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*DR.  
MASSOUD  
NOTES*



# Musculoskeletal Homeopathy

Alternative medicine system



By

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## *About ACKNOWLEDGMENT*

*All thanks to ALLAH.*

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

*“ 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 wife*

*DR Fatma MagdEldeen*

*Not only for helping me in that book,  
But the beauty given to me by you in all my life.*

## *How to use this book*

*1st : you must read the basic concepts of homeopathy from any basic book; my book, About Homeopathy, Dr,Massoud Notes 4 chapters (Why? What? When? How?).*

*2nd: you read this book as application to homeopathic strategy of Treatment to musculoskeletal pathologies.*

*3rd: Apply on your patient, record his marvelous feedback.*

*Dr. Mahmoud Massoud*

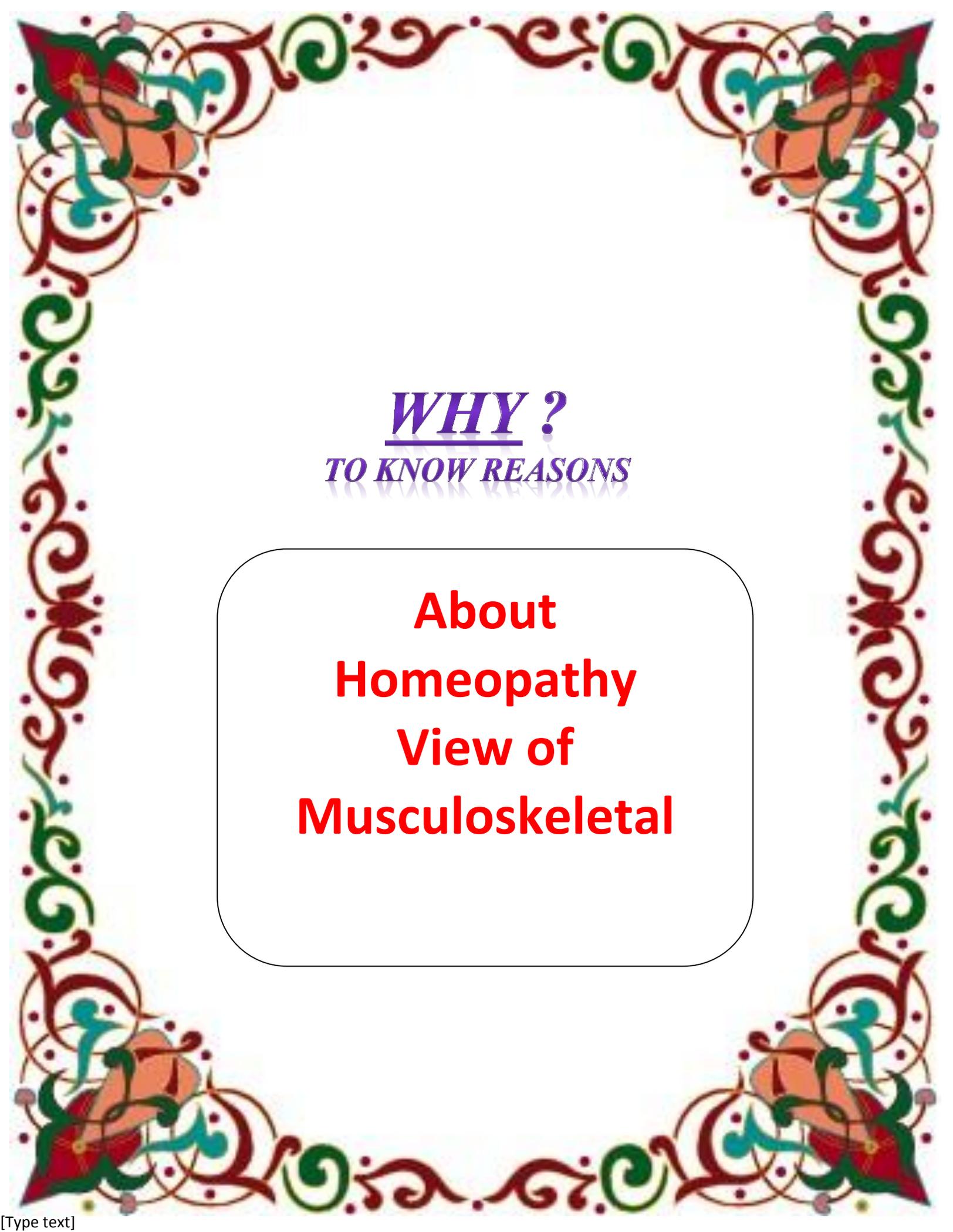
<b>Contents</b>	<b>Page</b>
<b>Introduction</b>	<b>1</b>
<b>Why? To know reasons</b>	<b>2</b>
<b>About Homeopathy View of Musculoskeletal</b>	
<b>About Anatomy</b>	3
<b>About Pathology</b>	8
<b>WHAT ? TO SEE</b>	<b>12</b>
<b>History taking &amp; EXAMINATION</b>	
<b>About History Taking</b>	13
<b>About Examination</b>	17
<b>When? To decide</b>	<b>18</b>
<b>Algorithms for treatment</b>	
<b>Generating a prescription</b>	19
<b>Follow-up</b>	20
<b>Alphabetical Diseases     remedy choice algorithms</b>	23
<b>COMPLEMENTARY LIFESTYLE GUIDE</b>	39
<b>How? To do</b>	<b>41</b>
<b>THE PREPARATION OF HOMCEOPATHIC MEDICINES</b>	
<i>Using homeopathic remedies</i>	42
<i>Dispensing homeopathic remedies:</i>	44
<b>About Materia medica</b>	
<b>Plant</b> origin	45
<b>Mineral</b> origin	64
<b>Animal</b> origin	78
<b>Reference books</b>	<b>80</b>

***Studying Notes Collected from  
different sources***

## **Introduction**

- *The aim of the art of medicine is to cure disease; Musculoskeletal Homeopathy is science of healing the body affection to bone & joints affection either traumatic, pathologic or rheumatic.*
  - *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 ( revise my book; About Homeopathy).*
  - *This little book is intended to be an review and an aid to a fuller study and wider acceptance of Hahnemann's doctrines in Musculoskeletal Homeopathy.*
  - *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.*
- Homeopathy is safe to all pediatric and old, pregnant and lactating.*



A decorative border with floral and scrollwork patterns in red, green, and blue colors surrounds the central text.

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

**About  
Homeopathy  
View of  
Musculoskeletal**

### ***The body's support systems***

- *The skeleton is an extensive framework of bones, attached to which are skeletal muscles. Together they coordinate the body's movements. Individual bones move against each other by means of joints. The skeleton also provides support and protection for some of the body's most important organs, such as the brain, spinal cord, heart, and lungs. Diseases of the skeleton often result from degeneration of joints (osteoarthritis) or autoimmune problems (rheumatoid arthritis).*
- **SYSTEM OF JOINTS** *A joint is where two bones meet. There are different types of joints throughout the body, depending on their location. Most joints are mobile. They are versatile and lubricated so that bone surfaces slide over each other easily, facilitating body movement. Other joints are less movable, or fixed, and their main function is to provide support for the body.*
- **HOW JOINTS WORK** *Joints such as the knee—the largest joint in the body—are mobile joints. Their bone surfaces are covered with smooth cartilage to reduce friction during movement. Each mobile joint lies within a capsule lined with a membrane that secretes a lubricating fluid—the synovial fluid. Mobile joints are surrounded by ligaments that support them and prevent too much movement.*

### ***Related Nervous system***

- *The nervous system is the human body's central command center. It receives and evaluates stimuli from inside and outside the body, and issues directives to tissues and organs in response to these stimuli.*
- *It consists of the central nervous system and the peripheral nervous system.*  
**STRUCTURE OF A NERVE CELL** *A nerve cell, or neuron, has a cell body, and a long nerve fiber, or axon. Dendrites receive nerve impulses from other nerve cells. Impulses are carried away from the cell body by the nerve fibers, and can travel at speeds of up to 300 miles (500 km) an hour.*
- **How the system works:**  
*The central nervous system—the brain and spinal cord—receives information from all over the body. This information takes the form of electrical impulses that are transmitted along a nerve network—the peripheral nervous system—which branches off the central nervous system. The brain then sends out instructions to internal organs, muscles, glands, and tissues throughout the body via the peripheral nervous system.*
- **In terms of function,** *the parts of the nervous system consisting of nerves that control the muscles involved in voluntary actions are known as the somatic nervous system. Nerves concerned with the unconscious control of bodily functions such as digestion, gland secretions, and temperature regulation are part of the autonomic nervous system.*
- **How nerves function:**  
*A nerve is made up of strings of nerve cells, or neurons, which are the basic units of the nervous system. Some nerves carry instructions from the brain or spinal cord to muscles, glands, or other tissues throughout the body.*  
*Each nerve cell has parts that receive electrical messages from other nerve cells, and parts that transmit messages to nerve cells or other tissues. The cell bodies of neurons make up the gray matter of the brain and spinal cord, while the long nerve fibers, or axons, make up the white matter of the central nervous system.*  
*All but the smallest nerve fibers are insulated and protected by a fatty substance called myelin, which also helps to conduct nerve impulses quickly along the fibers. Multiple sclerosis is believed to occur because the myelin becomes damaged in some way. The brain and spinal column are protected by delicate membranes called meninges.*
- **NETWORK OF NERVES:**  
*Nerves extend to all parts of the body in a vast and complex network. The peripheral nervous system spreads out from 12 pairs of cranial nerves, which are connected to the brain, and 31 pairs of spinal*

nerves, which are connected to the spinal column. Peripheral nerves branch and divide so that all organs, tissues, and farthest reaches of the limbs are contacted.

### **IMMUNE SYSTEM**

- *The immune system is the collective name given to various mechanisms that enable the body to defend itself against invasion by infection-carrying agents such as bacteria, viruses, fungi, and foreign proteins.*
- *The skin, certain glands, and the lymphatic system are all part of the immune system.*
- **How the system works:**  
*Any invading organism trying to enter the body must break down the defensive barriers erected by the immune system. There are defenders along these routes that produce protective enzymes or natural antibiotic secretions, but if an organism does break through into body tissue, the immune system relies heavily on the lymphatic system.*
- **The lymphatic system**  
*This body system consists of lymph vessels that carry lymph from the tissue spaces between cells all over the body to lymph glands, or nodes. Lymph is a clear fluid that derives from plasma in blood from which proteins and other nutrients have been removed. Lymph drains from the bloodstream into capillaries and then into the lymph vessels. The flow of lymph is controlled by muscle contractions and valves. Invading organisms are trapped in lymph glands dotted throughout the lymphatic system. Here they are attacked by scavenging white blood cells called macrophages. Lymph glands also produce lymphocytes, another form of white blood cell. Some lymphocytes (B-cells) produce antibodies that attack antigens on the surface of an invading organism (see page 206); other lymphocytes (T-cells) destroy invading organisms directly.*  
*Lymphocytes have the ability to remember invaders that they have come across before, and so respond quickly if the body is invaded again. On the other hand, the immune system can fail to spot invaders, or it can overreact—by developing allergies—or react abnormally to the body's own tissues, as in autoimmune diseases such as rheumatoid arthritis. Alternatively, it may fail to recognize that its own cells have begun to function abnormally, hence the development of cancer.*
- **IMMUNE SYSTEM** *The immune system is a complex network of glands, vessels, tissues, and organs that attempt to eliminate harmful organisms that might cause infection or disease in the body. Lymph vessels cover the whole body and are studded with lymph glands, masses of lymph tissue in which invading organisms are attacked. Lymph from all over the body is filtered by flowing through lymph glands before draining back into the bloodstream.*



## **FRACTURE**

*All fractures require allopathic treatment. Any suspected broken bones should be moved as little as possible, to prevent further injury. Fractures of the skull, neck or spine are usually the most dangerous.*

- *Bleeding from the ears, mouth, nose or into the eyes is often a sign of skull fracture.*
- *If the patient cannot move the fingers, the neck may be broken, while if they cannot move their legs, the back may be broken. In these cases, do not move the patient unless absolutely necessary, and call an ambulance.*
- *Fractures of arms or legs should be immobilised and allopathic treatment sought.*

## **BONE PAIN**

- *Bone pain can show a variety of types and have a variety of causes, from the sharp pain of fracture, to the aching pain of influenza and the dull pain of arthritis. Occasionally bone pain can also be due to a dietary deficiency.*
- *Any pain that fails to clear should receive professional assessment.*

## **OSTEOARTHRITIS**

- *Osteoarthritis is a degenerative disease of the joints that breaks down cartilage, causing restriction of movement and sometimes pain. It has been estimated that in some parts of the developed world, up to 90 percent of people over 40 have osteoarthritis in one or more joints. Severe osteoarthritis affects three times as many women as men.*
- *Symptoms*
  - *Stiffness and pain in the affected joints.*
  - *Possible swelling of the joints, most commonly weight-bearing joints such as those in the hips, knees, and spine.*
  - *Weakness and loss of bulk in the muscles surrounding the affected joints if they are not used regularly.*
  - *Possible deformation of affected joints.*

## **RHEUMATISM**

- *Rheumatism is a general term for pain and stiffness of the muscles and joints.*
  - *The pains are usually worse in cold, damp weather, and are better by warmth and massage. treatment is with anti-inflammatory drugs and pain killers.*
  - *Homeopathic treatment is constitutional, but the following remedies can be used first, and will give relief if well suited.*

## **RHEUMATOID ARTHRITIS**

- *Rheumatoid arthritis is an autoimmune disease, in which the body's immune system attacks the joints. There is a juvenile form, but the disease usually starts in early adulthood or middle age. This form of arthritis affects about two percent of the world's population, and afflicts more women than men.*
- *Symptoms*
  - *Mild fever, muscle aches and pains, loss of appetite, and weight loss may precede the main symptoms.*
  - *Pain and stiffness—mainly in the small joints of the hands and feet, but also in the wrists, neck, ankles, and knees—that may start suddenly and are worse in the morning and for rest.*
  - *Possible exacerbation of symptoms during menstruation.*

- Possible rheumatoid nodules beneath the skin.
- Possible association with Raynaud's disease or anemia.
- Possible deformation of joints, fluid-filled swelling around joints, and inflammation of the tendon sheaths.

### **GOUT**

- Although not entirely a male disorder, gout has a tendency to be hereditary and afflict men more than women.
- Gout is more common in mature age, and in those who lead a sedentary life with indulgence in rich food and liquor.
- In a typical acute attack there is a severe pain in a joint, usually the big toe. The joint swells and becomes hot, and any jarring causes intense pain.
- In chronic gout the joint becomes permanently enlarged, and remains tender and sensitive at all times.
- The diet must be changed to eliminate foods rich in purines, which include liver, sardines, oysters and anchovies.
- The following remedies may be used during acute attacks.

