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*DR.
MASSOUD
NOTES*



Surgery & Cancer
Homeopathy
Alternative medicine system



By

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About ACKNOWLEDGMENT

All thanks to ALLAH.

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

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

*To my Colleagues
General Surgery & Oncology speciality*

How to use this book

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

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

*2nd: you read this book as application to homeopathic strategy of Treatment to **General Surgery & Oncology** pathologies.*

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

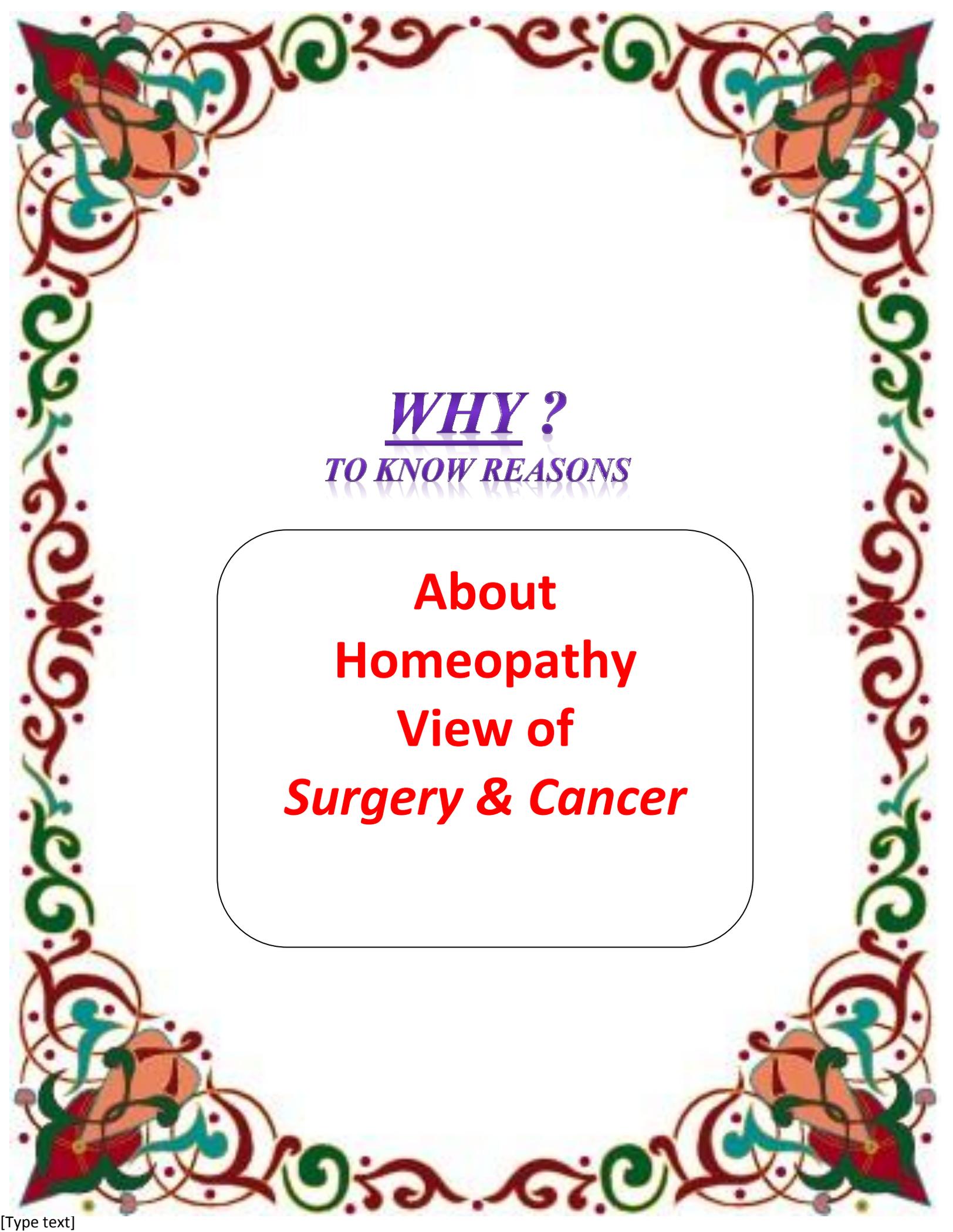
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***Studying Notes Collected from
different sources***

Introduction

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

A decorative border with a repeating pattern of stylized flowers and scrolls in red, green, and blue colors, framing the central text.

WHY ?
TO KNOW REASONS

**About
Homeopathy
View of
*Surgery & Cancer***

First aid in war

- *Homeopathy is very beneficial in many such conditions: Collapse, panic, injuries, hemorrhages, burns, septic conditions, gangrene*

Abrasions and Lacerations

- *Abrasions are wounds where the surface layer of skin has been taken off. Deeper damage, especially involving underlying muscle, nerves and blood vessels, is a laceration; these wounds are typically torn and jagged, and are often badly pulped.*
- *The first action needed is always to stop any bleeding. Elevation of the wound (holding it higher than the rest of the body) will always help. Clean the wound as far as possible: holding it under cold running water will substantially remove debris although embedded particles may need to be removed with forceps or tweezers.*
- *Large wounds may need pressure to bring the edges together, and usually require allopathic treatment (stitching). Wounds containing badly pulped tissue, or showing uncontrollable suppuration, should also receive allopathic treatment.*

Bruises and Blows

- *Injuries of this type are usually caused by collision with a hard, blunt object, with resulting damage to the soft tissue. The rupture of capillaries and small blood vessels results in the seepage of blood under the skin, with pain, swelling and discoloration.*
- *Blows to the head, chest and abdomen should be watched carefully. Increased pulse rate, pallor and distressed breathing, as well as obvious deterioration, are signs that immediate allopathic intervention is needed.*

Puncture Wounds

- *This type of wound is usually caused by a nail, thorn, splinter or similarly sharp-pointed object. Although the wound may appear insignificant, deeper structures may be injured, or infection may be implanted.*
- *Damage to important organs, or large blood vessels, requires allopathic treatment.*
- *Watch for tetanus. The typical case of tetanus occurs from a sharp but dirty object that punctures the skin and penetrates a short distance, with the wound closing over when the sharp object is withdrawn. The incubation period for tetanus (the time taken for any implanted tetanus infection to produce enough toxin to affect the spinal cord) may be anywhere from two to thirty days; the average is about ten. The longer the period of incubation, the milder the disease. After any untreated deep puncture wounds, tetanus should always be suspected if the patient complains of cramping, especially in the face or bowel*
- *The following remedies can be used on puncture wounds while allopathic advice is being immediately sought.*

Cuts And Scratches

- *Cuts and scratches are generally regarded as only skin deep, and require only antiseptic treatment. Deeper cuts may have divided not only the skin, but also structures underneath it such as ligaments and nerves, and in such cases surgical attention is necessary.*
- *Test to see if all normal movements can be carried out, and that there are no numb areas. Stitches will be needed if the wound is gaping and cannot be drawn together.*

Boils And Abscesses

- *An abscess is formed when the body reacts to an infection with redness, heat, swelling, pain and tenderness, and often an accumulation of pus. Abscesses can occur anywhere: they are usually very painful and should not be squeezed.*
- *On the surface of the skin, an abscess also forms the familiar congested area called a boil; it may also develop from a spreading ulcer. If the infected area has several openings or heads, a carbuncle is forming, and allopathic advice should be sought. Any area showing uncontrollable suppuration should also receive allopathic treatment.*

Sunburn

- *Sunburn may lead to nothing more than a temporary reddening of the skin, or it may progress to blistering and deeper damage. It can be relieved temporarily by the application of aloe vera gel. Other external applications are as for burns; some internal remedies follow.*

Sunstroke

- *Sunstroke, more correctly called heatstroke, is a disorder of the body's heat-regulating mechanism caused by overexposure to the sun or great heat, while in a humid atmosphere. It can also be brought about through excessive exercise.*
- *Sunstroke shows symptoms similar to heat exhaustion--both have headache, dizziness and weakness—but in sunstroke there is a high temperature and absence of sweating, while in heat exhaustion there is sweating with a normal or below normal temperature.*
- *Sunstroke can be dangerous. The high temperature should be brought down as quickly as possible, as above 104°F (40°C) the person may collapse and become unconscious, with circulatory failure in severe cases.*
- *The immediate treatment is to bring down the temperature by wrapping the person in a wet sheet, and create a draught by fanning or switching on an electric fan. Keep the sheet wet and sponge the face. Once the person has cooled down, cover with a dry sheet: if the temperature begins to climb again, allopathic treatment is immediately necessary.*

Burns

- *It is customary to classify burns according to the damage that has been done. A first degree burn is only redness of the skin. Second degree burns involve blistering, while third degree burns involve damage to the deeper layers of the skin and the oozing of clear liquid from raw, inflamed areas. In fourth degree burns, destruction of the whole skin has occurred.*
- *Allopathic treatment should always be sought for burns of the third or fourth degree, and the patient should be kept covered and comfortable.*
- *All burns are dangerous if not properly treated: the conditions to be aware of are infection, pain and shock.*
- *Clothing not adhering to severely burned areas should be cut away, but clothing burned into the flesh is most likely sterile and should not be removed.*

Collapse

- *Collapse is always a serious incident, and should be regarded gravely. These remedies are included for emergency treatment only, while allopathic advice is being sought. Nevertheless they are very effective, and have produced many remarkable recoveries.*

Chilblains and Poor Circulation

- *Poor circulation includes persistently cold hands and feet, and cold, mottled skin. Chilblains are a special case of poor circulation, where the cold has caused a constriction of the blood vessels in areas such as the fingers, toes, ears and nose; here the tissue becomes purple or deep red, begins to itch and burn, and is painful. Exercise and massage help to improve the circulation.*

Hemorrhoids

- *Hemorrhoids are varicose veins in the rectum, and are otherwise known as piles. They are always present to some degree in patients prone to prolapse, but may occur as isolated episodes in almost anyone.*
- *Often they will come as a result of straining at stool, particularly during episodes of constipation, or as a result of dietary indiscretion.*
- *Hemorrhoids that appear for no apparent reason but do not improve, or which gradually enlarge and bleed, should receive professional assessment.*

Varicose Veins

- *Varicose veins are veins that have become stretched and dilated, and are especially found on the inner side of the leg. When they occur in the lower end of the bowel they are known as hemorrhoids. A tendency to varicose veins is often hereditary, and jobs that require long standing with little opportunity to move about can also lead to them.*
- *Varicose veins can also appear during pregnancy, although they often disappear after the child is born.*

Breast Lumps and Congestion

- *Any lump should receive professional assessment, but particularly any that are generally painless, more or less constant in size, and especially if the nipple is drawn in. Cancer especially requires allopathic advice.*
- *Homeopathic remedies cannot treat all the minor disorders of breasts, and if there is no clear-cut improvement after 1-2 months professional advice should be sought. But there are a number of remedies that have a selective action on the breasts, and are particularly useful in premenstrual congestion there, and in the case of benign tumors.*

CANCER

- *Cancer may be regarded as a group of diseases characterized by an abnormal growth of cells, ability to invade adjacent tissues and even distant organs and eventual death of the affected patient if the tumor has progressed beyond that stage when it can be successfully removed.*
- *Cancer can occur at any site of the body and may involve any type of cells. Cancer is a by-product of the growth and repair processes within the human body whereby 500 billion new cells are formed each day. Inevitably, some of these cells are defective, and their growth may become out of control. Defective cells are usually destroyed by the body's immune system, but if this does not occur, a rapidly dividing colony of defective cells becomes a tumor. This tumor may grow and spread into adjacent body tissue. Cancer may affect major organs, bones, glands, skin, or muscles. The symptoms vary from site to site.*
- ***ABNORMAL CELL DIVISION*** *Cancer develops as a result of abnormal cell division. All cells multiply by dividing into two. This is usually controlled so that just the right amount of cell division occurs to replace dead or damaged cells. This process sometimes proceeds at an abnormally fast rate, however, creating a tumour. As it grows, cells force their way into neighboring tissues or organs. Rogue cells from a tumour in the skin, for example, can then travel via the lymphatic system to other parts of*

the body, where secondaries may form.

- **INCIDENCE**

Cancer is a leading cause of death worldwide, accounting for 8.2 million deaths in 2012

- **Causes**

The exact causes of cancer are unknown.

Most experts agree that probably at least two factors, such as genetic tendency and diet, or pollution and infection, combine to create a disturbance within a cell.

Chromosomes may be damaged before birth, as a result of inherited or acquired defects of the immune system, or by radiation, viruses, tobacco smoke, carcinogenic substances such as asbestos, a lack of antioxidants such as vitamins A, C, E, and selenium, other dietary deficiencies, or aging. Complementary medical practitioners believe that other factors are significant too, such as food intolerance, carcinogens in food—for example, preservatives, other additives, and pesticide traces—and psychological factors, particularly suppressed emotional shock or great stress. It has also been postulated that some people are more than usually sensitive to geopathic stress (natural radiation emitted by the Earth), or emissions from buildings or power cables.

As with other chronic diseases, cancer has multifactorial etiology.

1. Environmental Factors

- Tobacco in various forms of its usage (e.g. smoking, chewing) is the major environmental cause of cancers of the lung, larynx, mouth, pharynx, esophagus, bladder, and pancreas.*
- Alcohol-Excessive intake of alcoholic beverages is associated with esophageal and liver cancer.*
- Dietary Factors: Smoked fish is related to stomach cancer, beef consumption to bowel cancer, and a high fat to breast cancer. A variety of other factors such as food additives and contaminants have fallen under suspicion as causative agents.*
- Occupational exposure- These include exposure to benzene, arsenic, cadmium, chromium, vinyl chloride, asbestos, polycyclic hydrocarbons. The risk of occupational exposure is considerably increased if the individuals also smoke cigarettes.*
- Viruses- Following viruses are causally related to cancers*
Virus >> Cancer
Hepatitis B and C virus >> Hepatocellular carcinoma
Epstein Barr Virus (EBV) >> Burkitt's Lymphoma and nasopharyngeal carcinoma
Human Papilloma Virus (HPV) >> Cancer Cervix
- Parasites-Schistosomiasis produces carcinoma of bladder.*
- Others- There are numerous other environmental factors such as sunlight, radiation, air and water pollution, medications (e.g. estrogen) and pesticides which are related to cancer.*
- Customs habits and lifestyles: To the above causes must be added customs habits and life styles of people which may be associated with an increased risk for cancers. The familiar examples are demonstrated, association between smoking and lung cancer, tobacco and betel chewing and oral cancer, etc.*

2. Genetic Factors

- Retinoblastoma occurs in children of the same parent.*
- Mongols are likely to develop cancer (leukemia) than normal children.*
- There is a probability of a complex interrelationship between hereditary susceptibility and environmental carcinogenic stimuli in the causation of a number of cancers.*

THE MIASMATIC ASPECTS OF CANCER

Any disease has an evolution of miasmatic phase from Psora to Syphilis, the same holds true for cancer. Hahnemann in his chronic diseases classifies cancer under Psora (here actually he means the earliest precancerous states). Robert in his Principles & Art of Cure mentions cancer as multi-miasmatic. I would like to classify as follows : (1) All exophytic growths e.g. Warts, Dermoid cyst, Bony tumors, etc. are sycosyphilitic in nature. (2) All ulcerative and fungative growths are syphilitic in nature. (3) Whenever cancer is accompanied by haemorrhage and secondary infection it is due to presence of strong tubercular miasm.

• **DIAGNOSIS**

Clinical Presentation

A standard workup including a medical history; physical examination; and laboratory studies, including liver and renal function tests, haemogram and chest x-ray are essential for diagnosis of Cancer.

The first step in diagnosis includes a medical history giving the signs and symptoms.

When patients cope with cancer, fear, worry, and sadness are expected and normal. The most common form of distress in patients with cancer is anxiety and depression.

