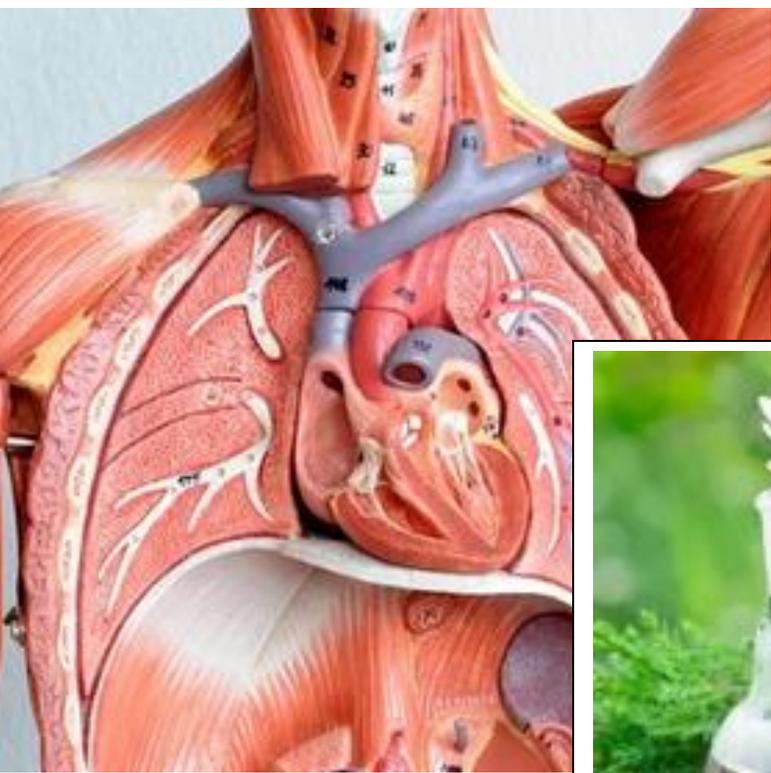


2023

*DR.
MASSOUD
NOTES*



Cardio & Chest
Homeopathy
Alternative medicine system



By

Dr. Mahmoud Massoud, MD.

Egyptian Medical Academy & AFCM Lecturer

About Author



Collected & EditedBy

Dr. Mahmoud Massoud,

MD. (Kasr Al-Ainy, Cairo University)

Master degree (Ain Shams University)

MBBCH (Menufia University)

Helmya Military hospital

Military Medical Academy

Lecturer Orthopedic, Spine surgery & Pain therapy AFCM

Author telegram group

<https://t.me/drmassoud77>*Dr.Massoud MD.Orthopaedic books/papers/notes/links till MDt.me*



@DRMASSOUD77

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
Cardio & Chest 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 **Cardio & Chest** pathologies.*

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

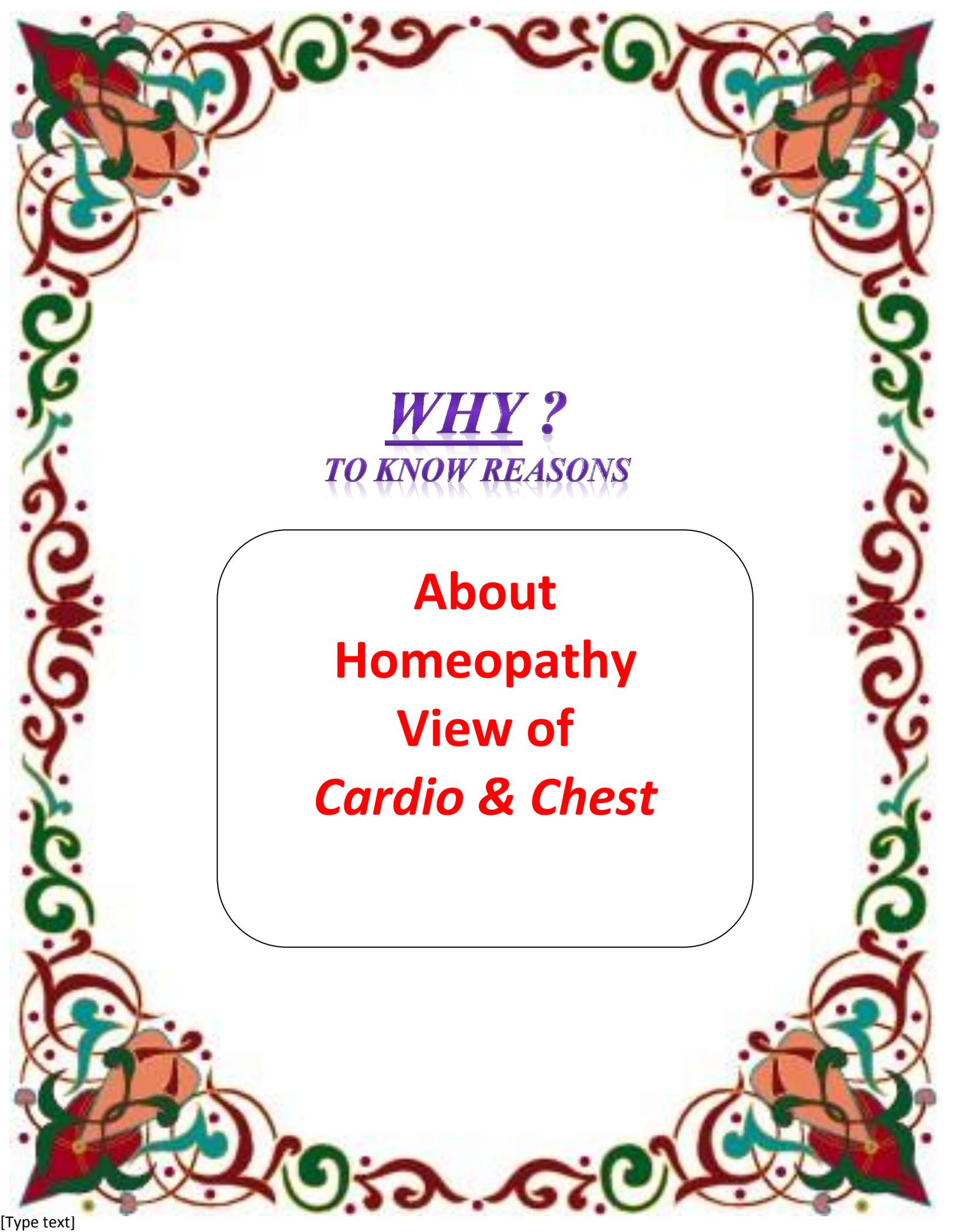
Dr. Mahmoud Massoud

Contents	Page
Introduction	1
Why? To know reasons About Homeopathy View	2
About Anatomy & Pathology	6
WHAT ? TO SEE History taking & EXAMINATION	15
About History Taking	16
About Examination	20
When? To decide Algorithms for treatment	21
Generating a prescription	22
Follow-up	23
Alphabetical Diseases remedy choice algorithms	26
COMPLEMENTARY LIFESTYLE GUIDE	34
How? To do THE PREPARATION OF HOMCEOPATHIC MEDICINES	36
<i>Using homeopathic remedies</i>	37
<i>Dispensing homeopathic remedies:</i>	39
About Materia medica	
Plant origin	40
Mineral origin	53
Animal origin	65
Reference books	68

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

Introduction

- *The aim of the art of medicine is to cure disease; **Cardio & Chest 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 **Cardio & Chest 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.*
 - *safe be used for pediatric and old, pregnant and lactating*
 - *Treatment is cost-effective.*



WHY ?
TO KNOW REASONS

**About
Homeopathy
View of
*Cardio & Chest***

CIRCULATORY SYSTEM

The circulatory, or cardiovascular, system consists of the heart, the blood vessels, and the blood itself. It continuously supplies blood to every tissue in the body, providing oxygen, a variety of nutrients, minerals, hormones, antibodies, and clotting agents. It removes metabolic waste products.

- **How the system works**

The human body's complex network of blood vessels is powered by a central pump—the heart (see below). Blood is pumped out through the aorta into all the major arteries. These subdivide into arterioles and capillaries, through the walls of which nutrients pass into tissues or organs. Contractions of the heart muscle pump blood along the arteries. Blood flow along veins is assisted by the contraction of muscles in the limbs. Valves prevent it from flowing backward. Many of the diseases of the cardiovascular system arise either from the constriction (angina) or blockage (stroke) of blood vessels, from malfunctioning valves, or from problems with the pumping action of the heart (palpitations).

Transportation system:

Capillaries collect the waste products of metabolism (see page 188), such as carbon dioxide, and drain into venules and veins, which carry blood back to the heart and lungs. The portal system connects the small intestine to the liver. Nutrient-rich blood is carried by the portal vein from the digestive organs to the liver, where nutrients are absorbed for processing or stored until they are needed.

THE HEART *There are two chambers, an atrium and a ventricle, on each side of the heart. The left side takes oxygenated blood from the lungs and pumps it around the body. The right side takes deoxygenated blood from around the body and pumps it to the lungs.*

BLOOD SUPPLIES *An average male adult has between 5 and 6 quarts (liters) of blood, which is circulated around the body by means of an extensive network of arteries (shown in red) and veins (shown in blue), both of which extend into all bodily tissue. Blood contains red blood cells that carry oxygen, white blood cells that fight infection, and blood platelets, which prevent leakage from blood vessels. Just over half the volume of blood is plasma, a straw-colored fluid consisting mainly of water, in which substances such as nutrients and hormones are carried.*

RESPIRATORY SYSTEM

The respiratory system runs from the tip of the nose to the smallest air sac deep in each lung. It shares a common passageway with the digestive tract as far as the larynx. The purpose of the respiratory system is to transport oxygen to the lungs, where it is absorbed into the blood. This then carries the oxygen to cells throughout the body, where it is used to produce energy. Carbon dioxide, a by-product of the process, is taken back to the lungs and expelled.

How the system works

The breathing process is controlled by the respiratory center of the brain. The purpose of respiration is to obtain oxygen, which is then transported around the body in the blood. It ends up in body cells, where it combines with glucose to produce energy. Carbon dioxide is a by-product of this process, and is expelled on breathing out. Breathing is an automatic process: it cannot be stopped voluntarily, although its rate and depth can be controlled. An adult human takes between 13 and 80 breaths a minute, depending on the degree of exertion.

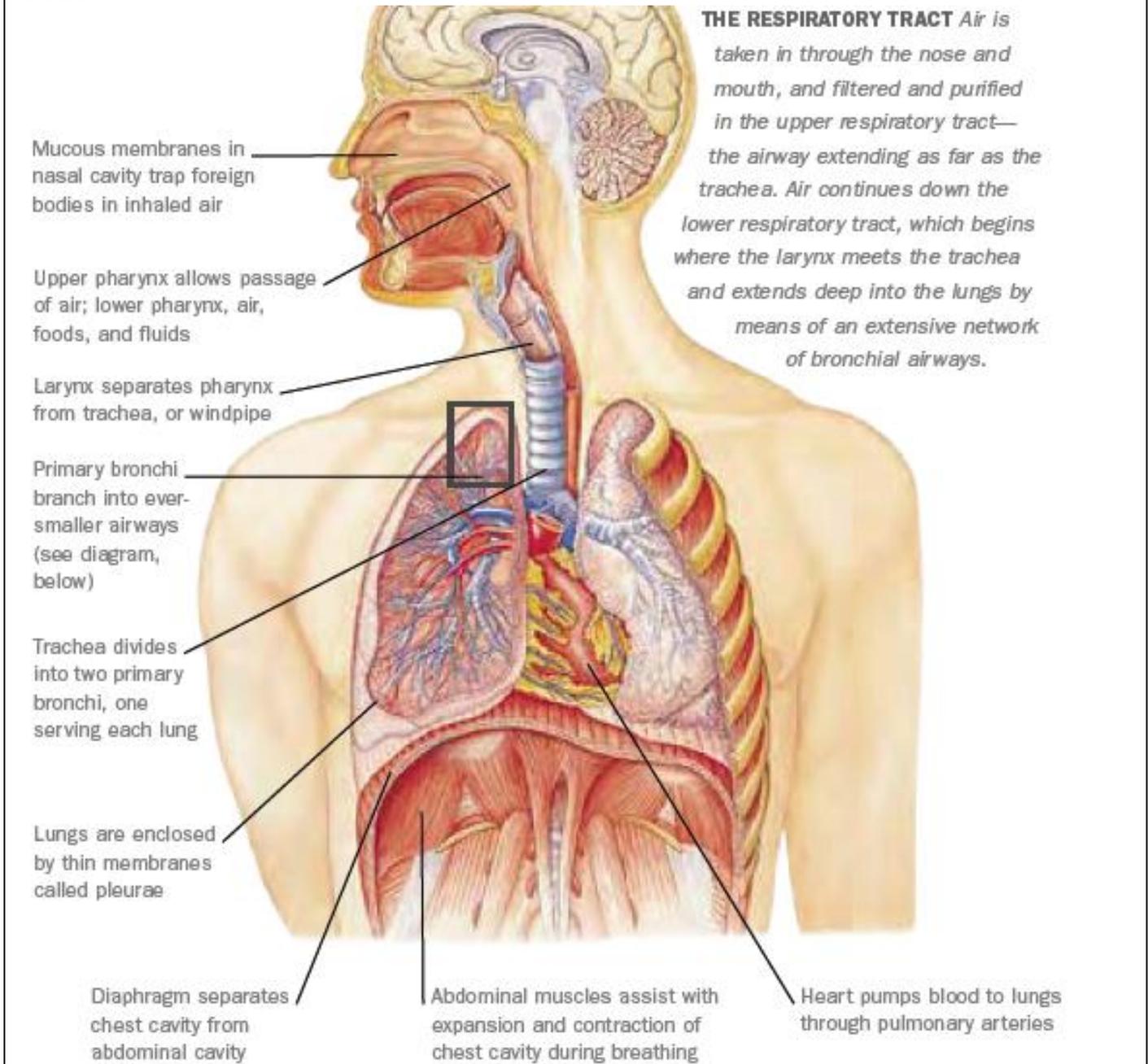
Breathing in and out

Air flows in and out of the lungs because the pressure of air in the chest is constantly changing in relation to the pressure of air outside the body. During inhalation, the diaphragm contracts and descends while the rib cage rises and expands. The decrease in pressure in the lungs draws air in. The opposite occurs during

exhalation as the diaphragm rises and the ribs fall. This increases the pressure in the lungs and air flows out.

