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*DR.
MASSOUD
NOTES*



Neuro & Psychiatric
Homeopathy
Alternative medicine system



By

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About ACKNOWLEDGMENT

All thanks to ALLAH.

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

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

*To my colleagues
Neuro & Psychiatric speciallity*

How to use this book

Use that book as alternative Path if you failed your traditional , with evidence based sureness of its effectiveness.

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 neuro & psychiatric pathologies.

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

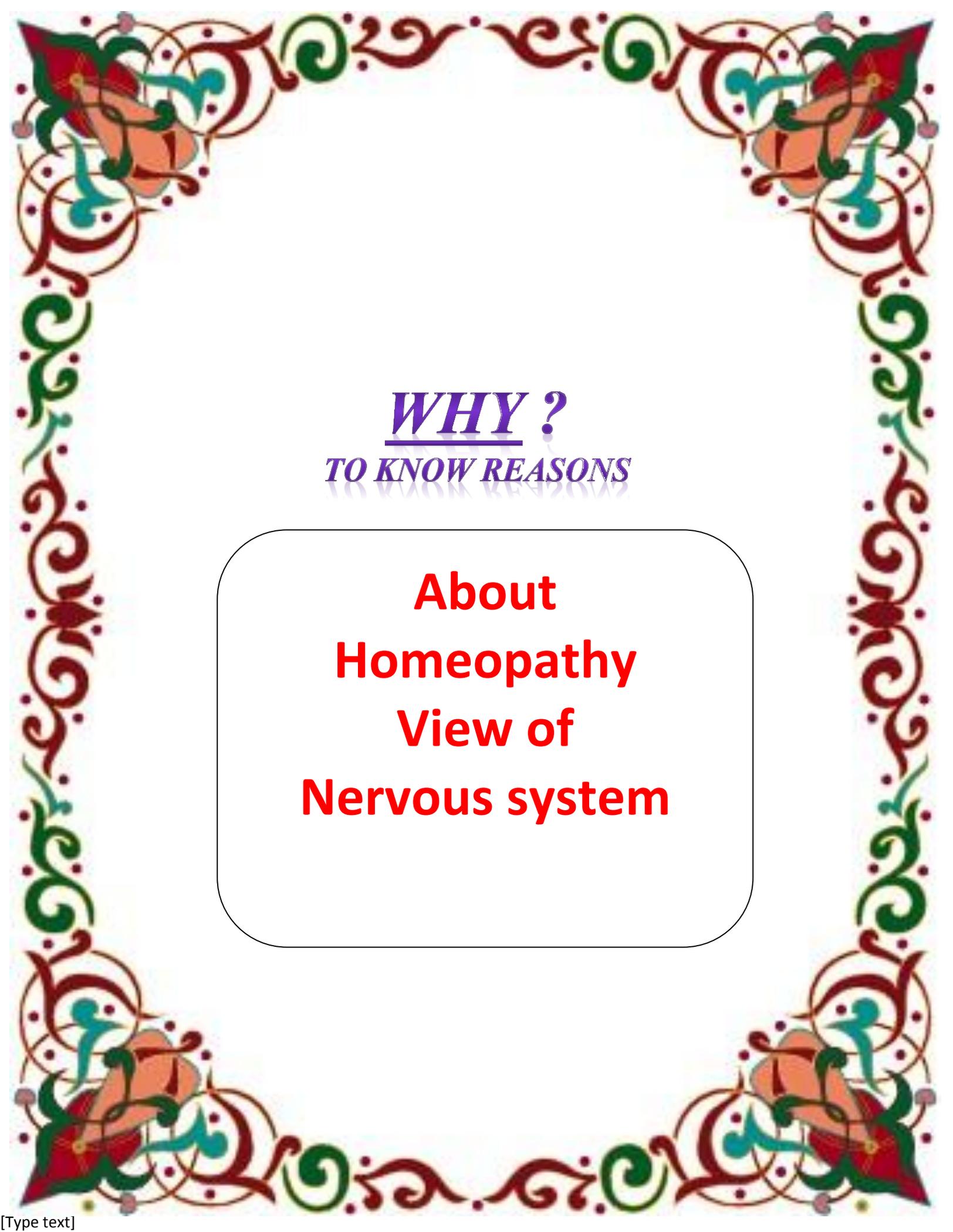
Dr. Mahmoud Massoud

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

Introduction

- *The aim of the art of medicine is to cure disease; Neuro-Psychiatric Homeopathy is science of healing the body affection to nervous system affection either traumatic, pathologic.*
 - *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 Neuro- Psychiatric 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.*



WHY ?
TO KNOW REASONS

**About
Homeopathy
View of
Nervous system**

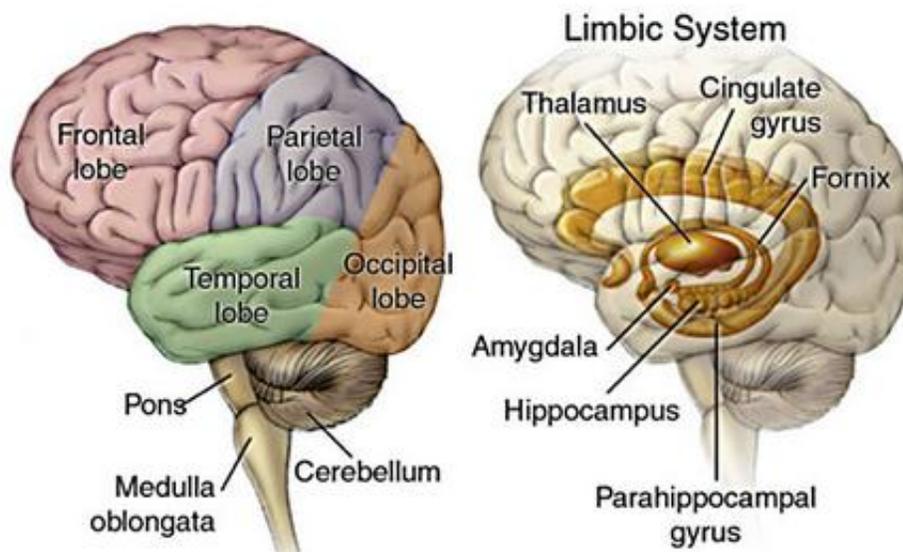
Nervous system

- *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.



THE LIMBIC SYSTEM

- *A great deal is already known about the location of certain mental functions in different areas of the brain. There remain many gaps in this knowledge, however, especially concerning the nature of the emotions and consciousness, and the links between brain activity and psychiatric illness. The workings of the body, mental functions, and the expression of emotions are believed to be closely linked by a part of the brain known as the limbic system.*
- **LOCATION OF THE LIMBIC SYSTEM** *The limbic system forms a boundary between the cortical and midbrain areas such as the thalamus and mammillary bodies.*
- **COMPONENTS OF THE LIMBIC SYSTEM** *The various parts of this circular system are extremely important in the expression of human basic instincts, drives, and emotions. The links between the limbic system and sensory structures help to explain why a sense of smell can evoke a memory or emotion.*
- *The limbic system lies in the midbrain area. The word “limbic” means “border” or “boundary,” and the limbic system forms the border between the higher, more complex, mental processes and emotional facilities of the cerebral cortex—the folded gray matter in the outer brain—and less complex centers of the brain, such as the hypothalamus, which control automatic body functions.*
- *Unlike less complex parts of the brain, where information received undergoes only rudimentary filtering, in higher areas of the brain, information from the peripheral nervous system is subjected to elaborate perception processes involving memory, decision-making, and other thought processes.*
- *The limbic system plays a role in the expression of instinctive responses relating to survival, emotions, and the effects of mood on behavior, and the activities of what are known as neurotransmitters—a sort of chemical messenger. Some of these are mood enhancers, and a deficiency may contribute to depression.*
- **Complex interactions:**
The highly complex nature of interactions that take place in the brain, together with consciousness, higher emotions, and spiritual feelings, produce unique and complex patterns of behavior. The expression of grief, for example, differs greatly from individual to individual. It is therefore difficult to draw a line between balance and imbalance on mental or emotional levels. In addition, mental health is determined largely by what is acceptable or tolerable either to an individual or to the society in which they live. Many mental and emotional problems, such as phobias, are rooted in childhood experiences, and are affected by illnesses and stress. In tackling and solving mental and emotional problems, person often has to recognize and come to terms with factors that make them what they are.



STROKE

- *A cerebrovascular accident, or stroke, occurs when the blood supply to part of the brain is interrupted or insufficient. Symptoms vary, depending on which part of the brain is affected.*
- *Strokes are quite common, affecting 5–8 per 1,000 population over the age of 25. About 16 percent of all women and 8 percent of all men are likely to die of a stroke.*
- *Strokes are more common in those with diabetes, smokers, women on oral contraceptives, and people with high cholesterol levels.*
- *Causes:*
 - *A stroke may result from a thrombosis, an embolism, or a hemorrhage.*
 - *Cerebral thrombosis may be due to atherosclerosis, when blood vessels are narrowed by fatty deposits.*
 - *In an embolism, a small blood clot breaks off an artery wall somewhere in the body and lodges in an artery supplying the brain. Other causes of stroke include atrial fibrillation (irregular heartbeat), damaged heart valves, or a heart attack. All three may lead to the formation of clots in the heart. These may travel to the brain, causing an embolism.*
 - *A hemorrhage occurs when blood leaks out of a weak-walled artery in the brain.*

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>
 3. *In terminal cases of cancer*

<i>Symptomatic relief</i>	<i>Painless death</i>
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Meningitis

- *Meningitis is a viral or bacterial infection of the delicate membranes of the brain. Symptoms are fever, nausea and vomiting, a stiff neck, a severe headache made worse by bending forward, intolerance of light and abnormal sleepiness and drowsiness.*
- *This disorder is potentially more serious in infants and toddlers than in older children and adults, as there is a risk of brain damage.*
- *The symptoms in infants can be a little different, and include an unusually high-pitched cry, coupled with vomiting and intolerance of light. Recovery from viral meningitis takes 2-3 weeks, and is usually complete, but the consequences of the bacterial form can be more serious, and include loss of hearing, brain damage and even death.*

PHOBIAS

- *A phobia is a fear so disabling that it affects a person's ability to cope with everyday life.*
- *Minor phobias are extremely common, but most people learn either to keep them in check or to overcome their fears.*
- *Someone who is seriously phobic will be overtaken by an intense, irrational fear when confronted by the object of their phobia.*
- *Symptoms*
 - *Intense anxiety, even a panic attack, when faced with the object of the phobia.*
 - *Possible depression.*
 - *Possible obsessive-compulsive behavior in order to avoid the perceived harmful effects of the feared object.*
 - *Possible attempt to relieve the anxiety by consuming alcohol or drugs.*
- *Causes*
 - *A phobia may be the result of a personal past experience that was extremely unpleasant, or it may be "inherited"—from a parent, for example.*
 - *It may be a fear that has been transferred from another object or set of circumstances, or dredged up from the collective unconscious—a term that is used to describe the collective memory of the human species.*
 - *Occasionally, phobias can be due to organic disease such as epilepsy or to a brain tumor.*
- *There are various types of phobias.*
 - *These include a fear of animals such as dogs, mice, spiders, or snakes, or*
 - *a fear of situations, such as enclosed spaces (claustrophobia), or open or public places (agoraphobia).*
 - *Social phobias involve a dread of being in public, and anxiety about being observed by other people. They may lead ultimately to an inability to speak or perform in public, to eat out in a restaurant, or even, in severe cases, to use any public facilities at all.*

DEPRESSION

- *Medically speaking, depression is more than the sadness many people feel periodically.*
- *Depression is a common mental disorder that presents with a low or depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Moreover, depression often comes with symptoms of anxiety*
- *It combines despondency, hopelessness, apathy, and a lack of well-being, and can persist for some time.*
- *There may be physical symptoms. In parts of the developed world, one person in 25 feels depressed enough at some point in their life to seek professional help.*
- *Symptoms*
 - *Slow thinking, inability to concentrate, indecision, general lack of interest, and recurrent thoughts about death.*
 - *Increase or decrease in appetite or weight, slowing down of movement, and loss of energy.*
 - *More often, however, depression is a spiritual problem, involving a negative attitude to life that leads to feelings of fear, anger, guilt, and frustration, possibly accompanied by a sense of persecution, loneliness, and hopelessness. Severely depressed people may become suicidal, or experience delusions. Long-term depression may result from childhood trauma such as the death of a parent.*
- *Causes*
 - *Depression may have an obvious external cause, such as the death of a loved one.*

- *It may follow a viral infection, childbirth, or be caused by chemical imbalances in the body.*
- *These may occur naturally—for example, due to an underactive thyroid gland—or result from taking prescribed drugs, such as the contraceptive pill or sleeping pills, or from drug or alcohol addiction.*
- *Periods of depression may alternate with impulsive, energetic behavior—a condition known as manic depression. There is an affliction called seasonal affective disorder (SAD), in which people become depressed in winter, possibly due to insufficient sunlight.*
- **Types of Depression:**
 1. *Unipolar depression: - Involves symptoms such as depressed mood, loss of interest & enjoyment and increased fatigability. Depending upon number & severity of symptoms it further divided into mild, moderate & severe depression.*
 2. *Bipolar depression:-It consists of both depressive & manic episodes separated by a period of normal mood. Manic episodes involve elevated mood & increased energy.*
 3. *Dysthymia: -A chronic depression of mood, lasting at least several years, which is not sufficiently severe, or in which individual episodes are not sufficiently prolonged, to justify a diagnosis of severe, moderate, or mild recurrent depressive disorder .*
 4. *Cyclothymia:-A persistent instability of mood involving numerous periods of depression and mild elation, none of which is sufficiently severe or prolonged to justify a diagnosis of bipolar affective disorder or recurrent depressive disorder.*

DIAGNOSIS

The patients who present with symptom for depression should be screened using two quick questions as follows:

In the past 2 weeks

1. *Have you lost interest or pleasure which usually you like to do?*
2. *Have you felt sad, low, down, depressed or hopeless?*

If “yes” on either question, then further assessment should be done

ICD-10 criteria for diagnosis

a) First set of symptom are usual which include

- *Depressed mood*
- *Loss of interest*
- *Reduced energy leading to increased fatigability and diminished activity*

b) Second set of common symptoms which include

- *Reduced self- esteem and self -confidence*
- *Reduced concentration and attention*
- *Ideas of guilt and worthlessness*
- *Bleak & pessimistic views of future*
- *Disturbed sleep*
- *Diminished appetite*
- *Ideas or acts of self- harm or suicide*

c) At least two of the symptoms of first set and two from the second set for a 2 week period would make a mild depressive episode

d) At least two of the symptom of first set and three from the second set for a 2 week period would make a Moderate depressive episode

e) All three symptoms of first set and at least four from the second set for a 2week period would make a severe depressive episode

f) All three symptoms of first set and at least four from the second set including delusions, hallucinations

and depressive stupor for a 2 weeks' period would make a severe depressive episode with psychotic symptoms

g) Depressive symptoms of mild and moderate levels persisting for a very long duration (two years as per DSM- IV) constitute the criteria for Dysthymic disorder.

GRIEF

- *Grief is a perfectly natural reaction to the loss of a loved one, a pet, a job, a house, or anything in which a great amount of emotion has been invested.*
- *The grieving process has definite stages through which most individuals must pass in order to come to terms with their loss and resolve the situation satisfactorily.*
- *Symptoms of stages*
 - *Initial sense of unreality or numbness.*
 - *Refusal to believe that the loss has occurred, with hallucinations of a loved one or the feeling that they are present. This can last for up to three months.*
 - *Series of complex emotions such as guilt (for example, for not spending more time with the lost person) and anger (for example, with God for taking the person or with the doctors for not doing enough to save the deceased's life), leading to despair and depression, possibly associated with bowel upsets, mental disorders, and even a susceptibility to suicide.*
 - *State of depression with a tendency to increase the use of drugs or alcohol, sleeping problems, general feelings of a lack of well-being, agitation, and tearfulness. Eventually, life becomes bearable, and even enjoyable, but the whole process may take up to two years or more. There is some evidence that the death of a partner may increase the chance of death in the bereaved.*

ALCOHOL DEPENDENCE

- *A disorder characterized by a pathological pattern of alcohol use that causes a serious impairment in social or occupational functioning.*
- *In this condition, the person craves drinks that contain alcohol and is unable to control his or her drinking.*
- *He also needs to drink greater amounts to get the same effect and has withdrawal symptoms after stopping alcohol use*
 - *A strong desire or sense of compulsion to drink*
 - *Need for significantly increased amounts of alcohol to achieve intoxication or desired effects; or markedly diminished effect with continued use of the same amount of alcohol.*
 - *Physiological symptoms characteristic of the withdrawal syndrome for alcohol; or use of alcohol (or closely related substances) to relieve or avoid withdrawal symptoms.*
 - *Difficulties in controlling drinking in terms of onset, termination, or levels of use;*
 - *drinking in larger amounts or over a longer period than intended; or a persistent desire or unsuccessful efforts to reduce or control drinking*
 - *Important alternative pleasures or interests given up or reduced because of drinking OR*
 - *A great deal of time spent in activities necessary to obtain, to use, or to recover from the effects of drinking*
 - *Persisting with drinking despite clear evidence and knowledge of harmful physical or psychological consequences*
- *Signs and symptoms of alcohol withdrawal syndrome:*
 - *Elevated blood pressure • Anxiety • Tachycardia • Insomnia • Elevated body temperature*
 - *Illusions • Sweating • Hallucinations • Tremulousness of body/increased hand tremor*

- Paranoid ideas • Dilated pupils • Nausea • Disorientation • Irritability • Hyper arousal
- Grand mal seizure

- *Signs of chronic alcoholism:*

- Gynecomastia • Spider angiomata • Dupuytren's contractures • Testicular atrophy
- Enlarged or shrunken liver • Enlarged spleen

ATTENTION DEFICIT HYPERACTIVITY DISORDER

- Attention Deficit Hyperactivity Disorder (ADHD) is a chronic condition usually starting from childhood (first five years of life).
- It is characterized by inattention, poor concentration and hyperactivity or impulsivity that interferes with functioning at home, school and social relationships.
- The symptoms of ADHD must be present most of the time and in at least 2 different settings, for example, at home and school. The child must have these symptoms for at least 6 months and they must be more prominent than others of their age for a doctor to consider the diagnosis.
- **INCIDENCE**
 - Children and adolescents in the age group of 4-18 years are the sufferers of the condition. It is more common in males than females.