The signs and symptoms can be elucidated in following manner:

Signs and symptoms pertaining to individual cancer sites:

Although the general signs of early cancer may be very subtle but that of advanced cancer include asthenia, cachexia and a general appearance of fatigue and ill health. Site-specific signs include the following:

1. Lung malignancy

Cough Clubbing Breathlessness Nicotine staining Hemoptysis Cyanosis

Pain in chest Lower brachial root signs, Horner's syndrome

2. Breast malignancy

Mass Skin discoloration Nipple discharge Inflammation Ulceration Lymphadenopathy

3. Gastrointestinal malignancy

Dysphagia Glossitis Indigestion Anemia Abdominal Pain Gaurding

Nausea and vomiting Jaundice and ascites Haematemesis Epigastric mass and tenderness Malaena

Palpable colonic mass Rectal bleeding Hepatomegaly and hepatic failure

4. Urological Malignancy

Dysuria Abdominal and pelvic mass Frequency Rectal prostatic mass

Incontinence Penile or vulval ulceration Hematuria Testicular mass

Prostatism Hard Prostatic mass

5. Gynaecological Malignancy

Vulval pruritus Vulval ulceration Vaginal discharge Cervical Mass

Vaginal bleeding Pelvic mass Pelvic pain Mass, discharge Bleeding

6. Head and Neck Malignancy

Taste and swallow disturbed Ulceration Hearing and voice abnormal Discharge

Bleeding Cranial nerve palsies Persistent Cough Lymphadenopathy Sinusitis

7. Ear / Nose / Throat malignancy

Odynophagia Lump or ulcer Deafness Hoarse voice/dysphonia

Blocked nose, nasal discharge (?bloody), sputum (?bloody)

8. CNS Malignancy

*Headache and vomiting Mental function
Convulsions Focal neurological signs Loss of function*

9. Primary Endocrine Malignancy

*Hoarseness Thyroid mass Headache, sweats Hypertension, oedema
Palpitations, nausea Adrenal mass, pallor Hypoglycemic coma Pancreatic mass
Polyuria, polydipsia Pituitary mass Visual field loss Hypopituitarism
Fatigue Buccal pigmentation of hypoadrenalism*

Symptoms

- *Lumps or changes in the color or other features of the skin.*
- *Symptoms of obstruction in the digestive tract, or hoarseness.*
- *Bleeding from orifices such as the mouth or anus.*
- *Severe, recurrent, or constant headaches.*
- *Ulcers or sores that do not heal.*
- *Changes in bowel habits.*
- *Changes in the breasts.*
- *Painful, numb, or tingling nerves.*
- *Rapid, unexplained weight loss.*

Signs and symptoms pertaining to oncological emergencies:

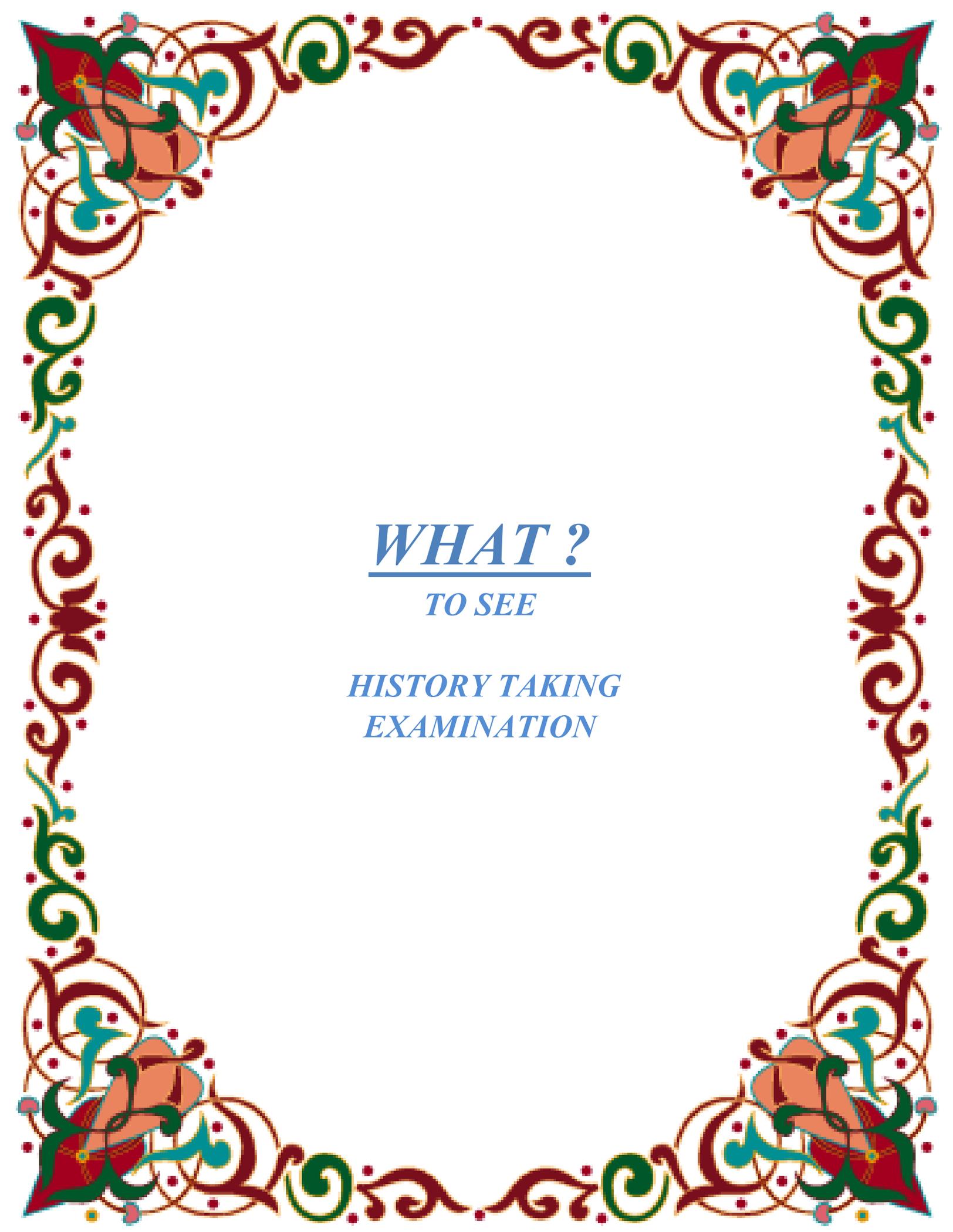
- *Febrile neutropenia -when neutrophil count $\leq 1.0 \times 10^9/L$*
- *Spinal cord compression-Back pain with a root distribution, weakness and sensory loss (a level may be found), bowel and bladder dysfunction.*
- *Superior vena cava (SVC) obstruction with airway compromise- Dyspnoea; orthopnoea; swollen face & arm; cough; plethora/cyanosis; headache; engorged veins.*
- *Hypercalcaemia: Lethargy, anorexia, nausea, polydipsia, polyuria, constipation, dehydration, confusion, weakness. Most obvious with serum $Ca^{2+} > 3mmol/L$.*
- *Raised intracranial pressure: Headache (often worse in the morning), nausea, vomiting, papilloedema, fits, and focal neurological signs.*
- *Tumour lysis syndrome-Rapid cell death on starting chemotherapy for rapidly proliferating leukaemia, lymphoma, myeloma, and some germ cell tumors can result in a rise in serum urate, K^+ , and phosphate, precipitating renal failure.*

Conventional care

Cancer can be detected by cytology tests such as pap smears, X-rays, imaging techniques such as mammograms, and chemical markers in the blood—for example, prostate-specific antigen, which can identify otherwise undetectable prostate cancer. Often, however, diagnosis of cancer follows the appearance of symptoms, and is confirmed by a biopsy.

In most cases, treatment involves radiotherapy, chemotherapy, or surgery, or a combination of these. Radiotherapy uses radiation to reduce and destroy tumors and cancer cells that have spread beyond the original tumor or traveled to other parts of the body (metastasis). Chemotherapy has the same aim, but uses anticancer drugs. Surgery removes the primary tumor. The principal aim of conventional methods is to suppress the rate of growth of the cancer. They are more effective with cancers in certain parts of the body than in others.

Cancer is a by-product of the growth and repair processes within the human body whereby 500 billion new cells are formed each day. Inevitably, some of these cells are defective, and their growth may become out of control. Defective cells are usually destroyed by the body's immune system, but if this does not occur, a rapidly dividing colony of defective cells becomes a tumor. This tumor may grow and spread into adjacent body tissue. Cancer may affect major organs, bones, glands, skin, or muscles. The symptoms vary from site to site.

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WHAT ?

TO SEE

*HISTORY TAKING
EXAMINATION*

About History Taking

$$7 = 6 + 1$$

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

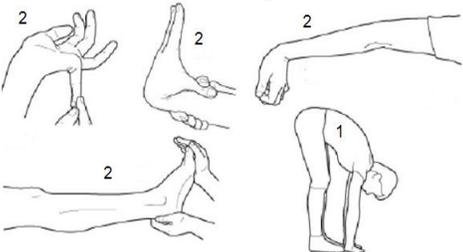
<p>WWHAM</p>	<p>Who is the medicine for? لمين What is the medicine for? لاية How long have the symptoms been present? بقاله اد اية Action already taken? عمل اية Medicines currently being taken for other reasons? اخذ اية</p>
<p>LOAD</p>	<p><i>Listen, Observe, Ask and Decide</i> _ LISTEN to what the patient tells you about symptoms. _ OBSERVE the patient's general, appearance, temperament, _ ASK appropriate questions to learn more about the condition. _ DECIDE what to do next, after assessing the information provided.</p>
<p>ACT</p>	<p><i>Assess, Confirm, Talk</i> _ Assess. With all the requisite information one can now choose an appropriate medicine _ Confirm. Having chosen the medicine most likely modalities are that symptoms are made better or worse _ Talk. It might also be appropriate to give some general information on homeopathy to counseling</p>
<p><i>Evaluation of Symptoms – “PRICED”</i></p>	<p><i>P – Peculiar. How rare, unusual, or unexpected is the symptom? R – Recent. Symptoms which have come on more recently I – Intensity. The more severe or intense the symptom C – Clear. (“rubrics”) of the repertory E – Enduring. Persistent and long patterns D – Deep>> Mental – Emotional – Physical General – Sex – Sleep – Local</i></p>
<p><i>Assessment of the Vital Force – “FORCES”</i></p>	<p><i>F – Freedoms>> how free or limited is this individual in general – to be loving, joyful, creative, active, and effective in life? O – Old. The age of the patient both at the time of treatment and at the time of onset of the illness R – Relatives. The family history is important – early deaths, severe and chronic diseases in blood relatives tend to suggest that the vital force is weak C – Center of Gravity. That is, is the bulk or main weight of the symptoms on the mental, emotional or physical planes? E – Emergencies. How the individual tolerates and responds to the unavoidable stresses of life – death of a parent, change of job or home, accident, loss of money S – Sensitivities allergies</i></p>

Check	List
PHYSICAL WELL-BEING	<ul style="list-style-type: none"> • <i>General symptoms and ailments: onset of symptoms, and what affects them and how.</i> • <i>Weight, shape, and physical condition.</i> • <i>Diet: nutritional balance, food preferences and aversions, food intolerances, and any special requirements or dietary deficiencies.</i> • <i>Energy levels.</i> • <i>Sleep: amount and quality, effects of sleep deprivation, and dreams.</i> • <i>Risks to health: smoking, consumption of alcohol and recreational drugs, or dangerous jobs or pastimes.</i> • <i>Time out: relaxation and leisure activities.</i> • <i>Knowledge of what to do if ill or injured.</i>
PERSONALITY	<ul style="list-style-type: none"> • <i>Temperament: positive or negative, passive or assertive, relaxed or anxious.</i> • <i>Self-image and self-worth.</i> • <i>Emotions: ability to express and control feelings, laugh, and deal with negative emotions.</i> • <i>Relationships: sensitivity to others, ability to resolve conflict, desire for approval, and sex drive.</i> • <i>Any feelings of guilt, insecurity, and degree of control over personal destiny.</i> • <i>Ability to cope under stress.</i> • <i>Fears.</i> • <i>Opportunities for creative expression.</i> • <i>Spirituality, deeply held beliefs, and motivation.</i>
MEDICAL HISTORY	<ul style="list-style-type: none"> • <i>Personal medical history: past injuries and illnesses, conventional drug prescriptions, and any complementary treatments.</i> • <i>Family medical history: incidence in family members of conditions such as heart disease, diabetes, mental health problems, or cancer.</i> • <i>Inherited susceptibilities: allergies or tendency to contract certain illnesses.</i> • <i>Diet: susceptibility to cholesterol-related illness, obesity, or food intolerances.</i> • <i>Awareness of symptoms of genetically inherited disease and preventative measures.</i> • <i>Checkups: self-examination, medical tests, or screening.</i>
LIFE EVENTS	<ul style="list-style-type: none"> • <i>Childhood trauma: impact of death or other loss of a parent, or physical or mental abuse.</i>

<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></p> <p><i>Are main symptoms accompanied by less acute symptoms?</i></p> <p><i>What are the characteristics of your symptoms?</i></p> <p><i>Do you have any psychological symptoms?</i></p> <p><i>Are you aware of any obvious cause of the symptoms?</i></p> <p><i>Do your symptoms get better or worse under certain conditions?</i></p>

About Examination

10 = 3+3+3+1

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

WHEN ?

