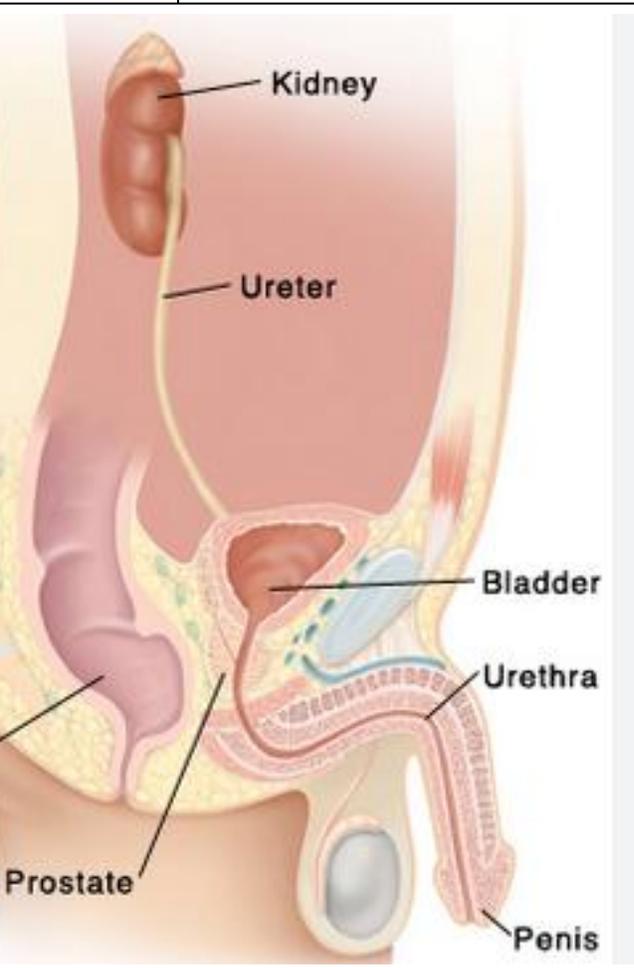


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2023

*DR.  
MASSOUD  
NOTES*



# Andrology & Urinary Homeopathy

Alternative medicine system



By

*Dr. Mahmoud Massoud, MD.*

**Egyptian Medical Academy & AFCM Lecturer**

# *About Author*



*Collected & EditedBy*

***Dr. Mahmoud Massoud,***

*MD. (Kasr Al-Ainy, Cairo University)*

*Master degree (Ain Shams University)*

*MBBCH (Menufia University)*

*Helmya Military hospital*

*Military Medical Academy*

*Lecturer Orthopedic, Spine surgery & Pain therapy AFCM*

***Author telegram group***

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



**@DRMASSOUD77**

## *About ACKNOWLEDGMENT*

*All thanks to ALLAH.*

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

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

*To my Colleagues  
Urinary & Andrology speciallity*

## *How to use this book*

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

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

*2nd: you read this book as application to homeopathic strategy of Treatment to **Urinary & Andrology** pathologies.*

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

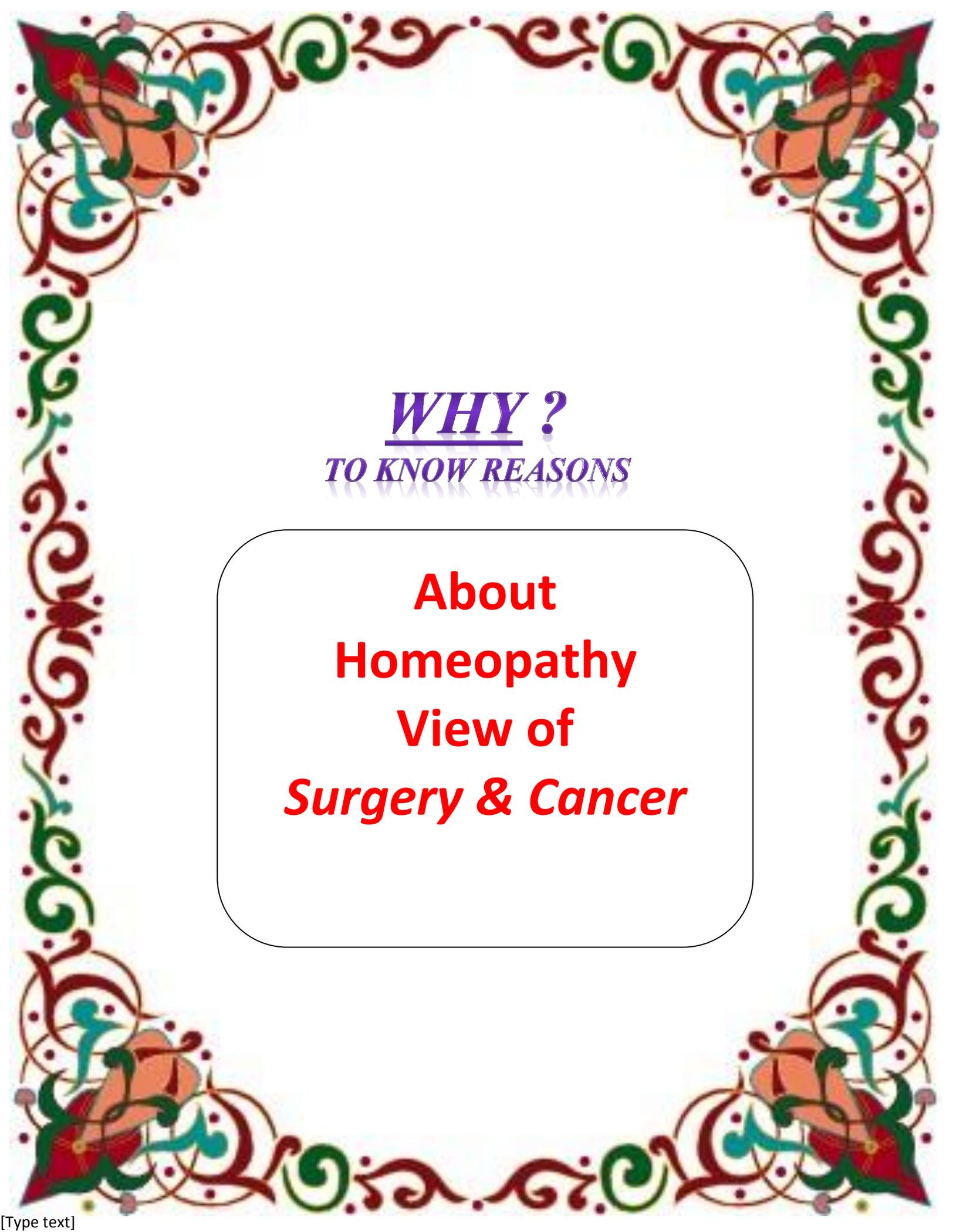
*Dr. Mahmoud Massoud*

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

# Introduction

- *The aim of the art of medicine is to cure disease; **Urinary & Andrology 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 **Urinary & Andrology 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.*
  - *Homeopathy is safe to all pediatric and old, pregnant and lactating.*
  - *Treatment is cost-effective.*

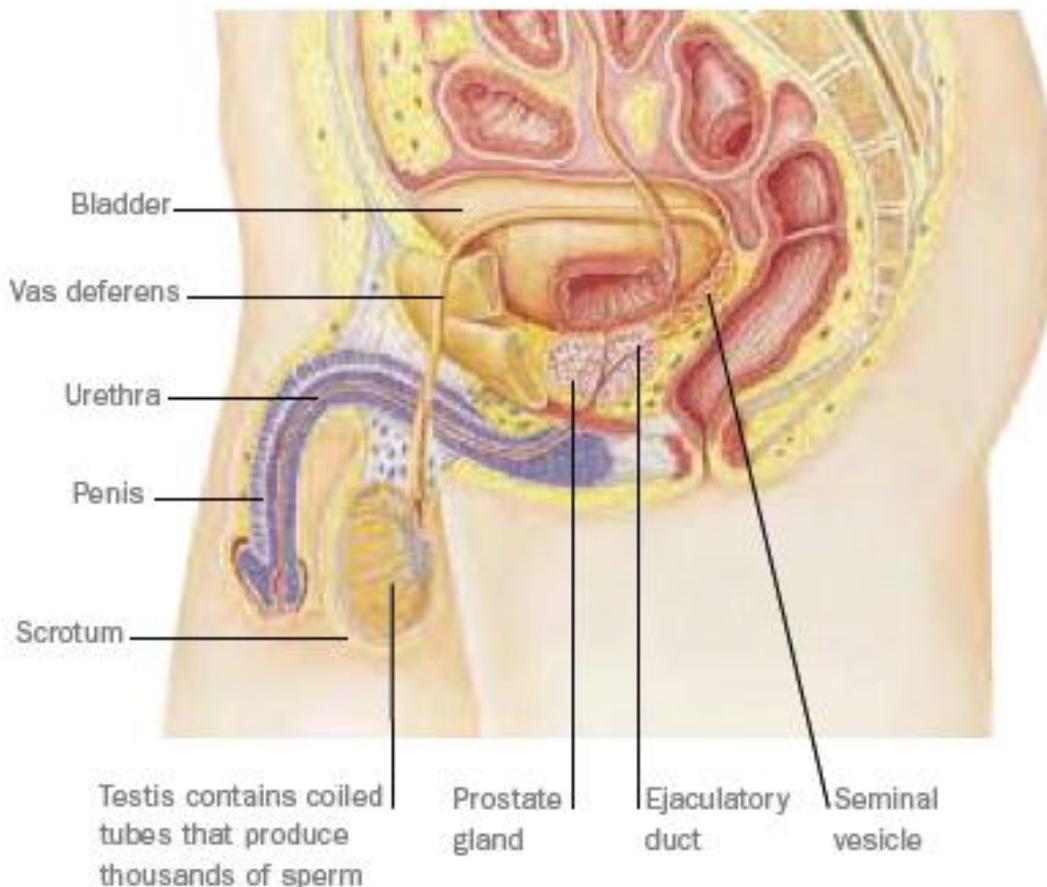


**WHY ?**  
***TO KNOW REASONS***

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

## REPRODUCTIVE SYSTEMS

- *The urge to procreate is one of the most basic instincts driving human beings. Reproduction involves the fertilization of an egg from the ovary of the female by a sperm from the male, and the development of a fetus to term. Contraception has facilitated greater control over childbearing than ever before. In parallel, the science of assisted reproduction has developed as couples delay having children until their fertility may have begun to decline.*
- **How the system works**  
*Reproduction depends upon the efficient functioning of both the female and male systems. This is impaired physiological problems such as blockages, which are either congenital or the result of infection or scarring and which may give rise to infertility; growths such as fibroids; and malformation such as an enlarged prostate gland.  
The reproductive process may also be interrupted by hormonal imbalances.*
- **Male reproduction**  
*Male sex cells, or sperm, are produced in the testes. These are outside the body so that the sperm are kept cool.  
From the testes, sperm travel up a narrow tube, the vas deferens, in which they are joined by secretions from the seminal vesicles and the prostate gland to create semen.  
During sexual intercourse, semen is ejaculated into the vagina of the female. Erectile tissue in the penis expands as a result of increased blood flow during sexual arousal, allowing the insertion of the erect penis into the vagina during intercourse and the emission of semen.  
Once in the vagina, sperm “swim” by means of long, whiplike tails. Each sperm head contains genetic material.*



## **PROSTATE PROBLEMS**

- *Enlargement of the prostate, and the consequent pressure on the bladder and urethra, commonly occur among men over 45. Disorders of the prostate gland rarely occur in men under 30.*
- *Prostatitis, or inflammation of the prostate, usually affects those in their thirties and forties, while prostate cancer generally affects men over 60.*
- **Symptoms:**
  - *Enlarged prostate: difficulty in starting a stream of urine, weak urine flow, and the need to urinate during the night. In later stages, possible incontinence due to overflow from the bladder and frequency of urination. In severe cases, possible obstruction of urine flow associated with distension of the abdomen.*
  - *Prostatitis: pain when passing urine, increased frequency of urination, possible fever, discharge from the penis associated with pain in the colon and lower abdomen, and blood in the urine.*
  - *Cancer: symptoms resemble those of an enlarged prostate, but there may be none at all. Possible pain from secondary cancers. If cancer has spread locally, possible urinary obstruction or pelvic pain.*
- **Causes**

*The precise cause of prostate enlargement with age is unknown, although it may be due to an excess of a testosterone-type hormone or to a nutritional deficiency. Prostatitis is caused by a urinary infection, possibly following the use of a catheter or excessive sexual activity. The causes of cancer are unknown*
- **Conventional care**

