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*DR.
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NOTES*



Internal Medicine
Homeopathy
Alternative medicine system



By

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About ACKNOWLEDGMENT

All thanks to ALLAH.

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

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

*To my colleagues
Internal Medicine speciallity*

How to use this book

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

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

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

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

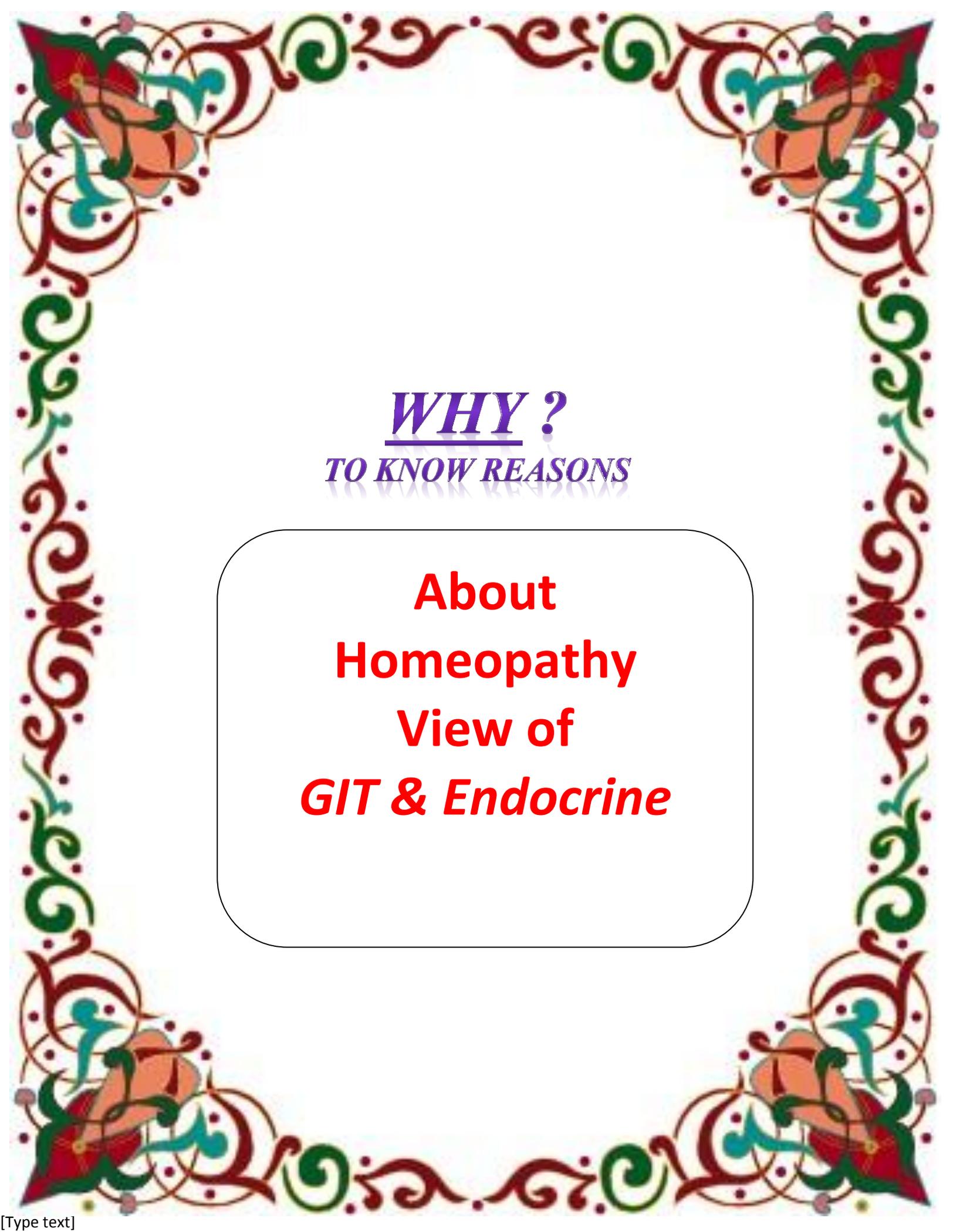
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***Studying Notes Collected from
different sources***

Introduction

- *The aim of the art of medicine is to cure disease; **Internal Medicine** 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 **Internal Medicine** Homeopathy.*
- *These systems of medicine are all characterised by the fact that they involve holistic practice – that is, the procedures are individualized according to each patient's circumstances. This means that medicines (or procedures) appropriate for one patient might be totally inappropriate for another – even though the symptoms may be similar.*
- **Advantages of Homoeopathy**
 - *Treatment with homoeopathic medicines is safe, effective and based upon natural substances. With the use of single simple substance in micro-doses, medicines are not associated with any toxicological effect and can be safely used for pregnant women and lactating mothers, infants and children and in the geriatric population.*
 - *Medicines, instead of having a direct action on the micro-organisms, act on the human system (self-protective) to fight disease process. As such, no microbial resistance is known to develop against homoeopathic drugs.*
 - *The mode of administration of medicines is easy. There are no invasive methods and medicines are highly palatable, thereby enhancing treatment compliance.*
 - *Lack of diagnosis is not a hindrance for initiating treatment with homoeopathic medicines.*
 - *Individualized approach for treatment which is the mainstay in Homoeopathy is in consonance with increasing need for customized treatment, being realized in the modern era.*
 - *Homoeopathic remedies are non-addictive and once relief occurs, the patient can easily stop taking them.*
 - *Treatment is cost-effective.*
 - *It can be used to all adult & pediatric, pregnant & lactating.*



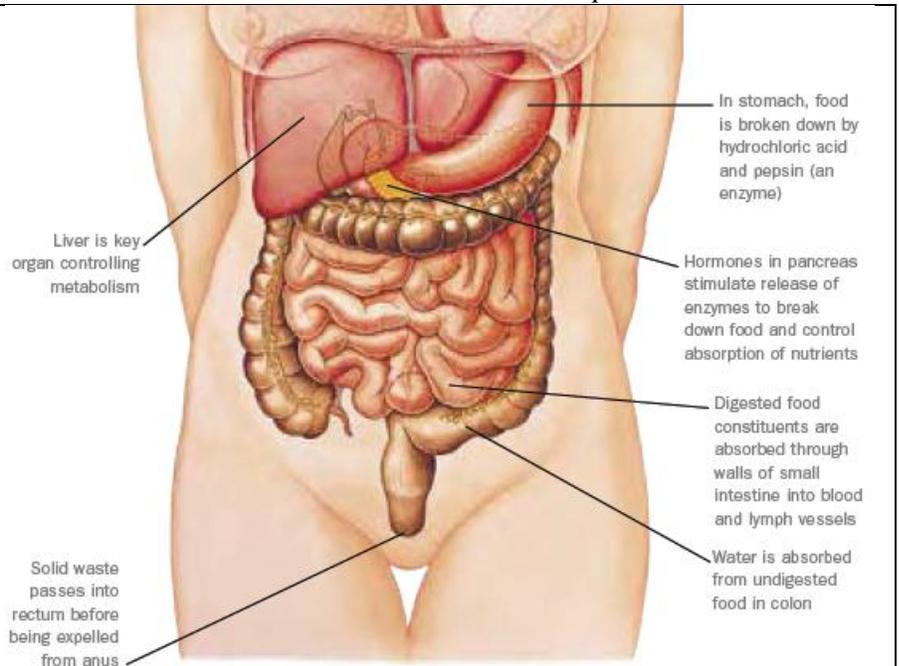
WHY ?
TO KNOW REASONS

**About
Homeopathy
View of
*GIT & Endocrine***

DIGESTIVE SYSTEM

- *The digestive system basically consists of a long tube that starts at the mouth and ends at the anus. The aim of the system is to break food down for absorption into the body. Associated digestive organs, such as the liver, process nutrients into substances that can be used for the production of energy and for the building and repair of body tissues, cells, and the constituents of blood—metabolic processes that take digestion a stage further.*
- **Digestion & metabolism**
The human body needs energy to function. That energy comes from food, but only after it has been processed into substances that can be assimilated by various parts of the body. Some nutrients, such as minerals, can be absorbed directly along the way down the digestive tract, but substances such as proteins have to be broken down into smaller molecules.
- **Food processing**
Digestion starts in the mouth, where saliva containing a digestive enzyme called amylase lubricates food as it is chewed. In the stomach proteins and fats are broken down in an acidic environment, and salt, water, and alcohol are absorbed. Beyond the stomach (in the duodenum), acidity is neutralized before food is treated by secretions from associated digestive organs—the liver, gallbladder, and pancreas. Bile from the liver and gallbladder emulsifies fats, and pancreatic enzymes break down proteins, starch, and fats.
- **Using nutrients**
*The liver is, in effect, the chemical factory of the body. Among many important metabolic functions, it stores glucose, vitamins, and minerals produced by food processing but not immediately usable by the body, and facilitates the breakdown of fats, which is vital for the conversion of food into energy. As well as digestive enzymes, the pancreas produces insulin (a hormone), and glycogen (a starch), both of which regulate sugar levels. Diabetes is the result of diminished insulin action. In the small intestine, the breakdown of food is completed. Nutrients are absorbed into the blood, carried to cells, and used in the release of energy. Undigested food is expelled from the anus.
*Digestive ailments such as irritable bowel syndrome or ulcerative colitis are believed to result from, among other factors, an unsuitable diet or chemical imbalances in the metabolic process.**

THE DIGESTIVE TRACT From where food enters the body at the mouth to where waste products are expelled at the anus, the digestive tract extends over a distance of up to 26 ft (8 m). Food can take anything from 13 to 20 hours to complete its journey through the system. Coordinated by the hypothalamus in the brain, the digestive system includes associated digestive organs such as the liver, gallbladder, and pancreas.



IRRITABLE BOWEL SYNDROME (IBS)

- *Irritable bowel syndrome (IBS) is a chronic functional bowel disorder in which abdominal pain or discomfort is associated with defecation or change in bowel habits often in the absence of detectable structural abnormalities. Bloating, distension and disordered defecation are the commonly associated feature.*
- *Irritable bowel syndrome is the most common intestinal disorder. It afflicts 10–20 percent of adults in parts of the developed world, and twice as many women as men. It often starts in early adulthood and, although distressing, is not life-threatening. Formerly known as irritable colon syndrome or spastic colon, IBS tends to be intermittent.*
- **Symptoms**
 - *Alternating constipation and diarrhea.*
 - *Cramping pains in the lower abdomen and sometimes the feeling of not having emptied the bowel on passing stools.*
 - *Production of copious amounts of flatulence, the passing of which usually brings relief.*
- **Causes**
 - *There may be several causes of IBS. The basic one is a disturbance in the action of the large intestinal muscle. This may be the result of stress at work or due to emotional upset, for example, or of fear, such as that of serious illness. It may be the result of a low-fiber diet or an intolerance of wheat, corn, dairy products, fruits, tea, coffee, or vegetables. IBS may also be due to an overgrowth of organisms such as *Candida albicans* in the digestive tract, to the excessive use of laxatives, or to spinal maladjustment that affects nerves serving the digestive system.*
- **Conventional care**
 - *IBS is treated with antispasmodic drugs and other painkillers, antidiarrheal drugs, and a high-fiber diet. Counseling may be recommended for those suffering from stress. Diagnosis is made after ruling out the possibility of other ailments with similar symptoms, such as ulcerative colitis or cancer. A physical examination may include the passing of an instrument into the anus and colon—a colonoscopy or sigmoidoscopy—or a barium enema, which outlines the inside of the intestine.*
- **CLASSIFICATION**
 1. *Diarrhea predominate IBS. (IBS- D)- Loose stool >25% of the time and hard stool <25% of the time. One third cases have this type of IBS. This condition is more common in males.*
 2. *Constipation predominate IBS (IBS-C)-Hard stools >25% of the time and loose stool <25% of the time. One third cases have this type of IBS. This condition more common in female.*
 3. *Mixed IBS (IBS-M): hard or lumpy stool with at least 25%, and loose or watery stool with at least 25%, of bowel movements.*
- **Clinical Presentation**
 - *Common symptoms of IBS which help in diagnosis are:*
 - *Abdominal pain or discomfort*
 - *Bloating*
 - *Abnormal stool form (hard or loose stool)*
 - *Abnormal stool frequency (less than 3 time /week or more than 3 time /day)*
 - *Straining for defecation*
 - *Feeling of incomplete evacuation*
 - *Passage of mucus per rectum*
 - *Urgency*
 - *Duration, modalities and associated features helpful in diagnosis are:*
 - *Symptom present more than 6 month*
 - *Stress aggravate the symptom*

- Aggravation after meal
- Associated with anxiety, depression or other psychological conditions

Other symptoms which may be associated with the disease are:

- Dyspepsia
- Heartburn
- Nausea and vomiting
- Lethargy
- Backache
- Urinary frequency
- Dyspareunia (in women)
- Insomnia

The widely accepted Rome III diagnostic criteria in clinical practice is:

- Onset of symptoms at least 6 months before diagnosis.
- Recurrent abdominal pain or discomfort for > 3 days per month during past 3 months
- At least 2 or more of the following features:
 - Improvement with defecation
 - Onset associated with a change in frequency in stool
 - Onset associated with change in stool form

- **RED FLAG**

- Onset of symptom after 50 years of age
- Short history of symptom
- Unintended weight loss
- Family history of rectal cancer, inflammatory bowel disease, coeliac disease,
- Persistent or progressive pain
- Rectal bleeding
- Fever
- Abdominal /rectal masses
- Raised inflammatory markers
- Anemia
- Recent antibiotic used
- Nocturnal or large volume (>300ml/day) diarrhea

ULCERATIVE COLITIS

- A fairly rare condition, ulcerative colitis is an inflammatory bowel disease in which the linings of the rectum and colon become progressively more ulcerated. Colitis affects between 40 and 50 people per 100,000 in parts of the developed world, and is most common in young and middle-aged adults. Attacks usually occur at intervals
- **Symptoms**
 - Abdominal pain on the left side.
 - Diarrhea, with mucus and blood in the feces.
 - In severe cases, fever and general malaise.
 - Possible anemia and, if toxins get into the bloodstream, septicemia.
- **Causes**
 - Although the exact cause of ulcerative colitis is unknown, it is believed that food allergy, infection, autoimmune problems, low levels of digestive enzymes and stomach acid, stress, and some antibiotics aggravate the condition. There may be a genetic tendency. Many sufferers are found to

be emotionally stressed, especially if they are frustrated at work or grieving.

- **Conventional care**
 - *Diagnosis is by means of a barium enema and an endoscopy of the rectum and lower colon. If these are not conclusive, a biopsy, whereby a small piece of the bowel lining is removed, may be performed. Infections can be discounted by analyzing stool samples. Treatment is with sulfasalazine and its derivatives and possibly corticosteroid drugs. Ulcerative colitis is a potentially serious condition, and surgery may be necessary. In a few cases of persistent colitis, colonic cancer has been known to develop, so regular examinations are advisable.*

DIABETES

- *The most common form of diabetes, diabetes mellitus, occurs if there is diminished action of insulin due to decreased secretion from the pancreas (Type 1 diabetes) or a reduction in the effectiveness of secreted insulin (Type 2 diabetes). This prevents the glucose needed for energy production being taken from the blood, so that blood-sugar levels rise.*
- *Diabetes mellitus (DM) refers to a group of common metabolic disorders that share the phenotype of hyperglycemia. Several distinct types of DM exist and are caused by complex interaction of genetics and environmental factors. Depending upon the etiology of DM, factors contributing to hyperglycemia include reduced insulin secretion, decreased glucose utilization, and increased glucose production.*
- *According to World Health Organization, the number of people with diabetes has risen from 108 million in 1980 to 422 million in 2014. The global prevalence of diabetes among adults over 18 years of age has risen from 4.7% in 1980 to 8.5% in 2014*
- **AETIOLOGY/ RISK FACTORS**
 - 1. Immune-destruction of β -cells of pancreas leading to absolute insulin deficiency: Type 1 diabetes*
 - 2. Relative insulin deficiency to predominantly an insulin secretory defect with insulin resistance leading to Type 2 diabetes or Non-insulin dependent diabetes or adult onset diabetes.*
- **Risk Factors for Type-2 DM**
 - *Overweight and obesity*
 - *Abdominal obesity*
 - *Physical inactivity*
 - *Maternal diabetes*
 - *Stress*
 - *Excess alcohol*
 - *Excess smoking*
 - *High blood pressure*
 - *Glucose intolerance during pregnancy*
 - *Other factors like:*
 - *Genetic defects of the β -cell*
 - *Genetic defects in insulin action*
 - *Diseases of the exocrine pancreas*
 - *Endocrinopathies*
 - *Drug- or chemical-induced diabetes*
 - *Infections*
- **TYPES**

DM is classified on the basis of pathogenic process that leads to hyperglycemia, as opposed to earlier criteria such as age of onset or type of therapy. The two broad categories of DM are Type I

and Type II. Other than these Pre- Diabetes or Impaired fasting glucose/Impaired Glucose Tolerance is a commonly identified state in which the blood glucose levels are higher than normal but not high enough to be classified as full-blown diabetes. Patients with these states usually have no symptoms and are diagnosed because a test is done upon patient request or because he/she falls into a high risk category.

Table 1: Important differentiating features between T1DM and T2DM

Age	Bimodal peak i. 5-7 yrs ii. 14yrs	4th decade
Onset	Explosive	Less explosive often incidental detection
Phenotype	Lean	Obese
Signs of Insulin resistance i. Acanthosis nigrica ii. Skin tags	Absent	Usually present
Diabetic ketoacidosis	Common	Rare
Auto-immune disorder	Commonly associated	Not associated
Insulin and C-peptide	Low	Normal to low
Drugs	Insulin	Oral drugs and Insulin if required

- **Symptoms**

- Frequent and copious urination.
- Continuous thirst.
- Tiredness and apathy as a result of reduced energy production.
- Possible loss of weight.
- Possible cramps, blurred vision, faintness, breathlessness, erectile dysfunction, menstrual problems, and lowering of resistance to infection.

- **Conventional care**

People with insulin-dependent diabetes require insulin injections and a balanced diet that regulates carbohydrate intake. Glucose levels in the blood or urine are monitored carefully; high levels indicate that glucose is not being absorbed. Type 2 diabetes may be controlled mainly by means of a balanced diet, although drugs may be necessary to stimulate the production of insulin. Insulin injections may also be required. It is important, especially for those taking drugs, to eat at regular intervals to prevent hypoglycemia (too little glucose in the blood).

Symptoms

- The early symptoms of untreated diabetes are related to elevated blood sugar levels, and loss of glucose in the urine. High amounts of glucose in the urine can cause increased urine output (polyuria) and lead to dehydration. Dehydration causes increased thirst (polydipsia) and water consumption.
- The inability of insulin to perform normally has effects on protein, fat and carbohydrate metabolism. Insulin is an anabolic hormone, that is, one that encourages storage of fat and protein. A relative or absolute insulin deficiency eventually leads to weight loss despite an increase in appetite (polyphagia).

