



ENCYCLOPEDIA OF HOMEOPATHY

THE DEFINITIVE HOME REFERENCE GUIDE

TO HOMEOPATHIC REMEDIES AND

TREATMENTS FOR COMMON AILMENTS



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ENCYCLOPEDIA OF HOMEOPATHY





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LONDON, NEW YORK, MUNICH, MELBOURNE, DELHI

DK DELHI

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Important notice

Do not try self-diagnosis of or attempt self-treatment for serious or long-term problems without consulting a medical professional or qualified practitioner. Do not undertake any self-treatment while you are undergoing a prescribed course of medical treatment without first seeking professional advice. Always seek medical advice if symptoms persist. Do not exceed any dosages recommended without professional guidance. Before taking any remedy or supplement, refer to Consulting a practitioner, page 176, and Choosing a remedy, page 216.

Homeopathic remedy names are usually used in abbreviated form. Commonly accepted abbreviations are used throughout the book. Remedies are listed in the *materia medica* by Latin name.

To M, who showed me where my reset button is

First published in the United States in 2000

by DK Publishing, Inc., 375 Hudson Street, New York, New York 10014

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Updated by Dr. David Owen and Dr. Patricia Ridsdale

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A CIP record for this book is available from the Library of Congress.

ISBN-10 0-7566-1871-1 ISBN-13 978-0-7566-1871-1

Reproduced by Colourscan, Singapore
Printed and bound in China by Toppan

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INTRODUCTION

Homeopathy is a holistic form of complementary medicine, aiming to treat the whole person rather than just the physical symptoms. It works on the principle that the mind and body are so strongly linked that physical conditions cannot be successfully treated without an understanding of the person's constitution and character.

Whereas in conventional medicine, people diagnosed with the same condition will generally be given the same medicine, in homeopathy the remedy given to a patient may depend on a whole host of other factors, such as temperament, state of mind, and lifestyle. The key to the practice of homeopathy is the ability to understand and interpret the patient's symptoms—the outward signs of internal disorder—both before and after a remedy is given. This continuing relationship helps to make homeopaths particularly effective at discovering the underlying causes of frequently recurring ailments.

Homeopathy's safe, gentle approach complies with one of the most important rules of medical intervention—namely, that it should do no harm. Many common, everyday ailments may be treated safely and effectively at home using homeopathic remedies; should the common ailment develop into something worse, however—a cold into a chest infection, for instance—then a conventional doctor must be consulted. In general, a conventional doctor should be consulted for any ailment that can be quickly and effectively treated by conventional medicine, or for any condition that requires conventional investigation. Certain serious ailments may also be alleviated using homeopathic remedies, but in the treatment of these conditions, the experience of a qualified homeopathic practitioner is essential from the outset.

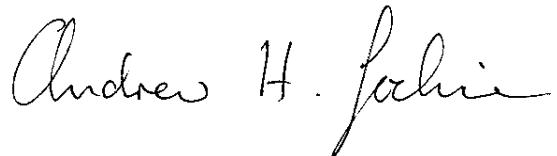
My aim in this book has been to give a wide-ranging and comprehensive account of homeopathy that is easy for the layperson to understand and use. With several hundred homeopathic remedies available, choosing the right ones is obviously a complex matter. I have included more than 320 remedies and a great many ailments. Those in the serious ailments section should under no circumstances be considered for self-treatment but always referred to a homeopathic practitioner. With their accompanying case histories, the inclusion of these serious conditions is intended to give the reader a greater insight into the way a homeopathic practitioner might approach particular problems and how consultations can help unlock a case and provide an understanding of how the illness has developed.

For this book, a great deal of research has been carried out into the scientific classifications of the substances from which remedies are made, in order to correct the various errors and confusions that have crept in over the past 200 years. Thus, this book is currently the most scientifically accurate and up-to-date publication available on homeopathy. I have used current biological, zoological, and mineralogical classifications where possible,

which has meant that some Latin names in this book differ from those to be found in earlier homeopathic textbooks. The remedies are listed in alphabetical order according to these Latin names in the *materia medica*.

It is a truism that no one system of medicine can cure every illness every time in every patient. However, an integrated approach to medicine can provide a flexible and pragmatic approach to healthcare, and homeopathy has an important role to play in this process. In many countries, conventionally trained doctors are already turning increasingly to complementary therapies such as homeopathy to widen the range of treatments available to them.

To some extent, this is a response by the medical profession to the wishes of a growing number of patients, who would like to take more responsibility for their own health. More and more people want to understand what they can do themselves to prevent illness and, if they do become ill, to understand the causes of their illness and determine how they can help themselves recover. Homeopathy offers a simple, effective, relatively inexpensive, and extremely safe way of accomplishing this, provided it is practiced with common sense.

A handwritten signature in black ink that reads "Andrew H. Lockie". The signature is fluid and cursive, with "Andrew" on the left, "H." in the middle, and "Lockie" on the right.

Introduction to updated edition

Homeopathy is far more than just a different set of “pills” for everyday ills. It provides a language for diagnosis and a range of approaches to health. This book provides the information necessary to use homeopathy to treat many every day illnesses by focusing on the cause and the presenting symptoms. Central to this is an understanding of the homeopathic remedies themselves. The clear descriptions and illustrations in this book make the exploration of homeopathy and its medicines a delight and bring accurate use of homeopathy for minor ailments into the home. In addition, more serious conditions are described, and the way homeopathy can play a part in the holistic management of these conditions is explored. In this book, Andrew Lockie has provided an excellent and straightforward introduction and overview of this broad subject. We, like Dr. Lockie, believe that many more people can access both the benefits of homeopathy and the wonders of the remedies through this book.



HOW TO USE THIS BOOK

This encyclopedia is organized into distinct sections. The first section puts the therapy in its historical and contemporary context, and outlines the key theories and principles on which it is based. The second section contains an extensive materia

MATERIA MEDICA

More than 320 remedies are outlined here. The most important ones are organized in three sections according to their plant, mineral, or animal origin, while the fourth section comprises an overview of minor remedies. The remedies are listed by their Latin names. For easy reference, in the main index on page 278 the common remedy names appear in bold type.

1 LATIN NAME Botanical, mineralogical, or zoological name of the plant, mineral, or animal from which the remedy is made.

2 REMEDY NAME Commonly used name for the homeopathic remedy.

3 KEY SYMPTOMS Primary symptoms associated with the remedy.

4 INTRODUCTION General information and history of the remedy source.

5 REMEDY PROFILE Outline of the principal physical, psychological, and emotional symptoms associated with the remedy and the conditions treated.

