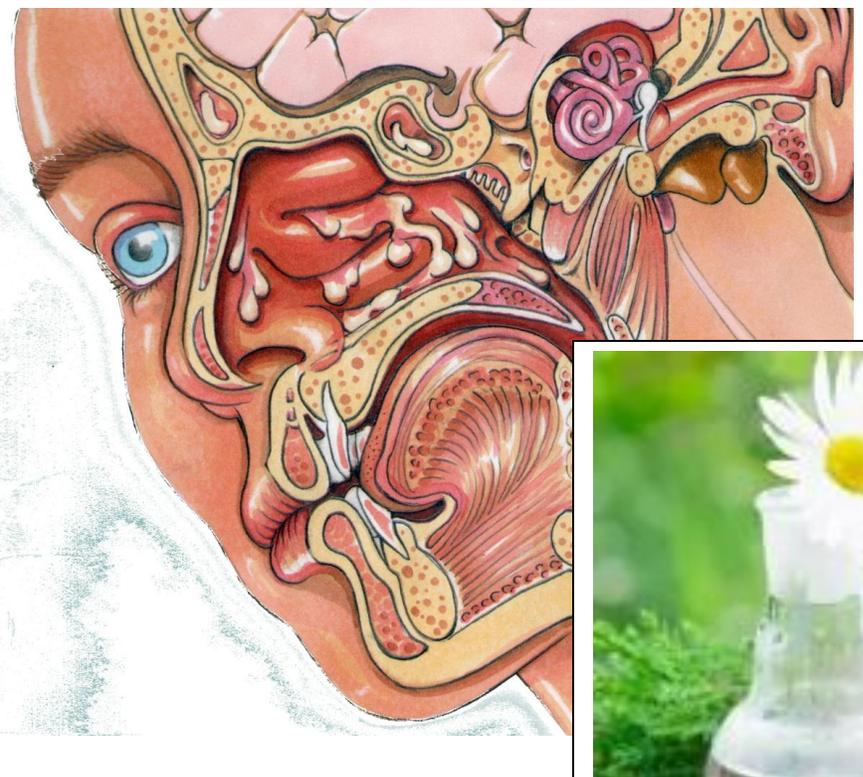


2023

*DR.
MASSOUD
NOTES*



Eye, Ear, Mouth, Nose
Homeopathy
Alternative medicine system



By

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About ACKNOWLEDGMENT

All thanks to ALLAH.

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

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

*To my colleagues
ENT & Ophthalmology speciality*

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 ENT & Ophthalmology pathologies.

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

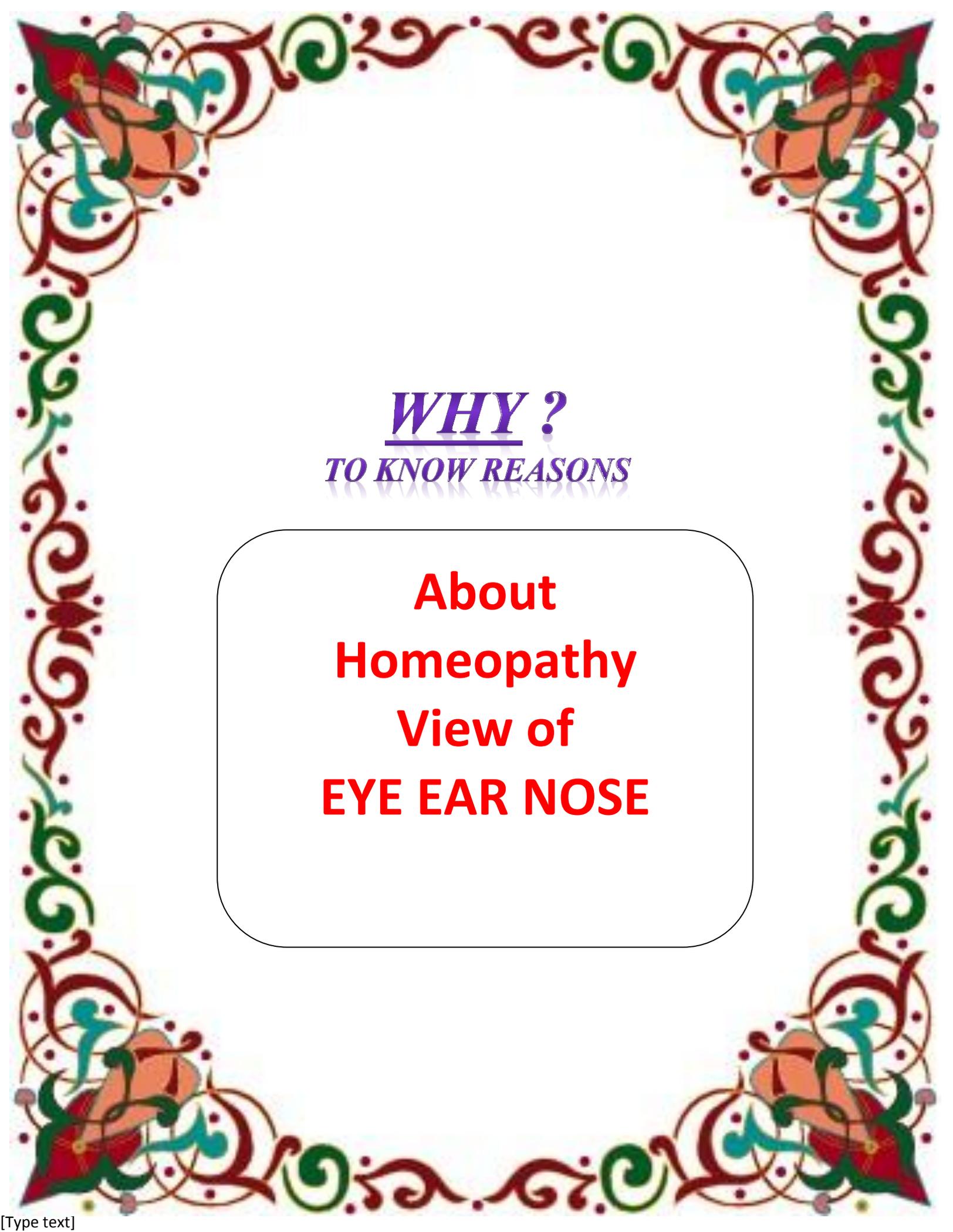
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***Studying Notes Collected from
different sources***

Introduction

- *The aim of the art of medicine is to cure disease; **ENT & Ophthalmology** 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 **ENT & Ophthalmology** 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
EYE EAR NOSE**

ACUTE OTITIS MEDIA

- *Acute otitis media (AOM) is defined as the presence of inflammation in the middle ear accompanied by the rapid onset of signs and symptoms of an ear infection.*
- **INCIDENCE**
 - *The clinic-prevalence of AOM is 35% annually with peaks reported in July and December.*
 - *By the age of 5 years, 80% of all children would have suffered from at least one episode of AOM.*
 - *Otitis media is the cause of nearly 20% of all hearing loss³.*
- **AETIOLOGY**

Typically the disease follows the viral infection of the upper respiratory tract but soon the pyogenic organisms invade the middle ear. Most common organisms responsible for the disease in infants and young children are Streptococcus pneumoniae (30%), Haemophilus influenzae (20%) and Moraxella catarrhalis (12%). Other organisms include Streptococcus pyogenes, Staphylococcus aureus and sometimes Pseudomonas aeruginosa.
- **ROUTE OF INFECTION**
 1. *Via Eustachian tube: most common route, infection travels via the lumen of the tube. Eustachian tube in infants and younger children is shorter, wider and more horizontal so may account for higher incidence of infection.*
 2. *Via External ear: perforation of tympanic membrane due to any cause open a route to middle ear infection.*
 3. *Blood-borne: uncommon route.*
- **RISK FACTORS**
 - *Frequent upper respiratory tract infection*
 - *Prolonged bottle use*
 - *Nasal allergy*
 - *Recurrent ear infection in siblings*
 - *Day care attendance outside home*
 - *Genetic predisposition*
 - *Cleft palate*
 - *Prone sleeping position*
 - *Improper way of breast-feeding*

DIAGNOSIS

- **Clinical presentation**
 - *Ear pain (otalgia)*
 - *Irritability/excessive crying*
 - *Fever*
 - *Cough*
 - *Nasal discharge/stuffiness*
 - *Vomiting*
 - *Loss of hearing*
 - *Rubbing or holding of the ears with crying*
 - *Other complaints: increased pulse rate, malaise, disturbed sleep, loss of appetite, cold symptoms, child become less playful or active and occasional balance problems.*
- **Otoscopy findings**
 - *Opaque, bulging of ear drum,*
 - *Inflamed tympanic membrane/redness of tympanic membrane*

- *Reduced or absent mobility of tympanic membrane*
- *loss of landmarks*

- **Natural history and stages of AOM**

Spontaneous recovery from recurrent acute otitis media is common with increasing age.

AOM symptoms improve within 24 hours without antibiotics in 61% of children, rising to 80% by 2 to 3 days.

However, the disease runs through following stages:

(I) Stage of tubal occlusion: *This is due to inflammatory occlusion of the eustachian tube.*

Patient has a feeling of ear blockage, pain, hearing loss and associated symptoms. Pain may also be referred to the throat or teeth. There is generally no fever.

O/E: *The tympanic membrane is congested and retracted. A pneumatic otoscopy can induce an aggravation of the pain. Tuning fork tests demonstrate a mild-moderate conductive hearing loss.*

(II) Stage of pre-suppurative: *This stage occurs following exudation into the middle ear cleft and gradually starts pushing the tympanic membrane outwards. The intensity of pain increases as does hearing loss which may disturb sleep and pain is of throbbing in nature.*

Usually, child runs high degree of fever and is restless.

O/E: *The tympanic membrane is seen grossly congested with loss of landmarks.*

(III) Stage of suppuration: *As the inflammatory process proceeds, the exudative fluid becomes purulent in nature with polymorphs. The pain at this stage is excruciating.*

Deafness increases, child may run fever of 102-103oF. This may be accompanied by vomiting and convulsion.

O/E: *Otoscopy shows a bulging tympanic membrane and often a pointing may be appreciated. Sometimes a fluid level behind the membrane may be seen.*

(IV) Stage of resolution: *At this stage, if the inflammation persists, the tympanic membrane ruptures at its weakest part and the purulent discharge comes out from this perforation into the external auditory canal. The patient would now present with mucopurulent ear discharge which may be initially blood stained. The otalgia reduces and resolution of symptoms may occur.*

(V) Stage of complication: *If tympanic membrane does not rupture and the inflammation continues, stage of complication occurs. The importance of the first attack of AOM in young children lie in the fact that subsequent long lasting dysfunction of the Eustachian tube may lead to chronic serous otitis media (Glue ear). These complications may range from intra-temporal like mastoid abscess, facial nerve palsy, and labyrinthitis to intra-cranial complications like extra-dural abscess, meningitis, sub-dural abscess, brain abscess etc. The patient's general condition worsens and increasing fever and otalgia are indicative of emergence of complications. In this stage imaging modalities are required to further diagnose and treat. These are also known to progress to chronic phase and can affect the bones of the middle ear and hence cause hearing deficit.*

- **DIFFERENTIAL DIAGNOSIS**

Differential diagnosis includes any condition having otalgia. Common ones include: -

- *Otitis externa*
- *Furunculosis*
- *Impacted wax*
- *Foreign body in the external ear canal*
- *Conditions causing referred otalgia i.e. oropharyngeal and dental infections.*

Earache

- *The common causes of earache include:*
 - *outer ear infection, where the pain is made worse by pulling on the lobe,*
 - *middle ear infection or eustachian tube blockage, where the pain comes on suddenly, and a build-up of ear wax, where the pain comes on gradually.*
 - *Another cause is pressure trauma after air travel, which gives a painful, blocked feeling not relieved by swallowing.*
 - *Earache with pains in the jaw, teeth, face or throat may be caused by dental problems, sinusitis or a throat infection.*
 - *Earache accompanied by a discharge of blood is usually a sign of an acute infection.*
- *Ears should be treated with care and should not be poked. Any wax in the ear can be cleared by running warmed olive oil gently into the canal, until it is full. The oil should be kept in the ear for about ten minutes, then allowed to run out. Insects and other objects may also be cleared using this method. Do not attempt to clear wax during an infection.*
- *Be cautious about the home homeopathic treatment of earache, as untreated infection can cause scarring and serious damage to the hearing.*
- *As a general rule, homeopathic treatment should only be used in uncomplicated earache, when there is inflammation but no evidence of discharge. In these cases, or when the earache is recurrent, the following remedies can be used while professional advice is being sought.*

Travel Sickness

Travel sickness includes seasickness and airsickness, and is a distressing condition caused by the rhythmic or irregular movements associated with travelling. Symptoms range from simple nausea or headache to vomiting and collapse. Influences likely to improve the condition are fresh air, and freedom from smells of petroleum, cooking and tobacco. A tea made from fresh ginger root often relieves.

Vertigo

Vertigo, otherwise known as giddiness, is the sensation of moving around in space, or of having objects moving about the person. It is due to a disturbance of the balancing apparatus in the ear, and may be caused by middle-ear disease, spinal misalignment, infectious disease, low blood pressure, or toxic conditions from smoking, excess alcohol or environmental pollutants. It is a side effect of many drugs.

SINUSITIS

- *Sinusitis is an inflammation of the mucosa lining the paranasal sinuses. The medical term is "rhinosinusitis" ("rhino-" meaning "nose"), because it affects the mucous membranes lining the nose and the sinuses (which are air-filled spaces located behind the forehead, nasal bones, cheeks, and eyes in the skull)*
- **AETIOLOGY**
 - *Exciting Causes*
 - *Nasal allergies*
 - *Nasal infections*
 - *Swimming and diving*
 - *Trauma*
 - *Dental infections*
 - *B. Predisposing causes*
 - 1. *Local:*
 - *Obstruction of the sinus ostia*
 - *Nasal Packing*
 - *Deviated nasal septum*
 - *Hypertrophic turbinates*
 - *Nasal polypi*
 - *Benign or Malignant neoplasm.*
 - *Congenital anatomical abnormality of the nose and sinuses causing inflammatory edema of the sinus mucosa as from common cold,*
 - *Decreased mucociliary activity.*
 - 2. *General:*
 - a) *Environment: Sinus is common in cold and wet climate. Atmospheric pollution, smoke, dust and overcrowding also predispose to infection.*
 - b) *Poor general health: Recent attacks of exanthematous fever (like measles, chickenpox, whooping cough etc.), nutritional deficiency, systemic disorder (diabetes, immune deficiency syndromes)*
 - c) *Hereditary.*

The underlying causes of acute sinusitis are diverse and include viruses, bacteria, fungi, and allergies. Viral infections are a common cause of acute sinusitis. Most individuals resolve the infection spontaneously and only a small proportion develops a secondary bacterial infection. Acute bacterial rhino sinusitis (ABRS) is generally diagnosed in the presence of more than 7-10 days of nasal discharge. The most common bacteria are Streptococcus pneumoniae, Haemophilus influenzae, Moraxella catarrhalis, Group A beta-hemolytic streptococci and Staphylococcus aureus. Anaerobes predominate in rhino sinusitis of dental origin, and fungi and Pseudomonas aeruginosa in immunocompromised patients.
- **INCIDENCE**
 - *The incidence of acute sinusitis ranges from 15 to 40 episodes per 1000 patients per year; it is much more common in adults than it is in children, whose sinuses are not fully developed.*
 - *Maxillary sinusitis is the most common type of sinusitis, followed by ethmoidal, frontal and sphenoidal sinusitis.*
 - *Dental infection may cause 5-10% of cases of maxillary sinusitis.*

- **RISK FACTORS**

- Allergic rhinitis or hay fever
- Cystic fibrosis
- Going to day care
- Diseases that prevent the cilia from working properly
- Changes in altitude (flying or scuba diving)
- Large adenoids
- Smoking
- Weakened immune system from HIV or chemotherapy

- **TYPES**

- Acute sinusitis is when symptoms are present for 4 weeks or less.
- It is caused by bacteria growing in the sinuses.
- Sub-acute is when the symptoms last for 4-8 weeks.
- Chronic sinusitis is when swelling and inflammation of the sinuses are present for longer than 3 months.
- Recurrent sinusitis is when there are several attacks within a year.

- **SYMPTOMS**

The symptoms of acute sinusitis in adults very often follow a cold that does not get better or that gets worse after 5 - 7 days.

Symptoms include:

- Symptom of common cold persist beyond 10 days
- Nasal stuffiness and discharge
- Facial pain on pressure is felt depending on sinus involved:
 - Maxillary sinus pain is often perceived as being located in cheeks or upper teeth.
 - Ethmoid sinus pain is perceived between the eyes or in retroorbital region
 - Frontal sinus pain is perceived above the eyebrow
 - Sphenoid sinus pain is felt in the upper half of the face or retroorbital radiating to occiput.
- Fever
- Headache
- Bad breath or loss of smell
- Cough, often worse at night
- Pressure-like pain, pain behind the eyes, toothache, or tenderness of the face
- Sore throat and postnasal drip
- Fatigue and general feeling of being ill
- **Chronic rhino sinusitis (CRS)** refers to a condition when inflammation lasts twelve (12) weeks or longer and causes at least two or more of the following signs and symptoms:
 - ✓ Mucopurulent drainage (anterior, posterior, or both)
 - ✓ nasal obstruction (congestion),
 - ✓ facial pain-pressure-fullness, or
 - ✓ decreased sense of smell
 - ✓ purulent (not clear) mucus or edema in the middle meatus or ethmoid region,
 - ✓ polyps in nasal cavity or the middle meatus, and/or
 - ✓ radiographic imaging showing inflammation of the paranasal sinuses
 - ✓ Recurrent acute rhino sinusitis Four (4) or more episodes per year.