### **Synovitis**

Synovitis is the inflammation of the membrane lining a joint. There is usually a release of fluid into the joint, causing swelling and pain. It may occur in some rheumatic disorders, and also after injury and strain.

Bursitis and housemaid's knee are similar conditions.

### **CHRONIC FATIGUE SYNDROME**

- Also known as myalgic encephalomyelitis (ME) and postviral syndrome, CFS was first recognized as a condition in conventional medical circles in the 1990s. Its symptoms mimic many other illnesses. It has been described as a physical illness brought on by stress. Three times more women than men are affected in the developed world.
- Symptoms
  - Identifiable fatigue that is present for 50 percent of the time and for at least six months, severely affecting physical and mental functioning.
  - Muscular pain, weight fluctuation, and sleep disturbance.
  - Possible abnormal temperature regulation, recurrent sore throat, swelling of the lymph glands, and depression.

### **MULTIPLE SCLEROSIS**

- This condition occurs if the myelin sheaths surrounding nerve fibers are damaged. In temperate regions of the world, multiple sclerosis affects one in a thousand people, and more women than men. There may be just a single attack, or repeated attacks that lead to increasing disability. Only in a minority of cases, however, is the condition crippling.
- Symptoms
  - Possible tingling, numbness, or weakness affecting a hand, foot, or a whole side of the body.
  - Double vision or the misting or blurring of vision.
  - Possible heaviness, weakness, or constricted feeling in the hands and feet.
  - Possible strong muscle spasms, constipation, ulceration of the skin, and mood swings.

- *In more serious cases, possible paralysis and incontinence, which may be associated with fatigue, vertigo, giddiness, clumsiness, muscle weakness, slurred speech, and difficulty in walking.*

### **Neuralgia and Sciatica**

- *Neuralgia is a severe, sharp pain along the course of a nerve. It is due to a painful inflammation of nerve fibres, and is usually worse from cold or draughts.*
- *Sciatica is pain in the sciatic nerve, which supplies the legs.*
- *It is caused by nerve inflammation or injury, usually because of pressure from a misaligned spine, a damaged or prolapsed disc, or from osteoarthritis. It shows as a sharp, shooting pain into the buttock and leg, especially when bending, sneezing or coughing.*
- *Allopathic treatment includes pain killers, muscle relaxants, steroid injections and physiotherapy. Osteopathy, chiropractic and acupuncture usually offer more lasting benefit.*

### **TUBERCULOSIS**

- *An infectious, bacterial disease, tuberculosis was once common worldwide and a killer, especially in mid-19th-century Europe, where it was responsible for one-quarter of deaths. This incidence fell until the 1980s but has increased since with the spread of HIV. The disease is now prevalent in Africa, Asia, and countries of the former USSR.*

### **CANCER**

- *Cancer is a by-product of the growth and repair processes within the human body whereby 500 billion new cells are formed each day. Inevitably, some of these cells are defective, and their growth may become out of control. Defective cells are usually destroyed by the body's immune system, but if this does not occur, a rapidly dividing colony of defective cells becomes a tumor. This tumor may grow and spread into adjacent body tissue. Cancer may affect major organs, bones, glands, skin, or muscles.*
- **ABNORMAL CELL DIVISION** *Cancer develops as a result of abnormal cell division. All cells multiply by dividing into two. This is usually controlled so that just the right amount of cell division occurs to replace dead or damaged cells. This process sometimes proceeds at an abnormally fast rate, however, creating a tumour. As it grows, cells force their way into neighboring tissues or organs. Rogue cells from a tumour in the skin, for example, can then travel via the lymphatic system to other parts of the body, where secondaries may form.*
- *The symptoms vary from site to site.*
  - *Lumps or changes in the color or other features of the skin.*
  - *Symptoms of obstruction in the digestive tract, or hoarseness.*
  - *Bleeding from orifices such as the mouth or anus.*
  - *Severe, recurrent, or constant headaches.*
  - *Ulcers or sores that do not heal.*
  - *Changes in bowel habits.*
  - *Changes in the breasts.*
  - *Painful, numb, or tingling nerves.*
  - *Rapid, unexplained weight loss.*
  - *Bone & back pain.*
- *The treatment strategy must be formulated according to the therapeutic goal mentioned below:*
  - 1. In precancerous conditions- to cure*
  - 2. In early stages of cancer*

<i>Treatment to delay or prevent metastasis</i>	<i>Increase life span</i>
<i>Symptomatic relief</i>	<i>Improve quality of life</i>
<b>3. In terminal cases of cancer</b>	<i>Symptomatic relief Painless death</i>

**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.*

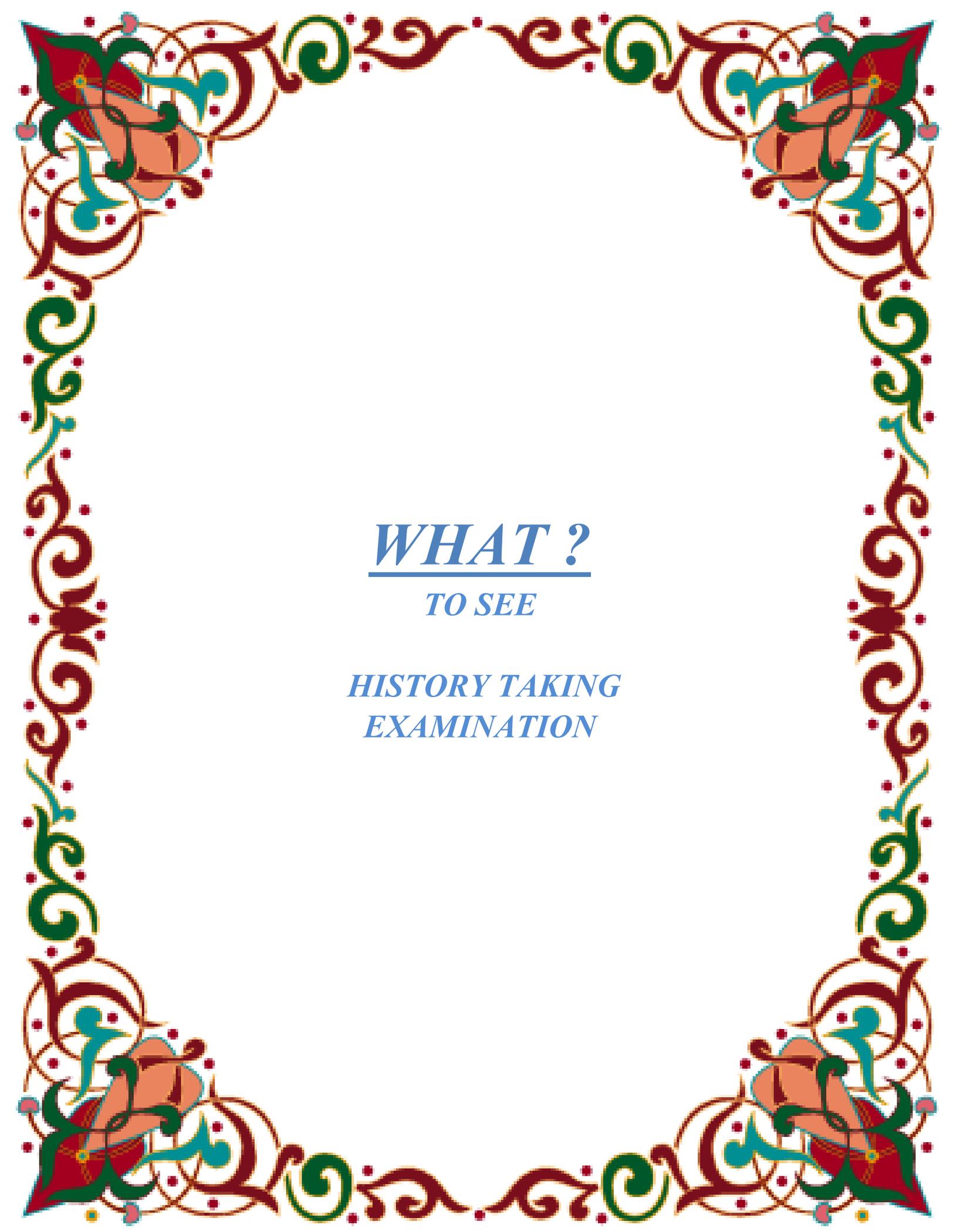
**Is homeopathy recommend use allopathy?**

*Yes, in this conditions*

- 1. life threating 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*

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>ايدك</b> اللي بتكتب بيها Name, age, sex, habitat, occupation, marriage..., smoking..., rt or lt handed
<b>2.Past history</b>	<b>D.(disease): DM/HTN—TB/Tumor—Rhoid/Spine</b> 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.(operations)</b> <b>D.(drugs)</b> ادوية سيولة // كورتيزون // allergy
<b>3.Family &amp; social history</b> اب	قرايب—اى 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**

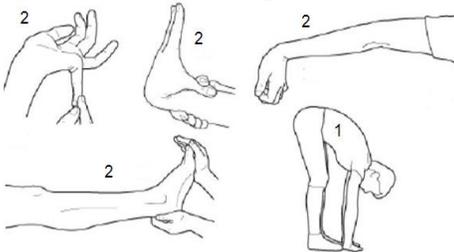
- *Time management: ability to set realistic goals, plan and organize projects, cope with deadlines, and delegate tasks.*
- *Success in maintaining a balance between work and play, and between work and family.*
- *Stress management: opportunities to relax, and ability to control stressful situations 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**

<b>1.</b>	<b>Greating / define yourself/thanks</b>													
<b>2.</b>	<b>Exposure</b>													
<b>3.</b>	<b>Systemic examination &gt;&gt;</b> (Fever, Mind(sleep), hair, head, eyes, ears, nose, mouth, throat, chest, abdomen, kidneys, rectum, back, extremities, skin, clothes)													
<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) 													
<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>	<b>Active</b> <b>Passive</b> <b>m. power →</b>	<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 ?**