Respiratory problems

The walls of the airway produce mucus that keeps air moist and warm. The surface of the walls is lined with tiny hairs, which move rather like fields of wheat. They help to move dust and foreign bodies away from the lungs to be coughed up or sneezed out of the airway. If particles are not removed—as in the case of smokers, in whom the hairs become paralyzed by nicotine—they remain in the lung. This encourages viruses and bacteria to create infection, and excessive amounts of mucus to be produced. Small airways and alveoli (see right) may become flooded with mucus, with the result that respiration deteriorates, and gas exchange fails. This occurs in pneumonia. Certain irritants may cause spasms of the airway, as in asthma.



ANGINA

- *Heart pain is otherwise known as angina, and is a dull constricting pain felt in the centre of the chest, radiating up into the neck and jaw, and usually down the left arm.*
- *It is caused by restriction of the supply of blood and oxygen to the heart.*
- *Other symptoms can be dizziness, nausea, sweating and difficult breathing. If you suspect you are suffering from angina you should go to an allopath for a thorough checkup.*
- *Unlike the pain of a heart attack, angina is often directly associated with excitement, exertion and stress, and will wear off after the excitement or exertion ceases. Nevertheless, angina can precede a full-blown heart attack, so if the pains do not wear off after five minutes, or become more severe, allopathic advice should be sought immediately. Constitutional homeopathic treatment is recommended.*
- *A fairly common complaint, angina consists of a constricting chest pain. In the developed world this condition usually affects men over 50, but sometimes those as young as 30; in women it generally strikes in later life. Angina occurs when extra demands are made on the heart during exercise or in stressful situations when oxygen supply may be restricted.*
- **Symptoms**
 - *Pain resembling a tight band around the chest that can spread up into the neck and jaw and down into an arm, usually the left arm.*
 - *Symptoms associated with exercise, especially after eating, stress, and during very hot or cold weather.*
 - *Possible dizziness, palpitations, nausea, cold sweats, breathlessness, and cold extremities.*
 - *Symptoms wear off after rest.*
- **Causes**

The direct cause of angina is not enough oxygen reaching the heart. This may be because arteries supplying the heart have been damaged by a disease such as atherosclerosis (arteries narrowed by fatty deposits), or because of high blood pressure, malfunctioning heart valves, anemia, or disturbed heart rhythms. Angina may also be caused by spasms in blood vessels. A less common cause is overproduction of hormones (by the thyroid gland) that makes the heart race.
- **Conventional care**

Angina may be diagnosed by measuring electrical activity in the heart while the patient is on a treadmill, or by X-raying altered blood vessels injected with a highlighting substance (a practice known as coronary angiography). Conventional treatment is with drugs that improve circulation, such as glyceryl trinitrate, beta blockers, or calcium channel blockers. Surgery may be necessary. Angioplasty is the insertion and inflation of a balloon in a blocked vessel to widen it. Coronary artery bypass entails placing a section of vein—from a leg, for example—in the heart to bypass a blocked vein.

PALPITATIONS

- *“Palpitations” is the term used to describe a general awareness that the heart is beating, or the sensation that it is beating irregularly, or faster, or with more force than it should, given the level of exertion. Not all palpitations indicate a serious condition, but they should be investigated. The heart normally beats at a rate of about 70 beats a minute*
- **Symptoms**
 - *Heart feels as though it is beating harder or faster than usual.*
 - *Fluttering or thumping in the chest, with an alarming sensation as though the heart has stopped beating.*
 - *Possible faintness and breathlessness.*
- **Causes**

Heartbeat is controlled by the autonomic nervous system. If nerve impulses are disrupted, the heart will continue beating, but at its own, usually slower rate. The most common form of palpitation—usually experienced at rest—is caused by ectopic heartbeats, when a premature beat is followed by an unusually long pause. This feels like a thumping or fluttering in the chest, and is not usually indicative of heart disease. It is caused by stimulants—for example large amounts of caffeine or heavy smoking. Palpitations with an irregular heartbeat may be symptomatic of heart disease. They may also be caused by an overactive thyroid gland, high fever, food allergy, and certain recreational drugs, such as amphetamines or cocaine. Palpitations may be a side-effect of some prescribed drugs, particularly those that regulate blood pressure, or they may be triggered by anxiety.

HYPERTENSION

- Hypertension also known as high or raised blood pressure, is a condition in which the blood vessels have persistently raised pressure, putting them under increased stress.
- The condition is said to arise when the systolic blood pressure is equal to or above 140 mm Hg and/or a diastolic blood pressure equal to or above 90 mm Hg.

- **INCIDENCE**

In an analysis of worldwide data for the global burden of Hypertension, 20.6% of men and 20.9% women were suffering from the disease.

- **CLASSIFICATION**

Depending on the methods of patient ascertainment ~ 80-95% of hypertensive patients are diagnosed with Essential (Primary or idiopathic) hypertension in which no obvious medical cause is identified. In the remaining 5-20% of hypertensive patients, a specific underlying disorder causing elevation of blood pressure can be identified with its specific mechanism can be identified and these individuals are known to suffer from Secondary Hypertension

Category	Systolic BP(mmHg)	Diastolic BP(mmHg)
Normal BP	<120	<80
Pre hypertension	120-139	80-89
Hypertension		
Grade 1	140-159	90-99
Grade 2	≥160	≥100

Malignant or accelerated hypertension –It is a severe form of hypertension in which BP above 220/ 120 mmHg. This lead acute headache, visual disturbances, haematuria, rapid development of cardiac and renal failure, high urea, NPN, and creatinine levels of blood etc.

- **AETIOLOGY**

Causes /Risk factors of primary hypertension

- Non- modifiable factors
 - Age
 - Positive family history
- Modifiable factors
 - Obesity
 - Increase intake of saturated fat
 - Low level of physical activity
 - High salt intake
 - Smoking
 - Psychological stress
 - Alcohol consumption

Causes of secondary hypertension

- *Renal disease*
 - *Renal vascular disease- arteriosclerosis, fibromyalgia*
 - *Renal parenchymal disease (glomerulonephritis), renal cyst (polycystic renal disease), renal tumor (rennin secreting tumor), obstructive uropathy*
- *Endocrine disease*
 - *Adrenal – primary aldosteronism, Cushing syndrome, pheochromocytoma,*
- *Congenital adrenal hyperplasia due to 11-β hydroxylase or 17 α-hydroxylase deficiency*
 - *Thyroid, parathyroid – Hypothyroidism, thyrotoxicosis,*
- *Hyperparathyroidism*
- *Other- Liddle syndrome, Acromegaly*
- *Neurogenic*
- *Psychogenic, Acute increased intracranial pressure, acute spinal cord section*
- *Drugs*
 - *Oral contraceptives, anabolic steroids, corticosteroids, NSAIDs, sympathomimetic agents, tri cyclic anti-depressants, cocaine etc.*
- *Pregnancy*
 - *Eclampsia/ pre-eclampsia*
- *Co-arctation of aorta*
- *Obstructive sleep apnea*
- ***Symptoms like***
 - *Headache*
 - *Dizziness*
 - *Insomnia*
 - *Lack of concentration*
 - *Loss of memory*
 - *Palpitation of heart*
 - *Nosebleed*
- ***Symptoms of hypertensive encephalopathy like***
 - *Acute severe headache*
 - *Nausea & vomiting*
 - *Visual disturbance*
 - *Transient disturbance in speech*
 - *Paraesthesiae*
 - *Fits & loss of consciousness*

COMPLICATIONS

Organ	Disease condition	History Evaluation	Examination	Investigation
Heart	Heart failure	Exertional breathlessness, Orthopnea, edema	Pedal oedema, JVP, Chest examination for pulmonary edema	Chest X-ray, ECG, Echocardiography
	Coronary artery disease	History of angina, prior myocardial infarction		Coronary angiography
	Left ventricular hypertrophy		Forceful apical impulse	ECG, Echocardiography
CNS	Stroke due to cerebral haemorrhage or infarction		Neurological examination	CT scan, MRI angiography
Kidney	Progressive renal failure	Uremic complaints, dyspnoea	Pallor, oedema, peripheral neuropathy	Urine analysis, BUN, Creatinine, renal ultrasound
			,asterixis, uremic odour	
Retina	Hypertensive Retinopathy			Fundoscopy Grade 1 -Arteriolar thickening (silver wiring) Grade 2 - Arteriovenous nicking + Grade 1 Grade 3 - Retinal ischemia (flame shaped or blot haemorrhage & cotton wool exudates) +grade 2 Grade 4 - Papilloedema + grade 3
Peripheral Blood vessel	Atherosclerosis	History of claudication	Assess peripheral pulse, look arterial pulse	Doppler studies

• **DIFFERENTIAL DIAGNOSIS**

- Anxiety disorder
- Hyperthyroidism
- Myocardial infarction
- Hyperaldosteronism (primary)
- Stroke (haemorrhagic or Ischemic)
- Cardiomyopathy
- Toxicity (amphetamine & phencyclidine)

- **RED FLAG SYMPTOMS**

- Papilloedema
- Pre- eclampsia
- Convulsions or coma
- Signs of end organ damage
- Heart failure
- Severe headache with high blood pressure

ASTHMA

- *The symptoms of asthma are attacks of breathlessness, brought about by contraction of the bronchial tubes, with the secretion of a very thick, sticky mucus instead of normal fluid phlegm. Attacks vary greatly in frequency, duration and intensity, ranging from occasional periods of wheezing and breathing difficulty, to severe attacks that almost cause suffocation. Most of the symptoms arise from an allergic or hypersensitivity reaction taking place in the bronchial walls.*
- *An asthma attack occurs when the airways of the lungs become inflamed. This causes contraction of muscles in the walls of the airways and their subsequent narrowing. Asthma affects one in ten children of school age in some industrialized countries, but only three percent of adults. Asthma can be more serious and more difficult to treat in adults.*
- **Symptoms**
 - *Breathlessness that is accompanied by a characteristic wheezing.*
 - *Tight feeling in the chest.*
 - *In severe attacks, possible increased pulse rate and clammy sweats.*
 - *Dry cough.*
 - *Possible anxiety and fear.*
- **Causes**

The increase in childhood asthma in the industrialized world during the last two decades of the 20th century is attributed by many to increased levels of pollution. There is a genetic tendency, however. Asthma is believed to be an allergic reaction to house dust, dust mites, pollen, fur, feathers, or tobacco smoke. It can also be induced by drugs, caffeine withdrawal, stress, or exercise. Foods such as dairy products, wheat, nuts, oranges, chocolate, and refined carbohydrates are known triggers. Asthma is also linked to high pollen counts, atmospheric changes, domestic heating systems, and some soft-furnishing materials.
- **Conventional care**

Asthma sufferers receive treatment plans from doctors or specially trained asthma nurses. These include daily checks on the amount of air flowing in and out of the lungs using a peak-flow meter. In acute attacks, bronchodilating drugs are needed to widen the airways. Corticosteroids reduce inflammation. These drugs are usually taken by means of an inhaler. In serious attacks, hospitalization may be required for oxygen or the use of a powered ventilator to ease breathing. Inhalers used preventatively can reduce the impact of irritants.