*Prostate enlargement and prostatitis are diagnosed by examination, ultrasound scanning, urine analysis, and blood tests to check kidney function. Strength of urine flow may be measured. Cancer is detected by examination, scanning, or biopsy. Treatment for an enlarged prostate includes alpha blockers, which relax smooth muscle, thus increasing urinary flow, and testosterone-inhibiting drugs, or surgical removal. Prostatitis is treated with antibiotics, and cancer by the conventional methods.*

## **BENIGN PROSTATIC HYPERPLASIA**

- *Benign prostatic hyperplasia (BPH), also called benign enlargement of the prostate (BEP), or benign prostatic hypertrophy, is a noncancerous enlargement of the prostate gland.*
- *The enlarged prostate may compress the urinary tube (urethra), which courses through the center of the prostate, impeding the flow of urine from the bladder through the urethra to the outside. It is a histological diagnosis associated with unregulated proliferation of connective tissue, smooth muscle and glandular epithelium within the prostatic transition zone.*
- *It is a common cause of significant lower urinary tract symptoms in men and is the most common cause of bladder outflow obstruction (BOO) in men > 70 years of age.*

### **INCIDENCE**

- *BPH is a common problem that affects the quality of life in approximately one third of men older than 50 years. BPH is histologically evident in up to 90% of men by age 85 years.*
- *Worldwide, approximately 30 million men have symptoms related to BPH.*
- *It tends to be more severe and progressive in African-American men because of the higher testosterone levels, 5-alpha-reductase activity, androgen receptor expression, and growth factor activity in this population.*

### **AETIOLOGY/ RISK FACTORS**

*Two broad categories of risk factors associated with BPH are identified<sup>6</sup>:*

- **Non-modifiable factors**
  - **Age:** *prevalence of BPH rises markedly with age*
  - **Geography:** *Lower prostate volumes have been observed in men from Southeast Asia compared*

to western populations

- **Genetics:** An autosomal dominant pattern of inheritance is suggested.
- **Modifiable factors**
  - **Sex steroid hormones:** Androgens (testosterone; especially dihydrotestosterone (DHT) and estrogen are known to result in prostate enlargement
  - **Obesity and physical activity:** Increased adiposity and decreased physical activity is associated with increased prostatic volume.
  - Presence of metabolic syndrome and diabetes
  - Other factors like smoking, diet and socio economic status

## **DIAGNOSIS**

### **Clinical presentation**

- Initial symptoms of BPH include difficulty in starting to urinate and a feeling of incomplete urination. The symptoms can be understood as irritative and obstructive.
- **Irritative:**
  - Increased frequency
  - Nocturnal urgency
  - Urge incontinence
- **Obstructive:**
  - Hesitancy
  - Decreased flow of urine
  - Dribbling
  - Straining
  - Feeling of incomplete emptying of bladder
  - Prolonged urination
  - Urinary retention
- **Natural history of disease**

BPH can be a progressive disease, especially if left untreated. Clinical endpoints of progression for BPH include the development of more severe symptoms like recurrent UTI, bladder stones, more severe bladder outlet obstruction, acute/ chronic urinary retention, bladder dysfunction manifested by incomplete emptying or detrusor instability, urosepsis, incontinence, chronic renal insufficiency and hematuria.

### **Ultrasonography:**

Ultrasonography (abdominal, renal, transrectal) and intravenous urography are useful for helping to determine bladder and prostate size and the degree of hydronephrosis (if any) in patients with urinary retention or signs of renal insufficiency.

### **Total Prostate-specific antigen (PSA):**

The normal values should be less than 4 nanogram /ml depending on age(if PSA concentration >10.0 ng/mL, the probability of cancer is high)

## **COMPLICATIONS**

In general, BPH progresses slowly. However, condition might be complicate due to:

- Bladder outlet obstruction resulting in: Acute retention; Inability to pass urine; Suprapubic constant, dull aching pain; Increased voiding pressure
- Chronic retention resulting in: Overflow incontinence; enuresis and renal insufficiency
- Impaired Bladder emptying resulting in: Urinary infection and calculi
- Features of uremia resulting in: Headache;fits; drowsiness

## **DIFFERENTIAL DIAGNOSIS**

- Neurogenic bladder

- Prostatitis
- Bladder cancer
- Prostate cancer
- Cystitis
- Urinary tract infection

### **RED FLAG**

- Acute retention: inability to pass urine
- Chronic retention
- Overflow incontinence
- Hematuria
- Uremia

## **INFERTILITY**

- *Infertility is said to exist if a couple has been having regular sexual intercourse without the use of contraceptives for more than a year and the woman has not become pregnant. About one in seven couples in the developed world have infertility problems; 30 percent because of the male, 30 percent because of the female, and 40 percent due to both.*
- **Causes**  
*Male infertility is usually due to a low sperm count,*
  - *which may be the result of physiological problems,*
  - *taking drugs, or*
  - *environmental factors; malformed sperm; or the inability of sperm to reach the egg.*
  - *It may also be caused by problems in the testicles or vas deferens,*
  - *often the result of sexually transmitted disease; or*
  - *malformation of the testes due to an endocrine (glandular) disorder.**Erectile dysfunction or ejaculatory problems may also result in infertility, and this situation may be aggravated by stress, overwork, tiredness, or psychological problems.*
- **Conventional care**
  - *The full medical history of each partner is studied,*
  - *physical examinations made, and any sexual problems discussed.*
  - *Semen analysis and a biopsy of the testes can identify a low sperm count.*
  - *Artificial insemination can solve the problem of defective sperm.*

## **Erectile dysfunction**

- *Impotence is the partial or complete inability for a man to achieve an erection, have intercourse or reach orgasm. It is a complex condition, and most often has a psychological component. Stress is commonly involved, along with fatigue, performance anxiety, identity problems and depression. Treatment involves avoidance of alcohol and stimulants, reducing stress, and being able to relax in a sympathetic, undemanding environment. It is important that once improvement occurs, frequency of intercourse is not increased to excessive levels.*

## **UROLITHIASIS**

- *The deposition or formation of stones in the urinary tract is called Urolithiasis. Urinary stone disease is a worldwide common health problem and causes significant morbidity and contributes even to mortality. A stone is an aggregation of solute materials from urine into a solid form. Most often it is a hard substance and calciferous due to its calcium content.*
- *Usually it is the solute constituents of urine such as calcium, oxalate, phosphate and uric acid which form stones but occasionally products of bacterial infection can form soft stones also called matrix stones.*
- *Urinary stones, according to its location in the urinary system, are labeled as renal calyceal or pelvic stone, ureteral stone, bladder stone and urethral stone.*

### **INCIDENCE**

*Such differences have been explained in terms of race, diet and climate factors. Recurrence rates are estimated at about 10% per year, totaling 50% over a 5-10 years period and over 75% over 20 years. Age and sex differentials in urinary stone formers are substantial: more common in males of age group 30-40 years in the industrialized countries and in children under 10 years in the developing countries.*

### **AETIO-PATHOGENESIS**

- *Calcium is the most common component of urinary calculi. It is a major constituent in nearly 75% of stones. Following are types of stone and their compounds.*
- *Mechanism of stone formation*  
*Stone formation is the culmination of a series of physiochemical events that occurs as the glomerular filtrate traverses through the tubules of nephron.*  
*The most fundamental step in stone formation is the supersaturation of urine with stone forming salts resulting in crystallization of the dissolved ions or molecules. Once formed, crystals may flow out with the urine or become lodged in the kidney at different sites. Once retained at such sites there is further growth of the crystal and aggregation leading to stone formation.*

### **Types of stones**

Type	Compound
<b>Calcium stones</b>	Calcium oxalate dehydrate
	Calcium oxalate monohydrate
	Calcium phosphate
<b>Non-calcium stones</b>	
<b>Infection stones</b>	Magnesium ammonium phosphate
	Carbonate apatite
	Matrix calculi
<b>Uric acid and urates</b>	Uric acid, Ammonium urate, Sodium urate
<b>Cystine</b>	Cystine
<b>Drugs</b>	Indinavir, Triamterene

- *Calcium oxalate makes up about 60% of all stones; mixed calcium oxalate and hydroxyapatite makes up 20%; and brushite stones constitute 2% of the stones.*
- *Both uric acid and struvite (magnesium ammonium phosphate) stones occur approximately 10% of the time.*
- *Cystine stones are very rare and only 1% of all urinary stones contain cystine.*

### **RISK FACTORS**

*The risk factors for stone formation are discussed under the following four headings:*

1. *General risk factors:*

- Occupation that involve exposure to radiant heat. Mostly people who are working outdoors or near
- heated equipment's
- Gender
- Climate and geography
- Intake of hard water for drinking purpose
- 2. Metabolic risk factors
  - Calcium stones
  - Hypercalciuria (35% to 65%)
  - Hyperoxaluria
  - Hyperuricosuria
  - Hypocitraturia (20% to 60 %)
  - Low Urine pH
  - Hypomagnesuria
  - Uric Acid Stones
  - Low Urine pH
  - Low urine volume
  - Hyperuricosuria
- 3. Urinary tract infections (5% to 15%)
  - Proteus
  - Klebsiella
  - Pseudomonas
  - Staphylococcus species
  - Proteus mirabilis
- 4. Anatomic risk factors
  - Ureteropelvic Junction Obstruction (20%)
  - Horseshoe Kidneys (0.25%)
  - Caliceal Diverticula (40%)

## **DIAGNOSIS**

### **Clinical Presentation**

#### **Symptoms:**

- **PAIN**
  - Symptoms of Acute Renal colic - Pain in flank which may spread downwards and anteriorly towards ipsilateral groin, and testis in male and vulva in females, sometimes extending to thigh, excruciating pain.
  - **SEVERE PAIN:** Most of the patients with urolithiasis experience pain which may vary from dull aching to severe colicky in nature. The site of pain differs depending upon the position of stone.  
Acute Renal Colic- When stone is at the renal pelvis.  
Acute Ureteric Colic- When stone is in the ureter.
  - Strangury- It is severe pain experienced at the tip of penis in males and at labia majora in females accompanied by intense desire to pass urine but resulting only in the passage of few drops of urine, which may or may not be blood stained. This is typical of urinary bladder calculi. Sometimes similar type of pain is experienced, when the stone becomes impacted in posterior urethra.
- Burning micturition
- Haematuria or reddish discoloration of urine
- Urgency and frequency of urine
- Dysuria

- Fever
- Vomiting

#### **Signs:**

- Rigidity of lateral abdominal wall
- Tenderness over renal angle/kidney region.
- Percussion over kidney or renal angle leading to stabbing pain.
- Reduced output of urine
- Haematuria
- Rise in body temperature
- Increase in Blood Pressure

#### **Investigations**

1. **PLAIN X-RAY OF KUB:** A plain film of kidney, ureter and bladder area (KUB) usually shows a radio-opaque density. In case of doubt a lateral radiograph is done. Ninety percent of urinary stones are radio-opaque and will be seen on plain film.
2. **ULTRASONOGRAPHY OF KUB:** Ultrasound examination of kidneys can reveal the presence, position of stone and also helps in measuring the exact size of the stone in kidney. At the same time the structural alterations in terms of hydronephrosis or any other anatomical changes taking place in the kidneys can be known. The location and the size help in determining the approach to treatment and therapeutic strategy. It is most valuable in locating stone for treatment by extracorporeal shock wave lithotripsy (ESWL).
3. **EXCRETORY UROGRAPHY (INTRAVENOUS UROGRAPHY IVU):** Kidney function should be normal for this investigation. It will establish the presence and exact location of calculus within the urinary tract. It also gives important information regarding the function of kidney on the same side as well as function of the other kidney. IVU is done before any surgical treatment.

#### **Other laboratory investigations include:**

- Routine urine examination- and culture if required
- Renal/kidney function test
- Complete Haemogram
- Serum calcium, uric acid, phosphate, Alkaline Phosphatase
- Stone analysis (for recurrent stone formers)

Most of the cases of Urolithiasis will require only these above mentioned investigation for diagnosis.

However, in some difficult situations few other investigations are also helpful as mentioned below:

#### **1. RETROGRADE URETEROPYELOGRAPHY (RGP)**

It is used when there is doubt about an intraluminal lesion or if the renal function is deranged where Intra venous Pyelogram cannot be done. It is valuable in cases with radiolucent stone. It is usually performed as an immediate preliminary to an endoscopic procedure for stone removal.

2. **SPIRAL CT-SCAN:** Non contrast spiral CT scan has now become an important investigation for acute ureteric colic and for diagnosing ureteric calculi.
3. **URETHROCYSTOSCOPY:** Usually not required for diagnosis of Urolithiasis but it is used for endoscopic treatment of lower urinary tract calculi. An impacted urethral stone can be confirmed and treated by urethrocystoscopy.

