*
- *Plan a weekly exercise program.*
- *Aim to improve energy levels, brain power, and mood.*
- *Choose activities for specific purposes such as muscle coordination, strength, and endurance, cardiovascular endurance, or flexibility.*
- *Always warm up before exercising and stretch out afterward.*
- *Use exercise as a means of getting time to yourself, or meeting people, or as a challenge.*

### **IMPROVING SURROUNDINGS**

- *Prohibit smoking at home and at work.*
- *Reduce the risk of allergies by keeping the home dust-free.*
- *Use environmentally friendly household products rather than strong, chemical-based substances that are potentially irritating.*
- *Avoid using heavily perfumed toiletries and skin-care products.*
- *Avoid polluted or noisy environments.*
- *Humidify or dehumidify rooms as necessary.*
- *Make rooms draft-free but with adequate ventilation.*
- *Wear natural fibers.*
- *Create an area that is conducive to relaxation*

### **TREATMENTS FOR THE BODY**

- *Breathing and relaxation techniques: for relief of pain and stress-related symptoms.*
- *Touch therapies: pressure or massage for relaxation, relief of ailments, and promotion of health (for example, aromatherapy, reflexology).*
- *Manipulation: for disorders of the spine, joints, and muscles, and for body alignment (for example, physiotherapy, osteopathy).*
- *Physical reeducation: for tension release, body alignment, and improved posture and flexibility (for example, Hellerwork, Alexander technique).*
- *Movement therapies: for increased vitality and promotion of self-healing (for example, tai chi, yoga, dance movement therapy).*

## **MANAGING STRESS**

- *Take periods of rest during the day and get enough sleep at night.*
- *Include periods of relaxation and exercise in a daily routine.*
- *Prioritize and organize tasks.*
- *Delegate, and learn to say “no” to extra work.*
- *Eat properly and regularly and get plenty of fresh air.*
- *Make time for leisure activities and socializing with family and friends.*
- *Take a vacation.*
- *Cultivate a positive attitude to all things.*
- *Face up to problems rather than putting them off.*

## **TREATMENTS FOR THE MIND**

- *Breathing and relaxation techniques: for managing stress and treating mental conditions including phobias, insomnia, and depression.*
- *Meditation: focusing on feelings of inner peace and fulfillment rather than on thought processes for relief of stress and promotion of well-being.*
- *Psychotherapy and counseling: talking to a skilled listener as a treatment for mental and emotional disorders.*
- *Hypnotherapy: use of a trancelike state of consciousness to influence physical and mental conditions—for example, desensitizing pain.*
- *Creative therapies: use of sounds, music, or art to treat mental and emotional disorders.*

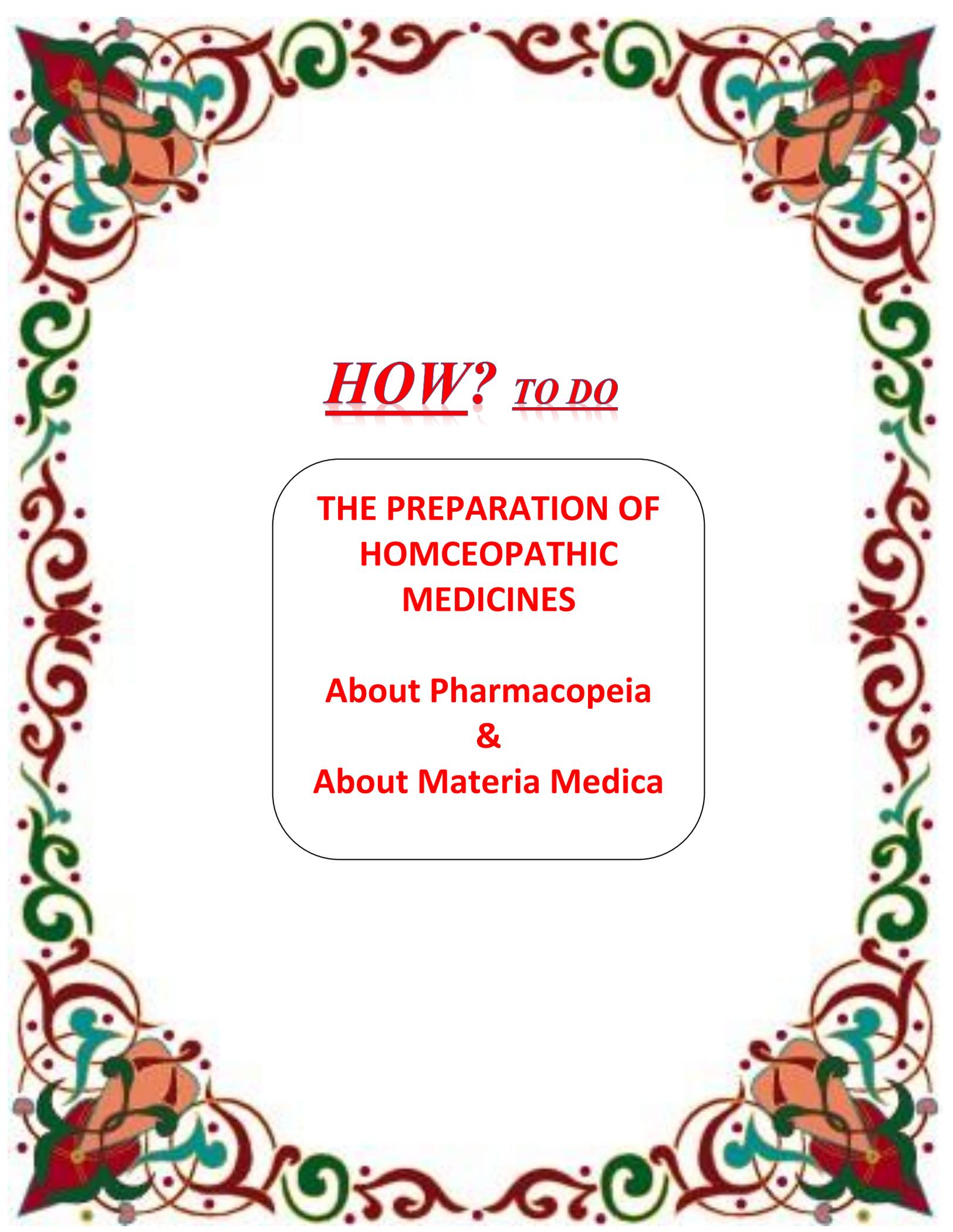
### **NB.**

1. *One dose may suffice to restore health, but when a new attack threatens, the same remedy should be repeated, provided the complex of symptoms remains the same*
2. *New and important symptoms, mentioned by the patient, indicate that the medicine was not well selected; though the patient may think he is improving, his condition may even be worse, which will soon make itself apparent.*
3. *The physician ought to avoid three mistakes, that the dose can be too small, the improper use of the remedy, and in not letting the remedy act a sufficient length of time.*
4. *The surest and safest way of hastening a cure is to let the medicine act as long as the improvement of the patient continues.*

### **NB.**

*Allopathic medicine, with its emphasis on moderate drug doses, works in the inhibitory part of the scale. The result is seen in the typically inhibitory medicines produced: antihistamines, antibiotics, antacids, cough suppressants and so on, laying the basis for the so-called "suppressant" effect of drugs.*

*Homeopathic medicine, on the other hand, begins at the stimulatory end of the curve, and moves to the left, into the smaller and smaller dose range. Its emphasis is on the stimulation of the body's natural balancing mechanisms, as seen in its philosophy of the natural regeneration of the body through rebuilding of vitality, a concept also in close agreement with naturopathic thought.*

A decorative border with a repeating pattern of stylized flowers and scrolls in red, green, and blue colors, framing the central text.

**HOW? TO DO**

**THE PREPARATION OF  
HOMCEOPATHIC  
MEDICINES**

**About Pharmacopeia  
&  
About Materia Medica**

## THE PREPARATION OF HOMCEOPATHIC MEDICINES

- **Pharmacopceia:** list of drugs and their preparations recognized and used
- **Sources of remedies: 3 kingdoms**
  - **Plant** eg opium
  - **Animal** eg Honey, bee wax
  - **Minerals** eg calcium, phosphorus...
- **Essential Conditions for Preparing:**
  - **Accuracy:** do everything right or not at all.
  - **Cleanliness:** Under no condition use the same vial or cork for two different preparations, or potencies, even of the same drug.
  - **Conscientious care:** in selecting, handling and storing drugs. Keep them from contact with each other; protect them from vapors, odors, dust; store them in cool, dry, airy, darkened, pure place.
- **The Unit of Medicinal Strength:**
  - The dry, crude drug, is the unit of medicinal strength, or drug power.
  - potency being the 1/10 or 1/100 of the crude drug according to the decimal or centesimal scale
- **The mother Tincture (Q):** the original substance or extract is processed & mixed in alcohol stored for a while then sifted for further ultradilution to use.
- **Three different processes:**

### 1. Trituration:

Introduced by Hahnemann, by which the finely powdered medicinal substance is ground for a certain time in a **mortar and pestle** with a certain proportion of sugar of milk.  
 most of the process of triturating is now done by means of machinery.  
 At least one hour should be consumed to make each trituration



Trituration essentially means a long, arduous, fine grinding process of the remedy with lactose milk sugar). This is especially used when the basic remedy is not soluble in water or ethanol (alcohol), for example with remedies prepared from gold (Aurum) or silver (Argentum). One part of the starting material is ground with nine parts of lactose for an hour. Then one part of that 1:10 mixture is ground with nine parts of fresh lactose, again for an hour. Finally for a third time one part of this 1:100 mixture is mixed with nine parts of lactose and ground together for a third hour. This mixture is – as you can imagine – a very fine powder that is one part of the starting material (perhaps gold or silver) with 999 parts of lactose. This mixture can then be dissolved in water or alcohol, and the potentization process continued by serial dilutions.

### 2. Dilutions or Liquid Attenuations:

Hahnemann introduced and adopted as the standard, a progressive scale of diluting drugs in the proportion of 1 to 99 known as the scales

○ Dry weight calculation:

*How much water is lost & how much dissolvant is added*

*A small sample is weighted & dried in oven then reweighted to estimate water loss & volume of alcohol to be added for dilution.*

○ Scales of dilution

*Homeopathic remedies are generally prepared according to one of two scales: the decimal (x) and the centesimal (c).*

*In the decimal scale, the dilution factor is 1:10, and in the centesimal scale it is 1:100. Remedies usually have a number, such as 6c or 12x, after the name. This number indicates how many times it has been diluted and succussed, and on which scale; for example, the remedy *Allium cepa* 6c has been diluted and succussed six times on the centesimal scale.*

*More rarely, however, scales such as millesimal (m) and quinquaginta-millesimal (lm) are prepared. According to these scales, remedies are diluted by factors of 1:1,000 and 1:50,000 respectively. The former is used mainly when a single, high-potency dose of a remedy is considered appropriate by the practitioner, while the latter is given when regular gentle dosing is needed in stubborn, chronic cases.*

***According to Hahnemann's theories, the more diluted a remedy, the stronger it is and the higher the number, or "potency." A less diluted remedy is not as strong and has a lower number, or potency.***

1. Centesimal Scale: (1c,2c,...=1/100 part of original material)

*Under this rule each attenuation contains just 1/100 part as much of the drug substance as the preceding attenuation. The potencies so prepared are marked 1, 2, 3, 4, etc., according to the potency represented.*

*The first, 1, containing 1/100 part of the crude drug,*

*The second, marked 2, the 1/100 part of the first or 1/10,000 the original drug;*

*The third, marked 3, 1/100 of the second, or 1/100,000 the original, etc.*

2. Decimal Scale: (1x,2x,...=1/10 part of original material)

*Secure intermediate grades of strength and better communication of the particles, the proportion of 1 to 9 by which each successive dilution contains just 1/10 as much of the drug substance as the preceding one.*

*Decimal preparations are designated such by an x; thus*

*the first decimal is marked 1x, and contains 1/10 part of the original drug substance;*

*the second decimal is marked 2x, and contains the 1/10 part of the first decimal, or 1/100 of the original drug-substance.*

*Thus it will be seen that the first centesimal is equal to the 2x; the 2nd centesimal, marked 2, is equal to the 4th decimal; the 3d centesimal to the 6x, etc., etc.*

3. Millesimal scale: (1m,2m,...=1/1000 part of original material)

*More advanced mechanical usage till reach desired concentration*

*But rapid and less effort less cost.*

***LM (or Q) potencies*** are triturated to the third centesimal level with lactose before being diluted according to a 1/50,000 scale.

*LM potencies are sometimes referred to as 'Q' potencies, which can often be confused with a mother tincture. However, an LM will always have a number to designate the potency level, e.g. LM1 or Q1, LM6 or Q6, whereas a mother tincture will simply use the letter Q alone. Homeopaths often instruct patients to succuss liquid LM potencies before taking each dose.*

- **Korsakovian method**, medicines are prepared by adding a measured volume of mother tincture to an appropriate volume of diluent and the resulting solution succussed thoroughly. Liquid is then removed from the vial by suction or inversion, leaving droplets of solution adhering to the container wall. New solvent is then added, the vial agitated vigorously and the process repeated. Korsakovian potencies are usually denoted by a number showing the number of serial dilutions, followed by the letter 'K' (e.g. 30K). However, as stated above, this method is often used in the case of very high potencies, which may not realistically be made by the Hahnemannian method. Thus, a 1000 potency may be referred to as 1M, M (as above) or even MK.
- **To Convert Triturations into Liquid Potencies:**  
Hahnemann discovered the fact that any insoluble substance when triturated to the third centesimal or sixth decimal trituration, becomes so finely subdivided that its particles are held in suspension in the diluting menstruum, alcohol or water in other words are practically dissolved.  
**Dispensing:** Tablets are medicated form of the trituration itself, of recent introduction. Alcohol carry the potency & dries the remedy on the surface of tablet. They come in one and two grain sizes, and are, therefore, very convenient when a definite size of dose is desired. With shelf life 5 years.

### 3. Dynamization:

a true, astonishing unveiling and vivifying of the medicinal spirit.

Homoeopathic dynamizations are processes by which the medicinal properties, which are latent in natural substances while in their crude state, become aroused, and then become enabled to act in an almost spiritual manner on our life.

**Succussion** of the substances in their concentrated form. (vigorous shaking up to 10 times)



- **Mechanisms of potentisation:**

There is some evidence to indicate that the structure of solvent molecules may be electrochemically changed by succussion, enabling them to acquire an ability to 'memorise' an imprint of the original medicine. The simplest suggestion is that succussion may merely facilitate a complete mixing.

- **Form of vehicles or menstua:**

Pellets, Disks, Cones, etc., are forms of vehicles for prescriptions. They are made of sugar and are simply saturated with the liquid attenuation. They are a convenient form of administering remedies.

Dilution factor قسم

x	c	m
10	100	1000

$$30x = 10^{-30}$$

$$30c = 100^{-30}$$

$$Cm = 1000^{-100}$$

$$Lm = 1000^{-50}$$



• **Three vehicles or menstrua:**

1. Sugar of milk, (Saccharum lactis or Lactose).

- obtained by evaporating the whey of the milk
- It is of pure white color, faintly sweet taste, should be odorless and non-hygroscopic.
- Homoeopathic use, ought to be re-crystallized as the ordinary product of the shops is not always perfectly pure.
- It must be kept in a dry place, as it becomes musty when exposed to dampness.



- For the process of triturating mineral drugs. No other known substance could equal the sharp, flinty crystals, in grinding to an inconceivably fine powder hard mineral substances, so that they can be rendered absorbable by the body.
- Form: It is easily made into tablets, which, in their pores, can be made to absorb medicinal

2. Alcohol:

- Pure Alcohol is a colorless fluid which must not lather when rubbed in the hands and have no disagreeable odor.
- Strong Alcohol contains about 94 per cent by volume of Ethyl Alcohol
- Officinal or Dispensing Alcohol is used for making the attenuations and is best adapted for medicating pellets. It contains 88 percent by volume of Ethyl Alcohol.
- Alcohol should be kept in well stoppered bottles and in a cool place.



3. Distilled Water:

- Common water is always impure for medicinal preparations, being charged with gases, earthly matters, etc. Hence distilled water is essential.
- If it has any kind of odor, or becomes turbid it is unfit for homoeopathic preparations.
- It should be kept in glass stoppered bottles and only in small quantities as it is very liable to deterioration from the entrance of inorganic dust and microbes.
- Distilled Water is used as a solvent for many chemical substances; for making solutions of acids, and also converting triturations into liquid attenuations, as is done with all minerals, chemical salts and all other drugs first prepared by triturating them, after the third centesimal potency.



- **Preparations of Drugs: Presentation:**

- **General rule:**

*All substances soluble in either Alcohol or water, are properly made into solutions or tinctures; all insoluble or only partially soluble substances should first be made into triturations only.*

- **Aqueous Solutions:** *chemicals as are soluble in water.*

*Hygroscopic substances, such as some of the potash and soda preparations*

- **Mother tinctures:** *plants and other substances wholly or partially soluble in Alcohol 95%. Obtain the fresh plant.*

*The tincture represents one part of this dry, crude material in each ten parts of the completed solution, would represent its drug power.*

**Liquid potencies** *are serial dilutions made from mother tinctures but in a lower concentration of alcohol (typically 20–30%) than that used to medicate solid dose forms (typically 95%). They are usually given in water but the drops may be placed directly on the tongue*

**Topical dose forms** *contain between 5 and 10% of mother tincture.*

*Ointments, creams, gels, lotions, Eye drops*

- **Solid Dose forms**

1. **Tablets** *are about 100 mg in weight and plain white product used widely in conventional medicine biconcave. from lactose.*

2. **Soft tablets** *melt in the mouth. from lactose.*

3. **Powders** *from lactose.*

4. **Pills and granules** *are small spheres. from sucrose.*

5. **Crystals** *the appearance of granulated sugar. from sucrose.*

*They are manufactured commercially from lactose or from sucrose & can be surface inoculated by spraying on the medicine in an alcoholic tincture or as a syrup in a revolving pan, The exact amount of medicine to be applied to ensure an even covering is validated using dyes. On a small scale in the pharmacy, the solid dose forms may be placed in glass vials and medicated by placing drops of liquid potency in strong alcohol on the surface, the number of drops used depending on the amount of solid dose form being medicated. The container is agitated in a manner similar to succussion, to disperse the medicine throughout the dose form.*

**How many pills etc = 1 dose**

One tablet/ pill = 1 dose.

One/two drops of liquid remedy = 1 dose.

Granules/ size 3 pills - tip 5-10 into the lid of bottle = 1 dose.

-In homeopathy, whatever goes into the mouth at one time = 1 dose.



- **The containers:**  
Liquids are packed in glass dropper bottles. One measured drop (0.05 ml).  
Preferred glass containers >> glass may play some part in 'holding' the potency.  
possibility of chemicals leaching into the plastic
- **Ultramolecular dilutions:** Dilutions are prepared by a process known as potentization which involves repeated dilutions, usually in steps of 1:10 or 1:100, with succussion (vigorous shaking) between each dilution. Dilutions are denoted for instance 5x (in the Anglo-American convention) or 5dH (European convention) for the 5th decimal (i.e. 5 times 1:10 dilutions) or 30c/cH for the 30th centesimal (1:100 dilutions). 'H' denotes the Hahnemannian method, in which clean glassware (test tube and pipettes) is used for each step of dilution.
- **NB.**
  - The value of Avogadro's constant, the number of particles (atoms or molecules) in a mole of a pure substance, is  $6.022 \times 10^{23}$ . Thus dilutions above 23x/dH or 12c/cH (corresponding to dilutions of  $10^{-23}$  and  $10^{-24}$  respectively) are very unlikely to contain a molecule of the starting substance. Homeopathic medicines in which a molecule of the starting substance is unlikely to be present are referred to as 'ultramolecular' or ultra low dilutions (ULD), or BRAN (Beyond the Reciprocal of Avogadro's Number).
  - Classical pharmacological actions ('classical pharmacological action' is defined as interaction between pharmacologically active molecules and receptors) have been reported with dilutions as high as  $10^{-22}$  mol/L and frequently with dilutions of  $10^{-17}$  –  $10^{-18}$
  - Paradoxically the higher potencies are more deep acting than low >> the ready action has little to do with material content.
  - Scientific explanation of ultradilution potent action >> by stimulating electromagnetic field radiation of alpha then beta then gama radiation on more dilution & succution
  - It is a sort of imprint on the vehicle which can be utilized for treatment.