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.*
- **Symptoms**

- *A mild attack of tuberculosis has the same symptoms as mild influenza.*
- *In second-stage tuberculosis, there may be a slight fever, night sweats, fatigue, weight loss, a dry cough that eventually produces pus or bloody sputum, breathlessness, and chest pain.*
- *If the disease progresses further still, it may cause a pleural effusion (fluid between the linings, or pleura, of the lung and that of the chest cavity) or pneumothorax (air between the pleurae).*

- **Causes**

Tuberculosis is caused by Mycobacterium tuberculosis, and is spread in droplets of mucus expelled in coughs and sneezes. If the infection is fought off successfully, a small scar forms in the lung tissue. The person is then immune unless they become undernourished or generally unwell in the future, in which case tuberculosis may flare up again. Occasionally, the primary infection spreads to other parts of the body via the lymphatic system and the bloodstream, a condition known as miliary tuberculosis, which is occasionally fatal. Tuberculosis is most common among the elderly, alcoholics, and people living in economically deprived areas.

- **Conventional care**

In many industrialized countries, preventative measures are taken against tuberculosis in the form of inoculation of all children by the age of 13 with a live strain of the bacterium that causes tuberculosis in cattle. This is too weak to cause the disease in humans, yet it stimulates the immune system. Diagnosis of tuberculosis is by a primary test followed by a chest X-ray if the test is positive. The most common treatment is with three drugs—usually isoniazid, rifampicin, and pyrazinamide—taken over a long period. There is concern in some regions of the world that the disease has become resistant to these drugs. Other, shorter treatment regimens are therefore being tried.

PNEUMONIA

- *Pneumonia is inflammation of the lungs, which may be mild if a person is generally healthy, but life-threatening in those who are very young, elderly, immobilized or inactive, alcoholic, or already suffering from respiratory, heart, or kidney disease. Lobar pneumonia is when one lung only is affected; bronchopneumonia affects both lungs.*

- **Symptoms**

- *Breathlessness even when resting.*
- *Fever with alternate sweats and chills.*
- *Cough that produces yellow or green sputum. When the chest is listened to, there may be an absence of breathing sounds, or there may be wheezing or crackling sounds.*

- **Causes**

Pneumonia occurs when an infection of the upper airway spreads deep into the lung tissue and invades the alveoli. It may develop from a cold virus, but it is usually caused by bacteria, especially pneumococcal bacteria. Other, more obscure sources of infection are carried by mycoplasma and rickettsia (microorganisms). Pneumonia may be associated with immunodeficiency disorders, in which case unusual fungi or protozoa may be responsible. Pneumocystis pneumonia—common among AIDS sufferers—is an example of this. People taking inflammatory or immunosuppressive drugs long-term, or who smoke, are more likely to develop pneumonia than those who do not. The disease may also be caused by inhaling liquids or poisonous gases such as chlorine.

- **Conventional care**

Diagnosis is by examination, chest X-ray, blood test, and sputum test, whereby a culture is grown in a laboratory. Patients with lobar pneumonia were once said to heal “by lysis or crisis” within five days. That is to say, the disease came to a head and then abated, or death followed from respiratory failure. Modern drugs enable recovery from pneumonia within about two weeks unless the patient is debilitated

or old. In severe cases, oxygen therapy or artificial ventilation may be necessary.

Bronchitis

- *Bronchitis is an inflammation of the mucous membranes of the bronchial tubes. It often follows a cold or influenza, and may become chronic.*
- *The usual symptoms are fever with a harsh, dry cough, chest pain and wheezing, although the chest pain improves when expectoration begins. If the temperature rises above 102°F (39°C), or breathing becomes rapid and difficult, or the phlegm contains blood, allopathic treatment is essential*

Cough

- *Cough may be acute or chronic, and may be dry, spasmodic, or loose, with a variety of colors of mucus discharge.*
- *There are many remedies for cough in homeopathic treatment, and often the choice of the correct remedy needs a careful study of the symptoms. If the cough is part of a cold or influenza, those sections of this chapter should be read first. Chronic cough, cough that fails to improve, and cough that returns periodically need professional assistance. Cough with persistent blood in the sputum needs allopathic advice.*

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

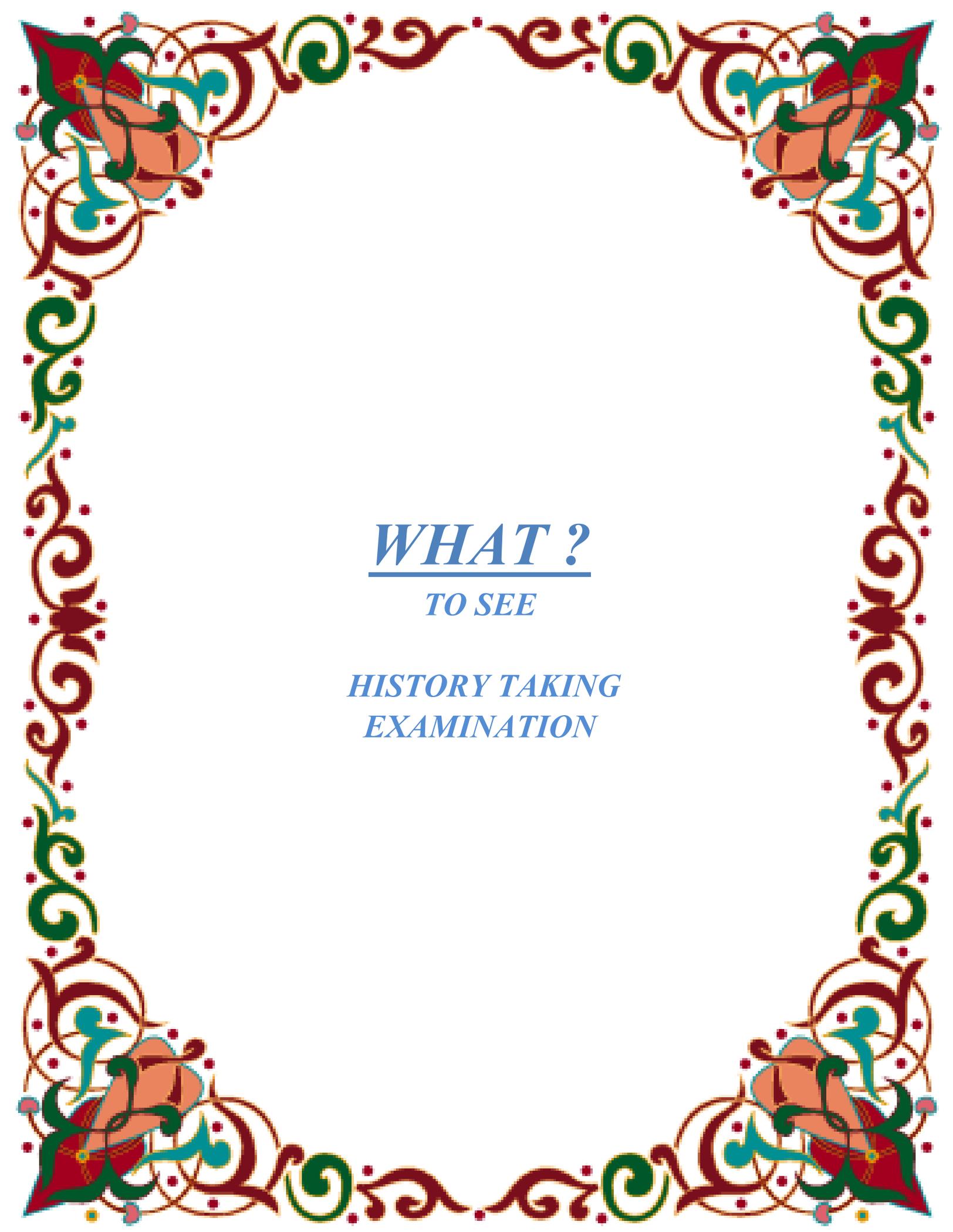
Noticed great effect on child due to dynamic state of children accept more the dynamism of remedies

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?</i> <i>R – Recent. Symptoms which have come on more recently</i> <i>I – Intensity. The more severe or intense the symptom</i> <i>C – Clear. (“rubrics”) of the repertory</i> <i>E – Enduring. Persistent and long patterns</i> <i>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?</i> <i>O – Old. The age of the patient both at the time of treatment and at the time of onset of the illness</i> <i>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</i> <i>C – Center of Gravity. That is, is the bulk or main weight of the symptoms on the mental, emotional or physical planes?</i> <i>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</i> <i>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**

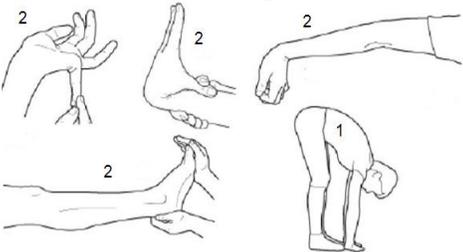
- *Time management: ability to set realistic goals, plan and organize projects, cope with deadlines, and delegate tasks.*
- *Success in maintaining a balance between work and play, and between work and family.*
- *Stress management: opportunities to relax, and ability to control stressful situations 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 score 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 ^{ty} 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	Active Passive m.power →	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">0</td><td>No contraction</td></tr> <tr><td style="text-align: center;">1</td><td>Flicker or trace of contraction</td></tr> <tr><td style="text-align: center;">2</td><td>Active movement, with gravity eliminated</td></tr> <tr><td style="text-align: center;">3</td><td>Active movement against gravity</td></tr> <tr><td style="text-align: center;">4</td><td>Active movement against gravity and resistance</td></tr> <tr><td style="text-align: center;">5</td><td>Normal power</td></tr> </table>	0	No contraction	1	Flicker or trace of contraction	2	Active movement, with gravity eliminated	3	Active movement against gravity	4	Active movement against gravity and resistance	5	Normal power
0	No contraction													
1	Flicker or trace of contraction													
2	Active movement, with gravity eliminated													
3	Active movement against gravity													
4	Active movement against gravity and resistance													
5	Normal power													
10. Never miss	Neuro: sensory/motor/reflexes Vascular: a. whole limb/Cap.refill/duplex													

WHEN ?