- **bacterial sinusitis**

- Facial pain or pressure (requires a second major criterion to constitute a suggestive history)

- Headache
- Facial congestion or fullness
- Nasal congestion or obstruction
- Nasal discharge, purulence or discoloured postnasal drainage
- Hyposmia or anosmia
- Fever (for acute sinusitis; requires a second major criterion to constitute a strong history)
- Cough
- Purulence on intranasal examination
- Ear pain, pressure or fullness

● **PHYSICAL EXAMINATION**

Physical examination should include:

- A thorough and complete general and head and neck examination (including the orbit, extra ocular motility, the response of the pupils, vision, and cranial nerve function).
- Palpation and/or percussion over the frontal sinuses, cheeks (maxillary sinuses), and medial orbit (ethmoid sinuses).
- The nasopharynx should be assessed for postnasal drip and obstruction caused by adenoid hypertrophy, choanal atresia, malignancy, polyps, and septal deviation.
- Nasal examination including anterior rhinoscopy with a good light source looking for edema, erythema, crusting, purulent secretion, and presence of a foreign body.
- Bend the patient's head forward (when sitting) and holding it at knee level for 45–60 seconds can elicit a sensation of fullness and pain at the involved sites (compliance in young patients may be difficult).
- Endoscopic examination performed by an otolaryngologist may localize pus within the nasal cavity directing the examiner to the involved sinus(es); bacterial cultures can also be obtained; however, the specimens may contain nasal mucosal flora.
- Transillumination is infrequently utilized because the findings do not always correlate with the disorder, and reproducibility between observers is poor.

Signs of sinus infection that can be observed by physical examination are:

- Mucopurulent nasal or posterior pharyngeal discharge.
- Erythematous nasal mucosa that can be pale and boggy.
- Signs of throat infection that can be associated with mal-odorous breath.
- Acute otitis media can be present in association with acute bacterial rhino sinusitis.
- Facial tenderness is inconsistent and nonspecific.
- Periorbital edema with skin discoloration may be present, especially with ethmoid sinusitis.
- Upper molar teeth pathology may be the source of maxillary sinusitis.

INVESTIGATIONS

1. X-ray examination of Paranasal sinuses: Water's view is taken for better visualization of maxillary sinuses. Caldwell's view is ideally suited for frontal sinuses. Sub-mento-vertical view is ideally suited for Sphenoid sinuses. Lateral view can help in distinguishing various pathologies of frontal sinuses. Oblique view helps in demonstrating posterior ethmoidal air cells and optic foramen.

Following features indicate bacterial infection

- Radiologic opacity
- Air-fluid level
- Sinus mucosal thickening-more than 4 mm

2. Transillumination of the sinuses: Press a light source against the patient's upper cheek, close to nose. Ask the patient to open his mouth widely and look at his palate to see red

spot of light passing through in normal sinuses. No red dot or light would be seen if sinuses are blocked.

3. CT of sinus is more sensitive particularly for ethmoid and sphenoid disease.

Imaging by X-ray, CT or MRI is generally not recommended unless complications develop¹⁴.

Imaging studies utilized for the diagnosis of acute bacterial rhino sinusitis. However, they are non-specific and cannot differentiate viral from bacterial rhino sinusitis. Sinusitis lasting more than 12 weeks (Chronic) a CT scan is recommended.

- **COMPLICATIONS:**

Although very rare, complications may include:

- Abscess
- Bone infection (osteomyelitis)
- Meningitis
- Skin infection around the eye (orbital cellulitis)

- **PREVENTION**

The best way to prevent sinusitis is:

- To avoid colds and flu or treat problems quickly.
- Eat plenty of fruits and vegetables,
- Reduce stress.
- Wash hands often, particularly after shaking hands with others.
- Avoid smoke and pollutants.
- Drink plenty of fluids to increase moisture in body.
- Take decongestants during an upper respiratory infection.
- Treat allergies quickly and appropriately.
- Use a humidifier to increase moisture in nose and sinuses.
- Breathing exercises and Yoga

- **RED FLAG**

- High fever
- Orbital infections like orbital cellulitis or orbital abscess which is indicated by:
 - Fever • Erythema • Conjunctival injection
 - Chemosis • Proptosis • Ophthalmoplegia • Diplopia
- Intracranial Complications like: Meningitis, subdural empyema, epidural abscess and cerebral abscess
- Bony complications like: Pott's puffy tumor, Osteomyelitis and Osteitis.

Hay Fever

Hay fever usually begins as irritation of the nasal membrane, with swelling, dryness, and tickling, culminating in episodes of sneezing. It is quickly followed by smarting, watery eyes, and watery nasal discharge. Symptoms may appear quite suddenly.

A more accurate term for hay fever is allergic rhinitis, as hay is not the only offender. Dusts, pollens from grasses, weeds, trees and flowers, as well as other factors such as fungal spores and animal hair; may also induce it. It may be seasonal or perennial.

Homeopathic treatment based on the hay fever symptoms alone will give relief but not cure, as the fault is usually an allergic response to unavoidable airborne irritants, and represents a deep-seated reactive pattern. The seasonal type is more easily treated, as the symptoms are more acute and more obvious.

Perennial rhinitis is usually little helped by acute remedies; it is best treated by constitutional treatment from a homeopath.

RHINITIS

- *Rhinitis is inflammation of the mucous membrane lining of the nose, characterized by nasal congestion, rhinorrhea, sneezing, itching of the nose, and postnasal drainage.*

- **INCIDENCE**

- *Coryza can occur throughout the year.*
- *Young children have an average of six to seven colds per year but 10-15% of children can have upto 12 infections per year or even more.*
- *In India, 1 out of every 6th person has allergic rhinitis.*
- *Symptoms of cold usually resolve after about one week, but can last up to 14 days, with cough and nasal stuffiness lasting longer than the other symptoms.*

- **AETIOLOGY**

Rhinitis especially acute may be caused by various factors like:

- *Viral (adeno, picorna and its sub groups such as rhinovirus, coxsackie, ECHO, Influenza viruses- H1N1, H2N2, H5N1 etc., B or C;*
- *Bacterial (pneumococcus, streptococcus, staphylococcus, Moraxella catarrhalis)*
- *Irritative agents like dust, smoke, irritative gases.*

Recurrent attacks of acute rhinitis in the presence of predisposing factors leads to chronicity.

These factors include: persistence of nasal infections due to sinusitis, tonsillitis and adenoids; irritation from dust, smoke, cigarette smoke, industrial irritants; prolonged use of nasal drops; endocrinal or metabolic factors like hypothyroidism, lack of exercise; genetic predisposition; racial dominance; emotional upsets; nutritional deficiency of vitamin A, D and iron; autoimmunity; exposure to hot, dry, dusty environments.

Rhinitis may also be caused by exposure to allergens like pollen from trees and grasses, mold spores, house dust, debris from insects or house mite in patients with a genetic predisposition.

Risk factors for allergic rhinitis include a family history of atopy, serum IgE > 100 IU/mL before age of 6 years, higher socioeconomic class, and presence of a positive allergy skin prick test.

- **COMPLICATIONS**

- *Recurrent sinusitis*
- *Nasal polypi*
- *Serous otitis media*
- *Orthodontic problems or other ill effects of prolonged mouth breathing*
- *Bronchial asthma*

- **DIFFERENTIAL DIAGNOSIS**

- *Measles*
- *Bronchiolitis*
- *Pneumonia*
- *Whooping cough*
- *Acute bronchitis*

Nosebleeds

The immediate treatment for a nosebleed is to sit the patient upright, and apply cold water or ice to the root of the nose to stop bleeding. The nose should not be blown, and can be pinched at the soft part near the root to constrict the blood vessels. Excessive bleeding after a blow, or bleeding that does not cease, should receive allopathic examination.

TYPES		CLINICAL PRESENTATION		DIAGNOSIS	
				PHYSICAL EXAMINATION FINDINGS	
ACUTE RHINITIS		<ul style="list-style-type: none"> Burning sensation at the back of nose Tickling sensation in nose Sneezing Running nose initially this is watery and profuse but may become mucopurulent due to secondary invasion. Nasal stuffiness/ congestion Cough Postnasal drainage 		<ul style="list-style-type: none"> Nasal mucosa is pale in color. Turbinates may be swollen 	
<ol style="list-style-type: none"> 1. Viral Common cold Influenzal Rhinitis Rhinitis associated with exanthemas 		<ul style="list-style-type: none"> Headache Loss of smell Low grade fever 			
<ol style="list-style-type: none"> 2. Bacterial 3. Irritative 		<ul style="list-style-type: none"> Nasal obstruction Nasal discharge: mucoid, mucopurulent, thick, viscid Post nasal drainage Foul smell from nose with marked anosmia (<i>Atrophic Rhinitis</i>) esp. seen in females of pubertal age group Nasal obstruction even with unduly wide chambers(<i>Atrophic Rhinitis</i>) Unilateral affections with discharge of cheesy offensive material from nose (<i>Rhinitis caseosa</i>) 		<ul style="list-style-type: none"> Nasal mucosa is dull red in color Swollen turbinates which pit on pressure and shrink with application of vasomotor drops (<i>Chronic simple Rhinitis</i>), donot pit on pressure (<i>Hypertrophic Rhinitis</i>) Hypertrophy of turbinates Greenish or grayish black crusts in the cavity which cause bleeding on attempt to remove (<i>Atrophic Rhinitis</i>) Atrophy of nasal turbinates with unduly wide chambers (<i>Atrophic Rhinitis</i>) Impairment in hearing tests Small and underdeveloped paranasal sinuses with thick walls (<i>Atrophic Rhinitis</i>) Removal of crusts causes ulceration, epistaxis and even perforation. 	
CHRONIC RHINITIS					
<ol style="list-style-type: none"> 1. Chronic simple Rhinitis 2. Hypertrophic Rhinitis 3. Atrophic Rhinitis 4. Rhinitis sicca 5. Rhinitis caseosa 		<ul style="list-style-type: none"> No age or sex predilection. May start in infants as young as 6 months or older people. Usually the onset is at 12-16 years of age. Seasonal nasal allergy presents as paroxysmal sneezing, 10-20 sneezes at a time, nasal obstruction, watery nasal discharge and itching in nose. Perennial nasal allergy isn't that severe. Present as frequent colds, persistently stuffy nose, and loss of sense of smell due to mucosal oedema, post nasal drip, chronic cough and hearing impairment. 		<ul style="list-style-type: none"> Nasal signs: transverse nasal crease; swollen turbinates; presence of thin, watery, mucoid discharge. Ocular signs: oedema of lids, cobblestone appearance of conjunctiva, dark circles under the eyes (allergic shiners). Otologic signs: retracted tympanic membrane or serous otitis media as result of eustachian tube blockage. Pharyngeal signs: granular pharyngitis due to hyperplasia of submucosal lymphoid tissue. Laryngeal signs: hoarseness of voice, oedema of vocal cords. 	
ALLERGIC RHINITIS					
VASOMOTOR RHINITIS		<ul style="list-style-type: none"> Paroxysmal sneezing: Bouts start just after getting out of bed in the morning. Excessive rhinorrhoea Nasal obstruction: which alternates from side to side Post nasal drip 		<ul style="list-style-type: none"> Nasal mucosa over the turbinates is generally congested and hypertrophic. May be normal in some cases. 	

Catarrh

- *Catarrh is the excessive discharge of mucus from any mucous membrane, but most commonly the nose, sinuses and lungs. it is the attempt by the body to protect itself against invasion by pathogens, as a reaction against irritation, and to rid itself of toxic wastes that are not being properly eliminated by the kidneys, bowel or skin.*
- *Homeopathy regards chronic catarrh as a symptom of general body toxicity, which should be treated by deeper acting, more constitutional remedies. The following remedies.*

Colds

- *The common cold is known medically as coryza, an inflammation of the nasal mucosa, and is considered by allopaths to be due to a virus. The symptom picture normally goes through a number of stages as the disorder progresses.*
- *Its symptoms are sneezing, discharge from the nose and eyes, and often sore and reddened eyes. It differs from influenza in that there is no bone pain, less prostration, and less sweat.*
- *In homeopathic treatment the color and effect of the discharges are important, as well as the influences that make the disorder better or worse.*

Stages

1 Mucous membrane inflammation and pain. Discharge is absent or minimal.

2 Running of the nose, clear and more profuse, changing to white as the disorder progresses. Eye involvement.

Sneezing.

3 Discharge thickening in texture, and moving from white to yellow.

4 Discharge yellow to yellow-green.

Influenza

Influenza is a highly infectious disease, associated with a number of viruses. It often has symptoms very similar to those of colds, such as sneezing and streaming eyes, but influenza is more widespread in its symptoms: it usually begins with a sudden fever of short duration, with headache, prostration, severe pain in the body, chill and lassitude. Aches and pains in the bones and joints are prominent. Inflammation of the respiratory passages follows, with sneezing, cough, catarrh and hoarseness.

Tonsillitis

Tonsillitis is an inflammation of the tonsils, and may be either acute or chronic. It occurs mainly during winter, with a sudden onset, pain in swallowing, chilliness and fever. The tonsils become enlarged and often show a white exudation. Tonsillitis may involve the glands of the throat, which also become tender and swollen. Most cases resolve easily, although there is always a risk of complication. If a membrane forms in the throat diphtheria is to be feared and allopathic treatment should be sought. In the early stages, gargling water with a few drops of tea tree oil added often helps, but do not swallow.

Sore Throat

Sore throat is a blanket term that covers disorders of several organs. it must always be treated with attention, as it may be the first symptom in the development of other disorders, such as tonsillitis, laryngitis, pharyngitis or diphtheria, that carry additional risk of complication. If homeopathic treatment does not improve a sore throat, allopathic advice should always be sought.

Cold Sores

- *Cold sores are an infection of the herpes simplex virus, showing usually as itching, burning blisters*

inside the mouth and on the lips, chin or cheeks. When ruptured the blisters leave a thin, yellowish crust, often with broken skin or fissures, that is very prone to secondary infection. While the symptoms may clear up after 5-10 days, the virus is not destroyed, but incubates until conditions are ripe for recurrence.

- Triggering factors for recurrence include stress, emotional trauma and any general lowering of resistance.

Mouth Ulcers

Mouth ulcers can be very painful and they can have an obscure cause. They can come in crops or singly, can be infrequent or recurrent. They may accompany thrush, and may become infected.

Toothache

Decayed teeth should always receive dental care, especially if infection is suspected. If there is throbbing, swelling of the gum or face, and a rise, in temperature, an infection or abscess may be developing.

Bad Breath

- Bad breath can have many causes, including decayed teeth, sinus problems, tonsillitis, bronchitis, indigestion, constipation, liver trouble, and strong smelling ingredients in the diet such as garlic.
- It usually occurs as part of a broader symptom picture, but a few remedies are helpful.

Hoarseness And Loss Of Voice

- Hoarseness is caused by inflammation or infection of the larynx or vocal cords.
- It is commonly due to
 - shouting or straining the voice, heavy smoking, or from a cold, sore throat or cough.
- Loss of voice is more commonly caused by vocal overuse than by infection.

Conjunctivitis

- Conjunctivitis is the inflammation of the tissue lining the eyelid and eye, due usually to cold, irritation or infection.
- It is often accompanied by redness of the eyeball, gushes of tears or a yellow discharge, particularly noticeable in the mornings. The eyes may be cleaned using cotton wool moistened with cool boiled water, working from the inner corner of the eye outwards.
- A fresh pad should be used on each eye, to limit infection. If the condition does not resolve after several days, allopathic advice should be sought.

Styes

Styes are an infection of the pores of the skin of the eyelid. They look like a boil, occur at the roots of eyelashes and can be very painful.

Neuralgia and Nerve Pain

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. It occurs anywhere in the body, but most notably in the trigeminal nerve of the face. Osteopathic or chiropractic treatment should always be considered.

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.*

Ear / Nose / Throat malignancy Symptoms Signs

Odynophagia Lump or ulcer

Deafness

Hoarse voice/dysphonia

Blocked nose, nasal discharge

(?bloody), sputum (?bloody)

- *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>
---------------------------	-----------------------

Glandular Fever

Glandular fever is otherwise known as infectious mononucleosis, and is a vital disease affecting children, teenagers and adults. It most often occurs in adolescents and those passing through growth spurts, emotional stress or in other ways being at a low ebb. It begins as an influenza-type illness, with fatigue, headache and aching muscles, and is usually followed by a fever and swollen glands. There is often a sore throat that does not respond to antibiotics. A measles-like rash is common in the first two weeks; there may also be jaundice and abdominal pain later. The illness is infectious from just before the symptoms appear until the fever and sore throat are gone. Glandular fever can last from several weeks to many months. Episodes of debility, sweat and fever can occur sporadically during this time.

Scarlet Fever

Scarlet fever is otherwise known as scarlatina. It is a bacterial (streptococcal) disease and it has an incubation period of 1-7 days, average 2-5. The active stage is over as soon as the fever is gone usually about seven days. The disease is most common in late winter and early spring. Symptoms vary a great deal, from nothing but a sore throat and swelling of the lymph nodes of the neck, to fever with purulent exudation from the tonsils, nausea, vomiting and headache. The bright red rash usually appears on the second day, first behind the ears, and rapidly spreads, being most intense in the folds of the arms and legs. The face is not affected by the rash, although it is usually flushed, and the region around the mouth is pale. The tongue shows a characteristic strawberry appearance, usually furred. The rash usually fades after 7 days, and the skin peels, especially on the palms and soles. Complications are rare, but include suppurative earache, sinusitis and suppuration of the lymph glands of the neck.