#### **COMPLICATIONS**

##### **• ACUTE**

**a. Acute retention of urine:** A large urethral stone may completely block the urethra and may cause acute retention of urine. Patient presents with symptoms of acute retention with painful and distended bladder. Sometimes the impacted stone can be felt with fingers palpating the anterior

urethra and glans.

**b. Urinary infection:** The urinary tract infection is dangerous in presence of obstruction. There is a risk of life threatening septicaemia.

- **LONG TERM**

a. **Hydronephrosis:** It is the most common delayed complication of an obstructing calculus untreated for some time. Any calculus which is causing proximal hydronephrosis with significant back pressure should be treated and removed before the kidney function deteriorates.

b. **Pyonephrosis:** It results from infection of hydronephrosis. The Kidney becomes a multilocular sac containing pus or purulent urine. Pyonephrosis is usually unilateral. There is real danger of permanent renal damage and lethal septicaemia.

c. **Renal failure (Uraemia):** When there are bilateral renal stones, especially stag horn for long time, there is gradual derangement of renal functions without any symptoms and leads to chronic renal failure. All the features of uremia are present and on investigation they are found to have bilateral obstructing urolithiasis.

Similarly, bilateral ureteric calculi may also cause uremia.

d. **Anuria:** Anuria is defined as complete absence of urine production or urine <100ml in 24 hours.

e. **Development of cancer in pelvicalyceal system:** Occasionally long standing stone in renal pelvis may be associated with the development of renal pelvic tumor.

#### **DIFFERENTIAL DIAGNOSIS**

It is important to distinguish urolithiasis from the many other conditions (gynecologic and nongynecologic) that can cause flank pain: Abdominal Abscess, Acute Glomerulonephritis, Appendicitis, Cholecystitis, Cholelithiasis, Diverticulitis, Epididymitis, Gastritis and Peptic Ulcer Disease, Gastrointestinal Foreign Bodies, Ileus, Inflammatory Bowel Disease, Large Bowel Obstruction, Liver Abscess, Pancreatitis, Papillary Necrosis, Pelvic Inflammatory Disease, Pyonephrosis, Rectal Foreign Bodies, Renal Arteriovenous Malformation, Renal Cell Carcinoma, Renal Vein Thrombosis Imaging, Small Bowel Obstruction, Splenic Abscess, Testicular Torsion, Urinary Tract Infection in Females, Urinary Tract Infection in Men, Urinary Tract Obstruction, Viral Gastroenteritis.

#### **RED FLAG<sup>4</sup>**

1. Fever or other features, e.g. rigors, consistent with systemic infection which can lead to life-threatening sepsis
1. Suspected bilateral obstructing stones
2. Known clinically significant renal impairment
3. The presence of only one kidney
4. Pregnancy

#### **UTI**

Cystitis is inflammation of the bladder, usually with painful, frequent urination. It can come on suddenly, with urgency, incontinence and spasm.

Urine may be passed in copious or minute amounts, and may be tinged with blood. Drink plenty of water and avoid acid fruits and fruit juices. Obstinate cystitis can indicate infection and a deeper disorder, and professional advice should be sought to avoid kidney infection.

## ***Incontinence Of Urine***

*Incontinence of urine often occurs in the elderly, usually through loss of control of the bladder sphincters, and less often because of spinal problems, or brain damage after a stroke. Stress incontinence momentary loss of control when laughing, coughing, etc. is primarily a female problem and is clue to weakness of the pelvic floor muscles.*

*Involuntary dribbling after the end of urination in men is often a prostate disorder, which should be checked by an allopath.*

## ***Bed Wetting***

*Bed wetting in the normal case occurs less and less after the age of two. However about 10 per cent of four- and five-year-olds regularly bed wet, and a further 10 per cent do so on occasion. Causes include anxiety, problems in the family and at school, food allergies, acidic urine, urinary infections and worms.*

### ***Questions to be answered***

#### ***How long it take to change?***

*1-4 weeks*

#### ***What will notice first?***

*Improve energy, sleep before physical changes, Increase need for sleep good sign*

#### ***How long until I'm fine?***

*From one dose in acute disease to long time with chronic problems*

#### ***How I know I'm getting better?***

*Sense of improvement whole person overall*

#### ***Some get worse before get improved?***

*Like cleaning a house, little messier till end clean but you feel better any way, with aggravation.*

#### ***How often take the remedy?***

*Single dose high potency or daily dose low potency according problem*

#### ***Return of old symptoms?***

*Yes a good sign, as healing occur from in out but you feel more good so do nothing just wait*

#### ***Remedies safe with pregnancy?***

*6x or more are completely safe for any one mother & fetus ( the only true safe drug)*

*Noticed great effect on pregnant due to dynamic state of pregnancy accept more the dynamism of remedies*

#### ***Remedies safe with children?***

*It is safe for all ages from newborn till old due to high dilution*

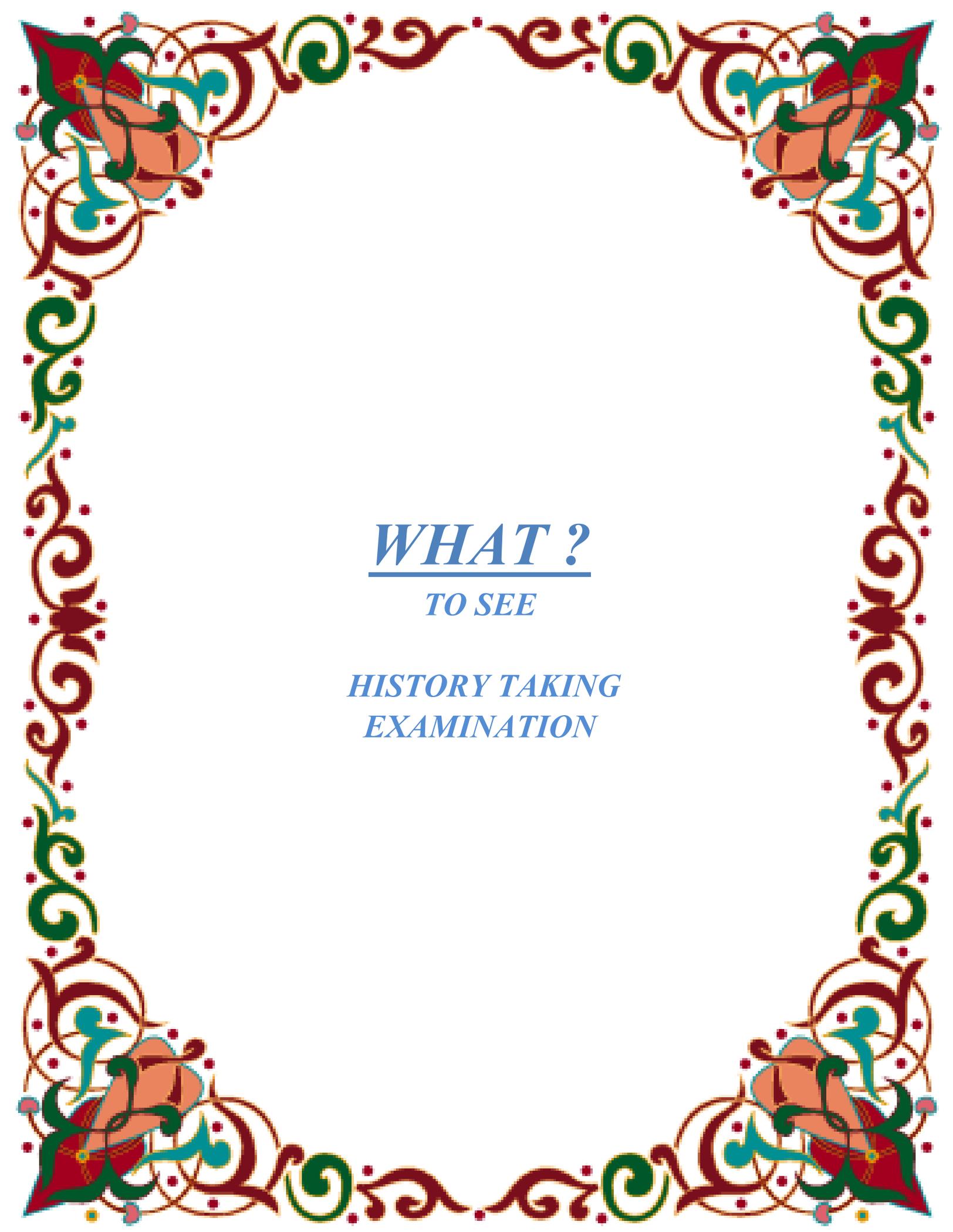
*Noticed great effect on child due to dynamic state of children accept more the dynamism of remedies*

#### ***Is homeopathy recommend use allopathy?***

*Yes, in this conditions*

*life threatening conditions (ICU) easily treated & rapid by allopathy*

*mechanical problems >> need surgeries to fix eg. Piles, fractures but healing need homeopathy*

A decorative border surrounds the page, featuring stylized flowers in shades of red, orange, and teal, intertwined with green and brown scrollwork and small red dots.

*WHAT ?*

*TO SEE*

*HISTORY TAKING  
EXAMINATION*

# About History Taking

$$7 = 6 + 1$$

<b>1. Personal history</b>	<b>3س</b> (اسم/سن/سكن) <b>3فلوس</b> (وظيفة/جواز/سجابر)+ <b>ايديك</b> اللي بتكتب بيها Name, age, sex, habitat, occupation, marriage..., smoking..., rt or lt handed
<b>2.Past history</b>	<b>D.(disease): DM/HTN—TB/Tumor—Rhoid/Spine</b> 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) <b>O.(operations)</b> <b>D.(drugs)</b> ادوية سيولة // كورتيزون // allergy
<b>3.Family &amp; social history</b> اب	قرايب—اي امراض وراثية او تشوهات Consanguinity, congenital anomalies
<b>4.Obstetric &amp; Menstrual history</b> 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
<b>5.Develop history</b> اطفال	3m(head support)—6m(sit)—9m(stand)—18m(walk)—36m(run)+ Cognitive function الكلام
<b>6.Psychological &amp; Sexual history</b>	
<b>7.Complaint</b> 10 (1+9)	امتى - بدء فجأة/تدرجى—بيزيد ولا يقل—المدة When /Onset/course/duration
<b>General</b>	<b>1.Fever /malaise/pale/jaundice/faintout/hadache/....</b>
<b>Look Abnormal</b>	<b>2. Swelling</b> <b>3. deformity</b> (site/ size/ shape /surface/ consistency)
<b>Feel Abnormal</b>	<b>4.Pain</b> <b>5.Tingling/Numbness</b> ..character (فيين/بيسمع فيين/بيزيد باية/بيقل باية/معاه ايه؟) (Acute with activity ≈ structural abnormality After activity ≈ inflammatory Chronic/aching ≈ degenerative Night ≈ TB/Tumor)
<b>Move Abnormal</b>	<b>6.Instability // Gait</b> <b>7.Stiff // LROM</b>
<b>Others</b>	<b>8.Modalities</b> (Increasing/ Decreasing .....What/when/where/how/howmany ) <b>9.Sensation:</b> comfort/relax/security/loved/secured/belifes (vs) <b>10.Affecting ADL</b> (Activity Daily Living) ....Feed(diet)/WC—Sleep/Sex—Work/Driving—Daylight/Exercise

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

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

**ENVIRONMENT**

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

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

**LIFE  
MANAGEMENT**

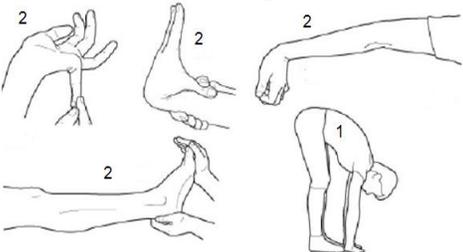
- *Time management: ability to set realistic goals, plan and organize projects, cope with deadlines, and delegate tasks.*
- *Success in maintaining a balance between work and play, and between work and family.*
- *Stress management: opportunities to relax, and ability to control stressful situations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