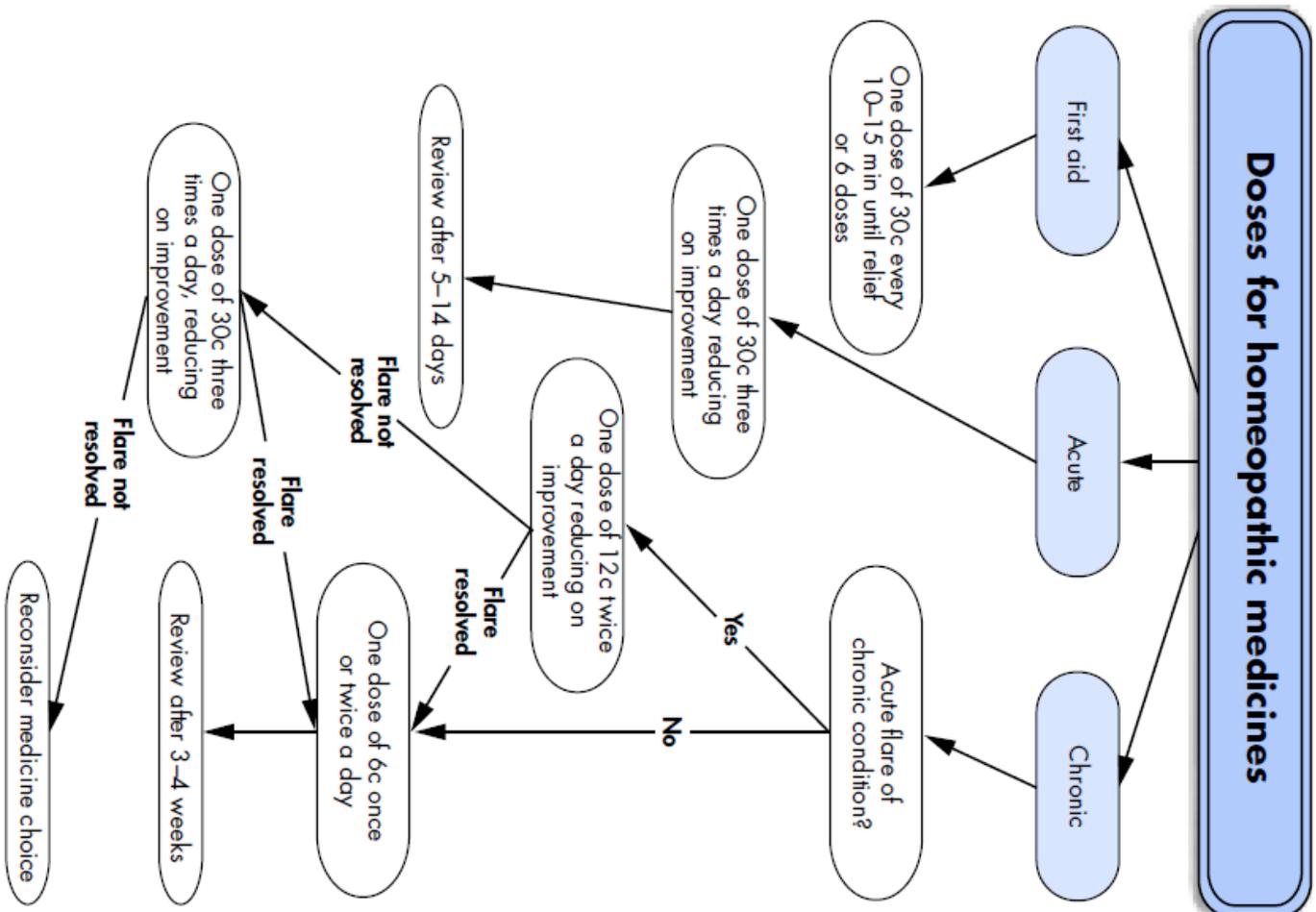
TO DECIDE

**Algorithms
for treatment
Acute & Chronic
cases**

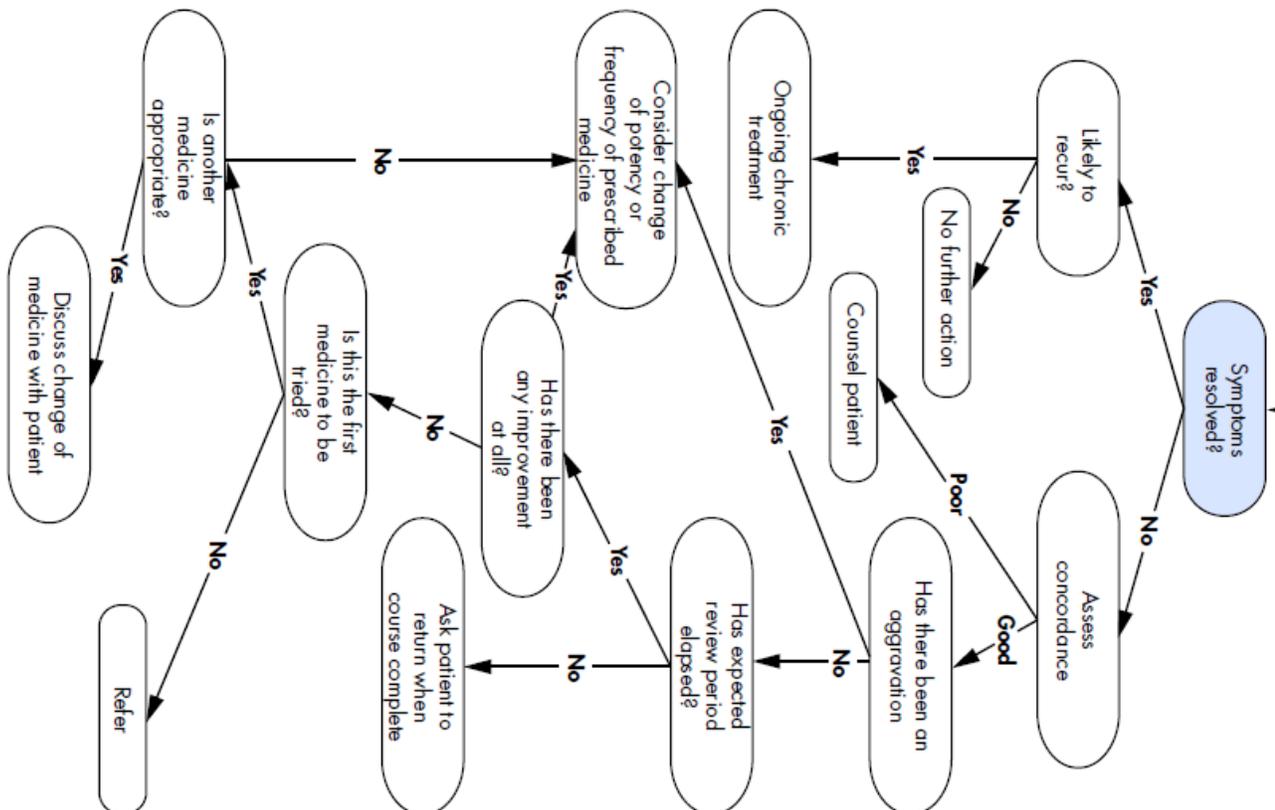
About Repertory

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	-4	-3	-2	-1	0	+1	+2	+3	+4	Much better	
e.g. Day												
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												

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.

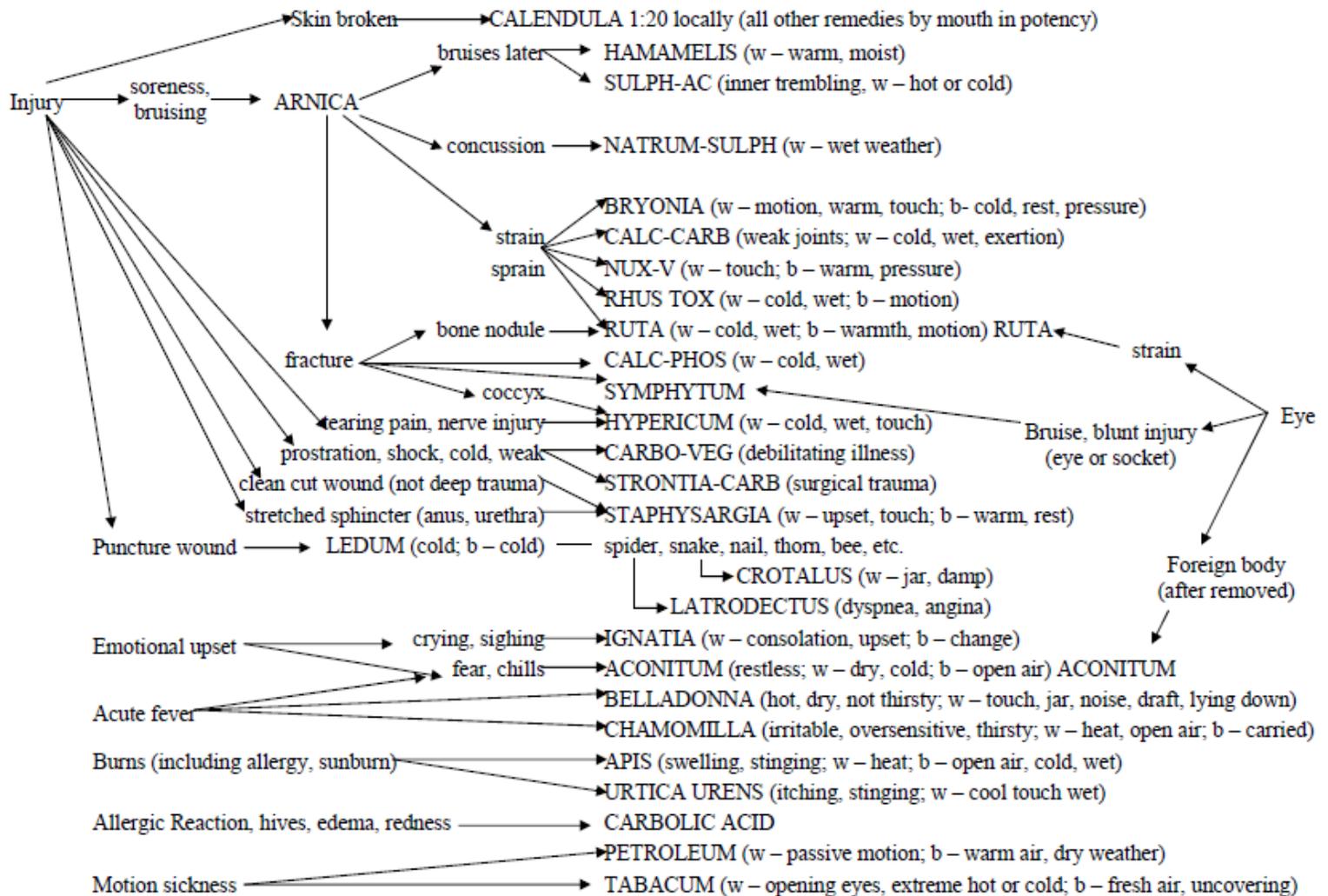
Side-effects

- **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

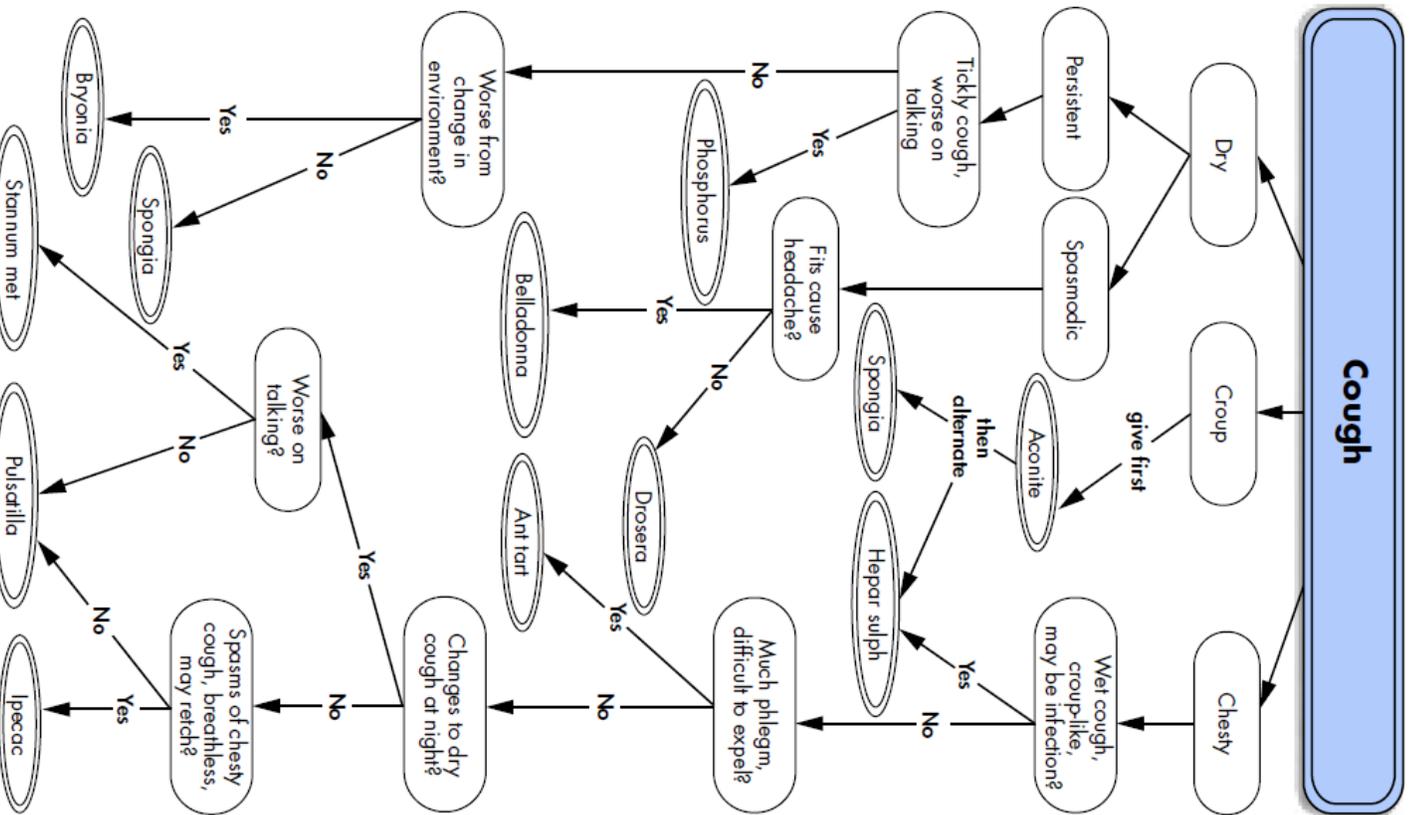
(w = worse, b = better)