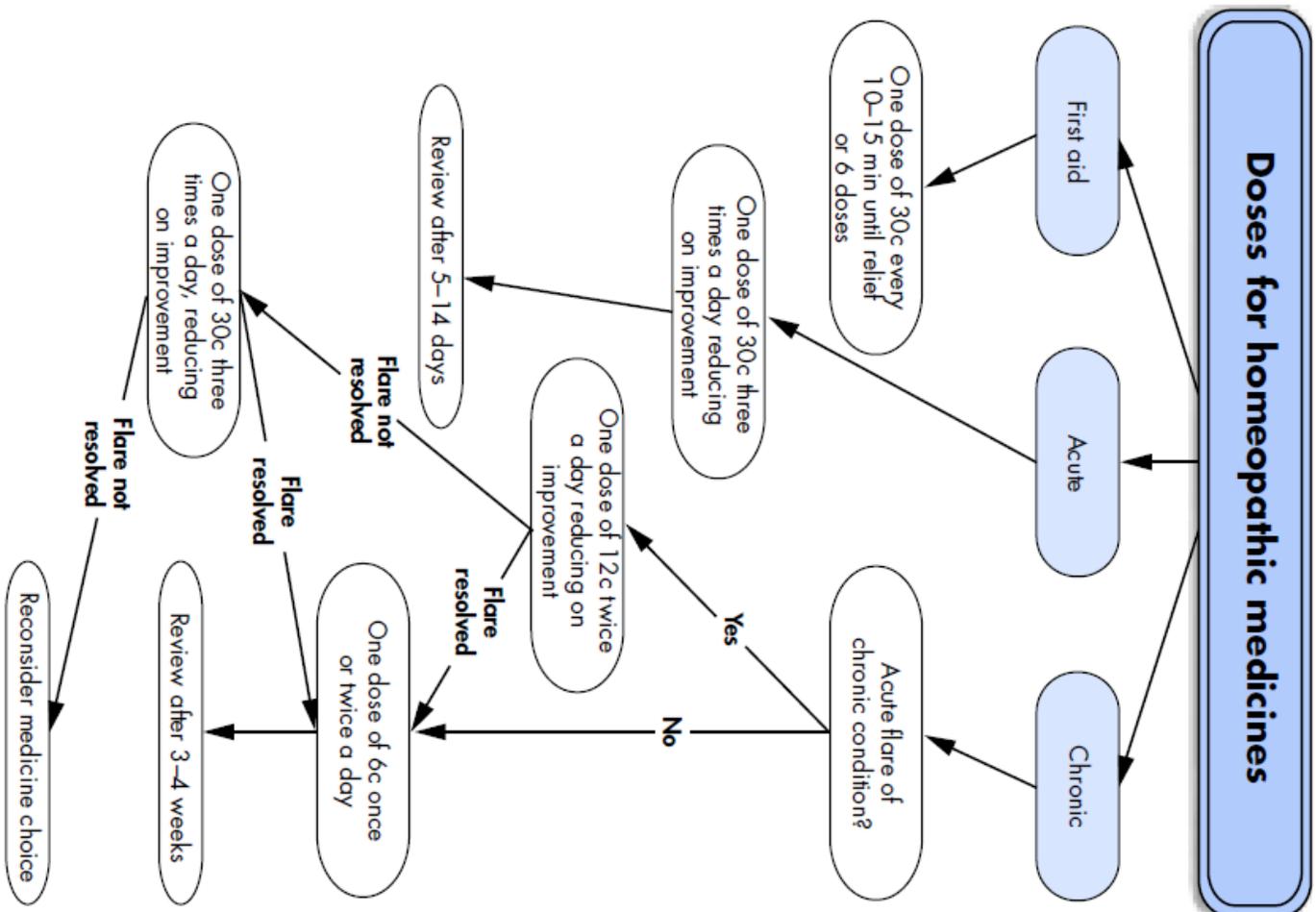
TO DECIDE

**Algorithms
for treatment
Acute & Chronic
cases**

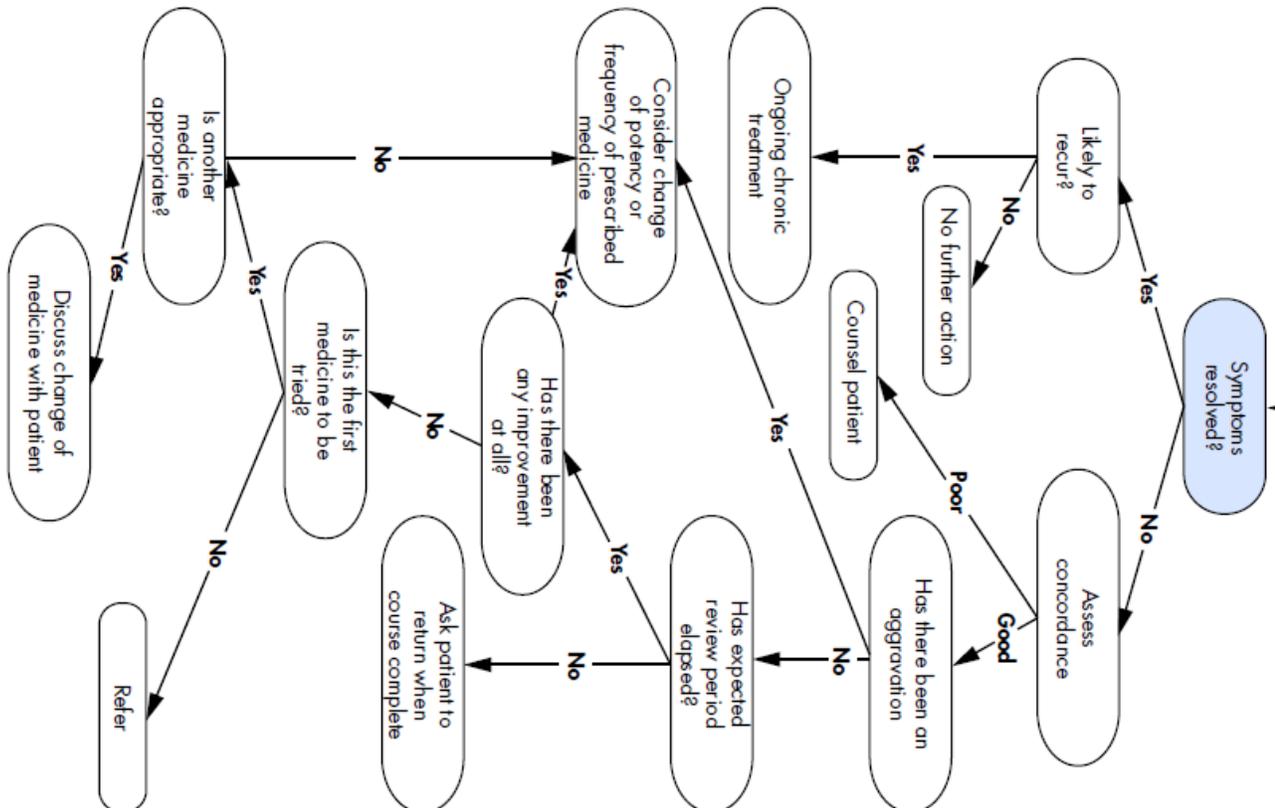
About Repertory

Generating a prescription

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



Following up homeopathic treatment



↓
Outcome card.

• How my symptoms have changed •

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

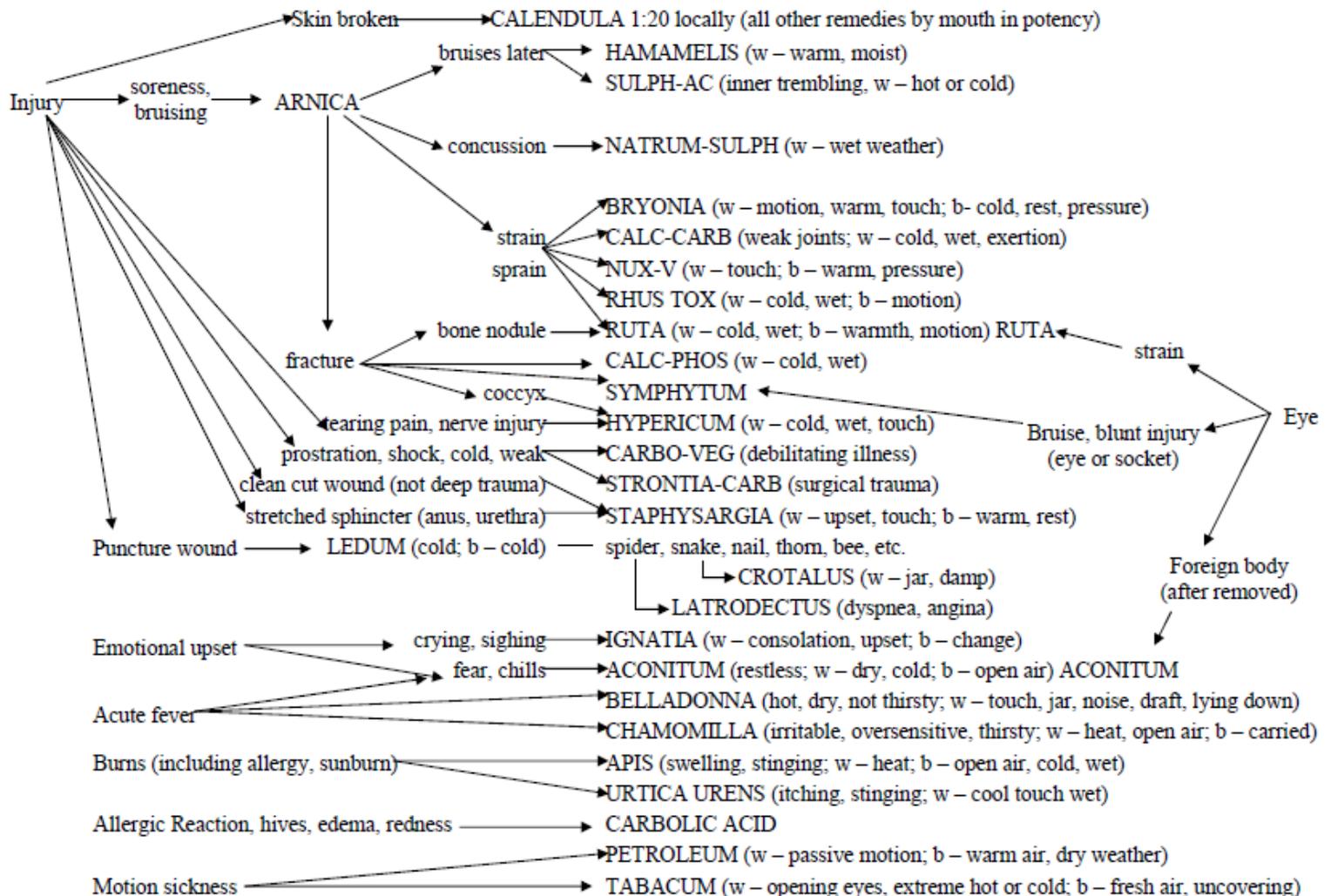
Side-effects

- **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

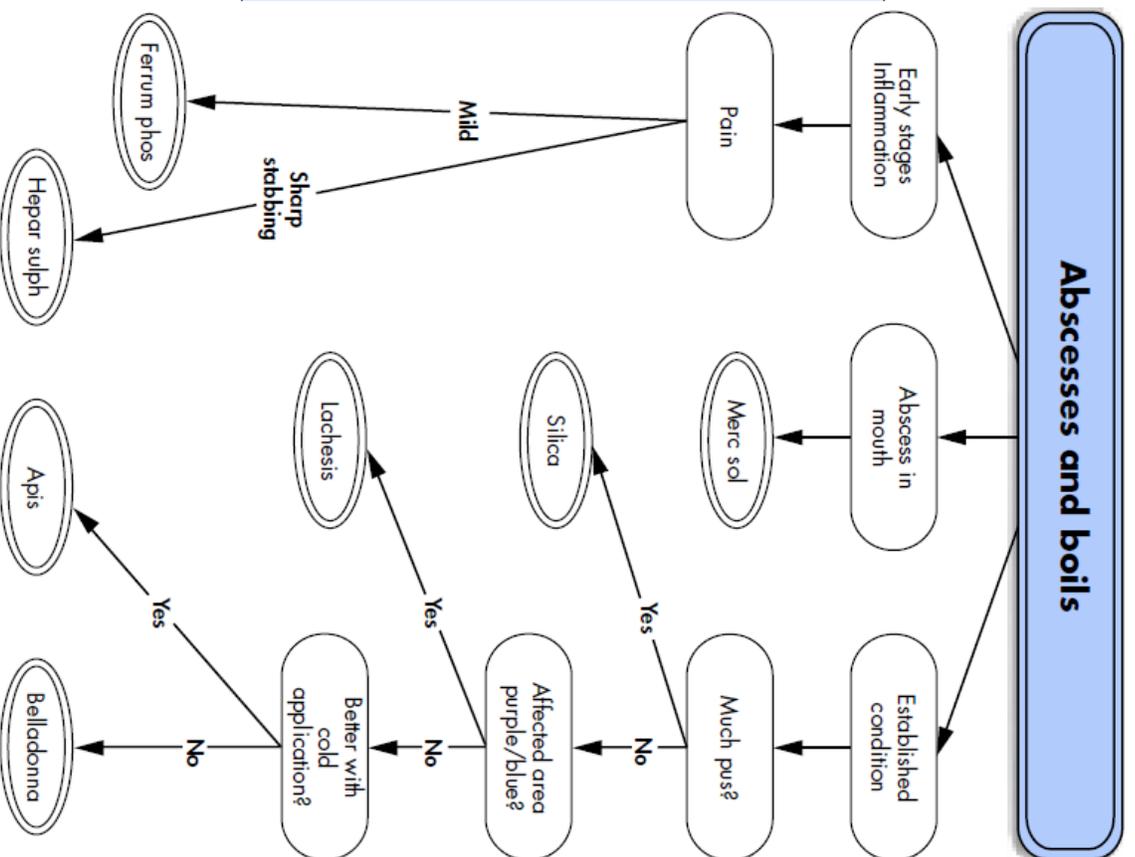
(w = worse, b = better)



Abscesses and boils

- Hypericum/Calendula tincture useful as a mouthwash for abscesses in mouth; may also be used to create a moist dressing – dilute 10 drops in 100 ml boiled/cooled water and use up to qds as required.
- Hypericum/Calendula 5% cream/ointment useful topically.

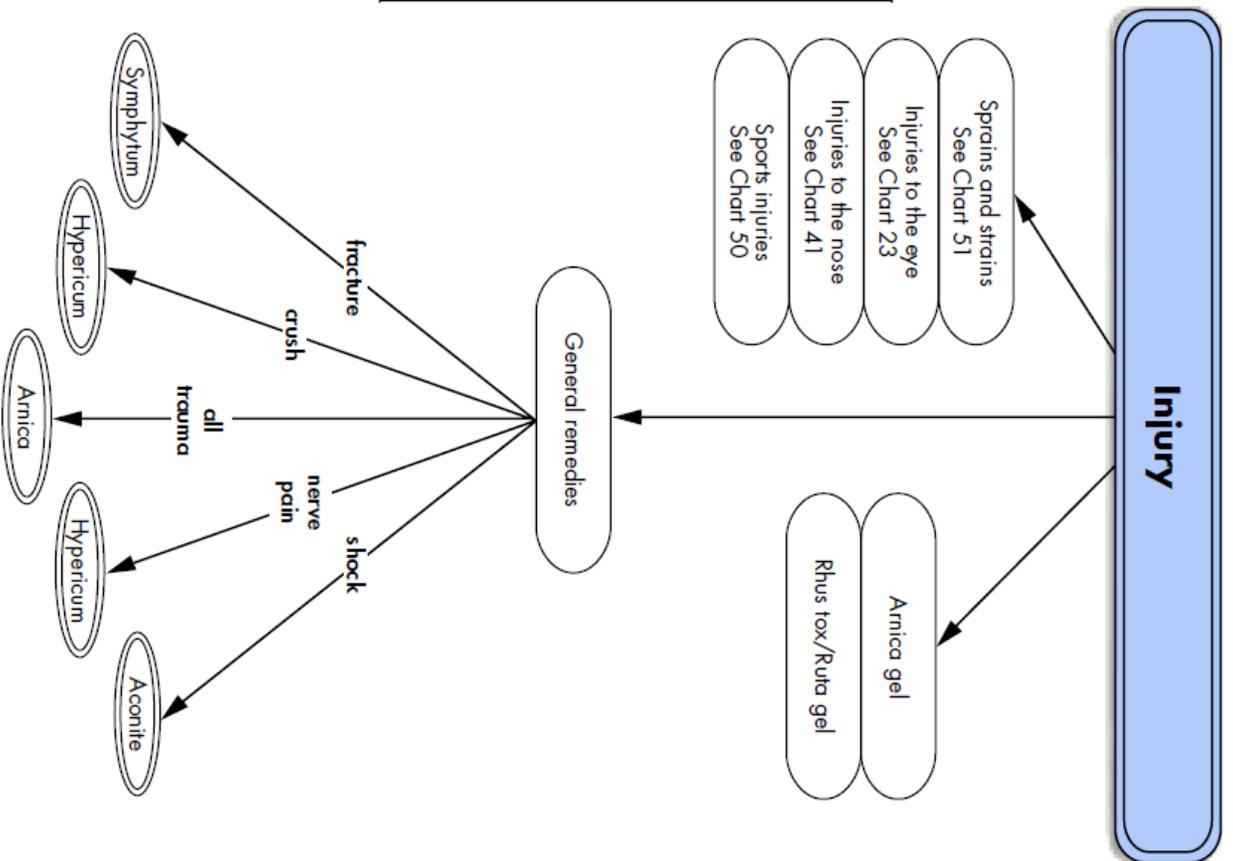
Homeopathic medicine	Better	Worse	Other
Apis	Open air, uncovering skin	Heat (in bed), touch	Stinging pain and swelling around abscess
Belladonna	Light covering	Heat and touch	Sudden onset, hot
Ferrum phos	Cold application	Touch, and at night	Can be associated with red inflamed eyes
Hepar sulph	Warmth	Cool	Lesions tend to suppurate
Lachesis	Warm application	After sleep	Blue-black swelling around boil
Merc sol	In the morning	Late afternoon	Skin may be cold and clammy
Silica	Warmth	In morning and after washing	Eruption's itchy



Injury

- **FIM** – any injury will usually respond to Arnica.
- Topical treatments include Arnica, Calendula, Hypericum Calendula.
- See also Chart 10, Bruising, Chart 50, Sports injuries and Chart 51, Sprains and strains.
- Arnica and Rhus tox./Ruta gel can be useful topically.
- For fractures: Symphytum 30c should be taken tds for no more than 10 days.