**DIAGNOSTIC  
CHECKLIST**

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

# About Examination

**10 = 3+3+3+1**

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

**WHEN ?**

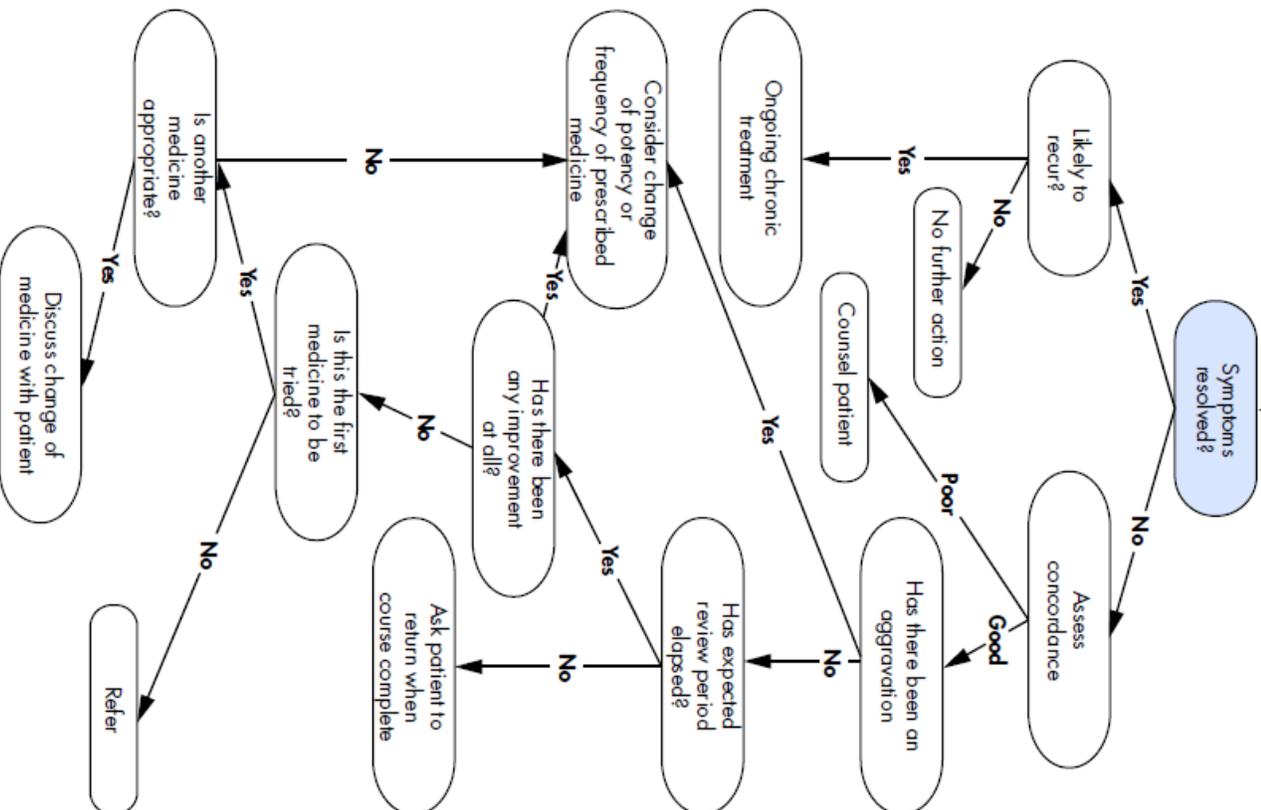
**TO DECIDE**

**Algorithms  
for treatment  
Acute & Chronic  
cases**

**About Repertory**



## Following up homeopathic treatment



Outcome card.

• How my symptoms have changed •

	Much worse	-4	-3	-2	-1	0	+1	+2	+3	+4	Much better
Day											
e.g.:											
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
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Notes

## 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.

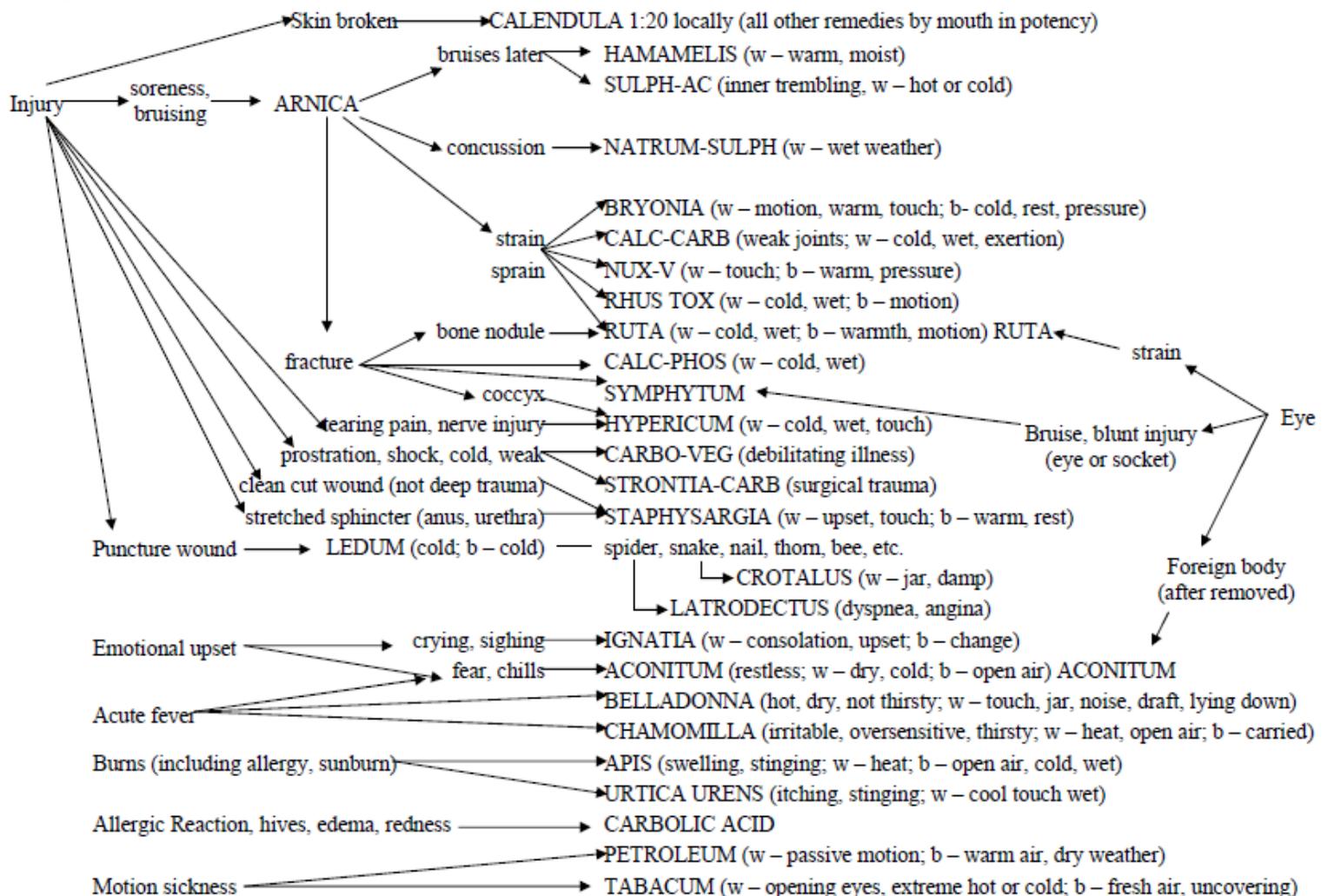
## Side-effects

- **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

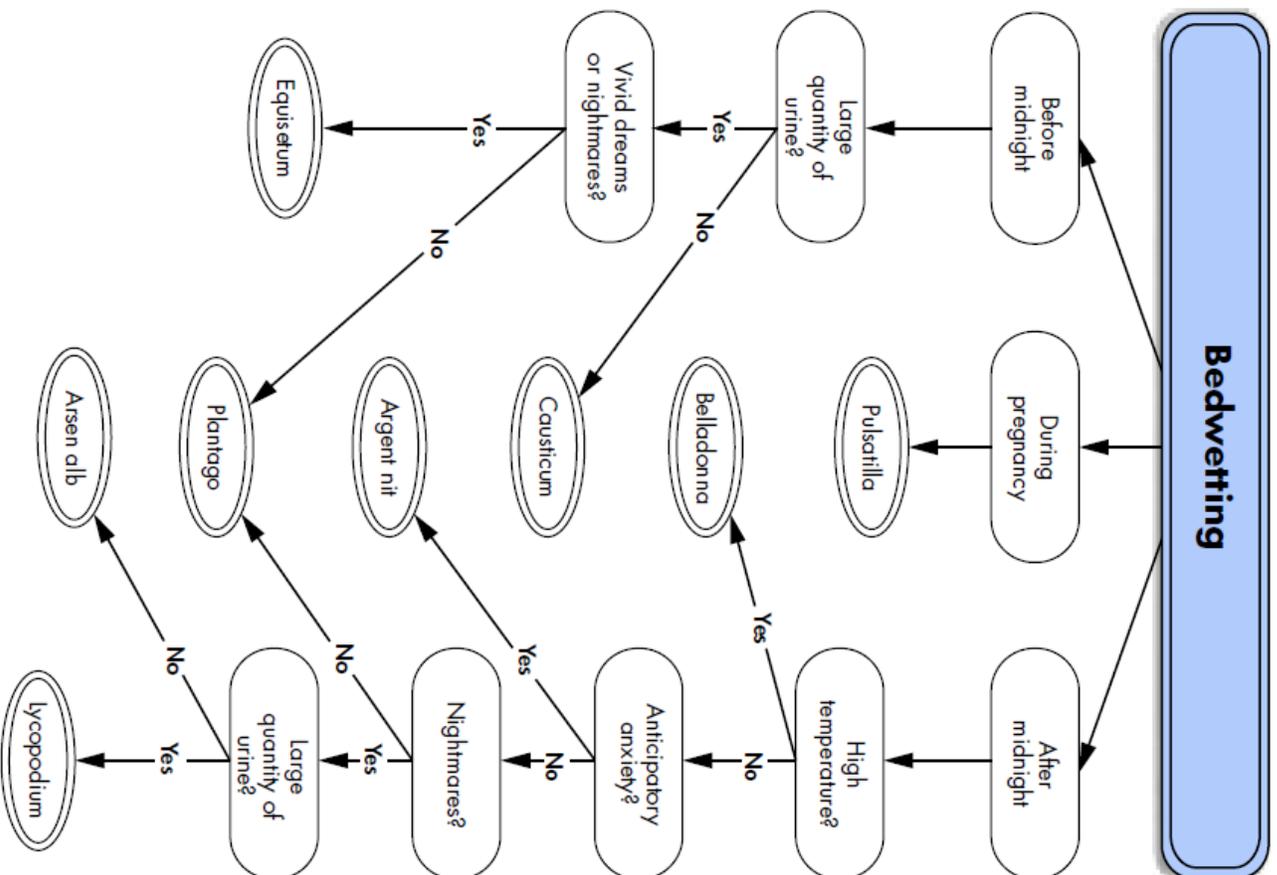
(w = worse, b = better)



# Bedwetting

- Reduce fluid intake in evening.
- Consider cause (e.g. nightmares, stress) and prescribe second medicine if necessary.

Homeopathic medicine	Better	Worse	Other
Argent nit	Fresh air	Warmth and at night	Bad dreams. Pain on urination
Arsen alb	Warmth	Cold	Disturbed and restless sleep
Belladonna	Cool	Hot weather. Mentally active child	Frequent and profuse urination. May shout in sleep
Causticum	Warmth of bed	Cold	Burning sensation in urethra
Equisetum	Reassurance and support to patient	Cold	Pain and tenderness in bladder region
Lycopodium	Uncovered in bed	Heat	Pain in back before urination
Plantago	In the dark	Tobacco smoke	Profuse flow of urine often with pain. In somnia. Sharp pain in eyes
Pulsatilla	In cool fresh room, uncovered in bed	In warm room. Lying down	Associated with coughing and passing wind