AETIOLOGY

The etiology is unknown, however following causes may play a role in development of the disorder.

- Genetic Certain genes and neurotransmitters are responsible for its occurrence and plays a major role in the development of ADHD and may run in family.
- Environmental factors: substance use and abuse (cigarettes, alcohol etc.) during pregnancy, exposure to high levels of lead.
- Brain injuries in children, during pregnancy, delivery or immediately after birth
- Others: Premature delivery and Low birth weight, consumption of certain food additives like artificial colors or preservatives, and sugar.

DIAGNOSIS

ADHD can be identified on the following symptoms.

- Easily distracted
- May not follow instructions or listen when spoken to
- Leaves tasks unfinished
- Makes careless mistakes
- Have trouble sitting still and run around at inappropriate times
- Tend to be clumsy and occasionally destructive

RED FLAG

1. Increased risk for school failure and dropout in both high school and college.
2. Social difficulties and family strife.
3. Depression, anxiety and other mental health disorders.
4. Accidental injury, Alcohol and drug abuse.

Anxiety

- Sudden, short-lived anxiety due to particular circumstances is natural and needs no treatment, since after a short time the mind and body return to normal. Apprehension and worry that continue longer with less cause, coupled with increased pulse rate, clammy skin and disturbed sleep and appetite, warrant attention.
- Treatment with tranquilizers has short-term value, and over the longer term carries the risk of side

effects and dependence. Those taking tranquilizers and who wish to take homeopathic medicines should wean themselves off their medication very gently, as extreme reactions can occur if tranquilizers are stopped suddenly.

Headache

- Most headaches are due to strain on the muscles of the neck or head, or congestion of the muscles that supply them.
- Patients with headache usually have other symptoms, so the treatment must include all the symptoms, including emotional states, rather than the headache symptoms alone.
- Some of the most frequent causes of headache are defective eyesight, spinal misalignment, constipation, anxiety and living at too high a pressure, all of which would require attention. Nevertheless, the remedies given here will have considerable success.
- Headaches that are chronic, or that become more frequent and intense, should be viewed seriously. consulted.

Convulsions

- Convulsions in infants, toddlers and small children are always alarming, but usually look worse than they are.
- Not all involuntary, convulsive movements are epileptic fits or caused by brain injury or infection: in two-thirds of cases, no cause can be found. These infantile convulsions usually occur during fever or teething, and show as twitching or spasms of limbs or body. The child may become purple during the spasm and hold the breath. Cooling the child if there is fever, and giving the appropriate remedy, is usually sufficient. If the fits continue, or the child loses consciousness, allopathic advice should be sought.

Sleep problems

- Disturbed sleep in small children is often the result of another ailment teething or a cold virus, for instance.
- Some children, however, seem to have permanently poor sleeping habits, and the following remedies may be of use in such cases.

Crying and Irritability

A baby's way of communicating a variety of complaints hunger, thirst, discomfort, pain, boredom, loneliness, or anxiety shows this common pattern. Irritability and crying is probably never without a cause, but the cause can be quite difficult to find. It may be something as minor as clothing that is uncomfortable, or being hungry; it may be an episode of teething or colic coming on. If the baby has a fever, looks ill, or is continually distressed, then remedies can be used while the condition is watched closely. Failure to improve warrants professional attention. A unusually high-pitched cry, coupled with vomiting and intolerance of light, may indicate meningitis, a serious condition requiring immediate allopathic treatment.

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,

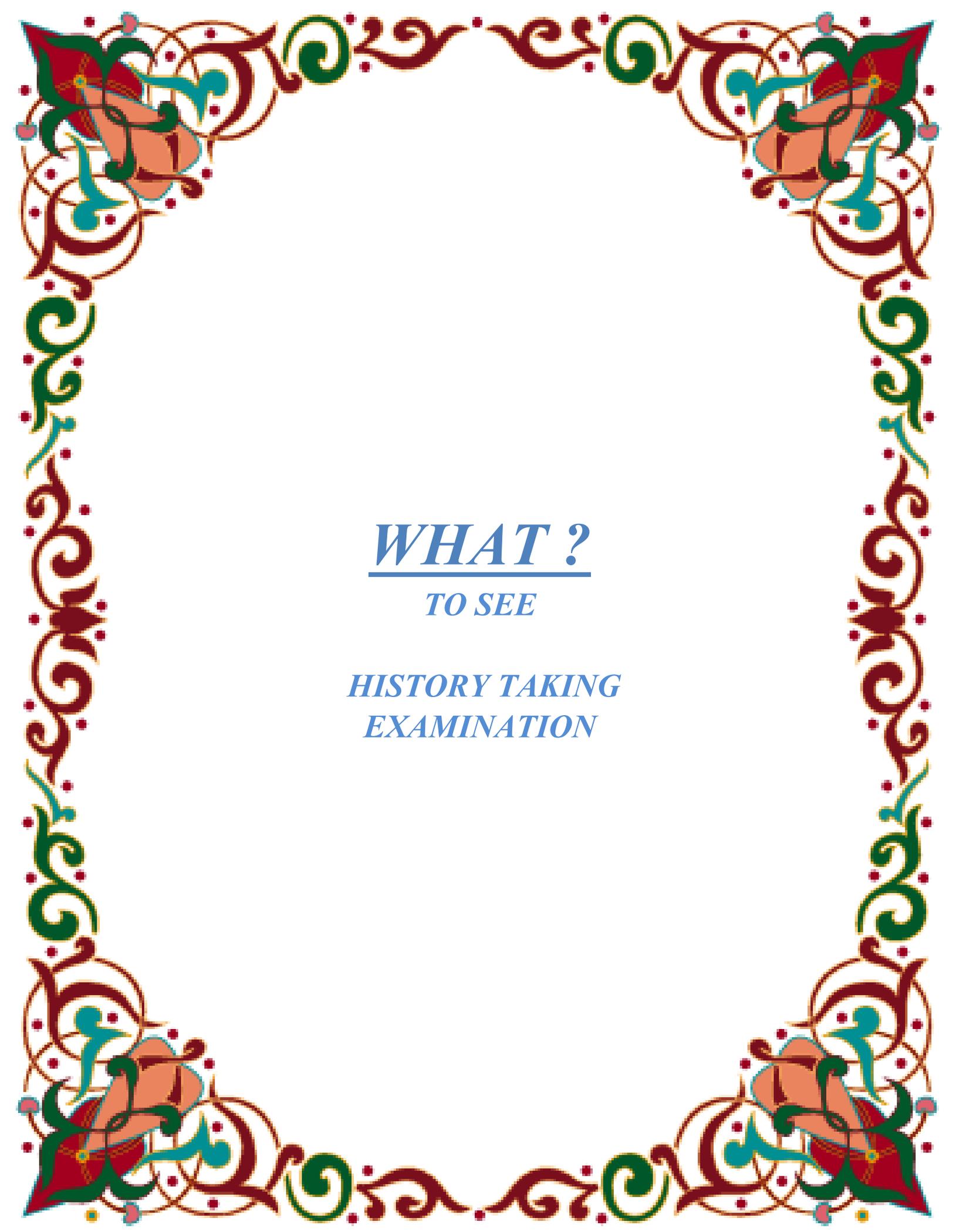
Menopause >> natural transition in life, so homeopathy just remove symptoms

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

Is homeopathy recommend use allopathy?

Yes, in this conditions

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

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

$$7 = 6 + 1$$

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

<p>WWHAM</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>LOAD</p>	<p><i>Listen, Observe, Ask and Decide</i> _ LISTEN to what the patient tells you about symptoms. _ OBSERVE the patient's general, appearance, temperament, _ ASK appropriate questions to learn more about the condition. _ DECIDE what to do next, after assessing the information provided.</p>
<p>ACT</p>	<p><i>Assess, Confirm, Talk</i> _ Assess. With all the requisite information one can now choose an appropriate medicine _ Confirm. Having chosen the medicine most likely modalities are that symptoms are made better or worse _ Talk. 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>> Mental – Emotional – Physical General – Sex – Sleep – Local</i></p>
<p><i>Assessment of the Vital Force – “FORCES”</i></p>	<p><i>F – Freedoms>> 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
PHYSICAL WELL-BEING	<ul style="list-style-type: none"> • <i>General symptoms and ailments: onset of symptoms, and what affects them and how.</i> • <i>Weight, shape, and physical condition.</i> • <i>Diet: nutritional balance, food preferences and aversions, food intolerances, and any special requirements or dietary deficiencies.</i> • <i>Energy levels.</i> • <i>Sleep: amount and quality, effects of sleep deprivation, and dreams.</i> • <i>Risks to health: smoking, consumption of alcohol and recreational drugs, or dangerous jobs or pastimes.</i> • <i>Time out: relaxation and leisure activities.</i> • <i>Knowledge of what to do if ill or injured.</i>
PERSONALITY	<ul style="list-style-type: none"> • <i>Temperament: positive or negative, passive or assertive, relaxed or anxious.</i> • <i>Self-image and self-worth.</i> • <i>Emotions: ability to express and control feelings, laugh, and deal with negative emotions.</i> • <i>Relationships: sensitivity to others, ability to resolve conflict, desire for approval, and sex drive.</i> • <i>Any feelings of guilt, insecurity, and degree of control over personal destiny.</i> • <i>Ability to cope under stress.</i> • <i>Fears.</i> • <i>Opportunities for creative expression.</i> • <i>Spirituality, deeply held beliefs, and motivation.</i>
MEDICAL HISTORY	<ul style="list-style-type: none"> • <i>Personal medical history: past injuries and illnesses, conventional drug prescriptions, and any complementary treatments.</i> • <i>Family medical history: incidence in family members of conditions such as heart disease, diabetes, mental health problems, or cancer.</i> • <i>Inherited susceptibilities: allergies or tendency to contract certain illnesses.</i> • <i>Diet: susceptibility to cholesterol-related illness, obesity, or food intolerances.</i> • <i>Awareness of symptoms of genetically inherited disease and preventative measures.</i> • <i>Checkups: self-examination, medical tests, or screening.</i>
LIFE EVENTS	<ul style="list-style-type: none"> • <i>Childhood trauma: impact of death or other loss of a parent, or physical or mental abuse.</i>

ENVIRONMENT

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

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

LIFE MANAGEMENT

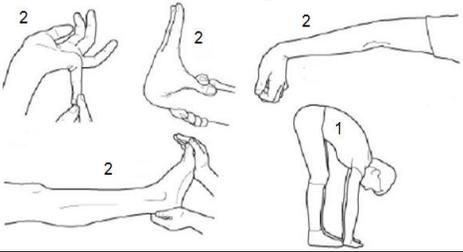
- *Time management: ability to set realistic goals, plan and organize projects, cope with deadlines, and delegate tasks.*
- *Success in maintaining a balance between work and play, and between work and family.*
- *Stress management: opportunities to relax, and ability to control stressful situations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

DIAGNOSTIC CHECKLIST

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

About Examination

10 = 3+3+3+1

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

WHEN ?

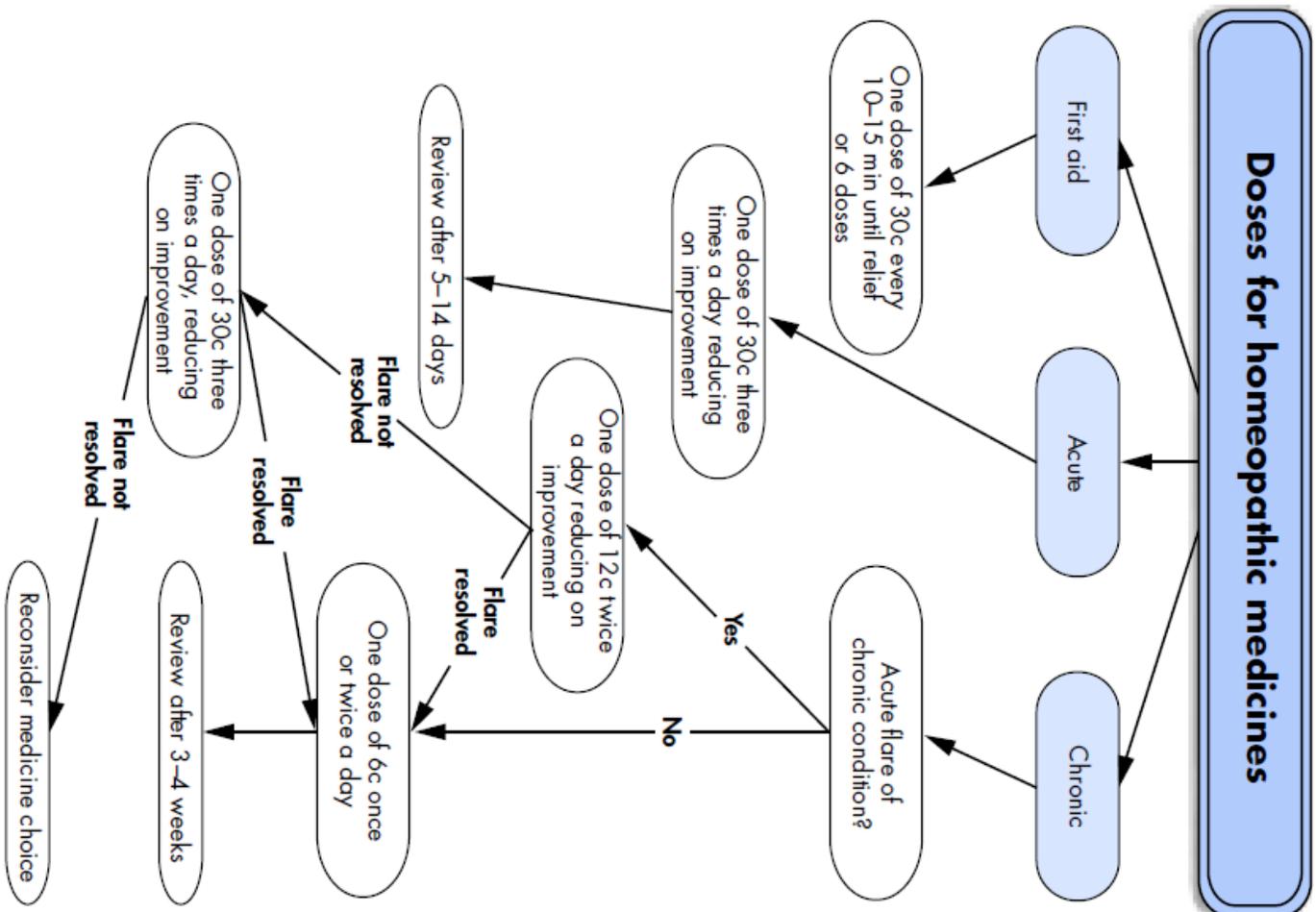
TO DECIDE

**Algorithms
for treatment
Acute & Chronic
cases**

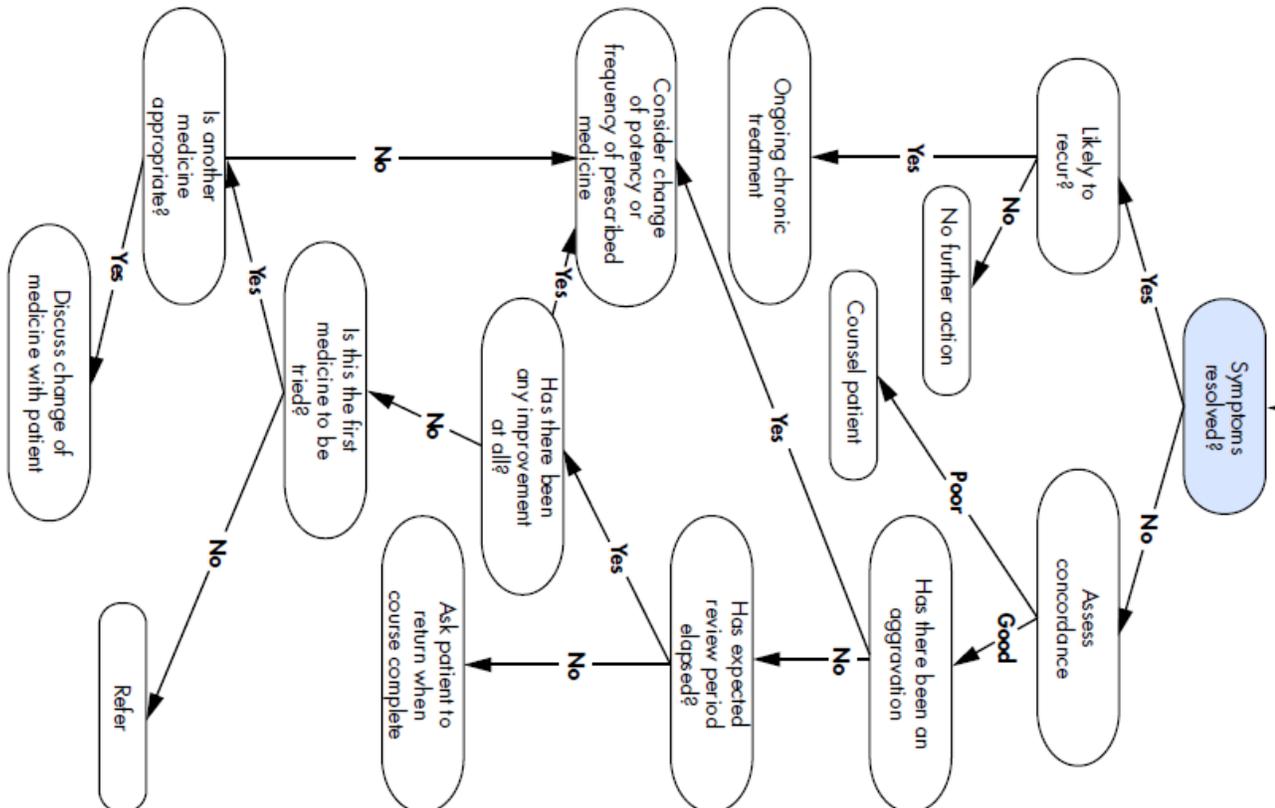
About Repertory

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	-4	-3	-2	-1	0	+1	+2	+3	+4	Much better	
e.g.:												
Day												
1												
2												
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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.