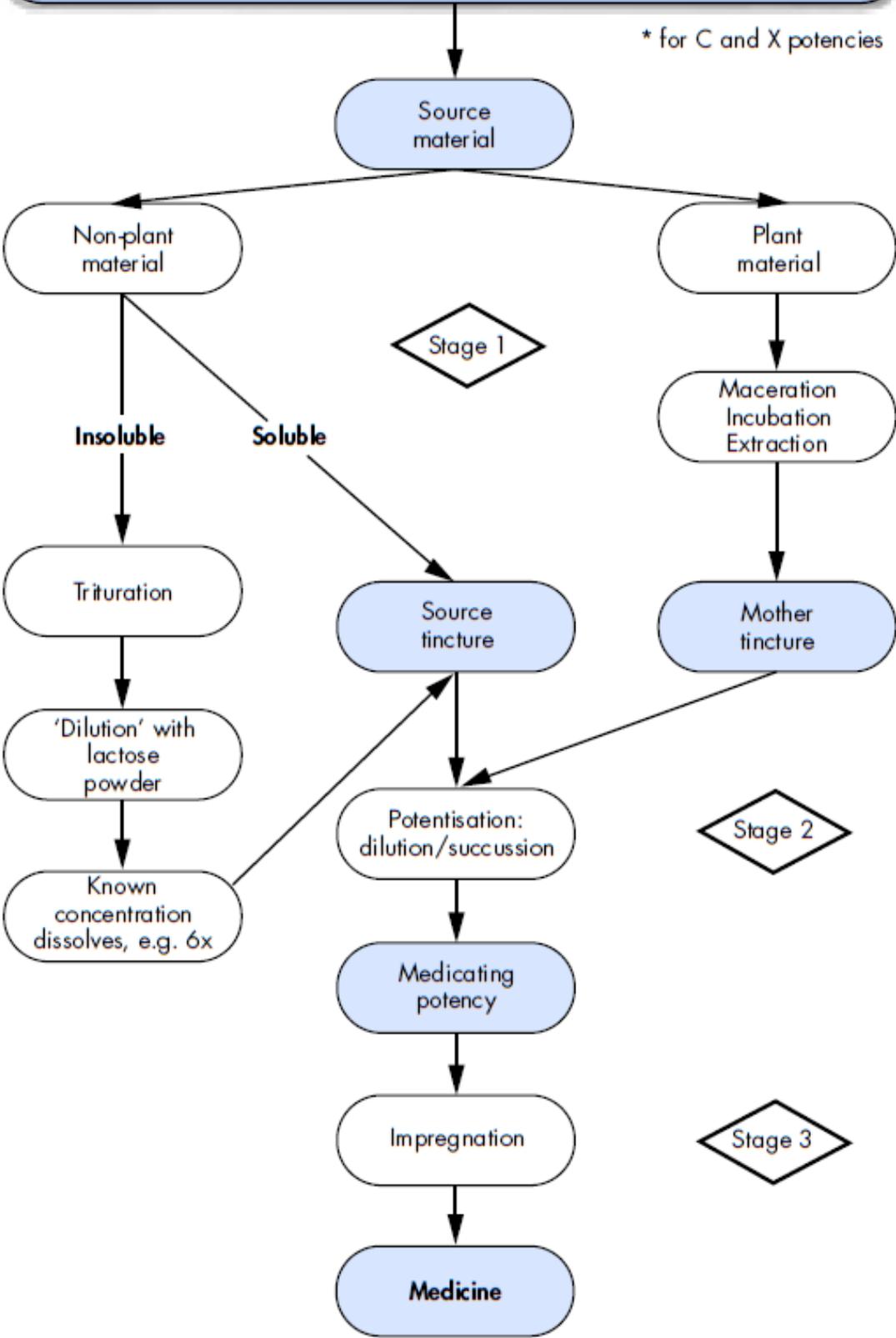
# Preparing a homeopathic medicine\*

\* for C and X potencies

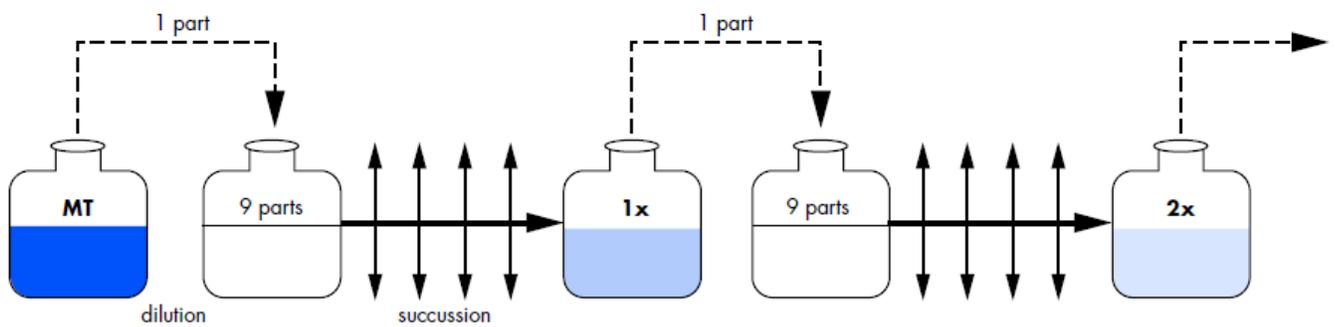
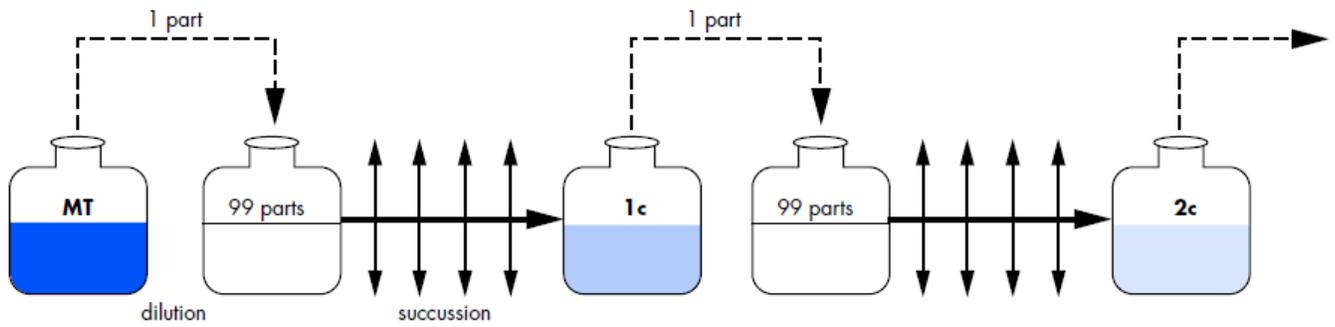
STAGE ONE  
Preparation of  
starting  
materials

STAGE TWO  
Potentisation  
(also called  
Dynamisation or  
Attenuation)

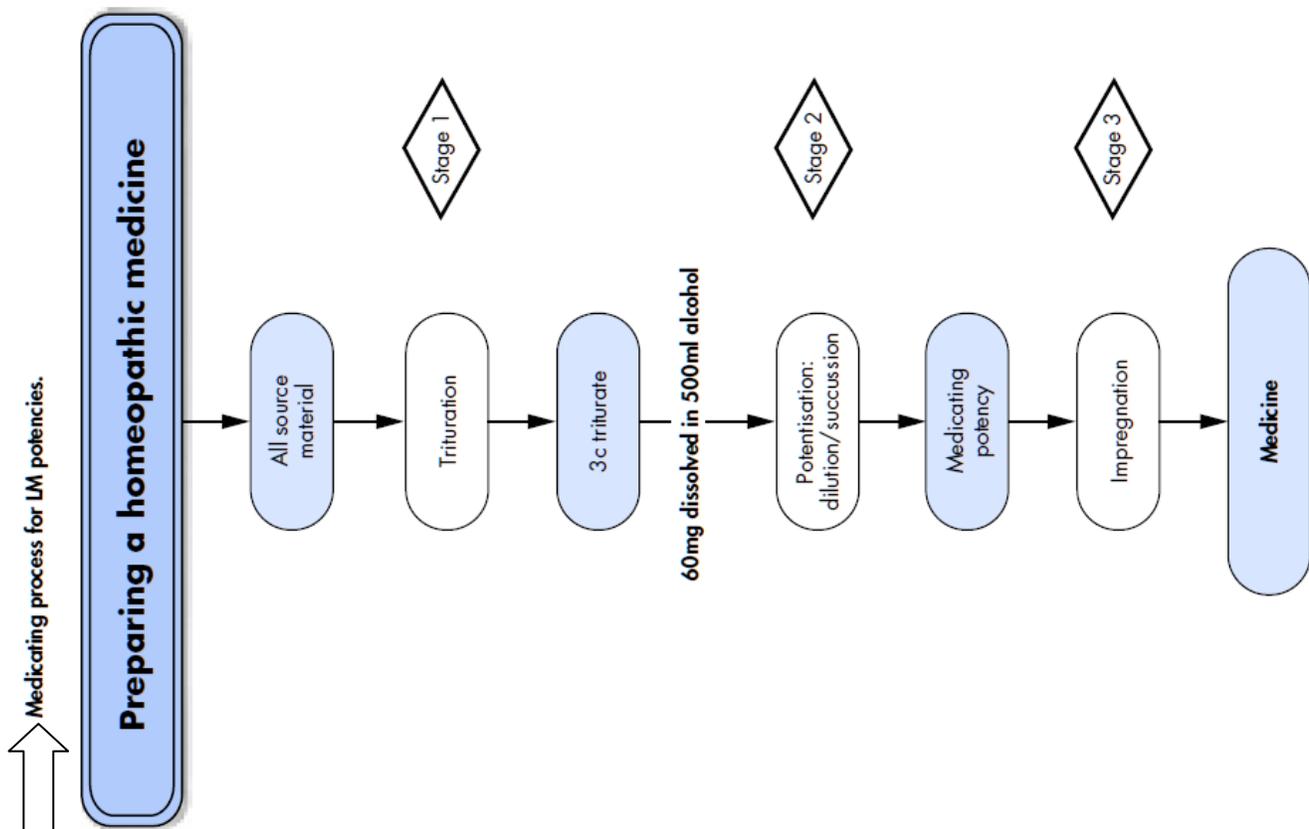
STAGE THREE  
Presentation



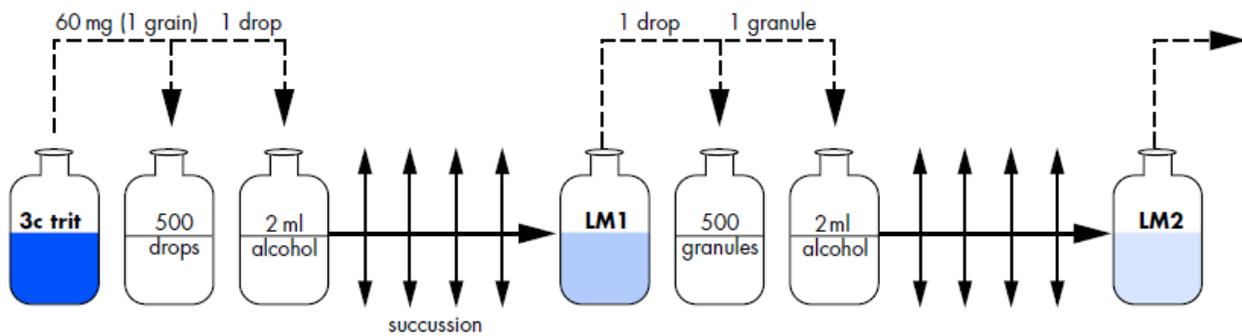
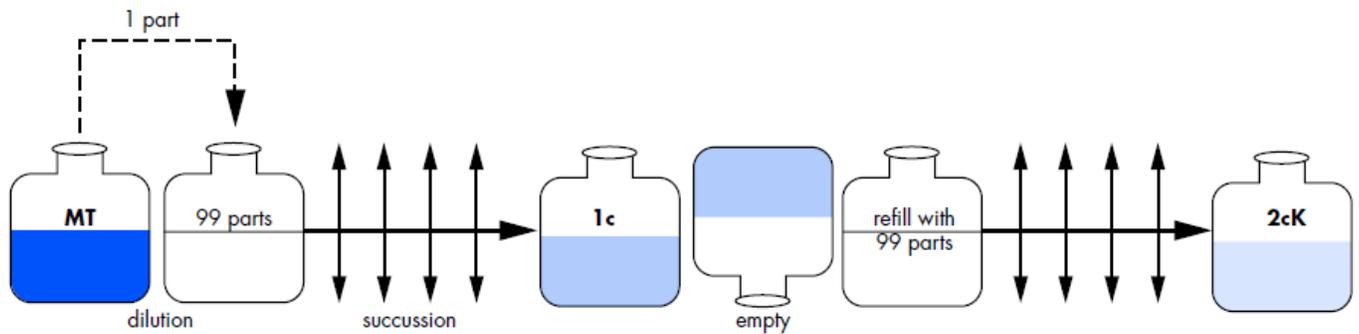
→ The potentisation process (Hahnemannian).



MT, mother tincture



→ The potentisation process (Korsakovian and LM).



MT, mother tincture



1 Plant material such as leaves, roots, and flowerheads (*above*), and some animal material, such as starfish, is chopped finely, while other substances are dissolved in water or ground to prepare them for use.



2 The substance is put in a large glass jar, into which is poured a solution of alcohol and distilled water (often 90 percent alcohol to 10 percent water, but this ratio varies depending on the substance).



3 The mixture is left to stand for a varying amount of time; mixtures that are macerated for longer periods may be shaken at intervals. Plant material may be steeped for several days or weeks, while mineral-based mixtures may be processed on to the next stage almost immediately.

5 One drop of the mother tincture is diluted in a mixture of pure alcohol and distilled water according to one of several scales (*see opposite*), although the two most commonly used scales are the decimal and the centesimal.

7 After the mixture has been succussed, steps 5 and 6 are repeated over and over again, as many times as necessary. Each time, the resulting mixture is diluted afresh in a mixture of pure alcohol and distilled water until, finally, the required level of dilution, and therefore the required potency for the homeopathic remedy, is obtained (*see left*).



4 After being macerated for the required period of time, the mixture is poured through a filter to strain it or expressed through a press to extract the liquid. This resulting liquid becomes the “mother tincture” for the remedy, and is stored in a dark glass jar.

6 This mixture is shaken vigorously (*see right*) or banged down firmly on a hard surface, a process devised by Hahnemann. He called it “succussion” and believed that the action enabled the liquid to be “potentized” (*see page 19*).

8 Once the mixture has reached the required strength and potency, a few drops of it are added to lactose tablets, pilules, granules, or powder (*see page 216*), to impregnate them with the remedy. These are then stored in dark glass bottles.



(a) Plant Kingdom

□ Family

- Compositeae
- Cucurbitaceae
- Loganiaceae
- Papaveraceae
- Ranunculaceae
- Solanaceae
- Anacardiaceae
- Melanthiaceae

(b) Mineral Kingdom

- Acid Group
- Kali Group
- Natrum Group
- Baryta Group
- Calcarea Group
- Mercury Group
- Carbon Group

(c) Animal Kingdom

- Ophidia Group
- Spider Group
- Insect Group
- Fish Group

(d) Sarcodes

(e) Nosodes

## **ACONITE** البيش

Aconite, monk's-hood, wolf's-bane لعنة الذئب, blue rocket, friar's-cap. أقونيط  
أكونيتم خانق الدب قاتل الذئب قلنسوة الراهب

Historically, the deadly juices derived from this plant were used as an arrow poison, hence the name aconite, from the Greek acon, or "dart." its poisonous alkaloids, which are found at their highest concentrations in the root

### **KEY SYMPTOMS**

complaints triggered by shock or exposure to cold winds • panic attacks and fear of death • acute infections of sudden onset

### **USE**

Acute respiratory infections  
Fear, shock & anxiety  
Problems in labor



### **P R E P A R A T I O N**

Whole plant, including the root, is unearthed during the flowering season, chopped, and macerated in alcohol.

## **Actaea spicata** اکتيا

### **ACTAEA SPIC**

Baneberry, herb Christopher

Historically, Herbalists use this plant to treat rheumatic symptoms, especially those occurring in minor joints. Its purplish-black berries are used in dyes.

### **KEY SYMPTOMS**

generally poor, and they may feel hopeless, confused, impatient, and restless, especially if they experience a shock.

### **USE**

fear or anxiety  
in conjunction with rheumatoid arthritis



### **P R E P A R A T I O N**

The fresh root, collected after the shoots emerge and before bloom, is chopped and macerated in alcohol.

**AGARICUS** الفطر  
**Fly agaric, bug agaric**

Historically, Has been used throughout history as a hallucinogen, as a method of contacting the spirit world, and as a means of increasing human strength and endurance.

**KEY SYMPTOMS**

twitching and spasms • chilblains • depression or overexcitement • fear of cancer • complaints that are worse after sexual intercourse

**USE**

Nervous-system disorders Twitching and spasms  
 Chorea, Parkinson's disease, Alcoholism  
 Chilblains with burning and itching. The skin shows signs of redness and swelling



**PREPARATION**

The whole, fresh fungus or the dried cap is washed thoroughly and ground into a mash. It is then steeped in alcohol before being strained, diluted, and succussed.

**ALLIUM CEPA**  
**Onion** البصل

Historically, In ancient Greece, the onion was esteemed and eaten in vast quantities. One of the oldest cultivated plants, its decongestant, diuretic, and other medicinal properties have been utilized by many cultures over the centuries

**KEY SYMPTOMS**

burning catarrh • bland discharge from the eyes • splitting sensation in the throat • phantom pains • person feels worse in warm rooms

**USE**

watery catarrh that burns the skin of the nose  
 Eye irritation  
 Throat & chest infections  
 Neuralgic pains



**PREPARATION**

The whole, mature bulb is gathered in summer and chopped finely. It is steeped in alcohol for ten days and shaken repeatedly, before being filtered, diluted, and succussed.

**Ailanthus altissima**

**AILANTHUS** أيلنط أو شجرة السماء

Tree of heaven, shade tree, Chinese sumac, copal tree.

Historically, In Australia and Asia, the tree's bark was used for profuse vaginal discharge, gonorrhea, worms, malaria, and asthma. Chinese herbalists use it to treat diarrhea and dysentery.

**KEY SYMPTOMS**

fevers with great weakness and congestion of the blood, which typically gives the skin a purple, mottled, swollen appearance.

**USE**

feel extremely weak when ill, and frequently behave in a stupid, dull, and confused way. They may feel anxious, odd, or even crazy. mononucleosis with swollen tonsils and neck glands.



**PREPARATION**

The fresh, budding flowers are macerated in alcohol.

**ALOE** الصبار

**Cape aloe**

Historically, The ancient Greeks and Romans considered aloe to be a valuable tonic and purgative, soothing and effective skin lotion plant boost immune-system functioning, and may even help to treat cancer and irritable bowel syndrome

**KEY SYMPTOMS**

involuntary stools • diarrhea with sudden urging, especially at 5 a.m. • insecure feeling in the rectum • headaches that are better for cold compresses

**USE**

Diarrhea  
Hemorrhoids  
Hepatitis  
Headaches



**PREPARATION**

The juice is extracted from the plant and dried to make a hard resin, which is then powdered and steeped in alcohol. The mixture is left to macerate for at least five days, after which it is filtered, and then repeatedly diluted and succussed.

## **ANA CARDIUM OR**

Marking-nut tree الجوز العلامى / الاسود  
البلاذر أو شبيه القلب

Historically, heart-shaped, shiny, black nut. The nut yields a milky juice that turns black after it is exposed to air. In southeast Asia this juice is combined with chalk to make an ink for marking patterns on fabric, hence the plant's common name

### **KEY SYMPTOMS**

lack of self-confidence • conflict of wills • sensation as if there is a plug in the anus, gut, or chest • poor memory • itching, burning skin eruptions

### **USE**

Psychological problems  
Digestive disorders  
Skin conditions



### **PREPARATION**

The ripe, dried fruit is macerated in alcohol for at least five days, before being filtered and then repeatedly diluted and succussed.

## **Ambrosia artemisiaefolia**

**AMBROSIA** شجر الخلود / دمسيسة

**Ragweed, Roman wormwood, hogweed.**

Historically, name come from the food or drink of the Greek gods. This plant's green, tassel-like flowers produce large amounts of pollen that can trigger severe hay fever

### **KEY SYMPTOMS**

The nose and head feel congested, and there is sneezing, watery catarrh, and possible nosebleeds. The eyes water, smart, burn, and itch. There may be a wheezy cough, asthmatic irritation, or whooping cough

### **USE**

given for hay fever. The whole of the respiratory system may be affected



### **PREPARATION**

A tincture is made from the fresh flower heads and young shoots.