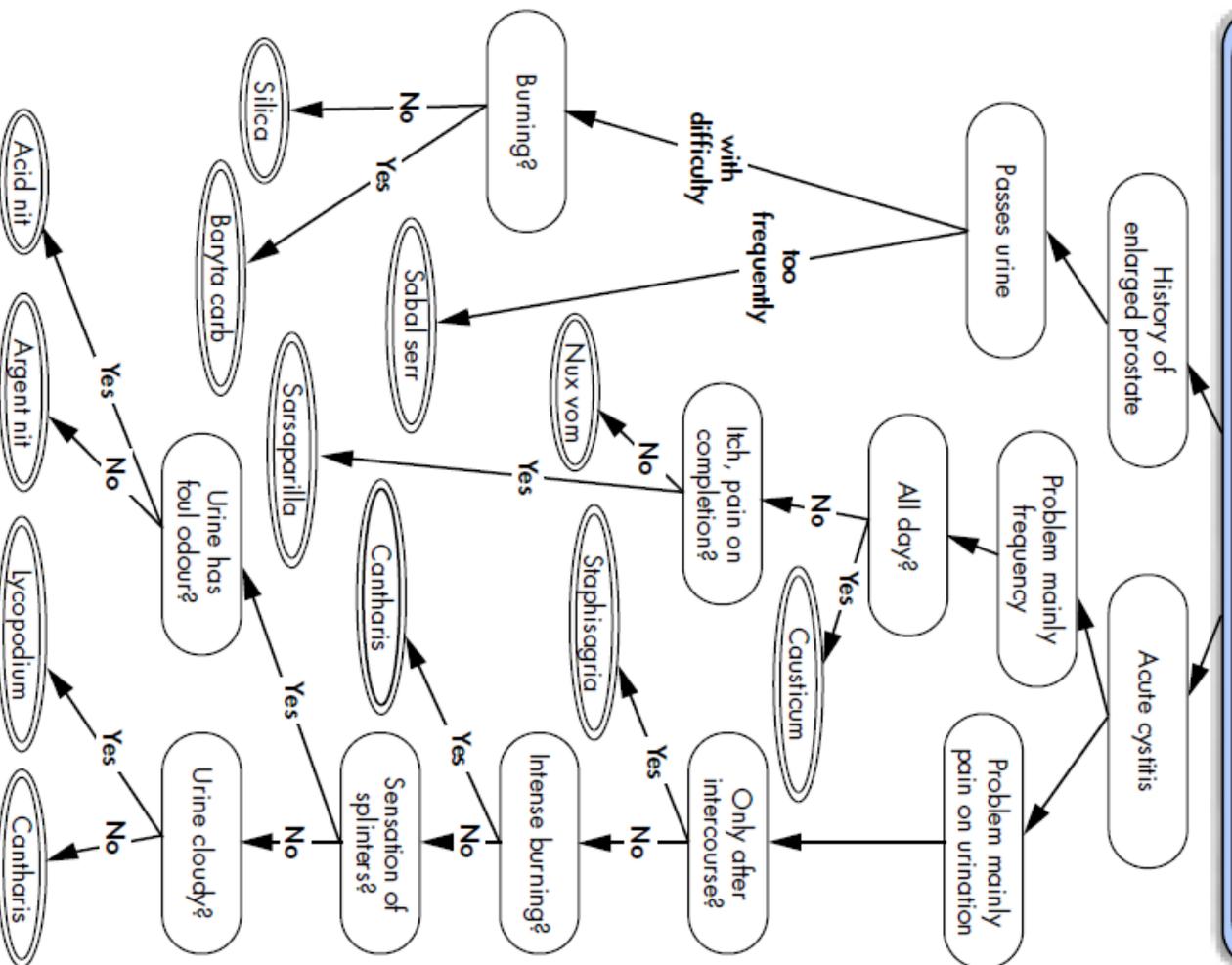


## Urinary problems (acute)

- **FIM** – Causticum if increased frequency, Cantharis if pain/burning mainly on urination.
- Sabal serr mother tincture or tincture can be useful taken at night – 3-5 drops in water for men with increased urinary frequency.

Homeopathic medicine	Better	Worse	Other
Acid nit	Movement	In evening and at night	Scanty urine, dark in colour. Burning and stinging sensation
Argent nit	In fresh air and cold	In warmth and at night	Burning pain and itching. Divided stream of urine
Baryta carb	Walking in open air	In warm atmosphere	Frequent urge to urinate
Cantharis	Warmth	Drinking cold water	Scalding urine passes dropwise. Constant desire to urinate
Causticum	In warmth and heat of bed	Cold air and movement	Involuntary passage of urine when coughing, sneezing or excited
Lycopodium	Being uncovered	Heat or warm room	Pain in back before urinating ceases after flow. Much straining. Polyuria during the night. Male impotence
Nux vom	In the evening or at rest	In the morning and in the cold	Irritable bladder, frequent passage of small quantities of urine
Sabal serr	After sleep	In the cold	Constant desire to urinate. Enuresis
Sarsaparilla	In cool dry air	At night and after urinating	Urine dribbles, bladder distended and tender. Child often screams before and while passing urine
Silica	Exercise and warmth of bed	Cold air	Chronic cystitis. Bearing-down sensation
Staphisagria	Warmth and rest at night	Emotional upset and tobacco. Women – after sexual activity	Burning sensation during urination. May be associated with prostatic trouble

## Urinary problems (acute)

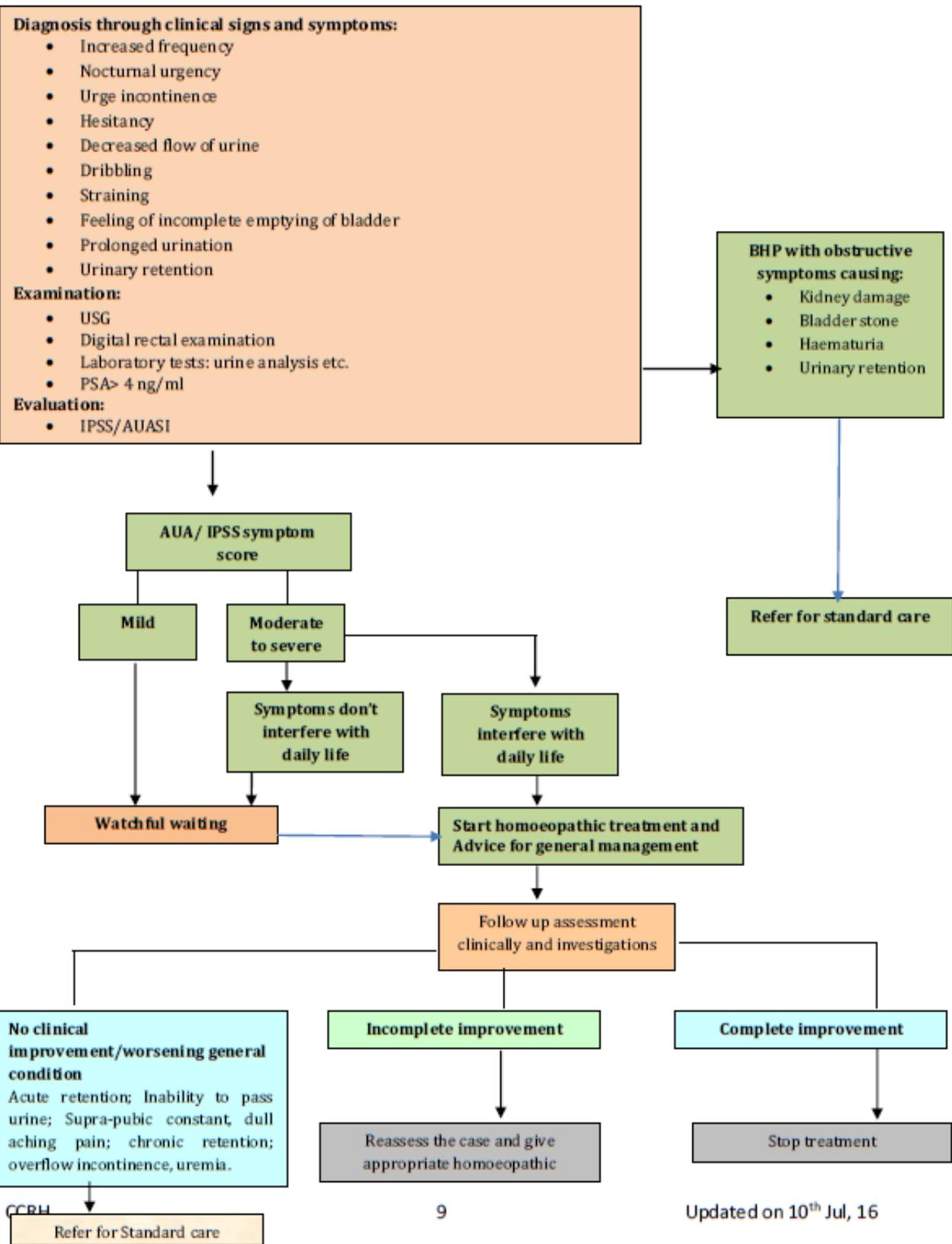


## **PROSTATE PROBLEMS**

- decreasing fluid intake before bedtime,
- moderating the consumption of alcohol and caffeine-containing products, and
- Following a timed voiding schedule.
- practicing muscle strengthening exercise: Kegel exercises (pelvic exercises)

<b>Apis</b>	<i>is indicated for an enlarged prostate with urine retention.</i>
<b>Baryta carb.</b>	<i>is prescribed for enlargement and hardening of the prostate.</i>
<b>Conium</b>	<i>is often effective for an enlarged prostate accompanied by a discharge of prostatic fluid enlargement and induration of prostate which causes intermittent urination in old people and much difficulty in voiding urine</i>
<b>Thuja</b>	<i>is used to treat chronic enlargement of the prostate and inflammation associated with infection</i>
<b>Sabal</b>	<i>if urination is difficult or if there are spasms of the bladder or urethra if the prostate is enlarged and the area around the gland feels cold prostatic enlargement and urinary difficulties. Cystitis with prostatic hypertrophy</i>
<b>Baryta carb</b>	<i>when there is a frequent urge to urinate, a slow stream of urine, and impotence</i>
<b>Iodum</b>	<i>when there are shrunken testicles, impotence, and the prostate feels hard</i>
<b>Argentum nit</b>	<i>for prostate problems associated with erectile dysfunction</i>
<b>Chimaphila</b>	<i>if prostatic fluid is leaking from the penis and there is urine retention of increasing the renal secretion, indicated in prostate enlargement showing symptoms of acute prostatitis</i>
<b>Selenium</b>	<i>when urine dribbles from the penis and there is impotence</i>
<b>Capsicum</b>	<i>for burning pains in the prostat</i>
<b>Hydrangea arborescens</b>	<i>enlarged prostate with great thirst; white amorphous salts in the urine; enlarged prostate with residual urine and renal stone;</i>
<b>Triticum repens</b>	<i>enlarged prostate; strangury, pyelitis;</i>
<b>Acid picricum</b>	<i>prostatic hypertrophy, in cases not too far advanced</i>
<b>Digitalis</b>	<i>senile hypertrophy of prostate with marked cardiac symptoms</i>
<b>Populustremuloides</b>	<i>Enlarged prostate with residual urine; severe tenesmus, dysuria scalding, urine contains mucus and pus, pain behind the pubis at the end of micturition</i>
<b>Pulsatilla</b>	<i>prostate enlargement with pain and tenesmus in urinating, worse lying on back</i>
<b>Baryta carbonica</b>	<i>enlarged prostate and indurated testes. Urgent inclination to pass urine</i>
<b>Calcarea carbonica</b>	<i>of irritable bladder predominate. Stitching cutting pain in urethra with ineffectual desire to urinate.</i>
<b>Ferrum picricum</b>	<i>hypertrophy of the prostate; frequent micturition at night, with full feeling and pressure in rectum.</i>
<b>Sulphur</b>	<i>painful ineffectual efforts to urinate, with retention. Frequent micturition</i>
<b>Lycopodium</b>	<i>hypertrophy of the prostate when there is pain in back before urinating which ceases after flow; flow of urine slow, must strain</i>

## ALGORITHM OF TREATMENT PROCESS



## INFERTILITY

<b>Aurum met</b>	<i>for childhood atrophy of the testes or painful, swollen testicles</i>
<b>Causticum</b>	<i>for infertility associated with testicular pain or blood in the spermatic fluid</i>
<b>Agnus castus</b>	<i>for erectile dysfunction and a lack of energy</i>
<b>Conium</b>	<i>for erectile dysfunction with cramps and cold legs</i>
<b>Lycopodium</b>	<i>when there is increased sexual desire, but intercourse is spoiled by the anticipation of the failure to conceive</i>

## Erectile dysfunction

<b>Phos ac 6c, morning and evening.</b>	<i>Lost desire, poor erections, after stress, overwork, illness or excessive intercourse, with apathy.</i>
<b>Graphites 6c, morning and evening.</b>	<i>Loss of sex drive or aversion to sex, with ejaculation premature or absent.</i>
<b>Lycopodium 6c, morning and evening.</b>	<i>Anxiety about intercourse with lack of confidence and fear of failure. Erections poor, even though desire is high. Premature ejaculation may occur.</i>
<b>Nux vomica 6c, morning and evening.</b>	<i>Failure to achieve erection or premature ejaculation, from overuse of stimulants in stressed persons, easily irritable.</i>
<b>Agnus castus 6c, morning and evening.</b>	<i>Erections poor with general weakness, especially if intercourse has been very frequent.</i>
<b>China 6c, morning and evening.</b>	<i>Poor erections after frequent intercourse or debilitating weakness.</i>
<b>Selenium 6c, morning and evening.</b>	<i>Poor erections even though desire is high, loses semen during sleep.</i>
<b>Conium 6c, morning and evening.</b>	<i>Intense desire but poor erections, often after long periods of abstinence.</i>
<b>Caladium 6c, morning and evening.</b>	<i>Strong desire but erection is lost. Erections while asleep, but disappear on waking.</i>
<b>Iodum 6c, morning and evening.</b>	<i>Loss of potency, with shrunken testes and enlarged prostate.</i>
<b>Arg nit 6c, morning and evening.</b>	<i>Impotence through failure of erection on penetration, or through lack of desire for sex.</i>
<b>Baryta carb 6c, morning and evening.</b>	<i>Premature impotence with easy exhaustion and enlarged glands. Looks old before his years.</i>
<b>Ignatia 6c, morning and evening.</b>	<i>Difficulties caused by grief or disappointment in a previous relationship.</i>

## Urinary stones

- Maintenance of adequate water and fluid intake (at least 2.5–3.0 l) so as to produce a daily urine output of about two and a half liters,
- Consumption of a diet rich in fiber and natural forms of citrate in diet,
- Restriction of salt intake,
- Regular exercise and maintenance of BMI between 18.5–24.9 kg/m<sup>2</sup>,
- Reduction of factors associated with obesity i.e. excessive consumption of animal proteins, fats or refined carbohydrates (particularly fructose).