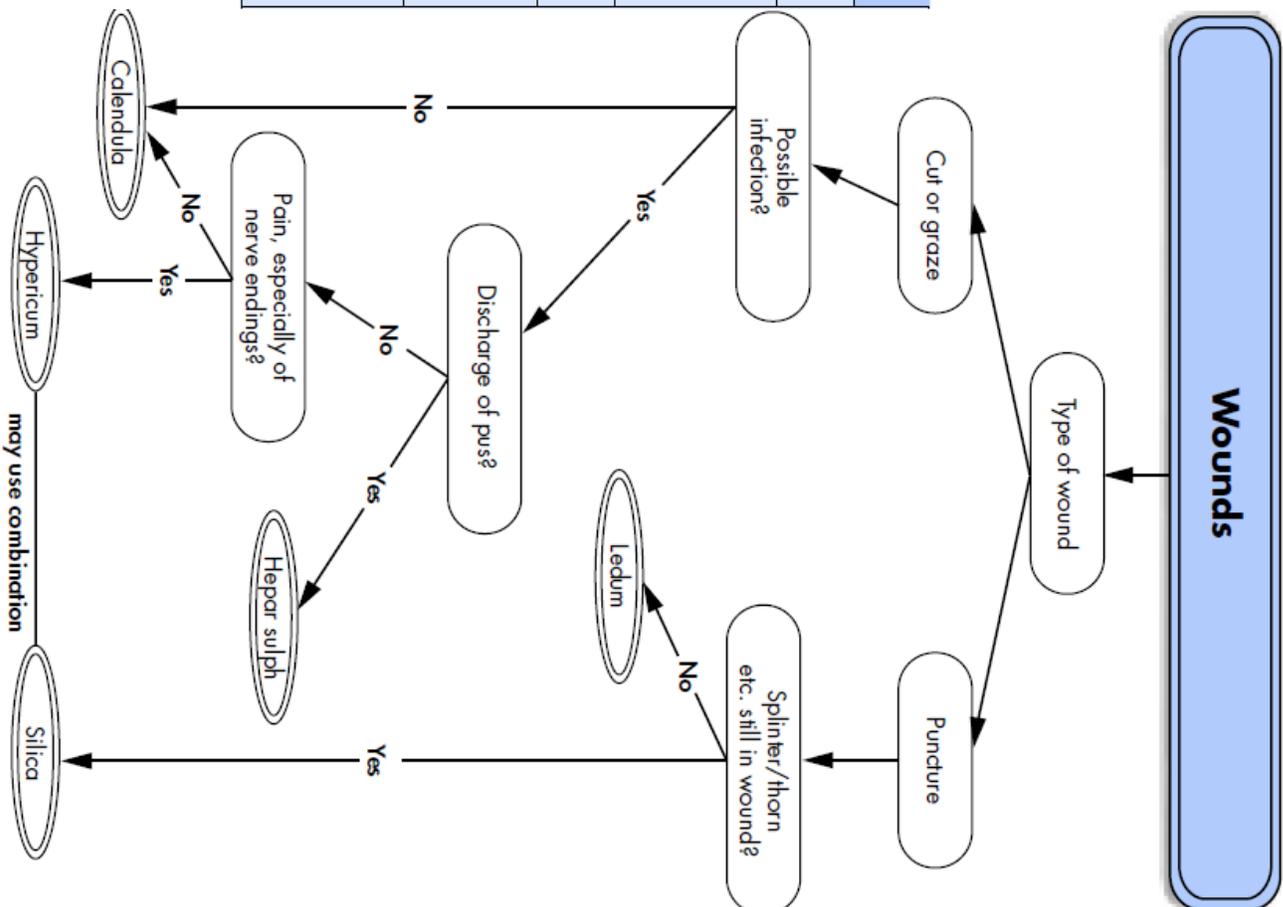
Homeopathic medicine	Better	Worse	Other
Aconite	In open air	In warm room	Anxiety and fear. Vomiting, mouth dry and tingling
Arnica	Lying down	Touch	Bruising. Skin itching and burning
Hypericum	Lying quietly	In cold	Blood and crush injuries, particularly involving digits
Symphytum	By changing position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



Wounds

- For superficial cuts and grazes, clean wound with diluted Calendula or Hypericum/Calendula tincture then use the 5% cream or ointment (latter better as greasy base seals wound). **Do not use topical products on deep wounds.**
- Superficial wounds may be also dressed with tea tree preparations; however, this herbal product does cause an allergic response in some patients.
- Oral and topical treatment may be used concurrently.

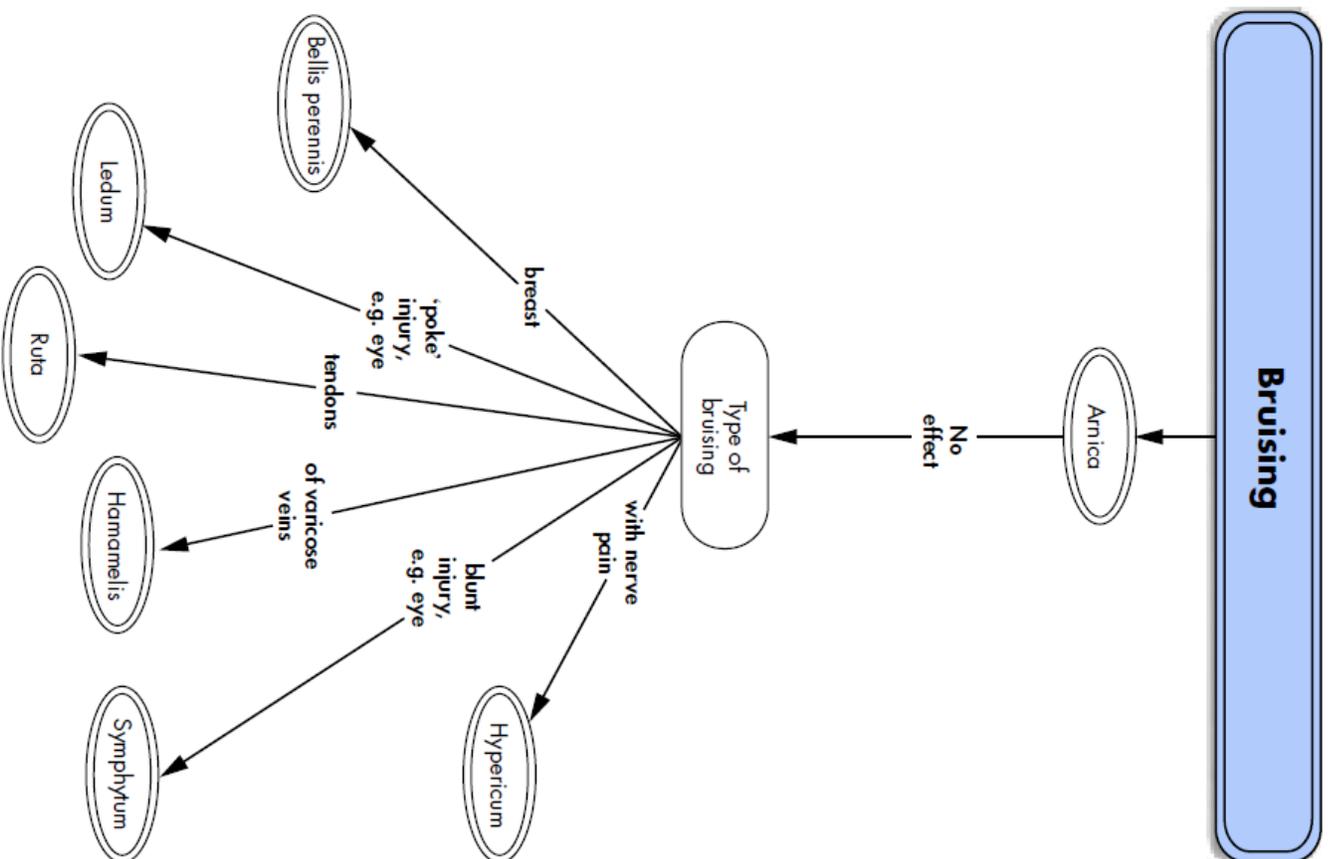
Homeopathic medicine	Better	Worse	Other
Calendula	Warmth	In the evening	Superficial burns and scalds
Hepar sulph	Wrapping up affected parts	Cool air	Used to treat ulcers and cold sores. Also abscesses, chapped skin and where infection present
Hypericum	Lying quietly	Application of pressure. Motion	Blood and crush injuries. Shock
Ledum	Cold	At night and from heat of bed	Puncture wounds. May be indicated if patient suffers from eczema
Silica	Warmth	Cold	Promotes expulsion of foreign bodies from tissues. May be indicated where injury suppurating



➔ Bruising

- **HM** – Arnica.
- Arnica may be taken tds starting 24–48 h before a surgical or dental procedure.
- Arnica 5% cream or gel is very effective, but do not use on broken skin.
- Ruta 5% ointment, Hypericum 5% ointment and Rhus/Ruta 5% gel may also be effective.

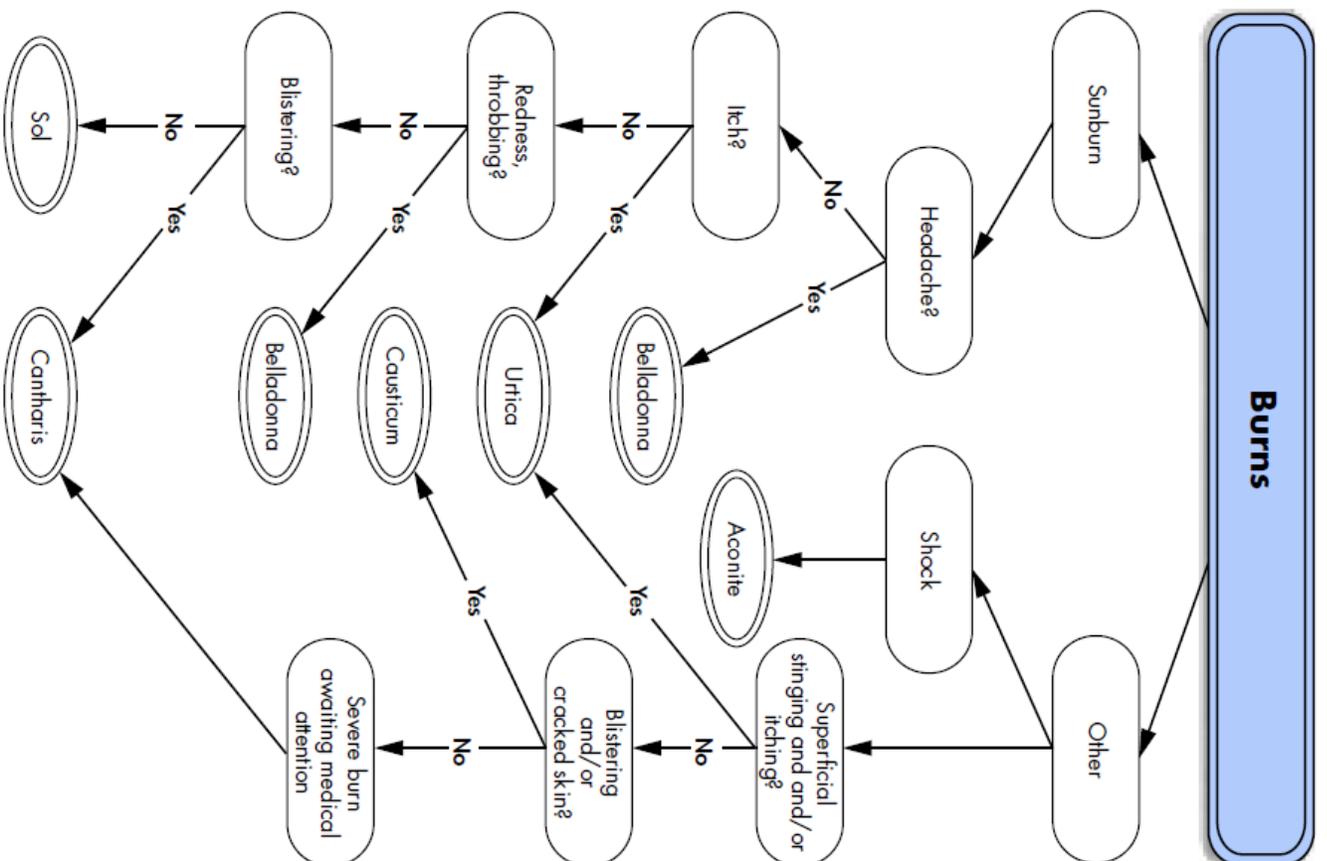
Homeopathic medicine	Better	Worse	Other
Arnica	Lying down	With heat and touch	Black and blue with pain. Patient does not like comforting
Bellis perennis	With local application of cold	With heat and on left side	May be associated with boils
Hamamelis	Rest	In warm, moist air	Also used for varicose veins
Hypericum	With rubbing	In cold	Often involves blood and pain in digits
Ledum	Cold	Warmth	Bruising lasts for some time
Ruta grav	Warmth and scratching	Over-exertion and cold	May be associated with soft tissue injury
Symphytum	Warmth	Touch	May be associated with bone injury



Burns

- Hypericum/Calendula tincture useful topically – dilute 5 drops into 100 ml boiled and cooled water and clean the area. This solution may also be used to impregnate a dressing.
- ‘Burn’ ointment (a product containing mixture of ingredients and available from several manufacturers) may also be used topically in most cases, particularly on the painful outside edges of the burn.
- Sol is a remedy that is not found in all materia medicas. It is made by exposing alcohol to sunlight and when taken orally is useful for sunburn.

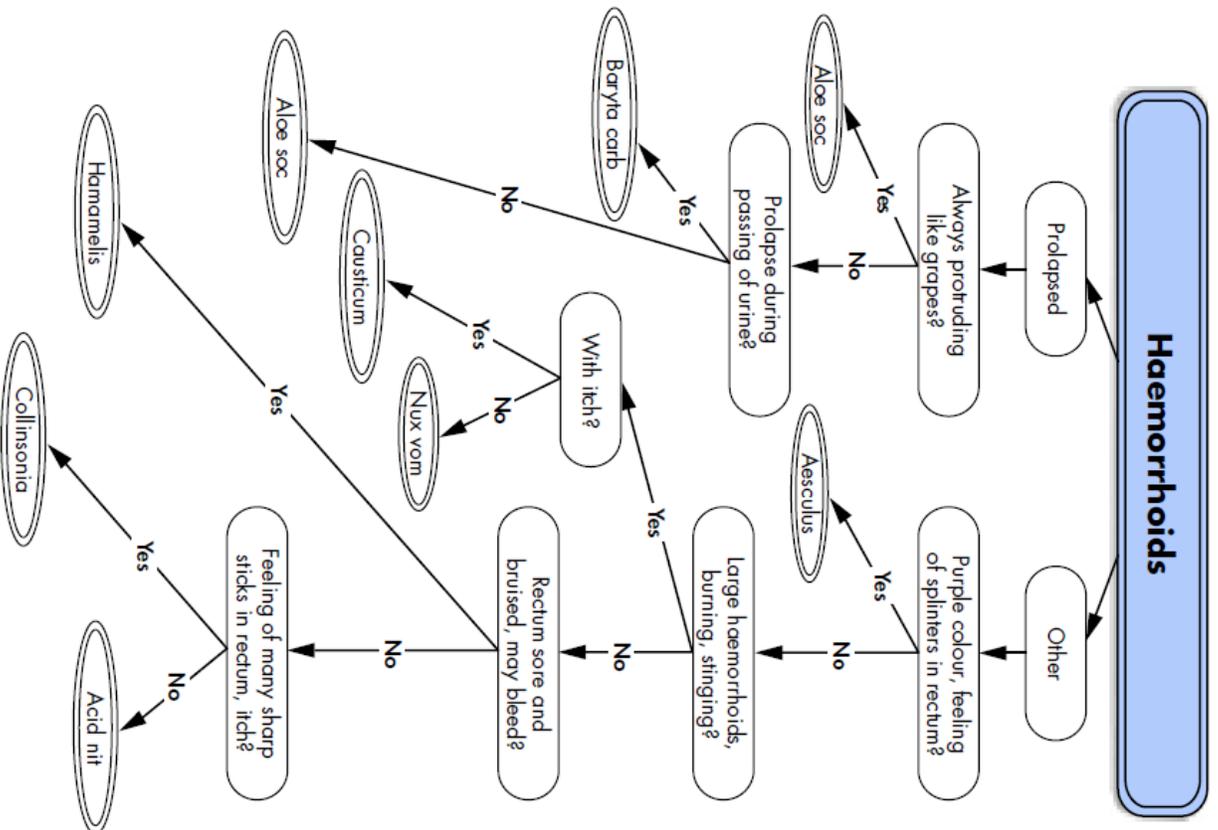
Homeopathic medicine	Better	Worse	Other
Aconite	In open air	In warm atmosphere	Red, hot, swollen and burning with numbness
Belladonna	Application of light covering	Touch and heat	Dry, hot and swollen skin with rash
Cantharis	Application of cold	Touch	Scalds and burns
Causticum	Cold drinks	Change of atmosphere	Very painful burns
Sol	Out of sun and cool atmosphere	In warm atmosphere and touch	Sunburn. Can be used prior to exposure
Urtica	Lying down quietly	Touch	Erythema with burning and stinging



Haemorrhoids

- Hamamelis 5% cream useful topically.
- Conventional medicine and suppositories may be used concurrently.
- Usual referral criteria apply.