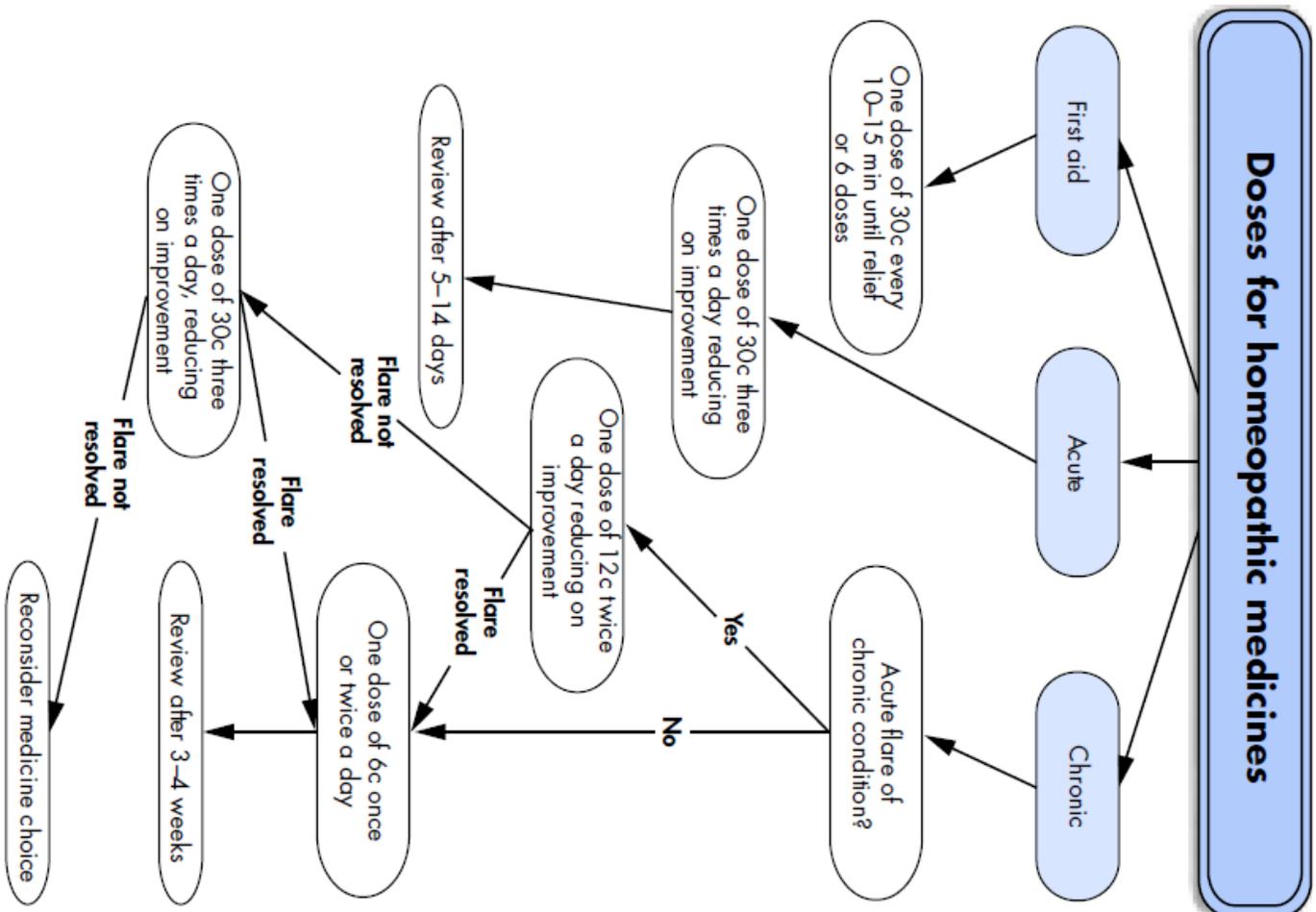
**TO DECIDE**

**Algorithms  
for treatment  
Acute & Chronic  
cases**

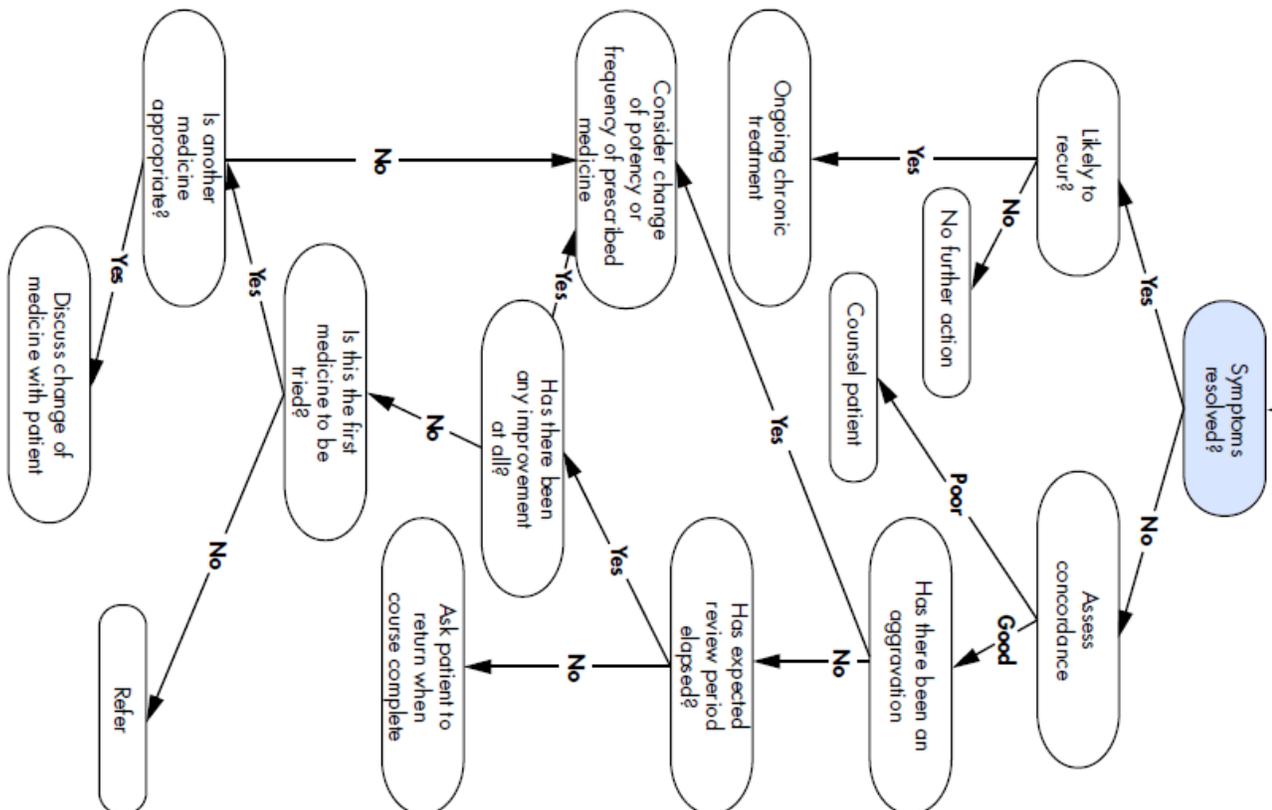
**About Repertory**

## 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.

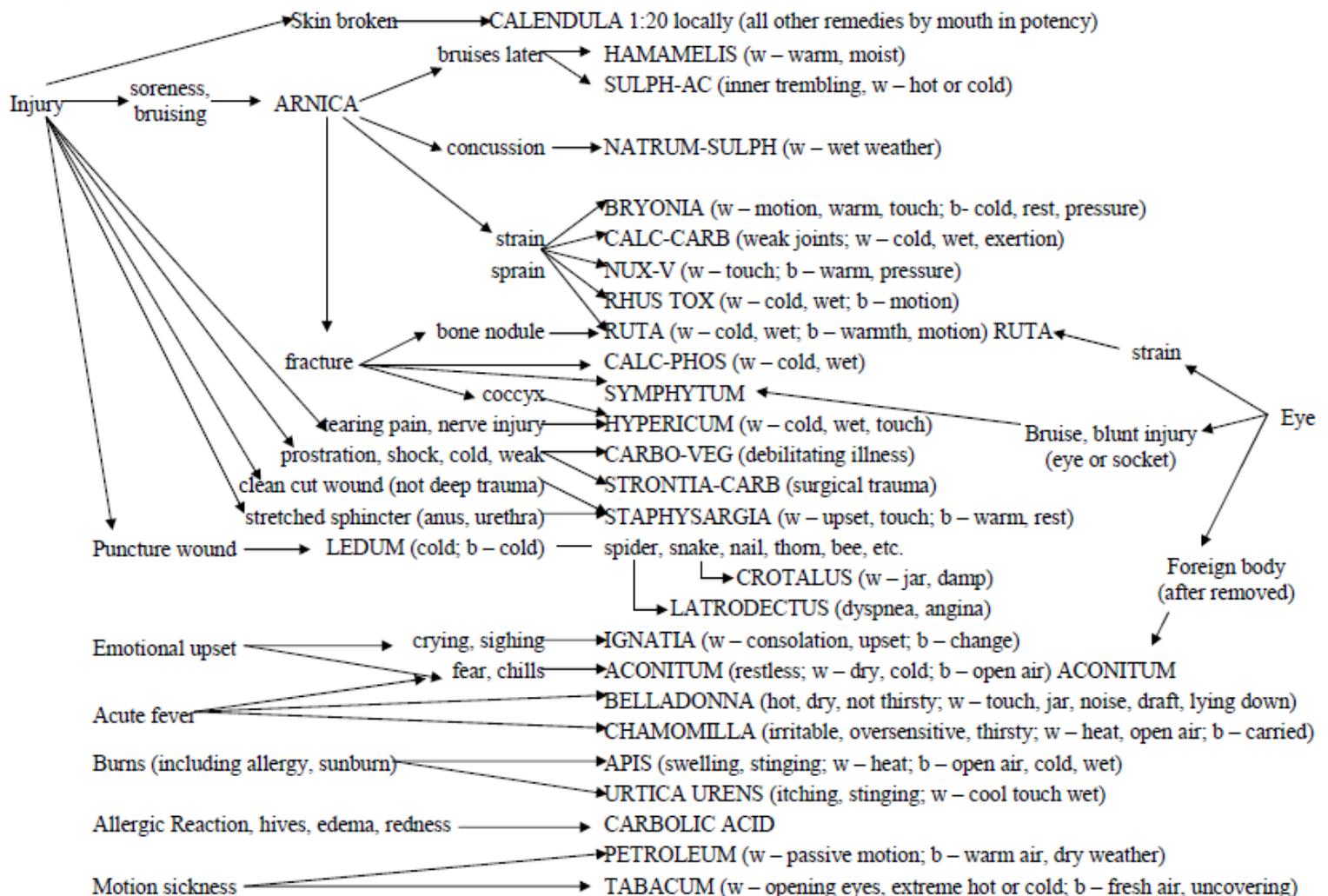
## Side-effects

- **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)

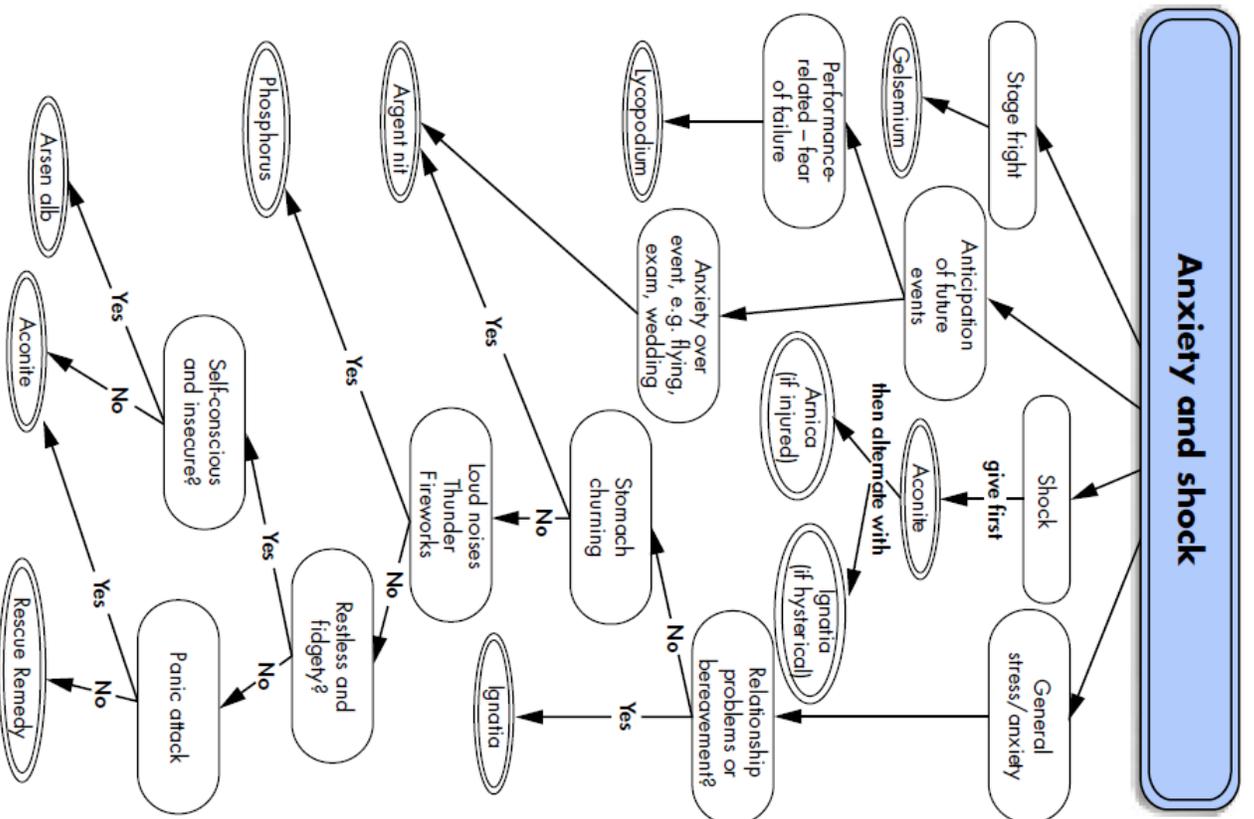




# Anxiety and shock

- 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.

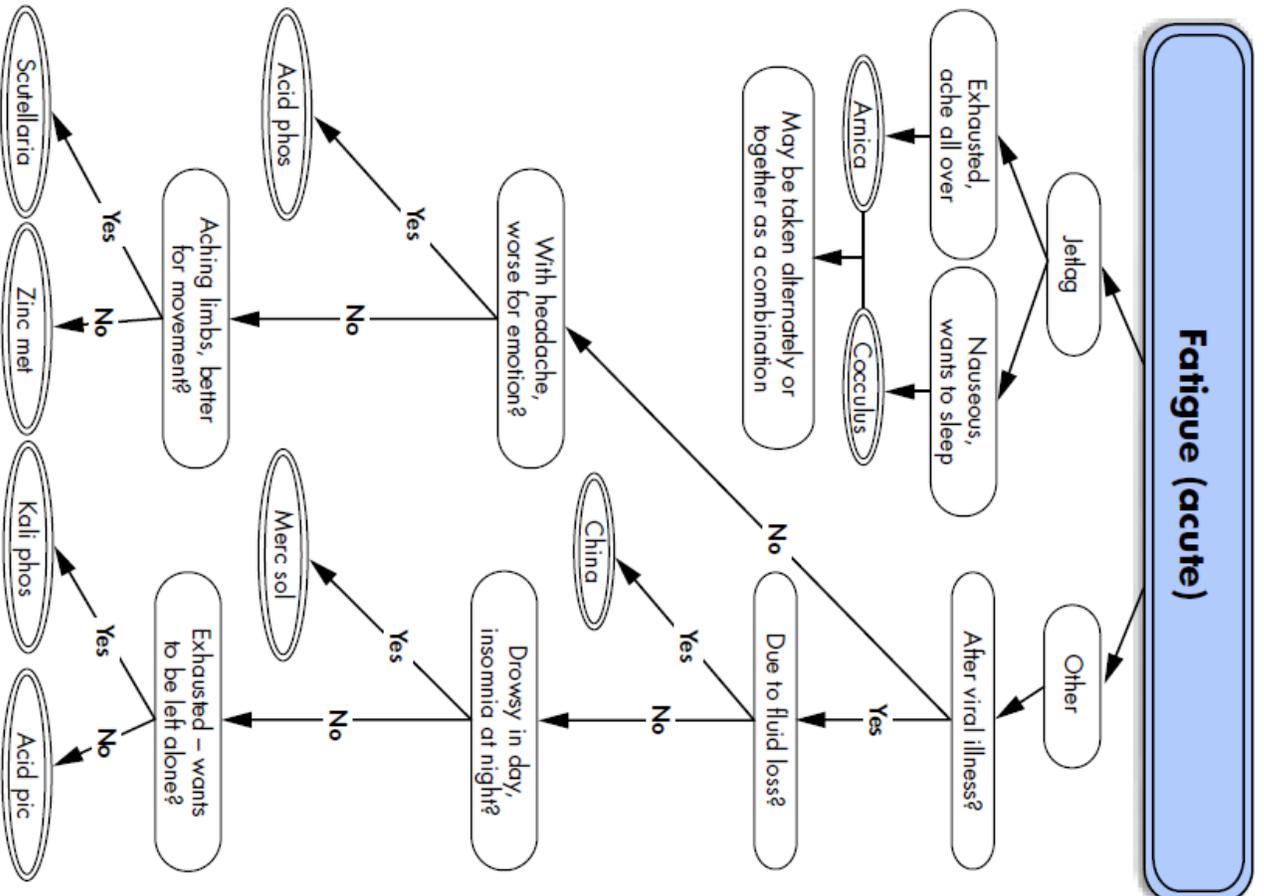
Homeopathic medicine	Better	Worse	Other
Aconite	In open air, in the evening and at night	Noise and light	Very restless, fear of the future and crowds
Argent nit	In fresh air	From warmth and at night	Fearful and nervous, impulsive
Arnica	Lying down	Motion and cold	Nervous, does not like to be touched 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