• *Some untreated diabetes patients also complain of fatigue, nausea and vomiting. Patients with diabetes are prone to developing infections of the bladder, skin, and vaginal areas.*

• *Fluctuations in blood glucose levels can lead to blurred vision. Extremely elevated glucose levels can lead to lethargy and coma.*

• **COMPLICATIONS**

1. *Micro vascular complications*

- *Diabetic retinopathy is a leading cause of blindness and visual disability. It is caused by small blood vessel damage to the back layer of the eye, the retina, leading to progressive loss of vision, even blindness. Usually the patient complains of blurred vision, although other visual symptoms may also be present.*
- *Nephropathy Diabetic kidney disease is also caused by damage to small blood vessels in the kidneys. This can cause kidney failure, and eventually lead to death. In developed countries, this is a leading cause of dialysis and kidney transplant. Patients usually have no symptoms early on, but as the disease progresses, they may feel tired, become anaemic, may not be able think clearly and even develop dangerous electrolyte imbalances.*
- *Neuropathy It is the most common complication of diabetes. Diabetes causes nerve damage through different mechanisms, including direct damage by hyperglycaemia and decreased blood flow to nerves by damaging small blood vessels. Sensorimotor neuropathy is characterized by symptoms such as burning, shooting, and tingling sensations, and allodynia (supersensitivity or pain from normal stimuli). Impaired sensation in the feet is a strong risk factor for foot ulcer and other foot problems. Carpal tunnel syndrome is also common in diabetic subjects. Autonomic neuropathy can cause gastroparesis, sexual dysfunction, bladder incontinence, and cardiovascular damage.*

2. *Macro vascular complications*

- *Cardiovascular disease*
People with diabetes are 2 to 4 times more likely to develop cardiovascular disease (CVD) than those without diabetes. The risk of coronary artery disease is increased in patients with poor glycemic control. Hyperglycaemia damages blood vessels through a process called “atherosclerosis”, or clogging of arteries. This narrowing of arteries can lead to decreased blood flow to heart muscle (causing a heart attack), or to brain (leading to stroke), or to extremities (leading to pain and decreased healing of infections). The symptoms of these different conditions are varied: ranging from chest pain to leg pain, to confusion and paralysis.
- *Cerebrovascular disease*
Cerebrovascular disease is a term encompassing many disorders that affect the blood vessels of the central nervous system. These disorders result from either inadequate blood flow to the brain (i.e., cerebral ischemia) or from hemorrhages into the parenchyma or subarachnoid space of the central nervous system (CNS). Various terms have been used to describe cerebrovascular events, these include: Transient Ischaemic Attack, Cerebral infarction, Cerebral haemorrhage. Sudden confusion, loss of coordination, unilateral weakness, and numbness are warning signs of a cerebrovascular event.
- *Peripheral Arterial Disease*
Peripheral arterial disease (PAD) is an atherosclerotic occlusive disease. It is the major risk factor for lower extremity amputations. The abnormal metabolic state accompanying diabetes results in changes in the state of arterial structure and function predisposing people to PAD. The risk of development of PAD increases threefold to fourfold in patients with diabetes mellitus. The 2 cardinal symptoms of PAD are intermittent claudication and pain at rest.

CHRONIC FATIGUE SYNDROME

- Also known as myalgic encephalomyelitis (ME) and postviral syndrome, CFS was first recognized as a condition in conventional medical circles in the 1990s. Its symptoms mimic many other illnesses. It has been described as a physical illness brought on by stress. Three times more women than men are affected in the developed world.
- **Symptoms**
 - Identifiable fatigue that is present for 50 percent of the time and for at least six months, severely affecting physical and mental functioning.
 - Muscular pain, weight fluctuation, and sleep disturbance.
 - Possible abnormal temperature regulation, recurrent sore throat, swelling of the lymph glands, and depression.
- **Causes**
 - CFS often follows a viral infection of the upper respiratory or digestive tract. It is not known why some people do not recover fully. It may be due to malfunctions of the immune or metabolic system, stress, overwork, overuse of antibiotics, dysfunctional production of the hormone melatonin, the effects on neurotransmitters in the brain of chemicals leaking out of the digestive tract, pollution or toxicity, or even geopathic stress (disruptions in radiation emitted by the Earth).
- **Conventional care**
 - There is no single diagnostic test for CFS, and the nature of the condition makes it very difficult to conduct conventional research. A detailed medical history is required, together with a physical examination that concentrates on the body's neurological system. There is no conventional treatment as such. Anti-depressant drugs may be prescribed for sleep disturbances, but lifestyle guidelines form the basis of conventional care.

ANEMIA

- Anemia is a deficiency in the blood, either in quality or quantity. It is usually a decrease in the number of red blood cells, or a reduction in their hemoglobin content. Symptoms include pale face, fingernail beds and mucous membranes, general fatigue and weakness, and shortness of breath.
- There are several possible causes, but the most significant are excessive loss of blood, such as may be caused by very heavy menstrual bleeding, childbirth, gastrointestinal disease or an accident, and inadequate intake of iron. Vitamin B12 is the missing factor in pernicious anemia.

DIARRHOEA

- Three or more loose movements per day is considered to be diarrhea. The movements are watery, and may contain mucus, undigested food or blood.
- **The cause** may be simple, such as dietary excess, or an episode of anxiety. In many cases it may be due to a temporarily inflamed colon, probably due to food that was not fresh or that did not suit. If the colon is irritable, it is overactive but otherwise normal. There may be bouts of diarrhea, with or without pain. Bouts may be associated with emotional trauma, stress, or debility. If the colon is spastic, there is consistently more pain, caused by spasms of the colon. The pains are relieved by the passing of wind or stool. If the mucous membrane of the colon is disordered, mucous colitis can result. This can lead to bouts of diarrhea, often with the passing of large masses of mucus. Ulcerated colon is usually accompanied by pain, fever and profuse diarrhea accompanied by blood and

mucus, and should receive immediate allopathic attention.

Acute attacks of diarrhea that recur at intervals of weeks or months, or with accompanying fever of persistent blood in the stools, should be assessed professionally. Avoid dehydration in children and infants.

Acute diarrhea is defined as the passage of three or more loose or abnormally liquid stools per day (within 24 h). The attack usually lasts for about 3 to 7 days but it may last for 10-14 days. It is often accompanied by vomiting.

- **INCIDENCE**

- *Worldwide, nearly 1.7 billion cases of diarrhoeal disease emerge every year.*

- **AETIOLOGY**

Diarrhoea is usually caused by the infection of intestinal tract which may be bacterial, viral or parasitic.

- *Viral agents –Rotavirus (15-25%), norovirus, cytomegalovirus, herpes simplex virus, and viral hepatitis.*
 - *Bacterial agents -E. Coli (10-20%), Campylobacter (10-15%), Shigella species (5- 15%), Vibrio cholera(5-10%), Salmonella (1-5%).*
 - *Parasitic agents-Giardia intestinalis, Cryptosporidium parvum (5-15%), Entamoeba histolytica*
- Other causes: malaria, urinary infection, meningitis, respiratory infection, ENT infection, Simple teething in children*

ROUTE OF INFECTION

Infectious diarrhea is usually acquired by oro-fecal route, especially through contaminated food or drinking-water. It may also spread from person-to-person as a result of poor hygiene.

- **RISK FACTORS**

- *Malnourished children*
- *People having impaired immunity or suffering from HIV*
- *Prolonged intake of antibiotics*
- *Children born to undernourished mothers*
- *Zinc deficiency which suppresses immune function*
- *Incorrect feeding practices in babies*
- *Lack of personal hygiene*

- **CLASSIFICATION**

Episodes of diarrhoea can be classified into 3 categories:

- *Acute diarrhea – Presence of 3 or more loose watery stool in the preceding 24 h.*
- *Dysentery – Presence of visible blood in the stool.*
- *Persistent diarrhea- Acutely starting episodic diarrhoea lasting more than 14 days.*

- **DIAGNOSIS**

Clinical Presentation

- *Frequent passing of abnormal watery stool*
- *Abdominal pain/ cramp*
- *Nausea*
- *Vomiting*
- *Fever*
- *Dehydration*
- *Weight loss*
- *Loss appetite*

Additional symptoms may include:

Tachycardia, hypotension, abdominal tenderness, cold, sneezing, cough, irritability and lethargy

Diarrhea presentation in different infections:

- *Diarrhoea present WITH vomiting, low grade fever with no mucus in stools: indicates viral infection*
- *Diarrhoea present WITH vomiting, abdominal cramps, blood and mucus in stools WITH fever: indicates bacterial infection*
- *Diarrhoea present WITH blood and mucus in stool WITH no fever: indicate amoebiasis*
- *Profuse diarrhoea present (rice water stools) WITH vomiting: indicate cholera*
- *Diarrhoea present WITH excessive vomiting (especially if in more than one member of the household or group) :indicate food poisoning*

● **Signs of dehydration:**

- *Pulse rate > 90/min*
- *Postural hypotension*
- *Supine hypotension and absence of palpable pulse*
- *Dry tongue*
- *Sunken eyeballs*
- *Skin turgor*
 - *sunken fontanelle (in infants)*
 - *Breathing abnormally rapid*

Finding	Mild	Moderate	Severe
Pulse	Full, normal rate	Rapid	Rapid and weak
Systolic pressure	Normal	Normal to low	Very low
Respirations	Normal	Deep, rate may be increased	Deep, rapid rate
Oral tissues	Tacky or slightly dry	Dry	Parched
Infant fontanel (soft spot in skull)	Normal	Sunken	Markedly sunken
Eyes	Normal	Sunken	Markedly sunken
Skin	Normal	Cool	Cool, mottled, blue-tinged hands/feet
Urine output	Mildly reduced	Markedly reduced	Absent
Systemic signs	Increased thirst	Listlessness, irritability	Grunting, lethargy, coma
Treatment	Prevent dehydration	Rehydrate with ORS solution	Rehydrate with I.V. fluid & ORS

● **RED FLAG**

- *Evidence of severe dehydration & malnutrition*
- *Severe abdominal pain & excessive bloody diarrhea (more than 5 bloody motions/day)*
- *Severe weight loss (>10% body weight in previous 2 wk.)*
- *Fever >38.5 °C*
- *Persistent vomiting*
- *Suboptimal response to ORT(Oral rehydration therapy)*
- *No urine in previous 12 hours*

Constipation

- *Constipation occurs when the bowel is not cleared regularly. A bowel movement 1-3 times a day is considered normal. In infants constipation is not unusual, but should resolve quickly.*
- *Commercial laxatives should be avoided:
a homemade jelly using agar instead of gelatine, with 25g of agar to half a litre of boiling water, adding half a litre of fruit juice as it cools, is easily taken by a child and helps keep the bowels loose.*
- *Sudden cessation of bowel motions, especially in a newborn child, should be viewed with concern, and allopathic advice sought if the condition persists for more than 24 hours.*
- *Constipation is having less than one bowel movement per day. It can often be improved by drinking more water, introducing oil, fiber and roughage into the diet, and reducing the intake of refined foods.*
- *The diet should include plenty of fresh fruit, green vegetables, green salads and whole grains.*
- *Constipation has three main causes: inadequate lubrication of the bowel, irregular peristaltic action and irregular operation of the sphincters of the digestive tract. Inadequate lubrication causes a dry stool that is difficult to pass; irregular peristalsis results in incomplete movements; irregular sphincter operation causes constipation at irregular intervals. Often these three causes can be mixed together.*
- *Straining at stool increases the risk of hemorrhoids, which can easily become chronic in established constipation. It is wise to treat only occasional episodes of constipation with laxatives; recurrent or chronic constipation, especially with blood in the stools, should not be treated with laxatives and should be assessed professionally.*

Indigestion And Heartburn

- *Indigestion may be simply a sensation of discomfort after food, or marked by symptoms of nausea, heartburn, stomach congestion, wind and occasional vomiting as a result of faulty habits of eating. Particular habits to watch are eating too fast, eating too much, eating when not hungry, eating when tense or emotionally upset and excessive intake of rich food or alcohol.*
- *Treatment includes giving the digestion as much rest as possible by adopting regular eating habits, and selecting wholesome, easily digestible foods. Avoid late-night eating, and reduce coffee, tea and alcohol consumption. Try to stop smoking. Persistent pain or burning in the digestive tract may indicate ulcers or other problems and warrants allopathic examination.*

Vomiting

- *Vomiting can be merely one symptom in a much larger picture, such as in pregnancy or during influenza, and in such cases the appropriate section should also be checked for additional remedies.*
- *Generally vomiting is no great cause for concern unless it is persistent, especially in infants and young children. In these cases, care should be taken to replace lost fluids, and allopathic advice should be sought in intractable cases.*

Appetite Problems

- *Problems with appetite are often ephemeral, and are usually related to other symptoms of the time. Nevertheless, a few remedies have well-defined symptom pictures, and are often useful.*

Biliousness

- *Biliousness is a rather vague term applied sometimes to indigestion with irritability, vague nausea, headache and constipation. It may occur after overindulgence in rich food or drink, and often after excessive production of bile from the liver.*

Jaundice

- *Jaundice is yellowness of the skin and whites of the eyes following the accumulation of bile products in the blood.*
- *It is usually due to poor liver function, although it can also arise from disorders such as blocked bile ducts in the gallbladder, or when blood cells break up due to haemolytic anemia. It may also arise from chemical poisons or drug prescription. It is a common symptom in newborn infants. Jaundice that comes on suddenly, with nausea and lethargy, should be assessed medically to make sure it is not infectious.*

Colitis

- *Colitis is inflammation of the colon. It may show as four different conditions, which have some symptoms in common. There are varying degrees of abdominal pain, constipation, diarrhea and bloating after meals. If blood appears in the stool professional advice should be sought.*
- *Irritable colon involves overactivity of an otherwise normal bowel, with bouts of diarrhea and an increased frequency of bowel movements, with or without pain. These bouts are usually related to stressful emotions, overtiredness and mental and physical stress.*
- *Spastic colon shows as very painful spasms of the colon, which are brought on by foods or laxatives, and which may be relieved by passing wind or stool.*
- *Mucous colitis is a condition where the bowel movements are covered by clear mucus, or joined together by mucus strands, or where large lumps of clear mucus can be passed alone.*
- *Ulcerative colitis is a potentially dangerous condition, where the colon becomes ulcerated. It may involve fever, pain, profuse bloody diarrhea and varying amounts of mucus in the stool. There may be marked loss of weight and general debility.*

Colic

- *Intestinal colic is an attack of abdominal pain caused by contractions of the intestines, most common during the first three months of life. Pulling up of the arms and legs, restlessness, crying loudly and turning red in the face are common symptoms, eased by belching and passing gas.*
- *In a breast-fed baby, colic can be caused by maternal tension and anxiety, a reaction to dairy products, wheat, beans, cabbage or citrus fruits in the maternal diet, or the baby being held at an extreme angle while feeding, causing air swallowing. In a bottle-fed baby, colic may also be due to air swallowing because the hole in the nipple is too small.*

Hiccup

- *Hiccup is a spasmodic contraction of the diaphragm that closes the throat, resulting in a sudden shutting off of breath. It usually passes quite quickly, although persistent hiccups can be distressing and exhausting.*

Exhaustion, Debility And Fatigue

- *Fatigue, debility and exhaustion are all states of lowered vitality. They can spring from many causes, but notably a lack of sunshine, exercise, fresh air, sensible diet and positive mental attitude. Lowered vitality often occurs as the aftermath of an illness, especially one involving loss of vital fluids such as blood and digestive secretions.*
- *It is also seen as the result of the abuse of stimulants and from too little sleep. Supplementation of the diet with vitamins and minerals should always be thought of, but if the condition persists professional advice should be sought.*

Heat Exhaustion

- *Heat exhaustion is caused by excessive fluid and salt loss in hot or humid conditions due to prolonged sweating, leading to general dehydration and exhaustion. Diarrhea and vomiting can also be predisposing causes. A person developing heat exhaustion shows symptoms of headache, excessive sweating, dizziness and weakness, with mild nausea. There may be fast, shallow breathing, cramps and muscle twitches, and a weak but rapid pulse.*
- *The temperature may be normal or below normal. Heat exhaustion shows symptoms similar to sunstroke; both have headache, dizziness and weakness, but in heat exhaustion there is sweating with a normal or below normal temperature, while in sunstroke there is a high temperature and absence of sweating. If the condition is unstable, or the patient collapses, allopathic attention is necessary.*

Fever

- *Fever is not an enemy to be suppressed, but a signal that the body is working properly in an attempt to ward off an invader. Fevers are generally preceded by chilliness, and there may be headache and a feeling of weakness in the limbs. There is usually a hot stage, where the skin feels dry; there is an increase in pulse rate, excessive thirst and no appetite.*
- *Mild fevers are generally regarded as above the normal body temperature of 98.6°F (36-37°C) but below 100°F (38°C), moderate fevers as 100°-103°F (38-39.5°C) and high fevers as over 104°F (40°C). Dosing with paracetamol or aspirin may bring the temperature down for a while, but will not assist the germ-fighting process, and may even lead to complications. If treated early using*
- *homeopathic medicines, fevers usually improve and rarely worsen. However any fever over 104°F (40°C), or showing symptoms of breathing difficulties, convulsions, turning blue around the lips or vomiting, is to be regarded seriously and allopathic advice should be sought.*
- *Fever can take one of two forms homeopathically, depending on the speed of onset, gradual or sudden.*

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

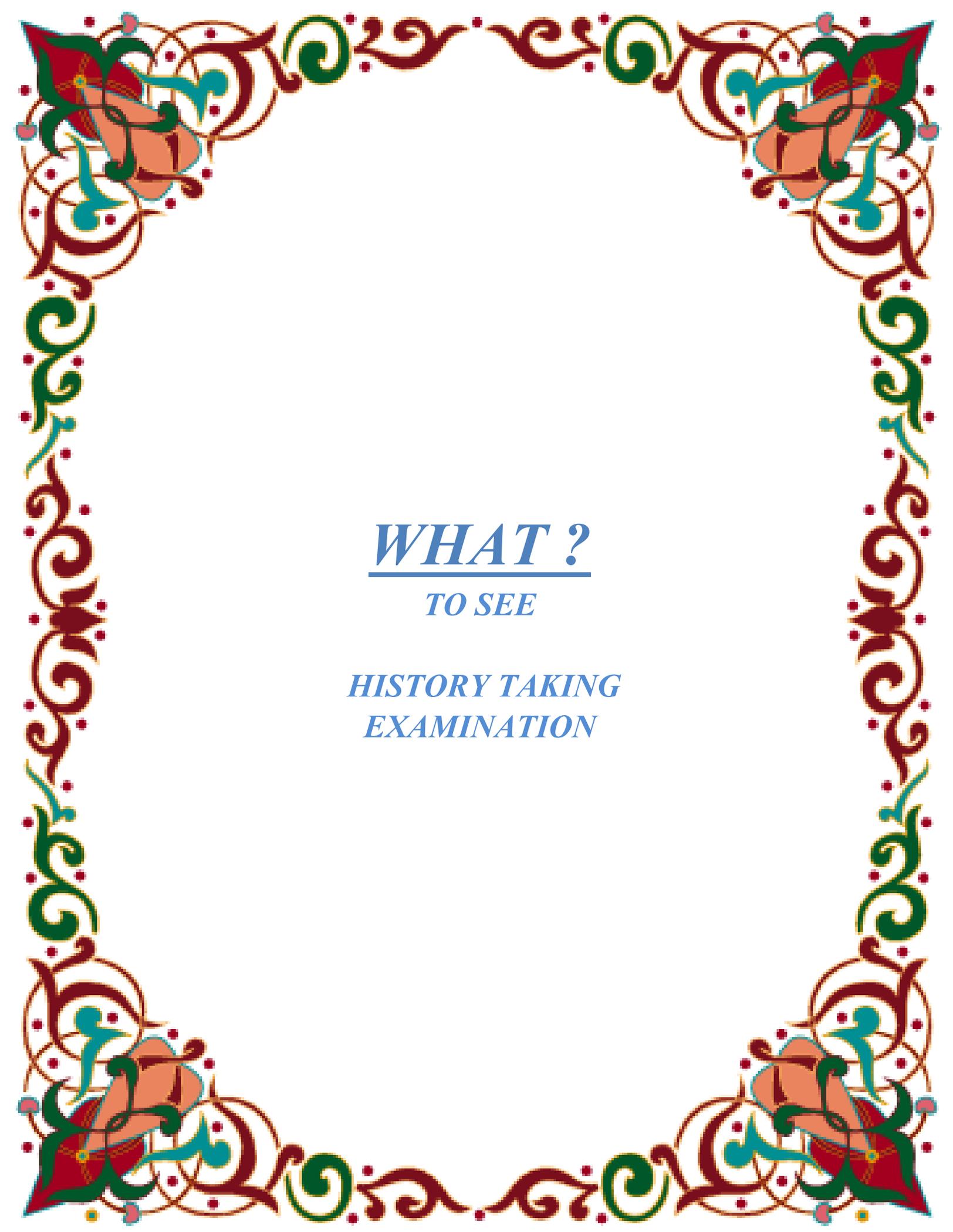
Noticed great effect on child due to dynamic state of children accept more the dynamism of remedies