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,

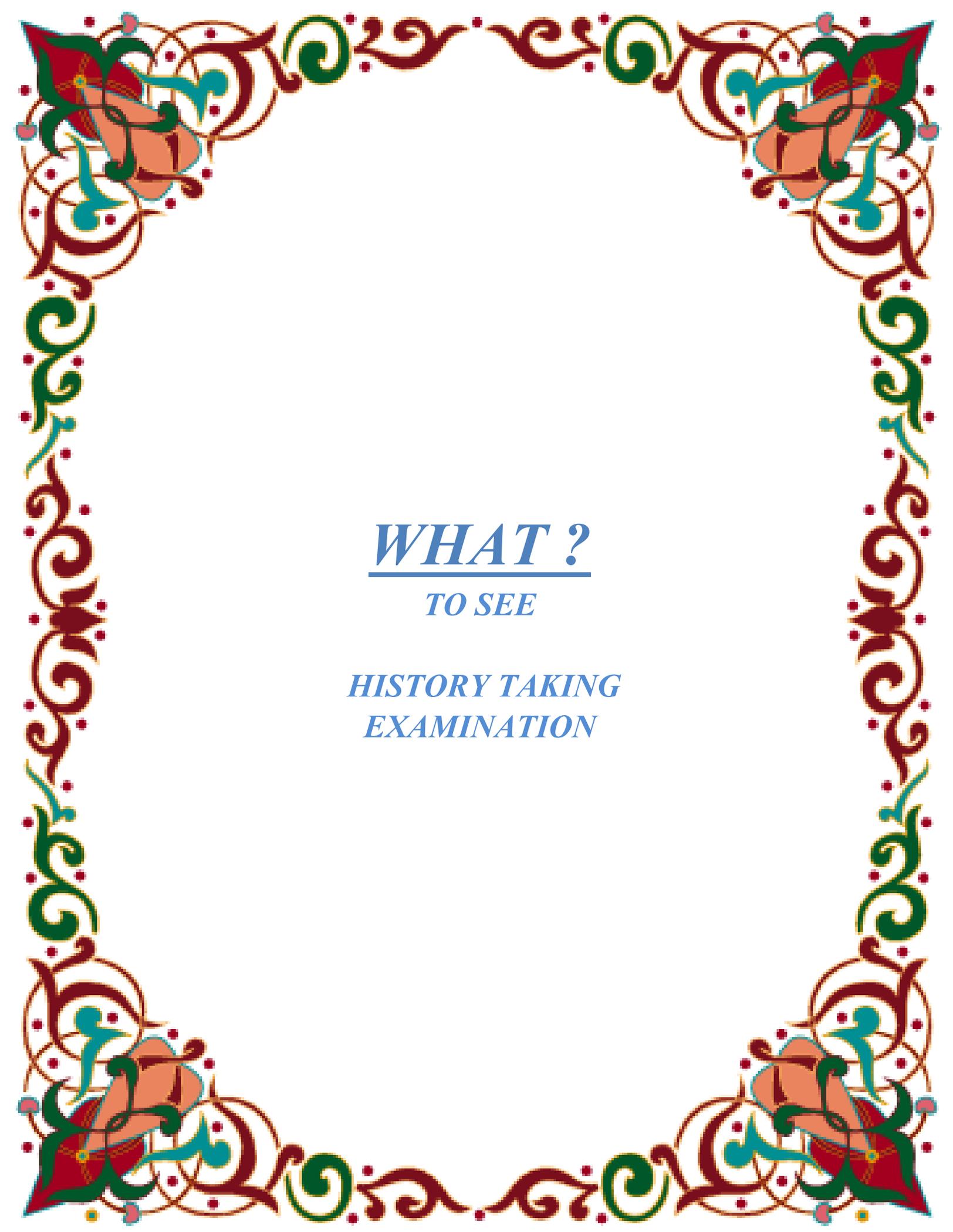
Menopause >> natural transition in life, so homeopathy just remove symptoms

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**

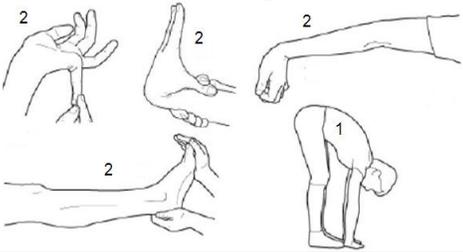
- *Time management: ability to set realistic goals, plan and organize projects, cope with deadlines, and delegate tasks.*
- *Success in maintaining a balance between work and play, and between work and family.*
- *Stress management: opportunities to relax, and ability to control stressful situations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

1.	Greating / define yourself/thanks																			
2.	Exposure																			
3.	Systemic examination >> (Fever, Mind(sleep), hair, head, eyes, ears, nose, mouth, throat, chest, abdomen, kidneys, rectum, back, extremities, skin, clothes)																			
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	Beighton scoe 6/9 (2 thumb/2 fingers/2 elbow/2 knee/1 spine) 																			
7. Look (4D)	A: Alignment (position joint in body) S: Symmetry (compare other side) m. wasting S: Skin (scar: site/traumatic or surgical/ heal 1 st or 2 nd) swelling: site/size/shape/surface/consistency sinus: site/infection/discharge/ulcerate/surround)																			
8. Feel	T: Temperature T: Tender points (bone/soft) / Truck: crepitus																			
9. Move	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">Active</td> <td rowspan="6" style="text-align: center; vertical-align: middle;">m.power →</td> <td>0</td> <td>No contraction</td> </tr> <tr> <td>Passive</td> <td>1</td> <td>Flicker or trace of contraction</td> </tr> <tr> <td></td> <td>2</td> <td>Active movement, with gravity eliminated</td> </tr> <tr> <td></td> <td>3</td> <td>Active movement against gravity</td> </tr> <tr> <td></td> <td>4</td> <td>Active movement against gravity and resistance</td> </tr> <tr> <td></td> <td>5</td> <td>Normal power</td> </tr> </table>	Active	m.power →	0	No contraction	Passive	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
Active	m.power →	0		No contraction																
Passive		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	Neuro: sensory/motor/reflexes Vascular: a. whole limb/Cap.refill/duplex																			

WHEN ?

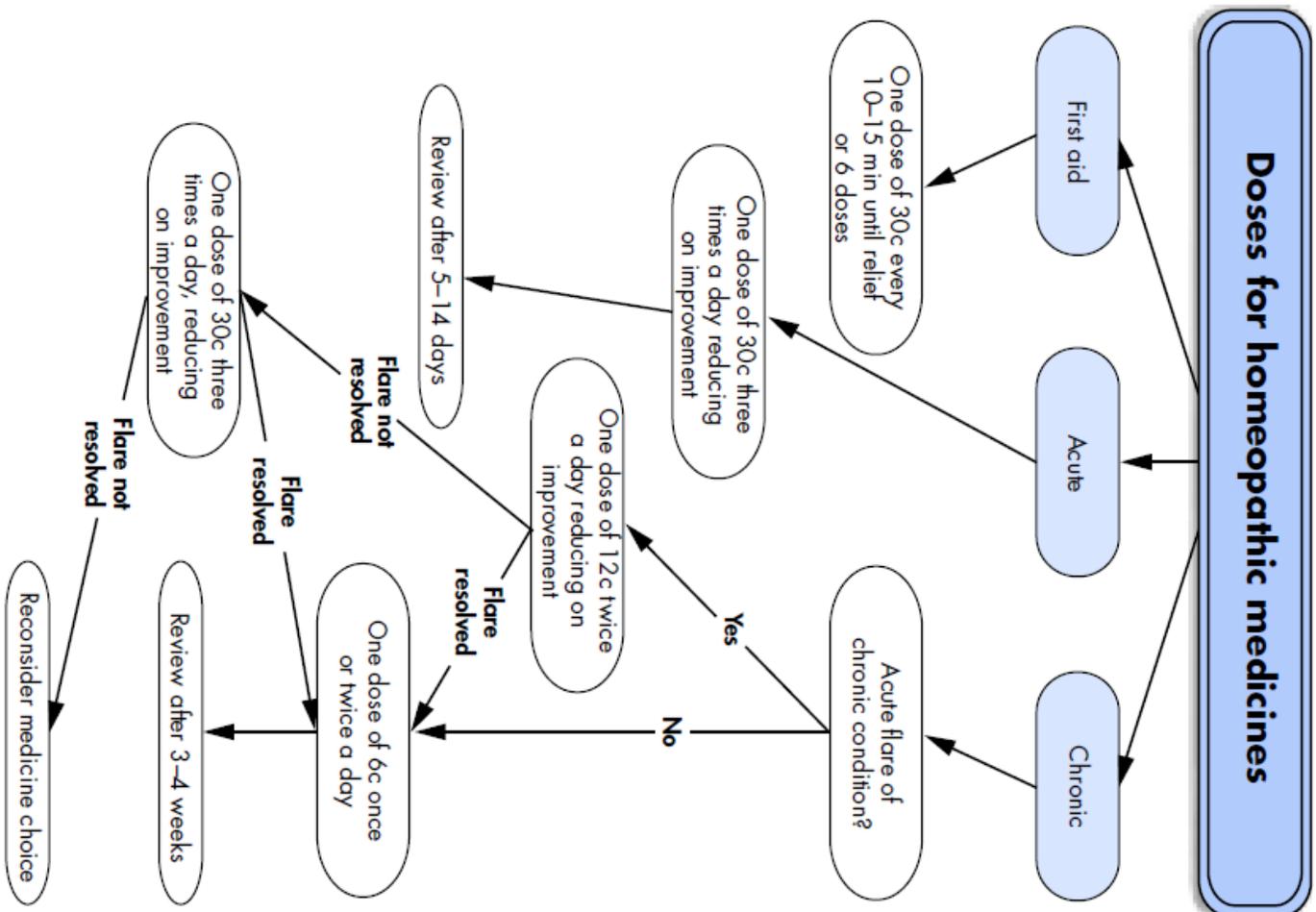
TO DECIDE

**Algorithms
for treatment
Acute & Chronic
cases**

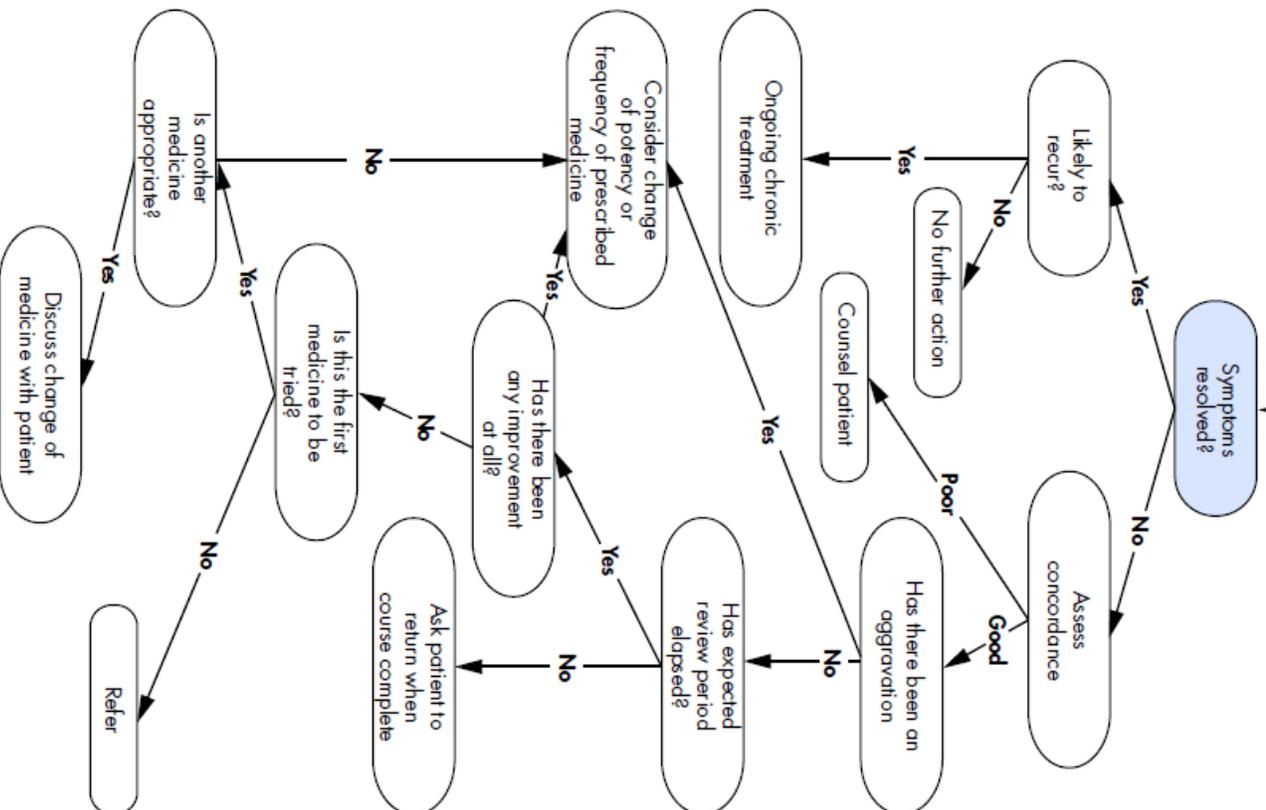
About Repertory

Generating a prescription

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



Following up homeopathic treatment



Outcome card.

• How my symptoms have changed •

	Much worse	-3	-2	-1	0	+1	+2	+3	+4	Much better	
e.g. Day	-4	-3	-2	-1	0	+1	+2	+3	+4		Notes
1											
2											
3											
4											
5											
6											
7											
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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.

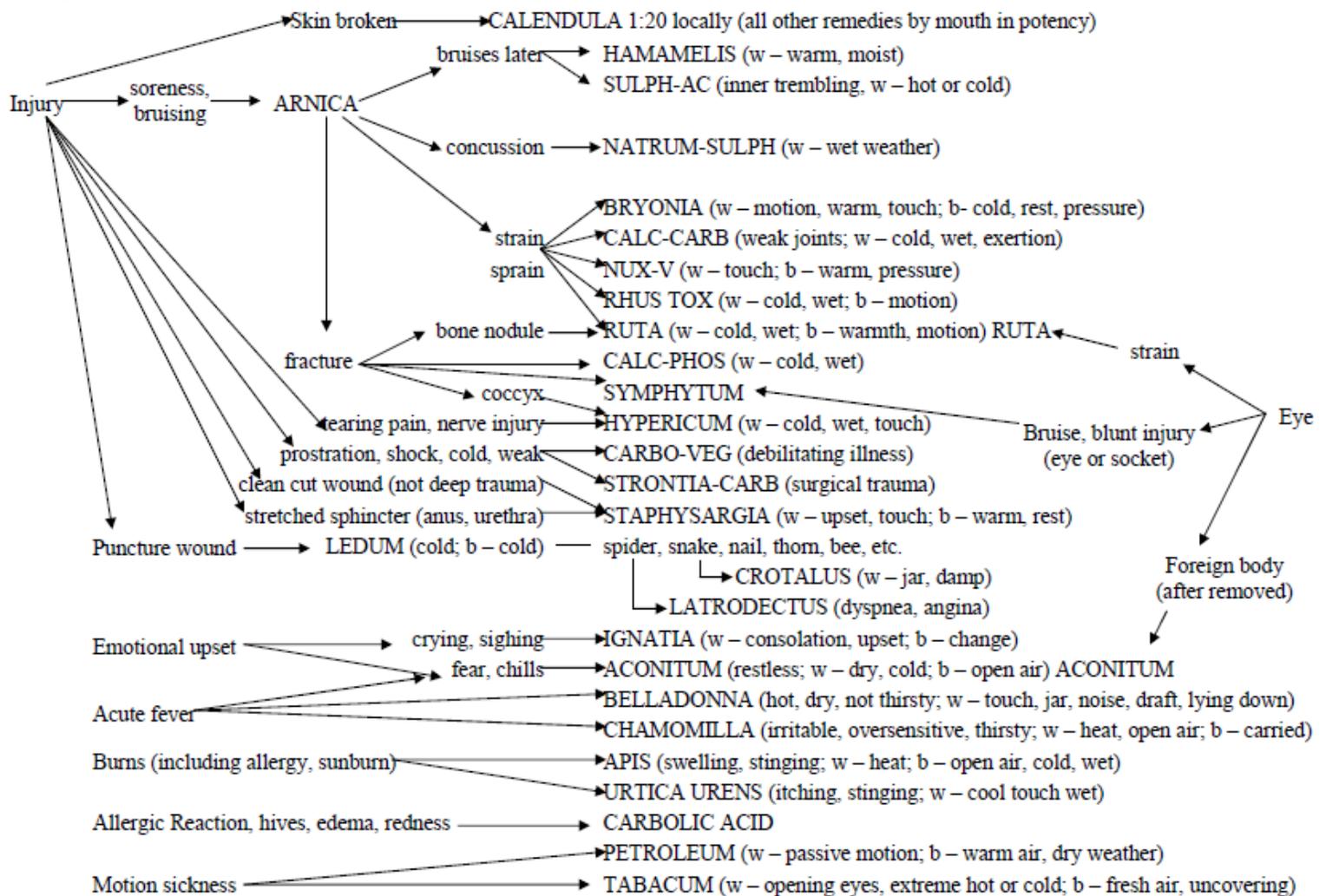
Side-effects

- **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

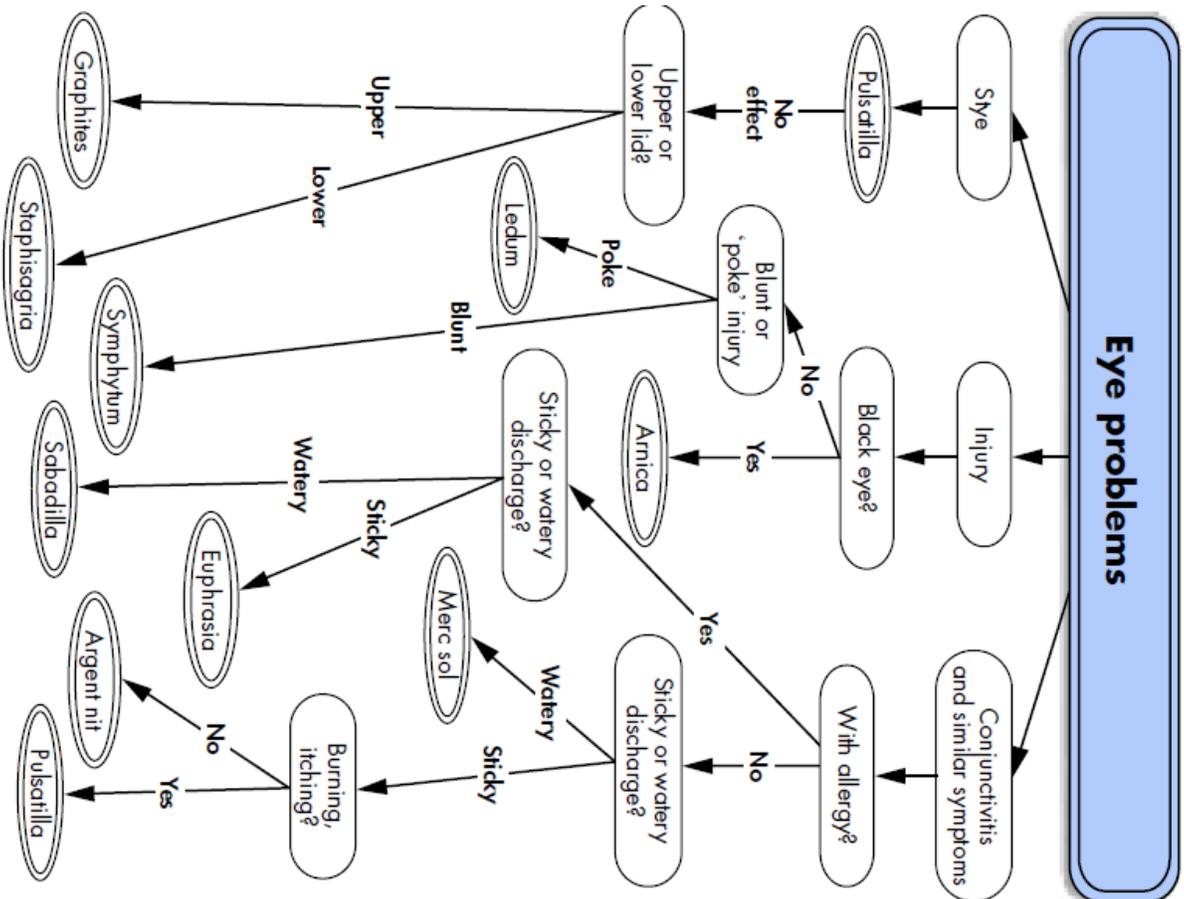
(w = worse, b = better)