## 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.

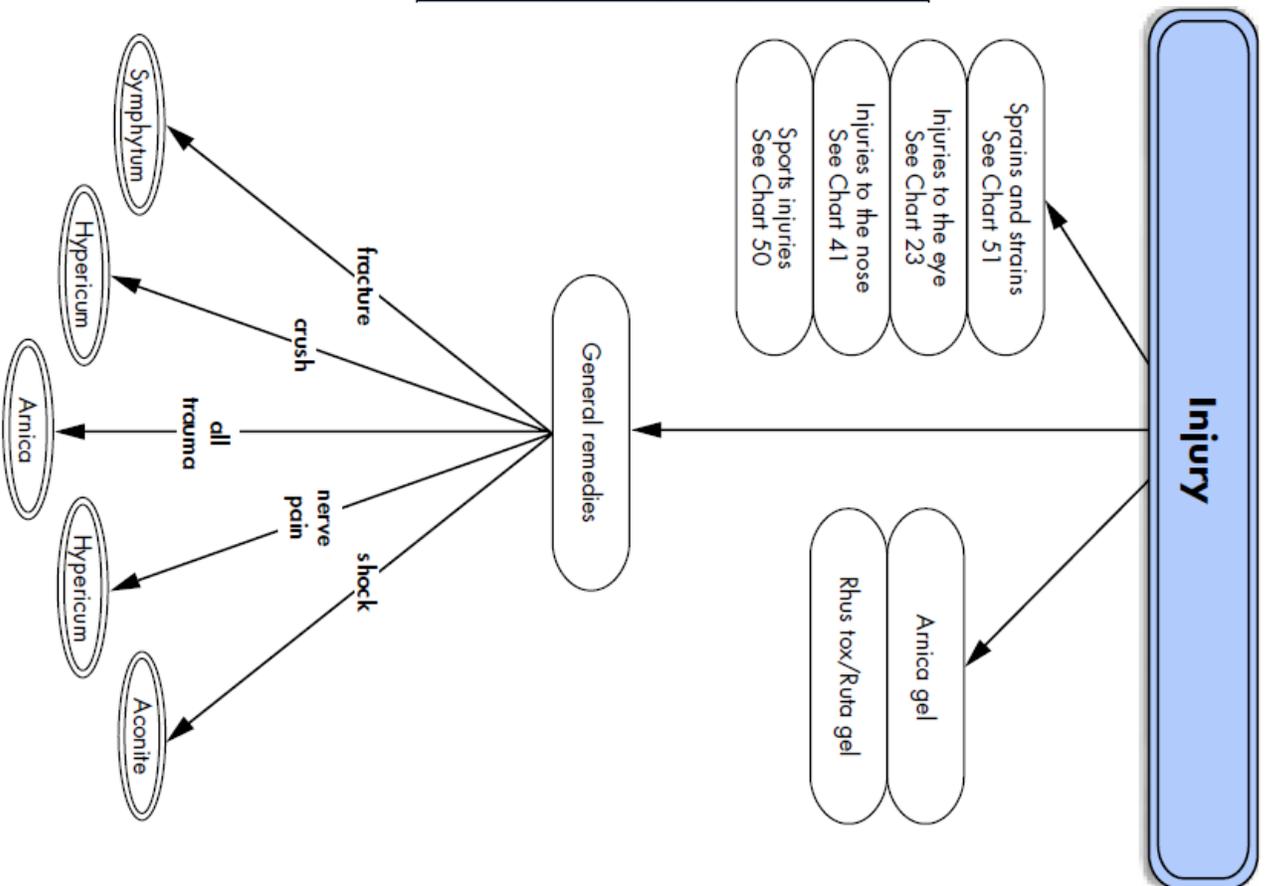
Homeopathic medicine	Better	Worse	Other
Acid phos	Keeping warm	Exertion	Headache, worse with noise. Eyelids inflamed
Acid pic	Cold air and cold water	With least exertion	Back pain, 'pins and needles' sensation in hands and feet
Arnica	Lying down	Touch	Confusion, wants to be left alone
China	None recorded	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



# 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.

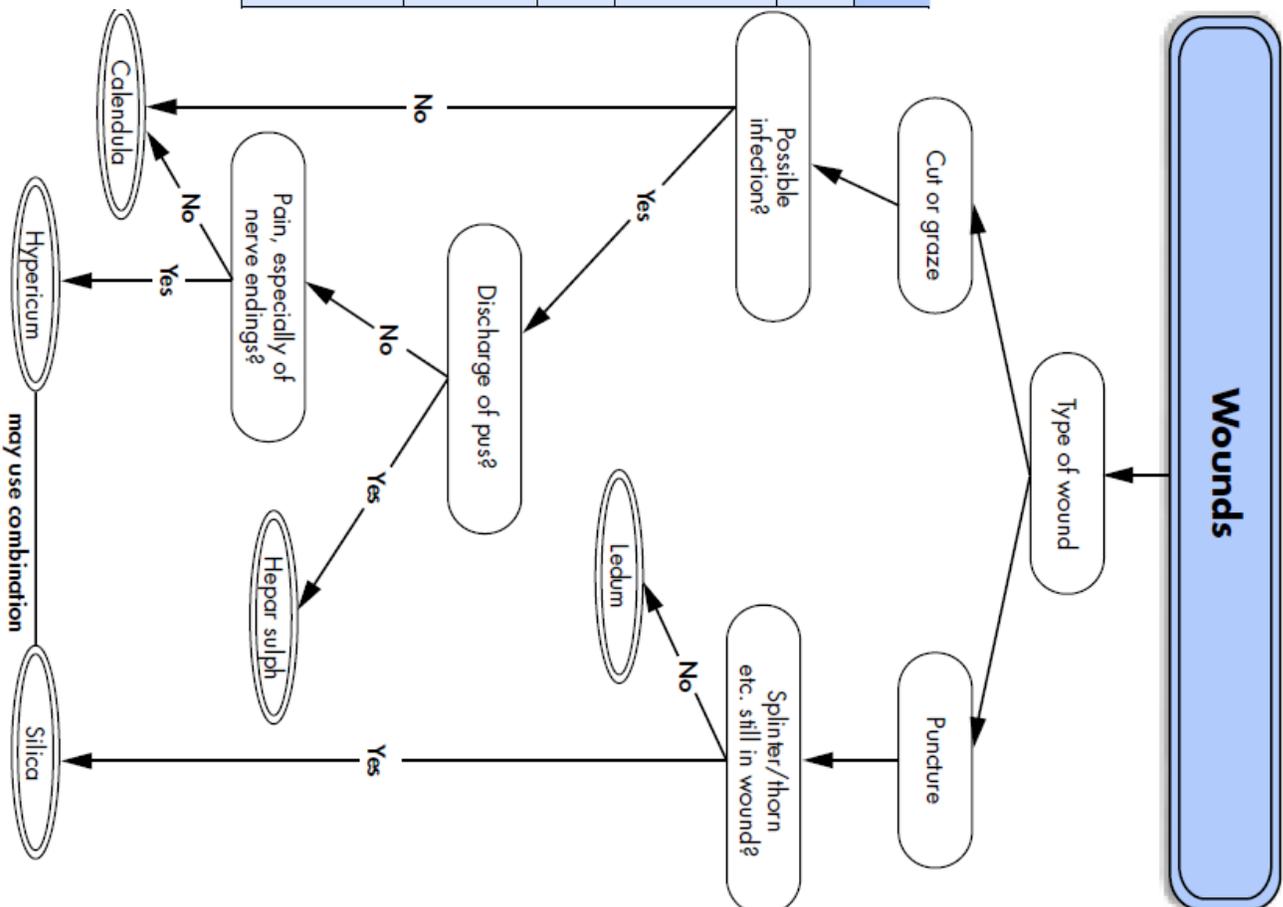
Homeopathic medicine	Better	Worse	Other
Aconite	In open air	In warm room	Anxiety and fear. Vomiting, mouth dry and tingling
Arnica	Lying down	Touch	Bruising. Skin itching and burning
Hypericum	Lying quietly	In cold	Blood and crush injuries, particularly involving digits
Symphytum	By changing position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



# 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.

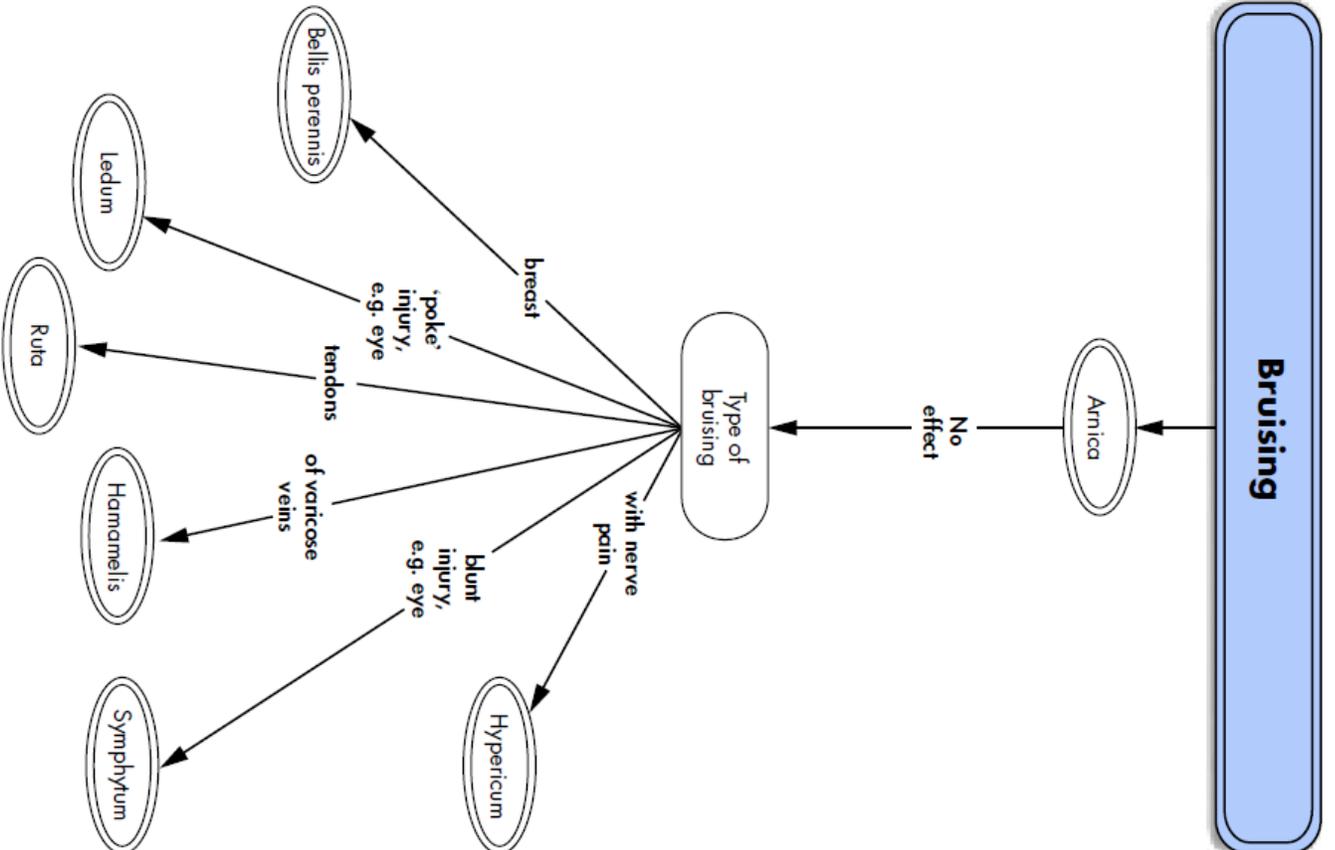
Homeopathic medicine	Better	Worse	Other
Calendula	Warmth	In the evening	Superficial burns and scalds
Hepar sulph	Wrapping up affected parts	Cool air	Used to treat ulcers and cold sores. Also abscesses, chapped skin and where infection present
Hypericum	Lying quietly	Application of pressure. Motion	Blood 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



# 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.

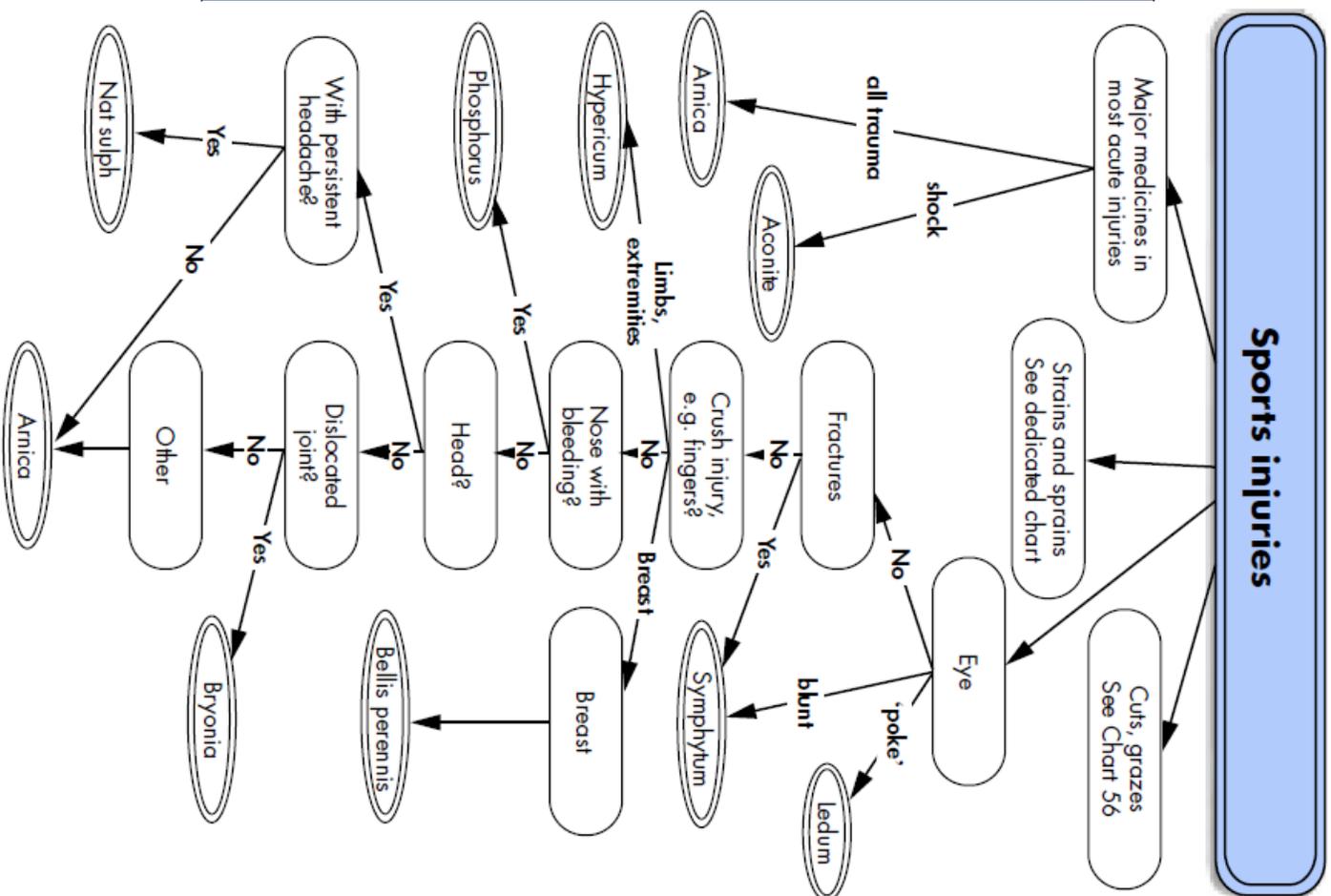
Homeopathic medicine	Better	Worse	Other
Arnica	Lying down	With heat and touch	Black and blue with pain. Patient does not like comforting
Bellis perennis	With local application of cold	With heat and on left side	May be associated with boils
Hamamelis	Rest	In warm, moist air	Also used for varicose veins
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