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

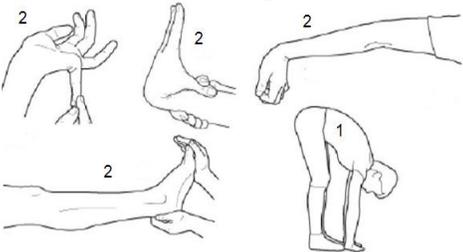
<p>WWHAM</p>	<p>Who is the medicine for? لمين What is the medicine for? لاية How long have the symptoms been present? بقاله اد اية? Action already taken? عمل اية? Medicines currently being taken for other reasons? اخذ اية?</p>
<p>LOAD</p>	<p><i>Listen, Observe, Ask and Decide</i> _ LISTEN to what the 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>

<p>ENVIRONMENT</p>	<ul style="list-style-type: none"> • <i>Family circumstances: effects of births, marriage, separation, divorce, death, bullying, exams, children leaving home, or caring for disabled or elderly relatives.</i> • <i>Proximity of family and friends.</i> • <i>Ability to deal with serious health problems.</i> • <i>Property: effects of buying and selling homes, moving, or making extensive alterations.</i> • <i>Work experience: impact of new job, loss of job, redundancy, retirement, job relocation, overwork, or juggling work and family.</i> • <i>Financial or legal problems.</i> <ul style="list-style-type: none"> • <i>Climate: effects of seasonal changes and day-to-day weather patterns.</i> • <i>Access to and appreciation of fresh air.</i> • <i>Exposure to sun and awareness of risks.</i> • <i>Effects of pollution: air, water, and noise.</i> • <i>Work environment: office ergonomics, noise levels, amount of personal space, and impact of heating or air-conditioning systems.</i> • <i>Home environment: particular allergic responses to household products or toiletries, pollen, animals, tobacco smoke, or air pollution.</i> • <i>Daily routine: stress and other effects of commuting, working in an office in an urban environment, and working long hours.</i>
<p>LIFE MANAGEMENT</p>	<ul style="list-style-type: none"> • <i>Time management: ability to set realistic goals, plan and organize projects, cope with deadlines, and delegate tasks.</i> • <i>Success in maintaining a balance between work and play, and between work and family.</i> • <i>Stress management: opportunities to relax, and ability to control stressful situations and to turn problems into opportunities.</i> • <i>Work: ability to rationalize workload, deal with physical strains, or improve working environment.</i> • <i>Routines developed in order to give structure to the working day and home life.</i> • <i>Financial planning and organization.</i>
<p>DIAGNOSTIC CHECKLIST</p>	<p><i>What are your most obvious physical symptoms?</i> <i>Are main symptoms accompanied by less acute symptoms?</i> <i>What are the characteristics of your symptoms?</i> <i>Do you have any psychological symptoms?</i> <i>Are you aware of any obvious cause of the symptoms?</i> <i>Do your symptoms get better or worse under certain conditions?</i></p>

About Examination

10 = 3+3+3+1

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

WHEN ?

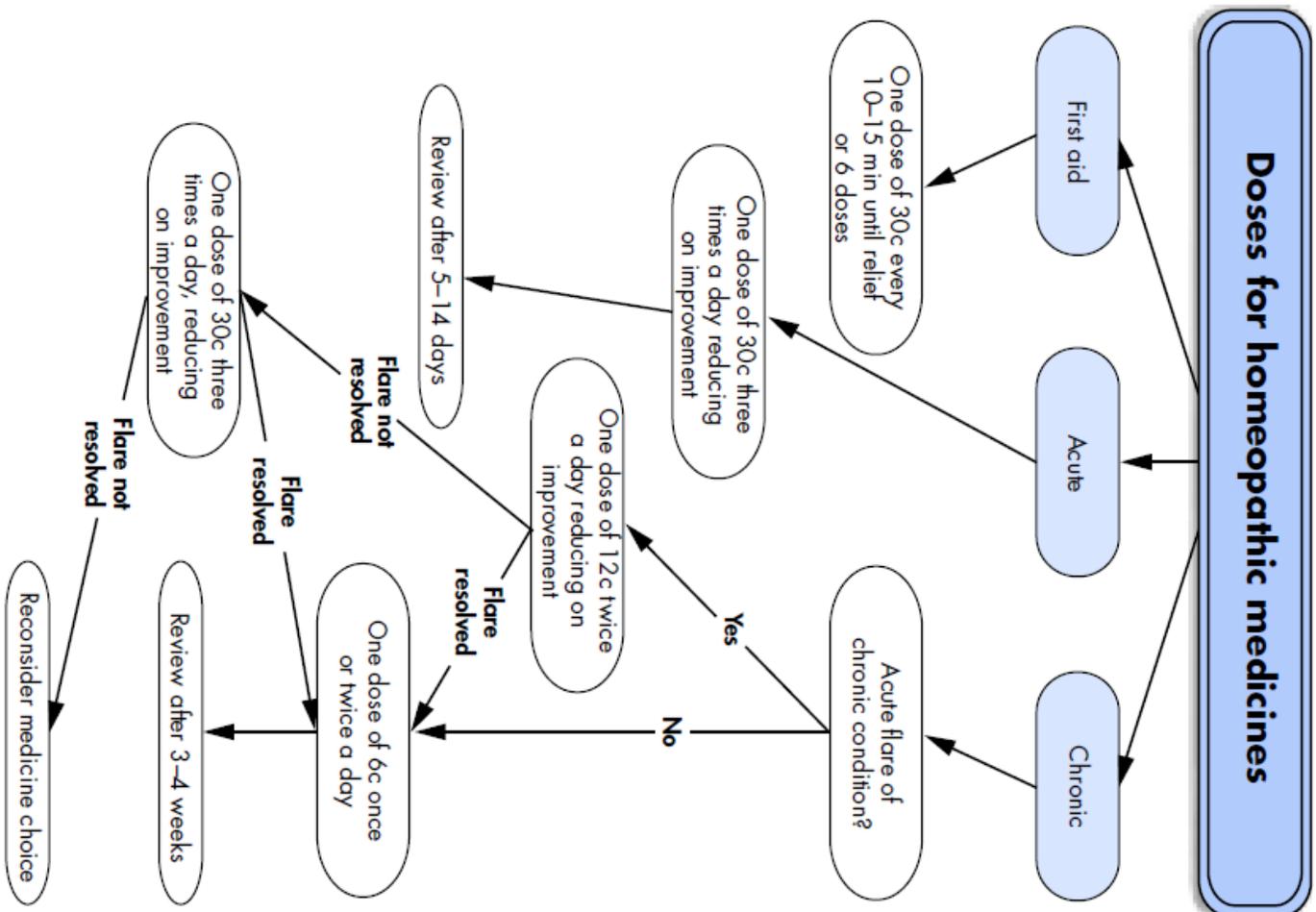
TO DECIDE

**Algorithms
for treatment
Acute & Chronic
cases**

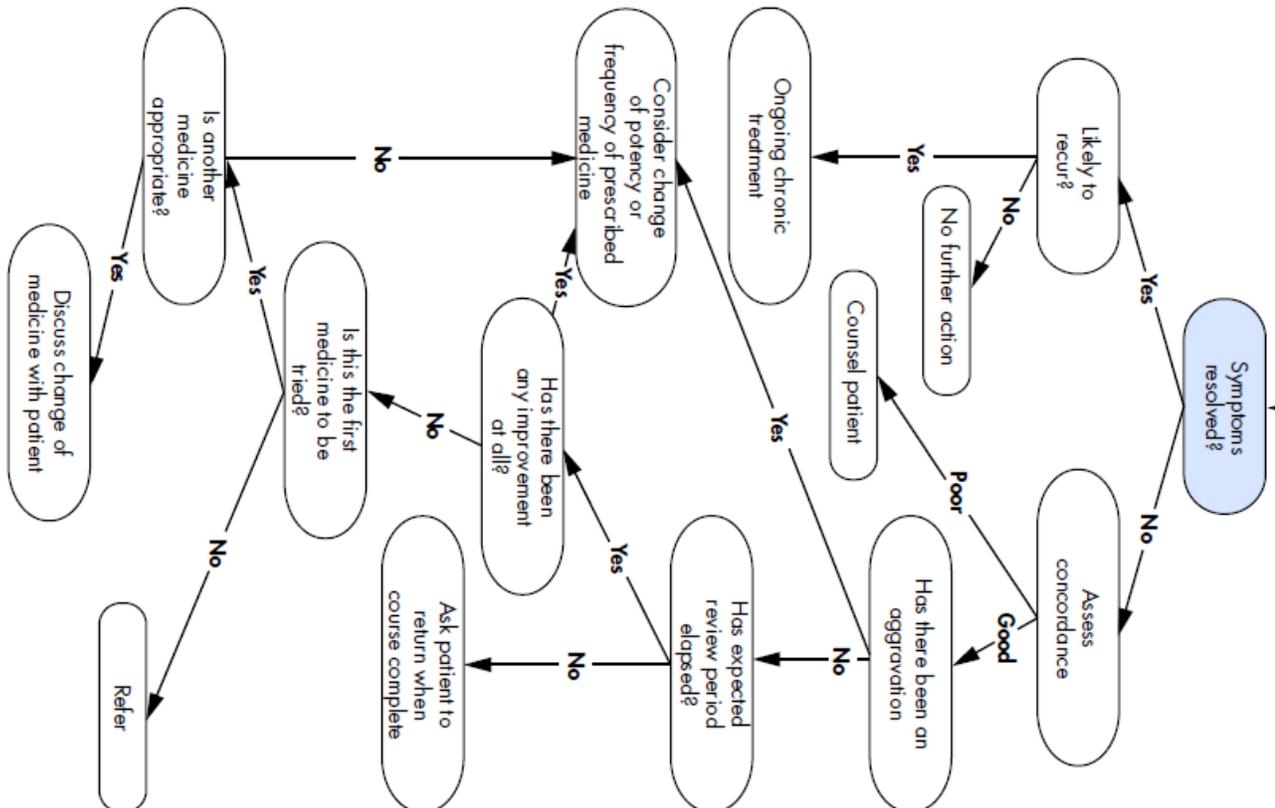
About Repertory

Generating a prescription

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



Following up homeopathic treatment



↓
Outcome card.

• How my symptoms have changed •

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

NB

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

Choice of potency

George Vithoulkas gives guidance on potency selection as follows:

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

How to take the medicine

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

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

If dropped on the floor they should be discarded.

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

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

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

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

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

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

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

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

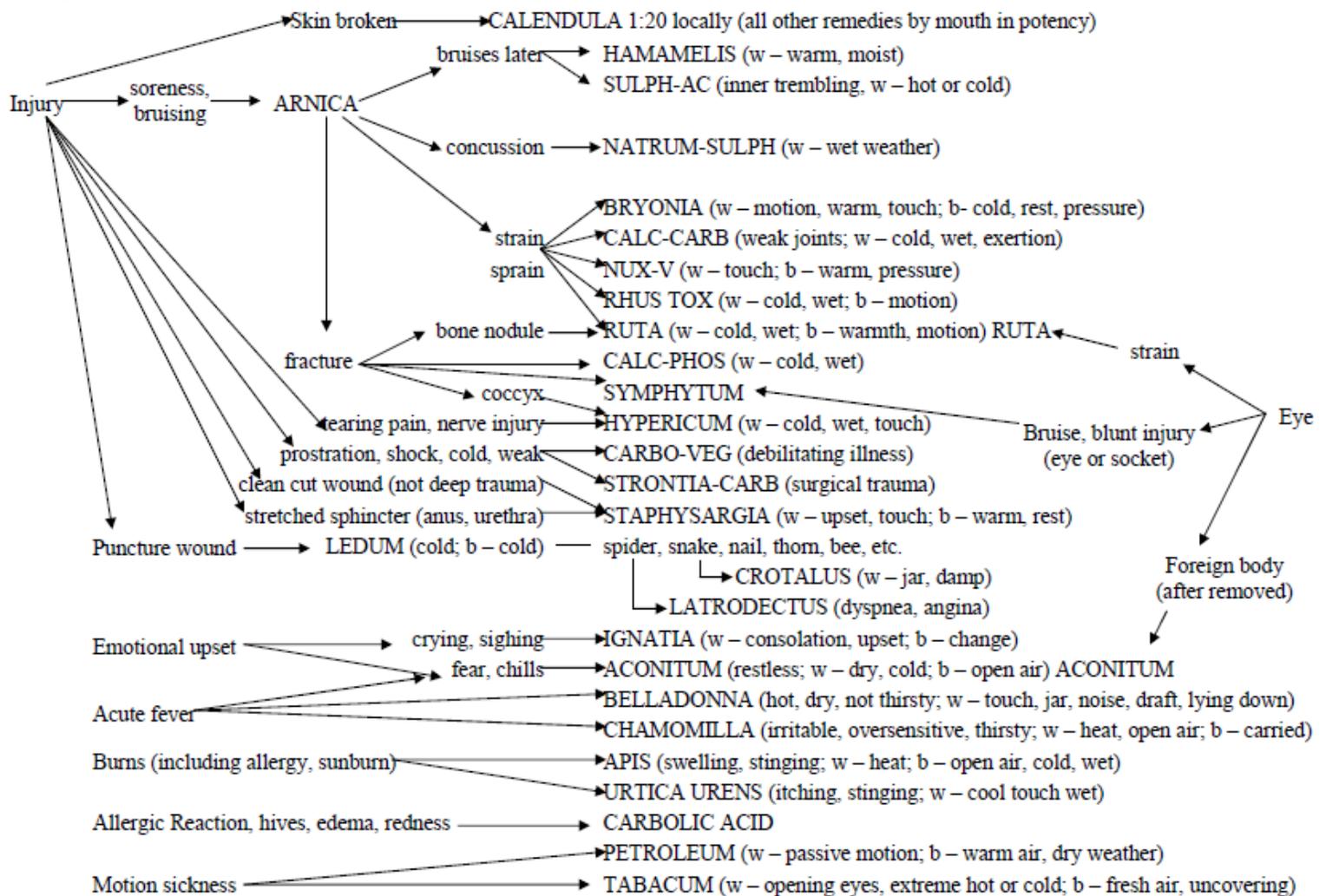
Side-effects

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

Acute conditions

Chart of Remedies of Acute Conditions

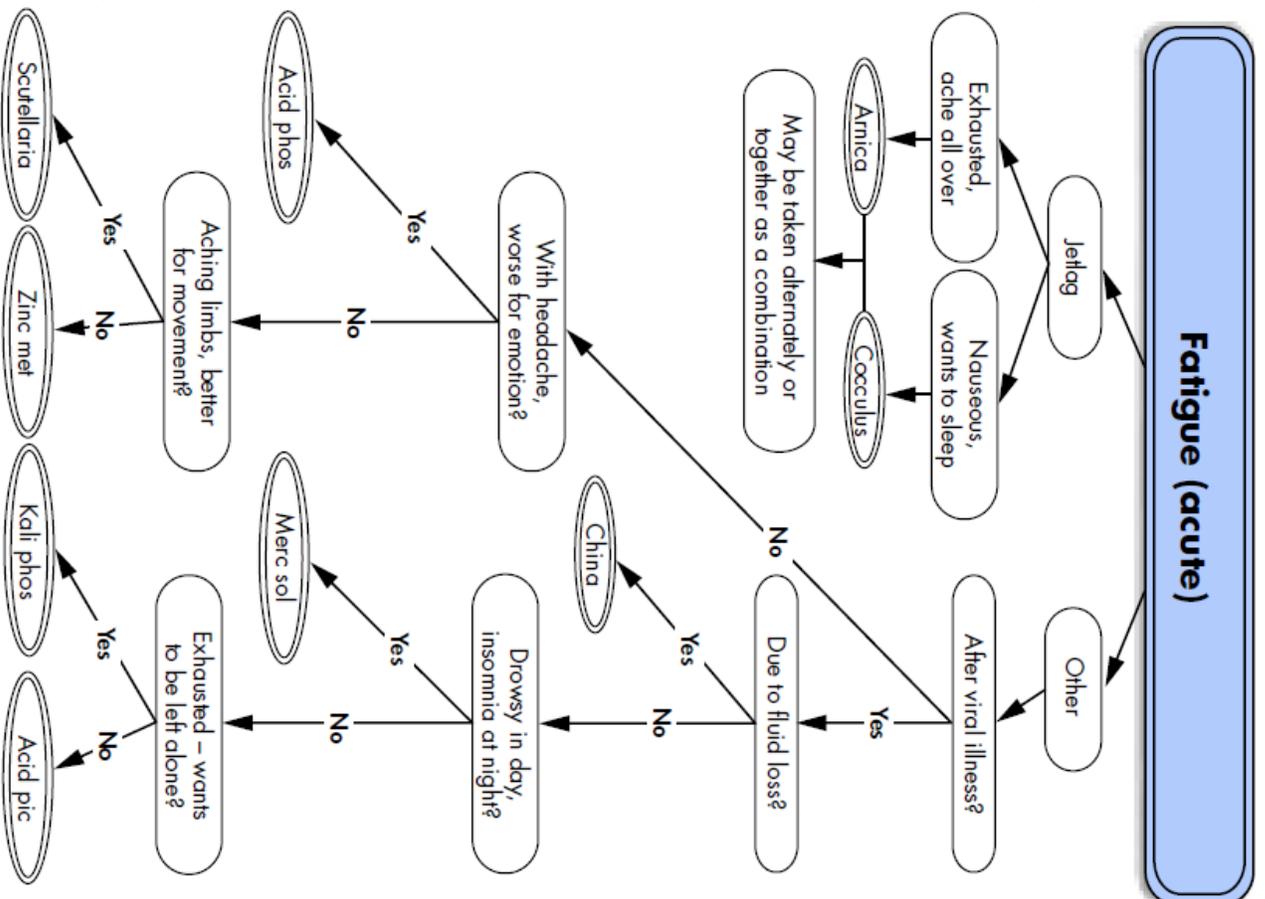
(w = worse, b = better)



Fatigue (acute)

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

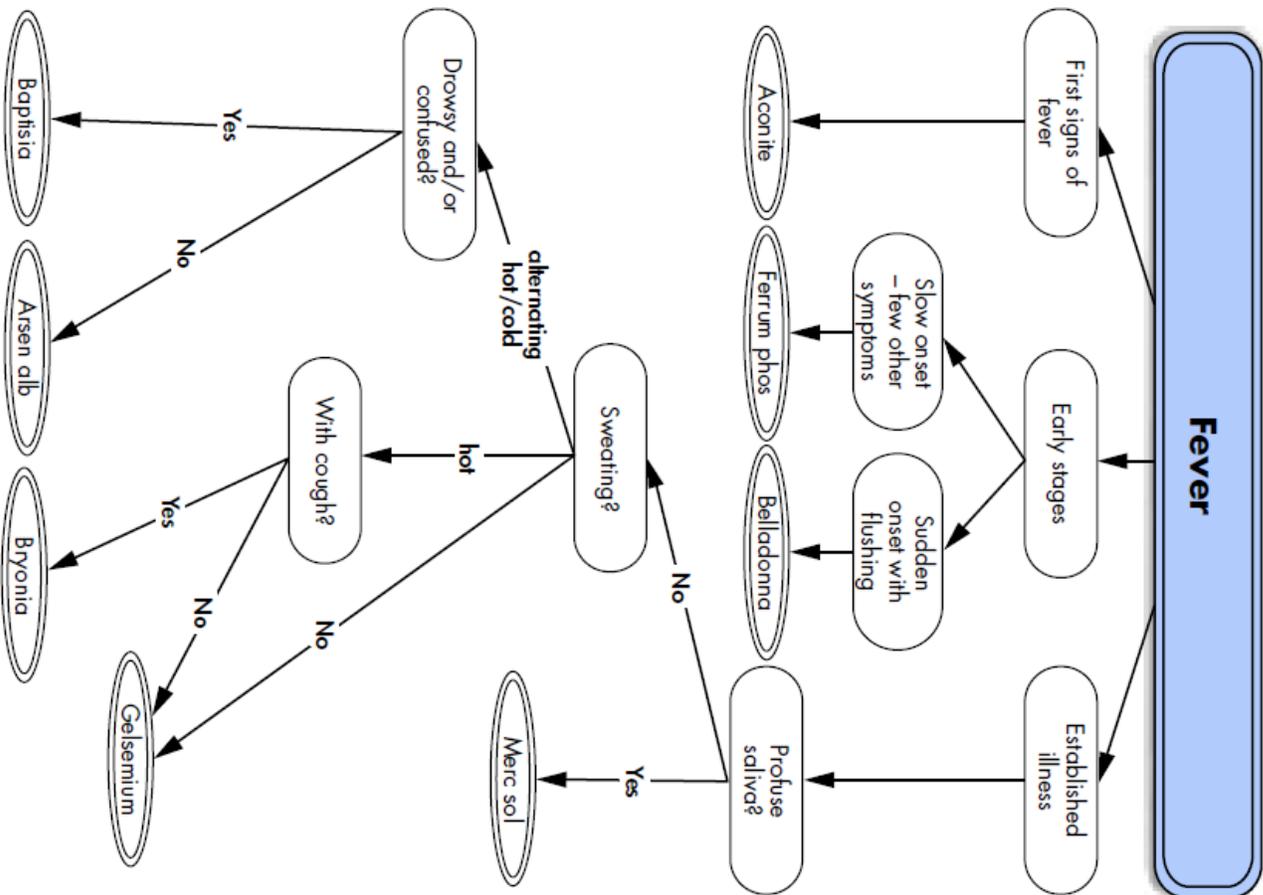
Homeopathic medicine	Better	Worse	Other
Acid phos	Keeping warm	Exertion	Headache, worse with noise. Eyelids inflamed
Acid pic	Cold air and cold water	With least exertion	Back pain, 'pins and needles' sensation in hands and feet
Arnica	Lying down	Touch	Confusion, wants to be left alone
China	None recorded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



Fever

- **H1M** – Belladonna may be the medicine of choice, particularly if the patient is very hot and flushed and the condition came on suddenly.
- Paracetamol and/or ibuprofen may be used concurrently but not within 30 minutes of the homeopathic medicine.

