**Reference table for Nux Vomica** in homeopathy, summarizing its mental, emotional, physical indications, and modalities:

| **Category** | **Symptoms / Traits** | **Details / Notes** |
| --- | --- | --- |
| **Mental / Emotional** | Irritable, impatient, easily angered | Quick temper, easily frustrated by small annoyances |
|  | Ambitious, perfectionist, workaholic | Driven, pushes self beyond limits |
|  | Anxious, restless, overthinking | Difficulty relaxing; racing thoughts |
|  | Sensitive to disturbances | Sensitive to noise, interruptions, or disorder |
| **Physical** | Digestive issues | Indigestion, bloating, constipation, nausea, heartburn |
|  | Sensitivity to stimulants | Symptoms worsen after coffee, alcohol, spicy or rich foods |
|  | Sleep disturbances | Difficulty falling asleep, waking too early, restless sleep |
|  | Headaches | Tension or stress-related, often from overwork or diet |
|  | Muscular / nerve complaints | Stiffness, spasms, cramps, sensitivity to cold |
| **Modalities – Worse** | Morning, stress, overwork | Especially after mental exertion or high pressure |
|  | Alcohol, coffee, rich/spicy food | Any stimulant or excess intake |
|  | Cold, dry weather | Symptoms aggravated by environmental factors |
| **Modalities – Better** | Rest, warmth, gentle pressure | Relaxation and comfort improve symptoms |
|  | Mild exercise | Sometimes gentle movement relieves stiffness or tension |