Homeopathic medicine	Better	Worse	Other
Acid nit	None recorded	In the evening and at night	Great straining but little passage of stools. Constipation
Aesculus	Cool, open air	In morning	Much pain after stool. Painful haemorrhoids; large, hard, dry stools
Aloe soc	Cold	In early morning and summer heat	Lumpy, watery stool with soreness in rectum after passing
Baryta carb	None recorded	In cold weather	Constipation with hard stools
Causiticum	After gentle activity	In evening and after passing stool	Soft and small stool, expelled with much difficulty
Collinsonia	Heat	Slightest excitement	Aching feeling in anus, dry stools
Hamamelis	Rest and lying down	Warm air and at night	Sore haemorrhoids, may bleed profusely
Nux vom	In the evening	In the morning	Constipated with ineffectual urging



Abrasions and Lacerations Treatment

The choice of lotion or ointment to apply depends on the nature of the wound. Homeopathic lotions are known as tinctures, and may be put directly on the wound, or on a piece of gauze (the gauze should be kept moist). They are useful when maximum penetration of a wound is necessary. It is rarely necessary to apply the tincture undiluted, as a dilution of about 1 in 10 parts water works just as well, and is more economical. Ointments are more greasy, and do not penetrate as well as tinctures, but they have the advantage of sealing the wound to some extent and so the wound may not require further covering.

<i>Hamamelis tincture diluted 1 in 10, applied locally. Internally Hamamelis 6c, every 3-4 hours.</i>	<i>For wounds oozing dark, (venous) blood.</i>
<i>Calendula tincture 1 in 10, applied locally. Internally Calendula 6c, every 3-4 hours.</i>	<i>For wounds with bright red (arterial) blood.</i>
<i>Hepar sulph 6c, every 3-4 hours.</i>	<i>If local inflammation (redness, heat, swelling and tenderness) sets in.</i>
<i>Equal parts of Hypericum and Calendula tincture (Hypercal) diluted 1 in 10, applied locally. Internally Calendula 6c, every few hours.</i>	<i>For wounds likely to suppurate.</i>
<i>Hypericum 6c internally, every 3-4 hours, or whenever the pain returns.</i>	<i>For pain that is sharp, intense and shooting.</i>

Bruises and Blows

The following remedies are useful in serious cases while allopathic attention is being sought Shock.

<i>Arnica 6c, every 3-4 hours.</i>	<i>Concussion with pallor, stupor or loss of consciousness.</i>
<i>Camphor 6c, every 3-4 hours.</i>	<i>Patient is blue and cold, and has a scanty sweat; does not want to be covered.</i>
<i>Veratrum album 6c, every 3-4 hours.</i>	<i>Patient is cold and blue with a profuse cold sweat.</i>
<i>Carbo veg 6c, every 3-4 hours.</i>	<i>The body is cold, face grayyellow, the patient must have air.</i>
<i>Ice packs on the bruise, if applied immediately.</i>	<i>For different types of bruises To limit swelling and discoloration.</i>
<i>Arnica tincture 1 in 10 on the skin. Arnica 6c internally, every 3-4 hours.</i>	<i>On soft tissue when the skin is unbroken.</i>
<i>Hamamelis tincture 1 in 10 on the skin. Hamamelis 6c internally, every 3-4 hours.</i>	<i>On soft tissue when the skin is broken.</i>
<i>Hypericum tincture 1 in 10 on the skin. Hypericum 6c, internally every 3-4 hours.</i>	<i>On areas rich in nerves (e.g. base of neck or spine).</i>
<i>Bellis 6c, every 3-4 hours.</i>	<i>Bruises to the breast.</i>
<i>Arnica tincture, diluted 1 in 10, on the bruise. Arnica 6c internally, every 3-4 hours.</i>	<i>For bruises to eyes (black eyes)</i>
<i>Ledum 6c, every 3-4 hours.</i>	<i>If arnica is not successful, or if the bruise is turning green.</i>

<i>Hypericum 6c every 3-4 hours, or every time the pain returns.</i>	<i>For extreme pain in the eye itself.</i>
<i>Symphytum 6c, every 3-4 hours.</i>	<i>For bruises to the bone surface</i>
<i>Hypericum 6c, every 3-4 hours.</i>	<i>Jamming or crushing of fingers or toes.</i>

Burn

<i>immediate applications of egg white, ice or honey are good emergency dressings. Cotton wool, oily substances and antiseptics are to be avoided.</i>	<i>In severe burns</i>
<i>local dressing can be made with clean gauze</i>	<i>In less severe burns</i>
<i>Saturate the gauze with Urtica tincture</i>	<i>for first degree burns</i>
<i>Hypericum tincture 20 drops to a little water</i>	<i>for second degree burns</i>
<i>Immediate treatment, Cold water or ice on the burn.</i>	<i>first and second degree burns</i>
<i>Immediate treatment, Apply egg white liberally. Apply a mixture of Hypericum and Calendula tinctures (Hypercal), diluted 1 in 10, locally.</i>	<i>third degree burns</i>
<i>Arnica 6c, every 1-2 hours.</i>	<i>For shock.</i>
<i>Urtica 30c, every time pain recurs.</i>	<i>For persistent stinging.</i>
<i>Aconite 6c, every 30-60 minutes.</i>	<i>If there is fear of death, with anxiety and restlessness.</i>
<i>Belladonna 6c, every 15-30 minutes.</i>	<i>For burns where the skin is red, shiny, hot and throbbing, and the pain is worsened by touching.</i>
<i>Apis 6c, every 15-30 minutes.</i>	<i>Burns when there is a swelling and sometimes looking like orange peel, with sensations of burning and stinging as if pricked by a hundred needles</i>
<i>Cantharis 30c, every time pain recurs.</i>	<i>For second degree burns, with large blisters and intense pain.</i>
<i>Arsenicum alb 6c, every 3-4 hours.</i>	<i>Scarring third degree burns, with pains that are worse at night and soothed by warmth.</i>
<i>Kali bich 30c, every time pain recurs.</i>	<i>Deep burns of third degree, where yellow-green ulcers have formed</i>
<i>Causticum 30c, every 3-4 hours..</i>	<i>For painful burns with a drawing, tightening sensation.</i>

Collapse

<i>Aconite 6c, every 30 minutes.</i>	<i>For shock immediately after an accident.</i>
<i>Camphor 6c, every 30 minutes.</i>	<i>For sudden and complete prostration, where the skin is dry and very cold, but the patient will not be covered or objects to it. Camphor is a good remedy for shock.</i>
<i>Veratrum album 6c, every 30 minutes.</i>	<i>For fainting or collapse, with cold sweat on the forehead and the whole body is icy cold.</i>
<i>Arnica 6c, every 3-4 hours.</i>	<i>To reduce the prolonged effects of shock.</i>
<i>Carbo veg 6c, every 30 minutes.</i>	<i>Patient is blue and cold; lies motionless as if dead, wants fresh air and to be fanned. Carbo veg is often called 'the corpse reviver' because of its success in collapse.</i>
<i>Cocculus 6c, every 3-4 hours.</i>	<i>For extreme weakness of the neck muscles, with heaviness of the head; the legs give out when walking, patient can hardly stand, walk or talk.</i>

<i>Sepia 6c, every 3-4 hours..</i>	<i>Patient faints easily, from extremes of cold or heat, after getting wet, kneeling, and other minor causes.</i>
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Cuts And Scratches

<ul style="list-style-type: none"> • <i>First aid for cuts, scratches, and sharp wounds is substantially the same as for abrasions.</i> • <i>Cleaning the wound is always necessary, but it is particularly important if it is an animal scratch.</i> • <i>Suppuration (oozing of pus) should be watched cautiously, and allopathic advice should be sought if it worsens, and especially if the lymph nodes in the armpit, neck or groin become swollen or red streaks develop around the wound.</i> 	
<i>Hypercal (equal parts of calendula and hypericum tincture), applied undiluted locally or diluted 1 in 10.</i>	<i>For general purposes, externally.</i>
<i>Staphysagria 6c, every 3-4 hours.</i>	<i>For clean-cut, deep or surgical cuts, with sharp stinging pain.</i>
<i>Hepar sulph 6c, every 3-4 hours.</i>	<i>For inflammation locally.</i>
<i>Hypericum 6c, every 3-4 hours.</i>	<i>For sharp pain shooting up the limb.</i>
<i>Hepar sulph 6c, every 3-4 hours.</i>	<i>For wounds with suppuration, and where the patient has great sensitivity to the slightest touch.</i>

Puncture Wounds

<i>Ledum tincture, 1 in 10 dilution.</i>	<i>General treatment externally.</i>
<i>Ledum 6c, every 3-4 hours for a few days.</i>	<i>General treatment internally.</i>
<i>Hypericum 6c, every 3-4 hours, each time pain returns</i>	<i>If the wound is painful, and there are shooting pains.</i>

Sunburn

<i>Ferrum phos 6x, a tissue salt, every 1-2 hours.</i>	<i>Sunburn with heat, redness and pain.</i>
<i>Belladonna 6c, every 1-2 hours until improved, then one dose every time the pain returns.</i>	<i>Sunburn with redness, heat and throbbing, worse from touch.</i>
<i>Cantharis 30c, every 3-4 hours for 1 day, then 1 dose every time the pain returns.</i>	<i>Sunburn, with large blisters, burning and containing clear or bloody liquid.</i>
<i>Bufo 6c, every 1-2 hours.</i>	<i>Sunburn peeling and leaving a raw, oozing surface, itching and burning.</i>

Sunstroke

<i>General treatment should include giving a little water to drink, with half a teaspoon of salt added per half-litre of water, or an electrolyte replacer such as a sports drink. In stable cases, the following remedies can be used.</i>	
<i>Aconite 6c, every 30-60 minutes.</i>	<i>Sunstroke with hot dizzy sensation and bursting pressure. Person anxious and restless, worse from sitting up. The skin is red and dry.</i>
<i>Belladonna 6c, every 1-2 hours.</i>	<i>Sunstroke with headache from the heat of the sun, with pounding head, flushed face and bloodshot eyes, person is bathed in sweat.</i>

<i>Glonoine 6c, every 2-3 hours.</i>	<i>Sunstroke with violent, pounding headache, pale face and fixed eyes, white tongue and laboured breathing.</i>
<i>Ferrum phos 6x, a tissue salt, every 1-2 hours.</i>	<i>Hot, dry and inflamed, with flushed face and feverish symptoms.</i>
<i>Gelsemium 6c, every 2-3 hours.</i>	<i>Sunstroke with stupefied, giddy, intoxicated feeling and band-like pain around the head.</i>
<i>Camphor 6c, every 30 minutes.</i>	<i>Collapse after overexposure to the sun, with great coldness.</i>
<i>Nat mur 6x, a tissue salt, every 1-2 hours.</i>	<i>Headache after sun exposure, like a thousand tiny hammers, with debility and thirst.</i>

Boils And Abscesses

<i>Apply Hypercal externally, diluted 1 in 10. Internally give Calendula 6c, every 3-4 hours.</i>	<i>Immediate treatment.</i>
<i>Ferrum phos 6x, a tissue salt, every 3-4 hours.</i>	<i>In the early stages of inflammation, when there is heat, pain, congestion and fever.</i>
<i>Kali mur 6x, a tissue salt, every 3-4 hours.</i>	<i>For the swelling, before pus has begun to form.</i>
<i>Belladonna 6c every 3-4 hours.</i>	<i>Skin hot, red, painful and throbbing, with general restlessness.</i>
<i>Apis 6c, every 3-4 hours.</i>	<i>Skin shining and swollen, with stinging pains that are worse from heat.</i>
<i>Hepar sulph 6c, every 3-4 hours.</i>	<i>Boils intolerably painful and sensitive. Patient is chilly, but boil is hot.</i>
<i>Tarentula 12c, once a day.</i>	<i>Purplish wounds, burning and throbbing. To hasten resolution.</i>
<i>Hepar sulph 6c, every 3-4 hours, or Silicea 6x, a tissue salt, every 3-4 hours.</i>	<i>Boils slow in coming to a head, to hasten resolution.</i>
<i>Silicea 6x, a tissue salt, every 3-4 hours.</i>	<i>When suppuration and discharge have occurred, but are slow to clear.</i>
<i>Calc sulph 6x, a tissue salt, every 3-4 hours.</i>	<i>If the discharge occurs too long, and the wound refuses to heal.</i>
<i>Hepar sulph 6c, every 3-4 hours.</i>	<i>Unhealthy skin, easily infected and sensitive to touch.</i>
<i>Silicea 6x, a tissue salt, every 3-4 hours.</i>	<i>When even minor wounds turn septic, and develop into boils.</i>

Chillblains & Poor circulation

<i>Hepar sulph 6c, every 3-4 hours.</i>	<i>Poor circulation, with intense chilliness, always worse from drafts.</i>
<i>Sepia 6c, every 3-4 hours.</i>	<i>Poor circulation, patient faints easily, with chilliness, especially in the evening.</i>
<i>Tincture of Tamus can be applied locally, morning and evening.</i>	<i>Remedies For Chillblains As an external application.</i>
<i>Calc phos 6x, a tissue salt, every 3-4 hours daily during autumn and winter.</i>	<i>Chillblains, to prevent appearance.</i>
<i>Belladonna 6c, every 3-4 hours.</i>	<i>Chillblains that are hot, red, congested and throbbing.</i>

Apis 6c, every 3-4 hours.	<i>Chilblains itchy, swollen, with stinging pain.</i>
Pulsatilla 6c, every 3-4 hours.	<i>Chilblains itching, burning bluish-red and swollen; become worse from warmth and in bed.</i>
Arnica 6c, every 3-4 hours.	<i>Chilblains, with sore, swollen and bruised pain.</i>
Kali sulph 6x, a tissue salt, every 3-4 hours.	<i>Broken chilblains exuding thin, yellow fluid.</i>

Hemorrhoids

Pilewort ointment or Hamamelis ointment, applied to the affected area.	<i>As a local application.</i>
Aesculus 6c, every 3-4 hours.	<i>Sensation of dryness, burning and fullness of the rectum, with pains like needles.</i>
Nux vomica 6c, every 3-4 hours.	<i>Itching hemorrhoids, painful some hours after stool, with constipation and irritability.</i>
Aloes 6c, every 3-4 hours.	<i>Hemorrhoids protruding like grapes, with scraped, burning sensation, made better by cold applications.</i>
Mur ac 6c, every 3-4 hours.	<i>Sensitive hemorrhoids with bruised feeling, worse from the slightest touch even the touch of toilet paper is painful.</i>
Sulphur 6c, every 3-4 hours.	<i>Burning, itching hemorrhoids, usually with constipation.</i>
Paeonia 6c, every 3-4 hours.	<i>Pain from hemorrhoids during and after a bowel motion, often with a fissure in the anus.</i>
Ferrum phos 6x, a tissue salt, every 3-4 hours.	<i>Hemorrhoids inflamed and bleeding.</i>
Hamamelis 6c, every 3-4 hours.	<i>Hemorrhoids very tender and oozing dark blood.</i>
Kali carb 6c, every 3-4 hours.	<i>Prolapsing, painful hemorrhoids, with shooting pains and abundant bleeding, improved by cold and sitting on a hard seat.</i>
Collinsonia 6c, every 3-4 hours.	<i>Hemorrhoids that tend to bleed easily, in constipated cases where there is difficulty in passing large stool.</i>
Graphites 6c, every 3-4 hours.	<i>Hemorrhoids with severe itching and fissures of the anus.</i>
Arnica 6c, every 3-4 hours.	<i>During pregnancy and after birth, feeling bruised and swollen.</i>
Apis 6c, every 3-4 hours.	<i>During pregnancy and after birth, with stinging.</i>
Calc fluor 6x, a tissue salt, every 3-4 hours.	<i>A longer-term constitutional treatment, to prevent return of hemorrhoids.</i>