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

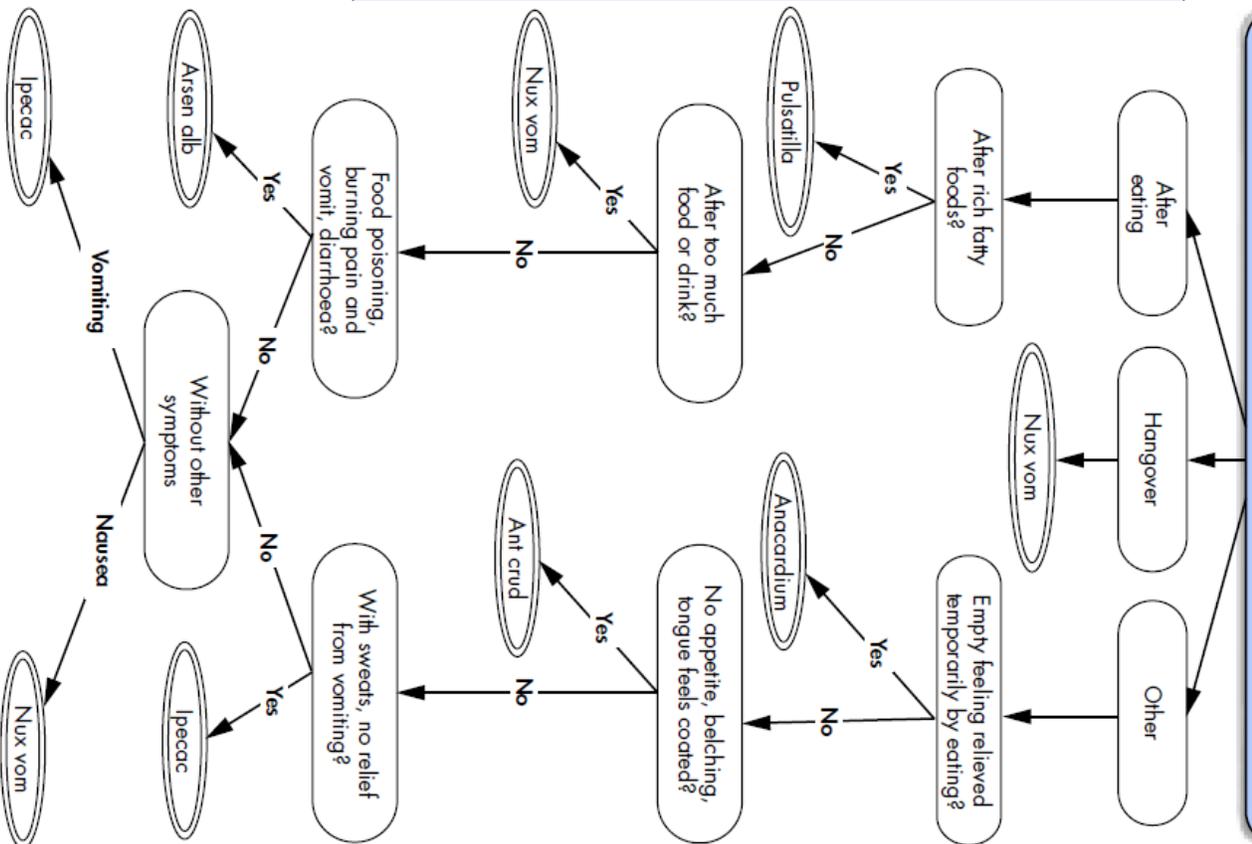


Nausea and vomiting

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

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

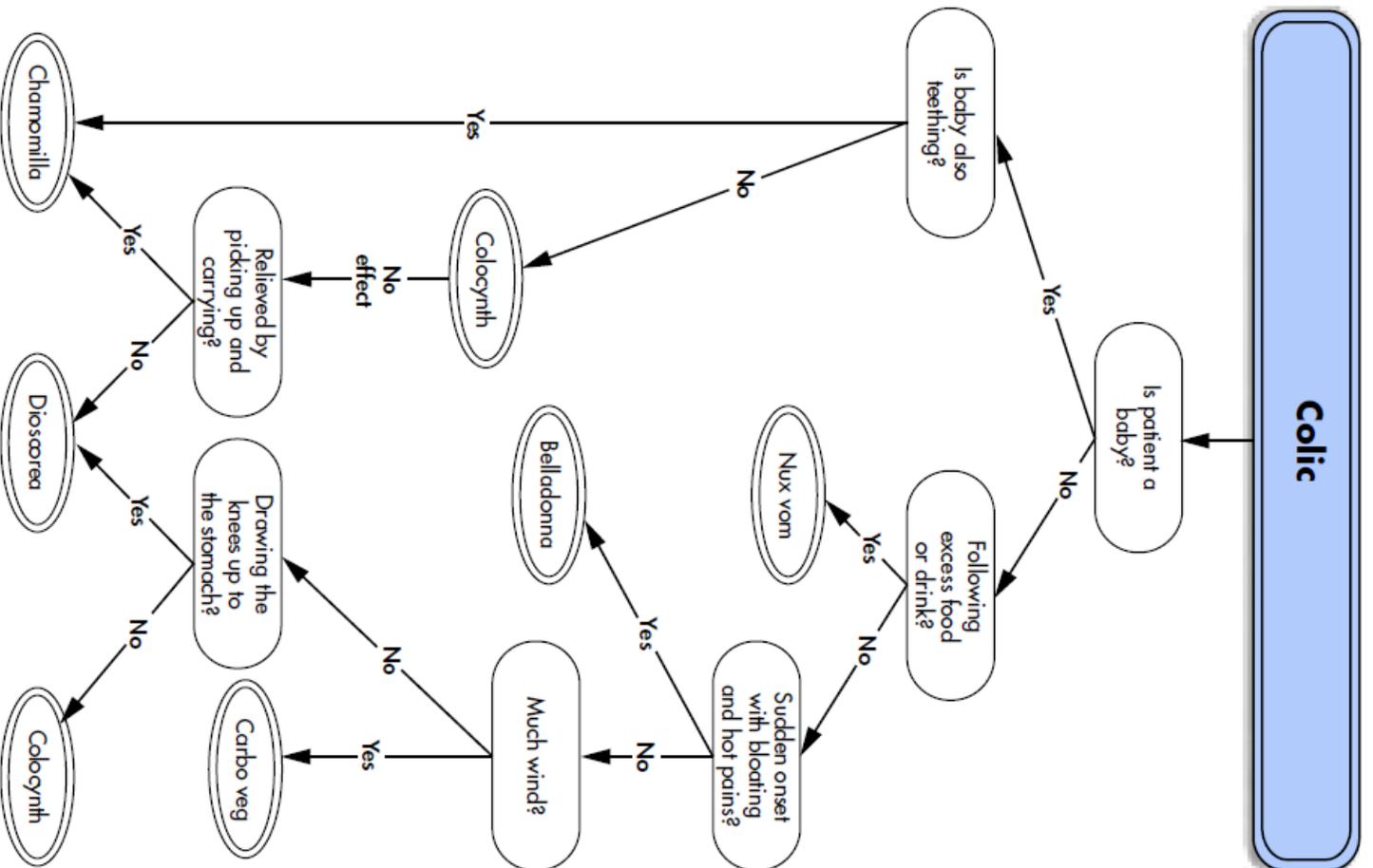
Nausea and vomiting



Colic

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

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

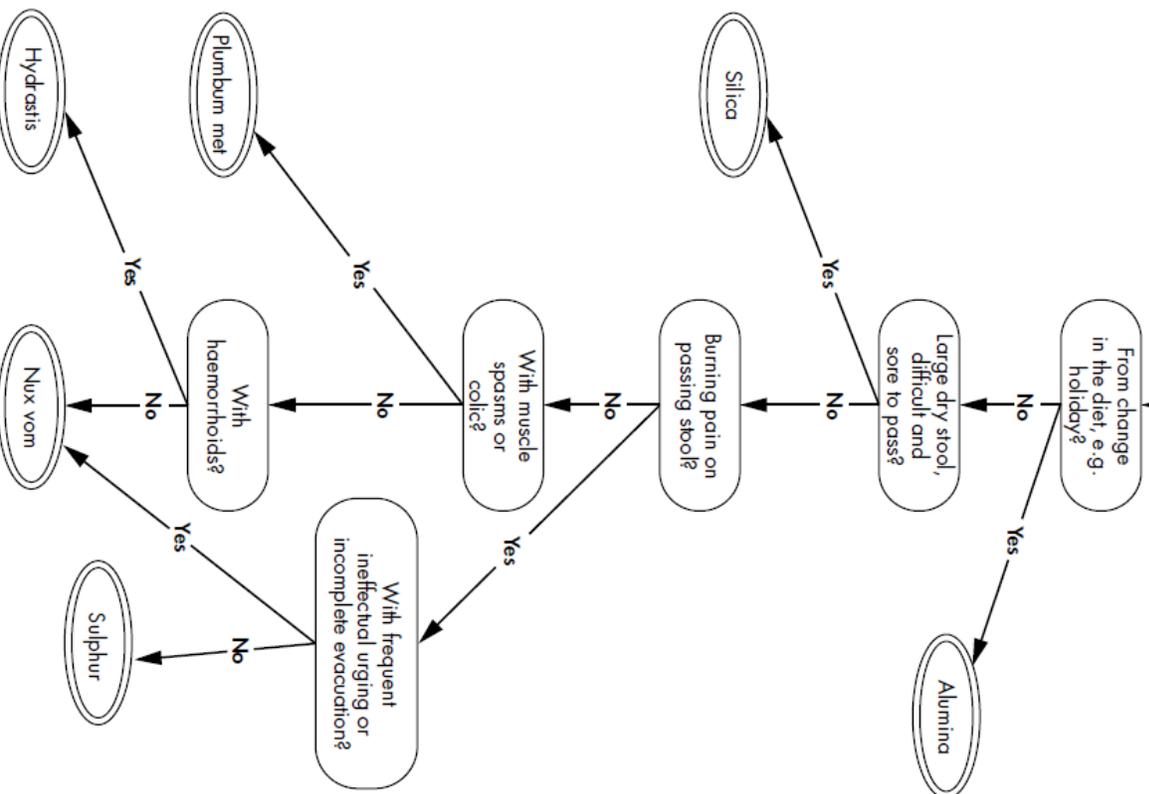


Constipation

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

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

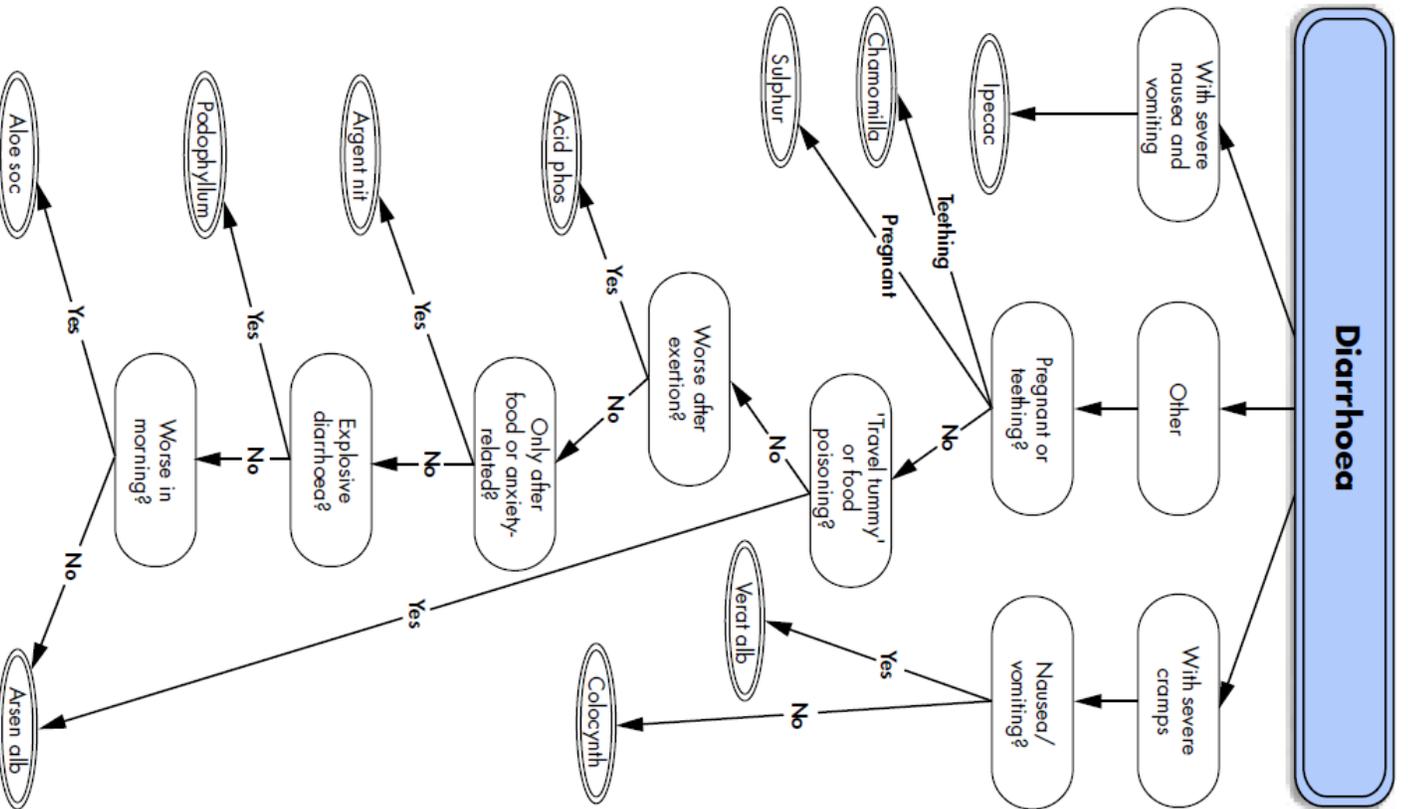
Constipation



Diarrhoea

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

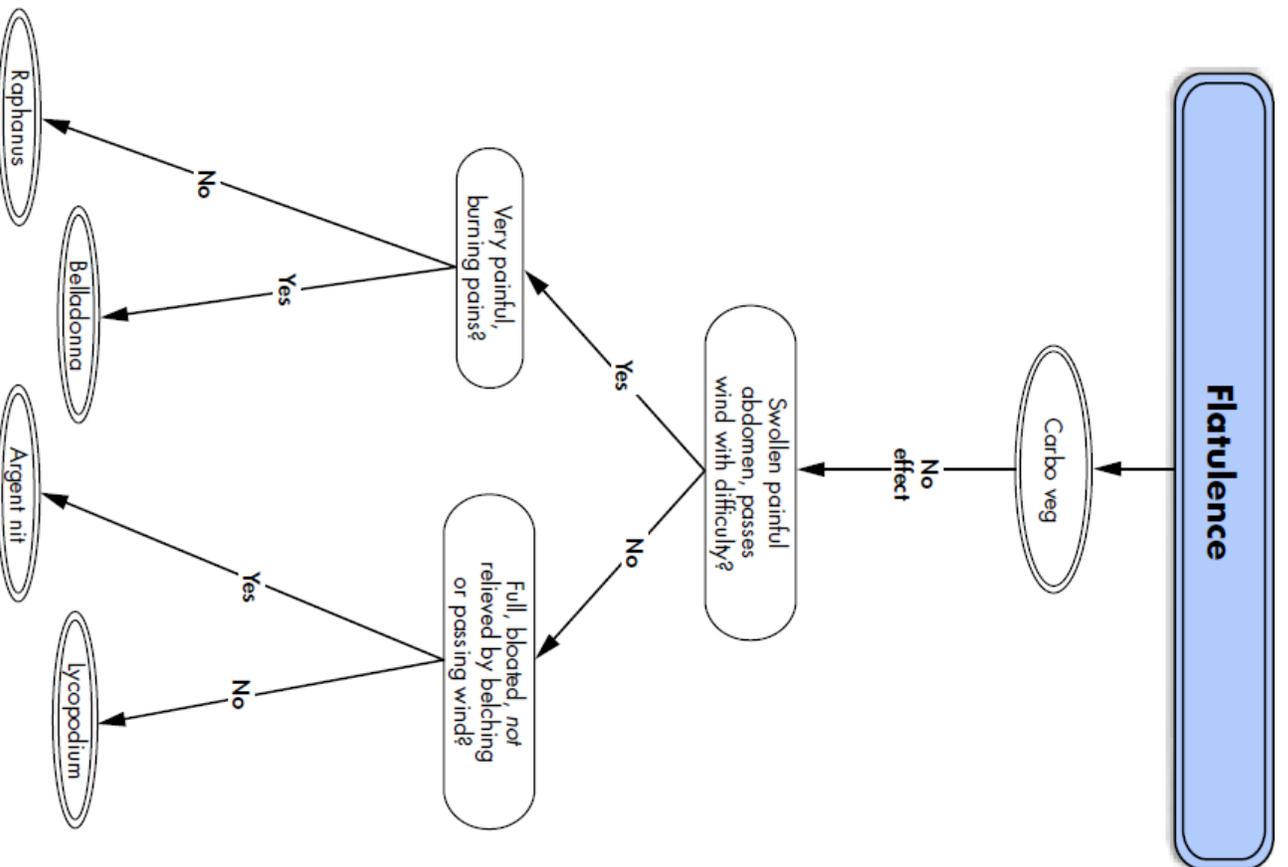
Homeopathic medicine	Better	Worse	Other
Acid phos	Keeping warm	After exertion	Distended abdomen. White, watery diarrhoea; much wind
Aloe soc	Cool atmosphere	Early morning and in hot dry weather	Sense of insecurity when passing wind. Lumpy, watery stool
Argent nit	After belching and in fresh air	Night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



Flatulence

- **FIM** – Carbo veg.