Cough

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

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

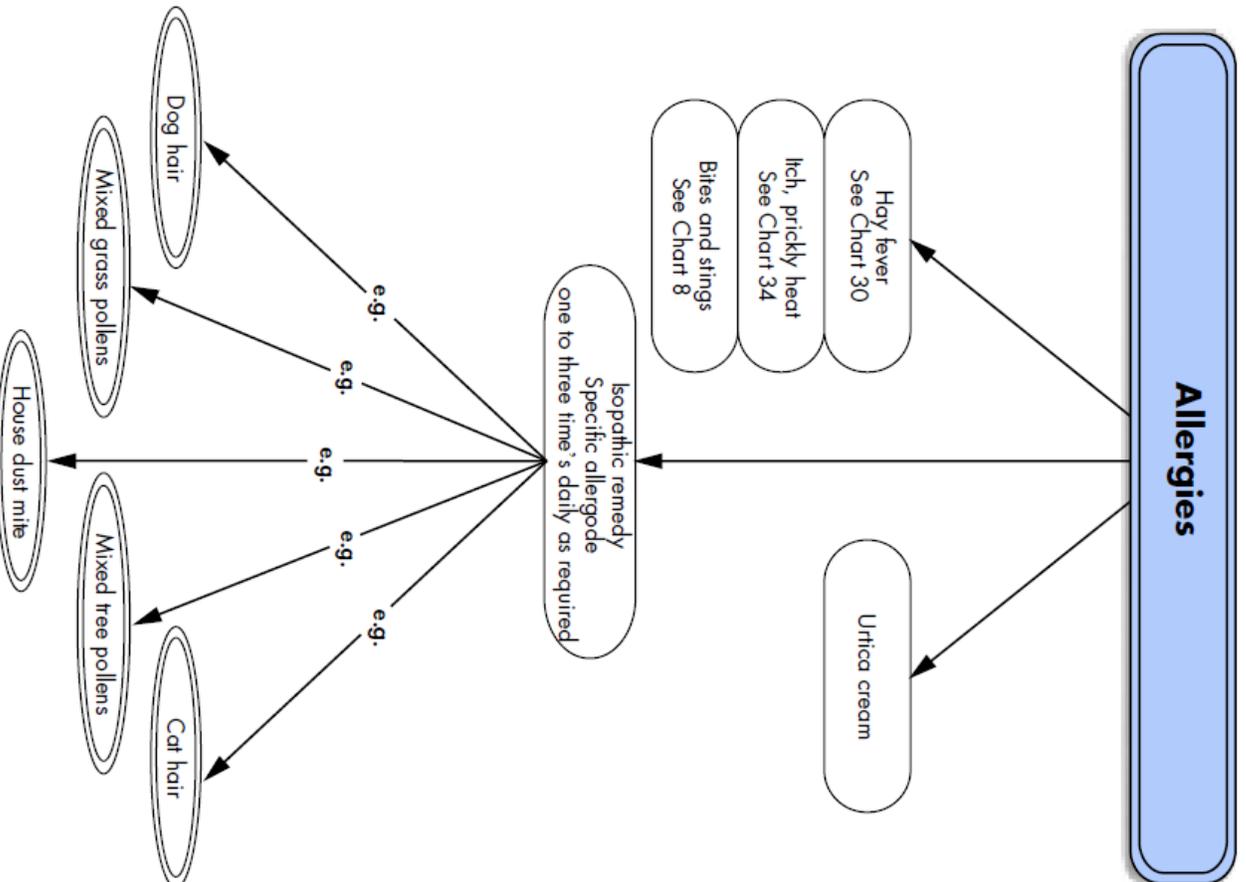


Allergies

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.



ANGINA

Treatment includes losing weight, taking daily moderate exercise, reducing stress, giving up smoking, avoiding animal fats, coffee and alcohol. Supplementation with fish oil and garlic is beneficial.

Supplementation with vitamin E is also beneficial over the longer term, but must be started slowly.

<i>Apis</i>	<i>effective for fluid retention</i>
<i>Argent. nit</i>	<i>associated with improved nerve conduction to coronary arteries</i>
<i>Arnica</i>	<i>if there is damaged heart muscle—after a heart attack for example</i>
<i>Arnica 6c, every 15 minutes</i>	<i>Pain and stitches in the heart region, as if squeezed, particularly after strain or exertion, with irregular pulse.</i>
<i>Arsen. alb</i>	<i>for problems in the left side of the heart</i>
<i>Aurum</i>	<i>for atherosclerosis, other arterial diseases, and valve problems</i>
<i>Aurum 6c</i>	<i>Congestion and anguish about the heart, with depression and melancholy. Great difficulty in breathing, person must lie down.</i>
<i>Cactus grand</i>	<i>if the chest feels as though there is an iron band around it, and if there are breathing difficulties, cold sweats, pain in the left arm, and falling blood pressure</i>
<i>Cactus grand 6c, every 15 minutes</i>	<i>Sensation as if a band were constricting the chest or heart, with cold sweat, difficult breathing and pain down the left arm Worse by lying on left side.</i>
<i>Lilium</i>	<i>when the chest feels as though it is in a vise, and there are palpitations and pain in the right arm</i>
<i>Lilium 6c, every 15 minutes</i>	<i>Dull, pressing pain extending down the right arm with whole body pulsing, worse in a warm room.</i>
<i>Latrodectus mac</i>	<i>for serious chest pains, rapid pulse, and numb fingers</i>
<i>Spigelia</i>	<i>for palpitations with a thirst for hot water and breathing difficulties relieved by lying on the right</i>
<i>Spigelia 6c every 15 minutes</i>	<i>Stitching pains, violent palpitations and difficult breathing, with thirst for hot water, person cannot bear to be touched. Symptoms are relieved by lying down on the right side with the head raised.</i>
<i>Naja 6c, every 15 minutes</i>	<i>Angina with irregular pulse, heart feels as if it has a weight on it, sensations of blood surging into the head, made worse by stimulants.</i>
<i>Glonoine 6c, every 15 minutes</i>	<i>Angina with fluttering heart and sensation of pounding throughout the body. Person feels faint, with difficult breathing, worse by heat.</i>
<i>Latrodectus 6c</i>	<i>Violent chest pains, numbness in the fingers, feeble but rapid pulse.</i>
<i>Kali carb 6c</i>	<i>Stitching pains in the heart, can come at any time, bringing cries of pain. Person leans forward, resting on arms, to take the weight off the chest.</i>

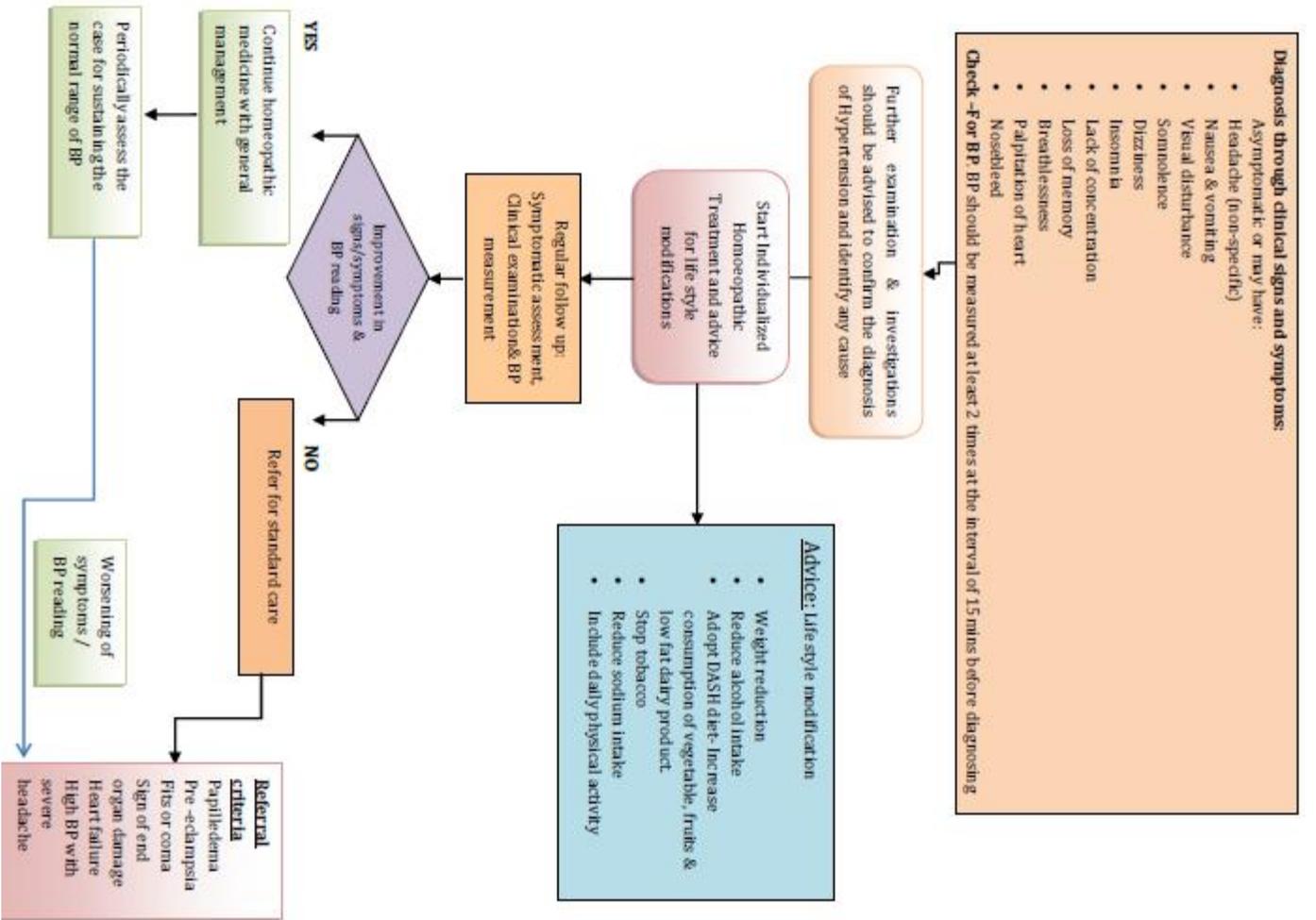
PALPATION

<i>Agaricus</i>	<i>heart irregularities induced by stimulants</i>
<i>Apis</i>	<i>for organic heart disease accompanied by fluid retention</i>
<i>China</i>	<i>with nervous exhaustion</i>
<i>Conium</i>	<i>for an incompetent mitral valve</i>
<i>Kali. carb</i>	<i>if there are associated respiratory problems such as asthma</i>
<i>Aconite</i>	<i>if onset is sudden, especially after shock, with a fear of dying</i>
<i>Nux vomica</i>	<i>if palpitations result from overindulgence, or if there is physical and mental exhaustion with overarousal from doing too much, chilliness, and irritability</i>

Digitalis	for palpitations preceding a feeling as though the heart has stopped, with a fear that the least movement might make it stop again
Lachesis	for menopausal women who feel faint and anxious, and complain of a constricted feeling in the chest.

Hypertension

Aurum	due to valvular lesions and arteriosclerosis.
Baryta	due to vascular degeneration aneurysm of aorta
Nat mur	persons with tachycardia. Heart and chest feel constricted.
Veratrum viride	fall of both systolic and diastolic blood pressure.
Viscum album	hypertension with valvular insufficiency and hypertrophy of heart. albuminuria.



ASTHMA

Peak-flow monitoring is necessary, whatever the treatment.