Varicose Veins

<i>Elevate the legs as often as possible, and apply tincture of Hamamelis externally as a compress. If available, take the minerals calcium fluoride and silica.</i>	
Ferrum phos 6x, a tissue salt, every 3-4 hours.	<i>Inflammation of the veins, sore and throbbing, with red streaks following the course of the vein, better by walking slowly.</i>
Calc fluor 6x, a tissue salt, every 3-4 hours.	<i>Varicose veins with bluish discoloration of the tissue.</i>
Hamamelis 6c, every 3-4 hours.	<i>Varicose veins with sore, bruised feeling in the legs.</i>
Aesculus 6c, every 3-4 hours.	<i>Varicose veins, aching, swollen and purple, often with a sore, lame back.</i>

<i>Belladonna 6c, every 3-4 hours.</i>	<i>Aching, throbbing veins, with shooting pains along the leg.</i>
<i>Pulsatilla 6c, every 3-4 hours.</i>	<i>Varicose veins during pregnancy, with sore, bruised feeling in the legs, worse from warmth and allowing the legs to hang down.</i>
<i>Mag phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Varicose veins with severe, spasmodic, cramping pains.</i>
<i>Vipera 6c, every 3-4 hours.</i>	<i>Varicose veins, worse when the legs are allowed to hang down, with pain as if they would burst.</i>

Breast Lumps and Congestion

<i>Lac caninum 12c, morning and evening from day 14 to the start of the next period.</i>	<i>Premenstrual congestion of the breasts, during the whole or second part of the menstrual cycle.</i>
<i>Bryonia 12c, every 3-4 hours.</i>	<i>Premenstrual congestion of the breasts, pain worse from the slightest movement.</i>
<i>Calc carb 6c, every 3-4 hours.</i>	<i>Premenstrual congestion in women with very large breasts.</i>
<i>Folliculinum 9c, 1 dose on day 7 of the cycle, and 1 dose on day 21.</i>	<i>Premenstrual breast congestion in women with abundant periods, weight gain and nervousness before the period.</i>
<i>Conium 6c, 2 doses a day for several months.</i>	<i>Cyst in the breast, hard and painful but, itchy, with stitching pains in the nipple. Discomfort worse just before and after the period; woman wants to press breasts hard with hand.</i>
<i>Iodum 6c, every 3-4 hours.</i>	<i>Bluish-red lumps in the breast, with gradual loss of fatty tissue, and tendency to feel hot all the time.</i>
<i>Phytolacca 6c, 2 doses a day for several months.</i>	<i>Cyst in the breast, with purplish tinge to the tissue, tender before and during the period. Worse from chill, damp weather and emotional strain.</i>
<i>Phytolacca 12c, 2 doses a day for several months.</i>	<i>Firm lumps of the breast with pain before or during the periods.</i>
<i>Conium 6c, 2 doses a day for several months.</i>	<i>Breast lumps after a blow.</i>

CANCER

Homeopathic medicine

Selection of Remedy

Selecting a remedy in a case of cancer should be on constitutional basis i.e. to consider the mental, physical generals, physical particulars, aggravation and amelioration factors including life situation. Unfortunately one cannot follow the above procedure because of following reasons ;

1. Patient comes to us fairly late in his sickness i.e. with distant metastasis.
2. By the time he sees us he has already taken enough suppressive measure like surgery, chemotherapy and radiation.

Repetitive Suppressive measure in the past pushes the constitutional symptoms in the background as a result on the surface one gets a maze of non-characteristic, pathological, non peculiar symptoms. Hence the principle in prescribing in such cases should be purely palliative.

1. Patients who present in a pre-cancerous condition or in the most earliest stage

The above group of patients stand a good chance of cure. A careful prescribing in such cases helps us to remove the disease from the root. Selection of a deep-acting constitutional remedy based on the patient's mental state, physical generals, modalities and particulars. One should start with a medium of potency (200 or 500) with frequent repetition till the time one gets the desired result. Intercurrent remedies like nosodes should always be included so as to clear the path for the remedies to act.

Since it is the beginning of the illness the susceptibility of the patient is quite high and the case is full of peculiar, queer, uncommon symptoms. Hence, the chances of cure is maximum. Sometimes it may happen whilst giving a constitutional remedy in a high potency (10M, 50M, CM) with frequent repetition one may have a temporary phase of frightful aggravation. This is considered to be a positive response and it indicates that one should stop further administration of the remedy and to wait and watch.

2. Patients who present with advanced cancer with distant metastasis

In the above cases one finds the picture is purely pathological. There is absence of peculiar, queer and uncommon symptoms. The susceptibility is extremely low. Hence one should be extremely careful about giving a potency too high with frequent repetition. I prefer a low potency, say the 6X 12X or 30X. One

Most homeopathic practitioners would agree that a combination of homeopathic and conventional techniques, along with dietary and other lifestyle changes, is the best program of treatment.

General Treatment of Cancer

This is composed of ;

1. Constitutional remedies.
2. Cancer remedies.
3. Drainage remedies.
4. Specific nosodes.
5. Anthroposophical remedies.

Constitutional Remedies: (determined by an individual's symptoms)

Remedies for pain sense any location	
Arsen alb	Like fire
Apis	Sting needling
Arnica	Bruising
Bryonia	Heavy
Calc acetium	Constricting
Euphorbium	Lacerating
Mag phos	Sharp shooting
Ruta	Aching restless
Eosin	Burnig

General remedies

Viscum alb	Stimulat immune system to destroy tumors Improve general condition
Habitual remedies 1x & 3x material doses	
<i>Sedum acre</i>	general give weight to patient
<i>Sedum repens</i>	Local modify tumor regress its progress
Hoang nan	Improve general condition

Specific nosodes:

Bowel nosodes	
For carcinoma	Morgan, Dysentericus
For sarcoma	Morgan, Gaertner
Carcinosis	
Carc adenostom	Stomach
Carc adeno vesica	Bladder
Carc intest	Intestine
Carc mam	Breast
Carc pulm	Lung

Specific remedies

Thuja	Epithelial & Glandular tissues tumors cachexia
Lachesis	Blood & Bone marrow elements tumors Encephalitic cancer Stomach
Iodium	Connective tissue and Breast Uterus LN Thyroid
Lycopodium	Liver Stomach Kidney Intestine Breast throat, chest, abdomen, liver, ovaries
Bromium	Breast cancer

Calcarea	
<i>Calcarea fluor</i>	<i>Breast Bone Uterine</i>
<i>Calcarea phos</i>	<i>Precancer stages</i>
<i>Calcarea carb</i>	<i>Precancer stages lymphatic, parotid, sublingual, submaxillary glands</i>
<i>Calcarea iodide</i>	<i>Engorged LN</i>
<i>Calcarea oxalat</i>	<i>Pain in cancer</i>
Kalis	
<i>Kali carb</i>	<i>Precancer stages</i>
<i>Kali bichrom</i>	<i>Gastric</i>
<i>Kali iodide</i>	<i>Connective tissues</i>
<i>Kali ars</i>	<i>skin</i>
<i>Kali cynatum</i>	<i>Tongue</i>
Carbos	
<i>Carbo veg</i>	<i>GIT</i>
<i>Carbo animalis</i>	<i>Skin Bone breast, stomach, uterus, and glands</i>
Nitric acid	<i>breast, uterus, vagina, and rectum</i>
Sedum teleplium	<i>Cancer with hge like Uterus & Rectum</i> Habitual remedies 1x & 3x material doses
Serofularia nodosa	<i>Breast Skin Uterus</i>
Sempervivum tectorum	<i>Tongue rectum</i> <i>Ulcers</i>
Condurago	<i>GIT Skin epithelioma, and scirrhus.</i>
Cistus candensis	<i>Breast Neck Pharynex</i>
Hydrastis	<i>Breast Stomach</i>
Kresotum	<i>Ulcers</i>
Ornitogalum	<i>Pylorodudonal</i>
Phytolacca	<i>Breast lips nose breast</i>
Gallium	<i>Urinary</i>
fuligo	<i>Skin Uterus</i>
Cinanmonum	<i>Hemorrhages</i>
Anatherum	<i>Breast tongue cervix</i>
Choline	<i>Liver</i>
Cholesterinum	<i>Liver</i>
Radium brom	<i>Skin epithelioma</i>
X ray	<i>Skin Leukemia</i>
Conium	Carcinoma Breast

Organ remedies

for bones	<i>Phosphorus, , Fluoric ac., Conium, and Hekla</i>
for connective tissue	<i>Calcium Crotalus and Kali. mur.</i>
for glands	<i>Carbo an., Conium, and Aurum mur.</i>

1. LIPS : Condurango, Con, Carb-an, Kali-ar.
2. PALATE : Canth, Hydr, Aur.
3. TONGUE : Kali cyanum, Sempervirum tectorum, Galium, Aparine.
4. PHARYNX : Cistus canadensis.
5. OESOPHAGUS : Condurango.
6. STOMACH : Carbo animalis, Condurango, Hydrastis, Lycopodium, Kali bichromicum.
7. PYLORUS AND DUODENUM : Ornithogalum.
8. INTESTINES : Condurango, Carbo—ani, Ars alb, Sedum repens, Petroleum.
9. CAECUM : Ornithogalum.
10. SIGMOID COLON AND RECTUM : Ruta, Scrofularia Nodosa, Sempervirum tectorum, Alum, Nit-ac, Ruta, Sep, Hydr, Kalicyan.
11. ANUS : Condurage.
12. LIVER : Cholesterinum, Lycopodium, Phosphorus, Choline.
13. PANCREAS : Phosphorus.
14. UTERUS : Phos, Sep, Sil, Aurum mur, Thuja, Natronatum, Kreosotum, Ars, Ars-i, Con, Elaps, Graph, Hydr, Lach, Lyco, Murex.
15. BREASTS : Asterias, Rubens, Conium, Carbo—ani, Hydrastis, Sempervirum Tectorum, Carcinosis, Bufo, Graph, Merc, Sil.,
16. TESTICLES : Aurum met, Spong.
17. SCROTUM : Fuligo ligni, Carb-an, Ph-ac.
18. SKIN : Scrofularia nodosa, Condurango, Galium aparine, Ars. alb, Thuja, Cinnabaris, Petroleum, Kali-ars, Rad—brom,
19. EYE : Condurango. Aurum, Calc, Lyco, Phos, Sep, Sil, Thuja.
20. PERIOSTEUM : Ruta, Sympahytum, Phosphorus.
21. LYMPHATIC GANDS IN GENERAL : Carbo animalis.
22. GLANDS IN GENERAL : Scrofularia nodosa, Iodium, Calc. fluorica, Calc (parotid), Aurm, Carbm, Carb—an, Con, Buni-O, Sieg, Stynch-g, Sul-i, Syph.
23. FACE : Thuja, Cinnabaris.
24. NECK : Cistus canadensis, Merc (parotids).
26. VAGINA : Kreos.
26. BLADDER : Taraxac.
27. AXILLA : Asteria rubens.

COMPLEMENTARY LIFESTYLE GUIDE (HELPING REMEDIES WORK)

EATING FOR HEALTH

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

STAYING IN SHAPE

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

IMPROVING SURROUNDINGS

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

TREATMENTS FOR THE BODY

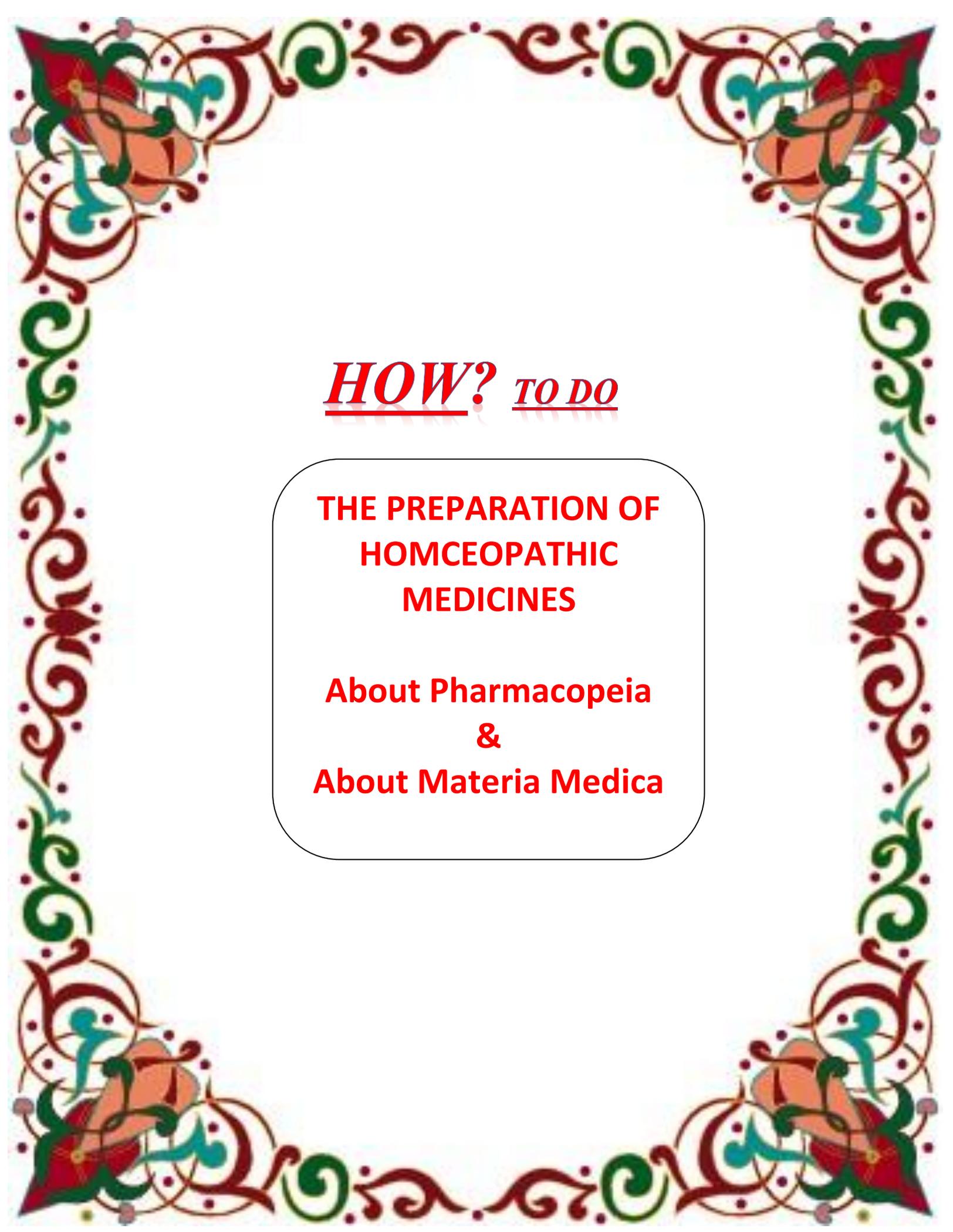
- *Breathing and relaxation techniques: for relief of pain and stress-related symptoms.*
- *Touch therapies: pressure or massage for relaxation, relief of ailments, and promotion of health (for example, aromatherapy, reflexology).*
- *Manipulation: for disorders of the spine, joints, and muscles, and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

MANAGING STRESS

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

TREATMENTS FOR THE MIND

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



HOW? TO DO

**THE PREPARATION OF
HOMCEOPATHIC
MEDICINES**

**About Pharmacopeia
&
About Materia Medica**

Using homeopathic remedies

Potency or various strengths?