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



IRRITABLE BOWEL SYNDROME

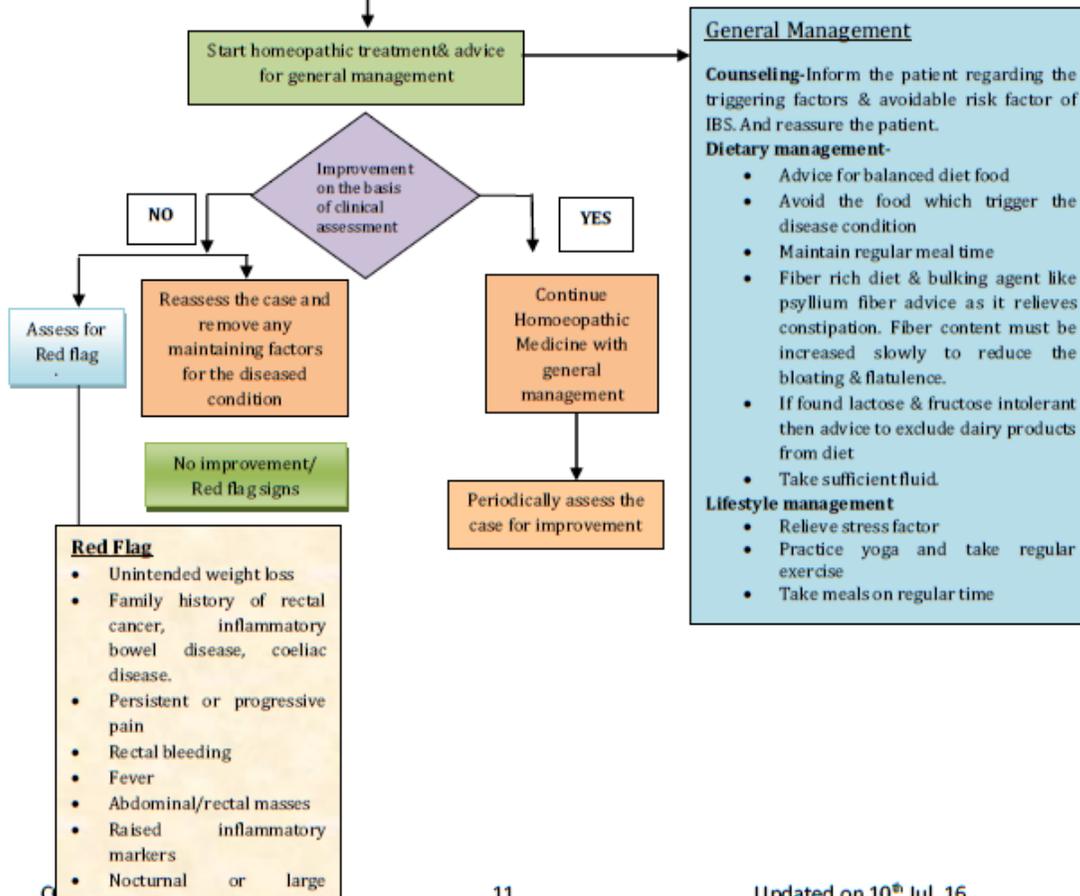
Argent nit	<i>gastrointestinal conditions accompanied by nervousness & anxiety</i>
Cinchona	<i>painless watery diarrhea with great bloating, indigestion, and general weakness</i>
Lycopodium	<i>in dyspepsia with great flatulence</i>
Nat Carb	<i>weak digestion, caused by slightest error in diet.</i>
Nux Vomica	<i>Flatulent distension with spasmodic colic.</i>
Pulsatilla	<i>Dyspepsia with great tightness</i>
Sulphur	<i>loss of or excessive appetite</i>

Diagnosis through sign & symptoms

- Chronic or recurrent abdominal pain
- Bloating
- Abnormal stool form (hard or loose stool)
- Abnormal stool frequency (less than 3 time /week or more than 3 time /day)
- Straining for defecation
- Feeling of incomplete evacuation
- Passage of mucus per rectum
- Urgency

Diagnosis through Rome III criteria

- Onset of symptom at least 6 month before diagnosis.
- Recurrent abdominal pain or discomfort for > 3 days per month during past 3 month
- At least 2 or more of the following features.
 - Improvement with defecation
 - Associated with a change in frequency in stool
 - Associated with change in stool form



C

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Updated on 10th Jul, 16

ULCERATIVE COLITIS

Colocynthis	<i>for colicky and neuralgic pains induced by irritation of the intestine</i>
Merc. corr	<i>for constant straining of the rectum, which is not eased by passing stools.</i>
Arsen. alb., Nux vomica, and Sulphur other commonly used constitutional remedies	
Merc. corr	<i>acute flare-ups hot, foul-smelling stools containing blood and mucus, and cutting pains in the abdomen on passing a stool, which are not relieved by emptying the bowel</i>
Arsen. alb.	<i>for restlessness, anxiety, burning abdominal pains with vomiting, a frequent desire for sips of warm drinks, and attacks that come on around midnight</i>
Phosphorus	<i>stools are bloody, and pain is relieved by passing a stool but then the anus feels as though it is gaping</i>

CHRONIC FATIGUE SYNDROME

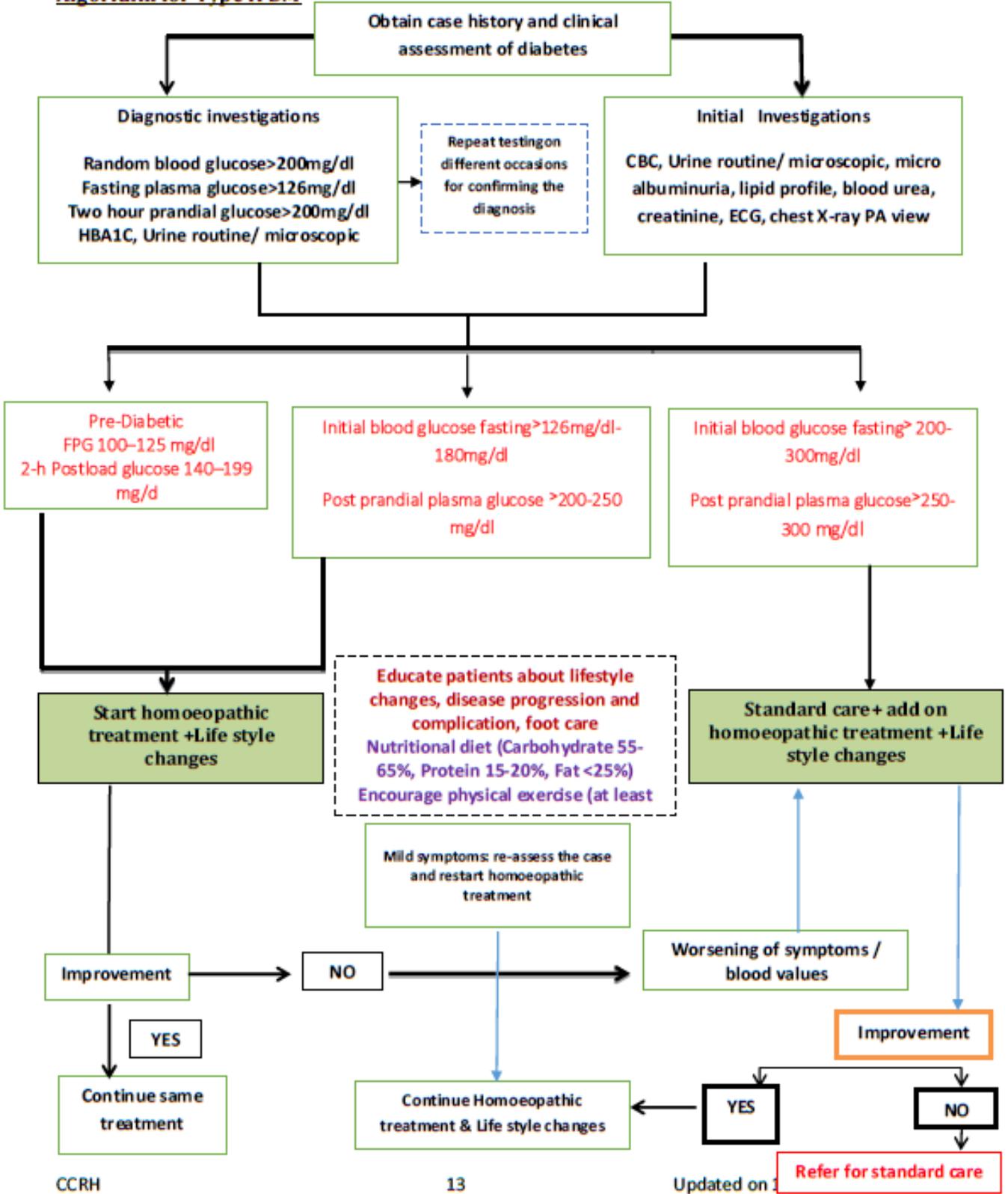
Phosphoric ac	<i>for weakness in the spinal cord and associated nerves</i>
Nat. mur.	<i>for fatigue—affecting the knees, ankles, and dorsal spine in particular—caused by mental exertion.</i>
Calc. carb	<i>fatigue, particularly of the thigh muscles, caused by walking</i>
Arsen. alb	<i>for fatigue, especially of the chest muscles, caused by walking.</i>
Belladonna	<i>swollen glands in the neck and groin, muscular and joint pains, aches and burning pains all over the body, and a constant sore throat</i>
Causticum	<i>permanent chilliness, stiffness and pain in the joints and muscles, and weakness after the slightest exertion</i>
Kali carb.	<i>may be given for swollen glands in the neck and groin, joint pains, numbness in the throat, panic attacks, and permanent chilliness</i>
Carbo veg.	<i>for aches and burning pains all over the body, confusion, bloating and great flatulence, and faintness in the morning</i>
China	<i>for bloating, anxiety, sleeplessness, and a feeling of weakness after the slightest exertion..</i>

DIABETES

Constitutional homeopathic treatment for diabetes is recommended in support of conventional measures, and is compatible with them.

Phosphoric ac.	<i>when emotional stress has played a part in the onset of diabetes</i>
Silica	<i>prescribed for diabetes that has arisen from infection</i>
Tarentula	<i>for diabetes linked to anxiety or grief</i>
Phosphoric ac	<i>when diabetes is worse for nervous exhaustion</i>
Uranium nit.	<i>for digestive upset, great weight loss, weakness, and incontinence</i>
Argentum nit.	<i>when the usual symptoms of diabetes are accompanied by swollen ankles and there is apprehension</i>
Silica	<i>when the person complains of cold, sweaty, smelly feet, and a lack of stamina</i>
Arsenic alb	<i>for persons with rapid weakness and emaciation</i>
Natrum mur	<i>polyuria, unquenchable thirst</i>
Lycopodium	<i>burning in general and urine in particular; constant hunger and thirst</i>
Phosphorous	<i>Glycosuria; urine pale, watery or turbid</i>
Calc carb	<i>Frequent and copious urination; sour or pungent</i>
Mercurius	<i>excessive hunger, emaciation</i>
Sulphur	<i>Excessive hunger, thin and weak, even with good appetite</i>

Algorithm for Type II DM



CCRH

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Updated on

Refer for standard care

DIARRHEA

PREVENTION

- Access to safe drinking-water
- Use improved sanitation
- Wash hand with soap
- Food preparation & preservation should be clean
- Child exclusively on breastfed for initial six months of life
- Maintain personal hygiene
- Educate the people about its infection, spread, nutrition & prevention
- Vaccinate the child from rotavirus vaccination, salmonella typhi vaccination 6
- Measles immunization can significantly lessen the incidence and severity of
- Diarrheal diseases 6
- Breeding of flies should be controlled
- Improving nutrition of mother and child
- Prevention of diarrhoeal epidemics

MANAGEMENT

The main objectives of acute diarrheal management are

- To prevent dehydration: this is very important since so much of the child's body fluid is being lost through the stools and vomiting
- To replace lost fluid: as much fluid as goes into the stools should be given to the child to drink for replacement
- To maintain nutrition: mothers tend not to give a child who has diarrhoea anything or very little to eat, at a time when he needs all the food he can get. Continue to feed as much as can be tolerated.
- Reduce severity of disease

To maintain personal hygiene: or else you end up taking the germs from the stools, back into the mouth, continuing the diarrhoea you are trying to stop.

Regular assessment for dehydration during diarrhea guides for further treatment plan which is given below:

Treatment Plan A- mild or no dehydration

- Child can be treated safely at home
- Instruct mother to give home-based fluids like rice water, soup, water, and Orally child should continue to feed.
- Ask the mother to return to the health facility if the child gets worse, passes more watery stools, vomits repeatedly, becomes very thirsty, eats or drinks poorly or is not better in 2 days.
- Instruct mother on how to prevent diarrhoea.

Treatment Plan B – mild to moderate dehydration

- Child to be treated in the health facility.
- Give Oral Rehydration Salt (ORS) during first 4 hours.
- If child vomits, wait 10 minutes and start again.
- Continue with other fluids the child will accept
- Reassess the child & classify the child for dehydration

If no dehydration seen- switch to plan A & send child home

If mild to moderate dehydration continue- Continue plan B

If severe dehydration seen- follow plan C

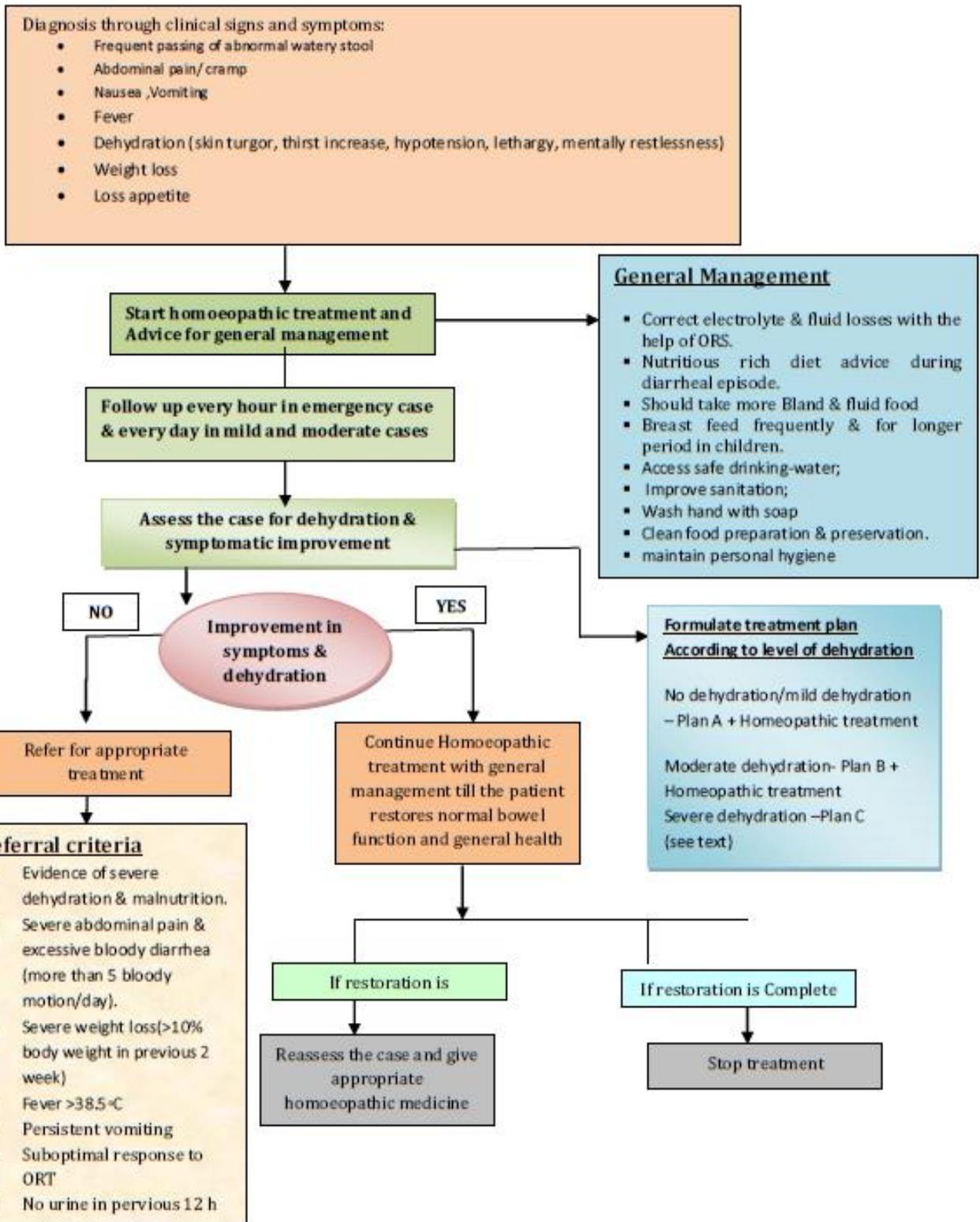
Treatment Plan C- Severe dehydration

- A child with severe dehydration requires treatment with Intravenous fluid (IV) fluids in hospital.
- Start IV fluids immediately. Give 100 ml/kg Ringer's lactate solution
- Reassess the child every 1- 2 hours. Also give ORS as soon as child can drink.