Eye problems

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

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

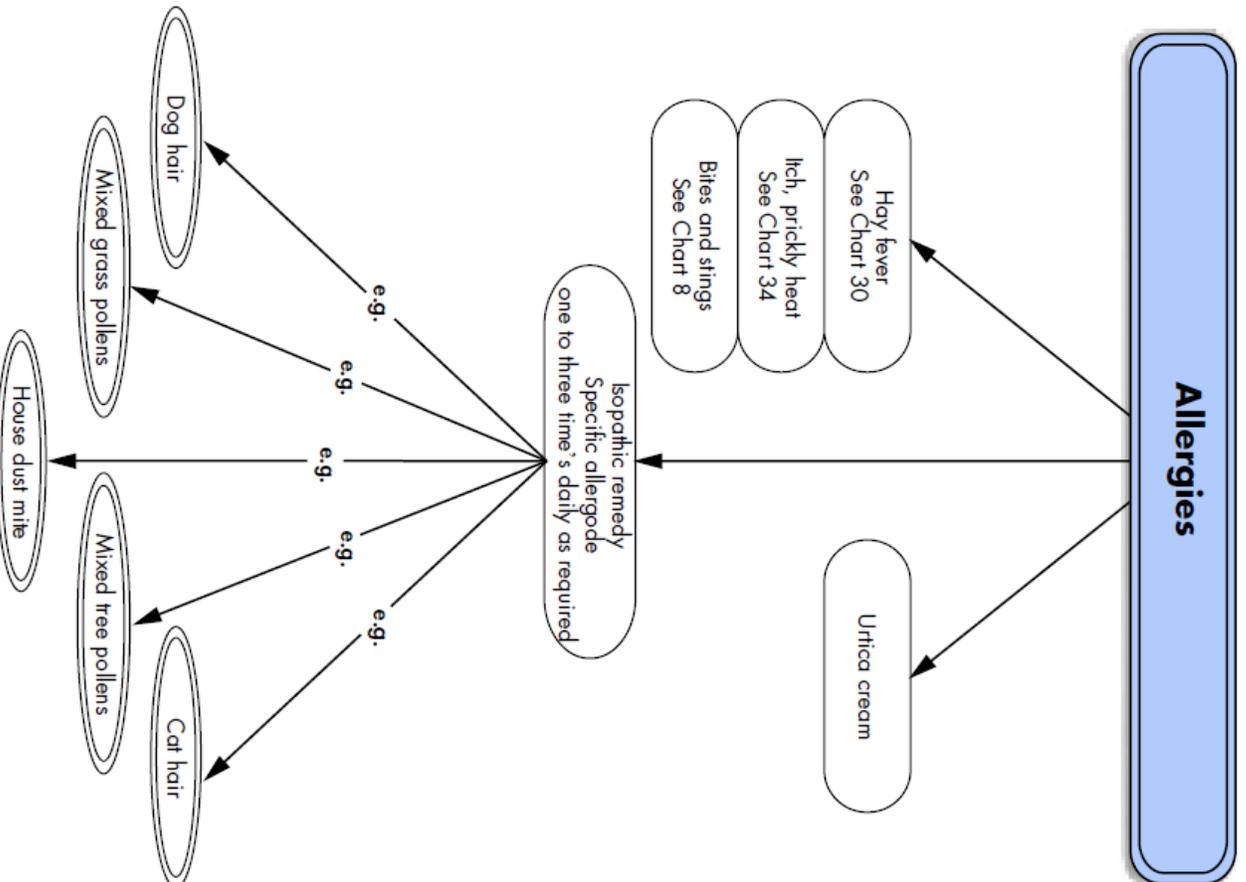


Allergies

There are three ways of approaching the treatment of allergies:

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

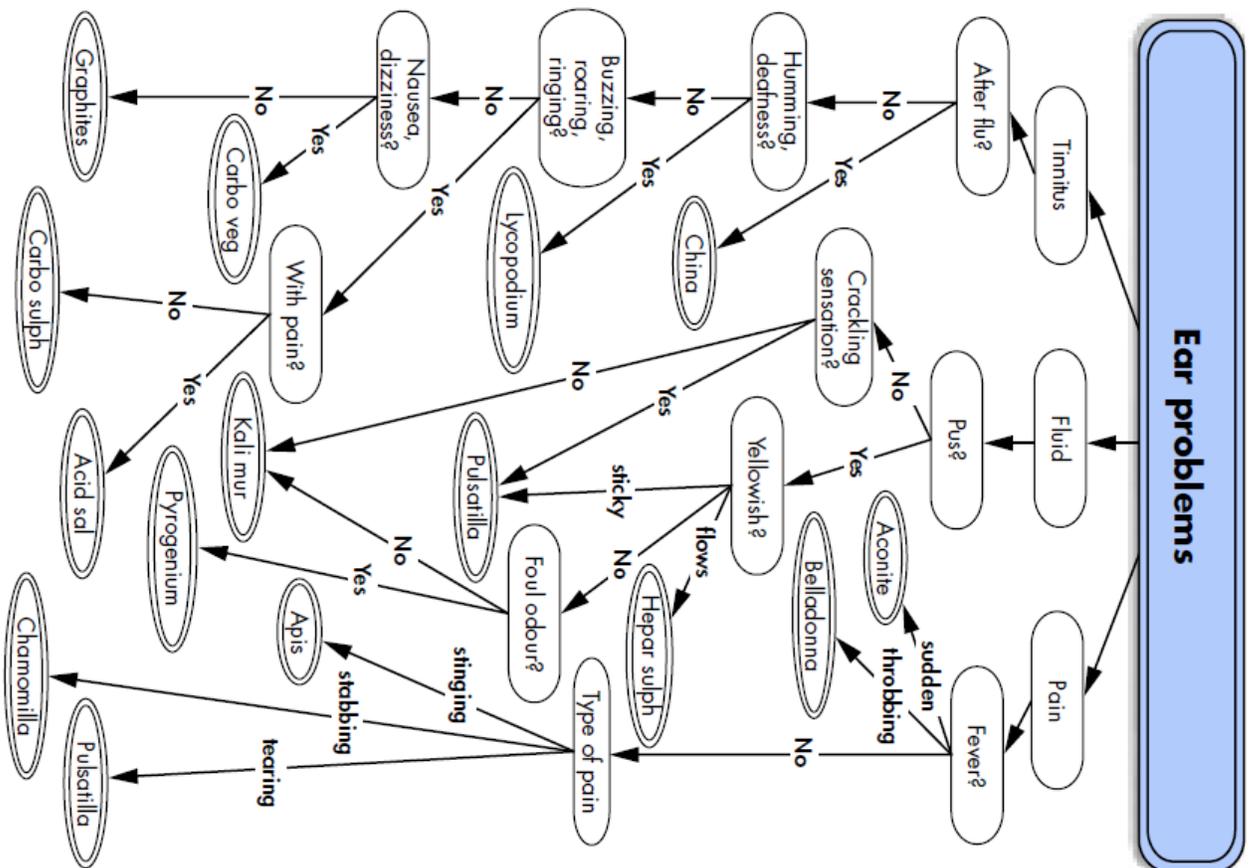
Topical Urtica cream may provide an option if the patient presents with an urticarial type of rash.



Ear problems

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

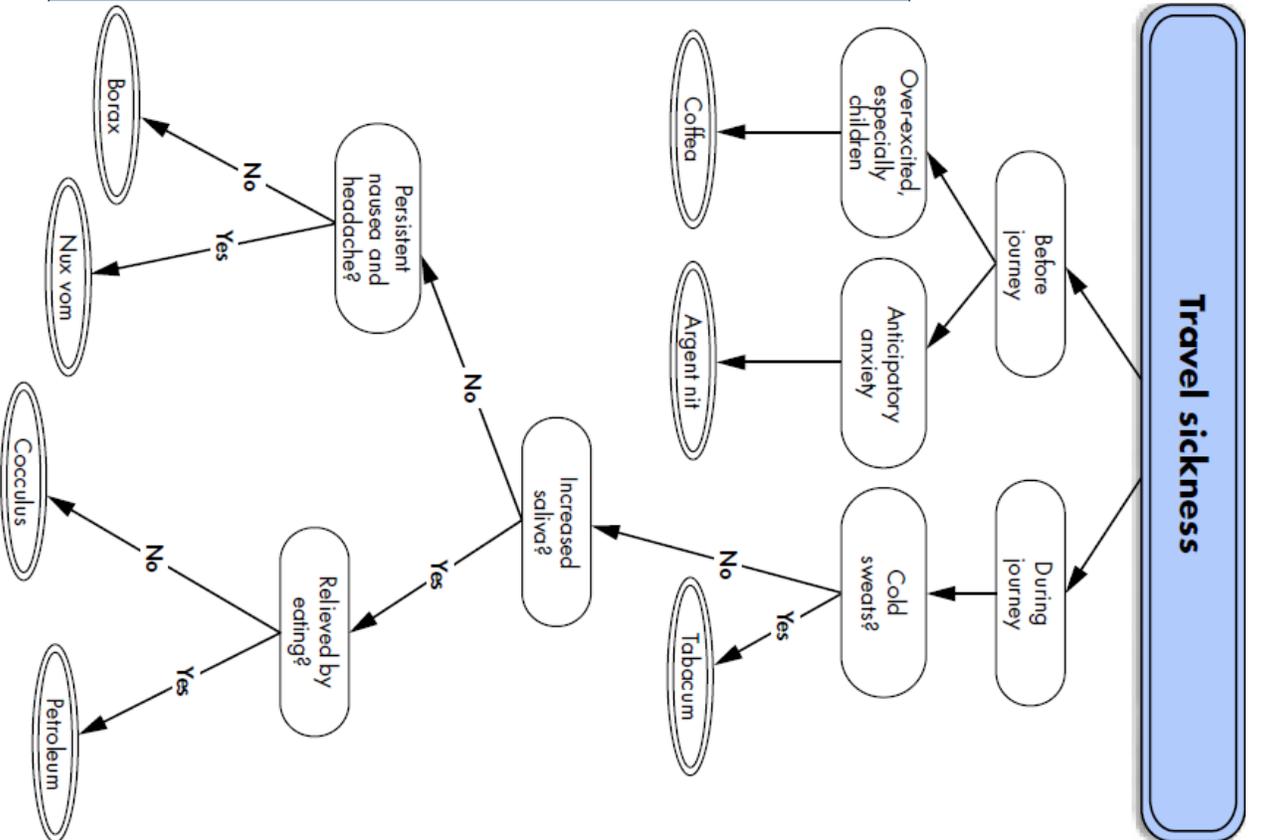
Homeopathic medicine	Better	Worse	Other
Aconite	In open air	In warm room and lying on affected side	External ear often hot, red and swollen. Very sensitive to noise
Acid sal	None recorded	Night and in cold air	Deafness with vertigo
Apis	In open air	Heat	External ear red and inflamed
Belladonna	After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



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

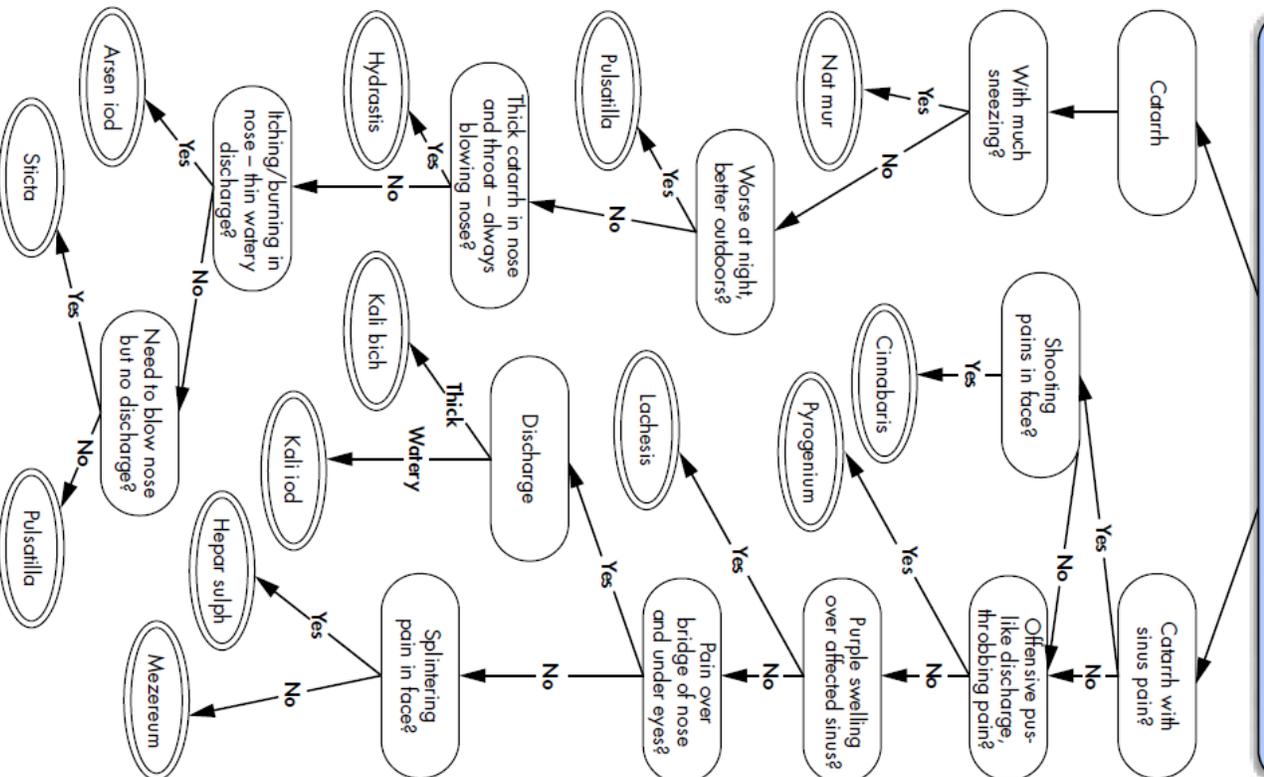


Catarrh and sinus problems

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

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

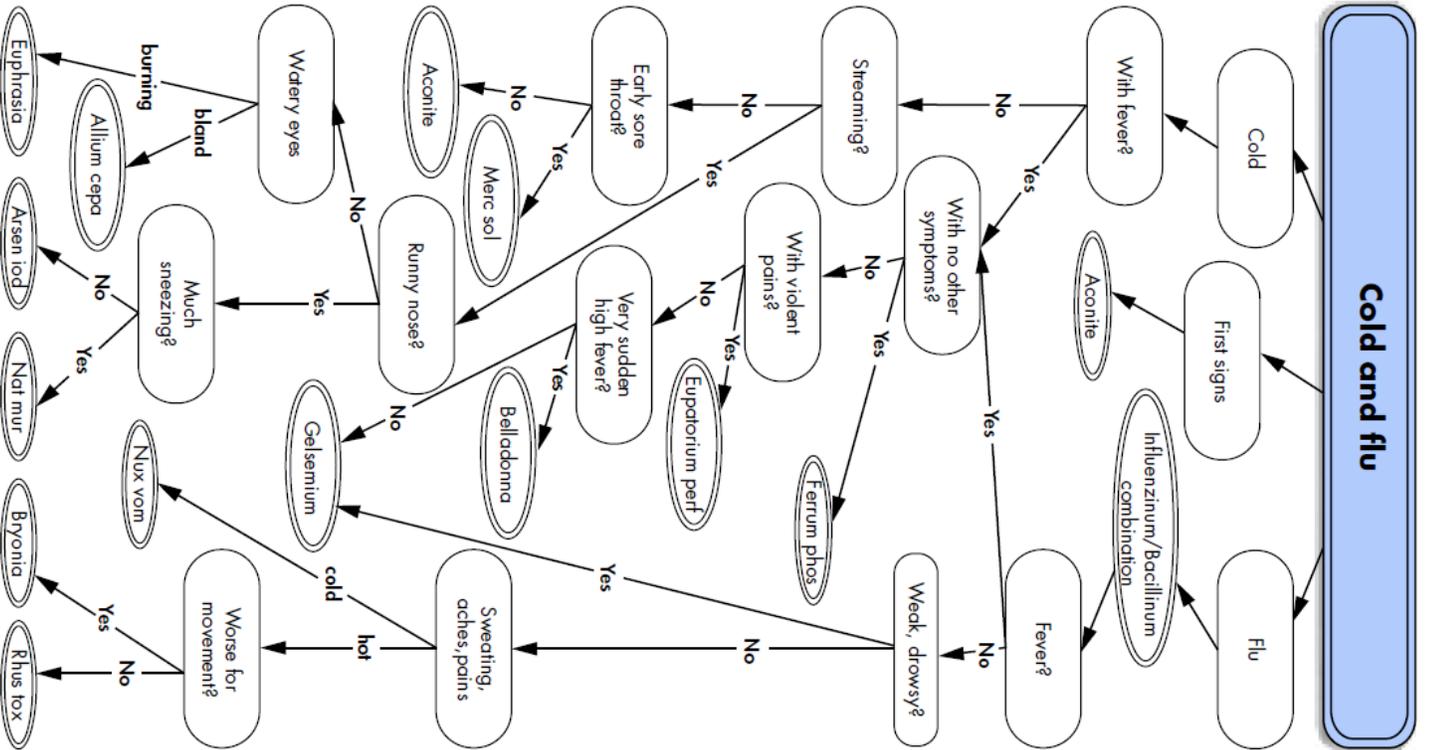
Catarrh and sinus problems



Cold and flu

- For prevention – Influenzinum/Bacillinum combination sarcocde once daily on same day each week, increasing to od every day if at risk and tds if experiencing acute symptoms.
- If appropriate, herbal Echinacea can be very valuable to boost the immune system – 825 mg daily (adult dose).
- Inhalations and rubs may be used concurrently but should be avoided within 30 minutes of homeopathic treatment.