## Sports injuries

- Arnica 5% gel useful topically in most cases for bruising.
- Ruta/Rhus tox 5% gel useful 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

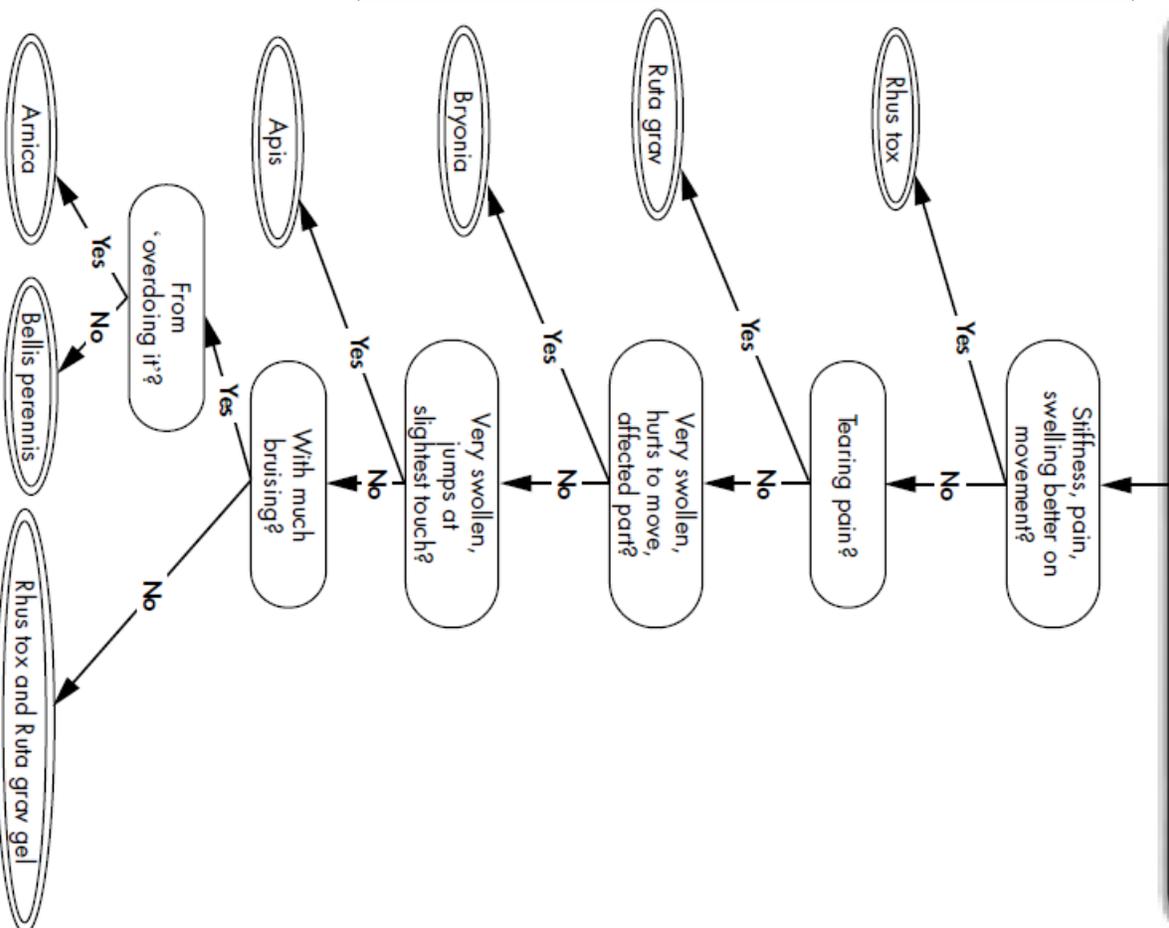


## Sprains and strains

- 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

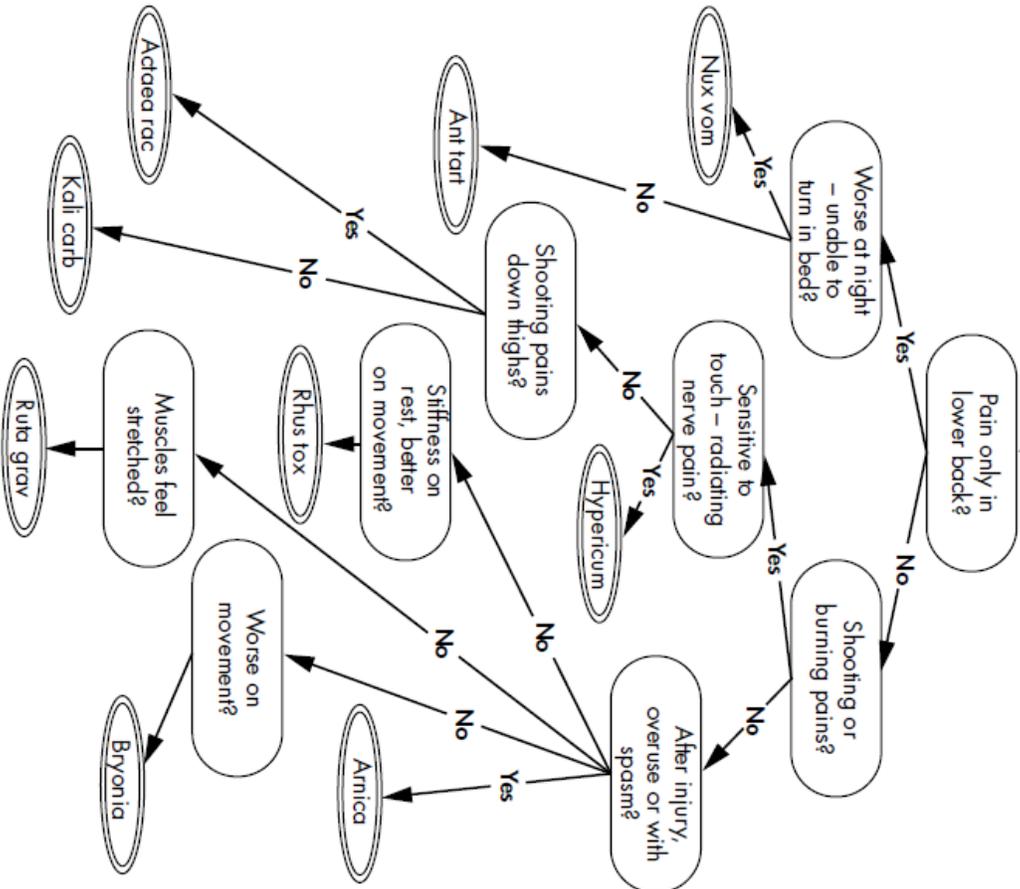


# Backache

- 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
Art tart	Sitting up	Lying down and at night	Violent pain in sacro-lumbar region
Arnica	Lying down	Motion	Pain in limbs, difficultly 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

## Backache

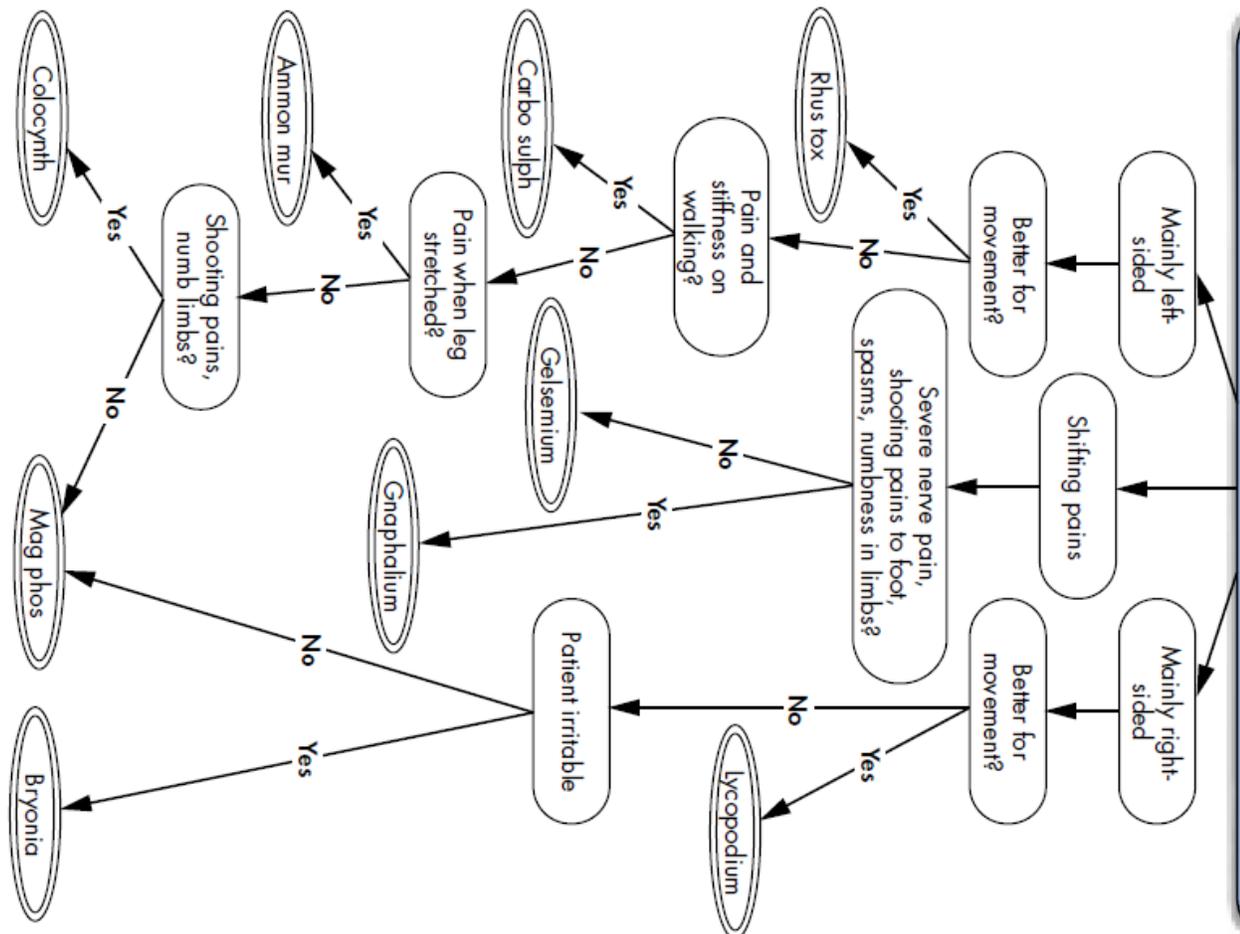


# Sciatica

- 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
Colocynth	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