<i>Arsen. alb.</i>	<i>for bronchial constriction</i>
//	<i>for attacks in the early hours, with chilliness, restlessness, and a desire for sips of water</i>
<i>Antimonium tart</i>	<i>for bronchial congestion</i>
<i>Bryonia</i>	<i>for the pain caused by irritation of the pleurae</i>
<i>Calc. carb</i>	<i>for ailments arising out of restrictions in the movement of the rib cage</i>
<i>Phosphorus</i>	<i>for respiratory problems linked with anxiety</i>
<i>Ipecac</i>	<i>when there is persistent nausea</i>
<i>Ipecac 6c, every 1-2 hours.</i>	<i>Asthma with gagging: may have persistent nausea and vomiting, but feel no better by it.</i>
<i>Kali. carb.</i>	<i>for asthma between 2 a.m. and 4 a.m. causing exhaustion</i>
<i>Kali carb 6c, every 1-2 hours.</i>	<i>Asthma is worse 2-4 a.m., with chilliness; may have stabbing pains. Sufferer sits bending forward, or with arms on knees.</i>
<i>Aconite 6c, every 1-2 hours.</i>	<i>Attack comes on suddenly after midnight, with anxiety, restlessness and thirst, often after exposure to dry cold wind.</i>
<i>Mag phos 6x, a tissue salt, every 1-2 hours.</i>	<i>Constriction of the chest, with spasms of the bronchial muscles, and spasmodic dry tickling cough. Difficulty breathing when lying down.</i>
<i>Sambucus 6c, every 30-60 minutes.</i>	<i>Asthma in children, who wake with cough, profuse sweating, mouth breathing, and sensation of intense suffocation.</i>
<i>Blatta 6c, every 3-4 hours.</i>	<i>Asthma worsened from exposure to house dust and dust mite.</i>
<i>Kali phos 6x, a tissue salt, 1-2hours.</i>	<i>Nervous asthma, and from taking the least food, with depressed nervous system. Attacks with oppressed breathing.</i>
<i>Cuprum met 6c, every 1-2 hours.</i>	<i>Asthma with muscle spasms in chest and arms, perhaps vomiting after each spasm.</i>
<i>Kali tour 6x, a tissue salt, every 1-2 hours.</i>	<i>Asthma with white-coated tongue and coughing up white mucus with difficulty.</i>
<i>Nat tour 6x, a tissue salt, every 1-2hours.</i>	<i>Asthma with expectoration of clear, frothy mucus and watery discharges from the eyes and nose.</i>
<i>Arsenicum 6c, every 1-2 hours.</i>	<i>Attacks between midnight and 3 a.m., with burning in the chest, restlessness, and anxiety, sufferer wants sips of water, is better by sitting</i>
<i>Ant tart 6c, every 1-2 hours.</i>	<i>Asthma worse around 3 a.m., with exhaustion, pale face, and great rattling of mucus in chest, hard to raise.</i>
<i>Aralia racemosa 6c, every 3-4 hours.</i>	<i>Asthma worse from going to bed, or shortly after going to sleep.</i>
<i>Ammonium carb 6c, every 1-2 hours.</i>	<i>Whistling asthma towards 3 a.m., with irritating cough and severe congestion, difficult to expectorate.</i>
<i>Nat sulph 6x, a tissue salt, 3-4hours.</i>	<i>Asthma worse 3-5 a.m., in damp conditions, with early morning diarrhoea.</i>
<i>Thuja 6c, every 3-4 hours.</i>	<i>Asthma in obese, cold-sensitive persons, worse 3-5 a.m. and from humidity.</i>
<i>Lachesis 12c, morning and evening.</i>	<i>Asthma worse on waking in the morning, with great fear of constriction.</i>

PNEUMONIA

In the initial stages of mild, viral pneumonia, treatment by an experienced homeopathic physician may be beneficial. With recurrent pneumonia, constitutional homeopathic treatment is certainly advisable in addition to conventional treatment.

Arsen. alb.	<i>for bronchial constriction</i>
Bacillinum	<i>for those with respiratory problems in whom chronic catarrh may easily give rise to infection, such as the elderly</i>
Calc. carb	<i>for complications arising out of restrictions in the movement of the rib cage;</i>
Pulsatilla	<i>treat irritation of the mucous membranes lining the respiratory tract.</i>
Aconite	<i>acute cases of pneumonia onset is sudden, particularly in cold, dry weather, and there is chest pain, fever, anxiety, and a fear of dying</i>
Phosphorus	<i>for a cough producing rust-colored sputum, with weakness, trembling, nervousness, and numb extremities, and symptoms that are worse for lying on the left side</i>
Bryonia	<i>prescribed for chest pain that is worse for the slightest movement but better for lying on the affected side.</i>

BRONCHITIS

Ferrum phos 6x, a tissue salt, every 3-4 hours.	<i>Heat and congestion, with short painful cough and oppressed breathing. Discharge is absent or clear and minimal, may show traces of blood.</i>
Aconite 6c, every 1-2 hours.	<i>Bronchitis that may come on suddenly, with fever, restlessness and anxiety. Dry staccato cough, with notable thirst.</i>
Belladonna 6c, every 1-2 hours.	<i>Sudden onset, with high fever, restlessness, pounding headache and flushed face. Cough is worse at night and when lying down.</i>
Silicea 6x, a tissue salt, every 3-4 hours.	<i>Expectoration is thick, yellow and heavy. The cough is made better by heat and warm drinks, but aggravated by cold drinks.</i>
Bryonia 6c, every 3-4 hours.	<i>Dry, stabbing painful cough, with chest pain relieved by holding tightly or lying on it.</i>
Kali mur 6x, a tissue salt, every 3-4 hours.	<i>Expectoration is thick, white, tenacious and the tongue has a white or grayish-white coating.</i>
Hepar sulph 6c, every 3-4 hours.	<i>Loose and rattling cough, patient is sensitive to drafts, worse in the evening and on lying down, better from warm and humid air.</i>
Phosphorus 6c, every 3-4 hours.	<i>Tight, ticklish cough, with traces of blood. Burning in the chest, with craving for cold water.</i>
Kali sulph 6x, a tissue salt, every 3-4 hours.	<i>Phlegm is light yellow, watery and copious, or greenish and slimy, with back of the tongue coated yellow. There a craving for fresh air.</i>
Nat mur 6x, a tissue salt, every 3-4 hours.	<i>Bronchitis with loose and rattling expectoration of clear, watery mucus.</i>
Pulsatilla 6c, every 3-4 hours.	<i>Thick, bland, creamy expectoration, loose in the mornings but dry at night.</i>
Calc phos 6x, a tissue salt, every 3-4 hours.	<i>Expectoration of thick, clear, jelly-like mucus, especially in anemic persons.</i>

TUBERCULOSIS

- It is rare for a homeopathic practitioner to treat a tuberculosis patient exclusively. The disease has to be reported to the medical authorities, and will inevitably, and justifiably, be treated conventionally. 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.
- The patient's specific symptoms will be the main criteria in determining constitutional prescription (see page 18). Certain remedies, however, have an affinity with respiratory ailments.
- 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	for head sweats
Bacillinum	For acute attacks, remedies include for head sweats
Calc. carb	for gland enlargement if the extremities are cold and clammy, with weakness and apprehension
Arsen. alb	for bronchial constriction if there is chilliness, exhaustion, anxiety, and a desire for sips of water.
Lycopodium	with infection of the right lung
Phosphorus	for treating inflammation of the mucous membranes

COUGH

Ferrum phos 6x, a tissue salt, every 3-4 hours.	Dry Cough Short, acute, painful cough, with sore lungs and no expectoration.
Aconite 6c, every 3-4 hours.	Dry, hard cough with anxiety and restlessness, worse in the evening.
Aconite 6c, every 3-4 hours.	Cough brought on by dry, cold winds, with anxiety, restlessness.
Aconite 6c, every 3-4 hours.	Dry ringing or barking cough, with fever, anxiety and restlessness.
Belladonna 6c, every 3-4 hours.	Dry, barking or repetitive cough with a sudden onset, a flushed, congested face, and strong pulse; patient is restless and sweaty, but dislikes being uncovered
Bryonia 6c, every, 3-4 hours.	Cough dry and painful, patient must hold chest and head.
Bryonia 6c, every 3-4 hours.	Cough with difficult breathing and dry throat, worse from movement.
Nat mur 6x, a tissue salt, every 3-4 hours.	Dry, tickling, irritating, hacking cough, with pronounced thirst.
Spongia 6c, every 3-4 hours.	Dry, wheezing, barking cough, beginning around midnight. Spongia is a remedy for croup.
Nux vomica 6c, every 3-4 hours.	Dry, fatiguing cough, seldom loose, always worse in morning.
Hepar sulph 6c, every 3-4 hours.	Cough from every exposure to cold air, worse from drafts, better from warm rooms.
Chamomilla 6c, every 3-4 hours.	Irritable, dry, tickling cough during sleep, does not waken.

Phosphorus 6c, every 3-4 hours.	<i>Cough with burning in chest and difficult breathing; loss of voice.</i>
Rumex 6c, every 3-4 hours.	<i>Constant dry, tickling cough, coming at night, and better from warm air or putting head under blankets.</i>
Sambucus 6c, every 3-4 hours.	<i>Spasmodic cough Sudden and suffocating cough, with congested face and inability to exhale, especially in infants. If a child it cannot nurse because of blocked nose.</i>
Ipecac 6c every 3-4 hours.	<i>Retching and vomiting while coughing, with nausea, but cough is no better.</i>
Drosera 6c, every 3-4 hours.	<i>Sudden spasmodic attacks, tickling and wheezing, worse lying down. Patient holds chest with hands while coughing; may whoop, gag and retch.</i>
Mercurius 6c, every 3-4 hours.	<i>Racking cough at night with sore throat and thirst, greasy sweat.</i>
Ipecac 6c, every 3-4 hours.	<i>Dry, spasmodic, constricted cough, that may result in the vomiting of phlegm, but patient feels no better afterwards.</i>
Cuprum met 6c, every 3-4 hours.	<i>Crowing cough, with spasms going on almost to the point of suffocation, sometimes with vomiting or convulsion, patient better from sipping hot water.</i>
Mag phos 6x, a tissue salt, every 3-4 hours.	<i>Paroxysms of coughing without expectoration, loud and noisy, like whooping cough, relieved by hot drinks</i>
Nat mur 6x, a tissue salt, every 3-4 hours.	<i>Cough with clear expectoration Cough with clear, watery mucus, sometimes tasting salty, or with excessive watery discharge from eyes or nose.</i>
Kalu mur 6x, a tissue salt, every 3-4 hours.	<i>Cough with white expectoration Hoarse cough, with thick white mucus rattling in bronchi that is difficult to cough up, with white- or gray-coated tongue.</i>
Ferrum phos 6x, a tissue salt, every 3-4 hours.	<i>Cough with yellow or yellow-green expectoration Dry and painful cough, with soreness or burning in the chest, later with a small amount of yellow sputum, occasionally streaked with blood. The cough is often worse in a sitting position.</i>
Hepar sulph 6c, every 3-4 hours.	<i>Raucous, noisy and rattling cough, with yellowish mucus that is difficult to cough up, improved by humidifiers and vapour baths. There can be a thin, yellowish, nasal discharge.</i>
Pulsatilla 6c, every 3-4 hours.	<i>Cough dry at night and helped by being in the sitting position, and productive during the day. Sputum is thick, yellow, bland and not irritating.</i>
Kali sulph 6x, a tissue salt, every 3-4 hours.	<i>Cough with expectoration of slimy yellow or watery yellow mucus, worse in a warm room and the evening, better in the open air.</i>
Calc sulph 6x, a tissue salt, every 3-4 hours.	<i>Loose cough with yellow or green-yellow mucus, sometimes streaked with blood.</i>
Silicea 6x, a tissue salt, every 3-4 hours.	<i>Chronic cough with thick, profuse, yellowish-green mucus, always worse from cold drinks, in the morning on rising, or on lying down at night.</i>
Hepar sulph 6c, every 3-	<i>Loose and rattling cough</i>

4 hours.	<i>Raucous cough, with rattling, wheezing and anxious breathing, even to the point of threatened suffocation.</i>
Lycopodium 6c, every 3-4 hours.	<i>Moist hollow cough, much rattling in the chest, worse 4-8 p.m.</i>
Nat sulph 6x, a tissue salt, every 3-4 hours.	<i>Loose cough, chest sore and painful; worse from damp.</i>
Ant tart 6c, every 3-4 hours.	<i>Wheezy chest with much thick mucus, rattling loudly but difficult to bring up. Worse 3-4 a.m., and better from sitting up.</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>
Thuja	<i>cachexia, bleed & complications</i>
for bones	<i>Phosphorus, Calcium, Fluoric ac., Conium, and Hekla</i>
for connective tissue	<i>Crotalus and Kali. mur.</i>

COMPLEMENTARY LIFESTYLE GUIDE (HELPING REMEDIES WORK)

EATING FOR HEALTH

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

STAYING IN SHAPE

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

IMPROVING SURROUNDINGS

- Prohibit smoking at home and at work.
- Reduce the risk of allergies by keeping the home dust-free.