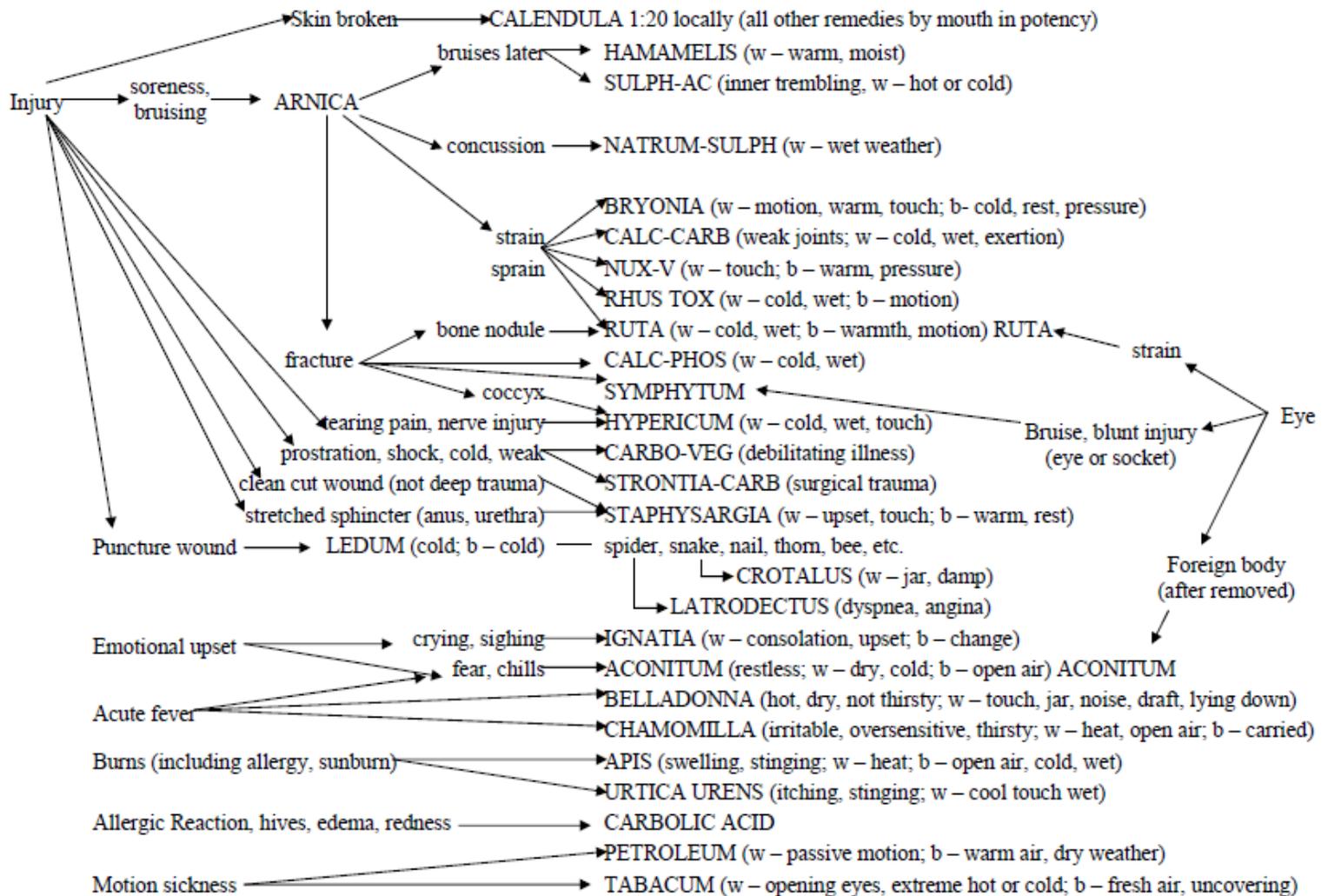
Side-effects

- **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)

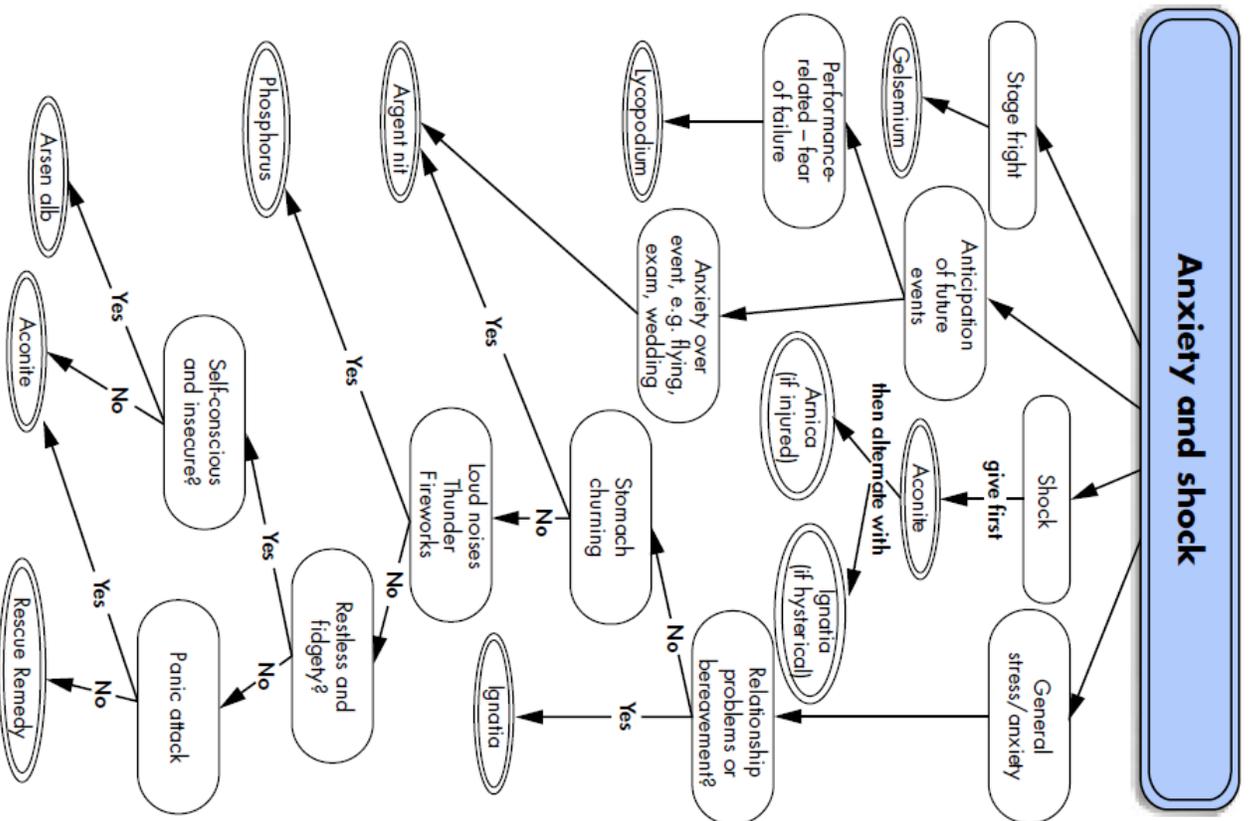




Anxiety and shock

- 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.

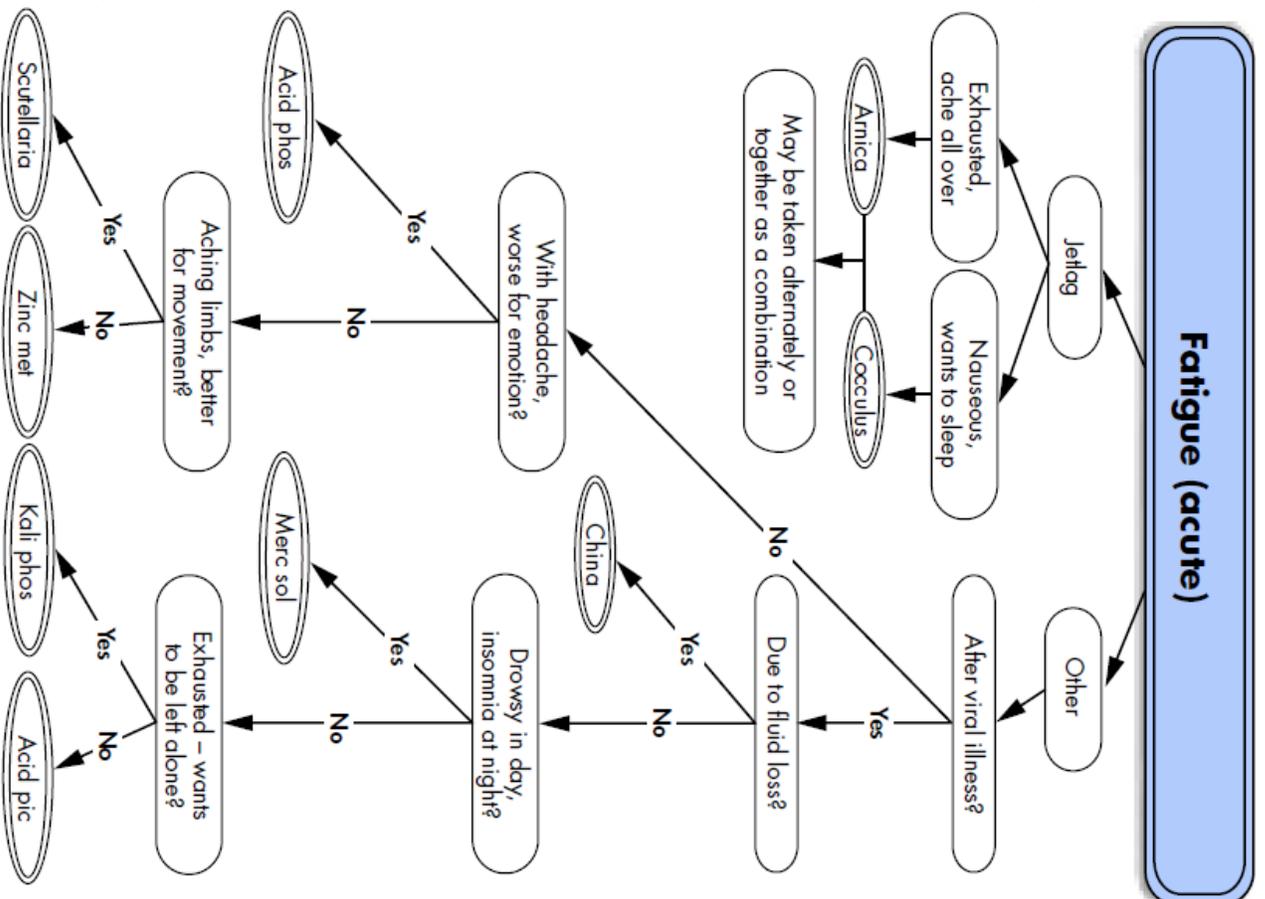
Homeopathic medicine	Better	Worse	Other
Aconite	In open air, in the evening and at night	Noise and light	Very restless, fear of the future and crowds
Argent nit	In fresh air	From warmth and at night	Fearful and nervous, impulsive
Arnica	Lying down	Motion and cold	Nervous, does not like to be touched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