# Sciatica



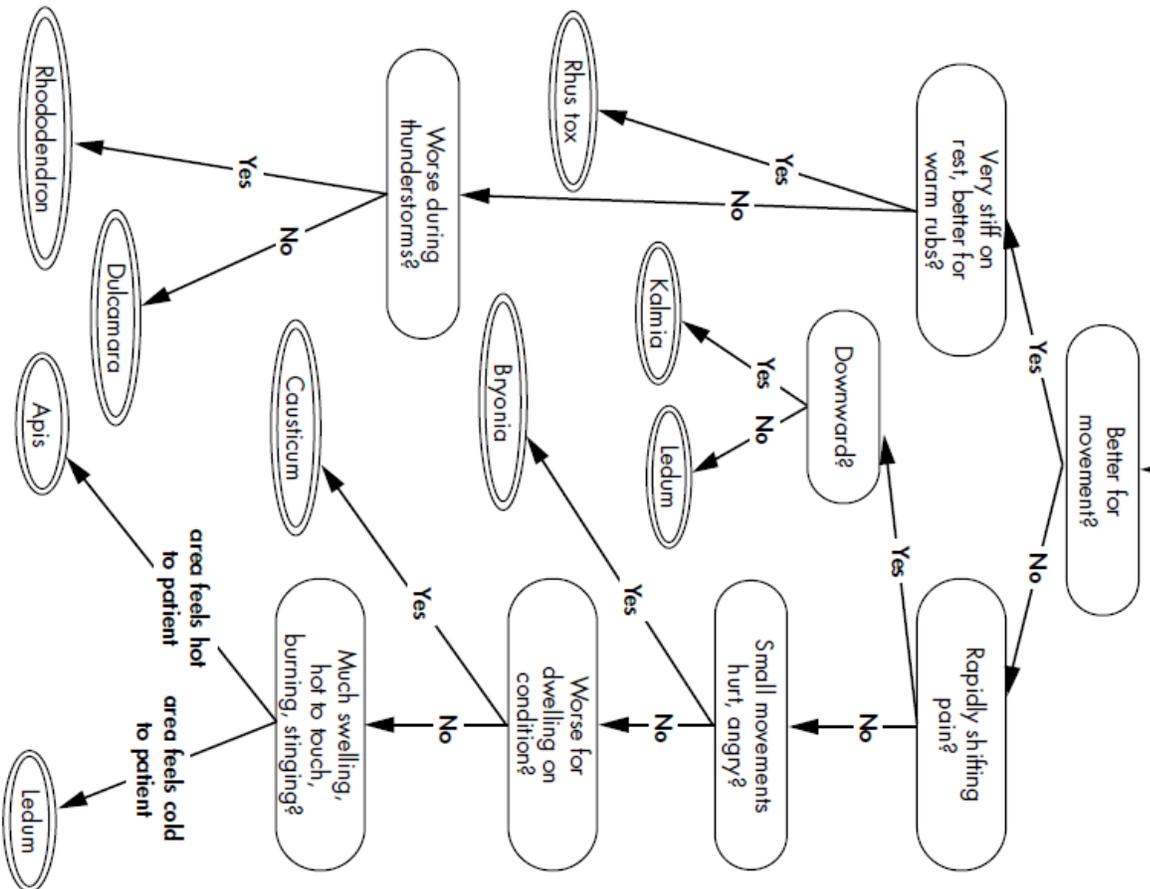


## Rheumatic and arthritic pain

- **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

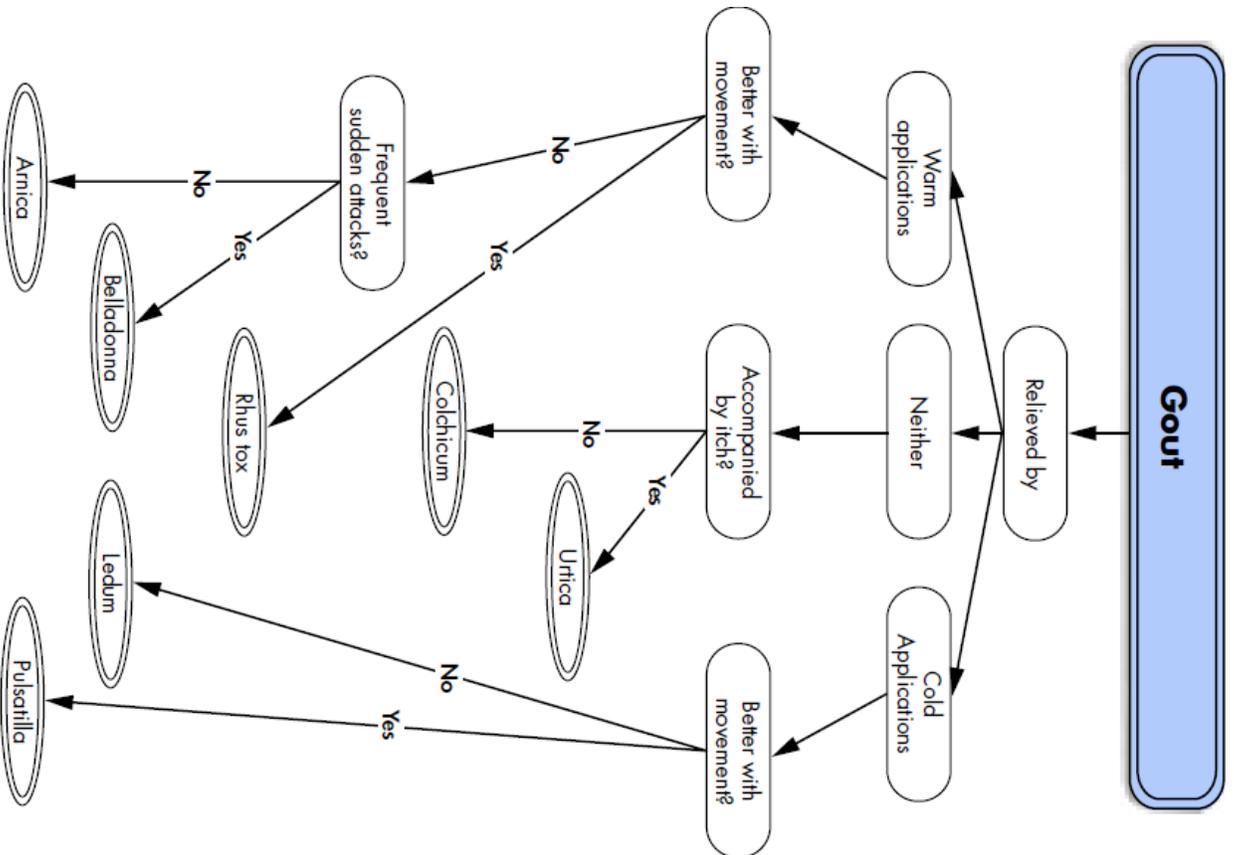
## Rheumatic and arthritic pain



# Gout

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

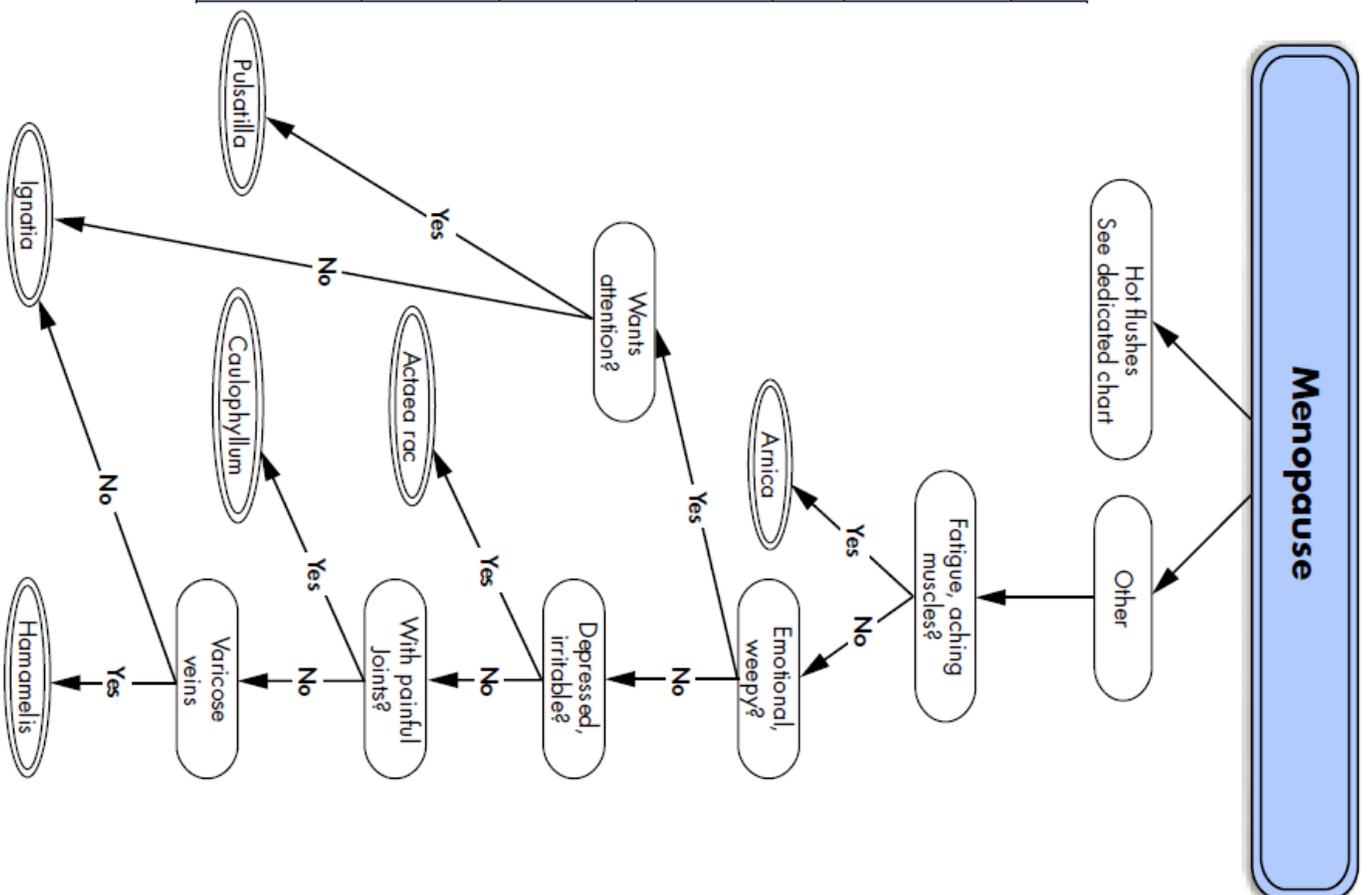
Homeopathic medicine	Better	Worse	Other
Arnica	Lying down	Touch and exertion	Pain in back and limbs. Patient wants to be left alone
Belladonna	When sitting up	When lying down	Shooting pains along limbs, joints swollen, cold extremities
Colchicum	When stooping	In evening and warm weather	Pins and needles 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



## 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



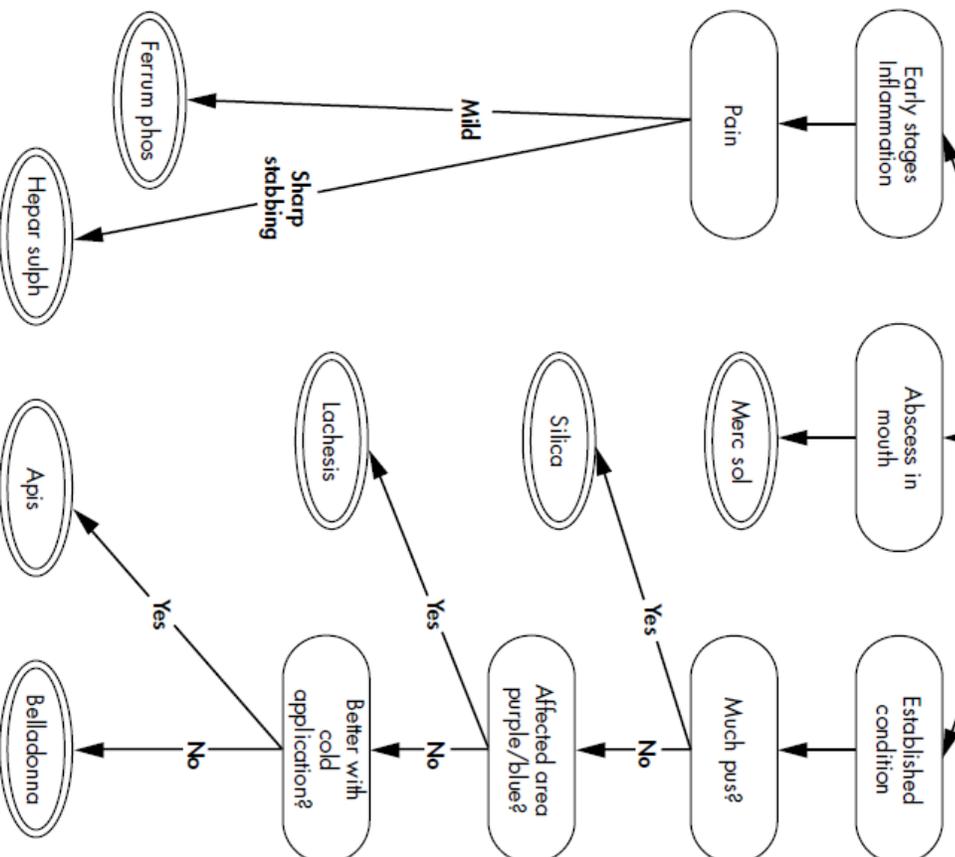
## Abscesses and boils

- 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

Preventative care against sepsis  
 The routine use of homeopathic remedies after injury has led involved rarely seeing the septic or circulatory complications that are otherwise common.  
 As a preventative against sepsis.  
*Pyrogen 30c, 1 dose on commencement of labor, and then every morning for 10 days.*

## Abscesses and boils



## **MULTIPLE SCLEROSIS**

Homeopathic medicine: Constitutional prescription will mainly depend upon the individual's symptoms but some remedies have an affinity with the nervous system.

- *Argentum nit.* has a direct, qualitative effect upon nerves controlling conscious movement;
- *Causticum* is indicated for the progressive debilitation of the nervous system.
- *Nat. mur.* is prescribed for problems in the brain and spinal cord that produce tingling, weakness, and eventual numbness in the fingers, hands, and arms.
- Other constitutional remedies include *Lachesis*, *Phosphorus*, and *Plumbum met.*
- *Phosphorus*, if there is frequent fainting;
- *Tarentula*, for jerky movements of the hands, feet, and tongue;
- *Agaricus*, for weak, shaky movements accompanied by shooting pains.

## **TUBERCULOSIS**

- The disease has to be reported to the medical authorities, and will inevitably, and justifiably, be treated allopathic.
- Homeopathy can, however, play an important supportive role, and if indeed the disease is developing a resistance to conventional drugs, complementary treatment may become important—for example, in boosting the immune system.

Remedies include

<i>Bacillinum</i>	for head sweats
<i>Calc. carb</i>	if the extremities are cold and clammy, with weakness and apprehension
<i>Arsen. alb</i>	if there is chilliness, exhaustion, anxiety, and a desire for sips of water.

## **OSTEOARTHRITIS**

Homeopathic treatment of osteoarthritis is mostly localized, depending on the joint affected, the nature of the pain, and other symptoms.

<i>Apis</i>	prescribed for inflammation of synovial membranes and overproduction of synovial fluid
<i>Silica</i>	for the destruction of bone and enlarged bursae
<i>Calc. carb</i>	for osteoarthritis associated with growths on the bone
<i>Causticum</i>	for inflammation of the joints leading to deformity.
<i>Aconite</i>	for shooting pains in a joint accompanied by numbness and tingling
<i>Belladonna</i>	for joints that become red, swollen, and shiny quickly, and are unbearably painful if jarred
<i>Bryonia</i>	for joints that are red, swollen, and hot, with the least movement causing agonizing pain
<i>Ledum</i>	for joints that feel cold, are swollen, make cracking noises on moving, and are better for cold compresses

## **RHEUMATOID ARTHRITIS**

Homeopathy considers rheumatoid arthritis to be a complex condition.

- A genetic tendency
- Diet and lifestyle will be studied closely
- psychological factors as potential triggers of the disease.