6 AILMENTS Key symptoms treated.

7 SYMPTOMS BETTER/WORSE Factors that improve or exacerbate symptoms.

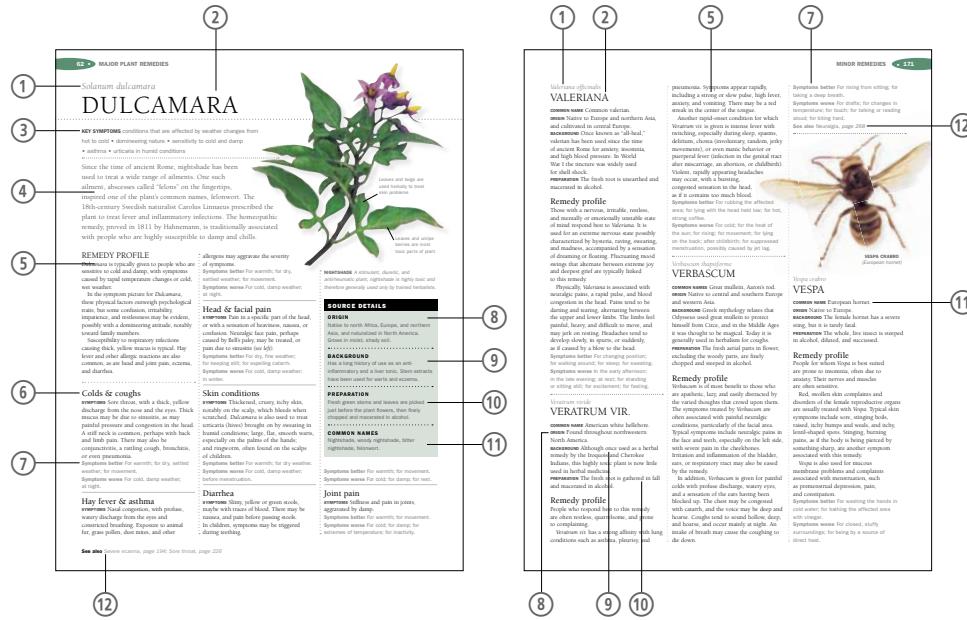
SERIOUS AILMENTS

This section features certain common, chronic conditions that may benefit from professional homeopathic consultation and treatment. They are not suitable for self-help. The conditions are primarily physical ailments, although some mental and emotional problems are included. They are organized into subsections according to the body system affected by each particular group of ailments. At the beginning of each subsection there is a clear, illustrated explanation of how the relevant body system works.

1 AILMENT TITLE Common name of the condition.

2 INTRODUCTION General description of the ailment and those affected by it.

medica, while the final sections deal respectively with serious ailments and those for which a degree of self-help may be appropriate. Guidelines for using these sections are outlined here. An appendix gives information on finding a practitioner.



8 ORIGIN Habitat or source of the remedy substance.

9 BACKGROUND Historical, medicinal or general context of the substance.

10 PREPARATION How the remedy is made from its primary source.

3 SYMPTOMS Key symptoms associated with the condition.

4 CAUSES Principal reasons for the development of the condition.

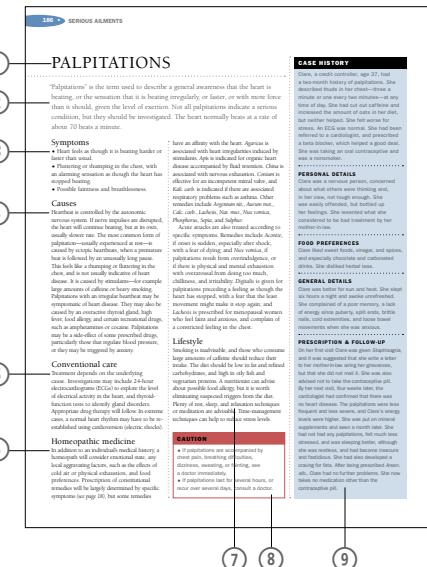
5 CONVENTIONAL CARE Diagnosis and typical treatment using conventional medicine.

6 HOMEOPATHIC MEDICINE Typical homeopathic approach to treatment

7 LIFESTYLE Recommendations concerning diet, exercise, and general lifestyle that may

8 CAUTION Developments in the condition to watch out for, and general cautionary

9 CASE HISTORY Details of an actual patient experience of the condition, an outline of the homeopathic treatment prescribed, and update on subsequent progress.



HOMEOPATHIC SELF-HELP

Arranged in chart form, this section covers a wide range of minor and acute physical, mental, and emotional ailments that may respond well to self-help measures. General conditions are organized by body system. Sections on specific ailments that are prevalent at particular stages of life follow, along with a first-aid section.

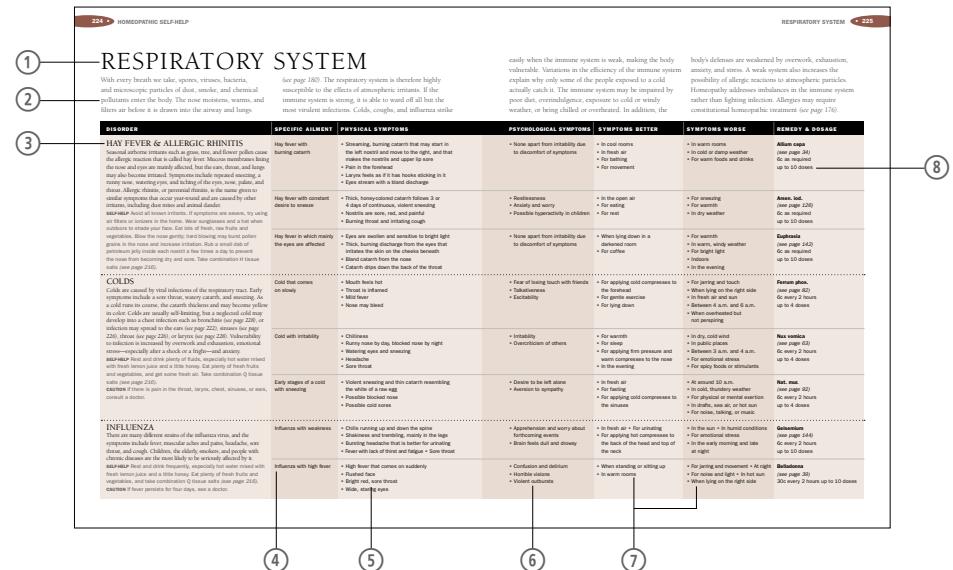
1 SECTION TITLE Body system or life stage to which ailments typically belong.

2 INTRODUCTION Body-system or life-stage context for the ailments in the section, and the potential of homeopathy for treating them.

3 DISORDER Symptoms of the ailment, along with causes, contributing factors, and possible wider implications for health. Additional self-help measures are also listed, as well as cautionary advice.

4 SPECIFIC AILMENT Brief description of a particular key symptom that may be associated with the disorder.

5 PHYSICAL SYMPTOMS Details of the particular profile of physical symptoms



associated with the specific ailment.