<b>Cantharis</b>	<i>constant desire to micturate with violent paroxysms of cutting and burning</i>
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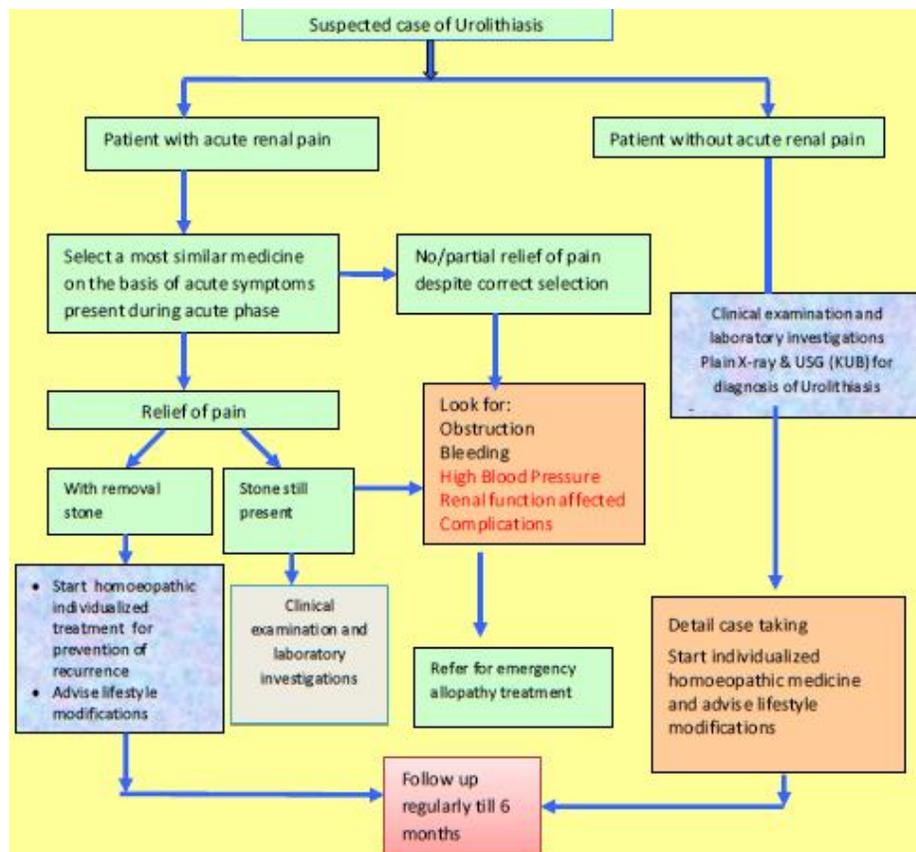
	<i>pain in renal region</i>
<i>Equisetum hyemale, Thuja &amp; Sarsaparilla: for frequent urging with severe pain at close of micturition</i>	
<b>Hydrangea</b>	<i>for renal calculi with colic, hematuria and profuse deposit of white amorphous salts in urine sharp pain in left loins with enlarged prostate</i>
<b>Ocimum canum</b>	<i>for right sided renal colic with red sand in the urine and the urine has odour of musk</i>
<b>Morgan</b>	<i>renal colic especially with lithiasis</i>
<b>Belladonna</b>	<i>renal colic which causes spasmodic, crampy pains; straining along the ureter as far as the bladder + key note</i>
<b>Berberis</b>	<i>pain in small of back; very sensitive to touch in renal region Stitching, cutting pain from left kidney following course of ureter into bladder and urethra.</i>
<b>Pulsatilla</b>	<i>Pressure in abdomen and small of back as from a stone. Colic, with chilliness in the evening.</i>
<b>Sulphur</b>	<i>fullness, heaviness, tension, and pressure, as if from stone in abdomen, chiefly in epigastrium and hypochondria.</i>
<b>Lycopodium</b>	<i>Pain in the back before urinating; ceases after flow.</i>
<b>Sarsaparilla</b>	<i>for persons with tendency to gravel Can pass urine only when standing</i>
<b>Terebinthina</b>	<i>for mucous membranes of the kidneys. Affections of kidneys and rheumatism. Sensation of heaviness and pain in region of kidneys</i>
<b>Ferrum phos 6x, a tissue salt, every 3-4 hours.</b>	<i>Acute prostatic congestion, with retention of urine, or difficult urination</i>
<b>Chimaphilla 6c, every 3-4 hours.</b>	<i>Constant desire to pass urine, which is difficult to start and passed only in small quantities. Sharp pains when urinating running from the bladder to the end of the urethra, frequent urge to urinate at night. May be able to pass urine only when standing with legs wide apart and body bending forward.</i>
<b>Clematis 6c, every 3-4 hours.</b>	<i>Urination is intermittent, must wait a long time before urine finally passes, and stream is weak. May come initially in drops with burning pain, then flows freely and more painlessly, with dribbling after.</i>
<b>Thuja 6c, every 3-4 hours.</b>	<i>Frequent urgent desire to pass urine with burning or cutting sensation at the neck of the bladder.</i>
<b>Conium 6c, every 3-4 hours.</b>	<i>Intermittent stream, with difficulty in completely evacuating the bladder, especially in those affected by excessive intercourse or long abstinence.</i>
<b>Sabal 6c, every 3-4 hours.</b>	<i>Frequent urge to urinate, with difficult or painful urination, and spasms of the bladder or urethra.</i>
<b>Equisetum 6c, every 3-4 hours.</b>	<i>Pains on passing urine and at the end of urination, with a heavy sensation in the bladder, not helped by urination.</i>
<b>Pulsatilla 6c, every 3-4 hours.</b>	<i>Prostate enlargement with yellow, turbid urine. Flow is changeable, sometimes free and sometimes restricted.</i>
<b>Pareira brav 6c, every 3-4</b>	<i>Urination drop by drop, with pain from the kidneys down to</i>

<i>hours.</i>	<i>the thighs.</i>
<b><i>Ferrum pic 6c, every 3-4 hours.</i></b>	<i>Frequent urination at night, with smarting of the neck of the bladder and pressure on the rectum.</i>
<b><i>Populus trem 6c, every 3-4 hours.</i></b>	<i>Enlargement of the prostate with urging to urinate, but urine is painful.</i>
<b><i>Calc fluor 6x, a tissue salt, every 3-4 hours.</i></b>	<i>Enlargement of the prostate, stony hard.</i>
<b><i>Iodum 6c, every 3-4 hours.</i></b>	<i>Loss of potency, with hard prostate and shrunken testes.</i>

## **Cystitis**

<b><i>Belladonna 6c, every 3-4 hours.</i></b>	<i>Bladder is irritable, sensitive to jarring and pressure.</i>
<b><i>Arnica 6c, every 3-4 hours.</i></b>	<i>Must wait a long time to urinate.</i>
<b><i>Arnica 6c, every 3-4 hours.</i></b>	<i>Cystitis after injury.</i>
<b><i>Conium 6c, every 3-4 hours.</i></b>	<i>Intermittent flow of urine flows and then stops again, even if bladder is not empty. May be also dribbling of urine.</i>
<b><i>Capsicum 6c, every 3-4 hours.</i></b>	<i>Intense sensation of burning, as if due to pepper in urine; urine is copious and clear.</i>
<b><i>Nat mur 6x, a tissue salt, every 3-4 hours.</i></b>	<i>Urine is increased in volume, clear and watery, with pains just after urinating. There may be involuntary release during coughing, walking, or sneezing.</i>
<b><i>Ferrum phos 6x, a tissue salt, every 3-4 hours.</i></b>	<i>First stage of cystitis, with frequent urination and burning pain, or difficult and suppressed urination with constant urging.</i>
<b><i>Cantharis 12c, every 4 hours.</i></b>	<i>Bladder painful, with violent cutting pains and great urging; intense burning pains before and after urination. Urine passed drop by drop with constant urging, extreme pain. Urine may be tinged with blood.</i>
<b><i>Equisetum 6c, every 3-4 hours.</i></b>	<i>Pain during and after urination, in copious amounts; great urge to urinate, with pain in the bladder as if full, but urination does not help much, so the patient must try again and again. Equisetum is useful in bedwetting in children.</i>
<b><i>Staphysagria 6c, every 3-4 hours.</i></b>	<i>Ineffectual urging to urinate after or during intercourse, with pressure on the bladder and a feeling that it did not empty. Pain in the urethra when not urinating, that is better on passing urine. Often after or during intercourse and often in newly married women.</i>
<b><i>Apis 6c, every 3-4 hours.</i></b>	<i>Constant desire to urinate, with sharp, stinging pains and increased volume of urine. No thirst.</i>
<b><i>Berberis 6c, every 3-4 hours.</i></b>	<i>Pain in the urethra and bladder on urinating, extending into the thighs and hips. The small of the back and region of the kidneys feel bruised, stiff and lame. Fatigue, exercise, standing, any jarring movement, worsens the pain.</i>
<b><i>Sarsaparilla 6c, every 3-4</i></b>	<b><i>Frequent urination, with pain at the end almost unbearable, and</i></b>

<i>hours.</i>	<i>often accompanied by painful, spasmodic straining.</i>
<i>Terebinth 6c, every 3-4 hours.</i>	<i>Urination intermittent and painful, with bloated abdomen and strong urging. The urine is red, brown, black or smoky in appearance, with burning and smarting.</i>
<i>Mercurius 6c, every 3-4 hours.</i>	<i>Painful urging, with small amounts of urine, dark or bloody.</i>
<i>Kali mur 6x, a tissue salt, every 3-4 hours.</i>	<i>Dark red urine containing thick, white mucus, and swelling of the tissues.</i>
<i>Kali phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Cystitis with nervousness and debility. Scalding urine, with cutting pain.</i>
<i>Mag phos 6x, a tissue salt, every 3-4 hours.</i>	<i>Ineffectual and painful straining, urine passes in drops. Severe spasmodic pains. Constant urging to urinate when standing or walking.</i>
<i>Thuja 6c, every 3-4 hours.</i>	<i>Urethra swollen and inflamed, with frequent painful urination with cutting pain afterwards. Desire sudden and urgent, not easily controlled. There can be a sensation of trickling.</i>
<i>Lycopodium 6c, every 3-4 hours.</i>	<i>Kidney pain relieved after discharge of urine containing sand. Pain is worse on the right side or begins on the right and moves to the left.</i>
<i>Phosphoric acid 6c, every 3-4 hours.</i>	<i>Profuse urination at night of clear watery urine, preceded by anxiety and followed by burning.</i>



### ***Incontinence urine***

<b><i>Ferrum phos 6x, a tissue salt, every 3-4 hours.</i></b>	<i>Incontinence due to weakness of sphincter, with pain in the neck of the bladder, aggravated by standing, relieved by urinating.</i>
<b><i>Kali phos 6x, a tissue salt, every 3-4 hours.</i></b>	<i>Incontinence from nervous weakness.</i>
<b><i>Gelsemium 6c, every 3-4 hours.</i></b>	<i>Incontinence because of paralysis of the bladder muscles, with weak, trembly legs.</i>
<b><i>Nat mur 6x, a tissue salt, every 3-4 hours.</i></b>	<i>Involuntary urination when walking or coughing.</i>
<b><i>Causticum 6c, every 3-4 hours.</i></b>	<i>Incontinence made worse by coughing or laughing.</i>
<b><i>Nux vomica 6c, every 3-4 hours.</i></b>	<i>Involuntary dribbling of urine after urination, especially in irritable men.</i>