**ARNICA** زهرة العطاس

*leopard's bane* خائق النمر, *sneezewort*,  
*mountain tobacco*, *mountain daisy*

*Historically, Traditionally used externally as an ointment to improve local blood supply and speed healing in the treatment of bruises, sprains, and muscle pain.*

**KEY SYMPTOMS**

*trauma • bruising • postoperative care • tendency to deny illness • bruised, sore feeling • bed seems too hard*

**USE**

*Shock, injury & postoperative care  
Post-childbirth pain  
Tooth & gum pain  
Joint & muscle pain  
Fever  
Skin conditions*



**PREPARATION**

*The whole flowering plant, including the root, is steeped in alcohol, filtered, diluted, and succussed.*

**Artemisia cina** الشيح

*Levant wormseed* دودة بلاد الشام, *European wormseed*,  
*Tartarian southernwood*

*Historically, Dried, unopened flower heads have been used since ancient times in preparations for expelling intestinal worms. The bitter plant has also been used as a digestive stimulant*

**KEY SYMPTOMS**

*teeth-grinding • irritability and touchiness • temper tantrums irritability in children • ravenous appetite  
• desire to lie on the hands and knees • itchy nose that is constantly rubbed*

**USE**

*Intestinal worms  
Twitching muscles  
Sleep problems*



**PREPARATION**

*Unopened flower heads (called "seeds") are harvested in fall, coarsely powdered, macerated in alcohol, diluted, and succussed.*

**Arundo mauritanica**  
**ARUNDO** شجر الغاب / البوص  
**Reed, cannizzola**

*Historically, This genus is used in reeds for wind instruments, in wickerwork, and to make windbreaks to control erosion*

**KEY SYMPTOMS**

*reduced sense of smell, and itching and burning in the back palate of the mouth. Pain at the back of the head may extend to the right eye, with deep-seated pain on either side of the head. The hay fever symptoms may extend to the eyes*

**USE**

*Allergic problems  
 hay fever with sneezing, catarrhal inflammation, and extreme itching inside the nose, accompanied by excessive salivation.  
 wet cough with breathlessness.*

**PREPARATION**

*The root sprouts are macerated in alcohol.*



**AVENA** الشوفان  
**Avena sativa , Oats.**

*Historically, Oats have a long history of medicinal use in Europe for a wide*

**KEY SYMPTOMS**

*Nervous exhaustion, great weakness, and a tendency to suffer chronic insomnia*

**USE**

*mental and physical exhaustion accompanied by poor concentration. These people typically tend to be nervous or elderly.*

**PREPARATION**

*The fresh, green aerial parts in flower are expressed for their juice, which is mixed with alcohol.*



**BELLADONNA** ست الحسن

*Atropa belladonna, Deadly nightshade, belladonna, dwale الوائل, devil’s cherries, sorcerer’s cherry, witches’ berry. توت الساحرات/ الشيطان.*

*Historically, This deadly genus is named after the Greek Fate Atropos, who held the power of life and death over mortals. In the 16th century, Italian ladies used deadly nightshade to make their eyes sparkle, hence bella donna, which is Italian for “beautiful woman.”*

**KEY SYMPTOMS**

*hot, flushed, red face • high fever • delirium • desire for sour things • sensitivity to light, noise, and movement*

**USE**

*Acute fever & pain, Headache & migraine  
Sore throat & dry cough, Menstrual pain*



**P R E P A R A T I O N**

*As it comes into flower, the whole fresh plant, including the root, is dug up. It is chopped and pounded to a pulp, then the juice is expressed. This juice is steeped in alcohol before being filtered, diluted, and succussed.*

**BAPTISIA**

*Baptisia tinctoria , Wild indigo حشيشة النيل, indigo weed, horsefly weed, rattleweed. حشيشة الحصان*

*Historically, The famous indigo dye obtained from this plant is reflected in its name, tinctoria, from the Latin tingere, “to dye.” Wild indigo was used medicinally by American Indians and by New World settlers, primarily as an antiseptic wash for wounds.*

**KEY SYMPTOMS**

*severe infection • confusion and stupor • sensation that the body is scattered in pieces • aversion to open air • offensive-smelling discharges*

**USE**

*Acute fever, Throat infections  
Intestinal infections Septic conditions*



**P R E P A R A T I O N**

*Fresh root, including the bark, is pulped and left to steep in alcohol for eight days. The resulting tincture is then repeatedly diluted and succussed.*

**BERBERIS** البَرْبَارِيسُ أَوْ الزَّرَّشَكُ

*Berberis vulgaris*  
piperidge bush.

*Historically, used in many cultures to treat digestive and gallbladder complaints, and also thought to lower fever, control bleeding, and reduce inflammation.*

**KEY SYMPTOMS**

*colicky kidney pains • radiating pains • lethargy and listlessness • colicky pains in the region of the gallbladder*

**USE**

*Kidney disorders  
Cystitis, Gallbladder problems  
Lower-back pain  
Joint pain*



**PREPARATION**

*The bark of the small or medium-sized root branches is dried and chopped, then steeped in alcohol, filtered, diluted, and succussed.*

**BELLIS** اللؤلؤية البلبيس

*Bellis perennis*  
*English daisy, garden daisy, European daisy.*

*Historically, In the 16th century the English herbalist John Gerard noted this plant as a treatment for gout.*

**KEY SYMPTOMS**

*deep bruising to the muscles such as that produced by soccer injuries to the thighs.*

**USE**

*restlessness, insomnia, and angry dreams. They are often sensitive to the cold  
muscle strain, sprains, and bruises,  
varicose veins*



**PREPARATION**

*The whole, fresh plant, including the root, is gathered when in flower and steeped in alcohol.*

**BRYONIA** الفاشرة

*Bryonia alba*

*Bryony, white bryony, wild hops*

أو فاشير أو فاسبري أو فاش فاشيرا



Historically, Dioscorides, the famous Greek physician of the 1st century CE, advocated bryony for gangrenous wounds, and the ancient Greeks and Romans also used it for epilepsy

**KEY SYMPTOMS**

*pain upon the slightest movement • dry mucous membranes • great thirst • anxiety about financial security • irritability*

**USE**

*Dry coughs, Colds & influenza, Headaches, Joint pain, Constipation, Breast problems*

**PREPARATION**

*The fresh root is unear thed before the plant flowers, chopped, pulped, macerated in alcohol for ten days, diluted, and succused*

**CANNABIS** القنب

*Marijuana, hashish, cannabis, Indian hemp, bhang*

البانجو



Historically, Important in cultures such as ancient Egypt, China, and India, as a strong analgesic, sedative, and anti-inflammatory

**KEY SYMPTOMS**

*moods swing between overexcitement and paranoia • out-of-body experiences • burning pain in the urethra • “opening and shutting” sensations in the head*

**USE**

*Disordered mental states  
Headaches  
Urinary-tract infections  
Pain or paralysis in the legs*

**PREPARATION**

*The flowering tops and seeds are finely chopped, macerated in alcohol for ten days, then filtered, diluted, and succused.*

## CARBO

*Carbo vegetabilis*

Charcoal, wood charcoal. الفحم الخشبي

Historically,

*Its ability to absorb gases and toxins in the body gained charcoal a reputation as a “purifier,” and in the 18th and 19th centuries it was used in dressings for skin ulcers and in mouthwashes*

### KEY SYMPTOMS

*listless behavior • confusion • coldness • collapse • person feels better from fanned air • flatulence • desire for sweets, coffee, salt, and alcohol*

### USE

*Fatigue*

*Indigestion & flatulence*

*Breathing problems*

*Poor circulation*

### PREPARATION

*Fist-sized bits of wood are cut, heated until red hot, and sealed in an airtight earthenware jar. The resulting ash is then triturated, diluted, and succussed.*



## CALADIUM الكالسيوم

*Caladium seguinum*

*American arum, dumb cane, poison arum.*

*Historically, This plant's poison causes muteness and impotence: in the 17th and 18th centuries, the men of the West Indian Maroons applied it to their wives' sexual organs to suppress their libido and cause impotence in any man who seduced them*

### KEY SYMPTOMS

*debilitated, nervous, restless, and forgetful, perhaps following a feverish illness*

### USE

*high sexual energy*

*rough, dry, itchy skin and a marked craving for tobacco.*

### PREPARATION

*The whole, fresh plant, including the root, is macerated in alcohol.*



<p><b>CALENDULA</b> بكورية القطينفة  <i>Calendula officinalis</i>  <b>Pot marigold, marigold.</b></p>		
<p><i>Historically, The antiseptic and anti-inflammatory properties of calendula have made it one of the longest established popular herbal remedies. Large amounts are grown in Russia, and it has been nicknamed "Russian penicillin."</i></p>		
<p><b>KEY SYMPTOMS</b>  <i>heal and soothe</i></p>		
<p><b>USE</b>  <i>heal and soothe cuts and broken skin. It may prevent the development of disfiguring scars varicose</i></p>		
<p><b>PREPARATION</b>  <i>The finely chopped, fresh flowers and leaves are steeped in alcohol.</i></p>		

<p><b>CAULOPHYLLUM</b>  <i>Caulophyllum thalictroides</i>  <b>Blue cohosh, squaw root, papoose root</b></p>		
<p><i>Historically, Native Americans valued this plant highly for women, using it as a contraceptive, to regulate menstrual cycles, to induce labor, and for children's colic.</i></p>		
<p><b>KEY SYMPTOMS</b>  <i>restlessness, nervousness, and insomnia</i></p>		
<p><b>USE</b>  <i>problems of the uterus, such as excessive bleeding and lack of tone in the uterine muscles  rheumatic joint pains</i></p>		
<p><b>PREPARATION</b>  <i>The fresh root is macerated in alcohol, diluted, and succussed.</i></p>		

<p><b>CAPSICUM</b> الفلفل  <i>Capsicum annuum var. annuum</i>  <i>Chili pepper, sweet pepper, bell pepper.</i></p>	
<p>Historically, The dried pods have long been used both as a hot spice in cooking</p>	
<p><b>KEY SYMPTOMS</b>  Weakness</p>	
<p><b>USE</b>  local painkiller.  Homesickness</p>	
<p><b>PREPARATION</b>  The dried pods are steeped in alcohol, then diluted and succussed.</p>	

<p><b>CHAMOMILLA</b> البابونج  <i>Chamomilla recutita syn. Matricaria chamomilla</i>  German chamomile, corn feverfew, wild chamomile. تشاموميل كلاميل</p>	
<p>Historically, The name of this plant derives from the Greek chamaimelon, or “earth apple,” so called because of the applelike scent of its blossoms.</p>	
<p><b>KEY SYMPTOMS</b>  irritability • hypersensitivity to pain • children want to be carried • teething problems • one cheek red and the other pale • greenish diarrhea</p>	
<p><b>USE</b>  Irritability  Toothaches, teething &amp; earaches  Fever, Colic &amp; diarrhea  Menstrual &amp; labor pain</p>	
<p><b>PREPARATION</b>  The whole fresh plant is harvested when in flower. It is finely chopped and macerated in alcohol, before being filtered, diluted, and succussed.</p>	

## CHELIDONIUM

Greater celandine, wartweed, swallow wort.

بَقْلَةُ الْخَطَّاطِيْفِ أَوْ الْعُرُوقِ الصُّفْرِ لَعُرُوقِ الصَّبَاغِيْنِ

Historically, Because this plant flowers as the swallows are migrating, Dioscorides, the famous Greek physician of the 1st century CE, named it after the Greek khelidon, or “swallow.”

### KEY SYMPTOMS

right-sided complaints • practical, dominant nature  
• pain in the right shoulder blade • liver and gallbladder problems • person feels better for hot drinks and eating

### USE

Hepatitis, Gallstones  
Headaches, Shoulder pain, Pneumonia

### PREPARATION

The whole flowering plant, or the root, is chopped, pulped, and macerated in alcohol for at least ten days.



## CIMICIFUGA قاتل البق

*Cimicifuga racemosa*

Black cohosh, black snakeroot, rattleroot, cohosh  
bugbane, squawroot. جَنْدَرِ الثَّعْبَانِ

Historically, This North American plant's genus name is derived from the Latin words cimex, “bug,” and fugere, “to flee,” a reference to its properties as an insect repellent.

### KEY SYMPTOMS

depression • neck and back pain • fear of death •  
overexcitability • menstrual irregularities

### USE

Menopause, Menstrual problems, Pregnancy  
Head & neck pain  
Depression

### PREPARATION

Fresh root and rhizome are harvested in fall. They are pounded to a pulp, then mixed with alcohol and left to stand before being strained, filtered, and succussed..



## CHINA كينا

*Cinchona officinalis* القنقينة

Peruvian bark, cinchona bark, Jesuit's bark, china bark, calisaya bark, loxa bark, red bark, yellow cinchona. اللحاء الاصفر

Historically, bark is of particular historical significance for homeopaths, since quinine extracted from it became the subject of Hahnemann's first homeopathic proving. In 1790 he tested quinine on himself.

### KEY SYMPTOMS

exhaustion after fluid loss • great imagination • desire for alcohol and for sweet or spicy foods • oversensitivity

### USE

Exhaustion, Fever, Insomnia  
Digestive disorders  
Headaches



### PREPARATION

The bark is macerated in alcohol for at least five days, before being filtered, diluted, and then succussed..

## CISTUS القريضة

*Cistus canadensis*

Frostweed, Canadian rock rose.

Historically, name derives from its love of frost on its roots in early winter

### KEY SYMPTOMS

frightened and stressed  
sensitive to cold air  
glandular swelling and hardening, particularly in the neck

### USE

frequent colds, tonsillitis, upper respiratory tract infections, chronic or recurrent sinusitis, and allergic rhinitis



### PREPARATION

The whole, fresh plant and root are macerated in alcohol.

**COFFEA** القهوة  
*Coffea cruda* syn. *C. arabica*  
 Coffee, Arabian coffee.

Historically, Native to Ethiopia, coffee was reportedly first drunk in the Middle East, introduced in Europe in the 17th century, then taken by Europeans to the East and to South America.

**KEY SYMPTOMS**  
 overstimulation leading to sleep problems •  
 oversensitivity to pain • restlessness and nervousness

**USE**  
 Insomnia  
 Headaches  
 Toothaches



**PREPARATION**

Ripe, unroasted coffee beans are macerated in alcohol for at least five days before being filtered. The resulting liquid is then repeatedly diluted and succussed.

**CONIUM** الشوكران  
*Conium maculatum*  
 Hemlock, spotted hemlock. الشوكران السام

Historically, Generations of storytellers have woven the poison hemlock into their tales.

**KEY SYMPTOMS**  
 materialistic nature with fixed ideas • complaints that are triggered by suppression of sexual feelings  
 • tendency to develop tumors

**USE**  
 Cysts, tumors & cancer  
 Swollen breasts  
 Enlarged prostate, Sexual problems  
 Nervous disorders



**PREPARATION**

The fresh flowering plant, including the root, is macerated in alcohol and then diluted and succussed.

<p><b>COLOCYNTHIS</b> الحنظل  <i>Cucumis colocynthis</i> syn. <i>Citrullus colocynthis</i>  <i>Colocynth, bitter apple, bitter cucumber.</i>  أو مرارة الصحاري أو خدج الحنظل</p>	
<p><i>Historically, In the Old Testament, it is related that the prophet Elisha turned this bitter, toxic gourd into an edible fruit during famine</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>conditions that are triggered by pent-up anger • colicky pains that are relieved by pressure • indignation • neuralgic pains that are better for warmth</i></p>	
<p><b>USE</b>  <i>Colic &amp; diarrhea  Facial neuralgia, Neuralgic pains  Menstrual problems</i></p>	
<p><b>PREPARATION</b>  <i>The fresh flowering plant, including the root, is macerated in alcohol and then diluted and succussed.</i></p>	

<p><b>COCCULUS</b> العنبيبة  <i>Anamirta cocculus</i> syn. <i>Cocculus indicus</i>  <i>Indian cockle.</i></p>	
<p><i>Historically, Fishermen in southern India use this plant as a poison to stun fish and catch them easily.</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>severely exhausted, possibly leading to fainting, insomnia, and stupor</i></p>	
<p><b>USE</b>  <i>vertigo, dizziness, nausea, sea- and travel-sickness, vomiting</i></p>	
<p><b>PREPARATION</b>  <i>The powdered seeds are macerated in alcohol</i></p>	

<p><b>COLCHICUM</b> زعفران / للاح</p> <p><i>Colchicum autumnale</i>  <i>Meadow saffron, fall crocus, naked ladies.</i></p> <p>Historically, During classical times, the plant was considered too toxic for use</p> <p><b>KEY SYMPTOMS</b>  <i>weak and restless</i></p> <p><b>USE</b>  <i>depressed or irritable, and have poor concentration and memory</i>  <i>Arthritic joint</i>  <i>ulcerative colitis</i></p> <p><b>PREPARATION</b>  <i>The fresh bulb, dug up in spring, is chopped and steeped in alcohol</i></p>
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<p><b>COLLINSONIA</b> كولنسوة</p> <p><i>Collinsonia canadensis</i>  <i>Stoneroot, horsebalm, richweed.</i></p> <p>Historically, Stoneroot is so called due to its hard, knotted root. It is used herbally in a poultice for bruises and sores.</p> <p><b>KEY SYMPTOMS</b>  <i>bleeding hemorrhoids, with a sensation of constriction, pricking pain, and sharp sticks in the rectum</i></p> <p><b>USE</b>  <i>menstrual pain, pelvic aches, and labor or pregnancy problems such as an itchy vulva during pregnancy, or diarrhea after labor.</i></p> <p><b>PREPARATION</b>  <i>The fresh root is chopped and macerated in alcohol.</i></p>
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<p><b>CROTON</b> حب الملوك <b>Croton tiglium</b></p>	
<p><i>Historically, Croton oil, made from the pressed seeds, has been used as a drastic purgative</i></p>	
<p><b>KEY SYMPTOMS</b> <i>anxious, exhausted, dissatisfied</i></p>	
<p><b>USE</b> <i>allergic skin conditions with extreme itching, such as eczema on the scrotum, or blistering rashes on the scrotum and penis. Croton is also given for digestive problems such as nausea and urgent diarrhea</i></p>	
<p><b>PREPARATION</b> <i>The oil from the seeds is percolated in alcohol.</i></p>	

<p><b>DIOSCOREA</b> الخَيْرُونُ <b>Dioscorea villosa</b> <b>Wild yam, colic root.</b></p>	
<p><i>Historically, traditional Aztec remedy for pain, wild yam was commonly used in Central America</i></p>	
<p><b>KEY SYMPTOMS</b> <i>irritability, stress, and nervousness colicky pains</i></p>	
<p><b>USE</b> <i>pains may occur during menstruation. In men, Dioscorea is typically prescribed to treat renal colic</i></p>	
<p><b>PREPARATION</b> <i>The fresh root is dug up after the plant has flowered. It is then chopped and macerated in alcohol.</i></p>	

**DROSERA** ندىة

اكلة الحشرات

*Drosera rotundifolia**Sundew, common sundew, round-leaved sundew, red rot, youthwort, moorgrass*

Historically, "eat away rotten sores."

**KEY SYMPTOMS***restlessness, anxiety, retching, vomiting, cold sweats, and nosebleeds***USE***deep, violent, spasmodic cough, especially whooping cough.  
behavioral problem  
childhood growing pains***PREPARATION***The whole, fresh, flowering plant is macerated in alcohol.***DULCAMARA** ثلثان*Solanum dulcamara**Nightshade, woody nightshade, bitter nightshade, felonwort.*

أو الحلوّة المرّة أو الخلص أو ثلثان حلو مر أو الكائنج النهري

Historically, One such ailment, abscesses called "felons" on the fingertips, inspired one of the plant's common names, felonwort.

**KEY SYMPTOMS***conditions that are affected by weather changes from hot to cold • domineering nature • sensitivity to cold and damp • asthma • urticaria in humid conditions***USE***Colds & coughs, Hay fever & asthma  
Head & facial pain  
Skin conditions, Diarrhea, Joint pain***PREPARATION***Fresh green stems and leaves are picked just before the plant flowers, then finely chopped and macerated in alcohol*

**EQUISETUM** *ذيل الحصان*  
*Equisetum hyemale & E. arvense*  
*Rough horsetail, field horsetail.*

*Historically, Middle Ages and the 18th century as a pot-scourer.*

**KEY SYMPTOMS**  
*painful pressure*

**USE**  
*painful irritation of the bladder*



**PREPARATION**

*The fresh plant of either species, including the root, is first pulped, then steeped in alcohol.*

**EUPATORIUM PER.**  
*Eupatorium perfoliatum*  
*Boneset, agueweed,*

*Historically, Native Americans used a boneset infusion for colds, fever,*

**KEY SYMPTOMS**  
*moan with pain and feel that they are going out of their minds, sensation as though their bones are broken*

**USE**  
*influenza or malarial fever*



**PREPARATION**

*The fresh aerial parts in flower are macerated in alcohol*

**EUPHRASIA** العرقون

*Euphrasia officinalis*  
Eyebright.