The choice of remedy will largely be determined by individual symptoms

<i>Aurum met.</i>	for destruction of the bone
<i>Bryonia</i>	for inflammation and the overproduction of synovial fluid
<i>Calc. phos</i>	maintenance of bones, and is given if they are soft, thin, and brittle
<i>Causticum</i>	for inflammation of the joints leading to deformity

<i>Rhus tox</i>	<i>pain on waking and in cold, damp conditions</i>
<i>Colchicum</i>	<i>for hot, stiff joints, and pain that moves from joint to joint and is agonizing at night or for touch</i>
<i>Iodum</i>	<i>for joints that feel tight and pain that is worse at night</i>
<i>Spigelia</i>	<i>or tearing pain near the joints as if a knife were scraping along the bones.</i>

### Synovitis

<i>Ferrum phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Pain, inflammation and stiffness.</i>
<i>Belladonna 6c, every 3-4 hours.</i>	<i>Joint hot, red and painful, throbbing and swollen worse from the slightest jar.</i>
<i>Bryonia 6c, every 3-4 hours.</i>	<i>Pain made worse on any movement. Better from strong bandaging and rest.</i>
<i>Rhus tox 6c, every 3-4 hours.</i>	<i>Joint stiff and swollen with tearing pains, worse by cold damp weather and better by warmth and gentle exercise.</i>
<i>Sulphur 6c, every 3-4 hours.</i>	<i>Synovitis with pain in the joint, worse on first rising from sitting, at night and also worse from the heat of the bed.</i>
<i>Silicea 6x, a tissue salt, every 3-4 hours.</i>	<i>Chronic synovitis, with swelling and difficulty of movement.</i>
<i>Calc fluor 6x, a tissue salt, every 3-4 hours.</i>	<i>For long-standing cases that are slow to respond.</i>

### CANCER

- *Most homeopathic practitioners would agree that a combination of homeopathic and conventional techniques, along with dietary and other lifestyle changes, is the best program of treatment.*
- *Constitutional remedies will be largely determined by an individual's symptoms*

<i>Arsen. alb</i>	<i>for cancers with burning pain and in any location</i>
<i>for bones</i>	<i>Phosphorus, Calcium, Fluoric ac., Conium, and Hekla</i>
<i>for connective tissue</i>	<i>Crotalus and Kali. mur.</i>
<i>Hekla lava</i>	<i>osteosarcoma.</i>

### Fibrositis

*popular term applied to muscular rheumatism. It is caused by small adhesions between muscle fibres, resulting in pain and stiffness. It is usually the result of habitual strain and emotional tension. It is one of the most common causes of backache.*

*Avoid the use of mentholated creams and ointments while taking homeopathic remedies, as the remedies are neutralized by camphor and menthol.*

<i>Ferrum phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Acute, inflammatory pain, with redness and heat.</i>
<i>Mag phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Acute cramping pains, relieved by warmth.</i>
<i>Arnica 6c, every 3-4 hours.</i>	<i>Pain coming on after unaccustomed strain, exercise or physical overwork, with bruised pain worse from movement.</i>
<i>Rhus tox 6c, every 3-4 hours.</i>	<i>Stiffness and pain after exercise or overuse, worse on initial movement but better on limbering up and from heat.</i>
<i>Ruta grav 6c, every 3-4 hours.</i>	<i>Pain from straining tendons, feels bruised and stiff, worse from cold and better from movement.</i>

<i>Bryonia 6c, every 3-4 hours.</i>	<i>Fibrositis in neck, back, and limbs, made worse by movement and better by stillness and pressure.</i>
<i>Causticum 6c, every 3-4 hours.</i>	<i>Stiffness and weakness in limbs, with aching, tearing pains, worse in cold weather and better in warm or humid weather.</i>
<i>Ledum 6c, every 3-4 hours.</i>	<i>Pain and stiffness relieved by cold applications such as ice packs.</i>
<i>Rhododendron 6c, every 3-4 hours.</i>	<i>Pain and stiffness coming on before a storm, becoming worse during rest and better from motion.</i>
<i>Phytolacca 6c, every 3-4 hours.</i>	<i>Aching pain and stiffness, especially in the neck and shoulders, causing intense pain and spasm; feels as if patient must move, but movement worsens the pain.</i>

## **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**

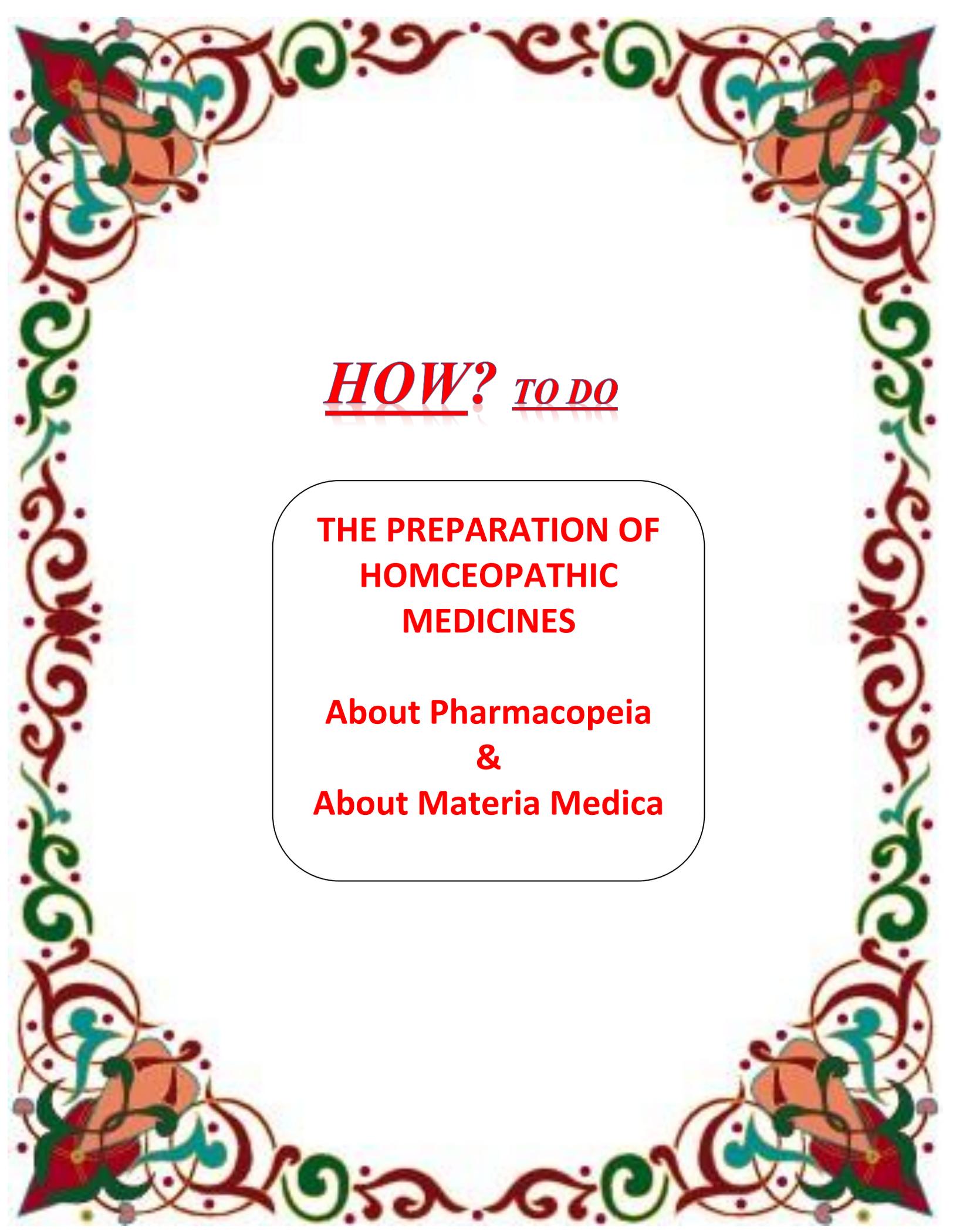
- *Take periods of rest during the day and get enough sleep at night.*
- *Include periods of relaxation and exercise in a daily routine.*
- *Prioritize and organize tasks.*
- *Delegate, and learn to say “no” to extra work.*
- *Eat properly and regularly and get plenty of fresh air.*
- *Make time for 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.*



**HOW? TO DO**

**THE PREPARATION OF  
HOMCEOPATHIC  
MEDICINES**

**About Pharmacopeia  
&  
About Materia Medica**

## Using homeopathic remedies

### Potency or various strengths?

#### Mother Tinctures i.e. Q

##### Lower Potencies

**3**

**C**

**6c**

Local &  
Recent  
Symptoms

**12c**

Local  
Symptoms

**30x**

General  
Condition

**30c**

General  
Condition

**200ck**

Physical &  
Emotional  
Trouble

##### Higher Potencies

**1M**  
**CM**  
**LM**

Alternative Remedies

### Precautions - homeopathic medicines?



- Rinse your mouth with water. Ideally taken in a “clean mouth on clear tongue”!
- Avoid eating, drinking tea / coffee, brushing your teeth for 15-20 minutes before and after taking the remedy.
- Avoid strong-smelling like garlic, onions, mint, menthol, camphor, tobacco, perfumes etc.

Alternative Remedies

### How to take homeopathic the granules?

- Adults: Take two to five granules (5mm) at a time.
- Babies & Children: Give one to three crushed pills (1 or 3mm).
- Leave the pills under your tongue to melt.
- Take the medicine by using cap of the bottle.
- Should be sucked, and not swallowed.
- Frequency of taking is same as the dilutions.
- Or suggested by your doctor.



Alternative Remedies

## What are homeopathic granules made of ?



### Base Homeopathic pills are:

- Unmedicated, chemical free, prepared from pure pharma grade sugar (sucrose / lactose).
- Round in shape & white in color.
- Come in different sizes (1,3,5 mm).
- Easy to take and can be given to every age group.



Alternative Remedies

## How to take homeopathic liquids?



**Diluted potencies** are usually taken 2 – 3 drops either directly on the tongue or diluted in a spoonful water.

- Lower potencies dilutions i.e., 3, 6, 12 or 30 – up to 3 times daily
- Middle potency dilution i.e., 200 C, 1 – 2 times daily
- Higher potencies i.e., 1M – weekly and CM – monthly.



Alternative Remedies

## How to take Mother tincture liquids?



Generally, 10 – 20 drops or as suggested by your doctor.

Diluted in some water usually 3 times daily, depending upon the severity and chronicity of the disease.



Alternative Remedies

## Dispensing homeopathic remedies:

### How to prepare homeopathic pills?

**Step 1**  
Get unmedicated pills from a homeopathic store

**Step 2**  
Buy your prescribed medicine from a homeopathic store

**Step 3**  
Add few drops onto the granules in a screw tight container

**Step 4**  
Take as suggested by your doctor

Alternative Remedies

Snra Remedies  
Mind & Body Health Clinic  
Birmingham UK  
+44 7955 299953

- *Aconite Apis Actaea rac Argent nit Arnica Arsen alb Ant tart Acid phos Acid pic Ammon mur Aurum met.*
- *Belladonna Bellis perennis Bryonia Benzoic acid*
- *Chamomilla Cuprum met China Coccus Colchicum Caulophyllum Causticum Carbo sulph Colocynth Calendula Calc. carb. Carbo veg. Calcium Conium Crotalus Calc fluor*
- *Dulcamara*
- *Eupatorium*
- *Ferrum phos Fluoric ac.,*
- *Gelsemium Gnaphalium*
- *Hepar sulph Hypericum Hamamelis Hekla*
- *Ignatia Iodum*
- *Kali carb Kali phos Kalmia Kali. mur.*
- *Lachesis Lycopodium Ledum*
- *Merc sol Mag phos*
- *Nux vom Nat sulph Nat. mur.,*
- *Phosphorus Pulsatilla Phosphoric ac Phytolacca*
- *Rhus tox Ruta grav Rhododendron*
- *Silica Symphytum Scutellaria Sepia Spigelia*
- *Urtica*
- *Verat alb*
- *Zinc met*

**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



**PREPARATION**

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



**PREPARATION**

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

**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.



**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

**PREPARATION**

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.



<p><b>BELLIS</b> اللؤلؤية البليس  <b>Bellis perennis</b>  <b>English daisy, garden daisy, European daisy.</b></p>	
<p>Historically, In the 16th century the English herbalist John Gerard noted this plant as a treatment for gout.</p>	
<p><b>KEY SYMPTOMS</b>  <i>deep bruising to the muscles such as that produced by soccer injuries to the thighs.</i></p>	
<p><b>USE</b>  <i>restlessness, insomnia, and angry dreams. They are often sensitive to the cold muscle strain, sprains, and bruises, varicose veins</i></p>	
<p><b>PREPARATION</b>  <i>The whole, fresh plant, including the root, is gathered when in flower and steeped in alcohol.</i></p>	

<p><b>BRYONIA</b> الفاشرة  <b>Bryonia alba</b>  <b>Bryony, white bryony, wild hops</b>  أوفاشبر أو فاشبرى أو فاشرا</p>	
<p>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</p>	
<p><b>KEY SYMPTOMS</b>  <i>pain upon the slightest movement • dry mucous membranes • great thirst • anxiety about financial security • irritability</i></p>	
<p><b>USE</b>  <i>Dry coughs, Colds &amp; influenza, Headaches, Joint pain, Constipation, Breast problems</i></p>	
<p><b>PREPARATION</b>  <i>The fresh root is unear thed before the plant flowers, chopped, pulped, macerated in alcohol for ten days, diluted, and succussed</i></p>	

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

<p><b>CARBO</b>  <i>Carbo vegetabilis</i>  <i>Charcoal, wood charcoal. الفحم الخشبي</i></p>	
<p><i>Historically,</i>  <i>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</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>listless behavior • confusion • coldness • collapse • person feels better from fanned air • flatulence • desire for sweets, coffee, salt, and alcohol</i></p>	
<p><b>USE</b>  <i>Fatigue</i>  <b>Indigestion &amp; flatulence</b>  <b>Breathing problems</b>  <b>Poor circulation</b></p>	
<p><b>PREPARATION</b>  <i>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.</i></p>	

## CHAMOMILLA البابونج

*Chamomilla recutita* syn. *Matricaria chamomilla*  
German chamomile, corn feverfew, wild  
chamomile. تشاموميللا كلاميل

Historically, The name of this plant derives from  
the Greek chamaimelon, or “earth apple,” so  
called because of the applelike scent of its  
blossoms.

### KEY SYMPTOMS

irritability • hypersensitivity to pain • children want  
to be carried • teething problems • one cheek red  
and the other pale • greenish diarrhea

### USE

Irritability  
Toothaches, teething & earaches  
Fever, Colic & diarrhea  
Menstrual & labor pain

### PREPARATION

The whole fresh plant is harvested when in flower. It is finely chopped and macerated in alcohol, before  
being filtered, diluted, 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..



<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 / لحلاج  <i>Colchicum autumnale</i>  <i>Meadow saffron, fall crocus, naked ladies.</i></p>	
<p><i>Historically, During classical times, the plant was considered too toxic for use</i></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>	

<p><b>CONIUM</b> الشوكران  <b>Conium maculatum</b>  <b>Hemlock, spotted hemlock.</b> الشوكران السام</p>	
<p>Historically, Generations of storytellers have woven the poison hemlock into their tales.</p>	
<p><b>KEY SYMPTOMS</b>  <i>materialistic nature with fixed ideas • complaints that are triggered by suppression of sexual feelings</i>  <i>• tendency to develop tumors</i></p>	
<p><b>USE</b>  <i>Cysts, tumors &amp; cancer</i>  <i>Swollen breasts</i>  <i>Enlarged prostate, Sexual problems</i>  <i>Nervous disorders</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>COLOCYNTHIS</b> الحنظل  <b>Cucumis colocynthis syn. Citrullus colocynthis</b>  <b>Colocynth, bitter apple, bitter cucumber.</b>      أو مرارة الصحارى أو حدج لحنظل</p>	
<p>Historically, In the Old Testament, it is related that the prophet Elisha turned this bitter, toxic gourd into an edible fruit during famine</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</i>  <i>Facial neuralgia, Neuralgic pains</i>  <i>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>	

**DULCAMARA** ثلثان

*Solanum dulcamara*  
Nightshade, woody nightshade, bitter nightshade, felonwort.