6 PSYCHOLOGICAL SYMPTOMS Details of the particular psychological symptoms associated with the specific ailment.

7 SYMPTOMS BETTER/WORSE External or internal factors that may cause the

SAFETY ISSUES

In addition to the specific cautions listed in the ailments sections, you should check the general cautions below and the red-light symptoms (see right) before attempting to treat yourself homeopathically. Unless otherwise stated, treatments recommended are for homeopathic remedies only; they do not advocate ingestion or application of the actual plants, minerals, or animals from which the remedy is made.

General cautions

- Consult a conventional doctor immediately if you have any of the red-light symptoms (see right).
- See a conventional doctor if there is no improvement within two to three weeks (48 hours in children under five) or if symptoms get worse.
- Do not stop taking any prescribed conventional medication without first consulting a conventional doctor.
- Tell your homeopath about any prescribed conventional medication you are taking, and any other complementary treatments you are receiving.
- Tell a conventional doctor about any homeopathic remedies you are taking.
- Always check with a conventional doctor before embarking on any course

of complementary treatment if you have any existing, chronic medical conditions or symptoms of illness.

- Do not embark on any program of vigorous exercise without first consulting a conventional doctor if you have any serious medical condition, such as high blood pressure or a heart condition, or if you are pregnant.
- Do not begin a course of homeopathic treatment without first consulting a conventional doctor if you are trying to conceive or are already pregnant.

CAUTION

Consult a conventional doctor immediately for:

- Chest pain or breathing difficulties; if there is acute pain in the chest, arms, jaw, or throat, call 911.
- Unexplained dizziness.
- Persistent hoarseness, cough, or sore throat.
- Difficulty in swallowing.
- Persistent abdominal pain or indigestion.
- Coughing up of blood.
- Persistent, unexplained weight loss or fatigue.
- A mole that changes shape, size, or color, or itches or bleeds.
- Change in bowel or bladder habits.
- Passing of blood in the stools.

- Do not use any herbal or aromatherapy products during the first three months of pregnancy or if breast-feeding unless supervised by an herbal practitioner.
- If in any doubt about administering homeopathic treatments to children under 12 who have a chronic medical condition, or who are taking conventional drugs, consult a doctor or a medically qualified homeopathic practitioner.
- Do not exceed the recommended dosage of any nutritional supplements without professional supervision.

- Vaginal bleeding between menstrual periods, after sexual intercourse, or after the menopause, or unusual vaginal discharge.
- Thickening of a breast, formation of a lump in a breast, or change in the shape or size of a breast; discharge or bleeding from a nipple.
- A lump in a testicle, or change in size or shape of a testicle; persistent failure to get an erection.
- Severe headaches; persistent one-sided headaches; visual disturbances.
- A sore or swelling that does not heal.
- Frequent and persistent back pain.
- Unexplained leg pain and swelling.



THEORY & PRACTICE



HISTORY OF HOMEOPATHY

The theories and principles of homeopathy have their origins in medicinal traditions established thousands of years ago in ancient Greece and Rome.



CLASSICAL ORIGINS OF HOMEOPATHY This Greek votive relief, dating to the early 4th century BCE, illustrates the medicinal traditions of ancient Greece, on which both homeopathy and conventional Western medicine are based.

In the 5th century BCE the Greek physician Hippocrates (?460–?377 BCE) clearly established the idea that disease was the result of natural forces rather than divine intervention, and that patients' own powers of healing should be encouraged (see page 19). Contemporary medical theories were based upon the Law of Contraries, which advocated treating an illness by prescribing a substance that produced opposite or contrary symptoms. Diarrhea, for example, could be treated by a substance that caused constipation, such as aluminum hydroxide.

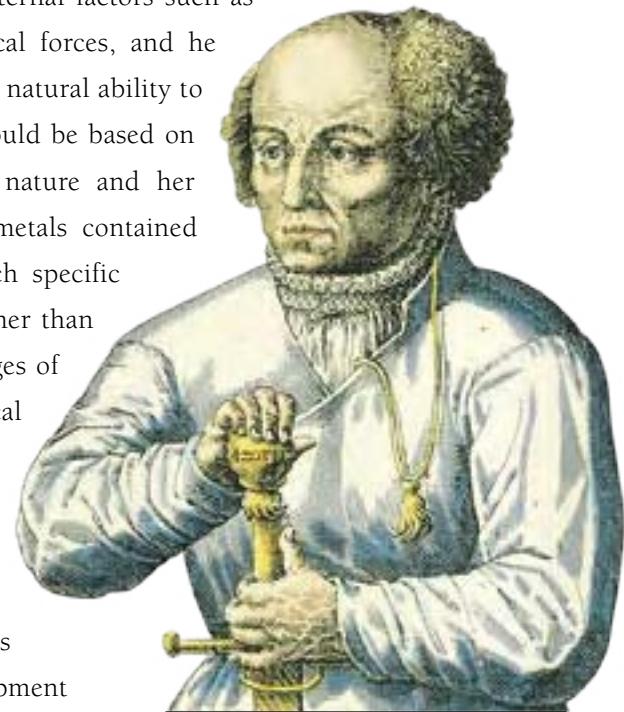
In contrast, Hippocrates developed the use of the Law of Similars, based on the principle that “like cures like” (see page 18). This theory proposed that substances

capable of causing symptoms of illness in healthy people could also be used to treat similar symptoms during illness. For example, *Veratrum album* (white hellebore), which was considered effective against cholera, caused violent purging that led to severe dehydration if administered in large doses—symptoms exactly like those of cholera itself. Between the 1st and 5th centuries CE the Romans made further developments in medicine. They introduced more herbs into the pharmacopeias, improved public hygiene, and observed the structure and function of the human body, although this was limited by social taboo, which prevented the dissection of bodies. Existing medical knowledge was codified and rationalized by Galen (?130–?200 CE), a Roman physician, anatomist, and physiologist. He adopted many ancient Greek principles, including the Aristotelian theory of the “four humors,” which claimed that the human body was made up of four humors—blood, choler (yellow bile), melancholy (black bile), and phlegm—that must be kept in balance to ensure vitality and health.

After the decline of the Roman empire, little progress was made for centuries in the field of European medicine. A combination of herbal folklore, religious influences, and Galenic theory provided the basis for understanding and treating

illness right through to the 17th century. Only when the Swiss physician and alchemist Paracelsus (1493–1541) began to develop his theories did the study of medicine start to evolve again. Paracelsus revived the ancient Greek theory of the Doctrine of Signatures, which was based on the premise that the external appearance of a plant—God's “signature”—indicated the nature of its healing properties. For example, *Chelidonium majus* (greater celandine) was used to treat conditions affecting the liver and gallbladder because the yellow juice of the plant resembled bile.