Historically, Native to Europe, but now also found in Asia and North America

**KEY SYMPTOMS**

daydreaming.  
**heightened sensitivity to light**

**USE**

irritation in the eyes, with cutting, burning allergies or infections affecting the eyes and nose



**P R E P A R A T I O N**

The whole, fresh, flowering plant, including the root, is chopped and macerated in alcohol.

**GELSEMIUM** ياسمين أصفر

*Gelsemium sempervirens*  
Carolina jasmine, yellow jasmine, false jasmine.

Historically, Native to the southern US

**KEY SYMPTOMS**

fear losing control.  
**feel dull, drowsy, and dizzy,**  
**mental and physical paralysis, with weakness**  
**and an inability to perform**

**USE**

strengthen courage on the battlefield, and it is often used for phobias  
weakness, diarrhea, and frequent urination  
acute influenza or sore throats,



**P R E P A R A T I O N**

The fresh bark of the root is finely chopped and macerated in alcohol.

**GNAPHALIUM** برسية  
*Gnaphalium polycephalum*  
Sweet-scented everlasting flower, cudweed..

Historically, Native to North America

**KEY SYMPTOMS**  
fevers, and respiratory and intestinal catarrh

**USE**  
intense sciatic pains alternating with or followed by numbness.  
foul-smelling diarrhea with colic

**PREPARATION**  
The whole, fresh plant is macerated in alcohol.



**HAMAMELIS** مشتركة فرجينية  
*Hamamelis virginiana*  
Virginia witch hazel بندق الساحرة

Historically, Native to Canada and eastern and central US, and grown in Europe.

**KEY SYMPTOMS**  
depressed and solitary  
restlessness and irritability

**USE**  
hemorrhoids and varicose veins  
heavy periods in women or nosebleeds

**PREPARATION**  
Fresh, chopped bark from the twigs and root is steeped in alcohol.



**HELLEBORUS** خربق**Black hellebore, Christmas rose**

As early as 1400 BCE, the Roman natural historian Pliny wrote of using black hellebore for mental conditions. Ancient Greek and Roman philosophers would drink an infusion of the plant to increase their concentration before prolonged debates

**KEY SYMPTOMS**

mental dullness and sluggishness • chilliness • tendency to drop things • person feels worse between 4 p.m. and 8 p.m.

**USE**

Nervous-system disorders  
Brain inflammation  
Headaches  
Digestive disorders  
Depression

**PREPARATION**

The tincture is prepared from the fresh root of the plant. This is dug up in the winter, chopped, and macerated, then filtered and succussed.

**HYOSCYAMUS** البنج

*Hyoscyamus niger*, Henbane, common henbane, black henbane, hairy henbane, stinking nightshade, stinking Roger, hog's bean, cassilata.

Henbane was advocated by the Greek physician Dioscorides in the 1st century CE as a painkiller and soporific. The Latin name comes from the Greek hys, "pig," and kyamos, "bean"—perhaps because pigs are not poisoned by eating it,

**KEY SYMPTOMS**

behavioral problems with erotic tendencies • delirium and paranoia • spasmodic cough • laughter at inappropriate times

**USE**

Behavioral problems, Delirium  
Paranoia, Cough

**PREPARATION**

The whole fresh plant in flower, including the root, is chopped finely and steeped in alcohol for ten days. It is then diluted and succussed.

**HYPERICUM** الدَّاذِي العرن

*Hypericum perforatum*

*St. John's-wort.*

*John's-wort was long thought to have magical importance too.*

**KEY SYMPTOMS**

*nervous, overexcited, constantly drowsy, talk while asleep, and forgetful when speaking*

**USE**

*depressed, frightened, or shocked*



**PREPARATION**

*The whole, fresh plant is finely chopped and macerated in alcohol.*

**HYDRASTIS** خاتم الذهب

*Hydrastis canadensis*

*Goldenseal, orangeroot, yellow puccoon*

*Historically, Native Americans used golden-seal's root for its intense yellow dye*

**KEY SYMPTOMS**

*catarrh, sinusitis, a sore throat, and an abnormal taste in the mouth. There may be copious, thick, yellowish, stringy mucus affecting the mucous membranes of the respiratory system.*

**USE**

*catarrh, sinusitis, a sore throat  
stomach problems, possibly  
constipation with no urge to pass stools.  
cancerous and precancerous states*



**PREPARATION**

*The dried underground parts of the plant are steeped in alcohol*

## **IPECAC**

*Cephaelis ipecacuanha*  
Ipecacuanha. عرق الذهب

Historically, Its name is from the Portuguese for  
“sick-making plant,”

### **KEY SYMPTOMS**

*persistent nausea and vomiting • clean, unfurred  
tongue • bright red bleeding • excessive mucus  
production and a cough • irritability*

### **USE**

*Nausea & vomiting, Coughs & wheezing, Migraine  
Gynecological problems*



### **PREPARATION**

*The root is dug up and the firmest dark rootlets dried, powdered, and macerated in alcohol. They are then filtered, diluted, and succussed.*

## **IGNATIA** فول فلبيني

*St. Ignatius's bean.*

*traditionally worn by natives of the Philippine  
Islands as amulets to prevent and cure all manner  
of diseases.*

### **KEY SYMPTOMS**

*ailments triggered by grief • tendency to bottle up  
emotions • fear of birds • sensation as if there is a  
lump in the throat*

### **USE**

*Grief & distress, Nervous disorders  
Headaches, Digestive disorders  
Sore throat*



### **PREPARATION**

*The dried seeds are powdered before being steeped in alcohol at least five days. This is followed by filtration, dilution, and succussion.*

**IRIS**  
***Iris versicolor***  
**Blue flag, snake lily**

*Native to North America, and now also grown widely in Europe*

**KEY SYMPTOMS**  
*feel restless and discouraged.  
 headaches and migraines accompanied by digestive disorders such as nausea, severe diarrhea, or cholera, Migraines*

**USE**  
*severe nausea, vomiting*



**PREPARATION**  
*The fresh root, dug up and chopped in summer, is steeped in alcohol*

**KALMIA** **الكالمية**  
***Kalmia latifolia***  
**Mountain laurel, calico bush, ivy bush, lambkill**

*This plant is notoriously poisonous: grazing on the leaves can kill cattle and sheep and cause the meat from the animals to become too toxic to eat*

**KEY SYMPTOMS**  
*feel fine when lying down, but become dizzy and disoriented on trying to move.*

**USE**  
*severe, sharp neuralgic pains in the muscles and joints*



**PREPARATION**  
*The fresh leaves of the plant in flower are chopped and macerated in alcohol.*

**KREOSOTUM**

*Kreosotum*

*Creosote.*

*name derives from the Greek kreas, or "flesh," and soter, or "preserver."*

**KEY SYMPTOMS**

*dreams of sexual intercourse and a fear of being raped*

*inflamed, suppurate, and then break down and bleed, particularly in the vagina*

**USE**

*temperamental state*

*offensive-smelling discharges from the mucous membranes that burn the skin and cause itching and swelling, Candidiasis*

*heavy, offensive-smelling menstrual flow*

**PREPARATION**

*Creosote is dissolved in alcohol, diluted, and succussed.*



**LEDUM**

*Ledum palustre*

*Marsh tea, wild rosemary*

*Historically, Marsh tea has traditionally been used in Scandinavia to eliminate lice.*

**KEY SYMPTOMS**

*angry, dissatisfied, anxious, antisocial, or even demented when ill*

**USE**

*first-aid remedy for cuts, grazes, puncture wounds, insect stings, and black eyes and other eye injuries. rheumatic pains*

**PREPARATION**

*As the plant comes into flower, the tips of the leafy shoots are collected, dried, and steeped in alcohol.*



## **LILIUM** زنبق

*Lilium lancifolium* syn. *L. tigrinum*  
Tiger lily.

Historically, West from China, Korea, and Japan, where it was cultivated as a food plant for centuries.

### **KEY SYMPTOMS**

*hurry and impatience • intense sexual urges • preference for cool, fresh air • sensation as though the heart is being gripped*

### **USE**

*Women's health  
Depression  
Urinary disorders  
Heart disorders*



### **PREPARATION**

*The stalk, leaves, and flowers of the fresh plant are finely chopped and soaked in alcohol for at least ten days. The mixture is then filtered, diluted, and succussed.*

## **LYCOPODIUM** رَجُلُ الذَّنْبِ

*Lycopodium clavatum*  
Club moss, wolf's claw, stag's-horn moss, running pine, lamb's tail, fox tail, witch meal, vegetable sulfur. *أَوْ رَصْنٌ أَوْ خُنْرِيَّةٌ*

Historically, This plant's root was said to bear a resemblance to a wolf's foot, hence its folk name "wolf's claw," and Latin name, from the Greek *lykos*, or "wolf" and *podos*, or "foot."

### **KEY SYMPTOMS**

*anticipatory anxiety • lack of self-esteem • flatulence and constipation • desire for sweet foods • person feels worse between 4 p.m. and 8 p.m.*

### **USE**

*Anxiety  
Digestive disorders  
Urogenital problems, Chest infections*



### **PREPARATION**

*The stalk, leaves, and flowers of the fresh plant are finely chopped and soaked in alcohol for at least ten days. The mixture is then filtered, diluted, and succussed.*

**MEZEREUM** مازريون

الدفنة

*Daphne mezereum*

*Mezereon, spurge olive.*

Historically, Native to Eurasia and found in North America, Europe, and north Africa

**KEY SYMPTOMS**

*despondency, apathy, and detachment  
skin complaints Eruptions  
Neuralgic pains, diarrhea  
erratic, jerking, sharp pains, and a sensation of  
lightness or enlargement in the body*

**USE**

*Catarrh and sinus problems  
Chickenpox and shingles  
Eczema and dermatitis*



**PREPARATION**

*The fresh bark, gathered just before the plant blooms, is chopped and steeped in alcohol.*

**MILLEFOLIUM** لقيصوم الألفي الأوراق أو

الخرنبل

*Achillea millefolium*

*Yarrow, milfoil, woundwort, staunchweed,  
nosebleed.*

Historically, The Latin name of this plant derives from the warrior Achilles, the Greek hero of the Trojan war, who used yarrow to staunch the wounds of his soldiers

**KEY SYMPTOMS**

*Irritable, confused, dizzy*

**USE**

*bleeding from injuries, and for internal bleeding  
and menstrual irregularities,  
colicky pain*



**PREPARATION**

*The fresh, flowering aerial parts are chopped and steeped in alcohol.*

**NUX VOMICA** جوز مقيء

*Strychnos nux-vomica, Poison-nut tree, Quaker buttons (seeds), nux vomica, vomit weed.*

*Historically, A rat poison in medieval Europe, and also used to treat the plague. Indian herbalists use the bark to treat cholera, and in Nepal it is prescribed for menstrual problems, rabies, and paralysis.*

**KEY SYMPTOMS**

*irritability • overly critical nature • tendency to be highly driven and ambitious • chilliness • desire for rich foods and stimulants • indigestion and constipation • sleeplessness*

**USE**

*Irritability & insomnia  
Digestive disorders  
Colds & influenza  
Women's health*



**PREPARATION**

*The dried, ripe seeds are steeped in alcohol for at least five days, before being filtered, diluted, and succussed.*

**OPIUM** الافيون

*Papaver somniferum*

*Historically, poppy is the source of both morphine, one of the strongest painkillers, and heroin, one of the most addictive substances known.*

**KEY SYMPTOMS**

*stupor • apathy • dulled sensitivity to pain • hyperactivity with difficulty in sleeping*

**USE**

*Insomnia & narcolepsy  
Constipation, Delirium tremens  
Shock & injury, Post-stroke paralysis*



**PREPARATION**

*Sticky latex (sap) from the unripe, green seed pods is dried, dissolved in alcohol, and succussed.*

**PASSIFLORA** زهرة الآلام

*Passiflora incarnata*  
Passion flower.

*Historically, sedative and tranquilizing properties*

**KEY SYMPTOMS .**

*heels are rising up in the air*

**USE**

*Cough  
insomnia*



**PREPARATION**

*The fresh or dried leaves, gathered in spring, are finely chopped and steeped in alcohol.*

**PHYTOLACCA** صبغة الأسدية

*Phytolacca americana*  
*Virginia pokeroot, reading plant, garget, pocon*

*Historically, Native to North America, and naturalized in the Mediterranean region.*

**KEY SYMPTOMS**

*Neck & breast swelling*

**USE**

*inflamed neck glands  
mastitis with hardness, burning, and pain in the breasts*



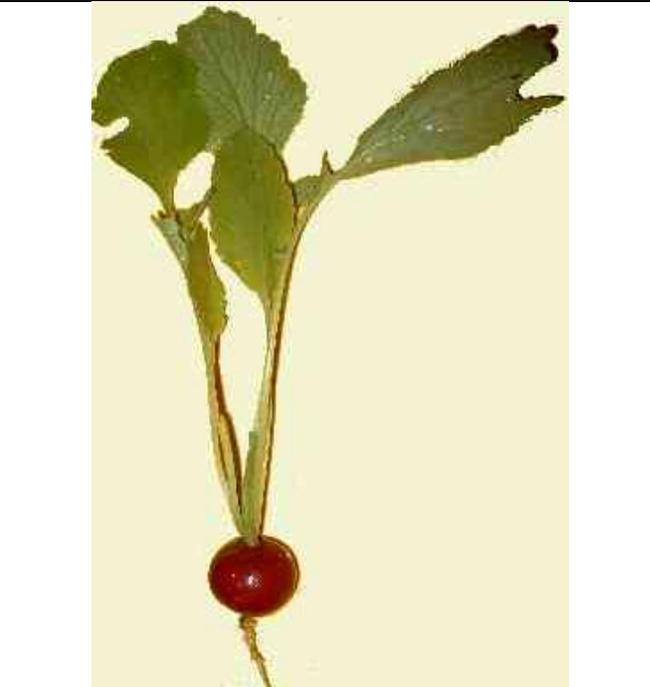
**PREPARATION**

*The fresh root is unearthed during the fall, finely chopped, and macerated in alcohol.*

<p><b>PLANTAGO</b> لسان الحمل <i>Plantago major</i> <i>Greater plantain.</i></p>	
<p><i>Historically, to Europe and temperate regions of Asia, where it grows wild.</i></p>	
<p><b>KEY SYMPTOMS</b> <i>dull, irritable, and impatient</i></p>	
<p><b>USE</b> <i>earaches and toothaches</i> <i>bed-wetting</i></p>	
<p><b>PREPARATION</b> <i>The fresh root is finely chopped and macerated in alcohol.</i></p>	

<p><b>PODOPHYLLUM</b> ليمون الأرض <i>Podophyllum peltatum</i> <i>May apple, American mandrake.</i></p>	
<p><i>Historically, Native to northeastern North America</i></p>	
<p><b>KEY SYMPTOMS</b> <i>forgetful, depressed, afraid that they may die</i></p>	
<p><b>USE</b> <i>Digestive tract disorders</i> <i>diarrhea,</i></p>	
<p><b>PREPARATION</b> <i>The fresh rhizome is dug up when the fruits are fully ripe, finely chopped, and macerated in alcohol.</i></p>	

<p><b>RANUNCULUS BULB.</b>  <i>Ranunculus bulbosus</i> حوذان بصيلي</p> <p><b>Bulbous buttercup,</b></p>	
<p>Historically, The buttercup has been used medicinally since the time of ancient Greece.</p>	
<p><b>KEY SYMPTOMS</b>  irritable, depressed, and quarrelsome muscle, joint, and skin problems</p>	
<p><b>USE</b>  Restlessness and insomnia  eczema or herpes, especially herpes zoster (shingles)</p>	
<p><b>PREPARATION</b>  The whole plant in flower is finely chopped and steeped in alcohol.</p>	

<p><b>RAPHANUS</b> فجل  <i>Raphanus sativus</i> var. <i>niger</i>  Black radish.</p>	
<p>Historically, The ancient Romans used radish oil for skin diseases,</p>	
<p><b>KEY SYMPTOMS</b>  “collapsed” and lacking in spirit  extreme abdominal distension</p>	
<p><b>USE</b>  Flatulence, postoperative pain due to trapped gas, with gurgling and great swelling in the abdomen</p>	
<p><b>PREPARATION</b>  The fresh roots, dug up in spring before flowering, are finely chopped and steeped in alcohol.</p>	

<p><b>RHODODENDRON</b>  Rhododendron chrysanthum شجر الورد  Siberian rhododendron,</p>	
<p><i>Historically, An infusion of this plant is a traditional Mongolian drink</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>feel confused, excited, and faint, alternating feverish excitement  gout, arthritis, or rheumatic pain.</i></p>	
<p><b>USE</b>  <i>Rheumatic and arthritic pain  overly sensitive people who are deeply affected by the weather</i></p>	
<p><b>PREPARATION</b>  <i>The leafy shoots are dried and macerated in alcohol.</i></p>	

<p><b>RHUS TOX. السماق السام</b>  Rhus toxicodendron  Poison ivy, poison oak.</p>	
<p><i>Historically, Native Americans used this plant to treat skin eruptions</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>Contact with its leaves produces redness, swelling, and blistering.</i></p>	
<p><b>USE</b>  <i>Acne Sciatica  Sprains and strains  Backache, Chickenpox and shingles  Cold and flu, Cold sores, Cramp  Eczema and dermatitis, Gout, Itch  Nappy rash, Rheumatic and arthritic pain</i></p>	
<p><b>PREPARATION</b>  <i>The fresh leaves, gathered at sunset just before the plant comes into flower, are macerated in alcohol.</i></p>	

<p><b>RUTA</b> سذاب  Ruta graveolens  Rue, herb-of-grace.</p>	
<p><i>Historically, Native to dry, sunny regions of Mediterranean countries.</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>feelings of anxiety and panic and tend to be weepy.  stiffness and pain in the muscles and tendons,</i></p>	
<p><b>USE</b>  Backache  Bruising  Sprains and strains</p>	
<p><b>PREPARATION</b>  <i>The aerial parts, gathered as the plant is beginning to flower, are finely chopped and steeped in alcohol.</i></p>	

<p><b>SABADILLA</b>  Schoenocaulon officinale  Sabadilla, cebadilla.</p>	
<p><i>Historically, Found in Mexico, the West Indies, Guatemala, and Venezuela veratrine, which are used in insecticides</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>hysterical paroxysms following a fright  itchy, tingly nose, copious, watery catarrh</i></p>	
<p><b>USE</b>  asthma, tonsillitis  Eye problems  Hay fever</p>	
<p><b>PREPARATION</b>  <i>The ripe seeds are steeped in alcohol, filtered, diluted, and succussed.</i></p>	

<p><b>SABAL</b> بلميٲ منشاري  <i>Serenoa repens</i> syn. <i>S. serrulata</i>  Saw palmetto</p>	
<p><i>Historically, food source and for its sedative and tonic medicinal properties</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>irritable, apathetic, introverted, depressed, and afraid to go to sleep</i></p>	
<p><b>USE</b>  <i>Urinary problems (acute)</i></p>	
<p><b>PREPARATION</b>  <i>The fresh, ripe fruits are finely chopped and macerated in alcohol.</i></p>	

<p><b>SABINA</b> الأبهل  <i>Juniperus sabina</i>  Savin.</p>	
<p><i>Historically, Europe to induce abortions</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>irritable, burning external genitalia  swelling of the upper penis  itchy nipples, sharp pains shooting up the vagina</i></p>	
<p><b>USE</b>  <i>Gonorrhoea  miscarriages.  Warts and verrucae</i></p>	
<p><b>PREPARATION</b>  <i>The fresh, young branch tops and leaves are chopped before being macerated in alcohol.</i></p>	

## SANGUINARIA دموية

*Sanguinaria canadensis*  
Bloodroot, red puccoon

*Historically, orange-colored juice of the root as a body paint and clothing dye.*

### KEY SYMPTOMS

*very weak and stupid, uncomfortable sensation of prickling warmth sometimes spreads over the whole body.*

### USE

*Headache and migraine*



### PREPARATION

*The rhizome, unearthed in fall, is dried and macerated in alcohol*

## SARSAPARILLA فشاغ

*Smilax officinalis* syn. *S. ornata*, *S. regelii*, *S. medica* Sarsaparilla, wild licorice

*Historically, flavor root beer*

### KEY SYMPTOMS

*depressed and anxious, blaming their state*

### USE

*Urinary problems (acute)*



### PREPARATION

*The dried root is steeped in alcohol, diluted, and succussed.*

<p><b>SCUTELLARIA</b> درقة  <i>Scutellaria laterifolia</i>  <i>Virginia skullcap</i></p>	
<p><i>Historically, Cherokee Indians to promote menstruation</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>feel exhausted, confused</i></p>	
<p><b>USE</b>  <i>Fatigue (acute)</i></p>	
<p><b>PREPARATION</b>  <i>The whole, fresh plant, excluding the root, is steeped in alcohol.</i></p>	

<p><b>SPIGELIA</b>  <i>Spigelia anthelmia</i>  <i>Pink root, annual wormgrass</i></p>	
<p><i>Historically, Native to South America</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>sad, forgetful, "blank"</i></p>	
<p><b>USE</b>  <i>Chickenpox and shingles</i>  <i>Headache and migraine</i></p>	
<p><b>PREPARATION</b>  <i>The dried aerial parts are macerated in alcohol.</i></p>	

<p><b>STICTA</b>  Lobaria pulmonaria  Tree lungwort</p>	
<p><i>Historically, Found throughout Europe.</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>confusion.</i></p>	
<p><b>USE</b>  <i>Catarrh and sinus problems</i></p>	
<p><b>PREPARATION</b>  <i>The whole, dried lichen is macerated in alcohol.</i></p>	

<p><b>SYMPHYTUM</b> شاذغة</p>	
<p>Symphytum officinale  Comfrey, knitbone.</p>	
<p><i>Historically, 1st century CE for healing bruises, sprains, fractures, and broken bones</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>confusion.</i></p>	
<p><b>USE</b>  <i>Bruising  Eye problems  Injury  Sports injuries</i></p>	
<p><b>PREPARATION</b>  <i>The fresh root is gathered either before flowering or in the fall, steeped in alcohol, diluted, and succussed.</i></p>	

**PULSATILLA** زهرة الفصح

*Pulsatilla pratensis* subsp. *Nigricans*  
Small pasque flower, meadow anemone, wind flower.