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

TREATMENTS FOR THE BODY

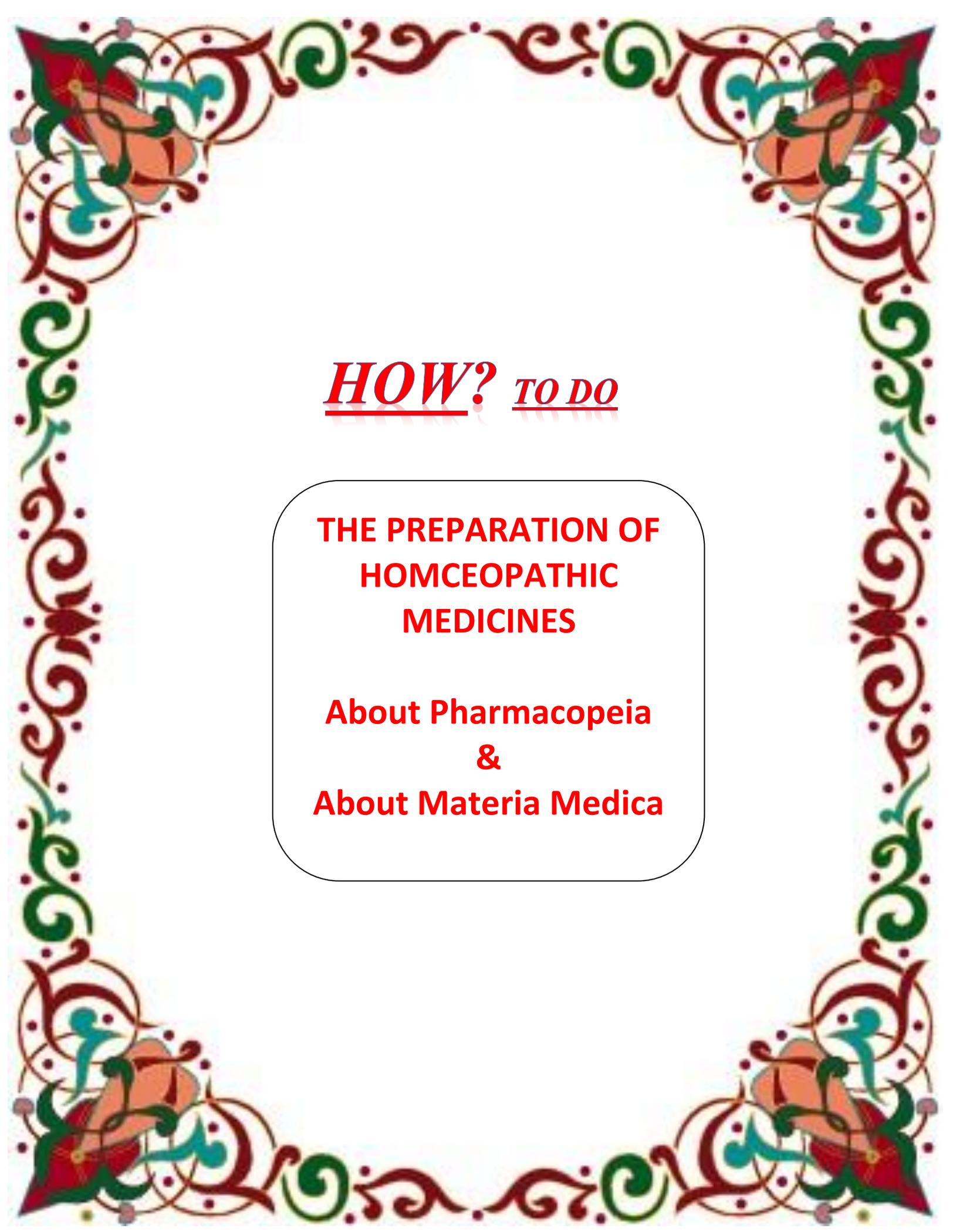
- *Breathing and relaxation techniques: for relief of pain and stress-related symptoms.*
- *Touch therapies: pressure or massage for relaxation, relief of ailments, and promotion of health (for example, aromatherapy, reflexology).*
- *Manipulation: for disorders of the spine, joints, and muscles, and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

MANAGING STRESS

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

TREATMENTS FOR THE MIND

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



HOW? TO DO

**THE PREPARATION OF
HOMCEOPATHIC
MEDICINES**

**About Pharmacopeia
&
About Materia Medica**

Using homeopathic remedies

Potency or various strengths?

Mother Tinctures i.e. Q

Lower Potencies

3

C

6c

Local &
Recent
Symptoms

12c

Local
Symptoms

30x

General
Condition

30c

General
Condition

200ck

Physical &
Emotional
Trouble

Higher Potencies

1M
CM
LM

Alternative Remedies

Precautions - homeopathic medicines?



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

Alternative Remedies

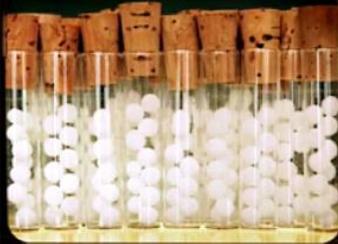
How to take homeopathic the granules?

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



Alternative Remedies

What are homeopathic granules made of ?



Base Homeopathic pills are:

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



Alternative Remedies

How to take homeopathic liquids?



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

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



Alternative Remedies

How to take Mother tincture liquids?



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

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



Alternative Remedies

Dispensing homeopathic remedies:

How to prepare homeopathic pills?

Step 1
Get unmedicated pills from a homeopathic store

Step 2
Buy your prescribed medicine from a homeopathic store

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

Step 4
Take as suggested by your doctor

Alternative Remedies

- *Aconite* *ant tart* *Apis** *Argent. Nit** *Arnica** *Arsen. Alb** *Aurum**
- *Agaricus** *Antimonium tart** *Arsenicum** *Aralia racemosa*
- *Ammonium carb*
- *Belladonna* **bryonia** *Baryta** *Blatta** *Bacillinum*
- *Cactus grand** *China** *Conium** *Calc. carb** *Cuprum met** *Calc phos*
- * *Chamomilla** *Cuprum met** *Calc sulph** *Crotalus*
- *Drosera** *Digitalis*
- *Ferrum phos*
- *Glonoine*
- *Hepar sulf** *Hekla*
- *Ipecac*
- *Kali carb** *Kali phos** *Kali tour** *Kali mur** *Kali sulph** *Kalu mur*

- *Lilium** *Latrodectus** *Lachesis** *Lycopodium*
- *Mag phos* * *Mercurius*
- *Naja** *Nux vomica** *Nat mur** *Nat tour** *Nat sulph*
- *Phosp***pulstallia*
- *Rumex*
- *Spongia***strannum met** *Spigelia** *Sambucus** *Silicea*

- *Veratrum viride** *Viscum album*
- *Thuja*

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.

ARNICA زهرة العطاس

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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

BELLADONNA ست الحسن

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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

BRYONIA الفاشرة

Bryonia alba

Bryony, white bryony, wild hops

أو فاشير أو فاسبرى أو فاش فاشيرا



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

KEY SYMPTOMS

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

USE

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

PREPARATION

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

CACTUS GRAND.

Selenicereus grandiflorus

Night-blooming cereus.



Historically, Widely renowned for its beauty

KEY SYMPTOMS

Sad, distracted people

USE

*pains in the heart, such as those triggered by angina
rheumatic drug*

PREPARATION

Young, tender stems and flowers are collected in summer, finely chopped, and steeped in alcohol.

CHAMOMILLA البابونج

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

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



CHINA كينا

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

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

KEY SYMPTOMS

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

USE

Exhaustion, Fever, Insomnia
Digestive disorders
Headaches

PREPARATION

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



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

<p>DROSERA ندية اكله الحشرات Drosera rotundifolia Sundew, common sundew, round-leaved sundew, red rot, youthwort, moorgrass</p>	
<p>Historically, “eat away rotten sores.”</p>	
<p>KEY SYMPTOMS <i>restlessness, anxiety, retching, vomiting, cold sweats, and nosebleeds</i></p>	
<p>USE <i>deep, violent, spasmodic cough, especially whooping cough.</i> <i>behavioral problem</i> <i>childhood growing pains</i></p>	
<p>PREPARATION <i>The whole, fresh, flowering plant is macerated in alcohol.</i></p>	

DIGITALIS قمعية ارجوانية
Digitalis purpurea
Common foxglove, purple foxglove.

Historically, heart remedy, and its active constituents are still used in herbal and conventional heart medicines.

KEY SYMPTOMS
 fear of death

USE
 Heart disorders
 pains in the region of the heart

PREPARATION
 The fresh leaves are picked before the plant blooms in its second year. The juice is expressed from the leaves, then mixed with alcohol and diluted.



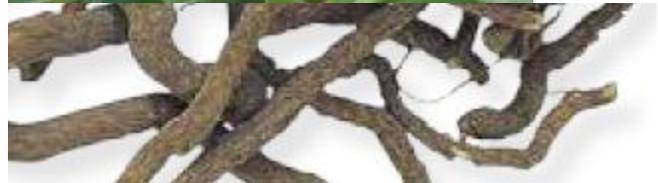
IPECAC
Cephaelis ipecacuanha
Ipecacuanha. عرق الذهب

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

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

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

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



LILIUM زنبق

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

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

KEY SYMPTOMS

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

USE

*Women's health
Depression
Urinary disorders
Heart disorders*



PREPARATION

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

LYCOPODIUM رَجُلُ الذَّنْبِ

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

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

KEY SYMPTOMS

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

USE

*Anxiety
Digestive disorders
Urogenital problems, Chest infections*



PREPARATION

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

NUX VOMICA جوز مقيء

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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

RUMEX CRISPUS حماض أصفر

Rumex crispus

Yellow dock, curled dock.

Historically, Long used in Western herbal medicine, yellow dock is a mild laxative and also acts as a stimulant to the liver and gallbladder.

KEY SYMPTOMS

restless in the evening.

USE

whooping cough, a dry, tickling cough, croup, or other hard, hacking cough, or asthma



PREPARATION

The fresh root is finely chopped and macerated in alcohol.

<p>Pulsatilla زهرة الفصح <i>Pulsatilla nigricans</i> <i>wind flower, pasque flower</i></p>	
<p>Historically, native to central and northern Europe and southern England</p>	
<p>KEY SYMPTOMS <i>insomnia , headaches</i></p>	
<p>USE <i>boils , ovarian pain , and asthma Bronchitis melancholy, swelling of the knees, and nervous system disorders.</i></p>	
<p>PREPARATION <i>dried bulk form, and as a tincture</i></p>	

<p>AMBUCUS خمّان أسود البيسان الاسود الخابور <i>Sambucus nigra</i> European elder, black elder</p>	
<p>Historically, Native to Europe</p>	
<p>KEY SYMPTOMS <i>restless, easily frightened, and prone to trembling</i></p>	
<p>USE <i>respiratory conditions such as asthma, croup, whooping cough, or bronchitis</i></p>	
<p>PREPARATION <i>The fresh leaves and flowers are finely chopped and steeped in alcohol</i></p>	

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

<p>STRAMONIUM <i>Datura stramonium</i> داتورا <i>Thorn apple, devil's apple, stinkweed, false castor oil.</i></p>	
<p><i>Historically, A strong hallucinogen, thorn apple was used in the salves of medieval folk healers and in American Indian shamanistic rites.</i></p>	
<p>KEY SYMPTOMS <i>anger accompanied by fear • fear of the dark • fear of water • stammering • trembling and convulsions</i></p>	
<p>USE <i>Fever, Asthma, Bronchitis</i> <i>Violence & mania</i> <i>Chorea</i></p>	
<p>PREPARATION <i>The fresh leaves and flowers, or the seeds, are chopped and macerated in alcohol, before being filtered, diluted, and succussed.</i></p>	

PULSATILLA زهرة الفصح
Pulsatilla pratensis subsp. Nigricans
 Small pasque flower, meadow anemone, wind flower.



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

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

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

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

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

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.

VERATRUM VIR.

*Veratrum viride
American white hellebore*

Historically, Found throughout northwestern North America.

KEY SYMPTOMS

*restless, quarrelsome
anxiety, and vomiting*

USE

*Cramp
Diarrhoea*



PREPARATION

The fresh root is gathered in fall and macerated in alcohol

VISNUM ALB. دبق أبيض

Viscum album

Mistletoe.

Historically, growing as a parasite on host trees such as oak and apple.

KEY SYMPTOMS

Fear and detachment from others

USE

seizures, tremors, or epilepsy, tearing joint and neuralgic pains, and asthma



PREPARATION

The fresh, leafy shoots and berries are harvested in fall, chopped finely, and macerated in alcohol.

ANTIMONIUM TART

Tartarus stibiatus syn. *Antimonium tartaricum*
tartar emetic. الطرطرات

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

KEY SYMPTOMS

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

USE

*Respiratory illness, Headaches
Nausea, Skin conditions
Chicken pox*



PREPARATION

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

ARGENTUM NIT نترات الفضة

Silver nitrate, hellstone, devil’s stone, lunar caustic

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

Aurum metallicum
Gold. الذهب

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

AMMONIUM CARB النشادر
sal volatile.

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

ANTIMONIUM TART

Tartarus stibiatus syn. *Antimonium tartaricum*
tartar emetic. الطرطرات

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

KEY SYMPTOMS

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

USE

Respiratory illness, Headaches
Nausea, Skin conditions
Chicken pox



PREPARATION

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

ARSEN. ALB زرنیخ

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

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

KEY SYMPTOMS

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

USE

Respiratory illness
Digestive disorders
Food poisoning
Headaches
Eye inflammation
Eczema



PREPARATION

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

BARYTA CARB 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 بورق
Natrum tetraboracicum
Borax, tincal, sodium tetraborate.