Paracelsus argued that disease was linked to external factors such as contaminated food and water rather than to mystical forces, and he challenged his contemporaries to recognize the body's natural ability to heal itself, claiming that the practice of medicine should be based on detailed observation and “profound knowledge of nature and her works.” According to his theories, all plants and metals contained active ingredients that could be prescribed to match specific illnesses. Concentrating on practical experiments rather than on alchemy, he laid the foundations for the early stages of chemistry and subsequent development of pharmaceutical medicine, introducing new medicines, such as opium, sulfur, iron, and arsenic, into the contemporary repertory. His exploration of the chemical and medicinal properties of many substances, and his advocacy of the Hippocratic concept of “like cures like,” also made Paracelsus a key figure in the development of homeopathy. According to the British homeopath James Compton Burnett (1840–1901), the author of several important works on homeopathy that are still in use today, “Paracelsus planted the acorn from which the mighty oak of homeopathy has grown.”



PHILIPPUS AUREOLUS PARACELSIUS One of the greatest scientists of the 16th century, Paracelsus was considered responsible for the transition from alchemy to modern chemistry. Known as the “father of chemistry,” he believed in exact dosage, and stated that “it depends only on the dose whether a poison is a poison or not.”

Medical practices by the 19th century

The period between the 16th and 19th centuries saw continued advancement in medical knowledge. The development of the printing press, and the publication of herbals in languages other than Latin, brought herbal knowledge into homes on a wide scale and decreased the monopoly of doctors and apothecaries on the treatment of illness. Hugely influential English-language herbals, such as the *Herball* of John Gerard (1545–1612), and *The English Physitian* by Nicholas Culpeper (1616–54), were published during this period.

Despite medical advances and greater dispersal of herbal lore, however, the general health of the population remained poor in many Western countries. Industrialization was accompanied by population transition from rural areas to polluted, overcrowded cities



ALLEGORY OF DEATH Between the Middle Ages and the Enlightenment there was little faith in medical practice: in this 15th-century French book illumination, doctors examine a patient's pulse and urine, while death waits in the wings.

with working conditions that were often unsafe. Standards of public hygiene and medical care were often low, and the mentally ill were treated in asylums. Violent medical practices, including blood-letting, leeching, and purging, became increasingly widespread and were often detrimental to people's health. Toxic substances such as lead, mercury, and arsenic were in common usage medicinally, and the cure often proved to be more harmful to patients than the illness, with some patients dying and many more suffering serious long-term side-effects as a result of the drastic or extreme treatments they had received.

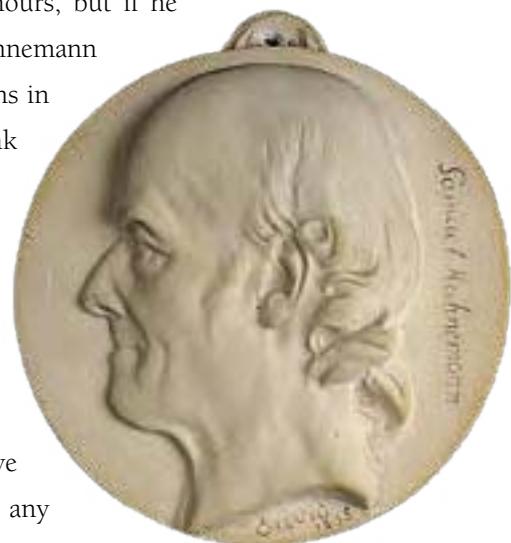
The origins of homeopathy

This was the cultural and scientific milieu in which the German doctor Samuel Christian Hahnemann (1755–1843) began practicing in 1780. He continued in practice for nine years, during which time he became increasingly disillusioned with the harsh medical methods of the day. In articles written to supplement his income, Hahnemann attacked the extreme medical practices of the day, advocating instead good public hygiene, improved housing conditions, better nutrition, fresh air, and exercise. Eventually his convictions led him to cease work as a doctor. He wrote later that it had been agony to work “always in darkness,” with no secure principles in place regarding health and disease.

At this time a period of great social and political change evolved in Europe. The Industrial Revolution and the Enlightenment were accompanied by great technological and scientific advances, and increasing freedom of thought and expression. This

intellectual climate encouraged important developments in the study of medicine, including the isolation of active ingredients from herbs, such as the extraction of morphine from the opium poppy in 1803. It was in 1790, while translating *A Treatise on Materia Medica* by a Scottish teacher, physician, and chemist, Dr. William Cullen, that Hahnemann began an investigation which was to prove paramount to the subsequent development of homeopathy. In his treatise Cullen argued that quinine, when isolated from *Cinchona officinalis* (see page 49), was a good treatment for malaria because it was an astringent. Hahnemann knew that other, more powerful, astringents had no such effect on malaria. He dosed himself with quinine, recording the results and effectively beginning the first “proving” (see page 22). Although he did not have malaria, he found that he began to develop symptoms of the disease one after the other. With each dose of quinine, the symptoms recurred and lasted for several hours, but if he stopped taking quinine his symptoms began to disappear. Hahnemann went on to test quinine on other people, noting their reactions in great detail. The test subjects were not allowed to eat or drink strong foods such as spices, alcohol, or coffee, which he felt might distort the results. He repeated the proving process on other substances that were in use as medicines, such as arsenic and belladonna, and used the results to build up a “symptom picture” of each remedy’s effects (see page 23).

After conducting provings for six years, Hahnemann extended his research to the sick. Prior to prescription, he gave his patients a thorough physical examination and noted any existing symptoms. He questioned them closely regarding their lifestyles, general health, outlook on life, and other factors that made them feel better or worse. Following the principle of like cures like, Hahnemann then matched individual symptoms as closely as possible to the symptom picture of a remedy, and prescribed accordingly.



SAMUEL CHRISTIAN HAHNEMANN Born in 1755 in Meissen, Germany, Hahnemann studied at the universities of Leipzig, Erlangen, and Vienna before qualifying in medicine and chemistry in 1779. Abhorrence of the medical practices of the time led him to devise a new system of medicine, which he called homeopathy.

Development & definition

Hahnemann’s work gradually brought about the establishment of new type of medicine. In 1796 he published his first book on the subject, entitled *A New Principle for Ascertaining the Curative Powers of Drugs and Some Examinations of Previous Principles*. He called his new system “homeopathy,” from the Greek *homeo* meaning “similar” and *pathos* meaning “suffering.” In 1810 he set out its principles in *The Organon of Rationale Medicine*, and two years later he began teaching homeopathy at the University of Leipzig. During the course of his lifetime, Hahnemann proved about 100 remedies, and also continued to develop and refine the theory and practice of the system (see page 18).