Aloe	<i>like lumps from rectum diseases of mucous membranes all pains cease after stool</i>
Arsenicum alb	<i>Diarrhoea, after eating or drinking cold fruits; ice cream Stool scanty, dark-colored, offensive, and whether small or large, followed by great prostration</i>
Chamomilla	<i>infants and children for diarrhea during dentition.</i>
Croton Tiglium	<i>diarrhoea and summer complaint. Copious watery stools, with much urging;</i>
Cinchona	<i>painless diarrhea with great bloating, indigestion, and general weakness.</i>
Gambogia	<i>profuse watery with sudden & forcible ejection of bilious stools Tenesmus</i>
Podophyllum	<i>Diarrhoea of long standing; early in morning painless Stool profuse</i>
Veratrum album	<i>Diarrhoea: very painful, watery, copious, and forcibly evacuated followed by great prostration</i>
<hr/>	
China 6c, every 3-4 hours.	<i>Painless diarrhea with bitter taste, abdominal distension, rumbling and wind. Vomiting and great weakness; hunger but no appetite.</i>
Podophyllum 6c, every 3-4 hours.	<i>Stool offensive, gushing, yellow and watery, worse in the early morning, with colicky pains. Better from heat and lying on abdomen.</i>
Veratrum album 6c, every 3-4 hours.	<i>Diarrhea and vomiting with cold sweat, exhaustion and great coldness of skin, even collapse. Veratrum album is another good travellers' remedy.</i>
Arsenicum 6c, every 3-4 hours.	<i>Watery diarrhea, burning and stinging, with vomiting, exhaustion, restlessness and thirst for small drinks. Violent burning pains in the abdomen, improved by heat. Arsenicum is a good remedy in food poisoning and the diarrhea of travellers.</i>
Aloes 6c, every 3-4 hours.	<i>Diarrhea immediately after eating or drinking, with a great deal of wind and lack of confidence in the anal sphincter.</i>
Colocynthis 6c, every 3-4 hours.	<i>Diarrhea with painful cramps, starting and stopping suddenly, made better by doubling up, by heat and strong pressure.</i>
Pulsatilla 6c, every 3-4 hours.	<i>Diarrhea with white-coated tongue and variable stools, changeable in color and frequency. Much gas and rumbling, worse from fats and rich food.</i>
Ipecac 6c, every 3-4 hours.	<i>Diarrhea in spasms, with great nausea, not helped by vomiting. Stools offensive, yellow-green and frothy, sometimes bloody.</i>
Ant crud 6c, every 3-4 hours.	<i>Stools liquid but containing solid lumps, with belching of undigested food and a white tongue. Often after</i>

	<i>overeating, with nausea and vomiting, which do not improve.</i>
<i>Ignatia 6c, every 3-4 hours.</i>	<i>Loose movements driving patient out of bed every morning, with spasm of pain.</i>
<i>China 6c, every 3-4 hours.</i>	<i>Debility and weakness, with digestive disturbances, after long-continued diarrhea.</i>
<i>Croton tig 6c, every 3-4 hours.</i>	<i>Yellow, watery diarrhea, expelled in a jet like a pistol shot, worsened by even small amounts of food or drink. Often after antibiotics.</i>
<i>Phosphorus 6c, every 3-4 hours.</i>	<i>Stool gushing like fire hydrant, with small lumps of white mucus, and with exhaustion.</i>
<i>Ignatia 6c, every 3-4 hours.</i>	<i>Diarrhea at unpredictable times, after emotional crisis.</i>
<i>Sulphur 6c, every 3-4 hours.</i>	<i>Stool yellow, offensive and urgent, driving patient out of bed in morning.</i>
<i>Chamomilla 6c, every 3-4 hours.</i>	<i>Stool greenish like chopped spinach, with irritability and burning of the anus.</i>
<i>Mercurius 6c, every 3-4 hours.</i>	<i>Stool greenish or clay-colored, offensive, may be bloody. Diarrhea is worse at night, with great straining, but always a sensation of incompleteness.</i>
<i>Diarrhea in infants is potentially dangerous, as it can lead to dehydration quite quickly. The symptoms of dehydration are dry mouth, sunken eyes and depressed fontanels. To keep the infant's fluid intake up give water with a mixture of special salts (Gastrolyte) added, as well as the usual feeds. If diarrhea persists for longer than 12 hours in infants, or the stools are bloody, allopathic advice should be sought.</i>	
<i>Aconite 6c, every 2-3 hours.</i>	<i>Diarrhea after exposure to cold winds, with restlessness and anxiety.</i>
<i>Aethusa 6c, every 2-3 hours.</i>	<i>Greenish stools, especially with vomiting of milk.</i>
<i>Chamomilla 6c, every 2-3 hours.</i>	<i>Watery, green stool, in crying, fretful baby, wanting to be held.</i>
<i>Mag carb 6c, every 3-4 hours.</i>	<i>Diarrhea in babies who do not tolerate milk well. Stool is watery, green and frothy, and the child has an acid odor</i>
<i>Mercurius 6c, every 2-3 hours.</i>	<i>Sour-smelling or offensive stool, with salivation and great straining.</i>
<i>Ipecac 6c, every 2-3 hours.</i>	<i>Offensive, fermented, painful stool, with vomiting, and pale face.</i>
<i>Ipecac 6c, every 2-3 hours.</i>	<i>Stools fermented, foamy, like yeast; grass-green, mucous or watery.</i>
<i>Podophyllum 6c, every 2-3 hours.</i>	<i>Diarrhea in children while feeding or teething: profuse and offensive, green, watery and gushing.</i>
<i>China 6c, every 2-3 hours.</i>	<i>Watery, painless diarrhea, with wind and undigested milk in the stools.</i>
<i>China 6c, every 2-3 hours.</i>	<i>Diarrhea with abdominal distension, rumbling and wind. Hungry but no appetite.</i>
<i>Nux vomica 6c, every 2-3 hours.</i>	<i>Diarrhea caused by overfeeding.</i>
<i>Bryonia 6c, every 2-3 hours.</i>	<i>Slightest movement brings on diarrhea.</i>

ALGORITHM OF TREATMENT PROCESS



ANEMIA

The first action is to supplement the diet with extra iron, either through iron-rich foods such as red meat and parsley, or by iron supplements. Often, however, there can be problems with the absorption and assimilation of this iron into the red blood cells; in such cases the following remedies can be of great use.

Ferrum phos 6x, a tissue salt, every 3-4 hours.	<i>In simple anemia, to help with assimilation of dietary iron.</i>
China 6c, every 3-4 hours.	<i>Anmia due to blood loss, with chilliness, digestive distress and exhaustion.</i>
Nat mur 6x, a tissue salt, every 3-4 hours.	<i>Anemia with depression of spirits and prostration, headache, constipation, dry mouth and lips, and tendency to cold sores.</i>
Ferrum met 6c, every 3-4 hours.	<i>Patient is robust-looking, but the face is pale, flushing easily.</i>
Calc phos 6x, a tissue salt, every 3-4 hours.	<i>In children and adolescents, during growth spurts, or during convalescence.</i>
Picric acid 6c, every 3-4 hours.	<i>Anemia coupled with mental overload.</i>

Appetite Problems

Problems with appetite are often ephemeral, and are usually related to other symptoms of the time. Nevertheless, a few remedies have well-defined symptom pictures, and are often useful.

Ferrum phos 6x, a tissue salt, every 3-4 hours.	<i>Appetite varies: from good to complete loss.</i>
Lycopodium 6c, every 3-4 hours.	<i>Appetite excessive, even at night, but easily satisfied.</i>
Cina 6c, every 3-4 hours.	<i>Appetite variable, from voracious to indifferent. Child wants things, but rejects when offered, with irritability. Grinds teeth at night.</i>
Nux vomica 6c, every 3-4 hours.	<i>Appetite absent, with irritability, especially after excesses of living.</i>

Biliousness

Nat sulph 6x, a tissue salt, every 3-4 hours.	<i>Biliousness with greenish-brown coated tongue, sallow skin, and a yellow tinge to the eyes. There may be a bitter taste, and vomiting of bile or bitter fluid.</i>
Nux vomica 6c, every 3-4 hours.	<i>Biliousness after over-indulgence in food or drink, with irritability, worse in the morning. Seeks coffee and stimulants.</i>
Kali mur 6x, a tissue salt, every 3-4 hours.	<i>Biliousness with a white-coated tongue or light-colored stools.</i>
Chelidonium 6c, every 3-4 hours.	<i>Biliousness with nausea, inclination to vomit, wants hot water or hot drinks. Yellow tinge to the skin, and pain under the right shoulder blade.</i>

Colitis

Ignatia 6c, every 3-4 hours.	<i>Loose bowel movements every morning, with spasms of pain, often after nervous stress or emotional trauma</i>
China 6c, every 3-4 hours.	<i>Painless diarrhea, with distension of the whole abdomen, which is tender and rumbling.</i>
Ant crud 6c, every 3-4 hours.	<i>Stools liquid but containing hard lumps, with belching of undigested food and white-coated tongue.</i>

Graphites 6c, every 3-4 hours.	<i>Abdominal pain with offensive gas. Passing of dry, bulky stool covered in mucus, or joined together by strings of mucus.</i>
Colocynthis 6c, every 3-4 hours.	<i>Sudden cramping pain, worse after eating and improved by bending double or applying heat and pressure to the abdomen.</i>
Arsenicum album 6c, every 3-4 hours.	<i>Burning pains in abdomen with vomiting and diarrhea. Desire for warmth and warm drinks. Often worse midnight to 3 a.m.</i>
Mercurius 6c, every 3-4 hours.	<i>Cutting abdominal pain, not relieved by passing stool, with hot offensive stools accompanied by blood and mucus.</i>
Phosphorus 6c, every 3-4 hours.	<i>Diarrhea with blood, gushing like a fire hydrant; anus feels wide open afterwards.</i>

Constipation

Ferrum phos 6x, a tissue salt, every 3-4 hours.	<i>Constipation with heat in rectum, inflammation and fever.</i>
Lycopodium 6c, every 3-4 hours.	<i>Stool difficult to pass, with abdominal distension immediately after eating.</i>
Nat mur 6x, a tissue salt, every 3-4 hours.	<i>Obstinate retention of stool--irregular, hard, unsatisfactory.</i>
Silicea 6x, a tissue salt, every 3-4 hours.	<i>Stool large, hard, and difficult to expel; may recede when partly expelled.</i>
Nux vomica 6c, every 3-4 hours.	<i>Frequent and ineffectual desire to defecate, producing only a little at a time which relieves for a while. Particularly after abuse of laxatives.</i>
Mag mur 6c, every 3-4 hours.	<i>Stool like sheep's dung, crumbles as if very dry.</i>
Sulphur 6c, every 3-4 hours.	<i>Habitual constipation, with heat, discomfort, large and painful stools.</i>
Nux vomica 6c, every 3-4 hours.	<i>Alternate constipation and diarrhea, with irritability.</i>
Kali tour 6x, a tissue salt, every 3-4 hours.	<i>Constipation with light-colored stool, white or grayish coating on the tongue.</i>
Calc fluor 6x, a tissue salt, every 3-4 hours.	<i>Inability of muscles to expel stool, muscles weak and relaxed, especially with anal fissure.</i>
Sulphur 6c, every 3-4 hours.	<i>Alternating constipation and diarrhea with heat or burning.</i>
Alumina 6c, every 3-4 hours.	<i>Hard knotty stool, with biliousness, or stool soft and difficult to expel. No urge to use the bowels. Must strain, and stool is unformed, soft and sticky, yet passes with difficulty</i>
Nat phos 6x, a tissue salt, every 3-4 hours.	<i>Constipation of infants, with occasional attacks of diarrhea.</i>
Nit ac 6c, every 3-4 hours.	<i>Constipation with hard, scanty stool, one session can last for hours, with severe burning in rectum and tendency to anal fissures.</i>
Bryonia 6c, every 3-4 hours.	<i>Chronic constipation, often no urge to go for many days. Stools are large, hard, dry and painful; sufferer often has severe headache.</i>

<i>Lycopodium 6c, every 3-4 hours.</i>	<i>Constipation with excessive gas.</i>
<i>Hydrastis 6c, every 3-4 hours.</i>	<i>Constipation with no desire for stool, alternating with loose stools or diarrhea. Foul-coated tongue, headache and hemorrhoids.</i>
<i>Sulphur 6c, every 3-4 hours.</i>	<i>Frequent desire to defecate, but stool difficult, hard and dry, with burning.</i>
<i>Sepia 6c, every 3-4 hours.</i>	<i>Feeling of ball in rectum.</i>
<i>Sepia 6c, every 3-4 hours.</i>	<i>Constipation with pains after stool.</i>
<i>Lycopodium 6c, ever 3-4 hours.</i>	<i>No urge to defecate, but bowel is full.</i>
<i>Nat mur 6x, a tissue salt, every 3-4 hours.</i>	<i>Difficult expulsion, leaving a sensation of much soreness.</i>
<i>Nat mur 6x, a tissue salt, every 3-4 hours</i>	<i>Sensation of constant pressing down, without much urging.</i>
<i>Veratrum album 6c, every 3-4 hours.</i>	<i>From inactivity of the rectum, with heat and headache.</i>
<i>Veratrum album 6c, every 3-4 hours.</i>	<i>Stools large: much straining until exhausted, with cold sweat.</i>
<i>Calc carb 6c, every 3-4 hours.</i>	<i>Feels better when constipated.</i>
<i>Bryonia 6c, every 2-3 hours.</i>	<i>Stool is dry and difficult, child is irritable and thirsty.</i>
<i>Nux vomica 6c, every 2-3 hours.</i>	<i>Straining at stool, but passing only a little at a time. Alternating constipation and diarrhea.</i>
<i>Calc carb 6c, every 2-3 hours.</i>	<i>Constipation in chubby babies with sour sweat, especially around the head at night.</i>
<i>Hepar sulph 6c, every 2-3 hours.</i>	<i>Even soft stool is passed with difficulty. The child smells sour, despite bathing.</i>
<i>Nat phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Constipation of infants, with occasional attacks of diarrhea.</i>

EXHAUSION

<i>Kali phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Nervous exhaustion after long-continued strain or intense study. Patient is easily irritable, excessively sensitive, even slight noises can prevent sleep.</i>
<i>China 6c, every 3-4 hours.</i>	<i>Weakness after loss of blood and other vital fluids, especially with flatulence, diarrhea and other digestive disturbances.</i>
<i>Carbo veg 6c, every 3-4 hours.</i>	<i>Vital forces nearly exhausted, cold, especially from knees to feet, with cold sweat on limbs. Starved for oxygen, asks for fresh air and to be fanned.</i>
<i>Mag phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Fatigue with nerve pains, muscle cramps and twitching.</i>
<i>Zincum 6c, every 3-4 hours.</i>	<i>Low vitality, with lack of brain or nerve power. Fidgety feet. Aching and weariness in the nape of the neck as if it had been held in one position too long.</i>
<i>Gelsemium 6c, every 3-4 hours.</i>	<i>Great fatigue, with weakness and drowsiness. Sleepy and dull,</i>

	<i>cannot think clearly or fix attention. The legs and hands tremble, the eyelids droop.</i>
Phos ac 6c, every 3-4 hours.	<i>Debility with great apathy and indifference, especially in stressed adults and in young people worn down by hard study.</i>
Arsenicum alb 6c, every 3-4 hours.	<i>Great weakness and weariness, yet restless, especially midnight to 3 a.m. Exhaustion from the slightest exertion, patient craves heat and hot drinks.</i>
Stannum 6c, every 3-4 hours.	<i>Extreme exhaustion of mind and body, with great weakness in the chest, so weak patient is unable to talk. The weakness is worse from talking, laughing, reading aloud, singing. There is usually a loose cough.</i>
Secale 6c, every 3-4 hours.	<i>Exhaustion and debility, especially in the old, with emaciation even though appetite and thirst may be excessive.</i>
Baryta carb 6c, every 3-4 hours.	<i>Weakness and exhaustion in the elderly, sensitive to the cold, with offensive foot sweats.</i>
Helonias 6c, every 3-4 hours.	<i>Debility in women, from too much or too little work, with sensations of dragging and weight in the abdomen.</i>
Sulph ac 6c, every 3-4 hours.	<i>Debility with a strong sensation of internal trembling, though externally it is not visible. There is often a craving for wine or stimulants, especially after alcoholism.</i>
Picric ac 6c, every 3-4 hours.	<i>Exhaustion with tired feeling all over the body, and accompanied by weakness of mind, indifference, want of will power and a desire to lie down. Even the slightest mental exertion may bring on a headache.</i>
Phosphorus 6c, every 3-4 hours.	<i>Apathy, sluggishness and difficulty in speaking, patient restless and fearful.</i>
Silicea 6x, a tissue salt, every 3-4 hours.	<i>Great weariness and debility, patient wants constantly to lie down.</i>
Causticum 6c, every 3-4 hours.	<i>Great weakness, faintlike, with sinking of strength and trembling, drooping of the eyelids.</i>
Nat mur 6x, a tissue salt, every 3-4 hours.	<i>Depression with anemic paleness and emaciation, even though eating well.</i>
Calc phos 6x, a tissue salt, every 3-4 hours.	<i>To aid recovery after exhaustion, and promote the assimilation of nutrients.</i>

Heat Exhaustion

General treatment should include giving a little water to drink, with half a teaspoon of salt added per half-liter of water. The patient should lie down, with the legs elevated. The following remedies can be used in stable cases.

Aconite 6c, every 30 minutes.	<i>Sudden drop in temperature, with red, dry skin and no sweat. Intense thirst, with high anxiety about condition.</i>
Glonoine 30c, every hour.	<i>Throbbing, bursting headache, hot face and sweaty skin.</i>
Gelsemium 6c, every hour.	<i>Fever with prostration, trembling and a crimson face. Severe headache radiating into the shoulders. Occasionally there are visual disturbances.</i>

<i>Belladonna 6c, every 30-60 minutes.</i>	<i>Bright red face, and often with fluctuating temperature. Throbbing headache. Pulse strong and rapid; pupils fixed and dilated. Sensitive to noise, light and movement.</i>
<i>Cuprum met 6c, every 30-60 minutes</i>	<i>Headache, usually at the front, with oily sweat and intense thirst. Pain is worse on the slightest movement. Bryonia 6c, every 1-2 hours. When muscle cramps predominate.</i>
<i>Apis 6c, every 15 minutes.</i>	<i>Severe headache, with red congested face and rolling of the head from side to side. No thirst, and the skin is alternately dry, then moist with sweat.</i>
<i>Melilotus 6c, every 15 minutes..</i>	<i>Flushed face and congestive, throbbing headache, throbbing of arteries of head and neck, eyes red and bloodshot. Improved by appearance of bloody nose.</i>

Indigestion And Heartburn

<i>Ferrum phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Stomach pain, tenderness and swelling, with a hot, flushed face and clean tongue.</i>
<i>Mag phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Spasmodic pains and cramp of the stomach, relieved by hot drinks.</i>
<i>Nat phos 6x, a tissue salt.</i>	<i>Indigestion with sour risings and heartburn after eating. The tongue is creamy yellow at the back. Nat phos is a good remedy for simple acidity.</i>
<i>Chamomilla 6c, every 3-4 hours.</i>	<i>Indigestion, with discomfort, bloating and pain, especially in children and stressed adults.</i>
<i>Pulsatilla 6c, every 3-4 hours.</i>	<i>Indigestion several hours after eating. Food sits like a stone in the stomach with feeling of pressure under the breastbone, particularly from fats and rich foods. Patient feels worse in the evening. Creamy tongue and no thirst.</i>
<i>Ant crud 6c, every 3-4 hours.</i>	<i>Indigestion from overloading the stomach, especially with fatty food, and thickly coated white tongue. Loss of appetite, nausea, distress. Feels as if must vomit for relief.</i>
<i>Kali mur 6x, a tissue salt, every 3-4 hours.</i>	<i>Indigestion after taking rich or fatty foods, with a whitish coating on the tongue.</i>
<i>Anacardium 6c, every 3-4 hours.</i>	<i>Indigestion every 1-2 hours after meals, improved by eating.</i>
<i>Kali phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Nervous indigestion, with an empty, "gone" feeling in the stomach, often after flight or excitement.</i>
<i>Lycopodium 6c, every 3-4 hours.</i>	<i>Digestive powers gradually weakening: patient irritable, pale and sallow. Frequent bloating after only a few mouthfuls. May be able to take only small meals.</i>
<i>Carbo veg 6c, every 3- hours.</i>	<i>Much wind and flatulence, somewhat relieved by belching, in chilly persons who like fresh air. Digestion seems slower than usual, and the plainest food disagrees, especially fats. Often after weakening of the digestion by abuse of rich foods.</i>
<i>Nux vomica 6c, every 3-4</i>	<i>Discomfort, nausea and flatulence every 30-60 minutes after</i>