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

KEY SYMPTOMS
irritable, angry, and passionate

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

PREPARATION
Borax is triturated with lactose sugar.



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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

CALC. PHOS *كالسيوم فوسفات*
Calcium phosphoricum سماد الازوت

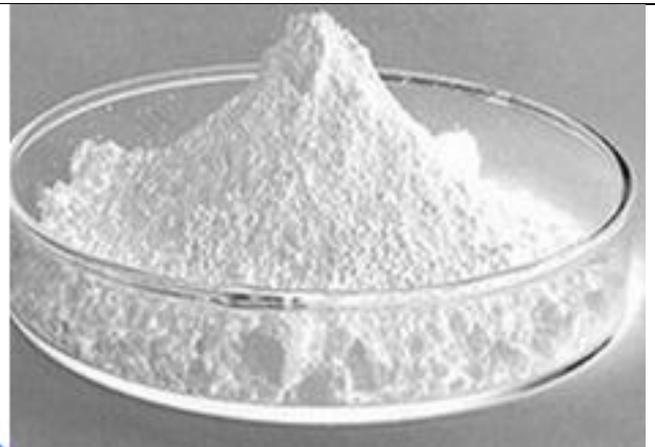
Historically, Calcium phosphate is the main constituent of bones and teeth, accounting for about 60 percent of the average human skeleton.

KEY SYMPTOMS

discontentment • desire to travel • delayed or accelerated growth • craving for smoked meats • susceptibility to bone and tooth problems

USE

*Bone & joint conditions
Teething, Fatigue, Head pain
Digestive disorders*



PREPARATION

The white calcium phosphate precipitate is filtered, dried, and triturated with lactose sugar.

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

<p>Ferrum phosphoricum Iron phosphate فوسفات الحديد</p>	
<p><i>Historically, Used by Dr. Wilhelm Schüssler to make a "biochemic tissue salt" for treating the early stages of inflammatory conditions.</i></p>	
<p>KEY SYMPTOMS <i>colds accompanied by temporary deafness • conditions that appear gradually • hot flashes • pale face that flushes easily</i></p>	
<p>USE <i>Fever Respiratory illness, Earache Digestive disorders Poor circulation Raynaud's disease Urogenital problems</i></p>	
<p>PREPARATION <i>Prepared chemically from iron sulfate, sodium phosphate, and sodium acetate. The powdered mineral is then triturated.</i></p>	

<p>Hekla lava هباب برکانی HEKLA</p>	
<p>Historically, Volcanic ash from the immediate vicinity of Mt. Hekla in Iceland</p>	
<p>KEY SYMPTOMS colds accompanied by temporary deafness • conditions that appear gradually • hot flashes • pale face that flushes easily</p>	
<p>USE suppress any anger bone disorders, such as exostosis (benign bony outgrowths) or osteitis treating sarcoma osteosarcoma</p>	
<p>PREPARATION Ash is triturated with lactose sugar to make the tincture.</p>	

<p>HEPAR SULPH Calcium sulfide</p>	
<p>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</p>	
<p>KEY SYMPTOMS violent outbursts • oversensitivity • chilliness • offensive-smelling discharges • splinterlike pains • craving for sour foods and drinks</p>	
<p>USE Colds & catarrh Sore throat Coughs & croup Skin conditions Digestive disorders</p>	
<p>PREPARATION Flowers of sulfur and powdered oyster shell are heated, dissolved in acid, and triturated with lactose sugar.</p>	

KALI. CARB بوتاس ابيض
Kalium carbonicum
 potash,

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

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

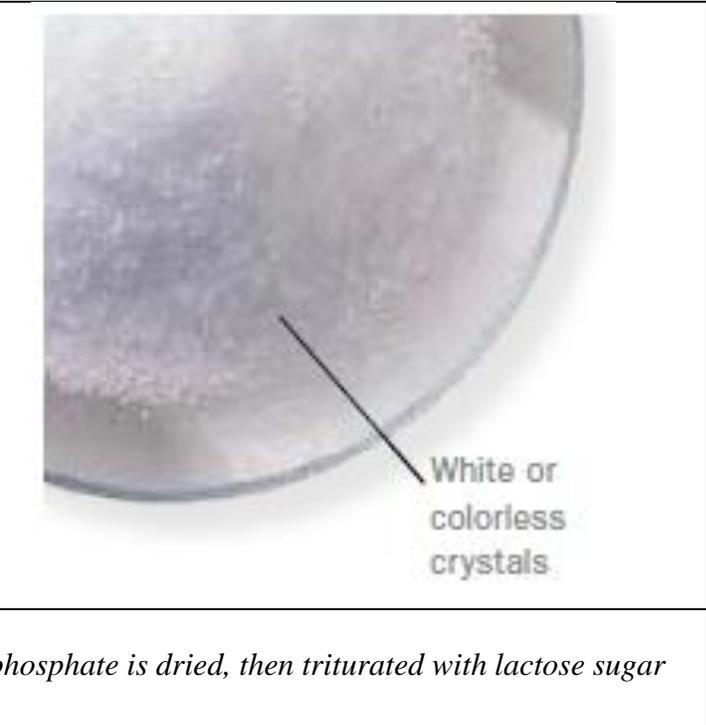
Earaches tonsillitis
 nflammation in the membranes and joints.



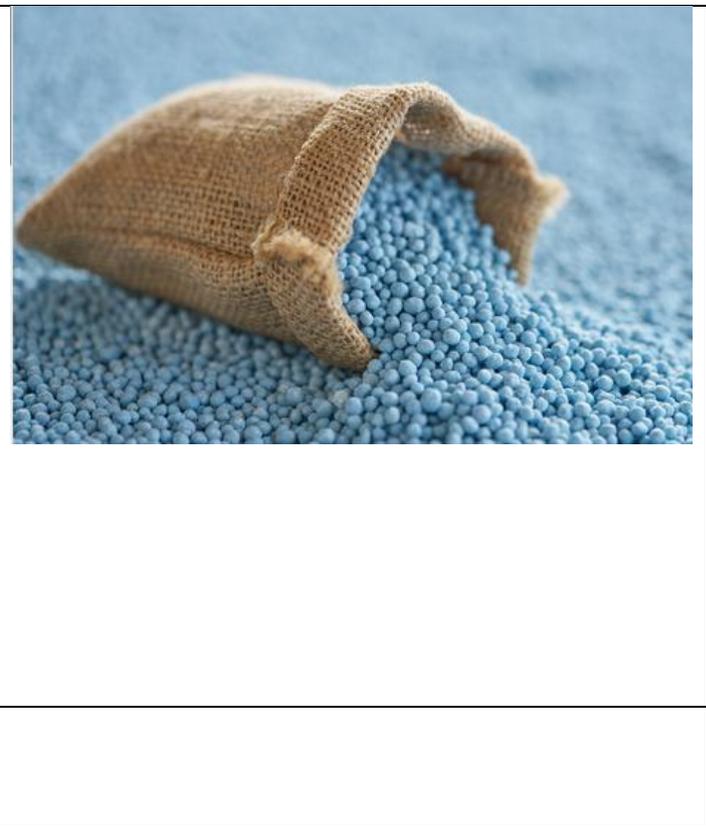
PREPARATION

Potassium chloride 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 <i>mental and physical exhaustion • yellowy-orange discharges • chilliness • person feels better for gentle movement</i></p>
<p>USE <i>Chronic fatigue syndrome Hunger pains Excess perspiration Excessive sweating Abnormal discharges Headaches, Insomnia, Back pain</i></p>
<p>PREPARATION <i>The precipitated crystalline compound of potassium phosphate is dried, then triturated with lactose sugar until soluble in water.</i></p>



<p>KALI. SULPH. <i>Kalium sulphuricum</i> Potassium sulfate, sulfate of potash, Vesuvian salt, glaserite.</p>
<p>Historically, fertilizers and in the manufacture of glass</p>
<p>KEY SYMPTOMS <i>anxious to do things right, down to the last detail.</i></p>
<p>USE <i>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</i></p>
<p>PREPARATION <i>Potassium sulfate is triturated with lactose sugar.</i></p>



Magnesium phosphoricum

MAG. PHOS ماغنسيوم

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

MERC. SOL Mercury, الزئبق
Hydrargyrum metallicum

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

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



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



PHOSPHORUS الفسفور

White & yellow

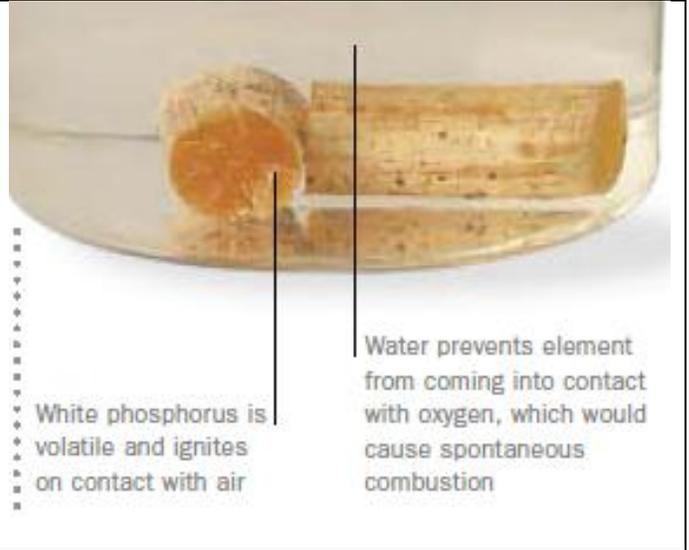
Historically, The name is derived from the Greek phosphoros, or “light-bringing,” since the element glows in the dark.

KEY SYMPTOMS

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

USE

Poor circulation, Bleeding
Digestive disorders, Respiratory illness
Burning pains



PREPARATION

White phosphorus is used for the remedy. This waxy substance is insoluble in water, so it is dissolved in alcohol, filtered, then repeatedly diluted and succussed.

SILICA الرمل

Silica, flint, quartz, rock crystal.

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

APIS نحل العسل

Apis mellifera, Honey bee.

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



CROTALUS الحية ذات الجرس

Crotalus horridus horridus الطريشة
Rattlesnake, pit viper.

Historically The Latin name for the rattlesnake derives from the Greek krotalon, meaning “rattle” or “castanet.” This is due to the distinctive rattling sound made by the snake’s tail, which vibrates at 50 beats per second

KEY SYMPTOMS

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

USE

Bleeding, Stroke, Heart disorders, Delirium
Throat infections

PREPARATION

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



LACHESIS الأفعى السامة
Bushmaster snake, surucucu

Historically Known as “surucucu” by indigenous South American peoples

KEY SYMPTOMS

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

USE

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



PREPARATION

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

LATRODECTUS MAC. انثى العنكبوت
 الاسود
Latrodectus mactans
Black widow spider.

Historically highly poisonous spider comes from the female’s habit of eating the male after mating.

KEY SYMPTOMS

tense and easily fatigued

USE

heart problems, particularly angina



PREPARATION

The live spider is steeped in alcohol, diluted, and succussed.

Naja naja syn. N. tripudians

NAJA

Indian cobra. الكبرا

Historically used the poisonous venom of this snake for nervous and blood disorders

KEY SYMPTOMS

*unfortunate and deeply wronged
confused, with a sensation of duality, forgetful, sad,*

USE

heart symptoms, particularly those affecting the valves. Symptoms typically include heart murmurs



PREPARATION

The venom is dried and triturated with lactose sugar.

TUBERCULINUM الدرن

Tuberculosis. Bacillinum

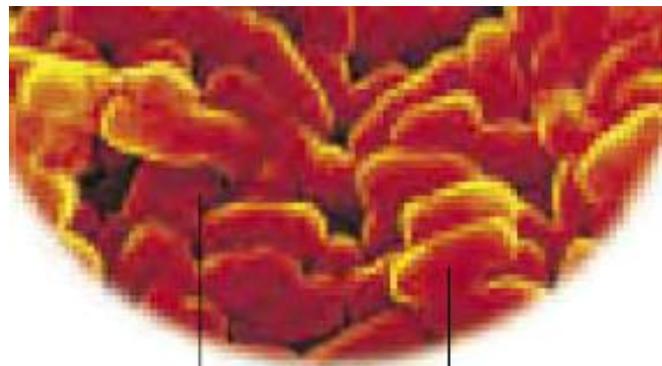
Historically Once a major killer, TB became less common thanks to vaccination, but is now rising again, partly due to the prevalence of HIV.

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