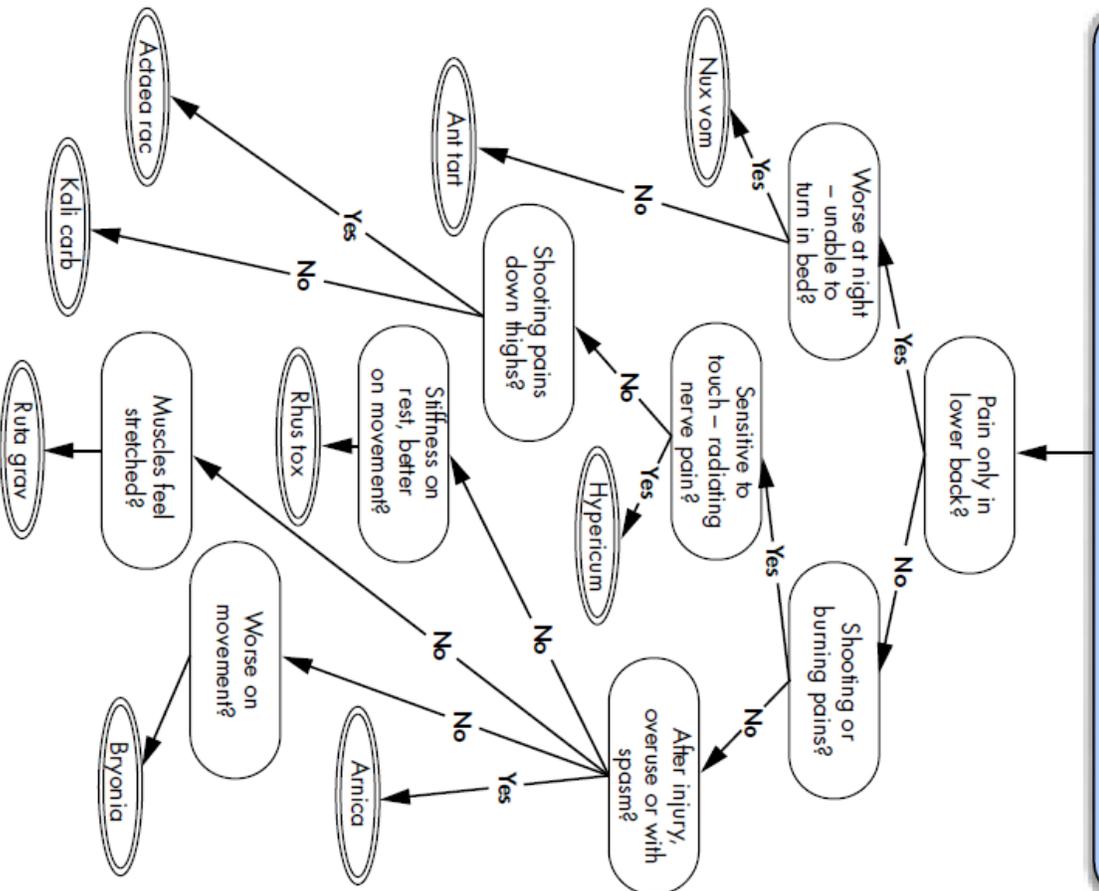


Backache

- 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

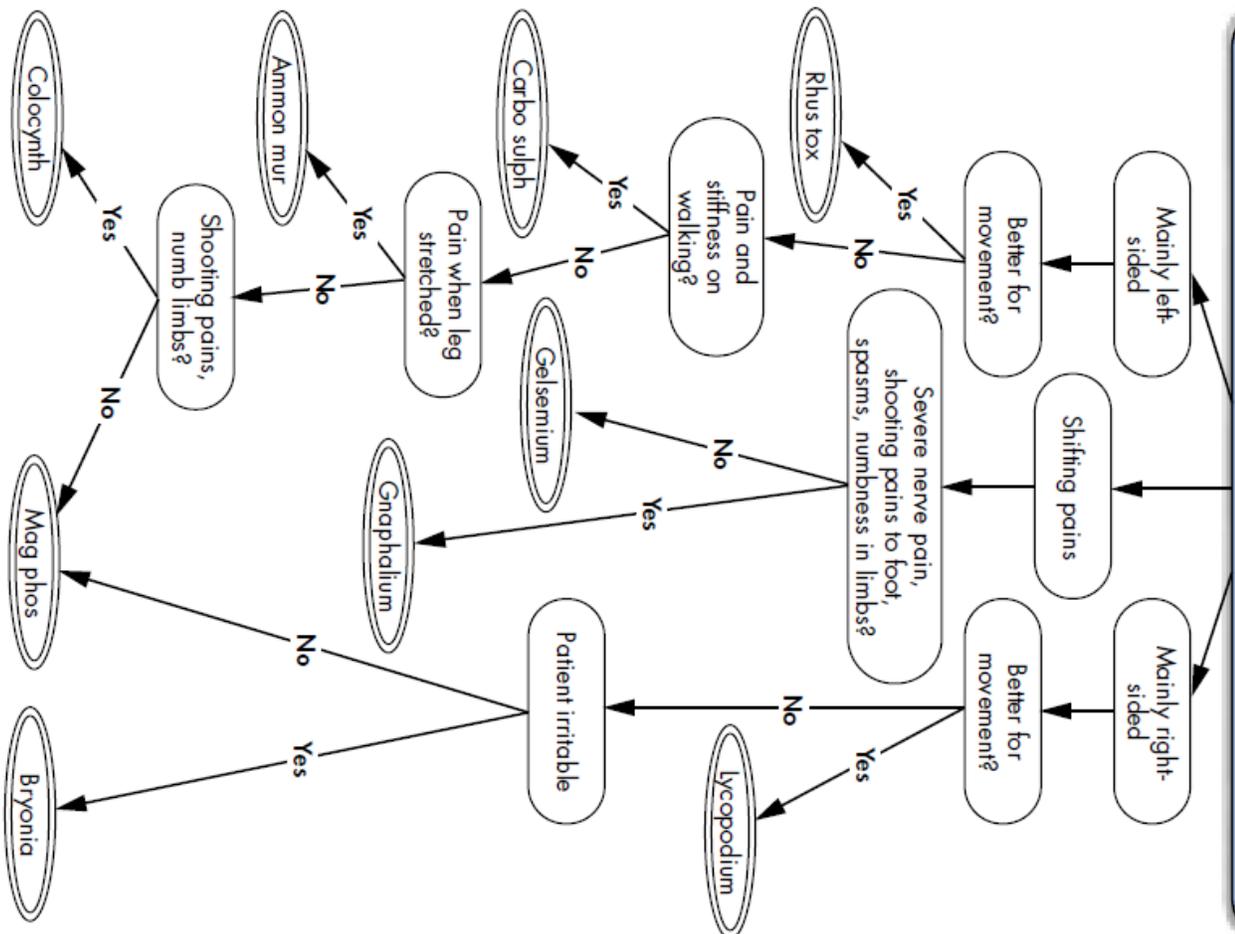


Sciatica

- 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

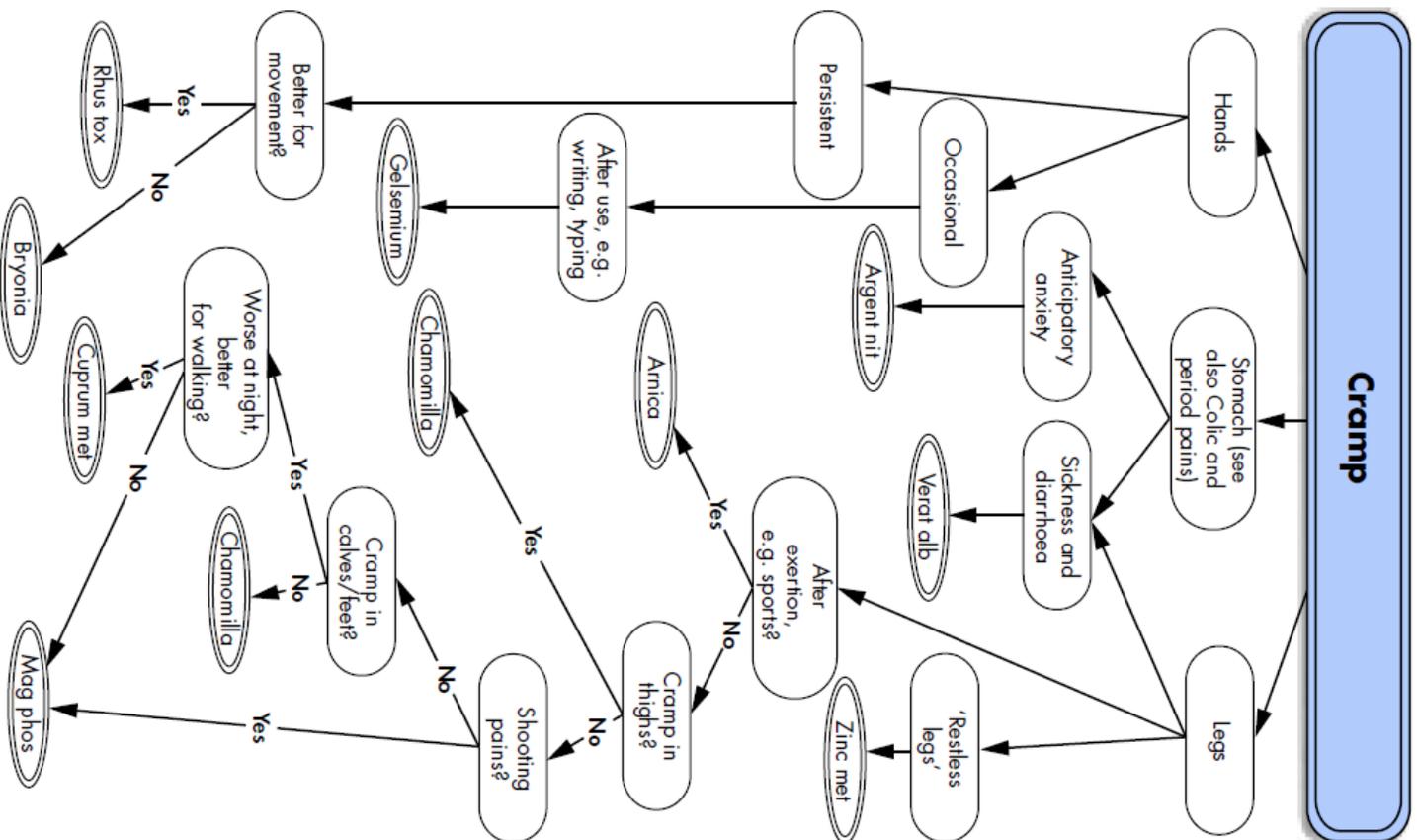
Sciatica

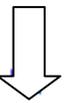


Cramp

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

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

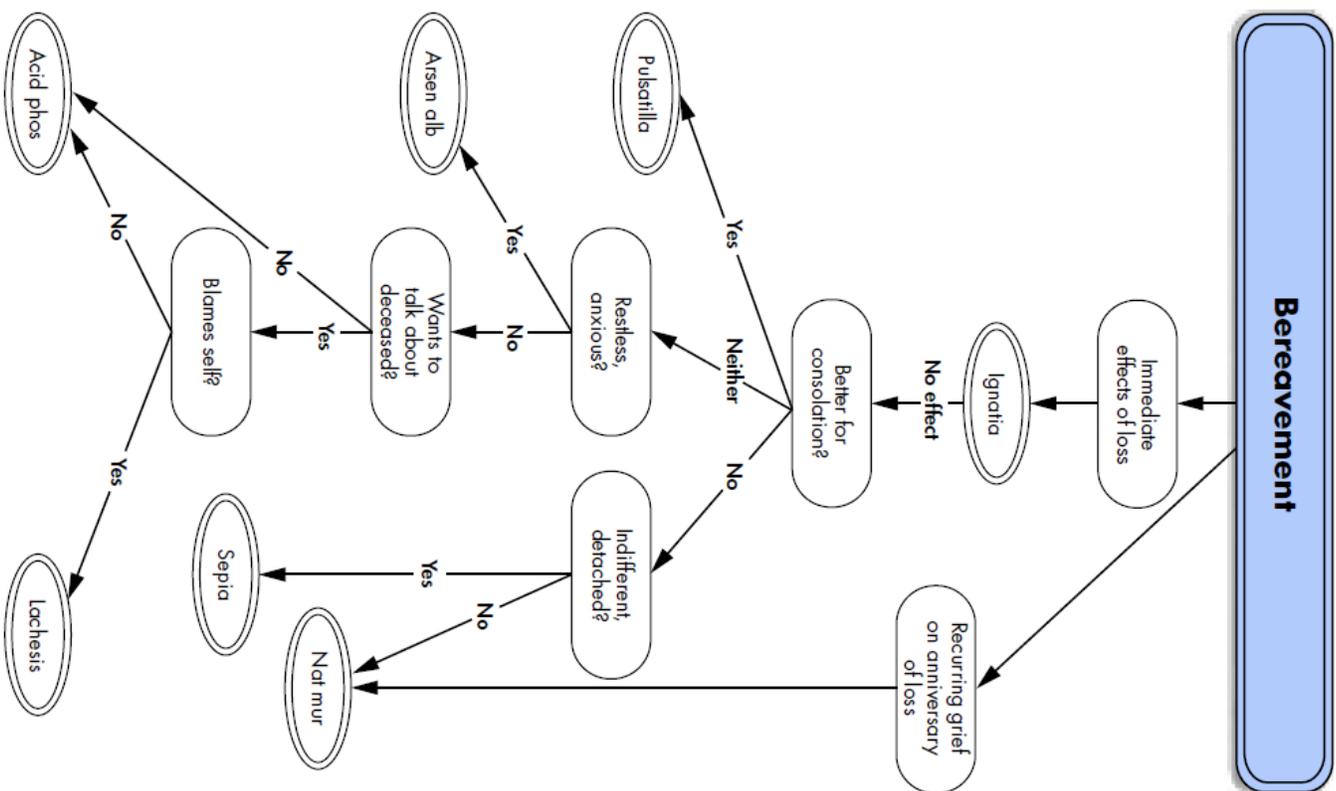




Bereavement

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

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

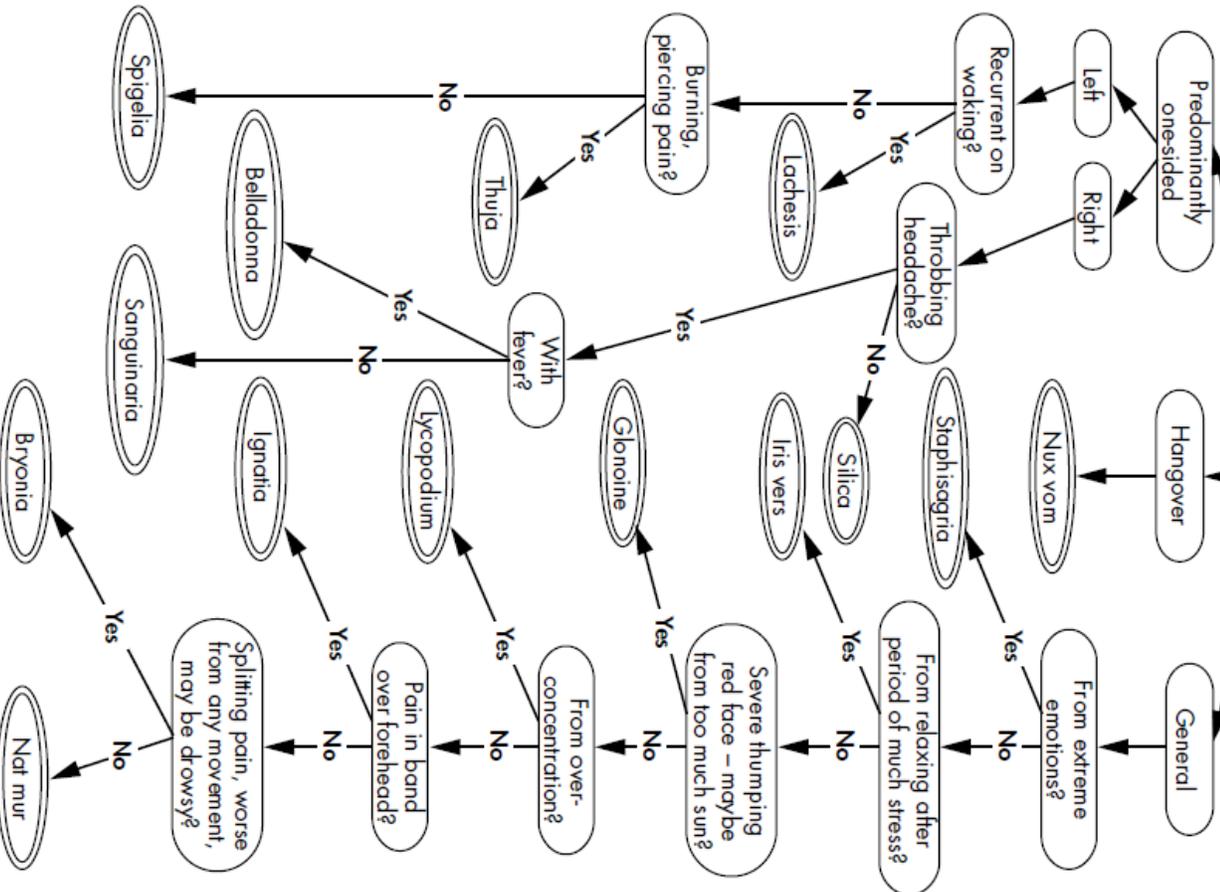


Headache and migraine

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

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

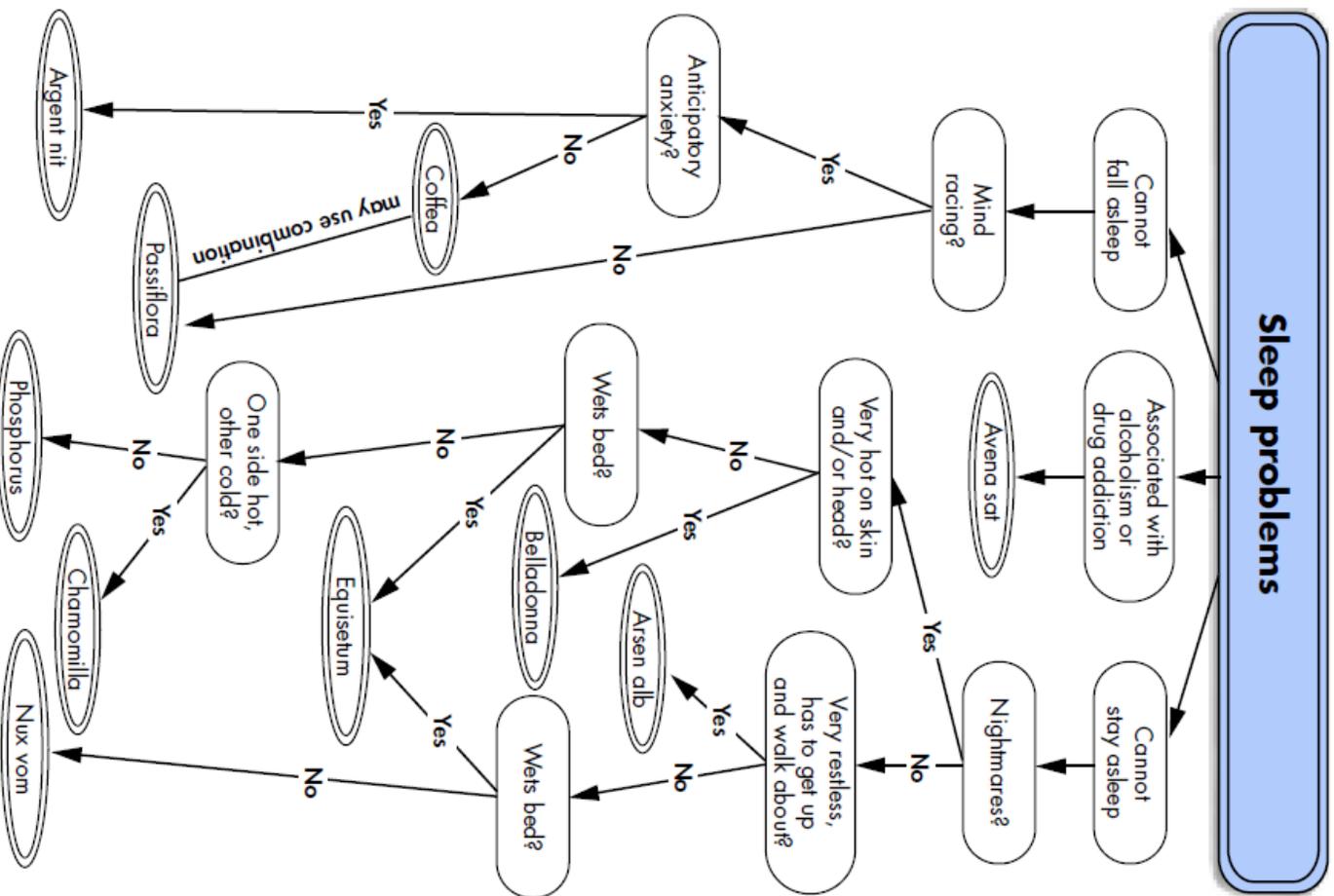
Headache and migraine



Sleep problems

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

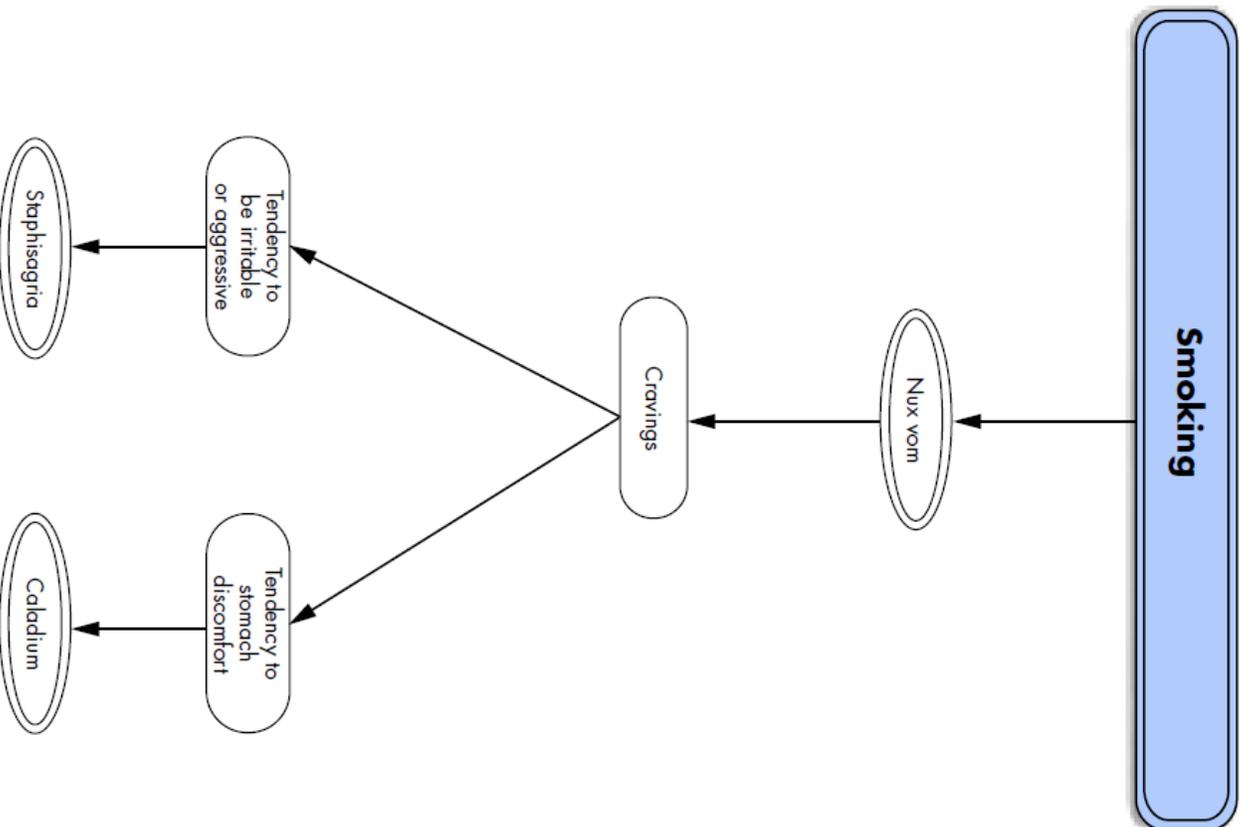
Homeopathic medicine	Better	Worse	Other
Argent nit	Fresh air and cold	Warmth and at menstrual period	Cannot fall asleep due to imagination. Dreams featuring snakes
Arsen alb	Heat and warm drinks	In wet weather and cold drinks	Disturbed, anxious and restless. Requires head to be raised with pillows. May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