Mother Tinctures i.e. Q

Lower Potencies

3

C

6c

Local &
Recent
Symptoms

12c

Local
Symptoms

30x

General
Condition

30c

General
Condition

200ck

Physical &
Emotional
Trouble

Higher Potencies

1M
CM
LM

Alternative Remedies

Precautions - homeopathic medicines?



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

Alternative Remedies

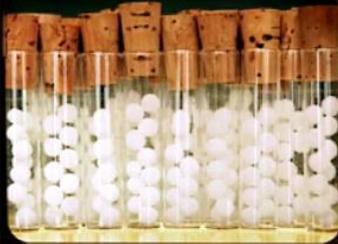
How to take homeopathic the granules?

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



Alternative Remedies

What are homeopathic granules made of ?



Base Homeopathic pills are:

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



Alternative Remedies

How to take homeopathic liquids?



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

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



Alternative Remedies

How to take Mother tincture liquids?



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

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



Alternative Remedies

Dispensing homeopathic remedies:

How to prepare homeopathic pills?

Step 1
Get unmedicated pills from a homeopathic store

Step 2
Buy your prescribed medicine from a homeopathic store

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

Step 4
Take as suggested by your doctor

Alternative Remedies

Snra Remedies
Mind & Body Health Clinic
Birmingham UK
+44 7955 299993

- *Apis*aconite*arnica*aloe* Arsen alb* Anatherum* Aurum mur.* Aesculus*
- *Belladonna*bellis*baryta carb* Bryonia* Bowel nosodes(Morgan, Dysentericus Morgan,Gaertner)* Bromium* Bellis* Bufo*
- *Calendula*cantharis*causticum*collinsonia* Calc acetium* Carcinosis* Calcarea fluor* Calcarea phos* Calcarea carb* Calcarea iodide* Calcarea oxalate* Calc sulph *Carbo veg* Carbo animalis* Condurago* Cistus candensis* Cinanmonum* Choline* Cholesterinum* Conium* Crotalus* Calcium* Camphor* Carbo veg* Cocculus* Collinsonia*
- *Dysentericus*
- *Euphorbium* Eosin*
- *Ferrum phos* fuligo* Fluoric ac* Folliculinum*
- *Gallium* Glonoine* Gelsemium* Graphites*
- *Hepar sulf*hypericum*hypericum*hamamelis* Hoang nan* Hydrastis* Hekla*
- *Iodum*
- *Kali carb* Kali bichrom* Kali iodide* Kali ars* Kali cynatum* Kresotum* Kali. mur.* Kali sulph *Kali bich*
- *Lachesis*ledum* Lycopodium* Lac caninum*
- *Merc so,* Mag phos* Morgan* Mur ac*
- *Nit ac*nux vom* Nat mur*
- *Ornitogalum*
- *Phytolacca* Phosphorus* Pulsatilla* Paeonia*
- *Ruta* Radium brom*
- *Silica*symphytum*sol* Sedum acre*Sedum repens* Sedum teleplium* Serofularia nodosa* Sulphur *Sepia *Sempervivum tectorum* Staphysagria*
- *Thuja* Tarentula* Tamus*
- *Urtica*
- *Viscum alb* Veratrum album* Vipera*
- *X ray*

ACONITE البيش

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

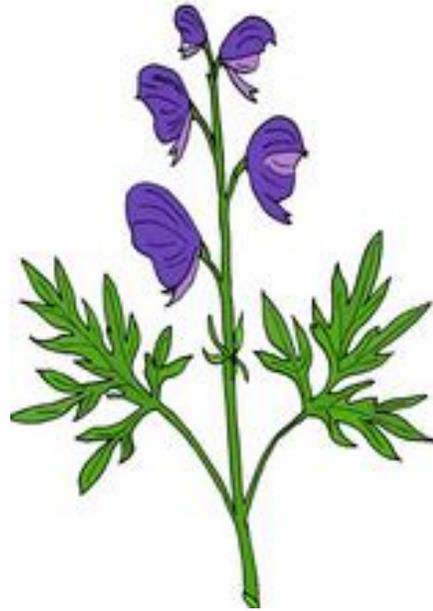
Historically, the deadly juices derived from this plant were used as an arrow poison, hence the name aconite, from the Greek acon, or "dart." its poisonous alkaloids, which are found at their highest concentrations in the root

KEY SYMPTOMS

complaints triggered by shock or exposure to cold winds • panic attacks and fear of death • acute infections of sudden onset

USE

Acute respiratory infections
Fear, shock & anxiety
Problems in labor



PREPARATION

Whole plant, including the root, is unearthed during the flowering season, chopped, and macerated in alcohol.

Aesculus hippocastanum

AESCULUS كستناء الحصان

Horse chestnut, conker

Historically, common name is thought to originate from the traditional Turkish custom of feeding the nuts to horses as an antidote to flatulence.

KEY SYMPTOMS

very low, depressed, and irritable, with poor concentration.

USE

hemorrhoids



PREPARATION

The fresh, ripe, peeled, and finely chopped horse chestnuts are 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.

ARNICA زهرة العطاس

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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

Artemisia cina الشيح

Levant wormseed دودة بلاد الشام, European wormseed, Tartarian southernwood

Historically, Dried, unopened flower heads have been used since ancient times in preparations for expelling intestinal worms. The bitter plant has also been used as a digestive stimulant

KEY SYMPTOMS

teeth-grinding • irritability and touchiness • temper tantrums irritability in children • ravenous appetite • desire to lie on the hands and knees • itchy nose that is constantly rubbed

USE

Intestinal worms
Twitching muscles
Sleep problems



P R E P A R A T I O N

Unopened flower heads (called “seeds”) are harvested in fall, coarsely powdered, macerated in alcohol, 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



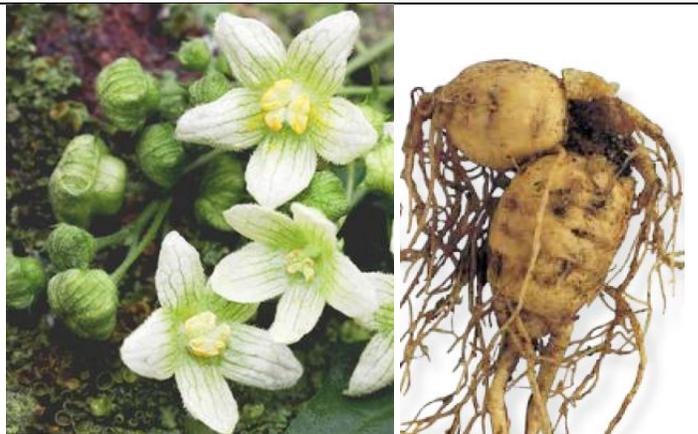
P R E P A R A T I O N

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

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



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



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

<p>CALENDULA بكورية القطينفة <i>Calendula officinalis</i> Pot marigold, marigold.</p>	
<p>Historically, The antiseptic and anti-inflammatory properties of calendula have made it one of the longest established popular herbal remedies. Large amounts are grown in Russia, and it has been nicknamed “Russian penicillin.”</p>	
<p>KEY SYMPTOMS heal and soothe</p>	
<p>USE heal and soothe cuts and broken skin. It may prevent the development of disfiguring scars varicose</p>	
<p>PREPARATION The finely chopped, fresh flowers and leaves are steeped in alcohol.</p>	

<p>Camphor الكافور <i>Cinnamomum camphora</i> syn. <i>Laurus camphora</i> CAMPHORA هو مادة شمعية بيضاء أو شفافة صلبة، ذو رائحة عطرية</p>	
<p>Historically, Commonly used as a moth repellent, camphor is also a strong narcotic</p>	
<p>KEY SYMPTOMS emotional and physical coldness crave sympathy, but may be quarrelsome, aggressive, and depressed.</p>	
<p>USE cold with chills and sneezing insomnia and restless sleep</p>	
<p>PREPARATION The gum of the tree is dissolved in alcohol, diluted, and succussed.</p>	

<p>CISTUS القريضة <i>Cistus canadensis</i> Frostweed, Canadian rock rose.</p>	
<p>Historically, name derives from its love of frost on its roots in early winter</p>	
<p>KEY SYMPTOMS frightened and stressed sensitive to cold air glandular swelling and hardening, particularly in the neck</p>	
<p>USE frequent colds, tonsillitis, upper respiratory tract infections, chronic or recurrent sinusitis, and allergic rhinitis</p>	
<p>PREPARATION The whole, fresh plant and root are macerated in alcohol.</p>	

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



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



Collinsonia canadensis
COLLINSONIA كونسونية كندية
Stoneroot, horsebalm, richweed

Historically, called due to its hard, knotted root.

KEY SYMPTOMS
gloomy temperament

USE
*bleeding hemorrhoids
 menstrual pain, pelvic aches, and labor or
 pregnancy itchy vulva
 bruises and sores.*

PREPARATION
The fresh root is chopped and macerated in alcohol



Eupatorium perfoliatum
EUPATORIUM PER.
Eupatorium perfoliatum
Boneset, agueweed,

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

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

USE
influenza or malarial fever

PREPARATION
The fresh aerial parts in flower are macerated in alcohol



***Euphorbia resinifera* ‘Berger’**
EUPHORBBIUM اللبان
Spurge, gum euphorbia

Historically, Native to Morocco

KEY SYMPTOMS

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

USE

*burning pain in the bones
itching, burning skin*



PREPARATION

The hardened, resinous sap is macerated in alcohol

GELSEMIUM ياسمين أصفر
Gelsemium sempervirens
Carolina jasmine, yellow jasmine, false jasmine.

Historically, Native to the southern US

KEY SYMPTOMS

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

USE

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



PREPARATION

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

HAMAMELIS مشتركة فرجينية

Hamamelis virginiana

Virginia witch hazel بندق الساحرة

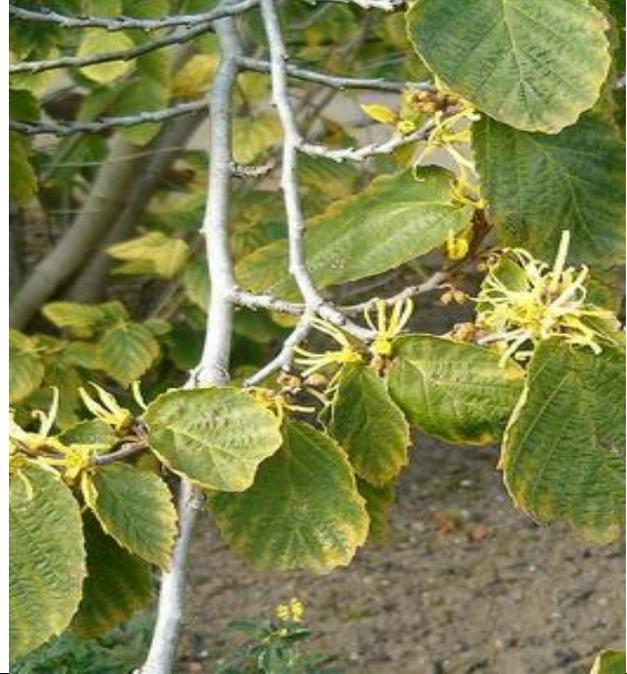
Historically, Native to Canada and eastern and central US, and grown in Europe.

KEY SYMPTOMS

depressed and solitary
restlessness and irritability

USE

hemorrhoids and varicose veins
heavy periods in women or nosebleeds



PREPARATION

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

HELLEBORUS خربق

Black hellebore, Christmas rose

As early as 1400 BCE, the Roman natural historian Pliny wrote of using black hellebore for mental conditions. Ancient Greek and Roman philosophers would drink an infusion of the plant to increase their concentration before prolonged debates

KEY SYMPTOMS

mental dullness and sluggishness • chilliness •
tendency to drop things • person feels worse
between 4 p.m. and 8 p.m.

USE

Nervous-system disorders
Brain inflammation
Headaches
Digestive disorders
Depression



PREPARATION

The tincture is prepared from the fresh root of the plant. This is dug up in the winter, chopped, and macerated, then filtered and succussed.

HYPERICUM الدَّاذِي العرن

Hypericum perforatum

St. John's-wort.

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

KEY SYMPTOMS

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

USE

depressed, frightened, or shocked



PREPARATION

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

HYDRASTIS خاتم الذهب

Hydrastis canadensis

Goldenseal, orangeroot, yellow pucoon

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

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

<p>LEDUM <i>Ledum palustre</i> <i>Marsh tea, wild rosemary</i></p>	
<p><i>Historically, Marsh tea has traditionally been used in Scandinavia to eliminate lice.</i></p>	
<p>KEY SYMPTOMS <i>angry, dissatisfied, anxious, antisocial, or even demented when ill</i></p>	
<p>USE <i>first-aid remedy for cuts, grazes, puncture wounds, insect stings, and black eyes and other eye injuries.</i> <i>rheumatic pains</i></p>	
<p>PREPARATION <i>As the plant comes into flower, the tips of the leafy shoots are collected, dried, and steeped in alcohol.</i></p>	

LYCOPODIUM رَجُلُ الذَّنْبِ

Lycopodium clavatum

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

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

KEY SYMPTOMS

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

USE

*Anxiety
Digestive disorders
Urogenital problems, Chest infections*



PREPARATION

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

NUX VOMICA جُوزِ مَقِيءٍ

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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

Paeonia officinalis
PAEONIA بايونيا
Peony.

Historically, Culpeper, the 17th-century English herbalist, claimed that the root of this herb would prevent epilepsy in children if hung around their necks.

KEY SYMPTOMS
chilly sensation

USE
fissures and hemorrhoids,



PREPARATION
The fresh, finely chopped root, dug in spring, is steeped in alcohol

PHYTOLACCA صبغة الأسدية

Phytolacca americana
Virginia pokeroot, reading plant, garget, pocon

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

KEY SYMPTOMS
Neck & breast swelling

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



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

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

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

STAPHYSAGRIA القمل الجبلى

Delphinium staphisagria

Stavesacre, palmated larkspur, housewort.

عائق جبلى أو زبيب الجبل أو زبيب بري أو عشبة القمل

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

KEY SYMPTOMS

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

USE

Urogenital problems

Joint pain, Toothaches

Skin conditions Headaches, Insomnia

PREPARATION

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



SYMPHYTUM شاعة

Symphytum officinale

Comfrey, knitbone.

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

KEY SYMPTOMS

confusion.

USE

Bruising

Eye problems

Injury

Sports injuries

PREPARATION

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



THUJA عفص

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

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

KEY SYMPTOMS

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

USE

Skin conditions
Urogenital problems
Headaches
Catarrh & sinusitis
Menstrual problems

**PREPARATION**

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

VERATRUM ALB خَرْبُوق أبيض
أو بقلّة الرماح

Veratrum album, White hellebore, false hellebore.

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

KEY SYMPTOMS

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

USE

Diarrhoea
Collapse
Emotional problems
Vomiting & nausea

**PREPARATION**

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

VISCUM ALB. دبق أبيض
Viscum album
Mistletoe.

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

KEY SYMPTOMS

Fear and detachment from others

USE

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



PREPARATION

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

URTICA URENS القراص الحارق
Annual nettle.

Historically, Found wild in temperate regions throughout the world.

KEY SYMPTOMS

Itching rashes

USE

*Urticarial
 blistering, burning, stinging*



PREPARATION

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

Aurum chloratum
AURUM MUR.
Gold chloride. كلوريد الذهب

Historically, reddish yellow crystal was called "ruby glass"

KEY SYMPTOMS
restless, easily depressed, sensitive

USE
*heart conditions
 edema congestion in the liver, kidneys, and
 genitals. Fibroids or cancer*



PREPARATION
The crystals are dissolved in alcohol, diluted, and succussed.

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

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

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

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



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

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.