### ***Bed wetting***

<b><i>Plantago 6c, morning and evening.</i></b>	<i>Large quantities of urine, soaking the bed.</i>
<b><i>Equisetum 6c, morning and evening.</i></b>	<i>Wetting during dreams, soaking the bed.</i>
<b><i>Lycopodium 6c, morning and evening.</i></b>	<i>Soaks the bed later in sleep, anxious and irritable.</i>
<b><i>Belladonna 6c, morning and evening.</i></b>	<i>Bed wetting during the first sleep, especially if there are frequent nightmares.</i>
<b><i>Calc phos 6x, a tissue salt, morning and evening.</i></b>	<i>Bed wetting in young children and old people.</i>
<b><i>Kreosotum 6c, morning and evening.</i></b>	<i>Child sleeps deeply, cannot wake fast enough to get to toilet.</i>
<b><i>Causticum 6c, morning and evening.</i></b>	<i>Wets both day and night, leaks when coughing, sneezing, or laughing. Wets early in the night, unaware of passing urine.</i>
<b><i>Kali phos 6x, a tissue salt, morning and evening.</i></b>	<i>Bed wetting in older children, from nervousness or lack of nerve power.</i>
<b><i>Nat mur 6x, a tissue salt, morning and evening.</i></b>	<i>Bed wetting in children, with excessive flow of watery urine.</i>

## **COMPLEMENTARY LIFESTYLE GUIDE (HELPING REMEDIES WORK)**

### **EATING FOR HEALTH**

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

### **STAYING IN SHAPE**

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

### **IMPROVING SURROUNDINGS**

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

### **TREATMENTS FOR THE BODY**

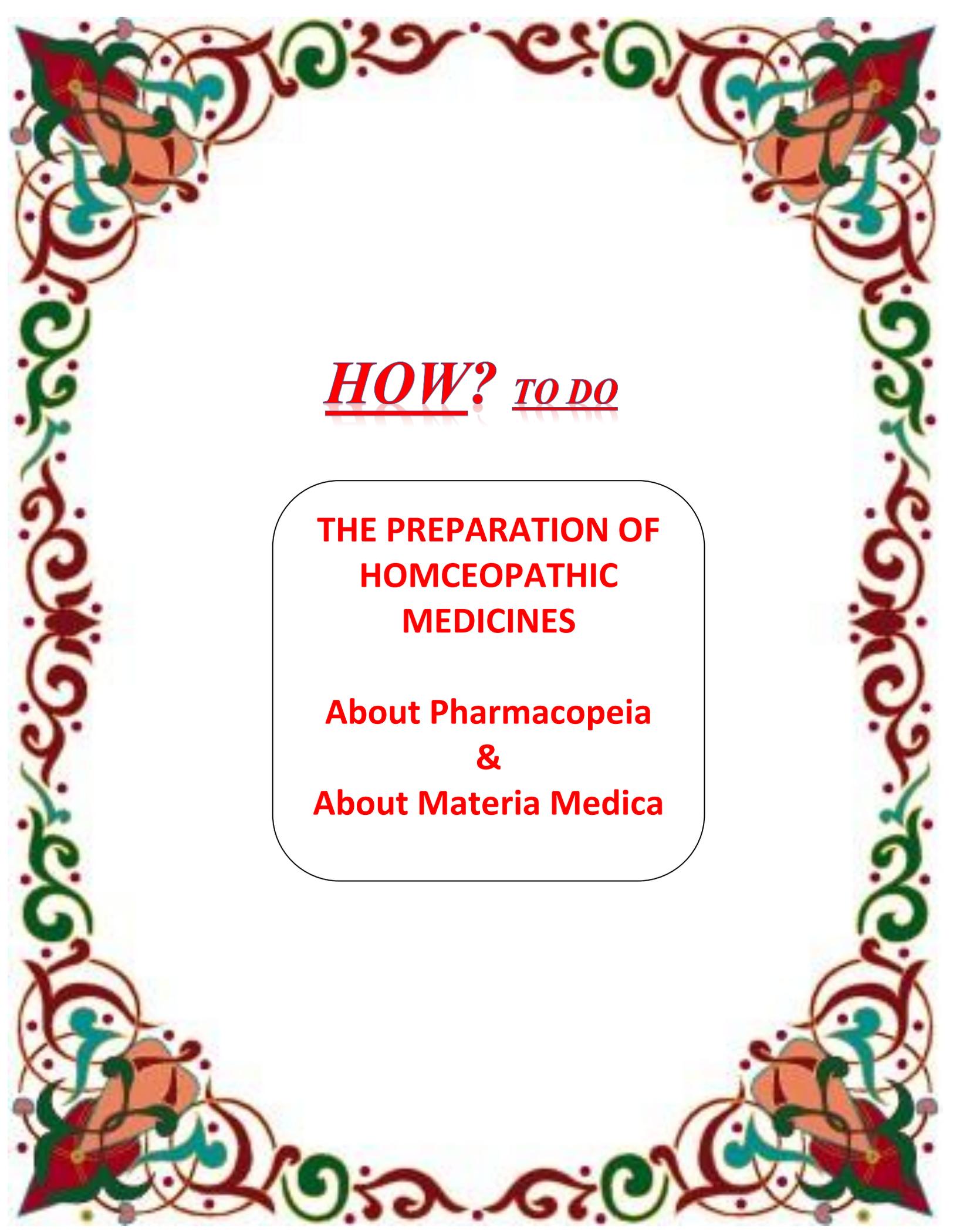
- *Breathing and relaxation techniques: for relief of pain and stress-related symptoms.*
- *Touch therapies: pressure or massage for relaxation, relief of ailments, and promotion of health (for example, aromatherapy, reflexology).*
- *Manipulation: for disorders of the spine, joints, and muscles, and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

### **MANAGING STRESS**

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

### **TREATMENTS FOR THE MIND**

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



**HOW? TO DO**

**THE PREPARATION OF  
HOMCEOPATHIC  
MEDICINES**

**About Pharmacopeia  
&  
About Materia Medica**

## Using homeopathic remedies

### Potency or various strengths?

#### Mother Tinctures i.e. Q

##### Lower Potencies

**3**

**C**

**6c**

Local &  
Recent  
Symptoms

**12c**

Local  
Symptoms

**30x**

General  
Condition

**30c**

General  
Condition

**200ck**

Physical &  
Emotional  
Trouble

##### Higher Potencies

**1M**  
**CM**  
**LM**

Alternative Remedies

### Precautions - homeopathic medicines?



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

Alternative Remedies

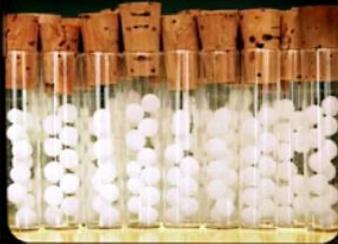
### How to take homeopathic the granules?

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



Alternative Remedies

## What are homeopathic granules made of ?



### Base Homeopathic pills are:

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



Alternative Remedies

## How to take homeopathic liquids?



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

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



Alternative Remedies

## How to take Mother tincture liquids?



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

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



Alternative Remedies

## Dispensing homeopathic remedies:

### How to prepare homeopathic pills?

**Step 1**  
Get unmedicated pills from a homeopathic store

**Step 2**  
Buy your prescribed medicine from a homeopathic store

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

**Step 4**  
Take as suggested by your doctor

Alternative Remedies

- *argent nit\*arsen alb\* Apis\* Aurum met\* Agnus castus*
- *belladonna\*baryta carb\* Berberis*
- *cantharis\*causticum\* Conium\* Chimaphila\* Calcarea*
- *carbonica\* Caladium\* Chimaphilla\* Clematis\* Calc fluor*
- *causticum\* Capsicum\* China*
- *Digitalis*
- *equisetum*
- *Ferrum Picricum\* Ferrum phos*
- *Graphites\* Gelsemium*
- *Hydrangea*
- *Iodum\* Ignatia*
- *Kali mur\* Kali phos\* Kreosotum*
- *lycopodium*
- *Morgan\* Mercurius\* Mag phos*
- *nit ac\*nux\* Nat mur*
- *Ocimum canum*
- *plantago\*pulsatilla\* Acid picricum\* Populustremuloides\* Phos ac\* Pareira brav\* Phosphoric acid*
- *sabal\*sarsaparilla\*silica\*staphisagria\* Selenium\* Sulphur\* Selenium*
- *Thuja\* Triticumrepens\* Terebinthina*

**BELLADONNA** ست الحسن

*Atropa belladonna, Deadly nightshade, belladonna, dwale الوایل, devil’s cherries, sorcerer’s cherry, witches’ berry. توت الساحرات/ الشيطان.*

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

**KEY SYMPTOMS**

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

**USE**

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



**PREPARATION**

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

**BERBERIS** البَرْبَاريس أو الزَّرْشَنَك

***Berberis vulgaris***  
***pipperidge bush.***

*Historically, used in many cultures to treat digestive and gallbladder complaints, and also thought to lower fever, control bleeding, and reduce inflammation.*

**KEY SYMPTOMS**

*colicky kidney pains • radiating pains • lethargy and listlessness • colicky pains in the region of the gallbladder*

**USE**

*Kidney disorders  
Cystitis, Gallbladder problems  
Lower-back pain  
Joint pain*



**PREPARATION**

*The bark of the small or medium-sized root branches is dried and chopped, then steeped in alcohol, filtered, diluted, and succussed.*

## CARBO

*Carbo vegetabilis*

Charcoal, wood charcoal. الفحم الخشبي

Historically,

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

### KEY SYMPTOMS

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

### USE

*Fatigue*

**Indigestion & flatulence**

**Breathing problems**

**Poor circulation**

### PREPARATION

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



## CALADIUM الكلدوم

*Caladium seguinum*

**American arum, dumb cane, poison arum.**

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

### KEY SYMPTOMS

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

### USE

*high sexual energy*

*rough, dry, itchy skin and a marked craving for tobacco.*

### PREPARATION

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



<p><b>CAPSICUM</b> الفلفل  <i>Capsicum annuum var. annuum</i>  <i>Chili pepper, sweet pepper, bell pepper.</i></p>	
<p>Historically, The dried pods have long been used both as a hot spice in cooking</p>	
<p><b>KEY SYMPTOMS</b>  Weakness</p>	
<p><b>USE</b>  local painkiller.  Homesickness</p>	
<p><b>PREPARATION</b>  The dried pods are steeped in alcohol, then diluted and succussed.</p>	

<p><b>CHINA</b> كينا  <i>Cinchona officinalis</i> القنقينة  <i>Peruvian bark, cinchona bark, Jesuit's bark, china bark, calisaya bark, loxa bark, red bark, yellow cinchona.</i> اللحاء الاصفر</p>	 
<p>Historically, bark is of particular historical significance for homeopaths, since quinine extracted from it became the subject of Hahnemann's first homeopathic proving. In 1790 he tested quinine on himself.</p>	
<p><b>KEY SYMPTOMS</b>  exhaustion after fluid loss • great imagination • desire for alcohol and for sweet or spicy foods • oversensitivity</p>	
<p><b>USE</b>  Exhaustion, Fever, Insomnia  Digestive disorders  Headaches</p>	
<p><b>PREPARATION</b>  The bark is macerated in alcohol for at least five days, before being filtered, diluted, and then succussed..</p>	

***Chimaphila umbellata***  
**CHIMAPHILA**  
***Prince's pine, ground holly, pipsissewa, umbellate wintergreen.***

*Historically, Found in North America, Asia, and Europe.*

**KEY SYMPTOMS**

*feel restless and hot but seem unable to sweat.*

**USE**

*painful urination and obstructed urine flow*



**PREPARATION**

*The whole, fresh plant, or aerial parts in flower, are steeped in alcohol.*

***Clematis recta***  
**CLEMATIS** **ياسمين مستقيم**  
***Clematis, upright virgin's bower.***

*Historically, Native to central and southern Europe*

**KEY SYMPTOMS**

*dissatisfied, and prone to melancholy or homesickness*

**USE**

*swelling, and pain. The prostate, testes, ovaries, or breasts  
toothache*



**PREPARATION**

*The fresh leaves and stems of the plant are macerated in alcohol.*

<p><b>CONIUM</b> الشوكران  <i>Conium maculatum</i>  <i>Hemlock, spotted hemlock.</i> الشوكران السام</p>
<p><i>Historically, Generations of storytellers have woven the poison hemlock into their tales.</i></p>
<p><b>KEY SYMPTOMS</b>  <i>materialistic nature with fixed ideas • complaints that are triggered by suppression of sexual feelings</i>  <i>• tendency to develop tumors</i></p>
<p><b>USE</b>  <i>Cysts, tumors &amp; cancer</i>  <i>Swollen breasts</i>  <i>Enlarged prostate, Sexual problems</i>  <i>Nervous disorders</i></p>



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

<p><b>DIGITALIS</b> قمعية ارجوانية  <i>Digitalis purpurea</i>  <i>Common foxglove, purple foxglove.</i></p>
<p><i>Historically, heart remedy, and its active constituents are still used in herbal and conventional heart medicines.</i></p>
<p><b>KEY SYMPTOMS</b>  <i>fear of death</i></p>
<p><b>USE</b>  <i>Heart disorders</i>  <i>pains in the region of the heart</i></p>



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

**EQUISETUM** نذيل الحصان

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

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

**KEY SYMPTOMS**

painful pressure

**USE**

painful irritation of the bladder



**PREPARATION**

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

**GELSEMIUM** ياسمين أصفر

*Gelsemium sempervirens*  
Carolina jasmine, yellow jasmine, false jasmine.