Smoking

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

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

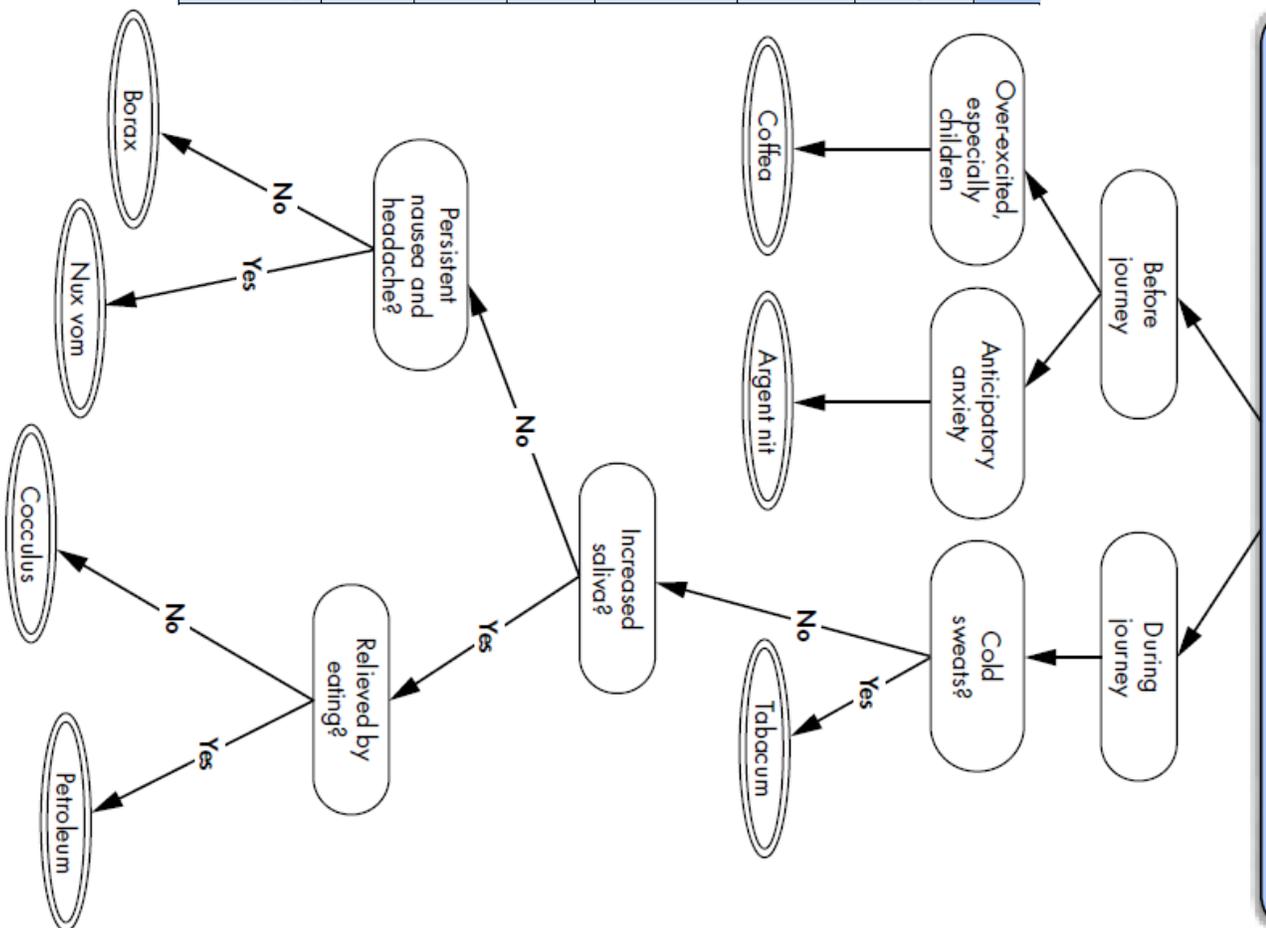


Travel sickness

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

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

Travel sickness



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

STROKE

Constitutional treatment from an experienced homeopathic practitioner can play an important complementary role in recuperation after a stroke.

<i>Arnica</i>	<i>shock and a hemorrhagic stroke</i>
<i>Hyoscyamus</i>	<i>effective for a paralytic stroke that is associated with confused and inappropriate behavior</i>
<i>Opium</i>	<i>for a major stroke with total muscular relaxation and unconsciousness</i>
<i>Aconite</i>	<i>patient is panicky and afraid of dying</i>
<i>Aurum met.</i>	<i>there is great depression</i>
<i>Baryta carb.</i>	<i>for the very elderly and the physically and mentally weak</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>

Meningitis

<i>Arnica 6c, every 30 minutes.</i>	<i>After head injury.</i>
<i>Aconite 6c, every 30 minutes.</i>	<i>With restlessness, great fear, dry skin and intense thirst.</i>
<i>Belladonna 6c, every 30 minutes.</i>	<i>Hot, delirious, with staring eyes.</i>
<i>Bryonia 6c, every 30 minutes.</i>	<i>Severe headache, made worse by the slightest eye movement, wants to lie still and quiet.</i>
<i>Apis 6c, every 30 minutes</i>	<i>Infant irritable and oversensitive, with sudden piercing</i>

screams.

PHOBIAS

- If a person is feeling suicidal, contact their doctor or a counseling service immediately.
- If simple fear is greatly interfering with daily activities, consult a doctor.

Argentum nit.	for multiple phobias associated with anxiety neuroses that originate in previous experiences
Calc. carb.	be used to treat fears of heights and open spaces
Calc. phos.	for phobias centered around school
Phosphorus	for fears that develop into phobias when the sufferer spends too much time alone
Borax	for fear of heights associated with a sensation of falling
Sulphur	when a fear of heights is associated with great giddiness
Gelsemium	for a fear of appearing in public associated with weak limbs
Anacardium or.	to treat the sensation of having a plug in the stomach, especially in performers
Aconite	for a fear of dying with palpitations.

Memory problems

Memory appears to be failing Apprehension	Lycopodium 6c
Poor memory + Depression + Irritability	Hydrastis
Poor short-term memory	Graphites 6c
Poor memory • Difficulty in concentrating • Overexcitement with great talkativeness	Lachesis 30c
Poor memory • Depression	Sulphur
Loss of memory and slow perception • Tendency to malingering	days Plumbum met. 30c twice

GRIEF

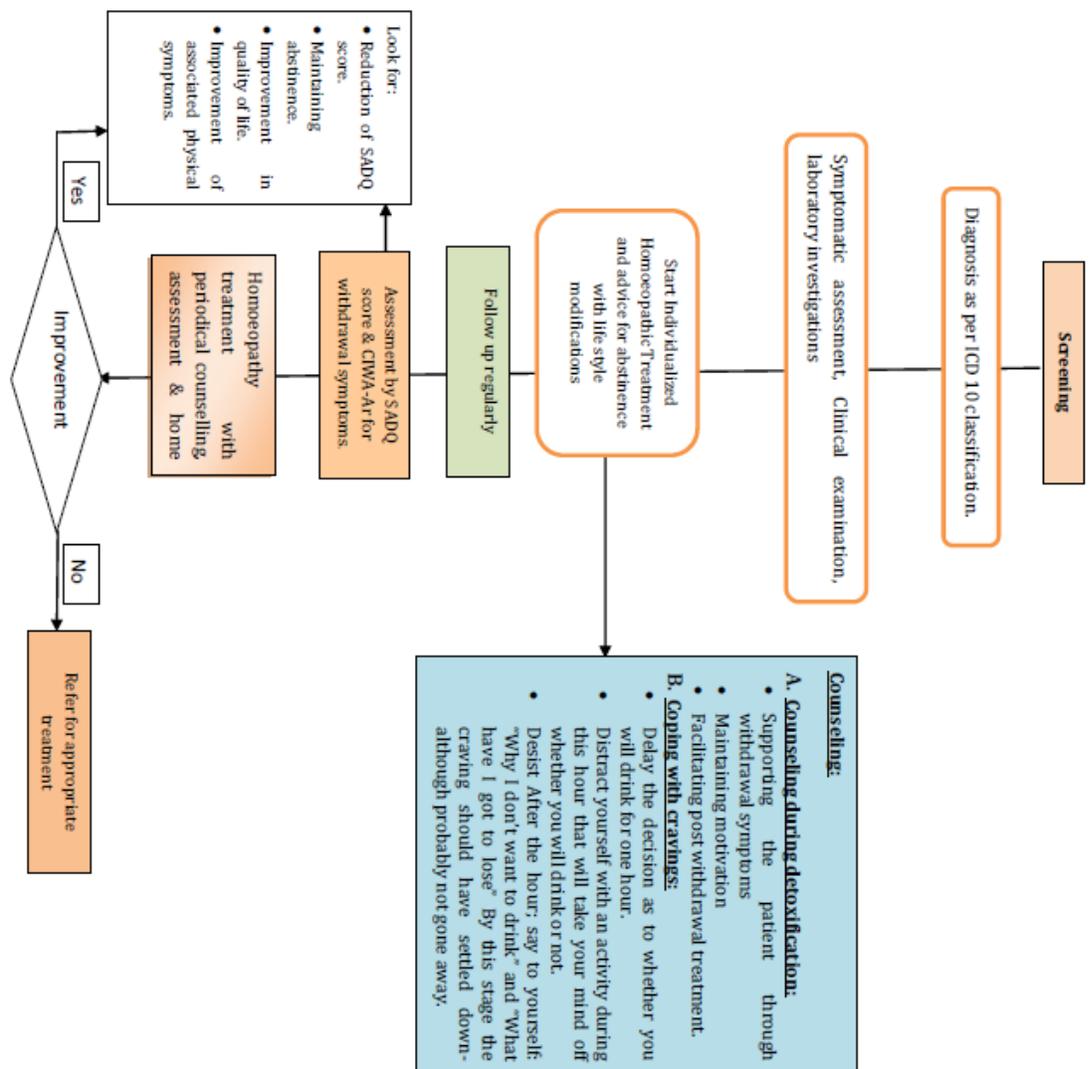
Homeopathic remedies can help at each stage of the grieving process. If a person does not appear to be recovering, however, constitutional treatment may be necessary, the remedy depending upon individual symptoms.

Aurum met.	grieving over the loss of a loved one or the failure business
Causticum	chronic, long-term grief and feelings akin to grief triggered childbirth
Ignatia	treat the initial impact of grief
Phosphoric	grief associated with great exhaustion
Staphysagria	for suppressed grief that is linked to embarrassment or humiliation
Arnica	early stages of grief include, when the grieving person wants left alone
Aconite	great fear and the person is on the verge of collapse
Opium	numb with grief, and is very frightened by the death of their loved one
Nux vomica	great anger and criticism of others
Pulsatilla	for tearfulness at the slightest provocation, insomnia, and recurrent colds accompanied by yellow or green catarrh

Alcoholism

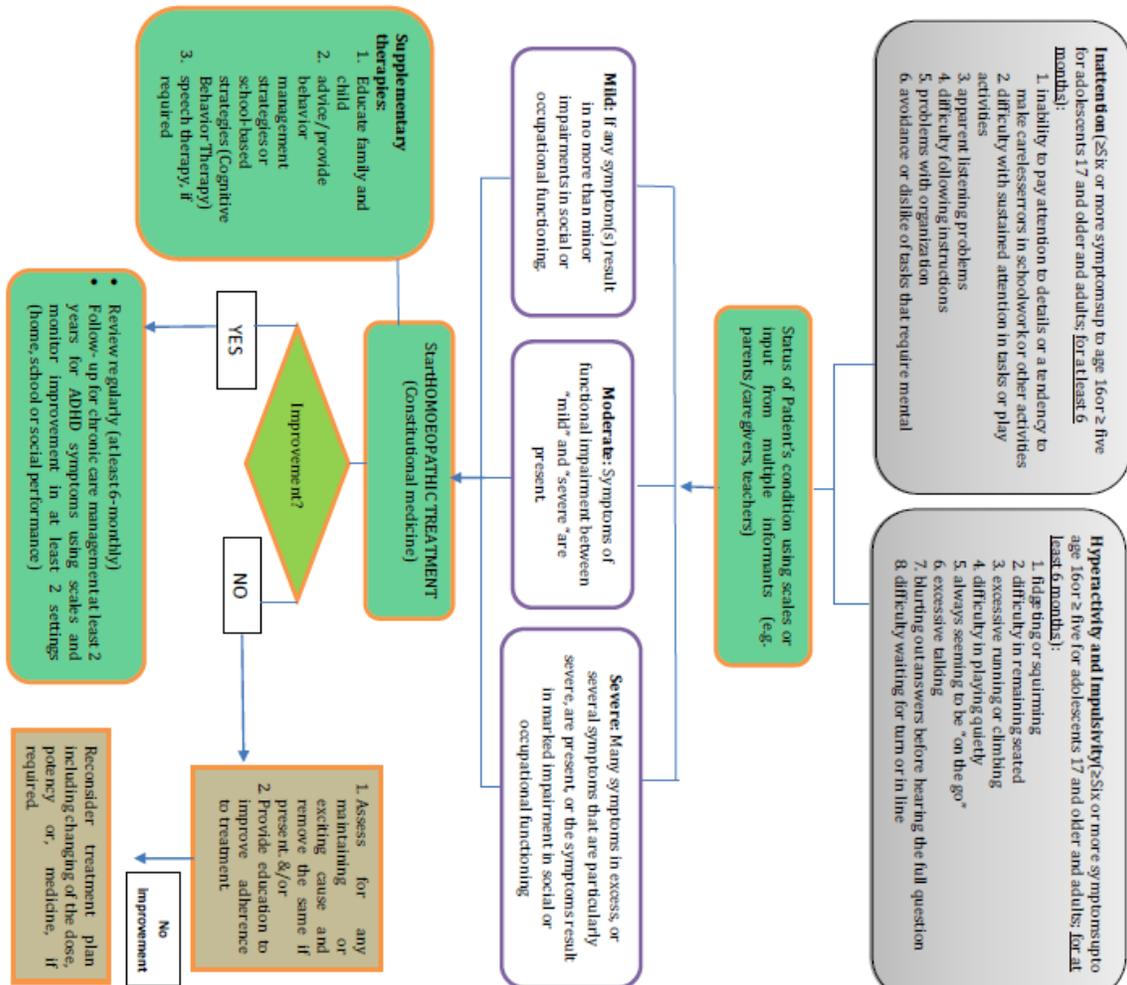
Homoeopathy is one of the most popular complementary and alternative medicine therapies and has strong focus on mental health disorders and has a role to play in managing alcohol dependents and in the withdrawal episodes as standalone or add on to conventional treatment.