The medical establishment remained generally very sceptical of Hahnemann's theories, and he in turn continued to be intensely critical of conventional medical practice. He became known as the "raging hurricane" due to his furious tirades and sarcastic critiques during lectures at Leipzig. He also antagonized contemporary pharmacists by giving only one medicine at a time, which was contrary to their (highly lucrative)



DUBIOUS MEDICAL PRACTICES Hahnemann believed passionately that many contemporary medical practices were harmful, exploiting the infirm or gullible, and he was not alone in his criticism. Medicine was often the subject of satire for its "quackish" treatments, as shown in this 19th-century cartoon illustrating the "Sweat Cure," with the servant inquiring, "Is Your Lordship Still Not Sweating?"

practice of generally prescribing expensive mixtures of several remedies. During the 19th century, homeopathy spread rapidly across Europe to Asia and the Americas. In the US, Dr. Constantine Hering (1800–80) and Dr. James Tyler Kent (1849–1916) were responsible for popularizing the therapy and introducing new ideas and practices (see page 19). By the time of Hahnemann's death in 1843, homeopathy was firmly established in many parts of the world, although there remained antagonism and distrust between the advocates of conventional medicine and those of homeopathy. Between 1860 and 1890 homeopathy flourished, as many homeopathic hospitals and schools were opened, and many new remedies were proved, considerably enlarging the *materia medica*. Hahnemann's followers were often doctors who defected from conventional medicine after personally experiencing treatment, including an English doctor, Frederick Quin (1799–1878), who was cured of cholera by the *Camphora* remedy. Quin first visited Hahnemann in Germany in 1826, and went on to introduce homeopathy in the UK,

founding the first homeopathic hospital in London in 1849. During a cholera outbreak in 1854, the mortality rate at his hospital was less than half that of conventional hospitals. This information was suppressed by the national Board of Health on the grounds that "the figures would give sanction to a practice opposed to the maintenance of truth and the progress of science," illustrating the close stranglehold the medical establishment had achieved within social institutions.

Decline & resurrection

The predominance of conventional medicine was echoed in the US. By the late 19th century, homeopathy had become a significant part of US medical practice, with about 15 percent of doctors being practicing homeopaths. During the early 20th century, however, homeopathy became largely overshadowed by conventional medicine, principally due to the rise of the American Medical Association.

The British Medical Association played a similar role in the UK, and divisions within homeopathy began to weaken the force of its message still further. Strict followers of Hahnemann and Kent's original theories followed "classical" or "Kentian" constitutional prescribing, believing that a person's emotional characteristics and physical symptoms should be taken into account and favoring high potencies (see page 19). Led by the British homeopath Dr. Richard Hughes (1836–1902), one strand of practitioners had, however, begun to prescribe on pathological symptoms alone, favoring low doses. This unfortunate division in homeopathic practice enabled the conventional medical establishment to gain the upper hand, and by the 1920s homeopathy had been largely suppressed in the UK.

During the late 20th century there has been a resurgence in the popularity of homeopathy, possibly due to disenchantment with aspects of conventional medicine. In many countries, particularly in central Europe, its popularity never waned to the same extent as in the UK and US, although differences in practice have evolved. Single-remedy classical prescribing is prevalent worldwide, although in Germany and France complex homeopathy or polypharmacy (the use of combination remedies or several remedies) is also popular (see page 21). In Australia there is a strong link with naturopathy, with homeopathic remedies often incorporated into naturopathic practice. In India, homeopaths have long worked successfully alongside traditional Ayurvedic medicine and conventional medicine. In the 1990s, courses in Eastern Europe pioneered by British teachers revitalized interest in homeopathy, and in Russia it continues to be implemented and developed. In South America, homeopathy is widely taught in medical schools, while in the US it is undergoing a major resurgence of popularity. According to a 1998 survey of Americans and their health, over 6 million Americans had used homeopathy in the preceding 12 months. Noting that it had been integrated into the national healthcare systems of numerous countries, including Germany, the United Kingdom, India, Pakistan, Sri Lanka, and Mexico, the World Health

Organization is publishing a position paper in 2006.



LONDON HOMEOPATHIC HOSPITAL The astoundingly low mortality rate at this hospital during the 1854 cholera outbreak in London prompted a government inspector to note, "if it should please the Lord to visit me with cholera I would wish to fall into the hands of a homeopathic physician."



FABIOLA HOSPITAL Situated in northern California, the Fabiola homeopathic hospital was one of more than 100 homeopathic hospitals operating in the US at the turn of the 20th century. There were also 22 homeopathic medical schools and more than 1,000 homeopathic pharmacies.

KEY PRINCIPLES & THEORIES

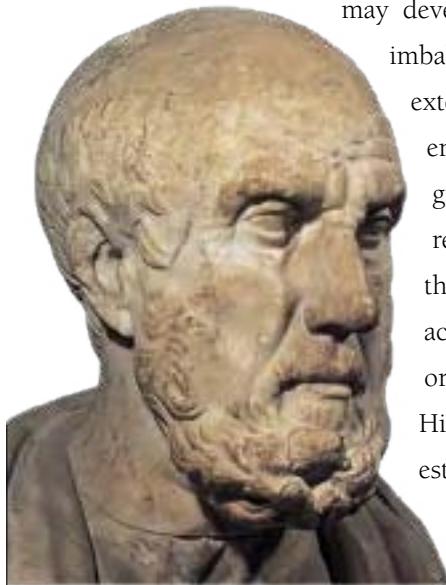
Homeopaths believe that good health derives from an equilibrium between the mind and body, which is maintained by a “vital force” that regulates the body’s self-healing capabilities.

The vitalistic concept of science had existed for many years by the time Hahnemann was developing his theories. It claims that all living things possess a subtle energy beyond their physical and chemical states, and that even inanimate matter may contain vitality. Hahnemann applied this view to both the human body and to seemingly inert substances from all the kingdoms of matter. Thus the vital force of any plant, mineral, or animal could be harnessed to produce a powerful medicine when “potentized” (see right). Hahnemann viewed ill-health as the result of an internal imbalance affecting the body’s vital force and disrupting its equilibrium. If this vital force is put under strain or weakened by this imbalance, illness

may develop. In stimulating the body’s self-healing abilities to fight any imbalance, the vital force produces symptoms. These may manifest externally, producing such symptoms as fever or a skin rash, or may emerge as emotional or psychological states, such as weepiness or great irritability. An effective medicine must help the vital force to redress the internal imbalance, enabling the symptoms produced by that imbalance to disappear, and this is what homeopaths seek to achieve. Hahnemann adopted the principle of *similia similibus currentur*, or “like cures like” (see box), first established in the 5th century BCE by Hippocrates. His “provings” of remedies (see page 22) aimed to establish the particular set of symptoms, or “symptom picture”, produced by taking a substance. When the symptom picture matched the particular set of symptoms produced by an illness or imbalance in a patient, that remedy was indicated as the most effective at stimulating the vital force to treat the disorder. The key was – and in classical homeopathy still is – to establish which remedy most exactly matches a patient’s symptom picture.