أو الحلوّة المرّة أو الخالص أو ثلثان حلو مر أو الكاكنج الثهري

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

**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

**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,

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



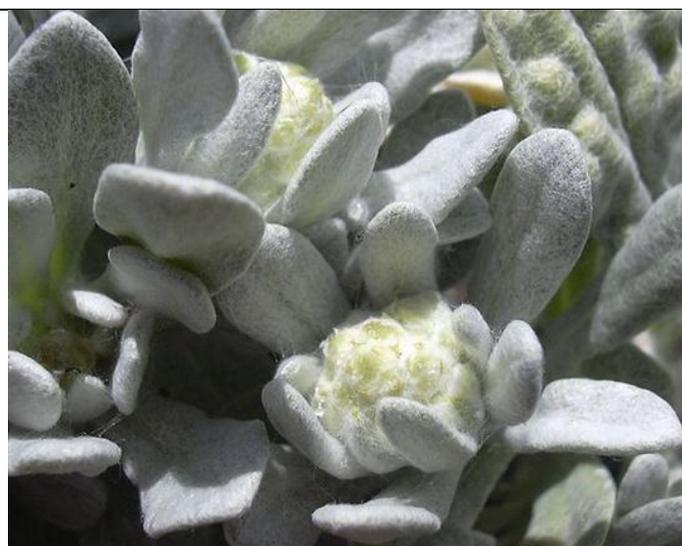
**GNAPHALIUM** برسية  
*Gnaphalium polycephalum*  
Sweet-scented everlasting flower, cudweed..

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 بندي 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.

**HYPERICUM** الداذي 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.

<p><b>IGNATIA</b> <i>فول قلبيني</i>  <b>St. Ignatius's bean.</b></p>	
<p><i>traditionally worn by natives of the Philippine Islands as amulets to prevent and cure all manner of diseases.</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>ailments triggered by grief • tendency to bottle up emotions • fear of birds • sensation as if there is a lump in the throat</i></p>	
<p><b>USE</b>  <i>Grief &amp; distress, Nervous disorders  Headaches, Digestive disorders  Sore throat</i></p>	
<p><b>PREPARATION</b>  <i>The dried seeds are powdered before being steeped in alcohol at least five days. This is followed by filtration, dilution, and succussion.</i></p>	

<p><b>KALMIA</b> <i>الكالمية</i>  <b>Kalmia latifolia</b>  <b>Mountain laurel, calico bush, ivy bush, lambkill</b></p>	
<p><i>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</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>feel fine when lying down, but become dizzy and disoriented on trying to move.</i></p>	
<p><b>USE</b>  <i>severe, sharp neuralgic pains in the muscles and joints</i></p>	
<p><b>PREPARATION</b>  <i>The fresh leaves of the plant in flower are chopped and macerated in alcohol.</i></p>	

## **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.*



## **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. أَوْرَصَنُ أَوْ حُدْرِيَّةٌ*

*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.*



**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.*

**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>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.</b> السماق السام  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>SCUTELLARIA</b> درقة  Scutellaria laterifolia  Virginia skullcap</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>  Fatigue (acute)</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>  Pink root, annual wormgrass</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>SYMPHYTUM</b> شَاغَة  <i>Symphytum officinale</i>  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</i>  <i>Eye problems</i>  <i>Injury</i>  <i>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.

**VERATRUM ALB** خَرْبُوق 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.

**URTICA URENS** القراص الحارق

*Annual nettle.*

*Historically, Found wild in temperate regions throughout the world.*

**KEY SYMPTOMS**

*Itching rashes*

**USE**

*Urticarial  
blistering, burning, stinging*



**PREPARATION**

*The whole flowering plant, including the root, is steeped in alcohol.*

**Acid pic** حمض البكريك الصبر  
**Picric acid**

Historically derives its name from the Greek pikros, meaning "bitter"

**KEY SYMPTOMS**

tendency to be indifferent, listless, and lack motivation

Muscular pains

heavy sensations in the limbs and back, and burning along the spine

**USE**

intellectual collapse and nervous exhaustion—perhaps students who have studied too hard for exams

**PREPARATION**

The crystals are dissolved in alcohol, 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.*

**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.*



**ARSEN. ALB** زرنيخ

*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.*



<p><b>Benzoic acid</b> حمض بنزويك</p>	
<p>Historically, naturally in Siam benzoic resin, this acid was first produced synthetically in the 1860s from coal tar. It is widely used as a food preservative.</p>	
<p><b>KEY SYMPTOMS</b> alternate between excitable behavior and a state of deep, stuporous sleep</p>	
<p><b>USE</b> Wandering pains joints that crack redness and swelling that may be linked to acute gout</p>	
<p><b>PREPARATION</b> Benzoic acid is dissolved in alcohol, diluted, and succussed</p>	

<p><b>CALC. CARB.</b> كربونات الكالسيوم الاصداف <i>Calcium carbonate, oyster shell, mother-of-pearl, carbonate of lime.</i></p>	
<p>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</p>	
<p><b>KEY SYMPTOMS</b> fears and anxieties • delayed development • sour-smelling discharges • sensitivity to the cold • aversion to dairy products • cravings for sweets and eggs</p>	
<p><b>USE</b> Anxiety &amp; phobias Bone &amp; joint pain Dental problems Digestive disorders Headaches, Women's health</p>	
<p><b>PREPARATION</b> 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>	

**CALC. FLUOR.** كالسيوم فلوريت  
*Calcium fluoride*

*Historically, from fluorspar (fluorite) found in Mexico, the UK, and the US, but now chemically prepared*

**KEY SYMPTOMS**  
*Anxiety about health.*

**USE**  
*disorders of the bones, teeth, joints  
inflamed joints varicose veins*



**PREPARATION**  
*Calcium fluoride is mixed with lactose sugar and triturated.*

**CARBON SULPH.** كربون الكبريت  
*Carbonium sulphuratum*  
*Carbon bisulfide*

*Historically, industrial solvent in rubber works, and in the manufacture of synthetic fibers such as viscose, rayon, and cellophane.*

**KEY SYMPTOMS**  
*unable to think clearly  
muscle-wasting, jerking pains, visual disturbances*

**USE**  
*dementia*



**PREPARATION**  
*The compound is dissolved in purified water, diluted, and succussed*

<p><b>CAUSTICUM</b> البطاس <b>Potassium hydrate</b></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>  <b>Cuprum metallicum</b>  <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>	

**FLUORIC AC.** الفلور  
*Acidum hydrofluoricum*

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

**KEY SYMPTOMS**

materialistic and unspiritual nature • indifference to loved ones • preoccupation with sexual intercourse • weakness in the bones, nails, and hair

**USE**

Sexual problems, Tooth decay, Alopecia  
Nail conditions, Varicose veins, Bone conditions  
Discharges from the ears & nose

**PREPARATION**

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



**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.



**Hekla lava** هباب برکانی  
**HEKLA**

Historically, Volcanic ash from the immediate vicinity of Mt. Hekla in Iceland

**KEY SYMPTOMS**

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

**USE**

suppress any anger  
bone disorders, such as exostosis (benign bony outgrowths) or osteitis  
treating sarcoma osteosarcoma



**PREPARATION**

Ash is triturated with lactose sugar to make the tincture.

**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

**POWDERED  
OYSTER SHELL**



**FLOWERS  
OF SULFUR**

**PREPARATION**

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

**Kalium chloratum** كلوريد البوتاسيوم  
**KALI. MUR.**

Historically, from the mineral sylvine, which is found mainly in North America and Germany.

**KEY SYMPTOMS**

optimistic and hard-working  
alternate between cheerfulness and sadness  
chronic catarrh and congestion in the nose

**USE**

Earaches tonsillitis  
inflammation in the membranes and joints.



**PREPARATION**

Potassium chloride is triturated with lactose sugar.

**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



**PREPARATION**

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

<p><b>KALI. PHOS.</b> بوتاس بدون لون <i>Kalium phosphoricum</i></p>
<p>Historically, one of the 12 Schüssler “tissue salts,” which were designed to counter any deficiency in the body</p>
<p><b>KEY SYMPTOMS</b> mental and physical exhaustion • yellowy-orange discharges • chilliness • person feels better for gentle movement</p>
<p><b>USE</b> Chronic fatigue syndrome Hunger pains Excess perspiration Excessive sweating Abnormal discharges Headaches, Insomnia, Back pain</p>
<p><b>PREPARATION</b> The precipitated crystalline compound of potassium phosphate is dried, then triturated with lactose sugar until soluble in water.</p>



<p><b>MERC. SOL</b> Mercury, الزئبق <i>Hydrargyrum metallicum</i></p>
<p>Historically, Egyptian papyri dating from 1600 BCE record the early medicinal use of mercury, which later spread to the Greeks, Romans, and Arabs.</p>
<p><b>KEY SYMPTOMS</b> foul-smelling discharges • reserved, suspicious state of mind • insecurity • copious perspiration that does not relieve conditions • person feels worse at night</p>
<p><b>USE</b> Mouth &amp; throat conditions, Thrush Catarrh &amp; colds, Fever Eye &amp; ear infections</p>
<p><b>PREPARATION</b> Mercury is dissolved in nitric acid, forming a gray powder precipitate. This is then filtered, dried, and triturated until soluble</p>



**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.



**NAT. MUR** ملح الطعام  
*Natrum chloratum syn. N. muriaticum*  
 Salt, rock salt, sodium chloride

Historically, occurs naturally as the mineral halite, or rock salt, and in salt water. An essential part of the human diet

**KEY SYMPTOMS**

ailments that are brought on by suppression of emotions • person feels worse for consolation • craving for salt • discharges that resemble egg white

**USE**

Colds, Headaches  
 Skin conditions, Mouth & throat conditions  
 Women’s health  
 Digestive disorders

**PREPARATION**

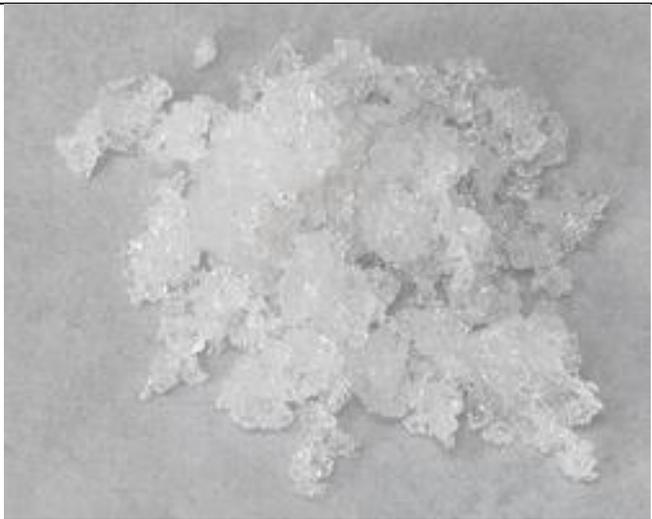
Rock salt is dissolved in boiling water, filtered, and evaporated to make pure sodium chloride, which is then triturated with lactose sugar.



<p><b>Natrum sulphuricum</b> ملح الكبريت  <b>NAT. SULPH.</b>  <b>Glauber's salt, sal mirabile.</b></p>
<p><i>Historically, naturally in the mineral waters</i></p>
<p><b>KEY SYMPTOMS</b>  <i>serious, reserved, responsible, and focused  feel isolated from intimate, committed relationships</i></p>
<p><b>USE</b>  <i>Headaches  depression,  asthma  Liver conditions</i></p>
<p><b>PREPARATION</b>  <i>Sodium sulfate is triturated with lactose sugar.</i></p>



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



**PHOSPHORUS** الفسفور

White & yellow

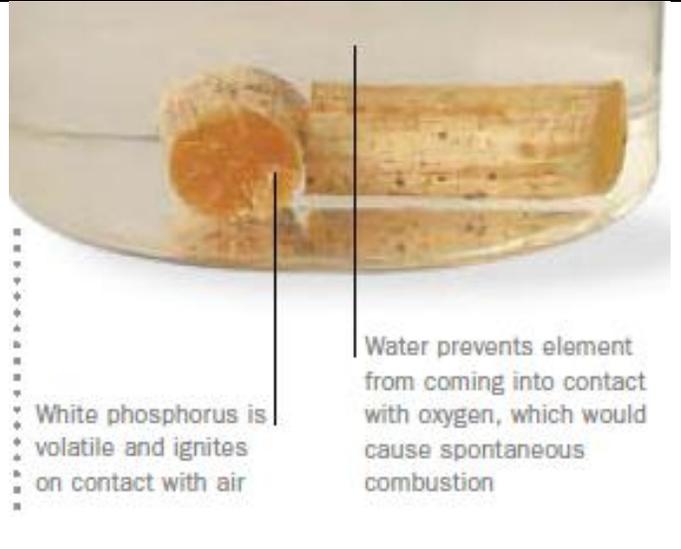
Historically, The name is derived from the Greek phosphoros, or “light-bringing,” since the element glows in the dark.

**KEY SYMPTOMS**

affectionate, open nature • tearfulness • cravings for cold drinks & salty foods • burning pains • person feels worse for lying on the left side of the body

**USE**

Poor circulation, Bleeding  
Digestive disorders, Respiratory illness  
Burning pains



**PREPARATION**

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.

**SILICA** الرمل

Silica, flint, quartz, rock crystal.

Historically widenonmetallic 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.

**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.



**CROTALUS** الحية ذات الجرس

**Crotalus horridus horridus** الطريشة

**Rattlesnake, pit viper.**

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

**KEY SYMPTOMS**

bleeding, possibly from every orifice • septicemia or even septic shock • aversion to tight collars

**USE**

Bleeding, Stroke, Heart disorders, Delirium  
Throat infections

**PREPARATION**

Venom obtained from a live snake by “milking” it is dropped onto lactose sugar. The resulting mixture is then triturated



**LACHESIS** الأفعى السامة  
**Bushmaster snake, surucucu**

Historically Known as “surucucu” by indigenous South American peoples

**KEY SYMPTOMS**

zealous temperament • loquacity • conditions that generally appear on the left side • person feels better for expelling discharges

**USE**

Women’s health  
 Spasms & tremors  
 Poor circulation & varicose veins  
 Sore throat, Heart disorders



**PREPARATION**

Venom is “milked” from the bushmaster snake before being dissolved in alcohol. The mixture is then repeatedly diluted and succussed.

**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

• *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. **Principles & practice of Homeopathy the therapeutic & healing process**
5. **ENCYCLOPEDIA OF HOMEOPATHY**
6. **Homeopathic Prescribing Pocket Companion**
7. **About Homeopathy, Dr.Massoud Notes**



Thank  
you