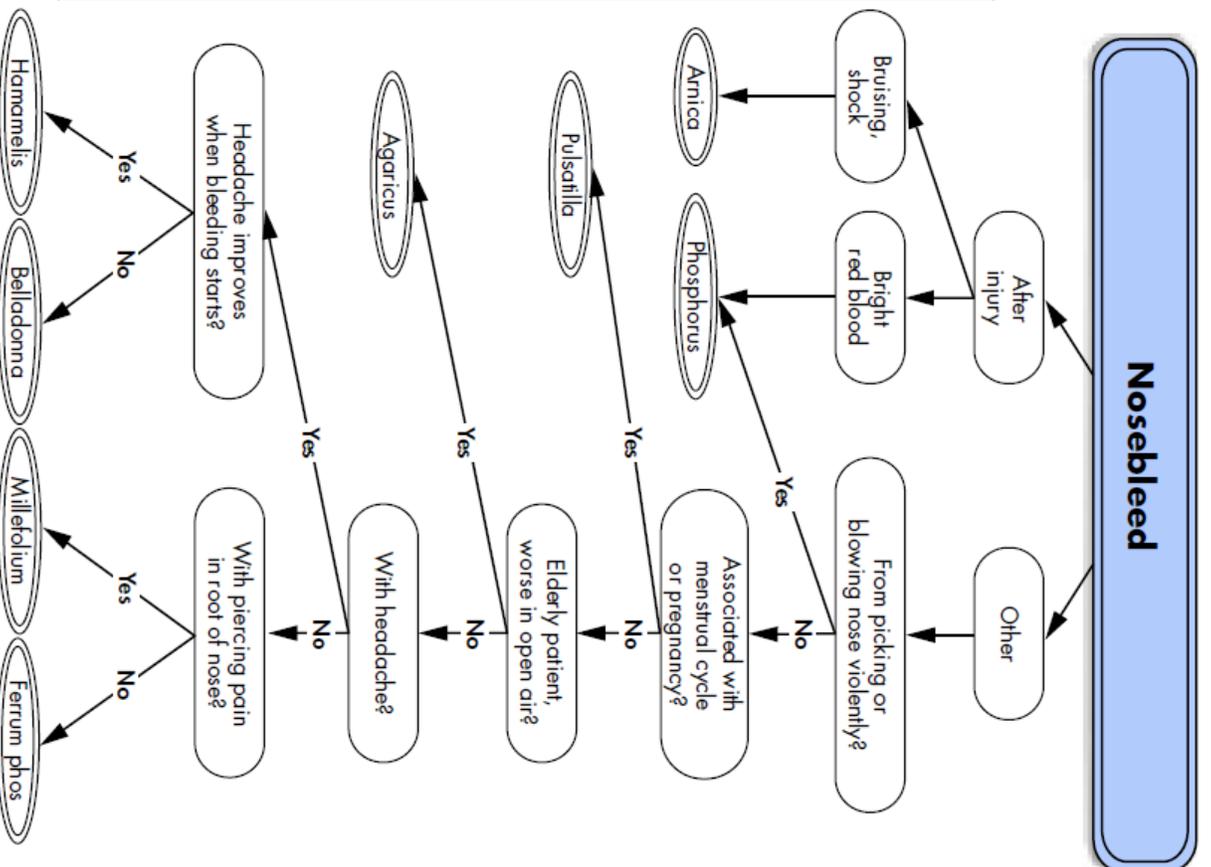
Homeopathic medicine	Better	Worse	Other
Aconite	In open air	In warm room and at night	Red inflamed eyes, coryza. Swollen tongue. Sore throat. Hoarse, croupy cough
Allium cepa	In open air and cold room	In evening in warm room	Acrid nasal discharge and bland eye secretions. Eyes red. Headache
Arsen iod	Open air and after food	In dry weather and exertion	Slight hacking cough. Thin watery discharge from nose
Belladonna	Sitting up	Touch and noise and lying down	Hot and flushed appearance. Nasal coryza. Tickling dry cough
Bryonia	Rest and cold	Warmth and motion	Coryza with headache
Eupatorium perf	Lying on back	In cold air	Coryza with sneezing. Hoarseness and cough
Euphrasia	In cool	In evening and for warmth	Eye symptoms, acid lacrimation, bland coryza. Frequent yawning
Ferrum phos	Lying down	Night and with cold and motion	Tickling cough, sore chest, sore throat. Prone to nose bleed
Gelsemium	In open air	Damp weather and excitement	Difficulty in swallowing, halitosis
Merc sol	Moderate temperature and rest	Worse at night and warm room and warm bed	Bluish, red, sore throat. Thick discharge from eyes. Back pain
Nat mur	In open air	In warm room and lying down	Fluent coryza, 1-3 days then stopped-up nose, burning in eyes
Nux vom	After sleep	In the morning	Nose stuffed up especially at night. Eyes sensitive to light
Rhus tox	Change of position and stretching of limbs	During sleep at night	Sore throat, sneezing and coryza especially after getting wet. Dry cough



Nosebleed

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

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

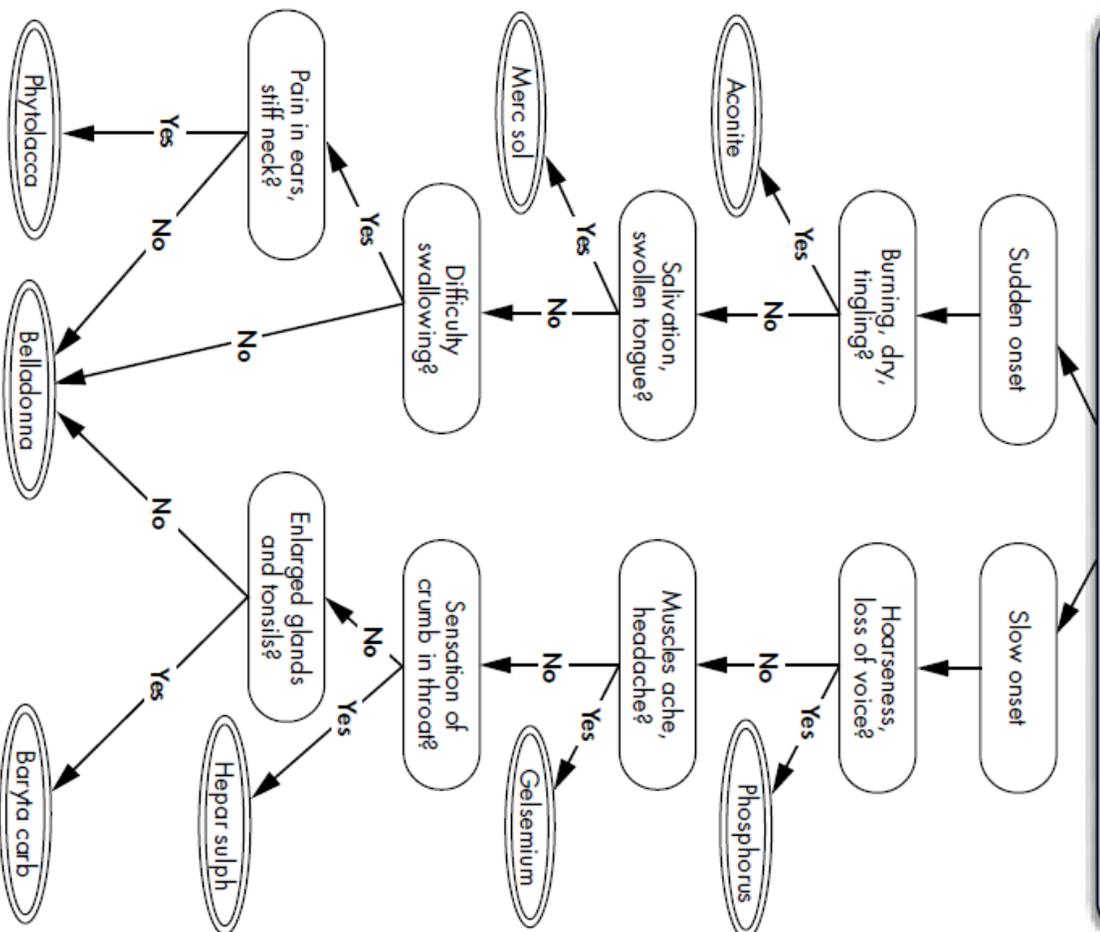


Sore throat

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

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

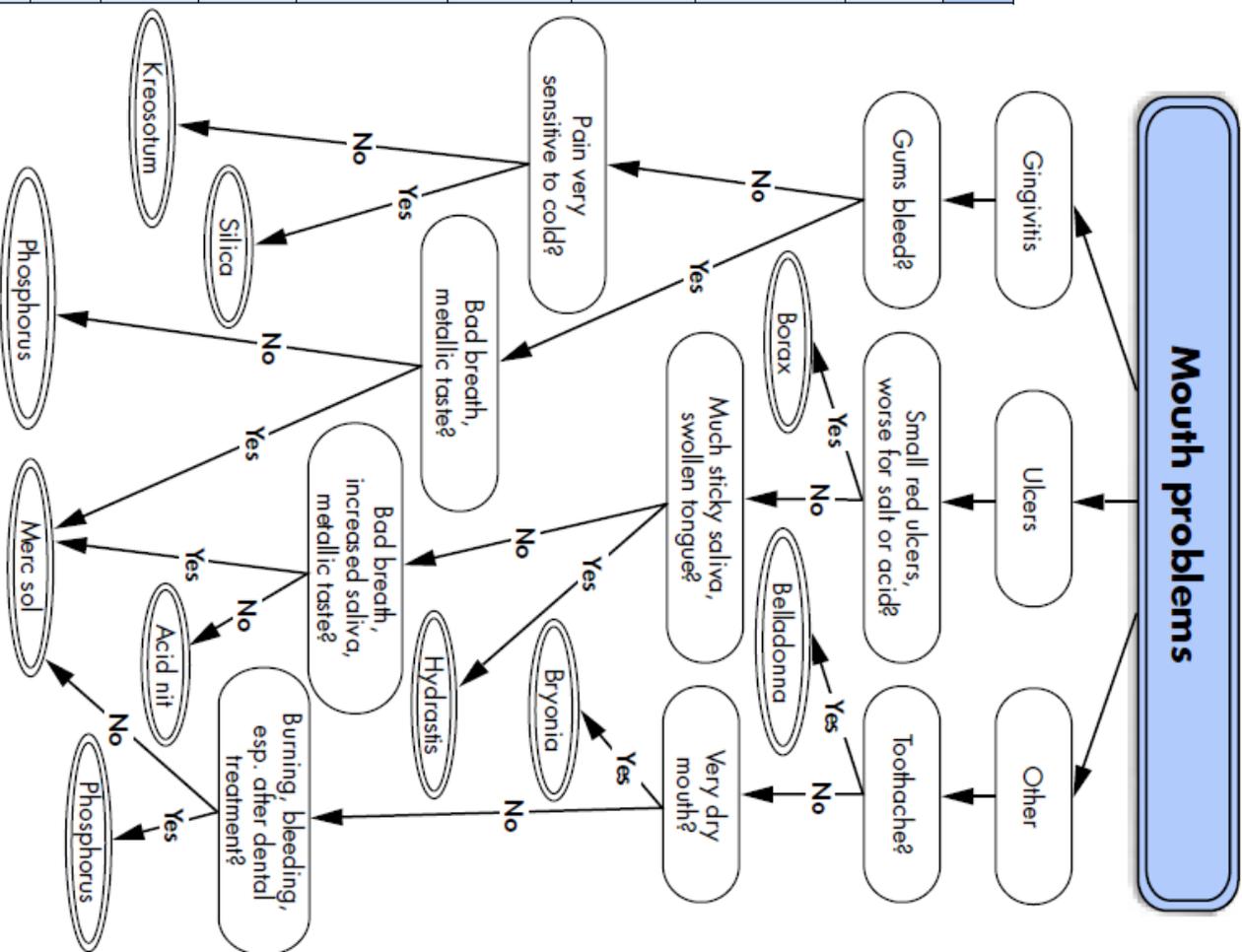
Sore throat



Mouth problems

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

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

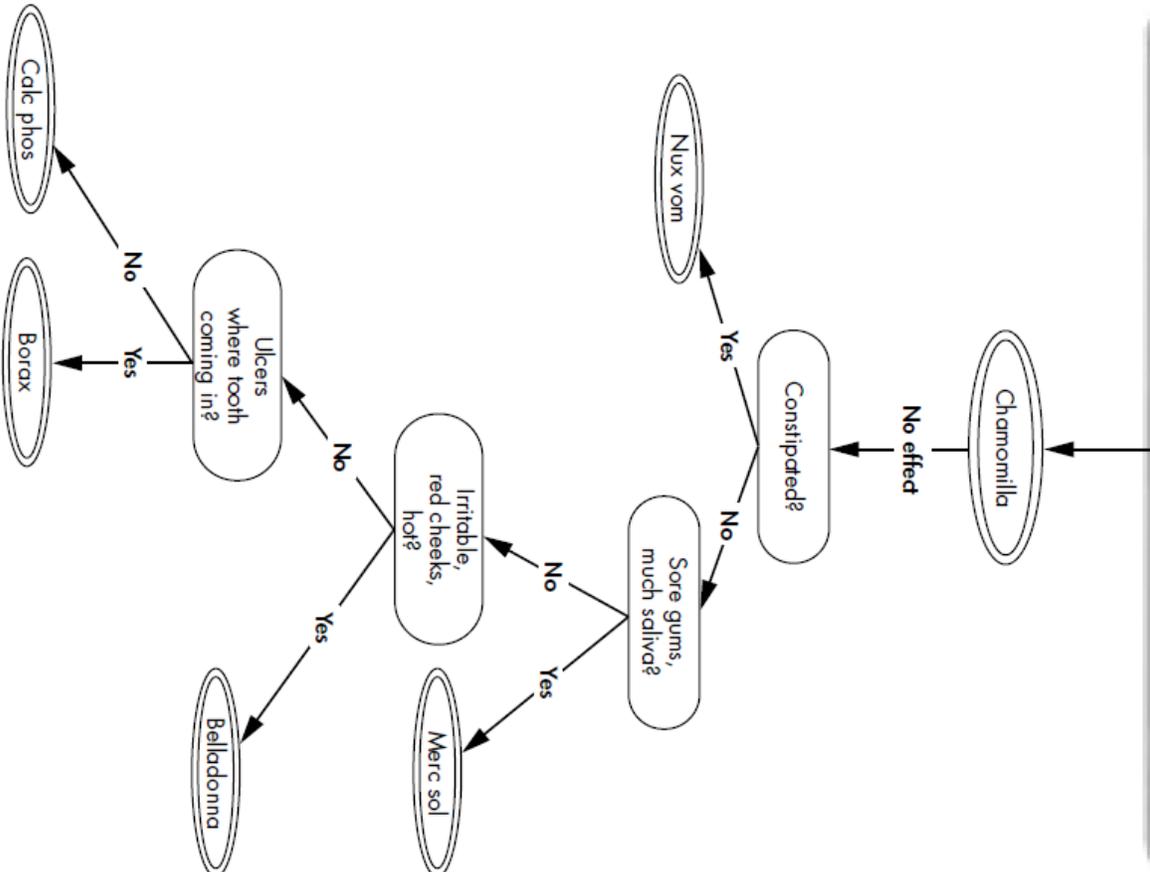


Teething

- EMM – Chamomilla.