LIKE CURES LIKE

According to the concept of like cures like, also known as the Law of Similars, substances that are capable of provoking certain symptoms in an otherwise healthy body can also act curatively on similar symptoms in a sick person. For instance, belladonna would be used to treat scarlet fever, since the symptoms of belladonna poisoning closely resemble those of scarlet fever.



HIPPOCRATES This Greek physician became known as the “father of medicine” for his work in moving healing away from mysticism and religion. He laid the foundations for the science of medicine as it is known today, and established key principles, among them the theory of “like cures like” (see box, opposite).

Many of the substances from which remedies are made are highly potent or possibly even poisonous. Hahnemann used only small doses of substances in his medicines, but to his consternation his patients still tended to suffer side-effects, or “aggravations”, as he called them. He developed a technique called “potentization” (see page 28), which involved diluting and shaking the medicine vigorously or banging it on a hard surface during preparation. This turbulent motion, which Hahnemann called “succussion”, apparently released more potency into the medicine, even at lower dilutions. To Hahnemann’s surprise, his research showed that microdilutions prepared with the additional turbulent energy provided by potentization seemed to have a much stronger effect than standard dilutions, providing a rapid and gentle effect that was long lasting. Homeopaths therefore need to give only this minimum, completely safe dosage. Hahnemann’s original theories were expanded further by the US homeopaths, Dr. Constantine Hering and Dr. James Tyler Kent (see page 16). Dr. Hering developed three basic Laws of Cure to explain how illness is cured in homeopathy (see box), while Dr. Kent established a clear framework by which a course of treatment could be understood. Possible scenarios included: the patient gets better; the patient gets worse; the patient’s condition remains unchanged; the patient initially gets worse but then gets better. Dr. Kent laid down 12 different possible outcome scenarios, including the above, which enabled homeopaths to determine how treatment should be continued and assess whether a particular remedy had been successful or not. Since the 1970s the Greek homeopath George Vithoulkas has done a great deal of research to update the scenarios and refine the theory and practice of homeopathy.



DR. CONSTANTINE HERING This 19th-century US homeopath formulated three “Laws of Cure” that provide a useful guide for interpreting a patient’s development.

LAWS OF CURE

As a patient progresses towards cure, symptoms move from the inner organs of the body (those most vital to life) to the outer, less vital tissues and organs.

Cure usually takes place from the top of the body to the bottom; so, for example, head symptoms clear first, gradually followed by any symptoms on the extremities.

Old symptoms often resurface during the curative process, usually in the reverse order to that in which they had first appeared. Immunologists claim that the body has the capacity to “remember” every “assault” on the system that it has ever reacted to, and this process confirms that capacity.

Constitution & susceptibility

In homeopathic terms, a person’s “constitution” describes their state of health, including their temperament and any inherited and acquired characteristics. Homeopaths believe that healthy people resist developing sickness, despite being constantly exposed to an enormous variety of potentially harmful viruses and bacteria, since their vital force is strong and their susceptibility is therefore low. Their degree of susceptibility to ill-health may change, however, from hour to hour and day to day. It depends on a particular



DR. JAMES TYLER KENT This hugely influential US homeopath was responsible for establishing a clear framework on which to judge the efficacy of prescribed treatment (see page 19), and also carried out a great deal of research into new substances to enlarge the *materia medica* of homeopathic medicines.

stress or emotional distress, overworking, exposure to pollutants, or intake of drugs (see page 177). Underlying “miasmatic” factors may also affect the ability of the vital force to withstand any onslaught (see below). Some homeopaths place great importance on the patient’s “constitutional type” when they are prescribing treatment, choosing remedies whose “symptom picture” (see page 23) exactly match the individual’s psychological and physical makeup when healthy. These remedies are taken when healthy to strengthen the patient’s vital force and build up resistance to developing symptoms that may occur in the future. Health problems generally fall into two categories: acute or short-term illness, arising rapidly and potentially clearing up quickly (such as a cold or minor digestive problem); and chronic, long-term ill health (such as rheumatoid arthritis or diabetes), which has a tendency to be recurrent, deep-seated, or progressively degenerative. Homeopathic remedies work to support the self-healing powers of the vital force in its response to illness: to speed recovery from acute illness and make the duration of the

illness less debilitating; or to aid recovery from recurrent illness or prevent it from recurring altogether. Remedies must be carefully chosen, however, if they are to work at optimum efficiency, and chronic conditions are best treated by qualified homeopaths rather than left to self-diagnosis.

Miasms & predisposition

After many years developing his ideas, Hahnemann noticed that some patients still did not seem to respond to the remedies prescribed for them, or that they relapsed after a short time. He studied these cases all together as a group, and concluded that general, inherent, higher-level themes of ill health were to blame. These he called “miasms.” They can be described as the chronic effect of an underlying disease or disease susceptibility, present in an individual or in previous generations of that person’s family history. Three particular miasms were identified by Hahnemann—*Psora* (which relates to scabies), *Sycosis* (which is linked with gonorrhea), and *Syphilis* (which is based on syphilis). Cancer and tuberculosis are regarded by some as further potential miasms. He developed remedies called “nosodes,” made from the diseases themselves, to combat these miasms. Since all infected material is sterilized before the potentizing process of dilution and succussion, it is completely safe to use.

The concept of a miasm proposes a model of people’s health that has layers of predisposition or imbalance. In some

NOSODES

Hahnemann developed nosode remedies to counteract the miasms he believed to be responsible for sometimes “blocking” treatment. They were made from infected tissue or bacteria, but were perfectly safe, since the substances were sterilized and potentized. *Psorinum*, for instance, is made from scabies-infected tissue, while *Carcinosin* is derived from cancerous tissue.

cases more layers need to be peeled away than others to reach lasting good health. At a certain stage in the treatment process, an underlying miasm may become clearly active. Treatment can then be tailored to overcome it. However, it should be emphasized that this does not mean that a person actually *has* the diseases that are implied by the names of the miassms. Rather, the names describe the inheritance of a predisposition to a specific pattern of possible symptoms or a tendency to fall ill in a particular way—the person's susceptibility. For instance, *Psora* relates to slow development and poor nutrition; whereas *Sycosis* is associated with a frantic pace of life and overactivity of both mental and physical processes; and *Syphilis* describes a pattern of breakdown, decay, deterioration, and eating away.