Historically, The name derives from the archaic term for Easter, Pasch, since the plant flowers around the time that the festival occurs. Roman legend says that this plant sprang from the tears of the goddess Venus, and was thus used to treat weepiness.

**KEY SYMPTOMS**

weepiness • conditions that improve for sympathy • desire for open air • thick, yellowy-green catarrh • changeable mood

**USE**

Women’s health  
Colds & coughs  
Sinusitis, Eye infections  
Digestive disorders



**PREPARATION**

The fresh, flowering plant, including the root, is chopped and macerated in alcohol, before being diluted and succussed.

**STAPHYSAGRIA** القمل الجبلي

*Delphinium staphisagria*  
Stavesacre, palmated larkspur, housewort.  
عائق جبلي أو زبيب الجبل أو زبيب بري أو عشبة القمل

Historically, Its common name, stavesacre, comes from the ancient Greek staphis, “raisin,” and agria, “wild.” In Western herbal medicine the seeds of the plant can be used to make an ointment for treating head lice and other parasites.

**KEY SYMPTOMS**

conditions generated as side-effects of surgery, particularly urogenital surgery • suppressed emotions • increased sex drive and masturbation

**USE**

Urogenital problems  
Joint pain, Toothaches  
Skin conditions Headaches, Insomnia



**PREPARATION**

The seeds of the plant are gathered once it has finished flowering. They are then dried, triturated, and succussed.

**SPONGIA** البحرى الاسفنج  
**Euspongia officinalis**  
**Common sponge**

Historically, Traditionally gathered from waters of the Mediterranean, near Syria and Greece

**KEY SYMPTOMS**

Congestion face  
 disrupt sleep

**USE**

palpitations and an uneasy feeling in the area of the heart.  
 upper respiratory tract infections  
 thyroid gland



**PREPARATION**

Sponge is carefully cleaned of sand, then toasted in a metal drum before being powdered and triturated

**STRAMONIUM**

**Datura stramonium** داتورا  
 Thorn apple, devil's apple, stinkweed, false castor oil.

Historically, A strong hallucinogen, thorn apple was used in the salves of medieval folk healers and in American Indian shamanistic rites.

**KEY SYMPTOMS**

anger accompanied by fear • fear of the dark • fear of water • stammering • trembling and convulsions

**USE**

Fever, Asthma, Bronchitis  
 Violence & mania  
 Chorea



**PREPARATION**

The fresh leaves and flowers, or the seeds, are chopped and macerated in alcohol, before being filtered, diluted, and succussed.

<p><b>TABACUM</b> التبغ  <b>Nicotiana tabacum</b>  <b>Tobacco plant</b></p>	
<p><i>Historically, cigarettes and as an insecticide.</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>unable to concentrate</i>  <i>Severe nausea</i></p>	
<p><b>USE</b>  <i>Travel sickness</i></p>	
<p><b>PREPARATION</b>  <i>The dried, unfermented leaves are macerated in alcohol.</i></p>	

<p><b>THUJA</b> عفسج  <b>Thuja occidentalis, Arbor vitae, tree of life, white cedar.</b></p>	
<p><i>Historically, used by American Indians as a source of hard-wearing wood and of herbal medicine</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>warts and polyps • feeling of being unlovable • complaints that develop after vaccination or gonorrhoea • delusions • nail problems • catarrh</i></p>	
<p><b>USE</b>  <i>Skin conditions</i>  <i>Urogenital problems</i>  <i>Headaches</i>  <i>Catarrh &amp; sinusitis</i>  <i>Menstrual problems</i></p>	
<p><b>PREPARATION</b>  <i>The fresh leaves and twigs of the one-year-old plant are chopped finely and macerated in alcohol, then filtered, diluted, and succussed.</i></p>	

**VERATRUM ALB** حَرْبُوق أبيض  
أو بقلّة الرماح

*Veratrum album, White hellebore, false hellebore.*

*Historically, white hellebore was reputedly used in ancient Rome on the tips of weapons*

**KEY SYMPTOMS**

*profuse diarrhea • vomiting with exhaustion • cold perspiration • blue-tinged skin • fainting • hyperactivity or melancholy*

**USE**

*Diarrhea  
Collapse  
Emotional problems  
Vomiting & nausea*



**PREPARATION**

*The fresh root is dug up before flowering, chopped, macerated in alcohol, and succussed.*

**VERATRUM VIR.**

*Veratrum viride  
American white hellebore*

*Historically, Found throughout northwestern North America.*

**KEY SYMPTOMS**

*restless, quarrelsome  
anxiety, and vomiting*

**USE**

*Cramp  
Diarrhoea*



**PREPARATION**

*The fresh root is gathered in fall and macerated in alcohol*

## **ANTIMONIUM CRUD** *الانتيمون*

*Stibium sulphuratum nigrum syn.*

*Antimonium crudum*

*الكحل*

*Historically crystalline form as the mineral stibnite, which was used (as kohl) by women in ancient Rome and the Middle East as a cosmetic*

### **KEY SYMPTOMS**

*sentimentality • dislike of being touched or looked at • insatiable appetite • thick, white coating on the tongue • digestive problems*

### **USE**

*Skin & nail conditions, Toothache*

*Skin infections with a rash*

*Digestive disorders, Gout*



### **PREPARATION**

*Stibnite is roasted and heated with carbon to extract the antimony, which is then triturated with lactose sugar, diluted, and succussed.*

## **ANTIMONIUM TART**

*Tartarus stibiatus syn. Antimonium tartaricum*

*tartar emetic. الطرطرات*

*Historically Known as the “prince of evacuants,” it caused severe vomiting and was taken to expel intestinal worms.*

### **KEY SYMPTOMS**

*loud rattling of mucus in the chest and a suffocating sensation • increasing weakness • dislike of physical examination • lack of thirst*

### **USE**

*Respiratory illness, Headaches*

*Nausea, Skin conditions*

*Chicken pox*



### **PREPARATION**

*The remedy is prepared by triturating antimony potassium tartrate with lactose sugar and then repeatedly diluting and succussing the mixture.*

**ARGENTUM NIT** نترات الفضة  
*Silver nitrate, hellstone, devil's stone, lunar caustic*

*Historically, used in the manufacture of photographic film and plates, and as a backing for mirrors*

**KEY SYMPTOMS**

*anxiety • impulsiveness • phobias • craving for sweet foods, which aggravate symptoms • digestive problems with flatulence • tendency to feel hot*

**USE**

*Anxiety & phobias, Digestive disorders  
Irritable bowel syndrome, Nervous disorders*



**PREPARATION**

*Pure crystals of silver nitrate are dissolved in alcohol before being repeatedly diluted and succussed.*

**Aurum metallicum**  
**Gold.** الذهب

*Historically, The ancient Egyptians were one of the earliest civilizations to master the art of mining and working gold., world economy*

**KEY SYMPTOMS**

*workaholic nature • despair at any perceived failures • bouts of anger and violence • angina • pains in the bones • person feels worse at night*

**USE**

*Depression, Reproductive-system problems  
Angina, Bone pain, Headaches*



**PREPARATION**

*Gold is purified from a nugget or extracted from an ore. It is then triturated with lactose sugar, filtered, diluted, and succussed.*

**ALUMINA** *الالومنيوم*  
*pure clay.*

*Historically, Used as an antacid in indigestion remedies, and in cooking utensils. Controversially thought by some to be a factor in triggering the onset of Alzheimer's disease.*

**KEY SYMPTOMS**

*sense of feeling hurried and flustered • fatigue and sluggishness • failing memory • dryness of the skin and mucous membranes*

**USE**

*Fatigue, Nervous disorders, Dementia  
Constipation, Appetite disorders*



**PREPARATION**

*Aluminum oxide crystals are extracted from bauxite using an industrial process. They are then triturated with lactose sugar, filtered, diluted, and succussed.*

**AMMONIUM CARB** *النشادر*  
*sal volatile.*

*Historically, Traditionally mixed with alcohol and lavender to make smelling salts, a pungent concoction for reviving someone who has fainted.*

**KEY SYMPTOMS**

*mental sluggishness • fatigue • fainting and weakness • breathlessness • sense of compression in the chest • person feels worse for cold and damp*

**USE**

*Fatigue, Respiratory illness, Scarlet fever  
Poor circulation, Skin conditions*



**PREPARATION**

*The crystalline solid is diluted in distilled water. The resulting solution is repeatedly diluted and succussed to potentize it.*

**Ammonium chloratum**

**AMMONIUM MUR.** النشادر

*Sal ammoniac, ammonium chloride*

*Historically, Sal ammoniac is used industrially as an electrolyte in dry cells. Medicinally, it is found in many over-the-counter cold and cough medicines.*

**KEY SYMPTOMS**

*congested nose, sneezing, a reduced sense of smell, a sore throat, hoarseness, and thick, slimy mucus in the nose and throat.*

**USE**

*grieving, sad, depressed, and tearful, yet are unable to weep  
liver complaints  
eye conditions, menstrual disorders, enlarged glands, joint pains, and sciatica*



**PREPARATION**

*The compound is dissolved in alcohol, diluted, and succussed.*

**Amylium nitrosum** نيترا

**AMYL NIT.**

**Amyl nitrite.**

*Historically, A powerful drug that dilates the blood vessels, amyl nitrate is often used in illegal recreational drugs such as “poppers.” Inhalec to stimulate sexual desires.*

**KEY SYMPTOMS**

*flushing that spreads rapidly over the skin, followed by drenching sweats and great exhaustion.*

**USE**

*weak, anxious, restless, and weary, often due to disturbed sleep.  
menopause, sunstroke, or heart problems.*



Poppers Aromas

**PREPARATION**

*Amyl nitrite is dissolved in purified water, diluted, and succussed*

**ARSEN. ALB** زرنیخ

*Acidum arsenicosum* syn. *Arsenicum album*  
**Arsenic, arsenic trioxide, arsenic oxide, arsenious acid.**

*Historically, In the past it was used to make flypaper and wallpaper, sometimes leading to accidental poisonings*

**KEY SYMPTOMS**

*anxiety about health • restlessness and exhaustion • chilliness • thirst for small sips of water • burning pains that are better for warmth*

**USE**

*Respiratory illness  
Digestive disorders  
Food poisoning  
Headaches  
Eye inflammation  
Eczema*



**PREPARATION**

*Arsenic is triturated by being ground repeatedly with lactose sugar until it is soluble in water. It is then further diluted and succussed.*

**BARYTA CARB** الباریوم  
**Barium carbonicum, Witheriet**

*Historically, Alchemists in the 17th century gave barium the name lapis solaris, due to its luminous qualities when heated*

**KEY SYMPTOMS**

*physical, mental, and emotional immaturity • lack of confidence • swollen tonsils • offensive-smelling perspiration on the feet*

**USE**

*Growth disorders in children, Swollen tonsils  
Senile dementia, Anxiety & phobias  
Respiratory illness, Impotence*



**PREPARATION**

*Once the crystals of barium carbonate have been chemically prepared, they are mixed with lactose sugar and triturated.*

**BORAX** *بورق*  
**Natrum tetraboracicum**  
**Borax, tincal, sodium tetraborate.**

*Historically, In the 19th century, borax was a traditional Western medicine for treating mouth ulcers and labor pains.*

**KEY SYMPTOMS**  
*irritable, angry, and passionate*

**USE**  
*phobias.  
 dread labor  
 painful ulcers that develop in the mouth or on the tongue*

**PREPARATION**  
*Borax is triturated with lactose sugar.*



**CALC. CARB.** *كربونات الكالسيوم الاصداف*  
**Calcium carbonate, oyster shell, mother-of-pearl, carbonate of lime.**

*Historically, Oyster shells are the natural source of calcium carbonate used in this remedy, but the compound also occurs naturally in marble, chalk, pearls, limestone, and coral*

**KEY SYMPTOMS**  
*fears and anxieties • delayed development • sour-smelling discharges  
 • sensitivity to the cold • aversion to dairy products  
 • cravings for sweets and eggs*

**USE**  
*Anxiety & phobias  
 Bone & joint pain  
 Dental problems  
 Digestive disorders  
 Headaches, Women's health*

**PREPARATION**  
*The shells are cleaned and dried, and the mother-of-pearl is removed from the outer shell. It is then triturated with lactose sugar.*



<p><b>CALC. PHOS</b> كالسيوم فوسفات <i>Calcium phosphoricum</i> سماد الازوت</p>	
<p><i>Historically, Calcium phosphate is the main constituent of bones and teeth, accounting for about 60 percent of the average human skeleton.</i></p>	
<p><b>KEY SYMPTOMS</b> <i>discontentment • desire to travel • delayed or accelerated growth • craving for smoked meats • susceptibility to bone and tooth problems</i></p>	
<p><b>USE</b> <i>Bone &amp; joint conditions Teething, Fatigue, Head pain Digestive disorders</i></p>	
<p><b>PREPARATION</b> <i>The white calcium phosphate precipitate is filtered, dried, and triturated with lactose sugar.</i></p>	

<p><b>CARBON SULPH.</b> كربون الكبريت <i>Carbonium sulphuratum</i> <i>Carbon bisulfide</i></p>	
<p><i>Historically, industrial solvent in rubber works, and in the manufacture of synthetic fibers such as viscose, rayon, and cellophane.</i></p>	
<p><b>KEY SYMPTOMS</b> <i>unable to think clearly muscle-wasting, jerking pains, visual disturbances</i></p>	
<p><b>USE</b> <i>dementia</i></p>	<p><b>PREPARATION</b> <i>The compound is dissolved in purified water, diluted, and succussed</i></p>

<p><b>CAUSTICUM</b> البطاس <i>Potassium hydrate</i></p>	
<p><i>Historically, Unique to homeopathy, this compound of potassium was specially devised and proved by Hahnemann</i></p>	
<p><b>KEY SYMPTOMS</b> <i>oversensitivity • intolerance of injustice • gradual paralysis • raw, burning pain • person feels worse for cold, dry, windy weather</i></p>	
<p><b>USE</b> <i>Tremors &amp; paralysis Urinary disorders Skin conditions Sore throat Cough</i></p>	
<p><b>PREPARATION</b> <i>Slaked lime and sulfate of potash are combined and dissolved in purified water. This solution is then further diluted and succussed.</i></p>	

<p><b>CUPRUM MET</b> <i>Cuprum metallicum</i> <b>Copper.</b> النحاس</p>	
<p><i>Historically, Copper's name is derived from the Greek Kupris, or Cyprus, after the island on which the ancient Greeks found the metal</i></p>	
<p><b>KEY SYMPTOMS</b> <i>spasms and cramps • suppression of emotions • ailments that are triggered by suppression of rashes and discharges • person feels better for cold drinks</i></p>	
<p><b>USE</b> <i>Cramps, convulsions &amp; epilepsy Coughs &amp; asthma Abdominal cramps, Exhaustion</i></p>	
<p><b>PREPARATION</b> <i>The metal is triturated with lactose sugar, then ground repeatedly until it forms a powder fine enough to be soluble in water. It is then filtered, diluted, and succussed.</i></p>	

<p><b>CUPRUM ARS.</b>  <i>Cuprum arsenicosum</i>  <i>Copper arsenite, Scheele's green.</i></p>
<p><i>Historically, toxic, yellow-green pigment was used in wallpapers</i></p>
<p><b>KEY SYMPTOMS</b>  <i>confused, restless, and in anguish</i></p>
<p><b>USE</b>  <i>burning pain on urinating, dark red, discolored urine with a strong odor, perhaps of garlic, and diarrhea</i></p>



**PREPARATION**  
*The compound is mixed with lactose sugar and triturated*

<p><b>FLUORIC AC.</b> الفلور  <i>Acidum hydrofluoricum</i></p>
<p><i>Historically, It is essential for healthy teeth and gums, and a compound of it, fluoride, is often added to toothpastes and the water supplies of some countries to help prevent tooth decay</i></p>
<p><b>KEY SYMPTOMS</b>  <i>materialistic and unspiritual nature • indifference to loved ones • preoccupation with sexual intercourse • weakness in the bones, nails, and hair</i></p>
<p><b>USE</b>  <i>Sexual problems, Tooth decay, Alopecia        Nail conditions, Varicose veins, Bone conditions        Discharges from the ears &amp; nose</i></p>



**PREPARATION**  
*Hydrofluoric acid is first dissolved in alcohol, before being repeatedly diluted further in alcohol and succussed between each dilution.*

**Ferrum metallicum**

**Iron.** الحديد

Historically, So prominent in history that it gave its name to the Iron Age, and also a highly important trace element for the working of the human body.

**KEY SYMPTOMS**

chilliness • intolerance of noise and contradiction • intolerance of eggs and fatty foods • tendency to flush easily • person feels better for gentle movement

**USE**

Anemia, Severe fatigue, Circulatory problems  
Digestive disorders, Back & joint pain  
Headaches



**PREPARATION**

Powdered iron is ground with lactose sugar to triturate it. It is then dissolved in water, and repeatedly diluted and succussed.

**Ferrum phosphoricum**

**Iron phosphate** فوسفات الحديد

Historically, Used by Dr. Wilhelm Schüssler to make a “biochemic tissue salt” for treating the early stages of inflammatory conditions.

**KEY SYMPTOMS**

colds accompanied by temporary deafness • conditions that appear gradually • hot flashes • pale face that flushes easily

**USE**

Fever  
Respiratory illness, Earache  
Digestive disorders  
Poor circulation  
Raynaud’s disease  
Urogenital problems



**PREPARATION**

Prepared chemically from iron sulfate, sodium phosphate, and sodium acetate. The powdered mineral is then triturated.

**GRAPHITES** جرافيت / كربون  
*blacklead, plumbago.* سن القلم الرصاص

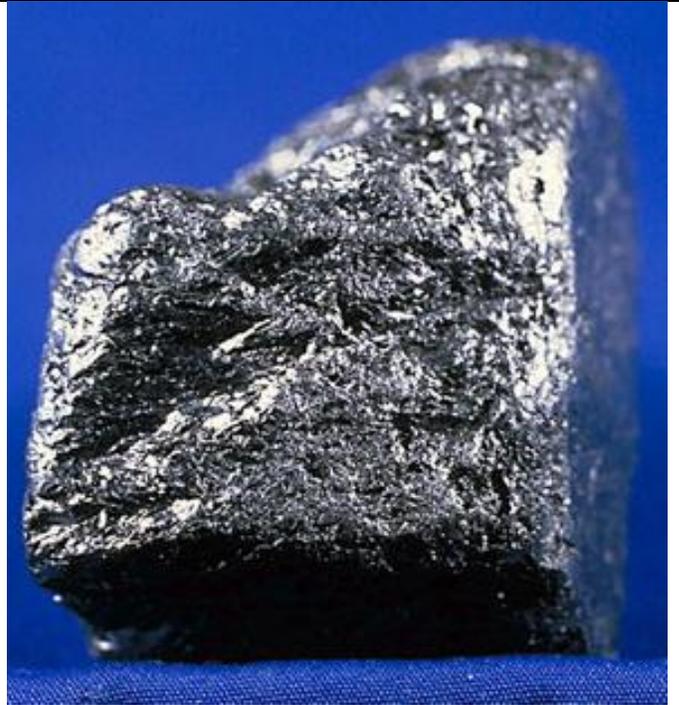
Historically, Graphite is a carbon mineral that contains traces of iron. The name derives from the Greek graphein, meaning "to write." The main constituent of pencil lead, graphite is also used in the production of lubricants, polishes, batteries, and electric motors.