Radium bromatum
RADIUM BROM. بروميد الراديوم
Radium bromide

Historically Radium is too unstable always combine

KEY SYMPTOMS

depressed, anxious people who need company and are afraid of being alone in the dark

USE

Burns
 skin: psoriasis, eczema, dermatitis, acne rosacea, nevi

PREPARATION

The compound is dissolved in purified water, diluted, and succussed.



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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

CALC. FLUOR. كالسيوم فلوريت
Calcium fluoride

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

KEY SYMPTOMS

Anxiety about health.

USE

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



PREPARATION

Calcium fluoride is mixed with lactose sugar and triturated.

Calcium iodatum syn
Calcareo iodata
CALC. IOD. يود الكالسيوم
Calcium iodide.

Historically, Chemically prepared

KEY SYMPTOMS
lightheaded, disinclined

USE
Tonsils
glandular swellings, and fibroids

PREPARATION
Calcium iodide is dissolved in alcohol, diluted, and succussed



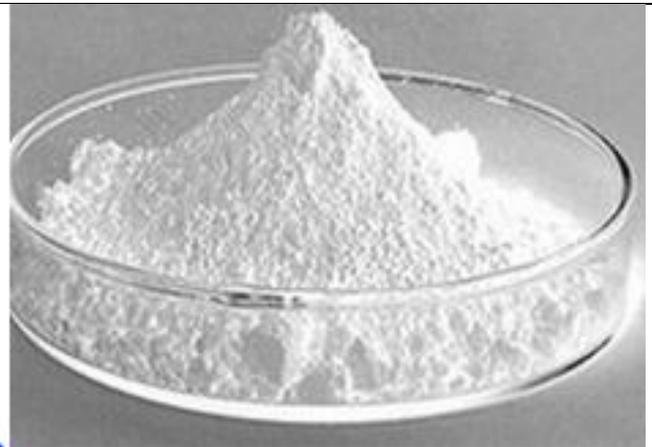
CALC. PHOS كالسيوم فوسفات
Calcium phosphoricum سماد الازوت

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

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

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

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



*Calcium sulphuricum syn.
 Calcareo sulphurica
 CALC. SULPH. الجبس
 Gypsum, calcium sulfate*



Historically, Gypsum is used to make plaster of Paris

KEY SYMPTOMS
fearful, jealous. bossy,

USE
*Suppurating,
 mucous-membrane discharge*

PREPARATION
Gypsum is mixed with lactose sugar and triturated.

CAUSTICUM البطاس
Potassium hydrate



Historically, Unique to homeopathy, this compound of potassium was specially devised and proved by Hahnemann

KEY SYMPTOMS
*oversensitivity • intolerance of injustice •
 gradual paralysis • raw, burning pain •
 person feels worse for cold, dry, windy weather*

USE
*Tremors & paralysis
 Urinary disorders
 Skin conditions
 Sore throat Cough*

PREPARATION
Slaked lime and sulfate of potash are combined and dissolved in purified water. This solution is then further diluted and succussed.

FLUORIC AC. الفلور
Acidum hydrofluoricum

Historically, It is essential for healthy teeth and gums, and a compound of it, fluoride, is often added to toothpastes and the water supplies of some countries to help prevent tooth decay

KEY SYMPTOMS

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

USE

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



PREPARATION

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

Ferrum phosphoricum
Iron phosphate فوسفات الحديد

Historically, Used by Dr. Wilhelm Schüssler to make a “biochemic tissue salt” for treating the early stages of inflammatory conditions.

KEY SYMPTOMS

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

USE

Fever
Respiratory illness, Earache
Digestive disorders
Poor circulation
Raynaud’s disease
Urogenital problems



PREPARATION

Prepared chemically from iron sulfate, sodium phosphate, and sodium acetate. The powdered mineral is then triturated.

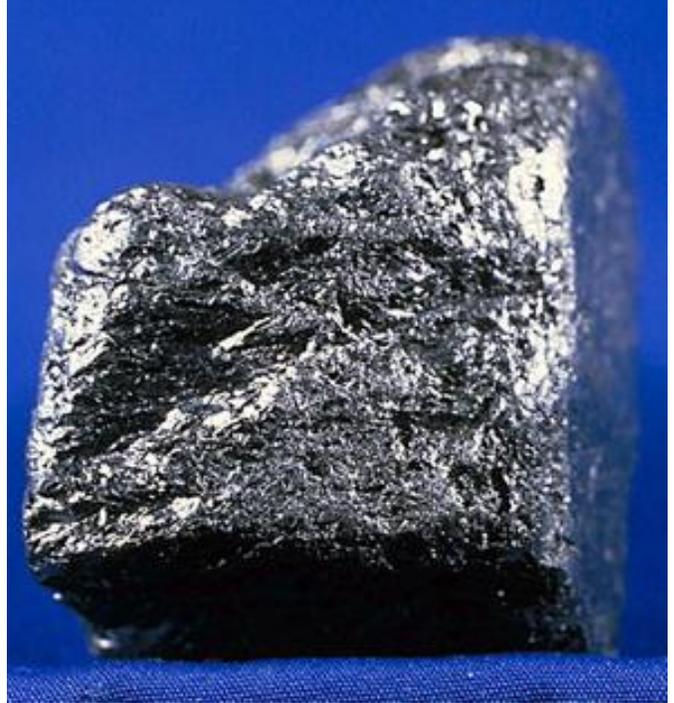
GRAPHITES جرافيت / كربون
blacklead, plumbago. سن القلم الرصاص

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

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

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

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



Hekla lava هباب بركاني
HEKLA

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

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

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

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



<p>HEPAR SULPH <i>Calcium sulfide</i></p>	
<p>Historically, It is still used in veterinary medicine, and industrially in paint manufacture. A form of calcium sulfide using powdered oyster shell and flowers of sulfur</p>	
<p>KEY SYMPTOMS violent outbursts • oversensitivity • chilliness • offensive-smelling discharges • splinterlike pains • craving for sour foods and drinks</p>	
<p>USE Colds & catarrh Sore throat Coughs & croup Skin conditions Digestive disorders</p>	
<p>PREPARATION Flowers of sulfur and powdered oyster shell are heated, dissolved in acid, and triturated with lactose sugar.</p>	

<p>KALI. BICH. بوتاس ملون <i>Kalium bichromicum</i></p>	
<p>Historically, Used for industrial purposes such as the dyeing of fabric and wood-staining. Also used in photography, and as a component of electric batteries.</p>	
<p>KEY SYMPTOMS great attention to detail • regular habits • localized pain • tough, stringy, yellow-green catarrh • person feels worse between 2 a.m. and 5 a.m.</p>	
<p>USE Catarrh & sinusitis Sore throat, coughs & croup Indigestion, Headaches Skin conditions, Joint pain</p>	
<p>PREPARATION The remedy is made by dissolving iodate salts in alcohol, then repeatedly diluting and succussing the mixture.</p>	

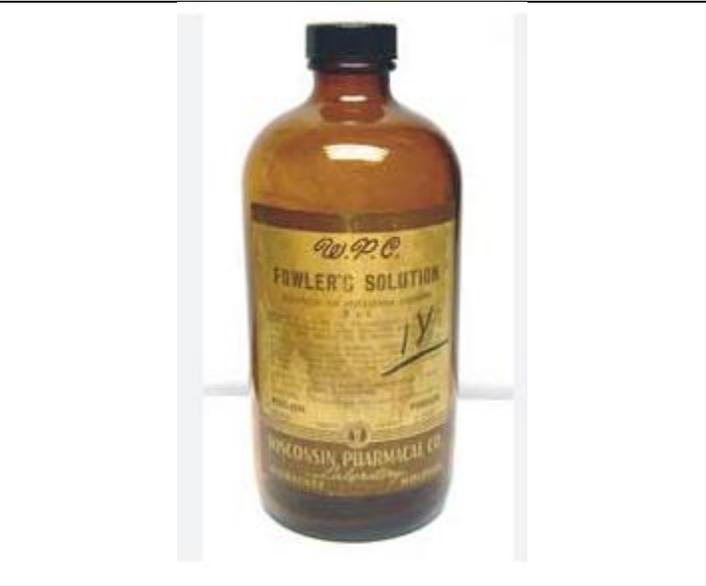
Kalium arsenicosum
KALI. ARS. زرنیخ البوتاس
Potassium arsenate,
Fowler's solution. مبيداً حشري

Historically, Fowler's solution, which consists of tincture of lavender, potassium carbonate, arsenous acid, and pure water

KEY SYMPTOMS
anxious,

USE
*anemia, eczema, psoriasis, acne, or ulcers.
 malignant skin*

PREPARATION
The compound is triturated with lactose sugar.



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>IODUM Iodine. اليود</p>	
<p><i>Historically, Chinese herbalists used burned seaweed to treat thyroid problems 2,000 years ago. It is also a well-known antiseptic.</i></p>	
<p>KEY SYMPTOMS <i>loss of weight with increased appetite • heat intolerance • lack of thirst • enlarged glands that then waste away • anxiety and restlessness</i></p>	
<p>USE <i>Overactive metabolism, Heat intolerance Eating disorders Cough, Respiratory illness</i></p>	
<p>PREPARATION <i>The remedy is made by dissolving iodate salts in alcohol, then repeatedly diluting and succussing the mixture.</i></p>	

<p>Kalium chloratum كلوريد البوتاسيوم KALI. MUR.</p>	
<p><i>Historically, from the mineral sylvine, which is found mainly in North America and Germany.</i></p>	
<p>KEY SYMPTOMS <i>optimistic and hard-working alternate between cheerfulness and sadness chronic catarrh and congestion in the nose</i></p>	
<p>USE <i>Earaches tonsillitis inflammation in the membranes and joints.</i></p>	
<p>PREPARATION <i>Potassium chloride is triturated with lactose sugar.</i></p>	

KALI. BICH. بوتاس ملون
Kalium bichromicum

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



KALI. CARB بوتاس ابيض
Kalium carbonicum
potash,

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



Kalium iodatum

KALI. IOD.

Potassium iodide

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

KEY SYMPTOMS

strong tempers

USE

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

PREPARATION

Potassium iodide is triturated with lactose sugar.



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.



Magnesium phosphoricum
MAG. PHOS **ماغنسيوم**

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



MERC. SOL Mercury, الزئبق
Hydrargyrum metallicum

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



NITRIC AC. حمض النتريك
aqua fortis. الماء القوي

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

KEY SYMPTOMS

anxiety about health • splinterlike pains • cracks in mucous membranes at orifices • offensive-smelling discharges • irritability • oversensitivity • chilliness • dissatisfaction

USE

Skin conditions, Warts, Hemorrhoids, Anal fissures
Mouth ulcers, Catarrh



PREPARATION

Made by diluting one part nitric acid in nine parts pure alcohol. This mixture is then diluted and succussed.

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

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

PHOSPHORUS الفسفور

White & yellow

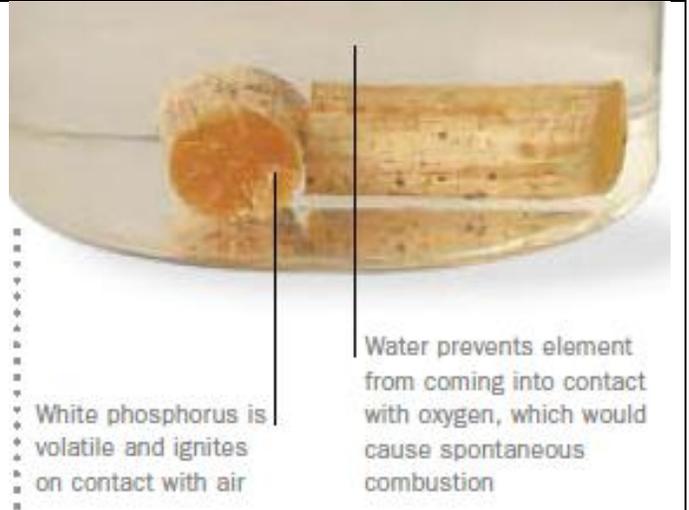
Historically, The name is derived from the Greek phosphoros, or “light-bringing,” since the element glows in the dark.

KEY SYMPTOMS

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

USE

Poor circulation, Bleeding
Digestive disorders, Respiratory illness
Burning pains



PREPARATION

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

SILICA الرمل

Silica, flint, quartz, rock crystal.

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

SULFUR الكبريت الاصفر
Brimstone, flowers of sulfur

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

APIS نحل العسل

Apis mellifera, Honey bee.

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

KEY SYMPTOMS

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

USE

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

PREPARATION

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



Bufo bufo syn. Rana bufo

BUFO

Common toad, Brazilian toad.

Historically Brazilian women were known to give the toad's venom to their husbands in food or drink to lower sexual vitality.

KEY SYMPTOMS

immature, childish behavior

USE

seizures and skin problems
excessive sexual activity

PREPARATION

Venom secreted by the dorsal glands on the toad's back is mixed with lactose sugar and triturated



<p>CANTHARIS الذرّثوح <i>Lytta vesicatoria</i> Spanish fly, blister beetle. الذباب الاسباني</p>	
<p>Historically The Greek “father of medicine,” Hippocrates, advocated Spanish fly for dropsy in the 5th century BCE.</p>	
<p>KEY SYMPTOMS burning, cutting pains • urine that passes in drops • very high libido with urinary problems • violent behavior • person feels worse for coffee</p>	
<p>USE Severe cystitis Burns & scalds Insect bites & stings Gastritis, diarrhea & dysentery Excessive libido</p>	
<p>PREPARATION Whole, live beetles are killed by heating. They are then macerated in alcohol and left to stand for five days, before being filtered, diluted, and succussed</p>	

<p>Carbo animalis CARBO AN. فحم حيواني Animal charcoal</p>	
<p>Historically To make animal charcoal, oxhide is heated until luminescent, then transferred to an airtight environment.</p>	
<p>KEY SYMPTOMS chilly, feeble, abandoned</p>	
<p>USE painful veins, poor circulation cancer,,</p>	
<p>PREPARATION Charcoal ash is triturated with lactose sugar.</p>	

CARCINOSIN دارة سرطانية
Carcinosinum
Cancerous breast tissue

Historically The development of a homeopathic remedy derived from cancerous tissue is attributed to two British homeopaths, Dr. Compton Burnett and Dr. Clarke, who first proved the remedy in the late 19th century

KEY SYMPTOMS

workaholic, passionate nature • conditions that are affected by being at the seaside • desire for travel • desire for butter and chocolate • sleeping difficulties

USE

Chronic fatigue syndrome
 Insomnia
 Respiratory illness
 Abdominal pain
 Skin growths & blemishes



PREPARATION

The prepared specimen of cancerous tissue is sterilized and then dissolved in purified water. This mixture is then repeatedly diluted and succussed.

CROTALUS الحية ذات الجرس
Crotalus horridus horridus الطريشة
Rattlesnake, pit viper.

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

KEY SYMPTOMS

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

USE

Bleeding, Stroke, Heart disorders, Delirium
Throat infections



PREPARATION

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

LAC CAN لبن الكلب

Lac caninum

Bitch's milk

Historically Since the era of ancient Rome, the milk of nursing female dogs has been put to medicinal use

KEY SYMPTOMS

pain that alternates from side to side • fear of snakes • great sensitivity • lack of confidence • swollen breasts before menstruation • sensitivity to touch

USE

Throat infections, Hypersensitivity Phobias, Breast problems Vaginal bleeding & discharge



PREPARATION

Fresh milk from a nursing mongrel bitch is expressed and diluted in a mix of alcohol and water for the tincture

LACHESIS الافعى السامة

Bushmaster snake, surucucu

Historically Known as “surucucu” by indigenous South American peoples

KEY SYMPTOMS

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

USE

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



PREPARATION

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

SEPIA الحبار
Cuttlefish الاخطبوط

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

KEY SYMPTOMS

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

USE

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



PREPARATION

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

TARENTULA العنكب الأرضية الصيادة
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.

Vipera berus
VIPERA
European adder, viper.

Historically Dark gray with black zigzags on its back, the adder has hollow fangs in the upper jaw for injecting venom.

KEY SYMPTOMS
dizzy, even delirious

USE
faintness and collapse
nosebleeds, varicose veins, or phlebitis

PREPARATION
The fresh venom is triturated with lactose sugar.



• *Reference books:*

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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**
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Thank
you