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

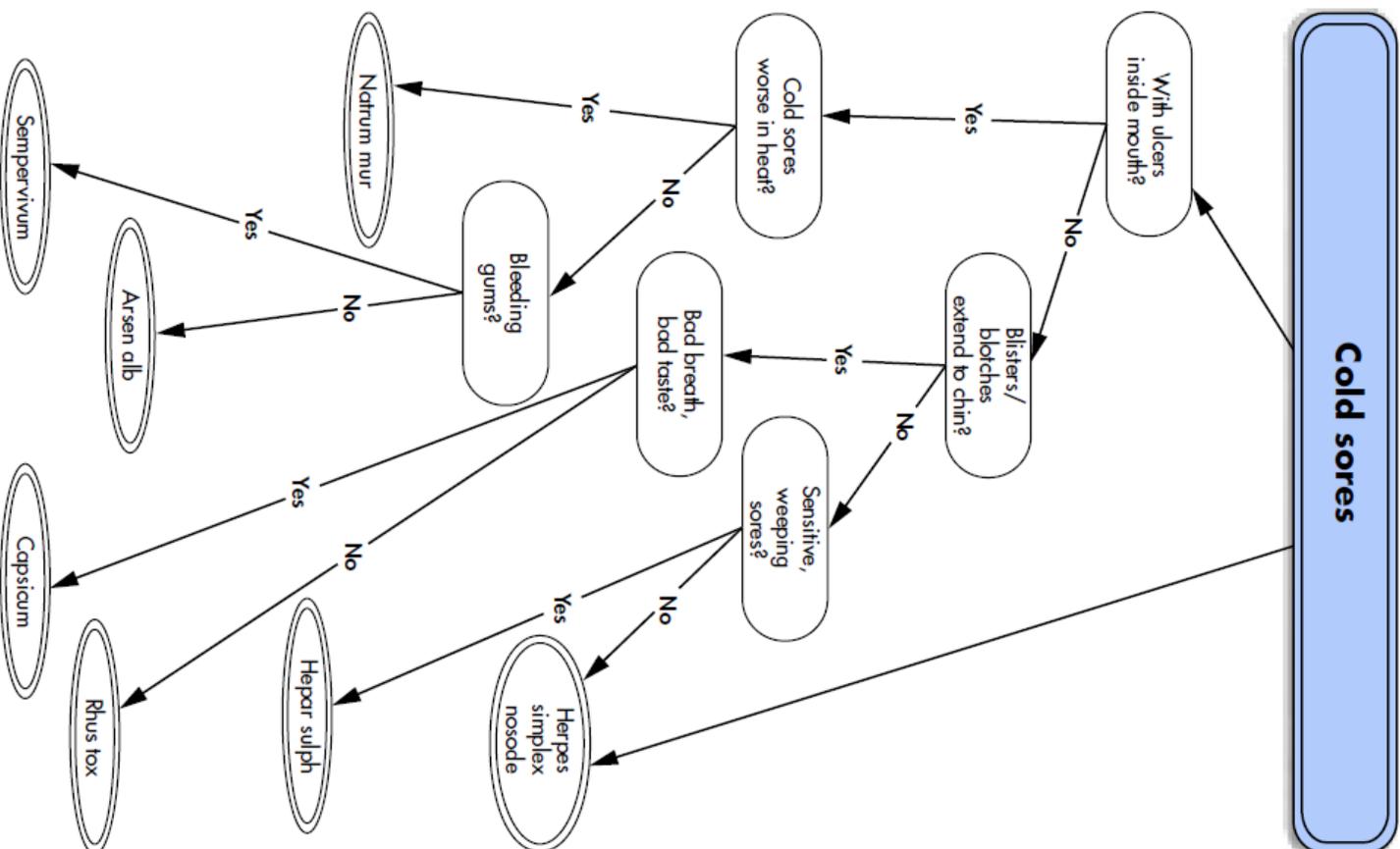
Teething



Cold sores

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

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



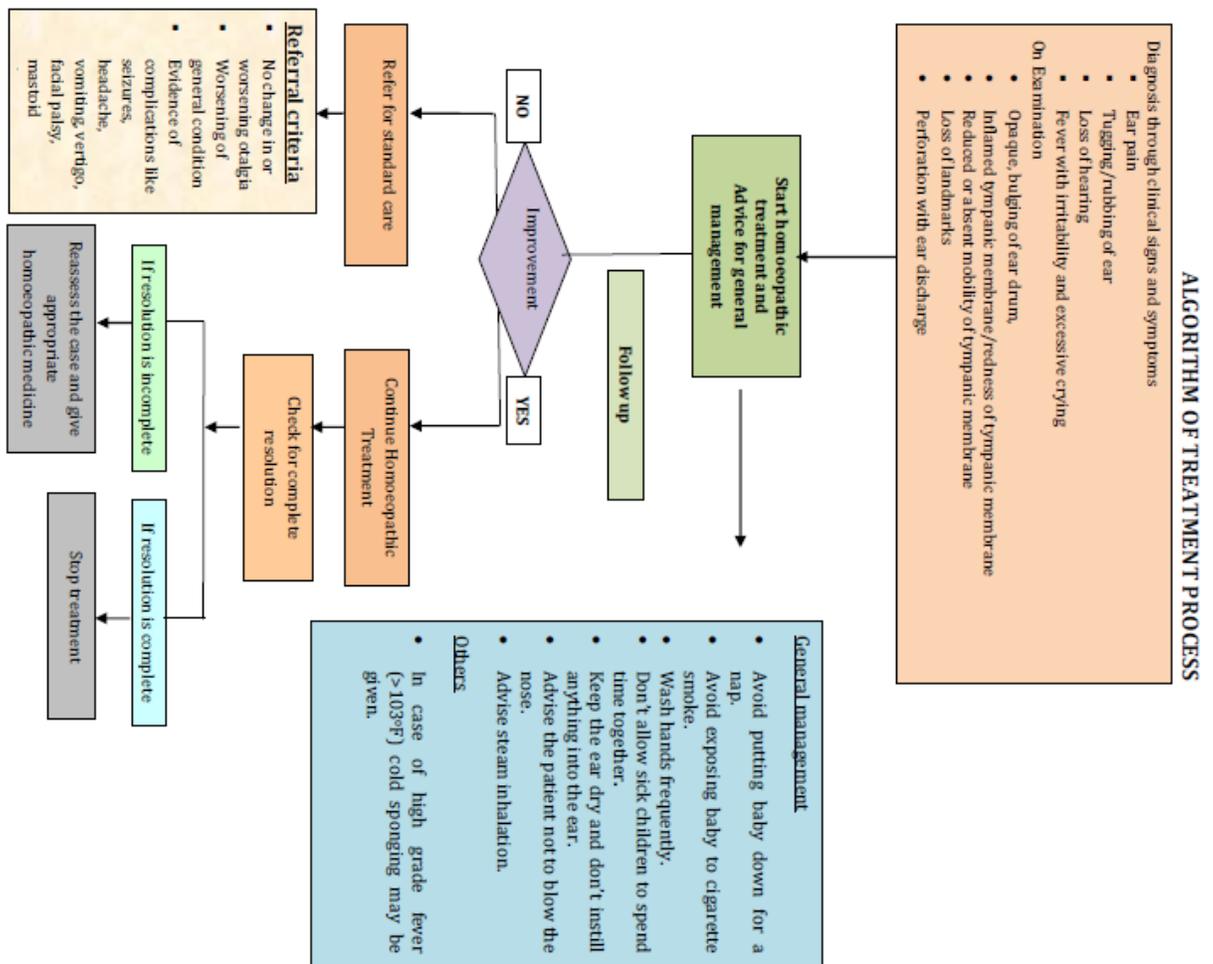
Otitis media

homeopathy accelerates early symptom relief in acute illnesses at much lower risk than conventional drug approaches.

Further the following advices are also necessary:

- Avoid putting baby down for a nap
- Avoid exposing baby to passive cigarette smoke
- Don't allow sick children to spend time together
- The ear should be kept dry and nothing should be instilled into the ear
- The patient should be advised not to blow the nose and wash hands frequently
- Steam inhalation may be advised.

Belladonna	otitis media delirium
Chamomilla	otitis media heat, anger
Pulsatilla	otitis media cold
Sulphur	otitis media dirty offensive
Calcarea	otitis media throbbing
Lycopodium	otitis media starts on the right side first, then on the left
Mercurius	otitis media Shooting pains in ears
Silicea	otitis media Otorrhoea
Hepar sulphuris	otitis media darting and shootings



Conjunctivitis

Kali phos 6x, a tissue salt, every 3-4 hours.	<i>Neuralgic pains in the eyes, with flow of tears, from weakness or exhaustion after an illness.</i>
Belladonna 6c, every 3-4 hours.	<i>Dry, inflamed, glaring eyes, pupils dilated, with absence of any discharge.</i>
Aconite 6c, every 3-4 hours.	<i>Eyes inflamed, with swelling of the lids, pain, and occasional, hot, watery discharge. Patient anxious, restless, and feverish.</i>
Ferrum phos 6x, a tissue salt, every 3-4 hours.	<i>Eyes red and inflamed, with burning relieved by cold applications. Often resulting from overstrain. Patient nervous and sensitive.</i>
Euphrasia 6c, every 3-4 hours.	<i>Eyes inflamed, burning and watering, irritating discharge, patient cannot bear bright light.</i>
Arsenicum album 6c, every 3-4 hours.	<i>Eyes red, painful and burning, particularly inside the eyelids, with acrid, burning discharge. Better from warm applications. Eyes can scarcely be opened.</i>
Apis 6c, every 3-4 hours.	<i>Pale, watery discharges, with puffy eyes, particularly the lower lid.</i>
Nat mur 6x, a tissue salt, every 3-4 hours.	<i>Eyes red and inflamed, with discharge of watery mucus or flow of tears. Discharge irritates the skin, may cause small blisters to form.</i>
Kali mur 6x, a tissue salt, every 3-4 hours.	<i>Sore eyes, with discharge white or grayish-white, or specks of white matter on the lids.</i>
Pulsatilla 6c, every 3-4 hours.	<i>Profuse discharge that is bland, white or yellow.</i>
Nat phos 6x, a tissue salt, every 3-4 hours.	<i>Golden-yellow, creamy discharge, eyelids stuck together in the morning, creamy coating on the back of the tongue.</i>
Argentum nit 6c every 3-4 hours.	<i>Inflamed eyes with swollen eyelids, white or yellow discharge.</i>
Silicea 6x, a tissue salt, every 3-4 hours.	<i>Thick yellow discharge, with styes, little boils or small hard lumps on the eyelids.</i>
Mercurius 6c, every 3-4 hours.	<i>Discharge yellow and sticky, eyes swollen and hard to open, patient feverish, with oily sweat.</i>

Stye

Pulsatilla 6c, every 3-4 hours.	<i>At the onset of appearance.</i>
Staphysagria 6c, every 3-4 hours.	<i>Styes, from resentment or other suppressed emotion.</i>
Hepar sulph 6c, every 3-4 hours.	<i>Styes in small crops, extremely sensitive to touch and cold air.</i>
Arnica 6c, every 3-4 hours.	<i>Bluish styes in small crops.</i>
Silicea 6x, a tissue salt, every 3-4 hours.	<i>Styes in those who feel cold easily, may have offensive foot sweats.</i>

Cataract

PULSATILLA
CHELIDONIUM Calc Fluor

Earache

Ferrum Phos 6x, a tissue salt, every 30-60 minutes.	<i>Earache with fever, pain and congested face, or flushing, with alternate pallor and redness, occasionally with nosebleed.</i>
Aconite 6c, every 30-60 minutes.	<i>Earache with burning pain, coming on suddenly, with anxiety, irritability and restlessness.</i>
Belladonna 6c, every 30-60 minutes.	<i>Earache with fever, heat and throbbing, patient flushed and restless. Worse from warmth, and sensitive to noise, movement and touch.</i>
Hepar sulph 6c, every 1-2 hours. Chamomilla 6c, every 30-60 minutes.	<i>Earache with throbbing pains made better by warmth. Ear sensitive to cold and draughts, feels bruised and sore. Earache in restless, irritable types, driving patient to pace constantly.</i>
Mag phos 6x, a tissue salt, every 3-4 hours.	<i>Earache with sharp neuralgic pains in or around the ear.</i>
Pulsatilla 6c, every 30-60 minutes.	<i>Pain as if pressure behind the eardrum is pushing it out. Person is irritable, changeable and restless, prefers open air.</i>
Kali mur 6x, a tissue salt, every 3-4 hours.	<i>Earache with swelling of the glands and tongue coated white.</i>
Kali sulph 6x, a tissue salt, every 3-4 hours.	<i>Earache with yellow catarrh of the ear and yellow tongue.</i>
Hypericum 6c, every 30-60 minutes.	<i>Shooting pains in the ears.</i>
Apis 6c, every 30--60 minutes.	<i>Pain is stinging and burning, better by cold applications.</i>
Capsicum 6c, every 30-60 minutes.	<i>Patient is tearful and seeks comfort, but not irritable. Pain centres behind the ear, is sensitive to touch, and is made better by hot applications.</i>
Kali phos 6x, a tissue salt, every 3-4 hours.	<i>Deafness, with noises in the ear, from nervous weakness or exhaustion.</i>

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

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

Arsen. alb	<i>for cancers with burning pain and in any location</i>
Calcarea carbonicum	<i>parotid, sublingual, submaxillary glands</i>

<i>Phytolacca decandra</i>	
<i>Condurango</i>	<i>cancer of tongue, nose</i>
<i>Lachesis mutus</i>	<i>Lip, mouth</i>
<i>Thuja</i>	<i>cachexia, bleed & complications</i>
<i>for bones</i>	<i>Phosphorus, Calcium, Fluoric ac., Conium, and Hekla</i>
<i>for connective tissue</i>	<i>Crotalus and Kali. mur.</i>
<i>Hekla lava</i>	<i>osteosarcoma.</i>

Rhinitis

homeopathy accelerates early symptom relief in acute illnesses at much lower risk than conventional drug approaches.

general advice to the patients should be given:

- Avoid exposure to cold weather or intake of cold food
- Avoid common allergic triggers for rhinitis which include pollens, fungi, dust mites, furry animals, and insect emanations.
- Avoid outdoor activities in morning and evening as pollen levels due to high pollen levels.
- Reduce indoor fungal exposure by removal of moisture sources, replacement of contamination materials.
- Older children should use handkerchief while coughing, sneezing and blowing the nose.
- Encourage hand-washing as it minimizes person to person transmission of the virus.
- Advice for adequate rest, fluid and good nutrition
- Advice steam inhalation.

<i>Allium cepa</i>	<i>Rhinitis August Constant sneezing</i>
<i>Euphrasia</i>	<i>Profuse acrid lachrymation but bland coryza</i>
<i>Nux vomica</i>	<i>Coryza fluent in morning or day</i>
<i>Dulcamara</i>	<i>Dry coryza</i>
<i>Pulsatilla</i>	<i>Coryza with nasal discharge thick</i>
<i>Chamomilla</i>	<i>thin, watery, bland, copious discharge</i>
<i>Hepar sulphuris</i>	<i>Extremely chilly patient</i>
<i>Mercurius</i>	<i>Discharge watery yellowish</i>
<i>Kalium bichromicum</i>	<i>Sneezing worse in early morning nasal obstruction</i>
<i>Arsenicum</i>	<i>Thin, watery, irritating discharges from nose</i>
<i>Sabadilla</i>	<i>with severe frontal pains</i>
<i>Arum</i>	<i>nasal discharges with raw nostrils</i>
<i>Arsenicum iodatum</i>	<i>irritating and excoriating discharges from anterior and posterior nares</i>

ALGORITHM OF TREATMENT PROCESS

Diagnosis through clinical signs and symptoms:

- Sneezing
- Running nose initially which is watery and profuse but may become mucopurulent due to secondary invasion
- Burning sensation at the back of nose
- Nasal stuffiness/ congestion
- Post nasal discharge
- Headache
- Tickling sensation in nose
- Cough

On Examination:

- Nasal cavity: swollen erythematous nasal turbinates
- Nasal mucosa is pale/red
- Presence of crusts
- Post nasal drip
- Otologic signs, ocular signs, laryngeal, pharyngeal signs in allergic rhinitis

Symptoms of cold usually resolve after about one week, but can last up to 14 days, with a cough and nasal stuffiness lasting longer than the other symptoms

Start homoeopathic treatment and Advice for general management

Follow up

Improvement

NO

YES

Check for other conditions that mimic cold

- Foreign body in nasal passage
- Sinusitis
- Measles
- Otitis media
- Bronchiolitis
- Pneumonia
- Whooping cough
- Acute bronchitis

Stop treatment

Advise:

- Avoid exposure to cold weather or intake of cold food
- Avoid common allergic triggers for rhinitis which include pollens, fungi, dust mites, furry animals, and insect emanations.
- Avoid outdoor activities in morning and evening as pollen levels due to high pollen levels.
- Reduce indoor fungal exposure by removal of moisture sources, replacement of contamination materials.
- Older children should use handkerchief while coughing, sneezing and blowing the nose.
- Encourage hand-washing as it minimizes person to person transmission of the virus.
- Advice for adequate rest, fluid and good nutrition
- Advice steam inhalation.

SINUSITIS

- Drink plenty of fluids to thin the mucus
- Inhale steam 2 - 4 times per day
- Use nasal spray
- Intake of plenty of fruits and vegetables,
- Reduction of stress.

Hepar sulphuricum	<i>allergic origin with patient being very sensitive to cold</i>
Natrum muriaticum	<i>Chronic fronto-maxillary sinusitis with supraorbital headache</i>
Kali bichromicum	<i>inner canthi of both the eyes and at the root of the nose</i>
Lachesis	<i>Left sided chronic maxillary sinusitis</i>
Calcarea sulphur	<i>thick yellow, lumpy, and bloody discharge</i>
Belladonna	<i>frontal right side headache</i>
Nux vomica	<i>Stuffy cold safter exposure to dry, cold atmosphere</i>
Pulsatilla	<i>maxillary, frontal and frontomaxillary sinusitis.</i>
Natrum arsenicum	<i>Catches cold frequently</i>
Mercurius	<i>Frontal sinusitis, pain worse at night with nasalobstruction</i>
Silicea	<i>Nasal bone painful when touched</i>
Sanguinaria canadensis	<i>Ozæna, with profuse, offensive yellowish discharges</i>
Gelsemium	<i>Sneezing; fullness at root of nose. Dryness of nasal fossæ</i>
Tuberculinum	<i>Increased secretion of mucus, with frontal headache</i>
Hydrastis canadensis	<i>Constant discharge of thick white mucus</i>
Sticta pulmonaria	<i>fullness at root of nose; blows it without relief</i>
Cinnabaris	<i>Nose; heavy pressure at root</i>
Aurum met	<i>Nose ulcerated, painful, swollen, obstructed</i>

Avoidance of smoke and polluted environments

- Prompt treatment of upper respiratory infections and allergies
- Practicing breathing exercises and Yoga

GLANDULAR FEVER

<i>Ailanthus 6c, every 3-4 hours.</i>	<i>Lethargy, with weakness and drowsiness. Head and muscular pains, swollen or ulcerated throat. Enlarged glands, and blotchy rash.</i>
<i>Glandular fever nosode 30c, once</i>	<i>As general protection for family and friends.</i>
<i>Cistus canadensis 6c, every 3-4 hr</i>	<i>Great sensation of coldness, with sore throat and chronic swelling of the glands. Rash of small, painful, itchy pimples.</i>

ALGORITHM OF TREATMENT PROCESS

Diagnosis through clinical signs and symptoms:

Acute Sinusitis

- Nasal congestion or obstruction
- Nasal discharge, purulence or discoloured postnasal drainage Facial pain or pressure (requires a second major criterion to constitute a suggestive history)
- Facial congestion or fullness
- Hyposmia or anosmia
- Fever (for acute sinusitis; requires a second major criterion to constitute a strong history)
- Purulence on intranasal examination

Chronic Sinusitis

When inflammation last twelve (12) weeks or longer of two or more of the following signs and symptoms:

- Mucopurulent drainage (anterior, posterior, or both)
- nasal obstruction (congestion),
- facial pain-pressure-fullness, or
- decreased sense of smell

Clinical

examination/Investigations:

1. Transillumination of the sinuses: Press a light source against the patient's upper cheek, close to nose. Ask the patient to open his mouth widely and look at his palate to see red spot of light passing through in normal sinuses. No red dot or light would be seen if sinuses are blocked.
2. X-ray examination: Following features indicate bacterial infection.
3. Radiologic opacity
 - Air-fluid level
 - Sinus mucosal thickening-more than 4 mm
4. CT of sinus is more sensitive particularly for ethmoid and sphenoid disease.

Start homoeopathic treatment and Advice for general management

Follow up

Improvement

NO

YES

Refer for treatment

Continue Homoeopathic Treatment

Check for complete resolution

If resolution is incomplete

If resolution is Complete

Reassess the case and give appropriate homoeopathic medicine

Stop treatment

General management:

- Apply a warm, moist washcloth to face several times a day.
- Drink plenty of fluids to thin the mucus.
- Inhale steam 2 - 4 times per day (for example, while sitting in the bathroom with the shower running).
- Spray with nasal saline several times per day.
- Use a humidifier.
- Avoid bending over as it may increase facial pain.