**KEY SYMPTOMS**

poor concentration • indecisiveness • conditions that mainly affect the left side • weeping on hearing music • chilliness • cracked skin with a honeylike discharge

**USE**

Skin & nail conditions  
 Anxiety & shyness, Erectile problems  
 Eye, ear & nose conditions  
 Digestive disorders  
 Menstrual problems



**PREPARATION**

Graphite powder is triturated with lactose sugar to make it soluble. After being dissolved in water it is repeatedly diluted and succussed.

**HEPAR SULPH**  
*Calcium sulfide*

Historically, It is still used in veterinary medicine, and industrially in paint manufacture.  
 A form of calcium sulfide using powdered oyster shell and flowers of sulfur

**KEY SYMPTOMS**

violent outbursts • oversensitivity • chilliness • offensive-smelling discharges • splinterlike pains • craving for sour foods and drinks

**USE**

Colds & catarrh  
 Sore throat  
 Coughs & croup  
 Skin conditions  
 Digestive disorders



**PREPARATION**

Flowers of sulfur and powdered oyster shell are heated, dissolved in acid, and triturated with lactose sugar.

<p><b>IODUM</b>  <b>Iodine.</b> اليود</p>	
<p><i>Historically, Chinese herbalists used burned seaweed to treat thyroid problems 2,000 years ago. It is also a well-known antiseptic.</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>loss of weight with increased appetite • heat intolerance • lack of thirst • enlarged glands that then waste away • anxiety and restlessness</i></p>	
<p><b>USE</b>  <i>Overactive metabolism, Heat intolerance  Eating disorders  Cough, Respiratory illness</i></p>	
<p><b>PREPARATION</b>  <i>The remedy is made by dissolving iodate salts in alcohol, then repeatedly diluting and succussing the mixture.</i></p>	

<p><b>KALI. BICH.</b> بوتاس ملون  <b>Kalium bichromicum</b></p>	
<p><i>Historically, Used for industrial purposes such as the dyeing of fabric and wood-staining. Also used in photography, and as a component of electric batteries.</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>great attention to detail • regular habits • localized pain • tough, stringy, yellow-green catarrh • person feels worse between 2 a.m. and 5 a.m.</i></p>	
<p><b>USE</b>  <i>Catarrh &amp; sinusitis  Sore throat, coughs &amp; croup  Indigestion, Headaches  Skin conditions, Joint pain</i></p>	
<p><b>PREPARATION</b>  <i>The remedy is made by dissolving iodate salts in alcohol, then repeatedly diluting and succussing the mixture.</i></p>	

**KALI. CARB** بوتاس ابيض  
**Kalium carbonicum**  
**potash,**

Historically, Used by the ancient Egyptians to make glass, the compound is still widely used in the manufacture of glass, soap, and other products. Used for industrial purposes such as the dyeing of fabric and wood-staining. Also used in photography, and as a component of electric batteries.

**KEY SYMPTOMS**

sensitivity to the cold • sharp, shooting pains • anxiety that is felt in the stomach • strong sense of duty • person feels worse between 2 a.m. and 4 a.m.

**USE**

Coughs & colds, Insomnia  
 Asthma, Kidney disorders  
 Joint pain, Back pain



**P R E P A R A T I O N**

Potassium carbonate is triturated by being ground repeatedly with lactose sugar until it is soluble in water. This solution is then diluted and succussed.

**KALI. PHOS.** بوتاس بدون لون  
**Kalium phosphoricum**

Historically, one of the 12 Schüssler “tissue salts,” which were designed to counter any deficiency in the body

**KEY SYMPTOMS**

mental and physical exhaustion • yellowy-orange discharges • chilliness • person feels better for gentle movement

**USE**

Chronic fatigue syndrome  
 Hunger pains  
 Excess perspiration Excessive sweating  
 Abnormal discharges  
 Headaches, Insomnia, Back pain



**P R E P A R A T I O N**

The precipitated crystalline compound of potassium phosphate is dried, then triturated with lactose sugar until soluble in water.

**Magnesium phosphoricum**

**MAG. PHOS** **ماغنسيوم**

Historically, Magnesium regulates mineral balance and a deficiency can cause neuralgic pains. Mag. phos. is known as the “homeopathic aspirin” because it is commonly taken for minor aches and pains.

**KEY SYMPTOMS**

cramping pain • sensitive, artistic, intellectual temperament • complaints that tend to affect the right side of the body • person feels better for warmth

**USE**

Abdominal cramps, Headaches, Toothaches  
Neuralgia, Menstrual cramps, Earaches

**PREPARATION**

Magnesium sulfate and sodium phosphate are mixed in water and left to crystallize. The resulting crystals are then triturated with lactose sugar.



**MERC. SOL Mercury, الزئبق**

**Hydrargyrum metallicum**

Historically, Egyptian papyri dating from 1600 BCE record the early medicinal use of mercury, which later spread to the Greeks, Romans, and Arabs.

**KEY SYMPTOMS**

foul-smelling discharges • reserved, suspicious state of mind • insecurity • copious perspiration that does not relieve conditions • person feels worse at night

**USE**

Mouth & throat conditions, Thrush  
Catarrh & colds, Fever  
Eye & ear infections

**PREPARATION**

Mercury is dissolved in nitric acid, forming a gray powder precipitate. This is then filtered, dried, and triturated until soluble



**NITRIC AC.** حمض النتريك  
*aqua fortis.* الماء القوي

Historically, Nitric acid was first developed by Arabian chemists in the 11th century. By the 18th century it was in use medicinally for burning off warts, and for treating skin complaints, syphilis, chest infections, and fevers

**KEY SYMPTOMS**

anxiety about health • splinterlike pains • cracks in mucous membranes at orifices • offensive-smelling discharges • irritability • oversensitivity • chilliness • dissatisfaction

**USE**

Skin conditions, Warts, Hemorrhoids, Anal fissures  
Mouth ulcers, Catarrh



**PREPARATION**

Made by diluting one part nitric acid in nine parts pure alcohol. This mixture is then diluted and succussed.

**NAT. CARB** الصودا الكاوية

*Natrum carbonicum*

*Sodium carbonate, soda ash, washing soda.*

Historically, particularly for use in making glass, ceramics, paper, and detergents.

**KEY SYMPTOMS**

devoted to loved ones • suppression of emotions • weak ankles • sensitivity to sunlight • intolerance of milk

**USE**

Digestive disorders  
Colds & catarrh, Headaches  
Skin conditions, Ankle weakness, Exhaustion



**PREPARATION**

Sodium carbonate is mixed with lactose sugar and triturated to grind it into a powder fine enough to be soluble in water.

<p><b>NAT. MUR</b> ملح الطعام  <i>Natrum chloratum syn. N. muriaticum</i>  <b>Salt, rock salt, sodium chloride</b></p>
<p>Historically, occurs naturally as the mineral halite, or rock salt, and in salt water. An essential part of the human diet</p>
<p><b>KEY SYMPTOMS</b>  ailments that are brought on by suppression of emotions • person feels worse for consolation • craving for salt • discharges that resemble egg white</p>
<p><b>USE</b>  Colds, Headaches  Skin conditions, Mouth &amp; throat conditions  Women's health  Digestive disorders</p>
<p><b>PREPARATION</b>  Rock salt is dissolved in boiling water, filtered, and evaporated to make pure sodium chloride, which is then triturated with lactose sugar.</p>



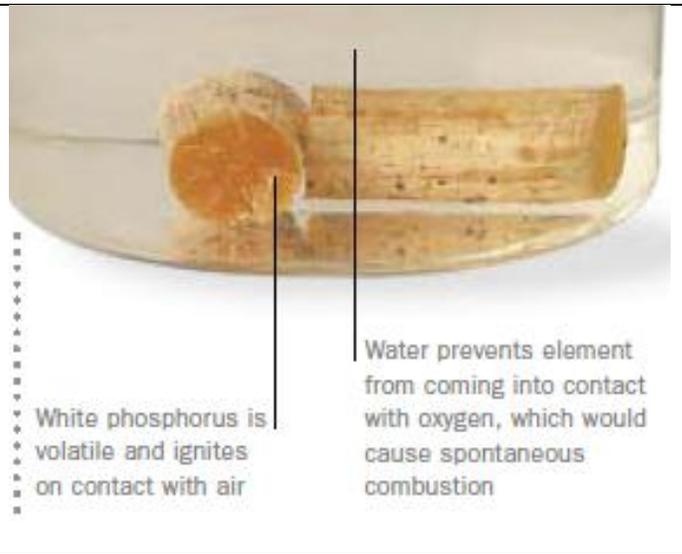
<p><b>PHOSPHORIC AC.</b> حمض الفوسفوريك  <i>Phosphoric acid, glacial phosphoric acid, orthophosphoric acid</i></p>
<p>Historically, widely used in the drinks industry to give soft drinks a fruity, acidic flavor.</p>
<p><b>KEY SYMPTOMS</b>  ailments that are triggered by grief • fatigue • apathy • chilliness • cravings for fruits and juicy foods</p>
<p><b>USE</b>  Grief or shock, Headaches, Exam nerves  Exhaustion, Diarrhea  Growing pains</p>
<p><b>PREPARATION</b>  Phosphoric acid is dissolved in alcohol in a ratio of 1:9. It is then repeatedly diluted and succussed..</p>



<p><b>PETROLEUM</b> زيت بتروول <i>Petroleum rectificatum syn. Oleum petrae</i></p>
<p>Historically, Petroleum (from the Latin <i>petra</i>, or “rock,” and <i>oleum</i>, “oil”) is formed by the decomposition of plant and animal matter in rock sediment deposits on the sea bed. Over time, heat and pressure transform this organic material into petroleum, or crude oil.</p>
<p><b>KEY SYMPTOMS</b> cracked skin • chilliness • aversion to fatty foods • irritability • offensive-smelling perspiration • person tends to feel worse in winter</p>
<p><b>USE</b> Eczema &amp; psoriasis Chilblains, Diarrhea &amp; nausea Travel sickness, Migraines</p>
<p><b>PREPARATION</b> The remedy is made by distilling purified crude oil or petroleum. This solution is then diluted using sulfuric acid, and succussed.</p>



<p><b>PHOSPHORUS</b> الفسفور <i>White &amp; yellow</i></p>
<p>Historically, The name is derived from the Greek <i>phosphoros</i>, or “light-bringing,” since the element glows in the dark.</p>
<p><b>KEY SYMPTOMS</b> affectionate, open nature • tearfulness • cravings for cold drinks &amp; salty foods • burning pains • person feels worse for lying on the left side of the body</p>
<p><b>USE</b> Poor circulation, Bleeding Digestive disorders, Respiratory illness Burning pains</p>
<p><b>PREPARATION</b> White phosphorus is used for the remedy. This waxy substance is insoluble in water, so it is dissolved in alcohol, filtered, then repeatedly diluted and succussed.</p>



**PLATINA** البلاتين

*Platinum metallicum*

Historically Its name derives from the Latin *platina*, meaning “little silver.”

**KEY SYMPTOMS**

high expectations • hypersexuality • numbness • sense of constriction, as if bandaged • person feels better in the open air

**USE**

Menstrual problems  
Oversensitivity of the female genitalia  
Numbness & cramps  
Head & facial pain



**PREPARATION**

Grains of platinum are boiled in acid, washed, and dried. They are then triturated with lactose sugar.

**PLUMBUM MET** الرصاص

*Plumbum metallicum* Lead.

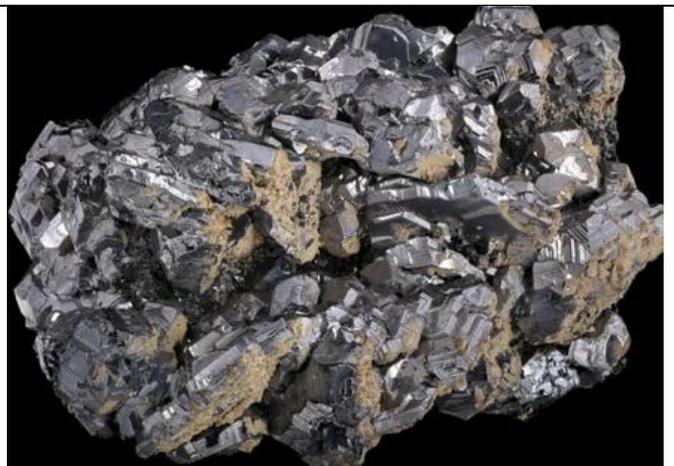
Historically widely used since Roman times, its toxicity was not recognized until the 20th century

**KEY SYMPTOMS**

mental dullness • hardening of attitude and state of mind • hardening or thickening of tissues and arteries • extreme chilliness • shooting pains

**USE**

Neurological conditions  
Muscle weakness, Constipation  
Dupuytren's contracture



**PREPARATION**

For the mother tincture, pure lead is extracted from galena and finely ground until it becomes soluble in alcohol.

**SILICA** الرمل

*Silica, flint, quartz, rock crystal.*

*Historically wide nonmetallic element silicon, which is one of the major elements of Earth's crust and a vital constituent in the structure of plants. In the human body, it strengthens teeth, hair, and in industry in the making of cement and concrete*

**KEY SYMPTOMS**

*lack of assertiveness and stubbornness • lack of stamina • chilliness, but with offensive-smelling perspiration • susceptibility to recurrent infections*

**USE**

*Skin, teeth, nail & bone conditions  
Ear, nose & throat conditions  
Coughs, Digestive disorders, Headaches*



**PREPARATION**

*Made by triturating silicon dioxide, grinding the sand repeatedly with lactose sugar until it becomes soluble in water, then diluting and succussing it.*

**STANNUM MET.**

*Stannum metallicum*

*Tin. قصدير*

*Historically, household and commercial purposes,*

**KEY SYMPTOMS**

*anxious, uneasy, and sad,*

**USE**

*Cough*



**PREPARATION**

*The metal is triturated with lactose sugar.*

**SULFUR** الكبريت الاصفر  
**Brimstone, flowers of sulfur**

*Historically Used traditionally as a disinfectant, laxative, and purgative, to treat skin complaints, clear up bronchial catarrh, and ease rheumatic pains*

**KEY SYMPTOMS**

*laziness • tendency to overheat • self-centeredness • philosophical state of mind • itching • burning pains*

**USE**

*Skin conditions  
 Digestive disorders  
 Women's health  
 Men's health, Respiratory illness*



**PREPARATION**

*Sulfur is chemically purified. The mineral is then triturated by grinding it into a fine powder that is soluble in water and alcohol*

**ZINC. MET** الزنك  
**Zincum metallicum**

*Historically soft, blue-white metal that does not corrode, zinc is used to make galvanized roofing and alloys such as brass*

**KEY SYMPTOMS**

*nervous fatigue or exhaustion • restless feet • twitching and trembling • person feels better for expelling discharges and developing skin eruptions*

**USE**

*Nervous exhaustion  
 Twitching limbs  
 Urogenital problems  
 Eczema & viral skin infections  
 Headaches*



**PREPARATION**

*Zinc is heated and then ground into a fine powder. This is followed by trituration with lactose sugar.*

**APIS** نحل العسل

**Apis mellifera, Honey bee.**

Historically Bee-derived substances such as beeswax and honey have long been used in many medicinal traditions, including ancient Greek, Western, Chinese, and Unani

**KEY SYMPTOMS**

burning, stinging pains • swelling of affected areas • allergic reactions • anxious restlessness • jealousy

**USE**

Urticaria, bites & stings  
Cystitis, Edema, Fever  
Inflammation of the eyes, lips, mouth, or throat



**PREPARATION**

The remedy is made from the whole female bee, including the stinger, or from the stinger alone. The insect is crushed, dissolved in alcohol, diluted, and succussed.

**CANTHARIS** الذرّثوح

**Lytta vesicatoria**

**Spanish fly, blister beetle.** الذباب الاسباني

Historically The Greek “father of medicine,” Hippocrates, advocated Spanish fly for dropsy in the 5th century BCE.

**KEY SYMPTOMS**

burning, cutting pains • urine that passes in drops • very high libido with urinary problems • violent behavior • person feels worse for coffee

**USE**

Severe cystitis  
Burns & scalds  
Insect bites & stings  
Gastritis, diarrhea & dysentery  
Excessive libido

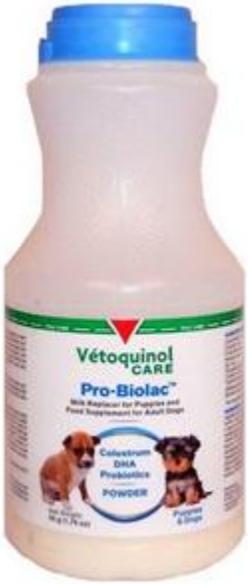


**PREPARATION**

Whole, live beetles are killed by heating. They are then macerated in alcohol and left to stand for five days, before being filtered, diluted, and succussed

<p><b>CARCINOSIN</b> <i>دارة سرطانية</i>  <b>Carcinosinum</b>  <b>Cancerous breast tissue</b></p>	
<p>Historically The development of a homeopathic remedy derived from cancerous tissue is attributed to two British homeopaths, Dr. Compton Burnett and Dr. Clarke, who first proved the remedy in the late 19th century</p>	
<p><b>KEY SYMPTOMS</b>  workaholic, passionate nature • conditions that are affected by being at the seaside • desire for travel • desire for butter and chocolate • sleeping difficulties</p>	
<p><b>USE</b>  Chronic fatigue syndrome  Insomnia  Respiratory illness  Abdominal pain  Skin growths &amp; blemishes</p>	
<p><b>PREPARATION</b>  The prepared specimen of cancerous tissue is sterilized and then dissolved in purified water. This mixture is then repeatedly diluted and succussed.</p>	

<p><b>CROTALUS</b> <i>الحية ذات الجرس</i>  <b>Crotalus horridus horridus</b> <i>الطريشة</i>  <b>Rattlesnake, pit viper.</b></p>	
<p>Historically The Latin name for the rattlesnake derives from the Greek krotalon, meaning “rattle” or “castanet.” This is due to the distinctive rattling sound made by the snake’s tail, which vibrates at 50 beats per second</p>	
<p><b>KEY SYMPTOMS</b>  bleeding, possibly from every orifice • septicemia or even septic shock • aversion to tight collars</p>	
<p><b>USE</b>  Bleeding, Stroke, Heart disorders, Delirium  <b>Throat infections</b></p>	
<p><b>PREPARATION</b>  Venom obtained from a live snake by “milking” it is dropped onto lactose sugar. The resulting mixture is then triturated</p>	

<p><b>LAC CAN</b> لبن الكلب  <b>Lac caninum</b>  <b>Bitch's milk</b></p>	
<p>Historically Since the era of ancient Rome, the milk of nursing female dogs has been put to medicinal use</p>	
<p><b>KEY SYMPTOMS</b>  <i>pain that alternates from side to side • fear of snakes • great sensitivity • lack of confidence • swollen breasts before menstruation • sensitivity to touch</i></p>	
<p><b>USE</b>  <i>Throat infections, Hypersensitivity Phobias, Breast problems Vaginal bleeding &amp; discharge</i></p>	<p><b>PREPARATION</b>  <i>Fresh milk from a nursing mongrel bitch is expressed and diluted in a mix of alcohol and water for the tincture</i></p>

<p><b>LAC DEFL.</b> لبن البقر  <b>Lac vaccinum defloratum</b>  <b>Skimmed cow's milk</b></p>	
<p>Historically being full of healthy vitamins and minerals</p>	
<p><b>KEY SYMPTOMS</b>  <i>weakness and anemia</i></p>	
<p><b>USE</b>  <i>claustrophobic, chilly, listless, and forgetful Diabetes, water retention related to heart disease, and chronic liver disease</i></p>	<p><b>PREPARATION</b>  <i>The milk is dissolved in purified water, diluted, and succussed</i></p>

<p><b>LAC HESIS</b> الأفعى السامة <b>Bushmaster snake, surucucu</b></p>	
<p>Historically Known as “surucucu” by indigenous South American peoples</p>	
<p><b>KEY SYMPTOMS</b> zealous temperament • loquacity • conditions that generally appear on the left side • person feels better for expelling discharges</p>	
<p><b>USE</b> Women’s health Spasms &amp; tremors Poor circulation &amp; varicose veins Sore throat, Heart disorders</p>	
<p><b>PREPARATION</b> Venom is “milked” from the bushmaster snake before being dissolved in alcohol. The mixture is then repeatedly diluted and succussed.</p>	

<p><b>MEDORRHINUM</b> <b>Gonorrhea.</b> السيلان</p>	
<p>Historically Galen, the famous Greek physician active in the 2nd century CE, gave gonorrhea its name, from gonos, or “seed,” and rhoia, or “flow.”</p>	
<p><b>KEY SYMPTOMS</b> behavioral extremes • hurried feeling • extremely passionate nature • person feels better for lying on the abdomen and in the evening</p>	
<p><b>USE</b> Urinary-tract infections Women’s health Testicular pain Genital warts &amp; herpes Rhinitis, sinusitis &amp; asthma</p>	
<p><b>PREPARATION</b> Urethral discharge from a male patient infected with gonorrhea is diluted in purified water and succussed to make the homeopathic remedy.</p>	

<p><b>PSORINUM</b> <b>Scabies الجرب</b></p>	
<p><i>Historically In Latin, scabere means “to scratch.”</i></p>	
<p><b>KEY SYMPTOMS</b> <i>despair and pessimism • sense of being forsaken • chilliness • offensive-smelling discharges • constant hunger</i></p>	<p><b>PREPARATION</b> <i>Fluid is drawn by syringe from a scabies blister on the skin of an infected person. It is sterilized, dissolved in purified water, then diluted and succussed.</i></p>
<p><b>USE</b> <i>Skin conditions Diarrhea, Respiratory illness Eye &amp; ear infections, Depression</i></p>	

<p><b>PYROGEN</b> <b>Pyrogenium</b></p>	
<p><i>Historically Decomposed, rotten meat</i></p>	<p><b>PREPARATION</b> <i>Chopped, lean beef is soaked in water, sterilized, dissolved in purified water, then diluted and succussed.</i></p>
<p><b>KEY SYMPTOMS</b> <i>Restless and talkative, they often think and talk rapidly.</i></p>	
<p><b>USE</b> <i>infections, fevers, suppuration, influenza, and septic states foul-smelling sweat, diarrhea, breath fever during menstruation</i></p>	

**SEPIA الحبار**  
**Cuttlefish الاخطبوط**

Historically Cuttlefish ink, also known as sepia, is used to make a dark brown pigment traditionally used by painters and printers

**KEY SYMPTOMS**

chilliness • weepiness • irritability • indifference • aversion to sexual intercourse • craving for sour foods

**USE**

Women's health  
Fatigue, Digestive disorders  
Headaches, Catarrh, Skin conditions  
Poor circulation



**PREPARATION**

Cuttlefish ink is dried to a crystalline form and then triturated with lactose sugar

**SYPHILINUM**  
**Syphilis. الزهري**

Historically Legend relates that syphilis takes its name from a 16th-century poem by the Italian poet Fracastoro, which portrayed a shepherd named Syphilus as the first victim of the disease.