<i>hours.</i>	<i>eating or drinking alcohol, with irritability and sour, bitter belching.</i>
<i>China 6c, every 3-4 hours.</i>	<i>Flatulence, with uncomfortable distension of the whole abdomen, not relieved by belching. Person sluggish and apathetic, often after excessive loss of body fluids.</i>
<i>Lycopodium 6c, every 3-4 hours.</i>	<i>Bloating and flatulence after even a light meal, not relieved by belching; must loosen clothing. Much rumbling and gurgling in lower abdomen pressing downward, pain. on right side and intolerance of fats.</i>
<i>Sepia 6c, every 3-4 hours.</i>	<i>Flatulence with tenderness over the liver, craving pickles and acid foods, with sudden empty feeling in the stomach yet nauseated by the smell of food.</i>
<i>Argentum nit 6c, every 3-4 hours.</i>	<i>Simple heartburn with excessive belching, may have nausea and fluttery feeling in stomach. Eating relieves the nausea, but makes the stomach worse. Improved by sour foods, but craves sweet foods, that disagree.</i>
<i>Nux vomica 6c, every 3-4 hours.</i>	<i>Heartburn and discomfort, felt 30-60 minutes after eating in tense, irritable types. May have painful retching, leaving putrid taste in the mouth.</i>
<i>Bryonia 6c, every 3-4 hours.</i>	<i>Food lies like a stone in the stomach, with heartburn and bitter risings. Worse from pressure and movement, better while resting.</i>
<i>Phosphorus 6c, every 3-4 hours.</i>	<i>Burning sensation in the chest, with nausea and craving for ice cream or ice-cold water. may vomit.</i>
<i>Arsenicum alb 6c, every 3-4 hours.</i>	<i>Heartburn often around midnight, stomach burning and heavy, person may retch and vomit till exhausted, better from warmth and small sips of water.</i>
<i>Graphites 6c, every 3-4 hours.</i>	<i>Burning hunger pains, relieved by food and hot milk, but soon followed by indigestion. Nauseated by sweet things.</i>
<i>Capscium 6c, every 3-4 hours.</i>	<i>Burning sensation in the stomach and the length of the bowel. Much thirst, but drinking causes shuddering.</i>
<i>Nat sulph 6x, a tissue salt, every 3-4 hours.</i>	<i>Gastric disturbances with bilious symptoms, bitter taste in the mouth and vomiting of bitter fluids. The tongue may be coated greenish-brown or greenish-gray.</i>
<i>Kali sulph 6x, a tissue salt, every 3-4 hours.</i>	<i>Gastric catarrh with slimy, golden-yellow coating of the tongue. Colicky pains in the stomach, with feeling of pressure and fullness.</i>
<i>Carbo veg 6c, every 3-4 hours.</i>	<i>Craves coffee, acids, sweet and salt things.</i>
<i>China 6c, every 3-4 hours.</i>	<i>Digestion seems very slow, especially after illness.</i>
<i>Sulphur 6c, every 3-4 hours.</i>	<i>Long history of indigestion, with alternating constipation and diarrhea.</i>
<i>Calc phos 6x, a tissue salt, every 3-4 hours.</i>	<i>To improve digestion and assimilation.</i>

Jaundice

Chelidonium 6c, every 3-4 hours.	<i>Jaundice with a pain under right shoulder blade, a bitter taste, thickly coated tongue, loss of appetite, and nausea relieved by drinking hot water.</i>
Ferrum phos 6x, a tissue salt, every 3-4 hours.	<i>Early stages of jaundice, with inflammation, fever, pain in the liver and vomiting of undigested food.</i>
Nat sulph 6x, a tissue salt, every 3-4 hours.	<i>Jaundice from congestion of the liver and gallbladder, with biliousness, flatulence and greenish stools.</i>
Chionanthus 6c, every 3-4 hours.	<i>Jaundice with enlarged liver, constipation and clay-colored Stools.</i>
Mercurius 6c, every 3-4 hours.	<i>Yellow skin with great itching, worse at night and from the warmth of the bed. Tongue is large and flabby, showing the imprint of the teeth, and the breath is foul.</i>
Nux vomica 6c, every 3-4 hours.	<i>Jaundice from abuse of rich food and alcohol, irritable, constipated and chilly.</i>
Sepia 6c, every 3-4 hours.	<i>Jaundice with empty, gnawing hunger, constipation, a dragging down feeling in the abdomen and indifference to loved ones.</i>
China 6c, every 3-4 hours.	<i>Jaundice with swollen, hard liver, painful to touch. Bitter taste in the mouth and great bloating of the abdomen.</i>
Chamomilla 6c, every 3-4 hours.	<i>Jaundice caused by a fit of anger.</i>
Kali tour 6x, a tissue salt, every 3-4 hours.	<i>Jaundice with light-colored stools, a white-coated tongue and a bitter taste.</i>
Bryonia 6c, every 3-4 hours.	<i>Jaundice with pressure in the liver, sore and sensitive to motion and touch. Even a deep breath causes pain through the liver.</i>
Crotalus 6c, every 3-4 hours.	<i>Jaundice caused by haemolytic anemia.</i>
<i>Pediatric Jaundice is the appearance of a yellowish pigment in the skin. It appears in mild form on the second or third day after birth due to immaturity of the liver, and fades a few days later. It is improved by exposing the child to fluorescent light or sunlight, although you should be careful of glare and sunburn. The child should be given plenty to drink to flush out excess pigment. If jaundice persists or deepens after the appropriate remedies are used, allopathic advice should be sought.</i>	
China 6c, twice daily for a few days.	<i>In the usual case, to hasten disappearance.</i>
Chamomilla 6c, twice daily for a few days.	<i>Baby is irritable, thirsty and hot.</i>
Nux vomica 6c, twice daily for a few days.	<i>Baby is irritable, with constipation.</i>
Mercurius 6c, twice daily for a few days.	<i>If Chamomilla is not effective and symptoms persist.</i>
Crotalus 6c, twice daily.	<i>If jaundice is due to Rhesus incompatibility.</i>

Vomiting

<i>Ipecac 6c, every 3-4 hours.</i>	<i>Nausea not relieved by vomitingnothing relieves. With nausea is profuse saliva; vomiting can be food, bile, blood, mucus. May be diarrhea. Ipecac leads all nausea remedies.</i>
<i>Ant tart 6c, every 3-4 hours.</i>	<i>Intense but not persistent nausea, with thirst for cold water, little and often, and relief after vomiting. General coldness, drowsiness, prostration and sweat.</i>
<i>Iris vers 6c, every 3-4 hours.</i>	<i>Burning of whole digestive tracttongue, throat, esophagus, stomach, even to anus; with vomiting, sour, sweetish or bitter, burning the throat. Profuse saliva and ropy mucus, which hangs in strings.</i>
<i>Chelidonium 6c, every 3-4 hours.</i>	<i>Nausea and vomiting, relieved by very hot water, and particularly if there is a pain under the right shoulder blade. May have yellow tint to skin, tongue and eyes.</i>
<i>Sepia 6c, every 3-4 hours.</i>	<i>Vomiting in pregnancy, with "all gone" feeling, especially if the thought or smell of food sickens.</i>
<i>Petroleum 6c, every 3-4 hours.</i>	<i>Persistent nausea, with accumulation of water in the mouth. Worse from passive motion, light, noise or trying to sit up. Petroleum is a good remedy in travel sickness.</i>
<i>Tabacum 6c, every 3-4 hours.</i>	<i>Nausea and giddiness, with death-like pallor, icy coldness and sweat. Seasickness, worse by least motion, better on deck in fresh, cold air. Violent vomiting with cold sweat, on moving, during pregnancy.</i>
<i>Lobelia 6c, every 3-4 hours.</i>	<i>Nausea, vomiting, with sweat, prostration, shortness of breath. Profuse watery saliva. Worse: tobacco, slightest motion.</i>
<i>Cocculus 6c, every 3-4 hours.</i>	<i>Nausea and vomiting from riding in a plane, car or boat, or even looking at a boat in motion. Sick headache from travelling, with inclination to vomit. Great weakness, hollow "gone" feeling. Cocculus is useful for any kind of travel sickness.</i>
<i>China 6c, every 3-4 hours.</i>	<i>Exhaustion after loss of fluids from persistent vomiting.</i>

Colic

<i>Mag phos 6x, a tissue salt, every 2-3 hours.</i>	<i>Colic with drawing up of the legs, and relieved by heat and bending double, not relieved by belching. Mag phos is often the only remedy needed.</i>
<i>Colocynthis 6c, every 2-3 hours.</i>	<i>Colic with distension and wind, cannot keep still, writhes and twists, with pale face and no thirst. Eased by bending double, firm pressure or a hot water bottle.</i>
<i>Chamomilla 6c, every 2-3 hours.</i>	<i>Irritable, restless infant, drawing legs toward abdomen, wanting to be held.</i>
<i>Chamomilla 6c, every 2-3 hours.</i>	<i>Distension of abdomen, with green and watery diarrhea.</i>
<i>Dioscorea 6c, every 2-3 hours.</i>	<i>Colic, stretches backwards, worse when doubling up and from pressure, with hiccup and sour wind.</i>

Calc phos 6x, a tissue salt, every 3-4 hours.	<i>Colic due to poor assimilation of milk or food, if Mag phos fails.</i>
Nat phos 6x, a tissue salt, every 3-4 hours.	<i>Colic with sour regurgitations and green, sour-smelling stools.</i>
Bryonia 6c, every 2-3 hours.	<i>Irritable, wants to lie still, and screams at the slightest movement.</i>
Nux vomica 6c, every 2-3 hours.	<i>Irritable with severe bloating, worse from pressure, often as a result of overfeeding.</i>
Belladonna 6c, every 1-2 hours.	<i>Child flushed and restless, with hot and distended abdomen relieved by bending backwards, worse from touch and pressure.</i>
Pulsatilla 6c, every 2-3 hours.	<i>Miserable and changeable, may be vomiting milk, wanting to be picked up.</i>
China 6c, every 2-3 hours.	<i>Colic towards evening, with hardness of abdomen.</i>
Nat sulph 6x, a tissue salt, every 3-4 hours.	<i>Colic due to irregular contraction of the bile duct, with vomiting of bile, and brownish-green coating on the tongue.</i>

Hiccup

Mag phos 6x, a tissue salt, every 1-2 hours.	<i>Spasmodic attacks, better by pressure and warmth. Mag phos is the principal remedy.</i>
Chamomilla 6c, every 2-3 hours.	<i>With irritability and restlessness.</i>
Dioscorea 6c, every 2-3 hours	<i>Hiccups that bring up sour, bitter wind.</i>

Fever

Nat mur 6x, a tissue salt, every 1-2 hours.	<i>A fever of sudden onset Early stages of any fever, with excessive thirst not relieved by drinking, and dry skin.</i>
Aconite 6c, every 1-2 hours.	<i>Sudden fever, often around midnight or after cold, dry weather, with pale face, anxiety and thirst.</i>
Belladonna 6c, every 1-2 hours.	<i>Sudden rise in temperature with red, congested face, pounding pulse, staring eyes, restlessness and delirium.</i>
Apis 6c, every 1-2 hours.	<i>Fever with swelling of the throat. Sharp, stinging pains. Feels chilly despite fever, has no thirst, feels worse in hot rooms.</i>
Ferrum phos 6x, a tissue salt, every 1-2 hours.	<i>A fever of gradual onset Face alternately red and pale, feels shivery in spite of frequent sweats, throbbing headache improved by cool applications. Skin is moist, tongue red and shiny.</i>
Kali tour 6x, a tissue salt, every 1-2 hours.	<i>Second stage of any fever, with gray-white coating on the tongue.</i>
Nux vomica 6c, every 3-4 hours.	<i>Feverish, irritable and restless, craves heat. Thirsty, but drinking cold water brings on chills.</i>
Gelsemium 6c, every 2-3 hours.	<i>High fever with aching muscles, weakness, heaviness and trembling of the limbs. Looks sleepy, has no thirst.</i>
Bryonia 6c, every 2-3 hours.	<i>Feverish, irritable and sweating, dry mouth, with great thirst</i>

	<i>at long intervals, wants to lie still and be left alone.</i>
Arsenicum alb 6c, every 2-3 hours.	<i>Fever worse between midnight and 3 a.m., child restless, anxious and exhausted, chilly, thirsty for small sips of water, with burning pains better by heat.</i>
Mercurius 6c, every 2-3 hours.	<i>Feels worse for changes in temperature; breath is offensive, body has fetid odor and greasy sweat. Moist mouth yet intense thirst.</i>
Rhus tox 6c, every 2-3 hours.	<i>Exhausted and restless, shivers and sweats profusely.</i>
Phosphorus 6c, every 2-3 hours.	<i>Child craves cold drinks, which are vomited as soon as taken.</i>
Kali sulph 6c, a tissue salt, every 1-2 hours.	<i>Fever that comes on in the evening, with hot, dry skin.</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

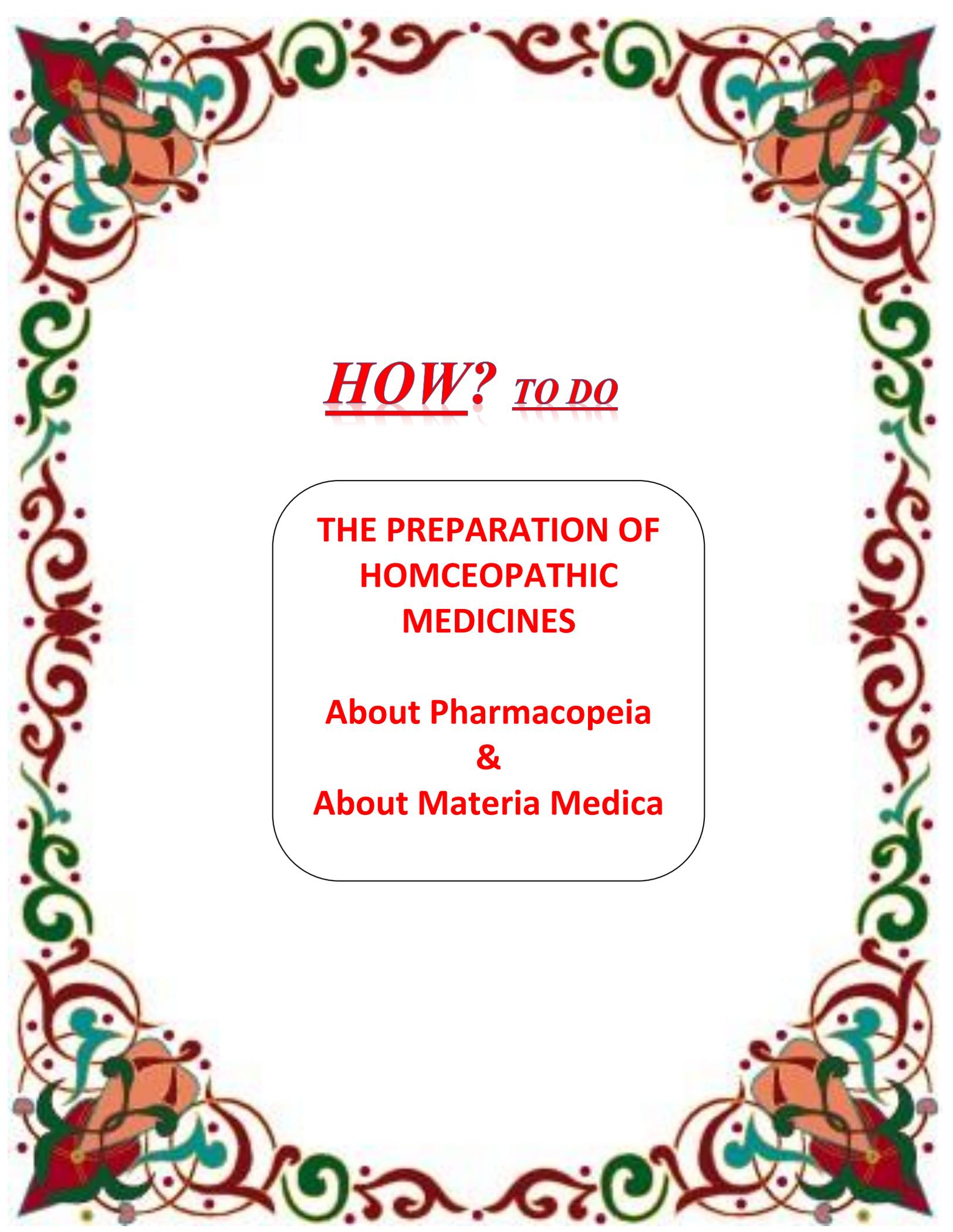
- *Breathing and relaxation techniques: for relief of pain and stress-related symptoms.*
- *Touch therapies: pressure or massage for relaxation, relief of ailments, and promotion of health (for example, aromatherapy, reflexology).*
- *Manipulation: for disorders of the spine, joints, and muscles, and 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

Middle Potency

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

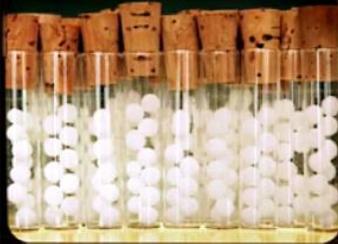
How to take homeopathic the granules?

- 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

Arnica*arsen alb*anacardium*ant crud*alumina*aloe*argent nit* **Aethusa* Apis* Ant crud***
Anacardium* Ant tart
 Baptisia*belladonna*bryonia* **Baryta carb**
 China*cocculus*carbo veg*camomilla*colocynth* **Cinchona* Calc. carb* Causticum* Croton**
Tigium* Croton tig* Calc phos* Chelidonium* Cuprum met* Capsicum* Crotalus
 diascorea
 Ferum phos
 Gensemium* **Gambogia* Graphites* Glonoine**
 Ipecac* **Iris vers**
 hydrastis* **Hepar sulph* Helonias**
 Kali phos* **Kali carb.* Kali mur* Kali tour* Kali sulph**
 Lycopodium* **Lobelia**
 Merc sol* **Merc. Corr* Mag carb* Mercurius* Mag mur* Melilotus* Mag phos**
 Nux vom* **Nat Carb* Nat. mur.* Nat sulph* Nit ac* Nat phos**
 Phos ac*pic ac*pulstatilla*plumbum met*podophyllum* **Petroleum**
 Raphanus* **Rhus tox**
 Scutellaria*silica*sulphur* **Sepia* Stannum* Secale* Sulph ac**
Tarentula* Tabacum
 Verat alb
Uranium nit.
 Zink met* **Zincum**

AETHUSA بقدونس سام
Aethusa cynapium مُحْرِقَة الكلاب
Fool's parsley

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

KEY SYMPTOMS

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

USE

*exhaustion and collapse
poor concentration*



PREPARATION

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

ALOE الصبار
Cape aloe

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

KEY SYMPTOMS

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

USE

*Diarrhea
Hemorrhoids
Hepatitis
Headaches*



PREPARATION

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

ANA CARDIUM OR

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

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

KEY SYMPTOMS

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

USE

Psychological problems
Digestive disorders
Skin conditions



PREPARATION

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

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.

BAPTISIA

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

حشيشة الحصان

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

KEY SYMPTOMS

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

USE

Acute fever, Throat infections
Intestinal infections Septic conditions

PREPARATION

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



BRYONIA الفاشرة

Bryonia alba

Bryony, white bryony, wild hops

أو فاشير أو فاسيرى أو 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 succussed



CARBO

Carbo vegetabilis

Charcoal, wood charcoal. الفحم الخشبي

Historically,

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

KEY SYMPTOMS

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

USE

Fatigue

Indigestion & flatulence

Breathing problems

Poor circulation

PREPARATION

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



CAPSICUM الفلفل

Capsicum annuum var. annuum

Chili pepper, sweet pepper, bell pepper.

Historically, The dried pods have long been used both as a hot spice in cooking

KEY SYMPTOMS

Weakness

USE

local painkiller.

Homesickness

PREPARATION

The dried pods are steeped in alcohol, then diluted and succussed.



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.