<i>Arsenicum album</i>	Morning vomiting chronic gastric irritability fear of ghosts, thieves
<i>Lycopodium clavatum</i>	Ascites in liver disease fear of breaking down under stress.
<i>Lachesis mutus</i>	Delirium visions of snakes and other hideous objects sensation in throat as if choking, and springing out of sleep
<i>Nux vomica</i>	Delirium over sensitiveness; nervous excitability anxious
<i>Sulphur</i>	Dropsy and other affections stomach after eating or drinking
<i>Syphilinum</i>	alcoholism in family , exhaustion, death is preferable, Hopeless; despairs
<i>Sulphuricum acidum</i>	Pyrosis, morning vomiting, inappetency
<i>Ranunculus bulbosus</i>	removal of bad effects from the abuse of alcoholic convulsions of the facial and cervical muscles



Attention deficit

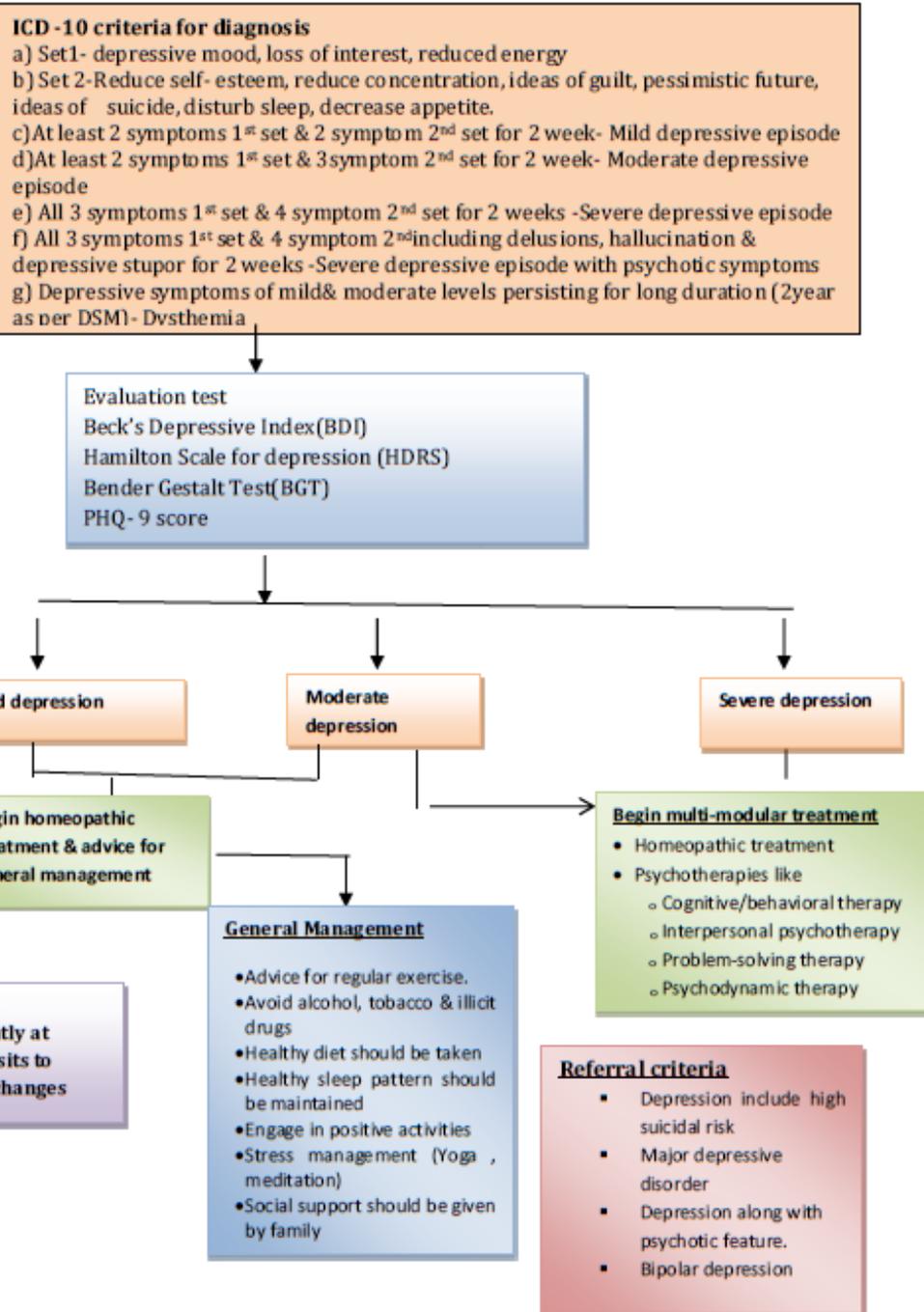
<i>Hyoscyamus niger</i>	<i>irritable, nervous, and hysterical, malicious, jealous Mania, erotic, exposes genitals, singing, silly with comical acts</i>
<i>Stramonium</i>	<i>plethoric children whose face is hot, circumscribed redness of cheeks witnessing of act of violence</i>
<i>Tarentula hispanica</i>	<i>fiery red, terror expression face Hysteria, hateful, clever, crafty, and destructive</i>
<i>Tuberculinum</i>	<i>very sensitive physically and mentally, active and intelligent Fear of dogs, animal especially.</i>
<i>Veratrum album</i>	<i>curious and almost adult level, disobedience Acute violent mania alternated with silence and refusal to talk</i>
<i>Lycopodium clavatum</i>	<i>fright, anger displeasure thin, withered, and unhealthy, looks older than age</i>
<i>Medorrhinum</i>	<i>dwarf and stunted, fears dark, having weak memory, excessive aggressive with intense restlessness and fidelity of legs and feet</i>
<i>Cina maritima</i>	<i>ugly, moody and dissatisfied, dark hair, Ill-humored, cannot be quiet, very capricious, cross, wants to be carried, but carrying gives no relief.</i>
<i>Chamomilla</i>	<i>by great irritability and anger one cheek red and hot, other pale and cold</i>



Depression

<i>Aurum metallicum</i>	<i>depression which results from fright, anger</i>
<i>Ignatia amara</i>	<i>sensitive, easily excited nature women</i>
<i>Kali phosphorium</i>	<i>anxious, nervous & irritable person</i>
<i>Natrum muriaticum</i>	<i>effect of grief</i>
<i>Sepia officinalis</i>	<i>depression occurring during & after pregnancy</i>
<i>Acid phosphoricum</i>	<i>depression caused by chagrin, grief</i>
<i>Conium maculatum</i>	<i>old age people</i>

ALGORITHM OF TREATMENT PROCESS



The Bach Flower Remedies: Medicine for the Mind and Emotions

- The purpose of the Bach Flower Remedies is to achieve a balance between the mind, body and spirit, gently correcting the emotional upsets that give rise to physical symptoms or delay recovery from an illness.
- Edward Bach wrote:
Disease of the body itself is nothing but the result of the disharmony between soul and mind. It is only a symptom of the cause, and it is our fears, our cares, our anxieties and such like that open the path to the invasion of illness. Remove the disharmony, the fear, the terror or the indecision, and we regain harmony between soul and mind, and the body is once more perfect in all its parts.
- Bach then made a most important and significant discovery: all the patients suffering from the same emotional difficulties needed the same vaccine, irrespective of the type of disease.
- The results were excellent, and these seven vaccines are still used by homeopaths today with great success.
- The 38 remedies constitute a complete system of healing, each plant having been specifically chosen for its primary function the ability to treat the mind and restore balance.
- Bach placed the Bach Flower Remedies in seven groups, or seven negative mood states which he believed prevented us from being true to ourselves. These cover the entire range of human negative mood states, but each also has a corresponding positive expression.

CHRONIC STATE

خوف FEAR: Rock rose, Mimulus, Cherry plum, Aspen, Red chestnut.

ياس DESPONDENCY OR DESPAIR: Larch, Pine, Elm, Sweet chestnut, Star of Bethlehem, Willow, Oak, Crab apple.

شك UNCERTAINTY: Cerato, Scleranthus, Gentian, Gorse, Hornbeam, Wild oat.

حساس OVER-SENSITIVITY TO INFLUENCES AND IDEAS: Agrimony, Centaury, Walnut, Holly.

ملل INSUFFICIENT INTEREST IN PRESENT CIRCUMSTANCES: Clematis, Honeysuckle, Wild rose, Olive, White chestnut, Mustard, Chestnut bud.

مهتم OVER-CARE FOR THE WELFARE OF OTHERS: Chicory, Vervain, Vine, Beech, Rock water.

وحدة LONELINESS: Water violet, Impatiens, Heather.

ACUTE STATE

Rescue Remedy >> emergency composite for shock, terror, panic, emotional upsets, stage fright, bereavement

A combination of Cherry plum, Clematis, Impatiens, Rock rose and Star of Bethlehem. It is an all-purpose,

An immediate dose of Rescue Remedy after an emergency can contribute greatly to counteracting its effects and helping the natural process to take its course.

Can also be externally applied to burns, bites and sprains.

- Prescribing Bach Remedies
 - *The type remedy* In selecting the correct remedy for each person, it is important to choose according to the personality as a whole, so the remedy can be based on a complete picture. The descriptions, both positive and negative, will give important clues in helping determine the particular type remedy for each person. This remedy should be used in all prescriptions.
 - *The treatment period* of Bach Flower Remedies must be decided on an individual basis, as each person is different and every situation is unique. Generally, however, moods and emotions that have developed suddenly or recently will not take long to correct. Perhaps only a few doses will be required. But for problems that have become deeprooted and firmly established, perhaps over a period of months or even years, healing will be a much more gradual process and will naturally take

longer.

- **How much to take:** Bach Remedies are taken orally, either 2 drops directly on the tongue or 4 drops in a small amount of water which is sipped slowly. The ideal taken as often as every 10 minutes.
- **When to take Bach Remedies:** People are most susceptible to the healing influence of Bach Flowers at bedtime and on rising at these times we are usually most relaxed, and so most receptive. During sleep we also process much of the day's stress, and receive insights from the unconscious. The two remaining doses should be taken as evenly apart across the day as possible, for instance, just before lunch and just before the evening meal.

Other times ideal for taking the Bach Remedies are: while having a bath (they may also be put in the bathwater); after meditation and relaxation practices; during therapy; or any other relaxed, secure and open time.

- **Babies and children** Babies and children can be given Bach Remedies with complete safety and very good results. Children and babies suffer from many emotions and go through times of stress and unhappiness; dealing with these in childhood can help them grow up happily and healthily. The remedies should be chosen in exactly the same way as for adults
- **Animals:** As with children, animals respond well to Bach Remedies. To prescribe, once again, the temperament of the animal concerned needs to be considered, together with its mood and nature generally. Drops of the remedy can be given on food or in drinking water: 4 drops for birds and small animals, 10 drops for larger animals.
- **Safety** The Flower Remedies are completely safe, have no unwanted side-effects and are non-addictive. They are gentle in action and can be safely taken by people of all ages, from newborn babies to the aged. If a remedy is picked that is inappropriate, there is no threat of harm; rather, the remedy will simply have no effect.
- **Rescue Remedy:** Rescue Remedy is a composite of five Bach remedies. It is a calming panacea that settles nerves, dispels negative thoughts, relieves apprehension and restores balance and confidence. It is ideal for any emergency situation as well as ongoing stressful situations. For example, Rescue Remedy is excellent for shocks, accidents, interviews, exams, speeches, child tantrums, bereavement, dentist or hospital visits, panic situations and mental tension all common stressors that affect everyone in our society.

Rescue Remedy is also ideal for the treatment of hurt animals as often shock and terror is a major cause of their trouble.

As Bach said, "There are seven beautiful stages in the healing of disease:

سلام Peace, امل Hope, فرح Joy, ايمان Faith, يقين Certainty, حكمة Wisdom, and حب Love."

Bach Flower Remedies



FEARS	DOUBTS	LACK OF INTEREST	LONELINESS	EMOTIVITY	SADNESS	DIFFICULT RELATION SHIP
<p>Hélianthème <i>Rock Rose</i></p> 	<p>Plumbago <i>Cerato</i></p> 	<p>Clématite <i>Clematis</i></p> 	<p>Hottonie <i>Water Violet</i></p> 	<p>Aigremoine <i>Agrimony</i></p> 	<p>Mélèze <i>Larch</i></p> 	<p>Chicorée <i>Chicory</i></p> 
<p>Mimule <i>Mimulus</i></p> 	<p>Gnaveille <i>Scleranthus</i></p> 	<p>Chèvrefeuille <i>Honeysuckle</i></p> 	<p>Impatiente <i>Impatiens</i></p> 	<p>Centaurée <i>Centaury</i></p> 	<p>Pin <i>Pine</i></p> 	<p>Verveine <i>Vervain</i></p> 
<p>Prunus <i>Cherry Plum</i></p> 	<p>Gentiane <i>Gentian</i></p> 	<p>Eglantine <i>Wild Rose</i></p> 	<p>Bruyère <i>Heather</i></p> 	<p>Noyer <i>Walnut</i></p> 	<p>Orme <i>Elm</i></p> 	<p>Vigne <i>Vine</i></p> 
<p>Tremble <i>Aspen</i></p> 	<p>Ajone <i>Gorse</i></p> 	<p>Olivier <i>Olive</i></p> 		<p>Houx <i>Holly</i></p> 	<p>Châtaignier <i>Sweet Chestnut</i></p> 	<p>Hêtre <i>Beech</i></p> 
<p>Marronnier rouge <i>Red chestnut</i></p> 	<p>Charme <i>Hornbeam</i></p> 	<p>Marronnier blanc <i>White Chestnut</i></p> 		<p>Dame d'onze heure <i>Star of Bethlehem</i></p> 	<p>Eau de roche <i>Rock Water</i></p> 	
	<p>Avoine sauvage <i>Wild Oat</i></p> 	<p>Bourgeon de marronnier <i>Chestnut Bud</i></p> 		<p>Saule <i>Willow</i></p> 		
		<p>Moutarde <i>Mustard</i></p> 		<p>Chêne <i>Oak</i></p> 		
				<p>Pommier sauvage <i>Crab Apple</i></p> 		

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.*

The surest and safest way of hastening a cure is to let the medicine act as long as the improvement.

Pediatric cry

Irritable, restless and demanding. Wants to be held, hard to please.

Chamomilla 6c, every 1-2 hours.

Irritable and changeable, always better from being carried or held.

Pulsatilla 6c, every 1-2 hours.

Irritability with anger. Spiteful, does not invite comfort. Particularly during teething, or if there are boils or styes.

Staphysagria 6c, every 1-2 hours.

Irritability with anger, better from warmth. May have constipation or diarrhea.

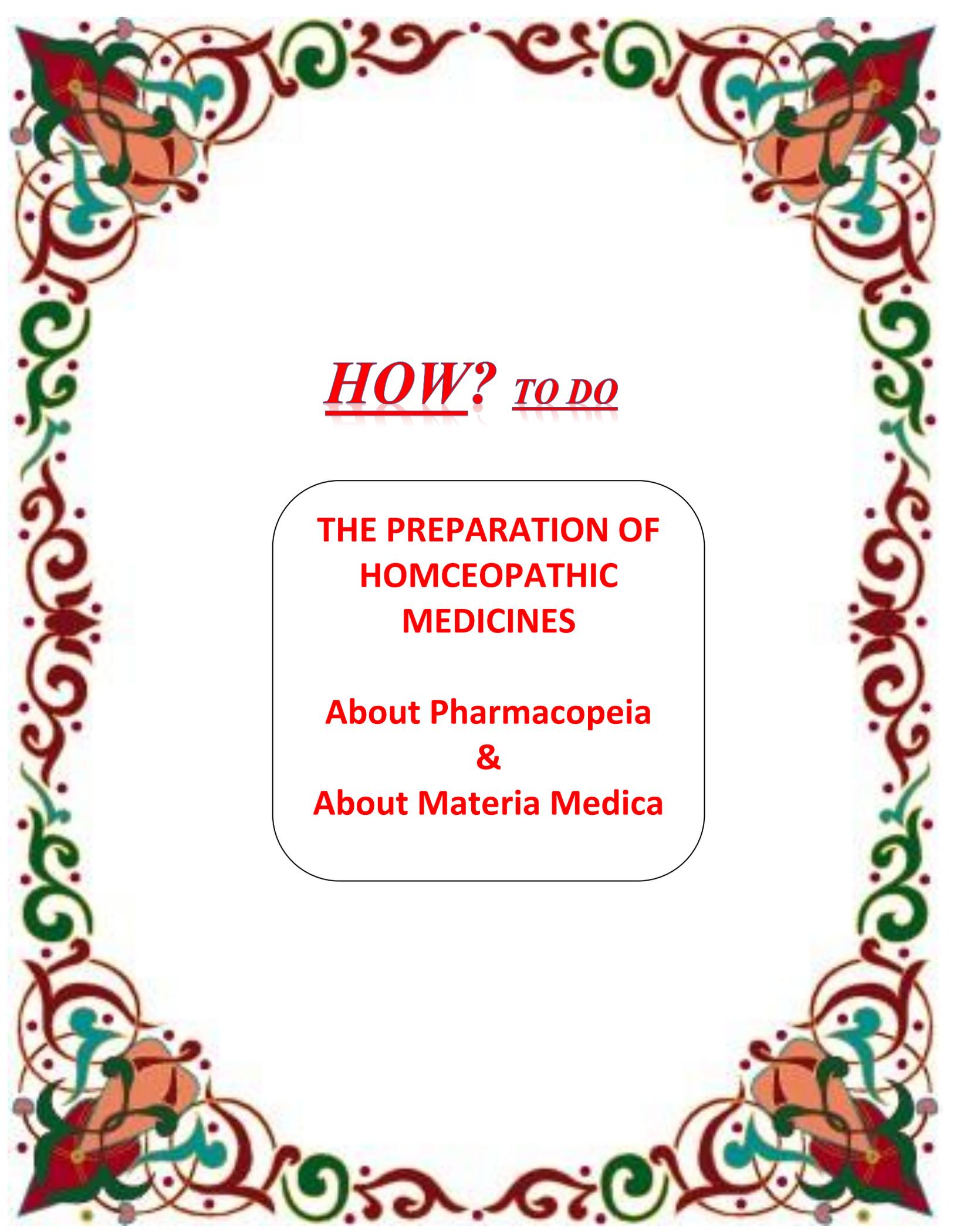
Nux vomica 6c, every 1-2 hours.