**KEY SYMPTOMS**

compulsive behavior • ulcers and destruction of body tissues • conditions that are worse at night • craving for alcohol

**USE**

Ulcers, Asthma, Constipation  
Obsessive-compulsive behavior  
Menstrual problems & miscarriage  
Eye inflammation, Headaches



**PREPARATION**

A swab of the serum that coats a syphilis chancre (ulcer) is first sterilized and dissolved in purified water, then diluted and succussed.

**TARENTULA** الغناب الصيادة الأرضية

*Tarentula hispanica* syn. *Lycosa tarentula*  
wolf spider, Spanish spider, hunting spider.

Historically The name “tarentula” is derived from Tarento, a port on the coast of southeast Italy that was particularly associated with the spider

**KEY SYMPTOMS**

sensitivity to music • mood swings • extreme restlessness • rolling from side to side • promiscuity and heightened libido • craving for spicy foods

**USE**

Mood swings  
Restless limbs & chorea  
Angina & heart disorders  
Women’s health  
Cystitis



**PREPARATION**

The whole, live spider is macerated in alcohol and left to dissolve. The resulting solution is then succussed and diluted.

**TUBERCULINUM** الدرن

*Tuberculosis.*

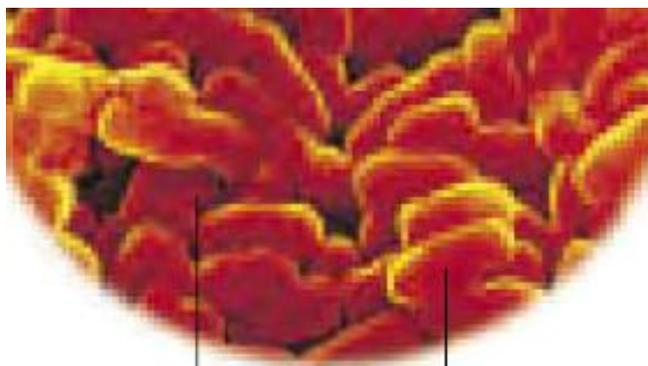
Historically Once a major killer, TB became less common thanks to vaccination, but is now rising again, partly due to the prevalence of HIV.

**KEY SYMPTOMS**

constant desire for change • irritable, malicious temperament • romantic nature • susceptibility to recurrent respiratory illness • desire for open air

**USE**

Coughs & acute bronchitis  
Colds  
Arthritic pains  
Hay fever  
Neurotic behavior



Mycobacterium tuberculosis is bacillus that causes tuberculosis

Bacillus is rod-shaped

**PREPARATION**

Bacilli from infected tissue or sputum are sterilized, dissolved in purified water, diluted, and succussed.

### Mnemonics in Materia Medica

<b>Remedy</b>	<b>Mind Mnemonics for</b>	<b>عربي</b>
Aconite	Terror sudden	فجأة خوف
Arsenic	anxious	قلق
Alumina	who am I?(confusion about own identify)	ارتباك
Anacardiun	vindictive	منتقم
Argentum nit	hurried and worried	قلق و مستعجل
Ant crud	love sick	حب مريض
Arnica	well, says well, when very sick	حاسس بتحسن مع المرض
Apis	busy lady	امراه مشغولة
Asafoetida	foetied	جنين
Baryta	stupid	غبي
Bella	Enjoy gullible	استمتع ساذج
Belladonna	sudden and violent	فجاه عنيف
Bryonia	bargaining	مساوم
Causticum	rebellious	انقسام الشخصية
Carbo veg	flatulence	انتفاخ
Coffea	excessive joy	فرح زائد
Carcinocin	addictive	ادمان
Chamomilla	snappish	لاذع
Calcarea carb	luco-phlegmatic	بلغم ابيض
China	tormented	
Ferrum met	Iron lady	امراه حديدي
Hepar	hyper	زائد
Hyoscyamus	wrong suffering lascivious and suspicious	معاناه خاطئة فاسق مشكك
Ignatia	new and old grief	حزن
Kali carb	dogmatic	متزمت
Lachesis	Loquacious and suspicious	ثرثار
Lilium tig	hot and hurried	سخن و مستعجل
Lyssin	tormented	معذب
Lycopodium	miser	بخيل
Natrum mur	dignified grief	حزن كريم
Nux vomica	irritable	سريع الانفعال
Opium	horror	رعب
Pulsatilla	Mild yielding	بسيط عائد
Platina	Coquettish haughty lady	غنج مليح الوجهة امراه متكبره
Podophyllum	veneration	تجليل

Phosphorus	cheerful	متبهج
Pulsatilla	changeable	متغير
Staphysagria	indignation	سخط
Sulphur	charlatan	دجال
Sepia	dancing lady	امراة راقصة
Stramonium	religious	متدين
Tarantula	cunning	ماكر
Veratrum	Loud Foppish gourmand	عالى احمق

- \*Aconite is ..... terror\* \*Opium is..... horror\**  
*\*Arsenic is ..... anxiety\* \*Hepar is ..... hyper\**  
*\*Lycopodium is .... miser\* \*Pulsatilla is ..... mild\**  
*\*Veratrum is ..... loud\* \*Hyoscyamus is ..... lascivious and suspicious\**  
*\*Lachesis is .... loquacious and suspicious\**  
*\*Stramonium is .... religious\* \*Causticum is ... rebellious\**  
*\*Carbo veg is .... flatulence\* \*Asafoetida is ... foetied\**  
*\*Baryta is ..... stupid\* \*Tarantula is ..... cunning\**  
*\*Pulsatilla is..... yielding\**  
*\*Bella is ..... enjoy\* \*Coffea is ..... excessive joy\**  
*\*Alumina is ..... who am I? (confusion about own identify)*  
*\*Carcinocin is ..... addictive\* \*Anacardiun is .... vindictive\**  
*\*Chamomilla is ..... snappish\* \*Veratrum alb is .....foppish\* \*Platina is ..... coquettish\**  
*\*Ignatia is ..... new and old grief\* \*Natrum mur is ..... dignified grief\**  
*\*Staphysagria is .... indignation\* \*Podophyllum is ..... veneration\**  
*\*Calcarea carb is ... luco-phlegmatic\* \*Kali carb is ..... dogmatic\**  
*\*Bryonia is ..... bargaining\* \*Hyoscyamus is .... wrong suffering\**  
*\*Lilium tig is..... hot and hurried\* \*Argentum nit is .....hurried and worried\**  
*\*Ant crud is.....love sick\* \*Arnica is .... well, says well, when very sick\**  
*\*Apis is .....busy lady\* \*Platina is ..... haughty lady\**  
*\*Ferrum met is ....Iron lady\* \*Sepia is ..... dancing lady\**  
*\*Bella is ..... gullible\* \*Pulsatilla is.....changeable\**  
*\*Nux vomica is..... irritable\* \*Aconite is ..... sudden\**  
*\*Belladonna is ..... sudden and violent\**  
*\*Veratrum is..... gourmand\* \*Sulphur is..... charlatan\**  
*\*Lyssin is..... tormented\* \*China also ..... tormented\**  
*\*Phosphorus is cheerful.... Homoeopathy is best*

*Aconitum Napellus.*

**A**NXIETY, Anguish, of a crowd greatest  
*Fear*;  
**C**an name day of death, and thinks it is  
near.  
**O**f *Fever Inflammatory* above is a part.  
**N**ight Aggravation, tumultuous heart.  
**I**n beginning of Fevers the “*sine qua non.*”  
**T**ingling pains; **T**aste is bitter, save water  
alone;  
**U**se, if skin’s dry and hot while covered  
parts sweat.  
**M**uscular *Hypertrophy*, “don’t you forget;”

**N**euralgia, after cold, west winds;  
**A**menorrhea from Fright;  
**P**ulse frequent, full, both tense and hard;  
**E**ach subject sanguineous quite.  
**L**ook out when *Croup*s to choke begin,  
**L**ikewise for Hemorrhage red.  
**U**se also for Congestions in  
Single parts, as head. (1)

*Aloe So ccatrina.*

**A**nalogous to *Sulphur*,  
**L**ike congestions ’t will cause  
**O**f Portal Vein and Womb,  
**E**spec’ly at Menopause;

**S**tools jellied, of varied color,  
**O**ft with flatus loudly resounding,  
**C**aused by *acids*, or *hot*, *rainy* weather,  
**C**ome just after eating or standing;  
**A**lso *Piles*, which “cold water makes  
better”—  
**T**he same under *Sulphur* ’t will aggravate—  
**R**ectum heavy, with itching and burning.  
**I**n children there’s *hunger insatiate*;  
**N**early all pains are *boring* and *shooting*,  
**A**ugmenting intensely when *pressing*.

*Antimonium Tartaricum (Tartar emetic.)*

**T**orpor, weak pulse, and trembling within,  
**A**pathy, hot head, and cool, sweaty skin,  
**R**espiratory tracts *Catarrhs* rudely smite,  
**T**ongue red in streaks on a base of pale  
white,  
**A**uscultating the chest, with but half an  
ear  
**R**attling is heard over whole lung area;

**E**xpectoration is absent, however,  
**M**ucus remaining despite all endeavor,  
**E**nervation grows greater, the *cough dis-*  
*appears*,  
**T**he face gets quite *blue*, which increases  
our fears;  
**I**n children a touch, or a look, will enrage,  
**C**arried they must be, despite size or age.

*Antimonium Crudum.*

**A**fter **A**cids, bathing, or heat,  
**N**ausea both lasting and great,  
**T**ongue coated with fur milky white;  
**I**f a child, it is cross and will fight;  
**M**oonshine sentiment, jealousy, folly—  
**O**r perhaps there may be melancholy;  
**N**ext, cutaneous malformation  
**I**n any and every location,  
**U**nusually prone to nodosities,  
**M**ay be, also, to corns or callosities.

**C**aresing the child provokes wrath;  
**R**efuses to get in the bath.  
**U**sed in summer with heat atmospheric,  
**D**isorders are Gastro-enteric;  
**U**sed also where flesh becomes more in  
**M**en aged, as well as old wo-men.

*Apis Mellifica.*

**A**ssociate with Lachesis in diseases low—  
**P**ains are like a bee-sting, they burn and  
sting, you know;  
**I**nflammations serious in serous membranes  
rest,  
**S**equelæ scarlatinae, Eruptions, when sup-  
pressed,

**M**eningitis, grinding teeth, as child in tor-  
por lies,  
**E**yes squint, and head the pillow bores with  
encephalic cries,  
**L**ids are swollen and turned out, when the  
eyes inflame,  
**L**ight is quite unbearable, and bandages  
the same,  
**I**nflammations superficial, Erysipelas  
**F**urnishing exception with its ugly purple  
mass;  
**I**n Dropsies without thirst, and skin of  
waxen hue—  
**C**an't sleep, with urine scanty, mayhap  
high-colored too;  
**A**fter Rhus, or just before it, no good will  
Apis do.

*Arnica*

**A** condition of veins, when well under-  
stood,  
**R**ecalls it whenever its use will do good;  
**N**amely, “stasis” and “extravasation” of  
blood.  
**I**t thus may be used after *Trauma* or  
*Strain*,

**C**onvulsions, **C**ontusions, or **C**ough with  
sore pain,  
**A**nd Typhus' bad breath and petechial  
stain.

*Arseni CumAlbum.*

**A**nxiety, Asthma, Asthenia, All—  
**R**estlessness great, fears Death's cruel call;  
**S**mall draughts, oft repeated, the thirst  
will assuage,  
**E**ach symptom at night doth more pow-  
erful rage.  
**N**euralgias with pains that unceasingly  
*burn,*  
**I**ntermittents which, quinia suppressed,  
still return;

**C**old food or bad meat Gastralgia will  
cause—  
**U**p comes food ingested with scarcely a  
pause;  
**M**uch burning complained of in all parts  
involved,  
**A**nd often by warmth are the pains all  
dissolved.  
**L**ong-standing diseases with tissue-destruc-  
tion,  
**B**rittle, scaly, and dry, is cutaneous erup-  
tion.  
**U**sed in Diarrhea, with burning tenesmus,  
**M**any nervous diseases, Dropsies, Ulcers,  
Marasmus.

*Aurum.*

**A**ilments, with thoughts suicidal in mind,  
**U**lcers from Merc'ry or Syph'lis combined,  
**R**enal, Hepatic, and other affections  
**U**sually marked by decided congestions;

**M**ost always enlargement of Heart we  
will find,  
**M**ental symptoms in frequency no ways  
behind;  
**E**ffecting the Bones, it is suited to Caries,  
**T**he bones most impressed being those of  
the Nares.

*Atropa. Belladonna.*

**A**t *three P. M. and 'leven at night*  
**T**he pains are apt to reach their height;  
**R**heumatism, Gout, Congestion great  
**O**f Head, or Chest, or Womb, with weight,  
**P**hlegmasia Alba Dolens too,  
**A**nd all Inflammations of deep scarlet  
hue;

**B**rain and Meninges with blood are *filled,*  
**E**'en ending in inflammation;  
**L**eaping from bed in Delirium wild,  
**L**ooks 'round him in consternation,  
**A**wakes in *fright,* the glass to *bite,*  
**D**ilated *Pupils,* o'er *hot* the *head,*  
**O**'er *cold* the *feet,* can't sleep at *night,*  
**N**erves twitching, with eruptions red,  
**N**euralgias and Hemorrhages by orgasms  
*fed,*  
**A**nd plethoric women with menses ahead.

*Bryonia Alba.*

**B**ilious troubles, and others that *hot* weather sends,  
**R**heumatism, that comes when warm or when cool,  
**Y**ellow tongue that is *dry*, which symptom extends  
**O**ver mouth, down the throat, e'en including the stool;  
**N**ow the stool is beside quite large and quite hard,  
**I**mitating the pulse in the latter regard,  
**A**conite-like in frequency and fullness and tension,

**A**s found in the Fevers of every dimension.  
**L**ook out, when the pains *serous* membranes invest;  
**B**eneficial *Eruptions*, when being suppressed,  
**A**fter *motion*, much *worse*—while great thirst prevents rest.

*Calcarea Carbonicum*

**C**hild *fat* and *fair* and *large* as to head,  
**A**bdomen too is as round as a bowl,  
**'L**ike an inverted saucer," as authors have said,  
**C**alcareous skin, light eyes, hair, and stool,  
**'A**nd sour sweat on head during sleep we will find,  
**R**emembering that *fontanelles* too are unclosed,  
**E**yes, **E**ars, or **L**ymphatics affected may be,  
**A**nd during *Dentition* 't is frequently used;

**O**n *women* its action is prominent quite,  
**S**uppressing the menses of fleshy young girls,  
**T**raced to wet feet, with *whites* that are *white*,  
**R**ush of blood to the head, which in vertigo whirls—  
**E**ither that or the menses too frequent will be,  
**A**bsorbing the strength in the blood that departs—  
**R**esulting discharge being so very free—  
**U**ntil Leucocythæmia new terrors imparts,  
**M**aking sad work till *Calcarea's* influence starts.

*Camphora.*

**C**holera, **C**ollapse, **C**utaneous **C**oldness, **C**ramps,  
**A** suppression of secretion this fell condition stamps;  
**M**ay complain of burning pain, with blue and shriveled skin,  
**P**rostration sudden and complete, with trembling within,  
**H**oarse and husky is the voice, the breath is very hot,

**O**btuseness of the senses, with Diarrhea or not.  
**R**etrocessed eruptions have occasioned this sad state;  
**A**lso spasmodic troubles may produce it soon or late.

*Cantharides.*

**C**onstant desire to urinate;  
**A**fter act much burning and stinging;  
**N**eck of Bladder and Bladder 't will irritate,  
**T**enesmus and strangury bringing;  
**H**is slumbers by *Chordee* are often disturbed,  
**A**fter Gonorrhoea's unwelcome call,

**R**estless and anxious, distressed and perturbed—  
**I**nflamed Renal tracts—one or all—  
**D**ysentery quite bloody, like scrapings of meat,  
**E**ructions Cutaneous that vesiculate.  
**S**exual desire 't will often inspire.

*Carbo. Vegetabilis .*

**C**hronic affections where weakness is great,  
**A**fter **A**cute ones debilitate;  
**R**emember in Ague inveterate made  
**B**y lengthened possession or Allopath's aid.  
**O**ld Peoples' diseases, cold breath and cold feet,  
**V**enous stases; Secretions with smell of bad meat,  
**E**xcretions themselves have cadaverous odor;  
**G**astric troubles, with belching both rancid and sour;  
**E**ven food that is proper occasions distress,

**T**hough taken with caution in quantities less.  
**A**sk to be fanned, his Lungs craving air;  
**B**ut Bowels and Stomach have "enough and to spare."  
**I**n Diarrhea stools like carrion smell;  
**L**ymphatics that *burn* and oftentimes swell.  
**I**n Ulcers where sanious Pus meets the sight,  
**S**ymptoms from *four* until *six* reach their height.

*Causticum.*

**C**onstipation and Cough with Catarrhal affection;  
**A**ppetite uncertain, imperfect digestion;  
**U**nable to get up the phlegm which they swallow;  
**S**tool voided with straining by patient so sallow;  
**T**imid at **T**wilight, is **T**earful, and **T**rembles.  
**I**ncompatible with *Phos.*, which it nearly resembles—  
**C**hild—as to Lung, Throat, and Kidneys affected.  
**U**rine spurts out when 't is *most unexpected*;  
**M**orning Aggravation, worse Mental Exertion.

*China. (Cinchona.)*

**C**onditions where much vital fluid is lost,  
**I**ntermittents when Tertian or Quartan in kind;  
**N**ow Chill comes too late, or anon is too fast,  
**C**ongestions and thirst during heat we will find;  
**H**emorrhage too is long-lasting and *great*  
**O**f *dark-clotted* blood, quite passive in flow;  
**N**ervous, anemic, all foods aggravate,  
**A**s well as the night and the breezes that blow.