Referral criteria

- High fever
- Orbital infections like orbital cellulitis or orbital abscess which is indicated by:
 - Fever
 - Erythema
 - Conjunctival injection
 - Chemosis
 - Proptosis
 - Ophthalmoplegia
 - Diplopia
- Intracranial complications like: Meningitis, subdural empyema, epidural abscess and cerebral abscess
- Bony complications like: Pott's puffy tumor, Osteomyelitis and Osteitis.

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Updated on 10th Jul, 16

Catarrh

<i>Ferrum phos 6x, a tissue salt, every 3-4 hours.</i>	<i>First stage, with fever, inflammation, heat and a clear or minimal discharge, occasionally tinged with blood</i>
<i>Nat mur 6x, a tissue salt, every 3-4 hours.</i>	<i>Catarrh with a watery, frothy, clear discharge, often with sneezing. There may be great thirst, or complete absence of it, and a loss of smell and taste.</i>
<i>Kali mur 6x, a tissue salt, every 3-4 hours.</i>	<i>Second stage of catarrhal discharge, with thick white mucus that is bland and abundant. Tongue is coated white.</i>
<i>Kali bich 6c, every 3-4 hours.</i>	<i>Yellow or white discharge that is thick, stringy and ropy, or with tough and jelly-like plugs, with feeling of pressure around the bridge of the nose.</i>
<i>Calc fluor 6x, a tissue salt, every 3-4 hours.</i>	<i>Bronchial catarrh, with coughing up tiny, yellow, tough lumps of mucus.</i>
<i>Arsenicum iod 6c, every 3-4 hours.</i>	<i>Profuse thick, yellow discharge, the inside of the nose is sore and ulcerated; sneezing makes symptoms worse.</i>
<i>Kali sulph 6x, a tissue salt, every 3-4 hours.</i>	<i>Third stage of discharge, with yellow mucus that is watery or slimy. Tongue is yellow at the back; person feels better in the fresh air.</i>
<i>Graphites 6c, every 3-4 hours.</i>	<i>Yellowish discharge, with sore scabs and fissures inside the nose, made worse by blowing. Sense of smell is abnormally acute.</i>
<i>Hydrastis 6c, every 3-4 hours.</i>	<i>Bright yellow discharge, running all the time, with mucus dripping down the back of the throat, and small ulcers in the nose.</i>
<i>Pulsatilla 6c, every 3-4 hours.</i>	<i>Bland mucus, yellow or greenish-yellow, that is changeable in colour and stops and starts, with loss of smell and taste. Patient is worse in stuffy rooms and better outdoors.</i>
<i>Cal sulph 6x, a tissue salt, every 3-4 hours.</i>	<i>Mucus is thick, yellow or greenish-yellow, often offensive, and sometimes mixed with blood.</i>
<i>Merc sol 6c, every 3-4 hours.</i>	<i>Thick offensive discharge, yellow and slimy, sometimes streaked with blood. Skin has a greasy sweat.</i>
<i>Nat sulph 6x, a tissue salt, every 3-4 hours.</i>	<i>Profuse secretion of greenish mucus with tongue green-gray at the back. Worse in the damp and at every change of weather.</i>
<i>Sulphur 6c, every 3-4 hours.</i>	<i>Dry scabs inside the nose that bleed easily, nose stuffier indoors than out of doors, cold sores on the outside of the nose.</i>
<i>Silicea 6x, a tissue salt, every 3-4 hours.</i>	<i>Chronic catarrh, with offensive discharge, excessive sweating of the feet, and poor resistance to infection. The edge of the nostrils is dry and ulcerated. The tip of nose itch.</i>

Bad Breath

<i>Mercurius 6c, every 3-4 hours.</i>	<i>Bad breath especially in morning, with thirst.</i>
<i>Nux vomica 6c, every 3-4 hours.</i>	<i>Bad breath with irritability in the mornings, especially after overeating or alcohol.</i>

Horsness

<i>Arnica 6c, every 3-4 hours.</i>	<i>Hoarseness caused by overuse of the voice, such as singing, shouting or screaming. Sudden loss of voice.</i>
<i>Ferrum phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Painful hoarseness of speakers and singers due to strain of the vocal cords or from catching cold.</i>
<i>Causticum 6c, every 3-4 hours.</i>	<i>Hoarseness with raw, dry throat, that is hard to clear or swallow, and a scraping or burning sensation. Desire for cold drinks.</i>
<i>Rhus tox 6c, every 3-4 hours.</i>	<i>Hoarseness at the beginning of speaking, improving from continued use.</i>
<i>Phosphorus 6c, every 2-3 hours.</i>	<i>Hoarseness with itchy, painful larynx, made worse from speaking, and that brings on a hard, dry cough and loss of voice.</i>
<i>Gelsemium 6c, every 3-4 hours.</i>	<i>Hoarseness worse during menstruation.</i>
<i>Arum triph 6c, every 3-4 hours.</i>	<i>Hoarseness with swollen, burning throat and loss of voice. Voice difficult to control, pitch varies, and voice worse from use.</i>
<i>Alumina 6c, every 3-4 hours.</i>	<i>Voice feeble due to overuse, with tickle in the larynx made worse by cold.</i>
<i>Argentum met 6c, every 3-4 hours.</i>	<i>Voice weak and trembling, inclined to break, with tickle in the larynx.</i>
<i>Spongia 6c, every 3-4 hours.</i>	<i>Loss of voice with croup or a dry, barking cough.</i>
<i>Kali tour 6x, a tissue salt, every 3-4 hours.</i>	<i>Loss of voice from cold. Croupy cough, with abundant white mucus, and a white-coated tongue.</i>
<i>Calc phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Chronic hoarseness with much clearing and scraping of the throat.</i>
<i>Oxalic acid 6c, every 3-4 hours.</i>	<i>Loss of voice from paralysis of the vocal cords.</i>
<i>Ignatia 6c, every 3-4 hours.</i>	<i>Hysterical loss of voice.</i>
<i>Baryta carb 6c, every 3-4 hours.</i>	<i>Chronic loss of voice without obvious cause.</i>
<i>Drosera 6c, every 2-3 hours.</i>	<i>Laryngitis with barking cough and tickling, dry throat.</i>

Neuralgia

<i>Mag phos 6x, a tissue salt, every 3-4 hours.</i>	<i>For intense, darting, excruciating or spasmodic pain, relieved by heat and pressure, and aggravated by cold.</i>
<i>Aconite 6c, every 30 minutes for a few doses.</i>	<i>Neuralgic pain coming on suddenly, after sudden exposure to cold or cold, dry winds.</i>
<i>Arsenicum alb 6c, every 3-4 hours.</i>	<i>Attack brought on by dry cold. Person feels chilly, exhausted and restless, with burning pains relieved by heat.</i>
<i>Colocynthis 6c, every 3-4 hours.</i>	<i>Neuralgic pain violent and cutting, especially in the face, brought on by cold or damp and relieved by heat.</i>
<i>Kali phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Paralysing pain in sensitive persons, better by gentle motion and when mind is occupied. Often with insomnia, irritability, exhaustion and oversensitivity.</i>
<i>Nat mur 6x, a tissue salt, every 3-</i>	<i>Severe neuralgic pain, but intermittent, with excessive flow</i>

<i>4 hours.</i>	<i>of saliva.</i>
<i>Ferrum phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Severe, throbbing neuralgic pain, like a nail being driven in over the eye, with burning heat and a flushed face.</i>
<i>Calc phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Pains coming on at night, with a sensation of numb crawling or coldness, especially in anemic persons.</i>
<i>Nat sulph 6x, a tissue salt, every 3-4 hours.</i>	<i>Neuralgia brought on by damp weather or by living in a damp house.</i>
<i>Ranunculus 6c, every 3-4 hours.</i>	<i>Neuralgia affecting the rib cage, or above the right eye.</i>
<i>Spigelia 6c, every 3-4 hours.</i>	<i>Neuralgia above the left eye, made worse by movement.</i>

Toothache

<i>Hypericum tincture, or oil of cloves.</i>	<i>As a local application on swelling or painful area.</i>
<i>Aconite 6c, every 30 minutes.</i>	<i>To relieve the anxiety before visiting dentist.</i>
<i>Arnica 200c, 1 dose before the extraction and 1 dose after.</i>	<i>Before and after visit to dentist, to relieve the pain of extraction. Arnica is a wonderful remedy.</i>
<i>Calc fluor 6x, a tissue salt, every 3-4 hours, for 1 month.</i>	<i>Enamel of the teeth rough and deficient, causing rapid decay. Teeth loose in their sockets.</i>
<i>Ferrum phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Inflamed toothache, with redness and swelling.</i>
<i>Aconite 6c, every 1-2 hours.</i>	<i>Stabbing pain with restlessness, especially after ice cream, cold foods or cold wind.</i>
<i>Belladonna 6c, every 2-3 hours.</i>	<i>Restless and flushed, with congested face and throbbing pain.</i>
<i>Chamomilla 6c, every 2-3 hours.</i>	<i>Irritable, restless, thirsty and hot. Pain is worse at night and from warm food or drink.</i>
<i>Plantago 6c, every 3-4 hours.</i>	<i>Toothache with salivation, teeth very sensitive to touch, feel longer than normal.</i>
<i>Mercurius 6c, every 3-4 hours.</i>	<i>Pain with foul mouth, stabbing pain to the ear. Increased thirst and saliva. Worse from hot and cold, better from rubbing the cheek.</i>
<i>Mag phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Teeth sensitive to touch and cold, with severe, shooting pains.</i>
<i>Staphysagria 6c, every 3-4 hours.</i>	<i>Teeth very sensitive to touch or cold, with drawing and tearing pain, irritability and resentment. Cheek may be swollen and red.</i>
<i>Kali phos 6x, a tissue salt, every 3-4 hours</i>	<i>Severe pain in decayed or filled teeth, from oversensitivity of the nerve.</i>
<i>Chamomilla 6c, every 3-4 hours.</i>	<i>Intolerable pain, forcing patient to pace restlessly.</i>
<i>Bryonia 6c, every 3-4 hours.</i>	<i>Toothache relieved by holding cold water in the mouth.</i>
<i>Kreosote 6c, every 3-4 hours.</i>	<i>Bad teeth, bad breath and bitter taste.</i>
<i>Apis 6c, every 3-4 hours.</i>	<i>Local pain, with stinging and throbbing, often with swelling of the gum.</i>
<i>Belladonna 6c, every 2-3 hours.</i>	<i>Gum is hot, shining and swollen, but pus or abscess is not obvious.</i>
<i>Hepar sulph 6c, every 3-4 hours.</i>	<i>For swelling with suspected abscess, to speed up ripening.</i>

Pyrogen 6c, every 3-4 hours.

Abscess discharging pus, with foul taste and feverish state.

Hay Fever

The symptomatic remedies can be divided into three categories, based on the locality of the irritation and the kind of discharge.

Local Irritation of The Eyes And Nose

Sabadilla 6c, every 3-4 hours.

Extremely chilly, often with severe frontal headache or nosebleeds. Eyelids red, face mottled, frequent spasms of severe sneezing. Nose is either stuffed up or running freely, often itching inside. There is a peculiar numbness of the throat, where the patient tries to scratch the affected parts with the tongue. Very sensitive to smells, especially flowers and garlic.

Silicea 6x, a tissue salt, every 3-4 hours.

Itching and tingling of the nose with violent sneezing.

Sanguinaria 6c, every 3-4 hours.

Profuse watery secretions, stinging and burning, with much sneezing. Intense dryness of the mucous membranes of the nose and pharynx, with raw, burning sensation, particularly at the back of the nose, as if it was being scratched. Like sabadilla, there is hypersensitivity to smells.

Nat mur 6x, a tissue salt, every 3-4 hours.

For hay fever after exposure to the sun. Watery symptoms with sensation of itching and tingling in the nose.

Irritant Discharge

Ammonium mur 6c, every 3-4 hours.

Nose and eyes stream, sneezing is severe and increases in frequency, lips and nostrils become sore. Worse: indoors, mornings and in heat; better: in the open air.

Allium cepa 6c, every 3-4 hours.

Acrid, watery discharge, irritating the upper lip and nostrils; with inability to smell. There is the impression that the nose is blocked, despite the running discharge.

Arsenicum alb 6c, every 3-4 hours.

Sneezing is violent and painful, due to tickle inside nose not relieved by sneezing. Profuse, watery, corrosive nasal discharge, irritating the lip. Burning of eyes and nose is a prominent sensation.

	<i>Worse: change in weather, cold, open air. Patient often wakes around midnight, irritable and restless.</i>
<i>Arum triph 6c, every 3-4 hours.</i>	<i>Sneezing with prickling in the nose, causing patient to pinch nose or bore into nostrils. Nose is stuffed up, especially on the right side, but may be running profusely, with irritation to the nostrils. The throat is usually involved. The eye symptoms are usually not severe. Worse at night, particularly the sneezing.</i>
<i>Naphthalinum 6c, every 3-4 hours.</i>	<i>Sneezing in bouts, with irritant discharge from the nose and eyes, better in the open air.</i>
<i>Euphrasia 6c, every 3-4 hours.</i>	<i>Much sneezing, with bland discharge from the nose. Eyes are red and burning, discharge acrid and irritating. The throat is often involved, with a hard, dry cough. Worse: light, wind, indoors, lying down. Better: in the open air.</i>
<i>Gelsemium 6c, every 3-4 hours.</i>	<i>Face full and hot. Aching all over, limbs feel heavy. Violent sneezing with tingling of the nose, streams in morning with irritating discharge. Throat dry and burning; swallowing causes pain in the ears. Eyes feel hot and heavy. Worse: spring and humid weather.</i>
<i>Badiaga 6c, every 3-4 hours.</i>	<i>Profuse watery discharges with sneezing, and spasmodic cough followed by sneezing.</i>
<i>Non-Irritant Discharge</i>	
<i>Nux vomica 6c, every 3-4 hours.</i>	<i>Chilly and irritable, always worse in morning. Face feels hot; nose stuffed up at night, streams in morning. Nose and eyes itch and burn, extending to larynx and trachea. Prolonged spells of sneezing. Worse: mornings and cold, open air.</i>
<i>Dulcamara 6c, every 3-4 hours.</i>	<i>Constant sneezing; nose may be stuffed up or streaming. Eyes swell and water, alternating with streaming nose. Worse: open air and damp, becoming chilled when hot.</i>
<i>Pulsatilla 6c, every 3-4 hours.</i>	<i>The discharges are bland, and yellow or yellow-green. The nose is dry and constricted at night, abundant discharge in the morning and during the day. Although chilly, patients have a marked aversion to heat and a desire for the cold, and open</i>

		<i>air.</i>
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Scarlet fever

As a prophylactic to reduce duration and severity, for family and friends.

Scarlatinum 30c, one dose per day for 7 days, or Streptococcin 30c, one dose per day during the outbreak.

Face is flushed and feverish, with pallor around the mouth. Belladonna is often the only remedy needed.

Belladonna 6c, every 3-4 hours.

Profuse salivation, with offensive mouth and sore throat. Chills alternate with fever.

Mercurius 6c, every 3-4 hours.

For suppuration afterwards.

Mercurius 6c, every 3-4 hours.

Skin comes off in fine powdery scales.

Arsenicum 6c, every 3-4 hours.

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.*

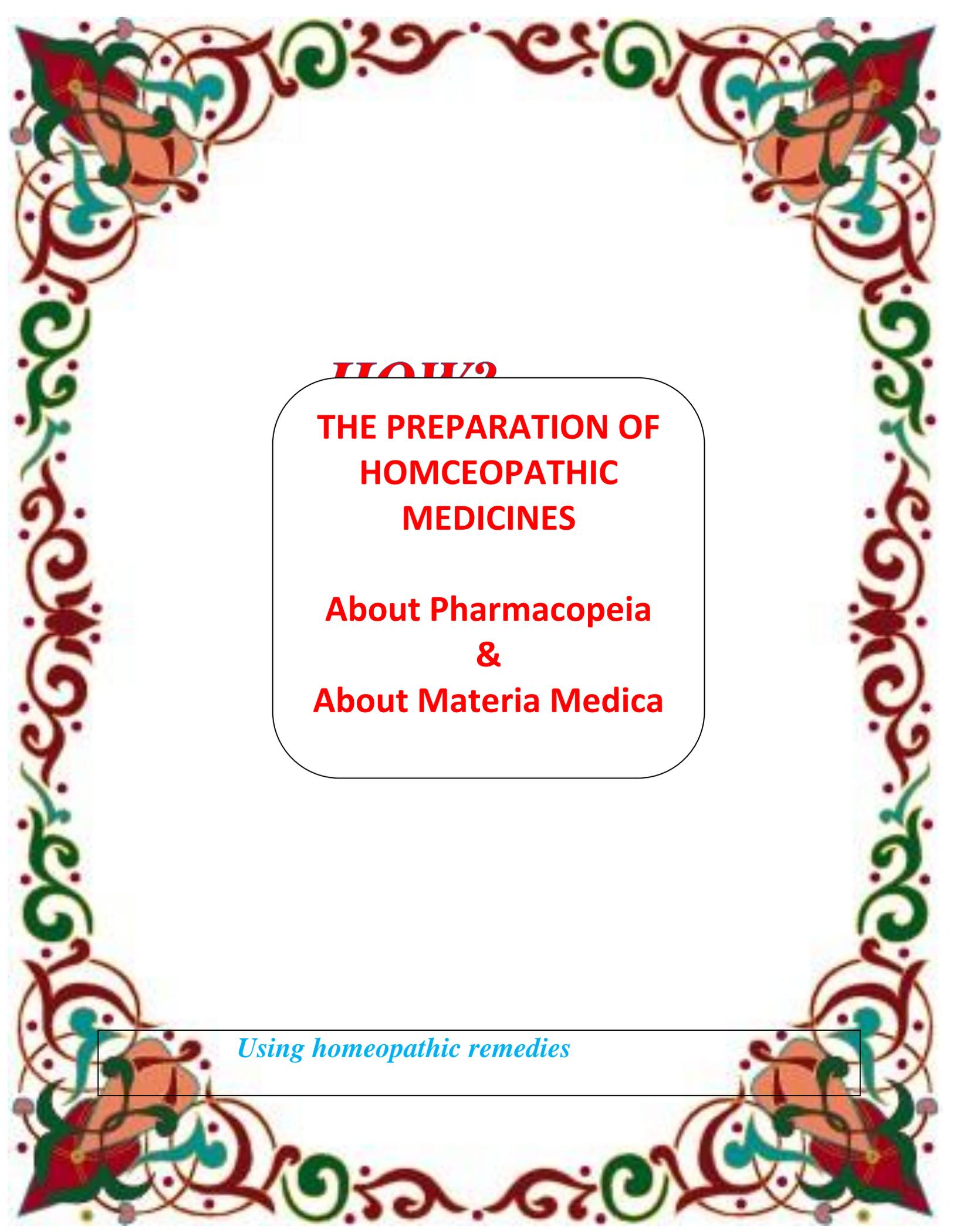
TREATMENTS FOR THE MIND

- *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.