Historically, Native to the southern US

**KEY SYMPTOMS**

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

**USE**

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



**PREPARATION**

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

**IGNATIA** فول قلبيني

*St. Ignatius's bean.*

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

**KEY SYMPTOMS**

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

**USE**

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



**PREPARATION**

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

**KREOSOTUM**

*Kreosotum  
Creosote.*

*name derives from the Greek kreas, or "flesh," and soter, or "preserver."*

**KEY SYMPTOMS**

*dreams of sexual intercourse and a fear of being raped  
inflamed, suppurate, and then break down and bleed, particularly in the vagina*

**USE**

*temperamental state  
offensive-smelling discharges from the mucous membranes that burn the skin and cause itching and swelling, Candidiasis  
heavy, offensive-smelling menstrual flow*



**PREPARATION**

*Creosote is dissolved in alcohol, diluted, and succussed.*

## **LYCOPODIUM** رَجُلُ الذَّنْبِ

*Lycopodium clavatum*

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

**PLANTAGO** لسان الحمل

*Plantago major*  
*Greater plantain.*

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

**KEY SYMPTOMS**

*dull, irritable, and impatient*

**USE**

*earaches and toothaches*  
*bed-wetting*



**PREPARATION**

*The fresh root is finely chopped and macerated in alcohol.*

*Pareira brava syn. Chondrodendron tomentosum*

**PAREIRA** كمثرى قلبى

*Pareira, pareira brava*

*Historically, Americans to make curare, an arrow poison*

**KEY SYMPTOMS .**

*heels are rising up in the air*

**USE**

*straining and painful urination*  
*urethra, kidney colic, an enlarged prostate gland,*  
*and prostate disorders with urine retention.*



**PREPARATION**

*The fresh root is steeped in alcohol, diluted, and succussed.*

**Pulsatilla** زهرة الفصح

*Pulsatilla nigricans*

wind flower, pasque flower

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

**KEY SYMPTOMS**

*insomnia* , headaches

**USE**

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



**PREPARATION**

*dried bulk form, and as a tincture*

**SABAL** بلميط منشاري

*Serenoa repens* syn. *S. serrulata*

Saw palmetto

Historically, food source and for its sedative and tonic medicinal properties

**KEY SYMPTOMS**

*irritable, apathetic, introverted, depressed, and afraid to go to sleep*

**USE**

*Urinary problems (acute)*



**PREPARATION**

*The fresh, ripe fruits are finely chopped and macerated in alcohol.*

<p><b>SARSAPARILLA</b> فشاغ  <i>Smilax officinalis</i> syn. <i>S. ornata</i>, <i>S. regelii</i>, <i>S. medica</i> Sarsaparilla, wild licorice</p>	
<p><i>Historically, flavor root beer</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>depressed and anxious, blaming their state</i></p>	
<p><b>USE</b>  <i>Urinary problems (acute)</i></p>	<p><b>PREPARATION</b>  <i>The dried root is steeped in alcohol, diluted, and succussed.</i></p>

<p><b>STAPHYSAGRIA</b> القمل الجبلي  <i>Delphinium staphisagria</i>  <i>Stavesacre, palmated larkspur, housewort.</i>  عائق جبلي أو زبيب الجبل أو زبيب بري أو عشبة القمل</p>	
<p><i>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.</i></p>	
<p><b>KEY SYMPTOMS</b>  <i>conditions generated as side-effects of surgery, particularly urogenital surgery • suppressed emotions • increased sex drive and masturbation</i></p>	
<p><b>USE</b>  <i>Urogenital problems  Joint pain, Toothaches  Skin conditions Headaches, Insomnia</i></p>	
<p><b>PREPARATION</b>  <i>The seeds of the plant are gathered once it has finished flowering. They are then dried, triturated, and succussed.</i></p>	

**Terebinthina laricina**  
**TEREBINTHUM** زيت الترينتين  
**Turpentine, turps.**

*Historically, native to Europe*

**KEY SYMPTOMS**

*tired, delirious, and unable to concentrate*

**USE**

*inflammation of the urinary tract or kidneys, accompanied by hemorrhaging, water retention, and edema in the hands and feet.*

**PREPARATION**

*The resin is macerated in alcohol, before being filtered, diluted, and succussed.*



**THUJA** عفس

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

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

**KEY SYMPTOMS**

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

**USE**

*Skin conditions  
 Urogenital problems  
 Headaches  
 Catarrh & sinusitis  
 Menstrual problems*



**PREPARATION**

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

*Vitex agnus-castus*  
**AGNUS CASTUS** كف مريم أو شجرة  
الإفندر إبراهيم  
*Agnus castus, chaste tree,  
monk's pepper, wild lavender.*

*Historically, the name "chaste tree" suggests, this plant was once thought to lower the libido.*

**KEY SYMPTOMS**  
*anxious about their health, especially their sexual health*

**USE**  
*poor sexual vitality, and a low libido.  
impotence, premature ejaculation  
scanty or excessively heavy menstruation*

**PREPARATION**  
*The dried, ripe berries are macerated in alcohol.*



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

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

**KEY SYMPTOMS**

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

**USE**

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



**PREPARATION**

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

**Aurum metallicum**  
**Gold.** الذهب

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

**KEY SYMPTOMS**

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

**USE**

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



**PREPARATION**

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

**ARSEN. ALB** زرنبيخ

*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.*

<p><b>CALC. FLUOR.</b> كالسيوم فلوريت <i>Calcium fluoride</i></p>	
<p><i>Historically, from fluorspar (fluorite) found in Mexico, the UK, and the US, but now chemically prepared</i></p>	
<p><b>KEY SYMPTOMS</b> <i>Anxiety about health.</i></p>	
<p><b>USE</b> <i>disorders of the bones, teeth, joints inflamed joints varicose veins</i></p>	
<p><b>PREPARATION</b> <i>Calcium fluoride is mixed with lactose sugar and triturated.</i></p>	

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

**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

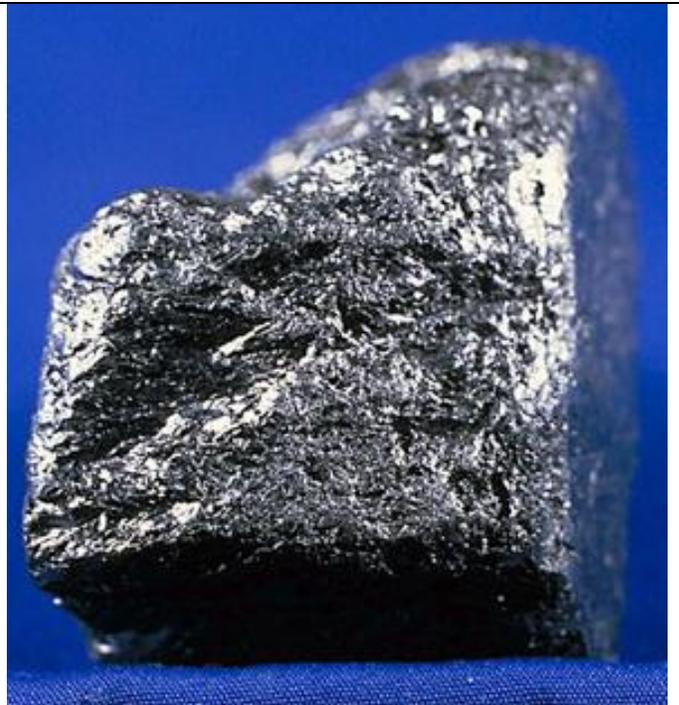
Historically, Graphite is a carbon mineral that contains traces of iron. The name derives from the Greek graphein, meaning “to write.” The main constituent of pencil lead, graphite is also used in the production of lubricants, polishes, batteries, and electric motors.

**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.

<p><b>IODUM</b>  <b>Iodine.</b> 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><b>KEY SYMPTOMS</b>  <i>loss of weight with increased appetite • heat intolerance • lack of thirst • enlarged glands that then waste away • anxiety and restlessness</i></p>	
<p><b>USE</b>  <i>Overactive metabolism, Heat intolerance  Eating disorders  Cough, Respiratory illness</i></p>	
<p><b>PREPARATION</b>  <i>The remedy is made by dissolving iodate salts in alcohol, then repeatedly diluting and succussing the mixture.</i></p>	

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

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

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

**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**

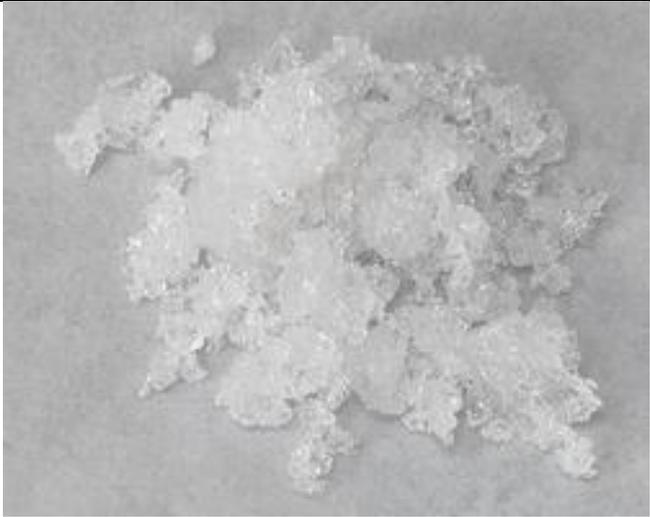
Skin conditions, Warts, Hemorrhoids, Anal fissures  
Mouth ulcers, Catarrh

**PREPARATION**

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



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

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

**Picric acid**

**Acid pic** حمض البكريك الصبر

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

**KEY SYMPTOMS**

tendency to be indifferent, listless, and lack motivation

Muscular pains

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

**USE**

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



**PREPARATION**

The crystals are dissolved in alcohol, diluted, and succussed

**Selenium metallicum**

**SELENIUM MET.**

**Selenium.** سلينيم

Historically the Greek selene, or "moon," an analogy with tellurium, from tellus or "earth"

**KEY SYMPTOMS**

great exhaustion, and they may be very forgetful. Great weakness

**USE**

chronic fatigue syndrome and multiple sclerosis, when there is rapid mental and physical exhaustion constipation, hair loss, and possible malfunction of the nerves governing the genitourinary tract



**PREPARATION**

The element is triturated with lactose sugar

**SILICA** الرمل

**Silica, flint, quartz, rock crystal.**

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

**KEY SYMPTOMS**

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

**USE**

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



**PREPARATION**

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

**SULFUR** الكبريت الاصفر

**Brimstone, flowers of sulfur**

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

**KEY SYMPTOMS**

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

**USE**

Skin conditions  
Digestive disorders  
Women’s health  
Men’s health, Respiratory illness



**PREPARATION**

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

<p><b>APIS</b> نحل العسل  <b>Apis mellifera, Honey bee.</b></p>
<p>Historically Bee-derived substances such as beeswax and honey have long been used in many medicinal traditions, including ancient Greek, Western, Chinese, and Unani</p>
<p><b>KEY SYMPTOMS</b>  burning, stinging pains • swelling of affected areas • allergic reactions • anxious restlessness • jealousy</p>
<p><b>USE</b>  Urticaria, bites &amp; stings  Cystitis, Edema, Fever  Inflammation of the eyes, lips, mouth, or throat</p>
<p><b>PREPARATION</b>  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.</p>



<p><b>CANTHARIS</b> الذرّثوح  <b>Lytta vesicatoria</b>  <b>Spanish fly, blister beetle.</b> الذباب الاسباني</p>
<p>Historically The Greek “father of medicine,” Hippocrates, advocated Spanish fly for dropsy in the 5th century BCE.</p>
<p><b>KEY SYMPTOMS</b>  burning, cutting pains • urine that passes in drops • very high libido with urinary problems • violent behavior • person feels worse for coffee</p>
<p><b>USE</b>  Severe cystitis  Burns &amp; scalds  Insect bites &amp; stings  Gastritis, diarrhea &amp; dysentery  Excessive libido</p>
<p><b>PREPARATION</b>  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>



• *Reference books:*

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2. **A COMPEND OF THE Principles of Homoeopathy**
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6. **Homeopathic Prescribing Pocket Companion**
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Thank  
you