Types of homeopathic practice

Various prescribing habits have developed in different countries or at different times. A clear conceptual division has emerged between two main schools of practice, classical and complex. Classical homeopaths generally treat with a single remedy that exactly matches the patient's inherent constitutional type and symptom picture. There are occasions, however, particularly in the case of acute illness or injury, where the physical symptoms far outweigh the emotional and other symptoms. In cases such as these a more pragmatic approach may be taken, using combinations of remedies in low potencies. Thus, for instance, five or six remedies known to be helpful for influenza might be combined in a single tablet. This is the complex approach, based on the theories of the British homeopath Dr. Richard Hughes (see page 17), and also known sometimes as combination homeopathy or polypharmacy. In some situations, generally of an acute nature, it may be adopted by classical homeopaths, but in certain countries it is actually the standard method of prescribing. In 1948 it was officially sanctioned by the American Institute of Homeopathy, and in many European countries, such as France and Germany, polypharmacy is more common than classical homeopathy.

Further variations on the homeopathic principle include isopathy, in which a potentized microdilution of the substance causing the disorder is actually used to treat the symptoms: for example, *Apis* (which is made from the sting of bee) might be given to someone to treat a bee sting. A classical homeopath will generally only expect a 20 to 30 percent success rate using this method, since it does not take into account the unique constitution of each patient. A refinement of this concept is tautopathy, in which the *exact* substance triggering the symptoms is used to make a remedy for treating those symptoms. In theory this means that the remedy for a bee sting would be prepared from the *actual bee* that had inflicted the sting. In practice the concept is most commonly used for allergic reactions, such as treating a child with a remedy made from a vaccination to which the child has reacted.

BUILDING A MATERIA MEDICA

More than 4,000 substances from the plant, animal, and mineral kingdoms have been tested since Hahnemann first developed his theories, resulting in a *materia medica* that contains over 2,000 remedies.

The reasons why particular substances were selected as homeopathic remedies are complex and varied. Many were familiar from traditional Western folklore or herbal lore. Some, such as mercury, were used in contemporary conventional medicine. Others included minerals or elements that had been used as nutritional supplements, such as zinc. Out of curiosity, or because they had a long herbal tradition or were known to have a strong, even toxic, effect, different substances were tried and the information cataloged. The greatest influence came initially from herbalists in Europe but, as knowledge grew of the medicinal traditions of other cultures, more substances were tested for their homeopathic potential. European explorers and settlers filtered back information amassed on their travels. Dr. Constantine Hering (see page 16), for instance, visited South America and discovered the healing properties of the bushmaster snake (see page 109).

Hahnemann set down strict guidelines for testing, or “proving,” potential remedies. This term developed from *Prüfung*, the German word for a trial. A set of volunteers, or “provers,” take a trial substance in different strengths, or potencies (see page 19), and make a detailed,



THE WORLD OF THE APOTHECARY
The eclectic assortment of plants and minerals mixed and dispensed in a standard 18th-century apothecary are illustrated in this painting of the period by an anonymous artist. Many of these medicines were tested by Hahnemann and others for their curative potential as homeopathic remedies.

daily record of their moods, sensations, and any symptoms that develop. Symptoms are categorized as general, relating to a temperamental picture, or specific, affecting a particular part of the body. Surrounding or provoking circumstances, and triggers that make symptoms better or worse, are all noted. Certain general, physical, and psychological affinities appear more evident than others, and some symptoms will be very common among the provers; for example, a headache first thing in the morning that gets better after eating, or indifference to loved ones. These are “first-line” symptoms. Other symptoms may be experienced by only a few, or even one, prover. These are known respectively as “second-line” and “third-line” symptoms. Any symptom that can be shown to be unlike the person’s usual state of health will be recorded. This information is then compiled to produce a “symptom picture” that takes into account the potential variations produced by different provers’ constitutional types. Often this will then be compared with information about the substance and its characteristics, possibly from its prior use within herbal or folk medicine, or from knowledge of its toxicology, to deepen understanding of the remedy. As understanding of each remedy’s “symptom picture” grows, an archetypal “character” emerges. Essential or “keynote” characteristics, both mental and physical, can be established to give a thumbnail summary, enabling homeopaths to recognize cases where a particular remedy is appropriate. Dr. James Tyler Kent (see page 19) carried out a great deal of research to enlarge knowledge of the remedies in the *materia medica*, and his work has been built on and augmented by many other practitioners.

Beyond the individual remedies, it is possible to make connections between remedies and to establish group relationships. Studying the group of remedies based on potassium or calcium compounds, for example, reveals themes, such as physical weakness with all *Kalium* remedies, or sensitivity and shyness with all *Calcium* remedies. This thematic analysis is most obvious in clear categories like families of the periodic table, which have recently been researched by the British homeopath Jeremy Sherr. Relationships between plants within the same botanical family, or between animals with common links, can also be found. For example, all snake-based remedies tend to affect the blood and nervous system, and are for highly oversensitive individuals. The Indian homeopath Rajan Sankaran is working on an approach to case-taking that emphasizes the underlying sensations a patient feels, and linking this to a framework running through the animal, plant, and mineral kingdoms and families that form the basis of remedies. The breadth of information available from some of the old provings is not complete, whereas other provings are very well documented. New provings tend to be carefully managed and usually give a full picture.



ENLARGING THE MATERIA MEDICA Explorers to new worlds, such as the Victorian naturalist depicted in this engraving, published in 1868, collected samples and information on a wide range of plants and animals, some of which were then added to the *materia medica* of homeopathic remedies.

DEVELOPMENT OF HOMEOPATHY

Hahnemann's first experiments on himself arguably constituted some of the earliest medical trials. Medical research has become far more sophisticated since then, yet strict clinical trials into the efficacy of homeopathy were rare until as late as the 1980s.

While funding existed for major drug research due to investment by drug companies, such funding has been harder to find for homeopathic trials. Nor do homeopathic trials have the same kind of access to the research facilities of universities, hospitals, and researchers. Trials into homeopathy are further disadvantaged by the fact that so much depends on the skill and judgment of the practitioner in assessing the appropriate remedy for the patient. One of the most important issues to be addressed in trials is the influence of the placebo effect (*see box*). Clinical trials conducted by Dr. D. Taylor-Reilly in 1986 in Glasgow, Scotland, demonstrated a clear, statistically significant improvement in patients treated homeopathically that could not be attributed purely to a placebo response. He concluded that either homeopathy does work or clinical trials do not. There have also been meta-analyses, in which a large group of similar trials are analyzed as if they were one huge study, often yielding more significant results than small-scale trials might do individually. Three of the

PLACEBO RESPONSE

In clinical drug trials, some of the test subjects are given a genuine, active medication, while others are given a placebo—an inactive medication, often a sugar pill, which is given in place of genuine treatment. Test subjects do not know whether they are receiving the active drug or the placebo. Research into the immune system has revealed that the expectations of patients can actually influence their healing processes. Thus, since they expect their medication to work, the placebo may have a therapeutic effect. Clinical trials test active drugs against a control group receiving a placebo to ensure that any positive effects take into account this placebo response. The experimental group must perform significantly better than those taking the placebo for the test drug to be deemed effective.