Complaining child, worse from comfort, often with white tongue.

Ant crud 6c, every 1-2 hours.

Child is anxious in sleep, restless dreams with half-opened eyes.

Chamomilla 6c, every 2-3 hours.



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

- *Apis Aconit Argent nit Arnica Arsen alb Acid phos Acid pic Actaea rac Ant tar Ammon mur Argent nit Avena sat Agaricus Aurum met. Anacardium or. Aethusa*
- *Bryania Belladonna Borax Bacillinum Baryta carb.*
- *China Cocculus Carbo sulph Colocynth Chamomilla Cuprum met Coffea Calc. carb Conium Caladium Causticum Crotalus Calc.phos. Cadmium sulph Cina maritime Camphor Cicuta*
- *Equisetum Euphrasia*
- *Fluoric ac., Ferrum phos*
- *Gelsemium Gnaphalium Glonoine*
- *Hypericum Hekla Hyoscyamus*
- *Kali phos Kali. mur. Kali bich Kali brom*
- *Ignatia Iris vers*
- *Lycopodium Lachesis Lac caninum*
- *Merc sol Mag phos Medorrhinum Melilotus Mercurius*
- *Nux vom Nat mur Nat sulph Nat tour*
- *Opium*
- *Phosphorus Pulsatilla Pulssiflora Petroleum Plumbum met.*
- *Rhus tox Ruta grav Ranunculus bulbosus*
- *Scutellaria Sepia Sanguinaria Silica Spigelia Staphisagria Sulphur Syphilinum Stramonium*
- *Thuja Tabacum Tarentula Tuberculinum*
- *Verat alb*

ACONITE البيش

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

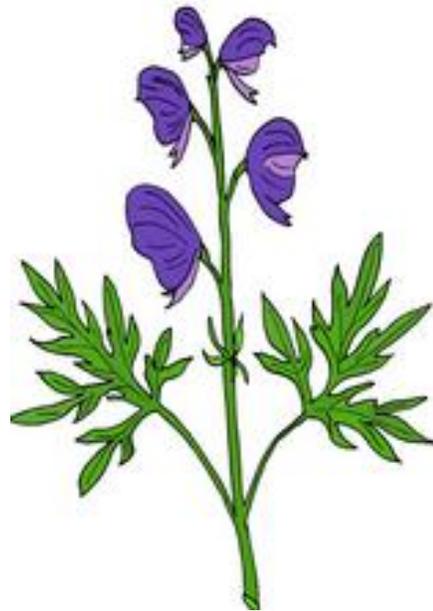
Historically, the deadly juices derived from this plant were used as an arrow poison, hence the name aconite, from the Greek acon, or "dart." its poisonous alkaloids, which are found at their highest concentrations in the root

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.

AETHUSA بقدونس سام
Aethusa cynapium مُحْرِقَة الكلاب
Fool's parsley

Historically, The poison from this plant is thought to produce marked dullness and stupor, hence its common name of fool's parsley.

KEY SYMPTOMS

poor concentration and a tendency to be easily distracted, irritable, confused state of mind
 talk to themselves and behave foolishly

USE

exhaustion and collapse
 poor concentration



PREPARATION

The whole flowering plant, with the root and unripe fruits, is chopped and macerated in alcohol.

AGARICUS الفطر
Fly agaric, bug agaric

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

ANACARDIUM OR

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

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

KEY SYMPTOMS

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

USE

Psychological problems poor memory
Digestive disorders
Skin conditions



PREPARATION

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

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.

AVENA الشوفان
Avena sativa , Oats.

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

BELLADONNA ست الحسن

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

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

KEY SYMPTOMS

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

USE

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



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.

BRYONIA الفاشرة

Bryonia alba

Bryony, white bryony, wild hops

أو فاشير أو فاسيرى أو فاش فاشيرا



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

KEY SYMPTOMS

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

USE

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

PREPARATION

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

CALADIUM الكلدوم

Caladium seguinum

American arum, dumb cane, poison arum.

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

KEY SYMPTOMS

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

USE

high sexual energy
rough, dry, itchy skin and a marked craving for tobacco.



PREPARATION

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

البابونج **CHAMOMILLA**

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.



الكافور **Camphor**

Cinnamomum camphora syn. *Laurus camphora*
CAMPHORA

هو مادة شمعية بيضاء أو شفافة صلبة، ذو رائحة عطرية

Historically, Commonly used as a moth repellent,
camphor is also a strong narcotic

KEY SYMPTOMS

emotional and physical coldness
crave sympathy, but may be quarrelsome,
aggressive, and depressed.

USE

cold with chills and sneezing
insomnia and restless sleep

PREPARATION

The gum of the tree is dissolved in alcohol, diluted, and succussed.



CICUTA

Cicuta virosa
Water hemlock, cowbane.



Historically, The name “cowbane” derives from the fact that grazing on the plant can transmit a potentially fatal disease to cattle.

KEY SYMPTOMS

delirious, and overexcited, or exhibit great sensitivity to sad stories

USE

hiccups to sudden, strong jerks and spasms.
Epilepsy
skin disorders

PREPARATION

The fresh root, gathered when the plant is in bloom, is chopped and macerated in alcohol.

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



<p>CONIUM الشوكران <i>Conium maculatum</i> <i>Hemlock, spotted hemlock. الشوكران السام</i></p>
<p>Historically, Generations of storytellers have woven the poison hemlock into their tales.</p>
<p>KEY SYMPTOMS <i>materialistic nature with fixed ideas • complaints that are triggered by suppression of sexual feelings</i> <i>• tendency to develop tumors</i></p>
<p>USE <i>Cysts, tumors & cancer</i> <i>Swollen breasts</i> <i>Enlarged prostate, Sexual problems</i> <i>Nervous disorders</i></p>
<p>PREPARATION <i>The fresh flowering plant, including the root, is macerated in alcohol and then diluted and succussed.</i></p>



COLOCYNTHIS الحنظل

Cucumis colocynthis syn. *Citrullus colocynthis*
Colocynth, bitter apple, bitter cucumber.
أو مرارة الصحارى أو خدج الحنظل

Historically, In the Old Testament, it is related that the prophet Elisha turned this bitter, toxic gourd into an edible fruit during famine

KEY SYMPTOMS

conditions that are triggered by pent-up anger • colicky pains that are relieved by pressure • indignation • neuralgic pains that are better for warmth

USE

*Colic & diarrhea
Facial neuralgia, Neuralgic pains
Menstrual problems*



PREPARATION

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

COFFEA القهوة

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

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

KEY SYMPTOMS

overstimulation leading to sleep problems • oversensitivity to pain • restlessness and nervousness

USE

*Insomnia
Headaches
Toothaches*



PREPARATION

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

EUPHRASIA العرقون

Euphrasia officinalis
Eyebright.

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

KEY SYMPTOMS

daydreaming.
heightened sensitivity to light

USE

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



PREPARATION

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

EQUISETUM نيل الحصان

Equisetum hyemale & *E. arvense*
Rough horsetail, field horsetail.

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

KEY SYMPTOMS

painful pressure

USE

painful irritation of the bladder



PREPARATION

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

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.



HYPERICUM الدَّاذِي العرن

Hypericum perforatum

St. John's-wort.

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

KEY SYMPTOMS

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

USE

depressed, frightened, or shocked



PREPARATION

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

HYOSCYAMUS البنج

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

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

KEY SYMPTOMS

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

USE

*Behavioral problems, Delirium
Paranoia, Cough*



PREPARATION

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

IGNATIA فول فلبينى

St. Ignatius's bean.

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



IRIS

Iris versicolor

Blue flag, snake lily

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

KEY SYMPTOMS

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

USE

severe nausea, vomiting

PREPARATION

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



LYCOPODIUM رَجُلُ الذَّنْبِ

Lycopodium clavatum

Club moss, wolf's claw, stag's-horn moss, running pine, lamb's tail, fox tail, witch meal, vegetable sulfur. أَوْ رَصَنَ أَوْ خُنْرِيَّةَ

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.

MELILOTUS إكليل الملك أو حندقوق

Melilotus officinalis syn. M. arvensis

Melilot, yellow melilot, sweet clover.

Historically, Native to Europe

KEY SYMPTOMS

red face, bloodshot eyes, and dizziness

USE

agitated, talkative, suspicious, insane, and possibly even suicidal

throbbing headaches

PREPARATION

The fresh, flowering tops, without the woody stems, are finely chopped and steeped in alcohol



NUX VOMICA جوز مقيء

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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

OPIUM الافيون

Papaver somniferum

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

PASSIFLORA زهرة الألام

Passiflora incarnata

Passion flower.



Historically, sedative and tranquilizing properties

KEY SYMPTOMS .

heels are rising up in the air

USE

Cough

insomnia

PREPARATION

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

RANUNCULUS BULB.

Ranunculus bulbosus حوذان بصيلي

Bulbous buttercup,

Historically, The buttercup has been used medicinally since the time of ancient Greece.

KEY SYMPTOMS

irritable, depressed, and quarrelsome
muscle, joint, and skin problems

USE

Restlessness and insomnia

eczema or herpes, especially herpes zoster (shingles)



PREPARATION

The whole plant in flower is finely chopped and steeped in alcohol.

<p>RHUS TOX. السماق السام Rhus toxicodendron Poison ivy, poison oak.</p>	
<p><i>Historically, Native Americans used this plant to treat skin eruptions</i></p>	
<p>KEY SYMPTOMS <i>Contact with its leaves produces redness, swelling, and blistering.</i></p>	
<p>USE <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>PREPARATION <i>The fresh leaves, gathered at sunset just before the plant comes into flower, are macerated in alcohol.</i></p>	

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

SANGUINARIA دموية

Sanguinaria canadensis
Bloodroot, red puccoon

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

KEY SYMPTOMS

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

USE

Headache and migraine



PREPARATION

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

SCUTELLARIA درقة

Scutellaria laterifolia
Virginia skullcap

Historically, Cherokee Indians to promote menstruation

KEY SYMPTOMS

feel exhausted, confused

USE

Fatigue (acute)



PREPARATION

The whole, fresh plant, excluding the root, is steeped in alcohol.

SPIGELIA

Spigelia anthelmia

Pink root, annual wormgrass

Historically, Native to South America

KEY SYMPTOMS

sad, forgetful, "blank"

USE

Chickenpox and shingles

Headache and migraine



PREPARATION

The dried aerial parts are macerated in alcohol.

STAPHYSAGRIA القمل الجبلي

Delphinium staphisagria

Stavesacre, palmated larkspur, housewort.

عائق جبلي أو زبيب الجبل أو زبيب بري أو عشبة القمل

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

KEY SYMPTOMS

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

USE

Urogenital problems

Joint pain, Toothaches

Skin conditions Headaches, Insomnia



PREPARATION

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

STRAMONIUM

Datura stramonium داتورا

Thorn apple, devil's apple, stinkweed, false castor oil.

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

KEY SYMPTOMS

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

USE

Fever, Asthma, Bronchitis

Violence & mania

Chorea



PREPARATION

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

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.

TABACUM التبغ
Nicotiana tabacum
Tobacco plant

Historically, cigarettes and as an insecticide.

KEY SYMPTOMS
unable to concentrate
Severe nausea

USE
Travel sickness



PREPARATION
The dried, unfermented leaves are macerated in alcohol.

THUJA عفس
Thuja occidentalis, Arbor vitae, tree of life, white cedar.

Historically, used by American Indians as a source of hard-wearing wood and of herbal medicine

KEY SYMPTOMS
warts and polyps • feeling of being unlovable • complaints that develop after vaccination or gonorrhoea • delusions • nail problems • catarrh

USE
Skin conditions
Urogenital problems
Headaches
Catarrh & sinusitis
Menstrual problems



PREPARATION
The fresh leaves and twigs of the one-year-old plant are chopped finely and macerated in alcohol, then filtered, diluted, and succussed.

VERATRUM ALB حَرْبُوقٌ أبيض

أو بقلة 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.

Bach flowers

METHODS OF PREPARATION

1) By using the sun method (especially used for the more delicate flowers) that involves placing the flower heads in pure water in direct sunlight for approximately three hours.

2) The plants that bloom, when the sun is weaker, it is prepared by the boiling method where the flowering part of the plant is boiled for half an hour.

In both methods, the heat transfers the energy from the flowers to the water. The water then becomes energized by the energy of the flower that becomes diluted in the water, and this energized water is mixed with the same quantity of brandy to preserve the essence. This combination is what is called: mother tincture. This mixture is also further diluted with brandy at an average of two drops of mother tincture to 30ml of brandy. Those bottles are the "stock bottles" that we can buy at the shops.

1 Agrimony غافث

Those who suffer considerable inner torture which they try to hide behind a facade of cheerfulness. They wear a social mask, with repression of sadness.

Positive expression Honest expression of feelings, genuine optimists. Communicate real feelings openly, self acceptance.



2 Aspen

Have anxiety, apprehension, fear and foreboding of unknown things. Nameless dread.

Positive expression Security and inner protection, become participants in true joy. Inner confidence and fearlessness.



3 Beech زان

Intolerant of others. Constantly making criticisms. Judgmental. Arrogant. Rigid attitudes.

Positive expression Not affected by others' differences, see good in others despite imperfections. Have desire to be more tolerant, high ideals.



4 Centaury قنطريون

Weakness of will. Those who let themselves be exploited or imposed upon, and become subservient. Have difficulty in saying "no." Anxious to please.

Positive expression See service as a mutual exchange, are able to express, support and defend own opinions. Serve willingly without denying own needs.



5 Cerato رصاصيه

Those who doubt their own judgment, seek advice from others. Often influenced and misguided.

Positive expression Contact with inner guidance, hold definite opinions, will stick to a decision once arrived at.

Quietly self-assured.



6 Cherry plum الخوخ الكرزي أو القراصيا

Fear of mental collapse. Desperation. Fear of loss of control, of causing harm. Violent impulses.

Positive expression Trust and calm under stress. Quiet courage and inner strength.



7 Chestnut bud أبو فروة الكستناء

Fail to learn by experience. Continually repeating the same mistakes.

Positive expression Mistakes used as learning experiences, learn from others.



8 Chicory هندباء مرّة أو جذور السريس أو الشيكورية

The over-possessive, demanding respect or attention. Like others to conform to their standards. Control and manipulate loved ones. Make martyrs of themselves. Critical, interfering and nagging.

Positive expression Unconditional love. Able to care for others unselfishly. Sense of their innate capacities. Give without expecting something back.



9 Clematis ظيان

Indifferent, inattentive, dreamy, absent-minded and disoriented. Have difficult in concentrating. Mental escapists from reality. No interest in the real world.

Positive expression Thoughts convert to action, purposeful, realistic. Lively interest in the world. Fulfill their creative potential.



10 Crabapple تفاح الكابوريا

The great cleansing remedy.

Feel unclean or ashamed of ailments. Self-disgust, hatred. House-proud, have mental obsession with trivialities.

Positive expression Sense of proportion about problems, become acceptable to themselves again. Control thoughts and deal with difficulties, maintain inner harmony.



11 Elm دردار

Have temporary feelings of inadequacy. Overwhelmed by responsibilities, are over-committed. Feel inadequate to cope. Depressed and exhausted.

Positive expression Self-assured competence, sense of responsibility to self. Problems are seen in perspective.



12 Gentian كوشاد او الجنتيانا

Easily discouraged. Pessimistic and have negative outlook. Disappointed and depressed from identifiable causes.

Depression from long-term difficult situation, e.g., unemployment, bereavement.

Positive expression Resilient in the face of setbacks, have great conviction. Face life's challenges with courage.



13 Gorse جوق

Despair and hopelessness. Utter despondency "What's the use?" Feel condemned to pain and suffering.

Positive expression Sense of faith and hope, see light at the end of the tunnel. Will to recover.



14 Heather هيزر العجزم الخلنج هيزر

People who are obsessed with own troubles and experiences, self-preoccupation. Make mountains out of molehills.

Compulsive talkers, poor listeners.

Positive expression Empathy with others, understanding people. Good listeners. Radiate strength and confidence.



15 Holly بهيشا بهشيه

For those who are jealous, envious, revengeful and suspicious. For those who hate, are aggressive, bad-tempered.

Positive expression Open-hearted, understanding, tolerant, generous minds, compassionate. Willing to share.



16 Honeysuckle عسله

For those who dwell in the past, with over-attachment to memories. Homesick and nostalgic.

Positive expression Open to present and future. No longer experiencing the past as overpowering, but as a valuable experience.



17 Hornbeam الشرد

"Monday morning" feeling, but once started their tasks are usually fulfilled. Procrastinators. Mental weariness, doubt ability to cope.

Positive expression Freshness, strength and enthusiasm. Lively minds, vitality and spontaneity restored.



18 Impatiens البلسم

Impatient, irritable, nervous. Want everything done instantly. Energetic but tense. Frustrated by slow workers.

Independent.

Positive expression Relaxed, process-oriented, accept differences in pace and style. Cope calmly and diplomatically.



19 Larch الارز

Lack self-confidence. Despondent due to this lack of self-confidence, have expectation of failure so fail to make any attempt. Feel inferior though have ability.

Positive expression Try for personal best, are determined, capable. Aware of own potential with a realistic sense of self-esteem.



20 Mimulus الدندل او المهرجة

Fear known things, e.g., illness, pain, accidents, dark, thunder, other people, spiders. Shy, timid.