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HOW?

**THE PREPARATION OF
HOMCEOPATHIC
MEDICINES**

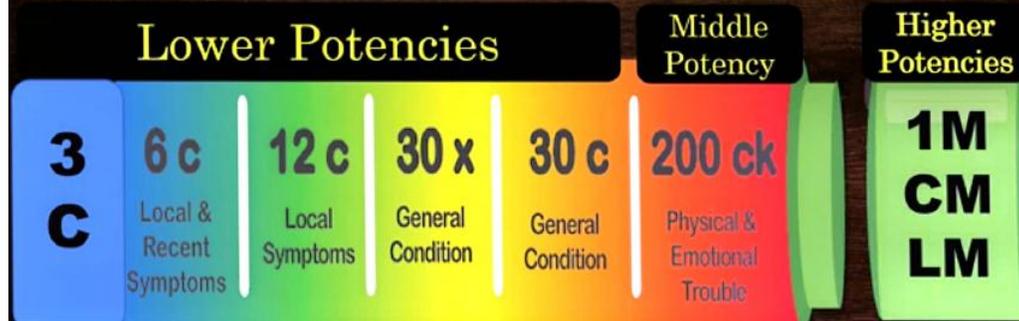
**About Pharmacopeia
&
About Materia Medica**

Using homeopathic remedies

Potency or various strengths?



Mother Tinctures i.e. Q



Alternative Remedies

Precautions - homeopathic medicines?



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

Alternative Remedies

How to take homeopathic the granules?



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



Alternative Remedies

What are homeopathic granules made of ?



Base Homeopathic pills are:

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



Alternative Remedies

How to take homeopathic liquids?



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

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



Alternative Remedies

How to take Mother tincture liquids?



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

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



Alternative Remedies

Dispensing homeopathic remedies:

How to prepare homeopathic pills?

Step 1
Get unmedicated pills from a homeopathic store

Step 2
Buy your prescribed medicine from a homeopathic store

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

Step 4
Take as suggested by your doctor

Alternative Remedies

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

- *Condurango Calcium Crotalus Colocynthis oil of cloves.*
- *Dulcamara Drosera*
- *eupatorium perf*
- *Graphites*
- *Hepar sulph hydrastis hamamelis Hekla*

- *kali iod kreosotum Kali sulph Kali tour Kreosote*
- *Ledum*

- *Merc sol mezereum millefolium*
- *Nat sulph*
- *Oxalic acid*
- *pyrogenium phytolacca Plantago Pyrogen*
- *Sabadila symphytum sticta sempervivum Spongia*

ACONITE البيش

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

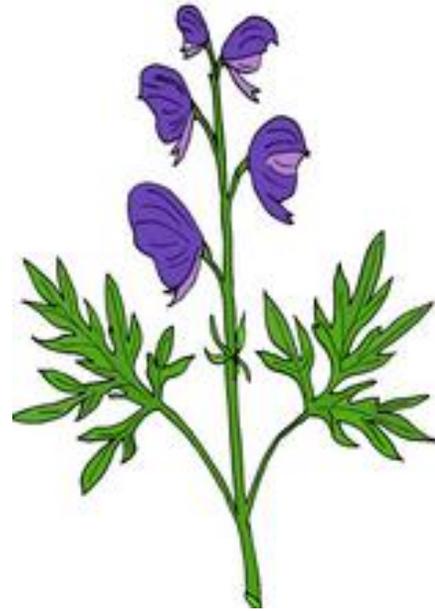
Historically, the deadly juices derived from this plant were used as an arrow poison, hence the name aconite, from the Greek acon, or "dart." its poisonous alkaloids, which are found at their highest concentrations in the root

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.

AGARICUS الفطر

Fly agaric, bug agaric

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

ALLIUM CEPA

Onion البصل

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

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.

ARUM TRIPH. التينبنى
Arisaema triphyllum syn. *A. atrorubens*, *Arum triphyllum*
Jack-in-the-pulpit, Indian turnip, wild turnip.

Historically, North America

KEY SYMPTOMS
excitable and nervous

USE
*inflammation of the mucous membranes and skin
 scarlet fever, or hay fever.
 lips may be chapped or cracked*



PREPARATION
The fresh tuber is chopped and macerated in alcohol.

BELLADONNA ست الحسن
Atropa belladonna, Deadly nightshade, belladonna, dwale الوابل, devil's cherries, sorcerer's cherry, witches' berry. توت الساحرات/ الشيطان.

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

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

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



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

<p>BRYONIA الفاشرة Bryonia alba Bryony, white bryony, wild hops أوفاشير أوفاسيرى أوفش فاشيرا</p>	
<p>Historically, Dioscorides, the famous Greek physician of the 1st century CE, advocated bryony for gangrenous wounds, and the ancient Greeks and Romans also used it for epilepsy</p>	
<p>KEY SYMPTOMS pain upon the slightest movement • dry mucous membranes • great thirst • anxiety about financial security • irritability</p>	
<p>USE Dry coughs, Colds & influenza, Headaches, Joint pain, Constipation, Breast problems</p>	
<p>PREPARATION The fresh root is unear thed before the plant flowers, chopped, pulped, macerated in alcohol for ten days, diluted, and succused</p>	

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

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..

COCCULUS الغنبيية

Anamirta cocculus syn. *Cocculus indicus*
Indian cockle.

Historically, Fishermen in southern India use this plant as a poison to stun fish and catch them easily.

KEY SYMPTOMS

severely exhausted, possibly leading to fainting, insomnia, and stupor

USE

vertigo, dizziness, nausea, sea- and travel-sickness, vomiting



PREPARATION

The powdered seeds are macerated in alcohol

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.

CONIUM الشوكران

Conium maculatum
Hemlock, spotted hemlock. الشوكران السام

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

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.

DULCAMARA ثلثان

Solanum dulcamara

Nightshade, woody nightshade, bitter nightshade, felonwort.

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

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

KEY SYMPTOMS

conditions that are affected by weather changes from hot to cold • domineering nature • sensitivity to cold and damp • asthma • urticaria in humid conditions

USE

Colds & coughs, Hay fever & asthma
Head & facial pain
Skin conditions, Diarrhea, Joint pain

PREPARATION

Fresh green stems and leaves are picked just before the plant flowers, then finely chopped and macerated in alcohol



DROSERA ندية

أكلة الحشرات

Drosera rotundifolia

Sundew, common sundew, round-leaved sundew, red rot, youthwort, moorgrass

Historically, “eat away rotten sores.”

KEY SYMPTOMS

restlessness, anxiety, retching, vomiting, cold sweats, and nosebleeds

USE

deep, violent, spasmodic cough, especially whooping cough.
behavioral problem
childhood growing pains

PREPARATION

The whole, fresh, flowering plant is macerated in alcohol.



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.



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.



EUPATORIUM PER.

Eupatorium perfoliatum
Boneset, agueweed,

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

KEY SYMPTOMS

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

USE

influenza or malarial fever



PREPARATION

The fresh aerial parts in flower are macerated in alcohol

HAMAMELIS مشتركة فرجينية

Hamamelis virginiana

Virginia witch hazel بندق الساحرة

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

KEY SYMPTOMS

depressed and solitary
restlessness and irritability

USE

hemorrhoids and varicose veins
heavy periods in women or nosebleeds



PREPARATION

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

HYDRASTIS خاتم الذهب

Hydrastis canadensis

Goldenseal, orangeroot, yellow puccoon

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

KEY SYMPTOMS

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

USE

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



PREPARATION

The dried underground parts of the plant are steeped in alcohol

IGNATIA فول قلبيني

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.

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. أَوْرَصَنَ أَوْ خُدْرِيَّةَ

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.

LEDUM

Ledum palustre

Marsh tea, wild rosemary

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

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.

MEZEREUM مازريون

الدفنة

*Daphne mezereum
Mezereum, spurge olive.*

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

MILLEFOLIUM لقيصوم الألفي الأوراق أو الحرنبيل

Achillea millefolium

Yarrow, milfoil, woundwort, staunchweed, nosebleed.

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

KEY SYMPTOMS

Irritable, confused, dizzy

USE

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



PREPARATION

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

PHYTOLACCA صبغة الأسدية

Phytolacca americana

Virginia pokeroot, reading plant, garget, pocon

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

KEY SYMPTOMS

Neck & breast swelling

USE

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



PREPARATION

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

PLANTAGO لسان الحمل

Plantago major
Greater plantain.

Historically, to Europe and temperate regions of Asia, where it grows wild.

KEY SYMPTOMS

dull, irritable, and impatient

USE

earaches and toothaches
bed-wetting



PREPARATION

The fresh root is finely chopped and macerated 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.

RHUS TOX. السماق السام

Rhus toxicodendron
Poison ivy, poison oak.

Historically, Native Americans used this plant to treat skin eruptions

KEY SYMPTOMS

Contact with its leaves produces redness, swelling, and blistering.

USE

*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*



PREPARATION

The fresh leaves, gathered at sunset just before the plant comes into flower, are macerated in alcohol.

SABADILLA

Schoenocaulon officinale
Sabadilla, cebadilla.

Historically, Found in Mexico, the West Indies, Guatemala, and Venezuela veratrine, which are used in insecticides

KEY SYMPTOMS

*hysterical paroxysms following a fright
itchy, tingly nose, copious, watery catarrh*

USE

*asthma, tonsillitis
Eye problems
Hay fever*



PREPARATION

The ripe seeds are steeped in alcohol, filtered, diluted, and succussed.

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

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.

TAPHYSAGRIA 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.



SYMPHYTUM شاغة

Symphytum officinale

Comfrey, knitbone.

Historically, 1st century CE for healing bruises, sprains, fractures, and broken bones

KEY SYMPTOMS

confusion.

USE

Bruising

Eye problems

Injury

Sports injuries

PREPARATION

The fresh root is gathered either before flowering or in the fall, steeped in alcohol, diluted, and succussed.



STICTA

Lobaria pulmonaria

Tree lungwort

Historically, Found throughout Europe.

KEY SYMPTOMS

confusion.

USE

Catarrh and sinus problems



PREPARATION

The whole, dried lichen is macerated in alcohol.

SPONGIA البحرى الاسفنج

Euspongia officinalis

Common sponge

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

KEY SYMPTOMS

*Congestion face
disrupt sleep*

USE

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



PREPARATION

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

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 عفص

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.

ALUMINA *الالومنيوم*
pure clay.

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

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.

ARGENTUM MET. الفضة
Argentum metallicum
COMMON NAME Silver

Historically, from 4000 BCE, and has long been used to make coins and jewelry.

KEY SYMPTOMS

Anxious, restless, hurried, impulsive people

USE

*joint and bone disorders
reproductive organs
secretions of the related mucous membranes.*



PREPARATION

Ground silver is triturated with lactose sugar

Aurum metallicum
Gold. الذهب

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

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.

Arsenicum iodatum

ARSEN. IOD. یود زرنیخ

Arsenic iodide, iodide of arsenic

Historically, orange-red crystals are highly toxic and must be protected from light to prevent the loss of iodine.

KEY SYMPTOMS

irritable and restless. Excitable

USE

*chronic chest infection
discharges from the mucous membranes
influenza
asthma*



PREPARATION

Pure arsenic iodide crystals are dissolved in alcohol.

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.



BORAX بوريق
Natrum tetraboracicum
Borax, tincal, sodium tetraborate.

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

KEY SYMPTOMS

irritable, angry, and passionate

USE

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

PREPARATION

Borax is triturated with lactose sugar.



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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

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

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

KEY SYMPTOMS

Anxiety about health.

USE

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



PREPARATION

Calcium fluoride is mixed with lactose sugar and triturated.

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

<p>CAUSTICUM <i>البطاس</i> <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 •</i> <i>gradual paralysis • raw, burning pain •</i> <i>person feels worse for cold, dry, windy weather</i></p>	
<p>USE <i>Tremors & paralysis</i> <i>Urinary disorders</i> <i>Skin conditions</i> <i>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>	

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.

GRAPHITES جرافيت / كربون
blacklead, plumbago. سن القلم الرصاص

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

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

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

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



Hekla lava هباب بركاني
HEKLA

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

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

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

PREPARATION
 Ash is triturated with lactose sugar to make the tincture.



HEPAR SULPH
Calcium sulfide

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



KALI. MUR.

Kalium chloratum كلوريد البوتاسيوم

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.

Kalium iodatum
KALI. IOD.
Potassium iodide

Historically, Potassium iodide is added regularly to table salt and animal feeds to protect against iodine deficiency.

KEY SYMPTOMS

strong tempers

USE

chronic catarrh, recurring sinusitis, swellings, abscesses, or atrophy of the glands
chronic allergic rhinitis



PREPARATION

Potassium iodide is triturated with lactose sugar.

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



<p>KALI. SULPH. <i>Kalium sulphuricum</i> <i>Potassium sulfate, sulfate of potash, Vesuvian salt, glaserite.</i></p>
<p>Historically, fertilizers and in the manufacture of glass</p>
<p>KEY SYMPTOMS anxious to do things right, down to the last detail.</p>
<p>USE eczema and psoriasis skin problems, and skin cancer respiratory problems discharges in the ears, chronic catarrh, or mucus in the nose, larynx, bronchi, or ears, and for asthma</p>
<p>PREPARATION Potassium sulfate is triturated with lactose sugar.</p>



<p>KREOSOTUM <i>Kreosotum</i> <i>Creosote.</i></p>	
<p><i>name derives from the Greek kreas, or “flesh,” and soter, or “preserver.”</i></p>	
<p>KEY SYMPTOMS <i>dreams of sexual intercourse and a fear of being raped</i> <i>inflamed, suppurate, and then break down and bleed, particularly in the vagina</i></p>	
<p>USE <i>temperamental state</i> <i>offensive-smelling discharges from the mucous membranes that burn the skin and cause itching and swelling, Candidiasis</i> <i>heavy, offensive-smelling menstrual flow</i></p>	
<p>PREPARATION <i>Creosote is dissolved in alcohol, diluted, and succussed.</i></p>	

<p>MERC. SOL Mercury, الزئبق <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>	

Mercuric sulfide
Hydrargyrum sulphuratum rubrum
 syn. **Cinnabar**
CINNABARIS
sulfide of mercury, quicksilver.

Historically, Eraditional Chinese medicine

KEY SYMPTOMS
nervous, uneasy, sad, weak, and weary

USE
*genital and rectal ulceration and warts
 ulcers on the skin and the mucous membranes,
 inflamed eyes; catarrh in the nose and throat; and
 a dry, sore throat*



PREPARATION
Mercuric sulfide is 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.

OXALIC AC.
Acidum oxalicum حمض اوكساليك
Oxalic acid

Historically, constituent of wood sorrel in the 17th century

KEY SYMPTOMS

nervous, confused, dizzy people

USE

*angina with palpitations
throbbing, crushing pain in the testes, and pain in
the spermatic cord.*



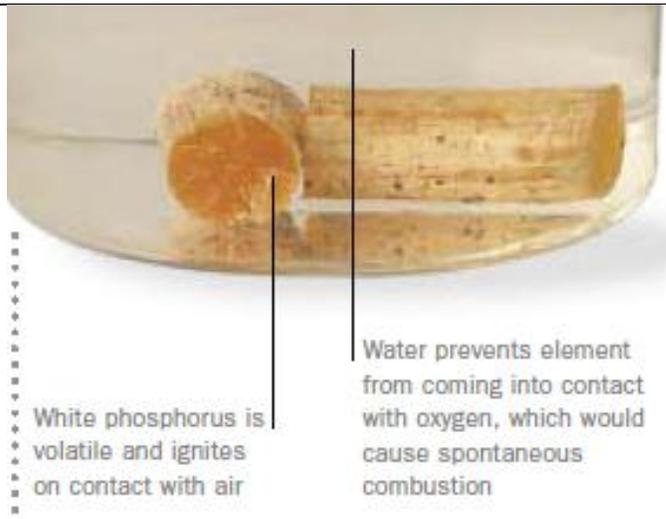
PREPARATION

Oxalic acid crystals are dissolved in alcohol, diluted, and succussed

<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>



SALICYLIC AC. اسبرين
Acidum salicylicum
Salicylic acid.

Historically Obtained originally from the bark of the willow tree, but now commercially prepared from phenol.

KEY SYMPTOMS

*weakness, and fainting
 overexcited or stupefied and dull.*

USE

*ear problems such as tinnitus, vertigo, and progressive deafness,
 headaches
 ulceration tends to focus on the mucous membranes: mouth ulcers*

PREPARATION

Salicylic acid crystals are triturated with lactose sugar



SILICA الرمل
Silica, flint, quartz, rock crystal.

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



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

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>PYROGEN Pyrogenium</p>	
<p>Historically Decomposed, rotten meat</p>	
<p>KEY SYMPTOMS Restless and talkative, they often think and talk rapidly.</p>	
<p>USE infections, fevers, suppuration, influenza, and septic states foul-smelling sweat, diarrhea, breath fever during menstruation</p>	
<p>PREPARATION Chopped, lean beef is soaked in water, sterilized, dissolved in purified water, then diluted and succussed.</p>	

TUBERCULINUM الدرن
Tuberculosis. Bacillinum

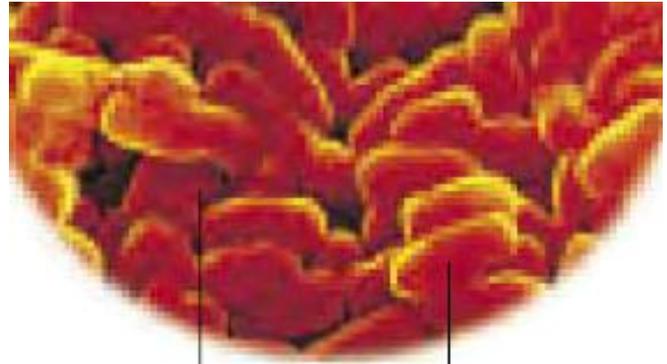
Historically Once a major killer, TB became less common thanks to vaccination, but is now rising again, partly due to the prevalence of HIV.

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

A close-up image of a fountain pen nib, showing the gold-colored metal and the black resin body. The nib is positioned at the end of the word "you" in the cursive text above it.