<i>Digitalis.</i>	<i>20 Ferrum Metallicum.</i>
<p><b>D</b>ebility, <b>D</b>ropsy, <b>D</b>ilatation,  <b>I</b>ntermitting, uncertain heart-beat,  <b>G</b>eneral affections of varied description,  <b>I</b>f the <b>H</b>earth is the cause or the seat;  <b>T</b>hus Seminal Weakness may follow,  <b>A</b>lso Stomach Disease or Choleric;  <b>L</b>oose, ashen the stools, skin is yellow,  <b>I</b>s worse from all warmth atmospheric,  <b>S</b>low and <b>S</b>trong Pulse, else rapid and mel-  low.</p>	<p><b>F</b>ierly red <b>F</b>ace <b>F</b>alse Plethora shows,  <b>E</b>arthen again when <b>E</b>xcitement all goes;  <b>R</b>ed and Pale alternately the features are  seen,  <b>R</b>eserving Chlorosis, when color is green;  <b>U</b>ndigested the actions which follow the  food;  <b>M</b>otion, if <i>slow</i>, is productive of good.    <b>M</b>enses frequent and lasting, profuse, and  reducing,  <b>E</b>rethism, <b>E</b>xhaustion, and Dropsy pro-  ducing,  <b>T</b>hrobbing Headache with Dizziness also  inducing.</p>
<i>Gel seminum Sempervir</i>	
<p><b>G</b>irls with <b>A</b>menia  <b>E</b>nd with <b>H</b>ysteria.  <b>L</b>abor pains inefficient;  <b>S</b>pring-time Intermittent  <b>E</b>'en Paralysis producing;  <b>M</b>otion lost, sensation lying  <b>I</b>ntact in parts affected,  <b>N</b>ervous one or child selected.  <b>U</b>sed where Congestive Condition  <b>M</b>akes trouble at time of Dentition;</p>	<p><b>S</b>evere Neuralgias indicate;  <b>E</b>yes blurred and Face dark red—  “<b>M</b>y head feels like a hundred weight,”  <b>P</b>atients oft have said—  <b>E</b>arly in case is often given;  <b>R</b>emittents of little Children.  <b>V</b>ertigo complicates some diseases—  <b>I</b>nvolutionary loss with seminal weak-knees,  <b>R</b>heumatism and cold in head,  <b>E</b>spec'ly in warm, wet weather.  <b>N</b>ear to <i>Baptisia</i> on Typhoid's bed  <b>S</b>ymptomatically joined together.</p>
<i>Graphites.</i>	
<p><b>G</b>rieving, Anxiety, Sadness, and Woe,  <b>R</b>ush of blood to the Head with much  vertigo,  <b>A</b>nemia, with bodily heat very low;  <b>P</b>ale Menses are late and are scanty in  flow;  <b>H</b>as profuse Leucorrhœa, which is watery  quite,</p>	<p><b>I</b>s passing Climactic, Complexion is  white;  <b>T</b>he Bowels are torpid, Piles itch and are  dry,  <b>E</b>ar, Skin, and Gland diseased, so is the  <b>E</b>ye;  <b>S</b>ticky discharge all Eruptions surcharge.</p>

*Hepar. Sulphur*

**H**astens Suppuration, **H**asty diction,  
**H**asty action,  
**E**lse giving it *Early* in higher dilution  
**P**reventeth the changes which cause Sup-  
puration,  
**A**s when threatening the mamma or ton-  
sils' destruction;  
**R**ipe Colds, or a Croup after winds cold  
and dry

**S**ays "a fish-bone there seems in my  
Larynx to lie;"  
**U**ncovering aggravates pains we will find;  
**L**oose stools, which are sour, to be white  
are inclined;  
**P**ost-scarlatinal affections 't will heal;  
**H**e is better just after ingesting a meal.  
**U**lcers are *sensitive*, smell like "old cheese."  
**R**emember, "All metals it antidotes,"  
Please!

*Ipecacuh ana.*

**I**ntermittents, with gastric complaints in  
*each stage*,  
**P**ost-quinial, with chill coming oft'nest at  
night;  
**'E**ndless *Nausea*," which nothing will serve  
to assuage;  
**C**holera Infantum with tongue coated  
white;  
**A**fter food that is crude and hard to digest  
**C**omes Diarrhea frothy, with Colic, as if

**U**mbilical region strong claws did invest;  
**H**as Pertusses, is pale, but with cough,  
blue and stiff;  
**A**nd Headaches and Spasms 't will aid it  
is said,  
**N**ext Hemorrhage with panting, and color  
bright red,  
**A**nd when phlegm fills the Lungs, often  
exhibited.

*Lachesis. Trigonacephalus*

**L**ow grades of Inflammation,  
**A**s well as Suppuration,  
**C**utaneous hyperesthesia seizes,  
**H**arassing the subjects of diseases;  
**E**rysipelas, Diphtheria too;  
**S**carlatina, *all purple in hue*.  
**I**n Fevers running an asthenic course,  
**S**leeping, he wakes with symptoms much worse,

**T**ongue black, and trembling, Delirious Brain,  
**R**aves of his death and his funeral train,  
**I**magines his nurses to poison him seek,  
**G**lands swollen and pulse intermittent and weak;  
**O**n the left side the troubles are often begun,  
**N**ext over to right side their course they will run.  
**A**fter Fall cinchonizing the **A**gue, suppressed,  
**C**omes back in the Spring with augmented zest;  
**E**vening will find him with symptoms all worse;  
**P**neumonia or Asthma existence may curse.  
**H**emorrhage is black and does not congeal.  
**A**poplexy for cause will to whisky appeal.  
**L**ikewise in Gangrene with moist or dry rot;  
**U**lcers, when either in aged or sot;  
**S**pasmus Glottidis, Hysterical or not.

*Lycopodium.clavatum*

**L**ung and Intestinal affections.  
**Y**ellow, wrinkled skin with Melancholia,  
**C**hronic Cases with Constipation,  
**O**r Acute Affections with Adynamia,  
**P**aralyzed Lungs in Pneumonia threatens,  
**O**r Paralyzed Brain in Typhoid dread;  
**D**ropping of jaw, while eye looks fishy,  
**I**n low delirium slides down the bed.  
**U**p from the table he quickly rises,  
**M**y appetite is good," he says;

**C**ome, Doctor, this my mind surprises,  
**L**ittle fills me up so full these days."  
**A**h, 't is the gas your stomach filling,  
**V**ast in proportion as you see,  
**A**nd worse from four to eight of evening;  
**T**his will with other symptoms be."  
**U**rine deposits "brick dust," like all se-  
cretions, sour;  
**M**alnutrition with orgasms, and Ague  
with chill at four.

*Mercurius*

**M**ost prominently acts upon Glands you  
will find,  
**E**xplaining most symptoms of body and  
mind;  
**R**emember, in glandular *hyper-secretion*,  
**C**alled for as well in *their inflammation*,  
**U**lcers of Glands and *their suppuration*,  
**R**esults of a Scrofulous Constitution;  
**I**n *Syphilis* too with its myriad phases,  
**U**lcers, skin,- bone,- and gland-diseases;  
**S**ymptoms hepatic with some patients seen,

**S**tools color of sulphur, bloody mucus or  
green,  
**O**n tongue that is yellow the *tooth-prints*  
remain,  
**L**asting tenesmus, which to ease, stool is  
vain,  
**U**sually much sweat will the bed-linen stain,  
**B**ut is utterly futile to lighten the pain;  
**I**n damp, rainy weather a marked aggra-  
vation,  
**L**ikewise in the night or from overexertion.  
**I**n Coryza acute or in Toothache severe,  
**S**o also in Gleet or *acute* Gonorrhoea.

*Natrum Muriati cum.*

**N**ext to Quinine in fame Chills and Fever  
to quell,  
**A**fter Quinine's abuse often serves us quite  
well;  
**T**he chill will appear at eleven each day,  
**R**aging thirst being present that naught  
can allay;  
**U**rticaria and headache together will rage,  
**M**ade better at last by a long sweating  
stage;  
**M**enses late and quite scanty, or fail to  
appear,

**M**enses late and quite scanty, or fail to  
appear,  
**U**terus so heavy prolapsus they fear,  
**R**elief oft obtained from this trying condi-  
tion  
**I**n pressure on back and reclining position;  
**A**version to bread, of which she once ate,"  
**T**ongue "mapped," throbbing headache,  
all well indicate;  
**I**n Cholera Infantum with neck very thin;  
**C**hlorosis accomp'ied by dead, dirty skin;  
**U**rethral pains "cut" after each urina-  
tion;  
**M**uch effort, stool crumbles, is "worse  
consolation."

*Acid.Nitric*

**A**fter systems are soaked by Mercurius through,  
**C**ombined with the poison of Syphilis too,  
**I**rregular outlines to Ulcers are seen,  
**D**ischarges are always *offensive* and *green*.  
**U**lcers and Piles produce “*sharp, pricking pains;*”  
**M**aybe patient of “splinters in rectum” complains.

**N**ext in Hemorrhage its service is frequent indeed;  
**I**ts Ulcers and Piles quite frequently bleed;  
**T**yphoid Fever when Hemorrhages crimson deplete,  
**R**ed being their color wherever their seat;  
**I**n Chronic Gonorrhoea and Secondary Syphilis,  
**C**hronic Hepatitis and also Sycosis,  
**U**rine a “horse-urine” odor will bear.  
**M**ost subjects are spare, with dark eyes and hair.

*Nux Vomica.*

*Opium.*

**N**erves on an edge from mental strain,  
**U**nder Coffee, Tobacco, or Alcohol's rule,  
**X**ceeding Constipations pain,  
**V**ast *urging* but *no stool*.  
**O**ft wakes with Headache and Lassitude great;  
**M**uch pain in the sensitive Hemorrhoids too;  
**I**s Depressed, Dyspeptic, and Dissipate,  
**C**atches cold from *dry wind*, has Hernia too,  
**A**ggravated by *food*—or *drug* strong and *crude*.

**O**bstinate Constipation from **O**'er-purging in the **O**ld,  
**P**erhaps from **P**lumbic **P**oisoning, or **P**aralysis, 't is told;  
**I**njuries to head, with body rather cold,  
**U**nconscious lies in sopor, the pupils uncontrolled;  
**M**ost symptoms that arise from Fright in young or old.

*Phosphoric Acid.*

*Platina.*

**P**rostrated yet conscious, indifference great,  
**H**e answers, but straightway returns to this state.  
**O**sseous troubles in children that grow up too quick;  
**S**chool-girl Headache when patient is also Homesick;  
**A**fter fluids are lost or Emotion distresses,  
**C**hronic troubles appear or harassing Neuroses,  
**I**nvoluntary, whitish and painless Diarrhea,  
**D**ebility less than from loss you would fear.

**P**roud as a queen, yet greatest depression,  
**L**arge things seem small, distrust and suspicion;  
**A**head as to menses, much *dark clotted* blood,  
**T**hus often for women Hysterical good;  
**I**ndurated and fallen the Womb we will find,  
**N**euralgias with pains that are *cramping* in kind,  
**A**nd “putty-like” stools serving bowels to bind.

*Podophyllum Peltatum.*

**P**atient has Diarrhea, chronic in kind,  
**O**r acute Dysentery each morning,  
**D**iarrhea coming often with gushing and  
wind;  
**O**f his fluids the patient seems draining;  
**P**rolapsus of *Anus* with *cramping* of limbs,  
**H**aving often a cause in hot weather;

**Y**ellow, greenish, or bloody and sour-  
smelling stools,  
**L**ike jelly and mucus together,  
**L**ess often quite slimy or chalky in hue,  
**U**ndigested, and quite unexpected too,  
**M**aking Cholera Morbus a remedy true.

*Pulsatilla Pratensis.*

**P**atient good-natured, sighs, cries, has styes,  
**U**nusually sad and foreboding;  
**L**ight hair, skin fair, bright azure eyes—  
**S**tomach weak after much *overloading*,  
**A**s by *fat food*, by *pastry*, by *pork*, or ice-cream,  
**T**ongue coated with fur that tastes bad;  
**I**ntermittents with gastric or bilious complaints;  
**L**eucorrhœa the menses instead,  
**L**ate menses, blood scanty and thin, or quite  
thick,  
**A**fter *Iron* or *Quinine* have poisoned the sick;

**P**atient's moods and his symptoms quite *change-  
able* are,  
**R**unning the "wind flower" through,  
**A**nd patient while "*airing*" is better by far;  
**T**hirstless and *chilliness* too;  
**E**ructions repelled, and **E**ructions themselves;  
**N**asal and other catarrhs;  
**S**uits "Dysmen,-" "Amen,-" and many "orrhœas;"  
**I**f there's a *thick, yellow-greenish discharge*,  
**S**equelæ of Measles, or Testes enlarge.

*Rhus Toxicodendron.*

**R**heumatism chronic, or coming with  
Fever,  
**H**aving for cause cool, damp, rainy  
weather,  
**U**sually pains are aching and tearing,  
**S**leepless and anxious, his strength quickly  
wearing;  
**T**yphoid too, with symptoms just said—  
**O**n **T**he **T**ip of **T**he **T**ongue a **T**riangular  
red,  
**X**citement of *body*, "he can not keep still,"  
**I**naction of *mind*, "he is stupid and dull;"

**C**ontinuous motion will *lessen the pain*,  
**O**n midnight's arrival it augments again.  
**D**uring *rest* and *damp* weather affections  
are worse,  
**E**xposure to rain may the troubles induce.  
**N**ext in vesicular Rashes, remember,  
**D**ermatic alone or combined with some  
Fever;  
**R**estlessness great all patients besetting;  
**O**rganic affections of Heart not forgetting,  
**N**or yet inflammation—from overexertion.

<i>Secale</i>	<i>Veratrum Album.</i>
<p><b>S</b>crawny Skin Shriveled, discolored and dry;  <b>E</b>asy Labor-pains <i>strongly</i> her weakness imply,  <b>C</b>hildbed-fever inflaming the deep-staring eye,  <b>A</b>nte- and post-partum Hemorrhage too,  <b>L</b>iquid and passive, with dark, blackish hue,  <b>E</b>xcretions <i>offensive</i>" in all subjects true.</p>	<p><b>V</b>ery cold sweat on the forehead we find;  <b>E</b>xhausting diseases, spasmodic in kind,  <b>R</b>igors and Cramps, cold surface, cold breath,  <b>A</b>siatic Cholera, Collapse as of Death;  <b>T</b>onic Spasms, especially of Puerp'ral state;  <b>R</b>est helping, while motion and drink aggravate;  <b>U</b>neven, tumultuous, irregular beat  <b>M</b>ay show when the Heart is of trouble the seat.</p>
<i>Sepiae Succus.</i>	
<p><b>S</b>ad and dejected, vehement withal,  <b>E</b>ruptions and spots mar the fine yellow skin;  <b>P</b>regnant, Prolapsed, or Parturient the womb;  <b>I</b>ndifferent and feeble, Dyspeptic and thin,  <b>A</b>menorrhea or else Dysmenorrhea,  <b>E</b>arly, <i>profuse</i>, or else <i>scanty</i> and <i>late</i>;</p>	<p><b>S</b>tomach and bowels feel weak, empty, gone;  <b>U</b>terus threat'ning to gravitate;  <b>C</b>rossing the nose is a <i>saddle</i> quite <i>yellow</i>.  <b>C</b>hronic Catarrh, Hysteria, and Gleet;  <b>U</b>rine is fetid, deposits light yellow;  <b>S</b>tasis in veins of her troubles the seat.</p>
<i>Spongia Tosta.</i>	
<p><b>S</b>equel is to <i>Aconite</i> in some diseases found,  <b>P</b>articularly when the Croup is on its annual round,  <b>O</b>r Heart Disease Organic is added to life's ills,  <b>N</b>ight after night awakened by Suffocative spells;  <b>G</b>oitre too has found it a foe of greatest might,  <b>I</b>n which the patient gaspeth with said smothering-spells at night;  <b>A</b><sup>s</sup> for the <i>Croup</i> alluded to, its drug relation shows</p>	<p><b>T</b>hat it is "quite the caper" after cold, dry zephyr blows;  <b>O</b>n coughing sound emitted like the barking of a dog,  <b>S</b>ounds in the throat when breathing like the sawing of a log.  <b>T</b>uberculosis remember too, Orchitis do n't forget—  <b>A</b>fflicted ones are <i>very fair</i> and rather <i>lax</i> and <i>fat</i>.</p>

*Sulphur.*

**S**toops, looks old, has wrinkled face,  
**U**nusual red the nose,  
**L**ikes his beer—and bumps deface—  
**P**hilosophy jocose ;  
**H**appiness over little things,  
**U**nusual merry, waking sings,  
**R**eligious fear the conscience stings.

**S**lumbers by Diarrhea cut off,  
**U**rging, won't brook delay ;  
**L**egs, calves, and soles with cramps are stiff,  
**P**iles **P**lethora **P**ortal display,  
**H**umid Tetter and varied affections of Skin ;  
**U**proots disease the glands within,  
**R**outs Scabies and Psora and *all things akin.*

**S**tanding by far most unpleasant position ;  
**U**pper part of the head *hot* and full ;  
**L**ong-lasting disease 'spite of drug exhibition ;  
**P**atient is "flushed" or is cool,  
**H**unger and goneness and weakness at eleven,  
**U**nbearable Headache one day in each seven ;  
**R**efuses ablutions—has acrid excretions.

## Reference books:

1. **ORGANON OF MEDICIN SAMUEL HAHNEMANN**
2. **A COMPEND OF THE Principles of Homoeopathy**
3. **Lectures on homeopathic philosophy by J.T. Kent**
4. **What is Homeopathy? An Introduction Royal London Hospital for Integrated Medicine**
5. **Principles & practice of Homeopathy the therapeutic & healing process**
6. **ENCYCLOPEDIA OF HOMEOPATHY**
7. **Homeopathic Prescribing Pocket Companion**
8. **DR PRAFULL VIJAYAKAR MEMORIAL BOOK 2021**
9. **Family Homeopathy : A Practical Handbook for Home Treatment**
10. **Homeopathy essential guide to patient**
11. **Homeopathy like cures like**
12. **Kent repertory**
13. **Keynotes-And-Characteristics-With-Comparisonsof-some-of-the-Leading-Remedies-of-the-Materia-Medica-By-H. C. Allen, M. D.**
14. **Homeopathic material medica by W.Boericke, MD.**
15. **Clinical Observations of Childrens Remedies**
16. **Hahnemann chronic diseases**
17. **High-definition Practice of Homoeopathy**
18. **Method of Memorizing the Materia Medica**
19. **Wikipedia.com**
20. **Googleschooler.com**

## For More Reading: Useful Literature

There are two books which are essential for this course of study in addition to this workbook:

1. **Kent, James Taylor, Repertory of the Homeopathic Materia Medica – the basic repertory or catalog of symptoms and which remedies are related to them.**
2. **Kent, James Taylor, Lectures on Homeopathic Materia Medica – the best summary of the different remedies and their symptoms, patterns, and images.**

There is no need to get an additional repertory; however, it is very useful to have one or several additional materia medicas because each author describes the remedy's effects,

subtleties in slightly different ways, and for a particular patient one author's description may clearly fit while another's may not quite gel.

**The most useful additional materia medicas are (in order):**

**1. Boericke, William, Pocket Manual of Homeopathic Materia Medica** – which has the advantages that it has nearly every remedy you will ever hear of (Kent's has only the most common remedies), that it is small enough to be comfortably portable and, although it is rarely useful and Kent's repertory is essential, Boericke has a different, small repertory in the back.

**2. Tyler, M.L., Homeopathic Drug Pictures** – which is limited by having only about 125 of the most common remedies, but is enormously useful in having, for each remedy, the highlights or characterizing points from several authors' perspectives. It is almost like buying several materia medicas in one.

**3. Baker, Neiswander and Young, Introduction to Homeotherapeutics and Materia Medica Pura** (from American Institute of Homeopathy) – another very useful summary of the main remedies with outlined highlights for each remedy.

**4. Nash, E.B., Leaders in Homeopathic Therapeutics** – a valuable synopsis of remedy use from another skilled clinician, written in a terse, communicative style.

If you are really going whole-hog you will want to have also an additional, more comprehensive symptom compendium, probably:

**5. Hering, Constantine, The Guiding Symptoms of our Materia Medica – 10 volumes.**

**And perhaps, for side excursions: Shepherd, Dorothy, Homeopathy for the First Aider, and/or Gibson, D.M., Homeopathy First Aid, and perhaps**

**6. Sheppard, K., The Treatment of Dogs by Homeopathy and The Treatment of Cats by Homeopathy** And for fun and tales of the wonders of practicing clinical homeopathy Shepherd, Dorothy, the Magic of the Minimum Dose books.

**On the subject of philosophy and theory you might want to have:**

**1. Vithoukas, George, The Science of Homeopathy, a modern textbook, and Hahnemann, Samuel, Organon of Medicine, the great final summary classic of the founder of homeopathy's 60 or more years of clinical and experimental experience.**

Kent, James Tyler, Lectures on Homeopathic Philosophy

**2. It is also very useful – almost essential – to have a dictionary of medical terms, such as:**

**Dorland's Illustrated Medical Dictionary**

**And a standard English dictionary such as Webster's or Funk & Wagnalls.**

**If medical terminology is new to you, you may want to work through**

**Smith, Genevieve Love & Phyllis E. Davis, Medical Terminology, revised 3rd edition, John Wiley & Sons, Inc., NY, 1976**



Thank  
you