Positive expression Have no irrational fears, accept life's inherent risk. Anxieties overcome with realism and humor. Quiet courage and confidence.



21 Mustard خردل

Sudden depression: deep gloom that descends for no known cause and lifts just as suddenly. Melancholy.

Positive expression Inner serenity, stability, peace that cannot be shaken.



22 Oak سنديان

Brave, strong, determined types whose inner strength wanes; are fatigued. Struggle against adversity despite setbacks. Strong sense of duty.

Positive expression Are stable, strong, patient, full of common sense. Have ability to take it easy sometimes.



23 Olive الزيتون

Complete exhaustion and utter weariness. Tiredness both mental and physical. All reserves of strength and energy have run out. Lack zest.

Positive expression Restored strength, vitality. Energised.



24 Pine صنوبر

Self-reproach. Feelings of guilt. Blame selves for mistake of others. Feel undeserving and unworthy.

Overconscientious. Never satisfied with their achievements.

Positive expression Self-forgiving, balanced attitude. Renewed energy, vitality and pleasure in living.

Responsibility accepted realistically. Accept and respect themselves.



25 Red chestnut كستناء حمراء

Excessive fear or anxiety for others, especially those held dear. Over-concern for others. Worry about other people's problems.

Positive expression Objective about the welfare of others, calm. Ability to care without anxiety. Radiate thoughts of health and courage.



26 Rock rose لاذنية

Terror, extreme fear of panic; frozen fear and helplessness; panic after nightmares.

Positive expression Have great courage; are confident, calm. Have strong will and character.



27 Rock water

For those who are hard on themselves, often overworked. Are self-denying; over-concentrated on self. Rigidminded, their thinking ruled by fixed ideas.

Positive expression Flexible, adaptable. Open to inner truth and willing to change their minds



28 Scleranthus قاسية حشيشة قنديل

Uncertain; indecisive, vacillate between possibilities. Fluctuating moods.

Positive expression Calm, determined, have clear feeling for the right decision. Have poise and balance. Are able to make quick decisions.



29 Star of Bethlehem نجوم الظيفة

After-effects of shocks, mental or physical, as a result of accidents, bad news, deaths, etc.

Positive expression The effects of shock are neutralized. The nervous system is revitalised. Body and soul work together for healing.



30 Sweet chestnut *كستناء حلوه*

Agonising mental anguish. Despairing types who have reached the limits of endurance only oblivion left. Suffer total exhaustion and loneliness.

Positive expression Liberation from despair and depression. Strong characters, resilient, in control of emotions.

Have sense of inner support.



31 Vervain *رجل الحمام*

Tense and hyperactive. Over-enthusiastic, put in over-effort, strain. Fanatical and highly strung. Minds race. Desire to convert others. Are incensed by injustices.

Positive expression Calm, tolerant, have ability to relax. Take a broad view of life and events.



32 Vine *المتسلق*

Dominating, inflexible, ambitious, tyrannical. Love power. Are aggressive and proud. Have rigid attitudes.

Positive expression Determined without dominating. Have will to cooperate. See good in others and guide without

controlling them. Have confidence and certainty.



33 Walnut جوز عين جمل

Protection remedy from powerful influences, ideas or atmospheres.

Need help in adjusting to any transition or change, i.e., puberty, menopause, divorce, giving up smoking, new home, etc.

Positive expression Have ability to move forward, free of the past; inner knowledge of next step in life.



34 Water violet بنفسج

Aloof, proud, reserved, sedate types. Have a tendency to withdraw, appearing anti-social and cold. Little emotional involvement. Keep a stiff upper lip.

Positive expression Have independent, comfortable and warm connection with others. Are calm, serene, understanding. Use their talents in the service of others.



35. White chestnut كستناء بيضاء

Have persistent, unwanted thoughts, preoccupation with some worry or episode. Mental arguments go round and round like a broken record. Relive mentally unhappy events or arguments.

Positive expression Have peace of mind, feel calm, constructive. Can let go of worries and unhappy memories and live in the present. Heads are clear.



36 Wild oat شوفان ابيض

Unable to choose one of many paths, dissatisfied, frustrated. Lack clear direction. Need help in making important decisions.

Positive expression Have knowledge of their intended path in life. Definite character. Clear ideas and ambitions.



37 Wild rose الوردة

Resigned, apathetic. Make no effort to change circumstances. Drifters who accept their lot, making little effort for improvement, lack ambition.

Positive expression Passionate, purposeful, lively interest. Their resignation gives way to ambition and sense of purpose. Use initiative to make changes.



38 Willow الصفصاف

Self-pitying, resentful and bitter, with "not fair," and "poor me" attitude. Begrudge others' good fortune. Sulky and

irritable, critical. Take without giving.

Positive expression Optimistic, have faith. Responsible for own reality. No longer victims, able to control destiny.



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



ACID PHOS حمض الفوسفوريك
Phosphoric acid, glacial phosphoric acid, orthophosphoric acid

Historically, widely used in the drinks industry to give soft drinks a fruity, acidic flavor.

KEY SYMPTOMS

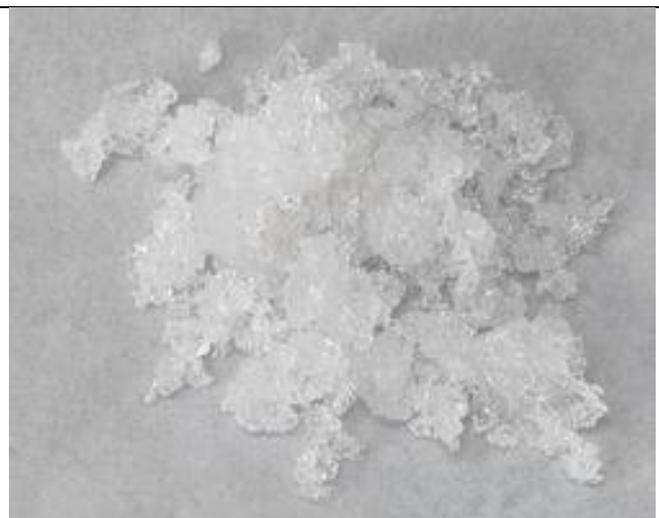
ailments that are triggered by grief • fatigue • apathy • chilliness • cravings for fruits and juicy foods

USE

Grief or shock, Headaches, Exam nerves
 Exhaustion, Diarrhea
 Growing pains

PREPARATION

Phosphoric acid is dissolved in alcohol in a ratio of 1:9. It is then repeatedly 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*



P R E P A R A T I O N

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

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*



P R E P A R A T I O N

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

ARSEN. ALB زرنیخ

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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

BORAX بورك

Natrum tetraboracicum
Borax, tincal, sodium tetraborate.

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

KEY SYMPTOMS

irritable, angry, and passionate

USE

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



PREPARATION

Borax is triturated with lactose sugar.

CADMIUM SULPH.

Cadmium sulphuricum
Cadmium sulfate

Historically, from the Greek word kadmia, meaning "earth."

KEY SYMPTOMS

stay still, perhaps becoming faint on rising.

USE

exhausted, anxious, irritable, depressed, and have a fear of death.
stomach problems

PREPARATION

Cadmium sulfate is triturated with lactose sugar.



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

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



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

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

<p>CAUSTICUM البطاس <i>Potassium hydrate</i></p>	
<p><i>Historically, Unique to homeopathy, this compound of potassium was specially devised and proved by Hahnemann</i></p>	
<p>KEY SYMPTOMS <i>oversensitivity • intolerance of injustice • gradual paralysis • raw, burning pain • person feels worse for cold, dry, windy weather</i></p>	
<p>USE <i>Tremors & paralysis Urinary disorders Skin conditions Sore throat Cough</i></p>	
<p>PREPARATION <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>CUPRUM MET <i>Cuprum metallicum</i> Copper. 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>KEY SYMPTOMS <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>USE <i>Cramps, convulsions & epilepsy Coughs & asthma Abdominal cramps, Exhaustion</i></p>	
<p>PREPARATION <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.

KALI. MUR.

Kalium chloratum کلورید البوتاسیوم

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. BICH. بوتاس ملون
Kalium bichromicum

Historically, Used for industrial purposes such as the dyeing of fabric and wood-staining. Also used in photography, and as a component of electric batteries.

KEY SYMPTOMS

great attention to detail • regular habits • localized pain • tough, stringy, yellow-green catarrh • person feels worse between 2 a.m. and 5 a.m.

USE

Catarrh & sinusitis
Sore throat, coughs & croup
Indigestion, Headaches
Skin conditions, Joint pain



PREPARATION

The remedy is made by dissolving iodate salts in alcohol, then repeatedly diluting and succussing the mixture.

KALI. PHOS. بوتاس بدون لون
Kalium phosphoricum

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

<p>KALI. BROM. <i>Kalium bromatum</i> <i>Potassium bromide</i></p>	
<p><i>Historically, used in photography to make gelatin papers and plates</i></p>	
<p>KEY SYMPTOMS <i>Poor memory, sadness, and loss of mental capabilities</i></p>	
<p>USE <i>stroke, epilepsy</i> <i>insanity and feelings of suspicion</i></p>	
<p>PREPARATION <i>Solid potassium bromide is triturated with lactose sugar.</i></p>	

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

MAG. PHOS
Magnesium phosphoricum
 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.

NAT. SULPH.
Natrum sulphuricum ملح الكبريت
Glauber's salt, sal mirabile.

Historically, naturally in the mineral waters

KEY SYMPTOMS
*serious, reserved, responsible, and focused
 feel isolated from intimate, committed relationships*

USE
*Headaches
 depression,
 asthma
 Liver conditions*



PREPARATION
Sodium sulfate is triturated with lactose sugar.

BARYTA CARB الباريوم
Barium carbonicum, Witheriet

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

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

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

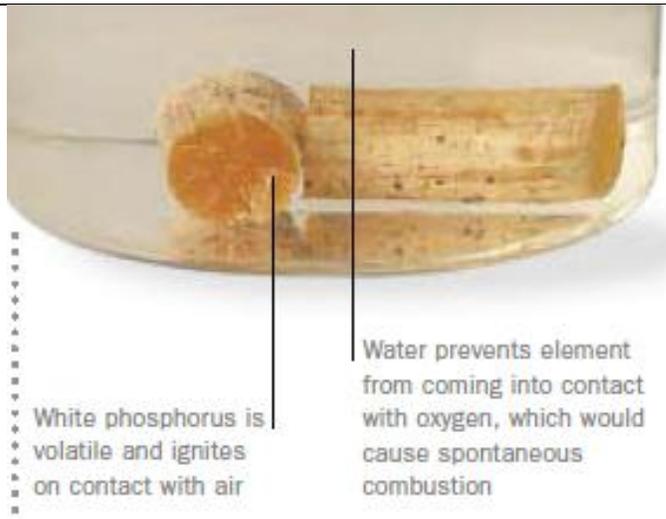
PREPARATION
Once the crystals of barium carbonate have been chemically prepared, they are mixed with lactose sugar and triturated.



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



<p>PHOSPHORUS الفسفور <i>White & yellow</i></p>
<p>Historically, The name is derived from the Greek <i>phosphoros</i>, or “light-bringing,” since the element glows in the dark.</p>
<p>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</p>
<p>USE Poor circulation, Bleeding Digestive disorders, Respiratory illness Burning pains</p>
<p>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.</p>



<p>PLUMBUM MET الرصاص <i>Plumbum metallicum</i> Lead.</p>
<p>Historically widely used since Roman times, its toxicity was not recognized until the 20th century</p>
<p>KEY SYMPTOMS <i>mental dullness • hardening of attitude and state of mind • hardening or thickening of tissues and arteries • extreme chilliness • shooting pains</i></p>
<p>USE <i>Neurological conditions Muscle weakness, Constipation Dupuytren's contracture</i></p>



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

<p>SILICA الرمل <i>Silica, flint, quartz, rock crystal.</i></p>
<p>Historically wide nonmetallic element silicon, which is one of the major elements of Earth's crust and a vital constituent in the structure of plants. In the human body, it strengthens teeth, hair, and in industry in the making of cement and concrete</p>
<p>KEY SYMPTOMS <i>lack of assertiveness and stubbornness • lack of stamina • chilliness, but with offensive-smelling perspiration • susceptibility to recurrent infections</i></p>
<p>USE <i>Skin, teeth, nail & bone conditions Ear, nose & throat conditions Coughs, Digestive disorders, Headaches</i></p>



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

SULFUR الكبريت الاصفر
Brimstone, flowers of sulfur

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

ZINC. MET الزنك
Zincum metallicum

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

APIS نحل العسل

Apis mellifera, Honey bee.

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

KEY SYMPTOMS

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

USE

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

P R E P A R A T I O N

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

P R E P A R A T I O N

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



<p>LACHESIS الأفعى السامة Bushmaster snake, surucucu</p>	
<p>Historically Known as “surucucu” by indigenous South American peoples</p>	
<p>KEY SYMPTOMS zealous temperament • loquacity • conditions that generally appear on the left side • person feels better for expelling discharges</p>	
<p>USE Women’s health Spasms & tremors Poor circulation & varicose veins Sore throat, Heart disorders</p>	
<p>PREPARATION Venom is “milked” from the bushmaster snake before being dissolved in alcohol. The mixture is then repeatedly diluted and succussed.</p>	

<p>LAC CAN لبن الكلب Lac caninum Bitch’s milk</p>	
<p>Historically Since the era of ancient Rome, the milk of nursing female dogs has been put to medicinal use</p>	
<p>KEY SYMPTOMS pain that alternates from side to side • fear of snakes • great sensitivity • lack of confidence • swollen breasts before menstruation • sensitivity to touch</p>	
<p>USE Throat infections, Hypersensitivity Phobias, Breast problems Vaginal bleeding & discharge</p>	
<p>PREPARATION Fresh milk from a nursing mongrel bitch is expressed and diluted in a mix of alcohol and water for the tincture</p>	

MEDORRHINUM

Gonorrhoea. السيلان

Historically Galen, the famous Greek physician active in the 2nd century CE, gave gonorrhoea its name, from gonos, or "seed," and rhoia, or "flow."

KEY SYMPTOMS

behavioral extremes • hurried feeling • extremely passionate nature • person feels better for lying on the abdomen and in the evening

USE

Urinary-tract infections
Women's health
Testicular pain
Genital warts & herpes
Rhinitis, sinusitis & asthma

PREPARATION

Urethral discharge from a male patient infected with gonorrhoea is diluted in purified water and succussed to make the homeopathic remedy.



SEPIA الحبار

Cuttlefish الاخطبوط

Historically Cuttlefish ink, also known as sepia, is used to make a dark brown pigment traditionally used by painters and printers

KEY SYMPTOMS

chilliness • weepiness • irritability • indifference • aversion to sexual intercourse • craving for sour foods

USE

Women's health
Fatigue, Digestive disorders
Headaches, Catarrh, Skin conditions
Poor circulation

PREPARATION

Cuttlefish ink is dried to a crystalline form and then triturated with lactose sugar



SYPHILINUM
Syphilis. الزهري

Historically Legend relates that syphilis takes its name from a 16th-century poem by the Italian poet Fracastoro, which portrayed a shepherd named Syphilus as the first victim of the disease.

KEY SYMPTOMS

compulsive behavior • ulcers and destruction of body tissues • conditions that are worse at night • craving for alcohol

USE

Ulcers, Asthma, Constipation
 Obsessive-compulsive behavior
 Menstrual problems & miscarriage
 Eye inflammation, Headaches



PREPARATION

A swab of the serum that coats a syphilis chancre (ulcer) is first sterilized and dissolved in purified water, then diluted and succussed.

TARENTULA الغناب الصيادة الأرضية
Tarentula hispanica syn. Lycosa tarentula
wolf spider, Spanish spider, hunting spider.

Historically The name “tarentula” is derived from Tarento, a port on the coast of southeast Italy that was particularly associated with the spider

KEY SYMPTOMS

sensitivity to music • mood swings • extreme restlessness • rolling from side to side • promiscuity and heightened libido • craving for spicy foods

USE

Mood swings
 Restless limbs & chorea
 Angina & heart disorders
 Women’s health
 Cystitis



PREPARATION

The whole, live spider is macerated in alcohol and left to dissolve. The resulting solution is then succussed and diluted.

TUBERCULINUM الدرن
Tuberculosis.

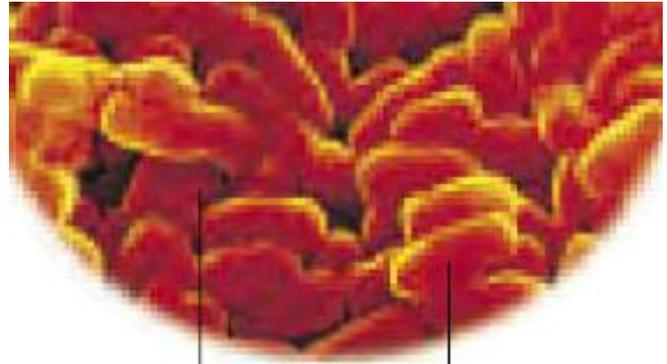
Historically Once a major killer, TB became less common thanks to vaccination, but is now rising again, partly due to the prevalence of HIV.

KEY SYMPTOMS

constant desire for change • irritable, malicious temperament • romantic nature • susceptibility to recurrent respiratory illness • desire for open air

USE

*Coughs & acute bronchitis
Colds
Arthritic pains
Hay fever
Neurotic behavior*



Mycobacterium tuberculosis is bacillus that causes tuberculosis

Bacillus is rod-shaped

PREPARATION

Bacilli from infected tissue or sputum are sterilized, dissolved in purified water, diluted, and succussed.

• *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