CHELIDONIUM

Greater celandine, wartweed, swallow wort.
بِقْلَةُ الخَطَّاطِيْفِ او العروق الصُّفْر لغرُوق الصَّبَاغِيْن

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

KEY SYMPTOMS

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

USE

Hepatitis, Gallstones
Headaches, Shoulder pain, Pneumonia

PREPARATION

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



<p>CHINA كينا <i>Cinchona officinalis</i> القنقينة <i>Peruvian bark, cinchona bark, Jesuit's bark, china bark, calisaya bark, loxa bark, red bark, yellow cinchona.</i> اللحاء الاصفر</p>
<p>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.</p>
<p>KEY SYMPTOMS <i>exhaustion after fluid loss • great imagination • desire for alcohol and for sweet or spicy foods • oversensitivity</i></p>
<p>USE <i>Exhaustion, Fever, Insomnia Digestive disorders Headaches</i></p>



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

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



PREPARATION
The powdered seeds are macerated in alcohol

COLOCYNTHIS الحنظل

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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

CROTON حب الفلوك

Croton tiglium

Historically, Croton oil, made from the pressed seeds, has been used as a drastic purgative

KEY SYMPTOMS

anxious, exhausted, dissatisfied

USE

allergic skin conditions with extreme itching, such as eczema on the scrotum, or blistering rashes on the scrotum and penis. Croton is also given for digestive problems such as nausea and urgent diarrhea



PREPARATION

The oil from the seeds is percolated in alcohol.

DIOSCOREA **الخَيْرُونُ**

Dioscorea villosa
Wild yam, colic root.

Historically, traditional Aztec remedy for pain, wild yam was commonly used in Central America

KEY SYMPTOMS

irritability, stress, and nervousness
colicky pains

USE

pains may occur during menstruation. In men, Dioscorea is typically prescribed to treat renal colic



PREPARATION

The fresh root is dug up after the plant has flowered. It is then chopped and macerated in alcohol.

GELSEMIUM **ياسمين أصفر**

Gelsemium sempervirens
Carolina jasmine, yellow jasmine, false jasmine.

Historically, Native to the southern US

KEY SYMPTOMS

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

USE

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



PREPARATION

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

HELONIAS الزنبق الارضى
Chamaelirium luteum syn.
Helonias dioica
False unicorn root, devil's bit, fairy wand, blazing star.

used by native Americans to prevent miscarriage

KEY SYMPTOMS

*depressed,
 for women's problems accompanied by severe fatigue.*

USE

*menstruation, uterine prolapse
 miscarriage*



PREPARATION

The fresh, finely chopped root and rhizome are steeped in alcohol.

HYDRASTIS خاتم الذهب
Hydrastis canadensis
Goldenseal, orangeroot, yellow puccoon

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

KEY SYMPTOMS

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

USE

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



PREPARATION

The dried underground parts of the plant are steeped in alcohol

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.

IRIS

Iris versicolor
Blue flag, snake lily

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

KEY SYMPTOMS

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

USE

severe nausea, vomiting



PREPARATION

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

LYCOPODIUM رَجُلُ الذَّنْبِ

Lycopodium clavatum

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

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

KEY SYMPTOMS

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

USE

*Anxiety
Digestive disorders
Urogenital problems, Chest infections*



PREPARATION

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

Lobelia inflata التَّبَعِ الْهِنْدِي

LOBELIA

Indian tobacco, puke weed

Historically, native Americans as a tobacco substitute

KEY SYMPTOMS

overexaggerated anxiety about their health

USE

*disease of the heart or lungs.
hiccuping,*



PREPARATION

The whole, fresh plant in flower, including the seeds and roots, is finely chopped and macerated in alcohol.

<p>MELILOTUS إكليل الملك أو حندقوق <i>Melilotus officinalis</i> syn. <i>M. arvensis</i> Melilot, yellow melilot, sweet clover.</p>	
<p><i>Historically, Native to Europe</i></p>	
<p>KEY SYMPTOMS <i>red face, bloodshot eyes, and dizziness</i></p>	
<p>USE <i>agitated, talkative, suspicious, insane, and possibly even suicidal</i> <i>throbbing headaches</i></p>	
<p>PREPARATION <i>The fresh, flowering tops, without the woody stems, are finely chopped and steeped in alcohol</i></p>	

<p>NUX VOMICA جوز مقيء <i>Strychnos nux-vomica</i>, Poison-nut tree, Quaker buttons (seeds), nux vomica, vomit weed.</p>	
<p><i>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.</i></p>	
<p>KEY SYMPTOMS <i>irritability • overly critical nature • tendency to be highly driven and ambitious • chilliness • desire for rich foods and stimulants • indigestion and constipation • sleeplessness</i></p>	
<p>USE <i>Irritability & insomnia</i> <i>Digestive disorders</i> <i>Colds & influenza</i> <i>Women's health</i></p>	
<p>PREPARATION <i>The dried, ripe seeds are steeped in alcohol for at least five days, before being filtered, diluted, and succussed.</i></p>	

PODOPHYLLUM ليمون الأرض
Podophyllum peltatum
May apple, American mandrake.

Historically, Native to northeastern North America

KEY SYMPTOMS

forgetful, depressed, afraid that they may die

USE

*Digestive tract disorders
diarrhea,*



PREPARATION

The fresh rhizome is dug up when the fruits are fully ripe, finely chopped, and macerated in alcohol.

Pulsatilla زهرة الفصح

Pulsatilla nigricans
wind flower, pasque flower

Historically, native to central and northern [Europe](#)
and southern [England](#)

KEY SYMPTOMS

insomnia , headaches

USE

*boils , ovarian pain , and asthma Bronchitis
melancholy, swelling of the knees, and [nervous system](#) disorders.*



PREPARATION

dried bulk form, and as a tincture

RAPHANUS فجل

Raphanus sativus var. niger
Black radish.

Historically, The ancient Romans used radish oil for skin diseases,

KEY SYMPTOMS

*“collapsed” and lacking in spirit
extreme abdominal distension*

USE

*Flatulence, postoperative pain due to trapped gas,
with gurgling and great swelling in the abdomen*



PREPARATION

The fresh roots, dug up in spring before flowering, are finely chopped and steeped in alcohol.

RHUS TOX. السماق السام

Rhus toxicodendron
Poison ivy, poison oak.

Historically, Native Americans used this plant to treat skin eruptions

KEY SYMPTOMS

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

USE

*Acne Sciatica
Sprains and strains
Backache, Chickenpox and shingles
Cold and flu, Cold sores, Cramp
Eczema and dermatitis, Gout, Itch
Nappy rash, Rheumatic and arthritic pain*



PREPARATION

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

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

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

VERATRUM ALB حَرْبُوقٌ أبيض
أو بقلّة الرماح

Veratrum album, White hellebore, false hellebore.

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

KEY SYMPTOMS

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

USE

Diarrhea

Collapse

Emotional problems

Vomiting & nausea



PREPARATION

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

ANTIMONIUM CRUD *الانتيمون*

Stibium sulphuratum nigrum syn.

Antimonium crudum

الكحل

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

KEY SYMPTOMS

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

USE

*Skin & nail conditions, Toothache
Skin infections with a rash
Digestive disorders, Gout*



PREPARATION

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

ANTIMONIUM TART

Tartarus stibiatus syn. Antimonium tartaricum

tartar emetic. الطرطرات

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

ALUMINA الالومنيوم
pure clay.

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

ANTIMONIUM CRUD **الانتيمون**

Stibium sulphuratum nigrum syn.

Antimonium crudum

الكحل

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

KEY SYMPTOMS

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

USE

*Skin & nail conditions, Toothache
Skin infections with a rash
Digestive disorders, Gout*



PREPARATION

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

ARSEN. ALB **زرنيخ**

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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

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.



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

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



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

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

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

<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>	

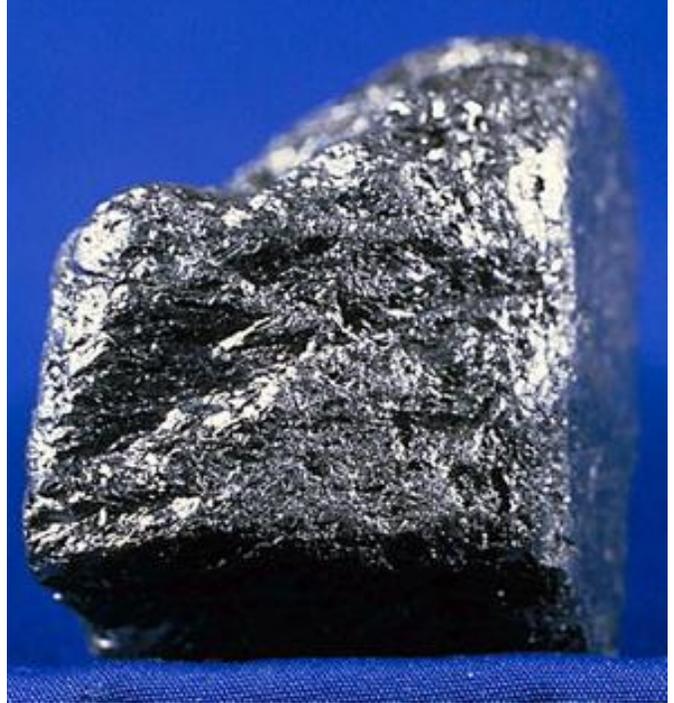
GRAPHITES جرافيت / كربون
blacklead, plumbago. سن القلم الرصاص

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

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

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

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



HEPAR SULPH
Calcium sulfide

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

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

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

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



KALI. PHOS. بوتاس بدون لون
Kalium phosphoricum

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

KALI. SULPH.
Kalium sulphuricum
Potassium sulfate, sulfate of potash,
Vesuvian salt, glaserite.

Historically, fertilizers and in the manufacture of glass

KEY SYMPTOMS

anxious to do things right, down to the last detail.

USE

eczema and psoriasis
skin problems, and skin cancer
respiratory problems
discharges in the ears,
chronic catarrh, or mucus in the nose, larynx,
bronchi, or ears, and for asthma



PREPARATION

Potassium sulfate is triturated with lactose sugar.

<p>Magnesium phosphoricum MAG. PHOS ماغنسيوم</p>	
<p><i>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.</i></p>	
<p>KEY SYMPTOMS <i>cramping pain • sensitive, artistic, intellectual temperament • complaints that tend to affect the right side of the body • person feels better for warmth</i></p>	
<p>USE <i>Abdominal cramps, Headaches, Toothaches Neuralgia, Menstrual cramps, Earaches</i></p>	
<p>PREPARATION <i>Magnesium sulfate and sodium phosphate are mixed in water and left to crystallize. The resulting crystals are then triturated with lactose sugar.</i></p>	

<p>Magnesium carbonicum MAG. CARB. كاربونات ماغنسيوم Magnesium carbonate</p>	
<p><i>Historically, industry, especially in the making of bricks, paper, plastics, and paints. It is used medicinally as an antacid</i></p>	
<p>KEY SYMPTOMS <i>crave quiet calm</i></p>	
<p>USE <i>digestive system with sour-smelling stools diarrhea or constipation</i></p>	
<p>PREPARATION <i>Magnesium carbonate is triturated with lactose sugar.</i></p>	

<p>MAG. MUR. كلوريد الماغنسيوم Magnesium chloride.</p>
<p>Historically, bitter taste used in wall plaster and as a fire-proofing agent for wood</p>
<p>KEY SYMPTOMS deep distress on witnessing arguments and crave Nervous oversensitivity</p>
<p>USE Digestive complaints such nausea, indigestion, and constipation</p>
<p>PREPARATION Magnesium chloride is triturated with lactose sugar</p>



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



<p>MERC. CORR. كلوريد الزئبق Hydrargyrum bichloratum syn. Mercurius sublimatus corrosivus Mercuric chloride</p>	
<p><i>Historically, powerful disinfectant</i></p>	
<p>KEY SYMPTOMS <i>anxiety and restlessness</i> <i>delirium and stupor</i></p>	
<p>USE <i>colitis or dysentery</i></p>	<p>PREPARATION <i>The compound is mixed with lactose sugar and triturated.</i></p>

<p>NITRIC AC. حمض النتريك aqua fortis. الماء القوي</p>	
<p><i>Historically, Nitric acid was first developed by Arabian chemists in the 11th century. By the 18th century it was in use medicinally for burning off warts, and for treating skin complaints, syphilis, chest infections, and fevers</i></p>	
<p>KEY SYMPTOMS <i>anxiety about health • splinterlike pains • cracks in mucous membranes at orifices • offensive-smelling discharges • irritability • oversensitivity • chilliness • dissatisfaction</i></p>	
<p>USE <i>Skin conditions, Warts, Hemorrhoids, Anal fissures</i> <i>Mouth ulcers, Catarrh</i></p>	
<p>PREPARATION <i>Made by diluting one part nitric acid in nine parts pure alcohol. This mixture is then diluted and succussed.</i></p>	

<p>NAT. CARB <i>الصودا الكاوية</i> <i>Natrum carbonicum</i> <i>Sodium carbonate, soda ash, washing soda.</i></p>	
<p><i>Historically, particularly for use in making glass, ceramics, paper, and detergents.</i></p>	
<p>KEY SYMPTOMS <i>devoted to loved ones • suppression of emotions • weak ankles • sensitivity to sunlight • intolerance of milk</i></p>	
<p>USE <i>Digestive disorders</i> <i>Colds & catarrh, Headaches</i> <i>Skin conditions, Ankle weakness, Exhaustion</i></p>	
<p>PREPARATION <i>Sodium carbonate is mixed with lactose sugar and triturated to grind it into a powder fine enough to be soluble in water.</i></p>	

<p>NAT. MUR <i>ملح الطعام</i> <i>Natrum chloratum syn. N. muriaticum</i> <i>Salt, rock salt, sodium chloride</i></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</i> <i>Skin conditions, Mouth & throat conditions</i> <i>Women's health</i> <i>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>	

NAT. PHOS.
Sodium phosphate

Historically, 18th and 19th centuries for intestinal worms

KEY SYMPTOMS

self-contained, finding it hard to talk about their problems

USE

digestive disorders characterized by excess acidity and sour discharges



PREPARATION

Sodium phosphate crystals are triturated with lactose sugar

Natrum sulphuricum ملح الكبريت

NAT. SULPH.

Glauber's salt, sal mirabile.

Historically, naturally in the mineral waters

KEY SYMPTOMS

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

USE

*Headaches
depression,
asthma
Liver conditions*



PREPARATION

Sodium sulfate is triturated with lactose sugar.

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

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

Picric acid
 حمض البكريك الصبر Acid pic

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

KEY SYMPTOMS

tendency to be indifferent, listless, and lack motivation

Muscular pains

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

USE

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



PREPARATION

The crystals are dissolved in alcohol, diluted, and succussed

PLUMBUM MET الرصاص
 Plumbum metallicum Lead.

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

KEY SYMPTOMS

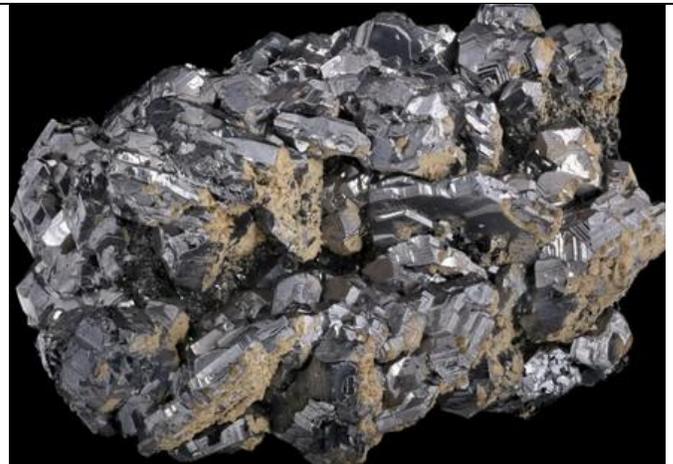
mental dullness • hardening of attitude and state of mind • hardening or thickening of tissues and arteries • extreme chilliness • shooting pains

USE

Neurological conditions

Muscle weakness, Constipation

Dupuytren's contracture



PREPARATION

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

SILICA الرمل

Silica, flint, quartz, rock crystal.

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

Acidum sulphuricum مياه النار

SULPHURIC AC. حمض كبريتيك

Sulfuric acid, oil of vitriol

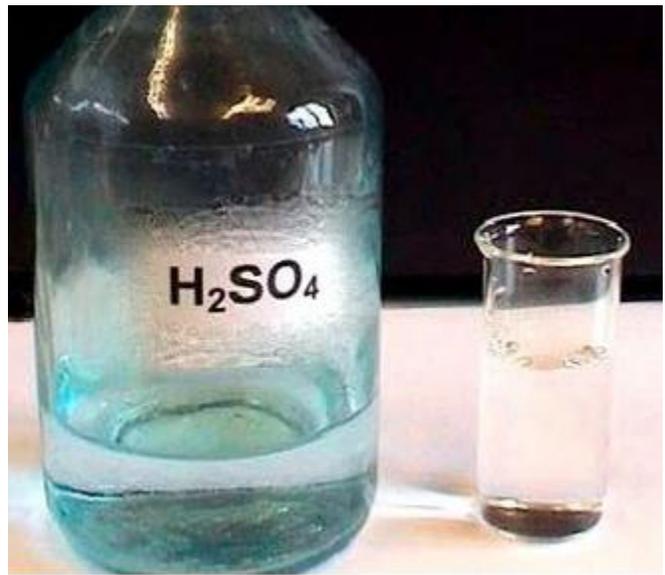
Historically oily, corrosive liquid was discovered by alchemists in the 13th century

KEY SYMPTOMS

mentally restless, and excitable

USE

for diabetes
bruising, bleeding, ulceration, gangrene



PREPARATION

Sulfuric acid is dissolved in alcohol, diluted, and succussed.

STANNUM MET.

Stannum metallicum

Tin. قصدير

Historically, household and commercial purposes,

KEY SYMPTOMS

anxious, uneasy, and sad,

USE

Cough



PREPARATION

The metal is triturated with lactose sugar.

SULFUR الكبريت الاصفر

Brimstone, flowers of sulfur

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

KEY SYMPTOMS

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

USE

Skin conditions

Digestive disorders

Women's health

Men's health, Respiratory illness



PREPARATION

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

<p>Uranium nitricum URANIUM NIT. يورانيوم Uranium nitrate.</p>
<p><i>Historically radioactive metal uranium, which was named in 1789 by Klaproth after the planet Uranus</i></p>
<p>KEY SYMPTOMS <i>mentally restless, and excitable</i></p>
<p>USE <i>Diabetes, kidney inflammation, high blood pressure, and liver problems</i></p>
<p>PREPARATION <i>irritability and depression</i></p>



<p>ZINC. MET الزنك Zincum metallicum</p>
<p><i>Historically soft, blue-white metal that does not corrode, zinc is used to make galvanized roofing and alloys such as brass</i></p>
<p>KEY SYMPTOMS <i>nervous fatigue or exhaustion • restless feet • twitching and trembling • person feels better for expelling discharges and developing skin eruptions</i></p>
<p>USE <i>Nervous exhaustion Twitching limbs Urogenital problems Eczema & viral skin infections Headaches</i></p>
<p>PREPARATION <i>Zinc is heated and then ground into a fine powder. This is followed by trituration with lactose sugar.</i></p>



APIS نحل العسل

Apis mellifera, Honey bee.

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

KEY SYMPTOMS

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

USE

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

P R E P A R A T I O N

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



CROTALUS الحية ذات الجرس

Crotalus horridus horridus الطريشة

Rattlesnake, pit viper.

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

KEY SYMPTOMS

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

USE

Bleeding, Stroke, Heart disorders, Delirium
Throat infections

P R E P A R A T I O N

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



SEPIA الحبار
Cuttlefish الاخطبوط

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



SECALE فطر الارجوت
المهماز
Secale cornutum
Ergot.

Historically, From the fungus *Claviceps purpurea*, which grows mostly on cereal crops

KEY SYMPTOMS

confused, suspicious, and fearful, and may even doubt their own sanity.

USE

uterine bleeding and hypercontraction of the muscles

PREPARATION

Ergot is collected while still immature, then dried, powdered, and macerated in alcohol.



TARENTULA الغناب الصيادة الأرضية

Tarentula hispanica syn. *Lycosa tarentula*
wolf spider, Spanish spider, hunting spider.

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

• *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