most important meta-analyses to date are that led by Prof. J. Kleijnen, published in the *British Medical Journal* in 1991; that led by Dr. J. P. Boissel, which was carried out for the European Commission and published in Brussels in 1996; and that by Dr. K. Linde and others, published in *The Lancet* in 1997. All three meta-analyses were done by skeptical, independent researchers, none of whom were practicing homeopaths, and all three concluded that, despite their best efforts to show otherwise, homeopathy has an action above and beyond that of merely a placebo. Valuable trials of homeopathy in veterinary medicine, undertaken by the British homeopathic veterinarian Mr. C. Day in 1984, suggest that homeopathy's action cannot be attributed purely to a placebo effect if it works on animals, since animals are not susceptible to such influences. Various individual trials have demonstrated a degree of success for homeopathic treatment of specific ailments, such as a 1980 study by Dr. R. G. Gibson in Glasgow of homeopathic treatment for rheumatoid

arthritis, and a 1994 trial of homeopathy for diarrhea in Nicaragua by a US pediatrician, Dr. J. Jacobs. There have also been positive trials on the efficacy of homeopathy on toothaches and teething, including a 1985 French study in Lyon by Dr. P. Berthier, and a German study, published in 1994 by Dr. A. Vestweber in *Erfahrungsheilkunde*.

On the theoretical side, there is ongoing research into finding a scientific explanation for how a homeopathic remedy can be effective when it has been diluted so much that not a single molecule of the remedy's base ingredient is left in the water. However, research suggests that water "remembers" a substance, or leaves a "molecular fingerprint." More work is now being conducted to determine the properties of homeopathic remedies on an energetic or "quantum" level.

An effective alternative

Alongside clinical trials there have been a number of outcome studies that, while not being double-blind and controlled, ask patients about the outcome of their treatment. Outcome studies at the Glasgow Homoeopathic Hospital in Scotland, on patients who had already had unsuccessful conventional treatment for a range of illnesses, including depression, multiple sclerosis, and cancer, reported a significant decrease in their use of conventional medicine. While these studies are not directly clinically controlled, they have great implications, not just for patients' health but also for the financing of medical services. Possible consequences include the use of cheaper medication, a decrease in hospital admissions, and the reduced costs of treating the side-effects of conventional medication. A 1998 report by the Faculty of Homoeopathy in the UK argues that clinical trials consistently demonstrate the benefits of homeopathy in terms of patient care and cost-effectiveness.

In many Western countries there is a public trend away from some aspects of conventional, drug-based medicine, and sympathy with the idea of a more "holistic" way of treating the "whole person." There is growing interest from the medical establishment in exploring the possibility of integrating some complementary therapies, including homeopathy, into their treatment approaches. This is in part due to rising healthcare costs, the alarming side-effects of some medical treatments, and the lack of success in conventionally treating some conditions, such as cancer. If integration is to become a reality, however, high standards of education, practice, and research within homeopathy are needed. Ultimately, the aim is to ensure that homeopathy is being delivered to the public by suitably qualified and regulated practitioners operating according to a strong code of ethics to protect the patient. While there are still clearly key questions as to how homeopathy works, research and experience suggest that it is, as Hahnemann first proposed, safe, gentle, and effective. The active ingredients are given in highly diluted form and homeopathic remedies are virtually 100 percent safe and can be given to babies, pregnant women, and the elderly. Homeopathy integrates well with conventional medicine and can be used in a truly complementary fashion.



MATERIA MEDICA



HOW REMEDIES ARE MADE

Remedies are made by the process of dilution and succussion. Strictly speaking, remedies are not in themselves homeopathic; they become homeopathic only when they are prescribed according to the principle of “like cures like” (see page 18). When the remedy is given accurately and effectively “mirrors”

the patient’s symptoms (see page 177), it can then be considered to be acting homeopathically. The experience, judgment, and skill of the practitioner are responsible for selecting the appropriate remedy. Remedies are prepared to exact guidelines, but may vary in strength.

Remedy potencies

Hahnemann laid down precise guidelines for the preparation of a homeopathic remedy (see opposite). Measurements and methods were all strictly and scientifically controlled. He also developed a unique process called “potentization,” which allowed the full strength, or potency, of the substance to be released into the remedy mixture (see page 19).

The theory of dilution

Many remedies are based on highly active or even poisonous substances. Hahnemann established that remedies needed to be diluted to a very great degree to avoid side-effects. To his surprise he discovered that, paradoxically, the more diluted the remedy, the longer its action, the deeper its effect, and the fewer doses needed. Because the remedies are diluted to such a great degree, it is highly

unlikely that even a single molecule of the original substance remains. This means that, although remedies may be based on highly poisonous substances, they are completely safe to use, even on children. However, this is also the main reason why homeopathy is still viewed with such skepticism by many orthodox doctors and scientists (see page 24).

The potency prescribed is gauged by the homeopath according to the condition to be treated, the strength of the patient, and the circumstances. Not only must the remedy given be suitable, but the potency chosen must also be appropriate for the individual.

Scales of dilution

Homeopathic remedies are generally prepared according to one of two scales: the decimal (x) and the centesimal (c).

In the decimal scale, the dilution factor is 1:10, and in the centesimal scale it is 1:100. Remedies usually have a number, such as 6c or 12x, after the name. This number indicates how many times it has been diluted and succussed, and on which scale; for example, the remedy *Allium cepa* 6c has been diluted and succussed six times on the centesimal scale.

More rarely, however, scales such as millesimal (m) and quinquagintamillesimal (lm) are prepared. According to these scales, remedies are diluted by factors of 1:1,000 and 1:50,000 respectively. The former is used mainly when a single, high-potency dose of a remedy is considered appropriate by the practitioner, while the latter is given when regular gentle dosing is needed in stubborn, chronic cases.

DILUTING & SUCCUSSING

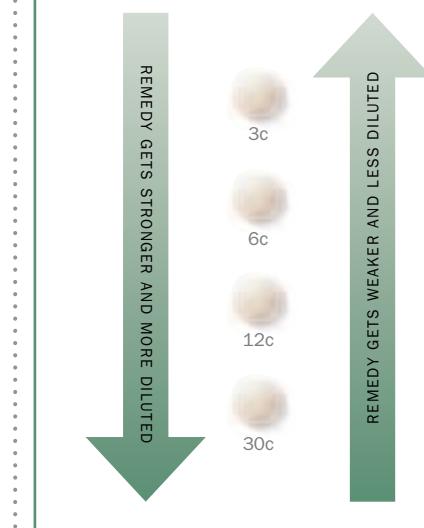
PREPARING A POTENCY The mother tincture (see opposite) is usually diluted in a mixture of pure alcohol and distilled water according to one of several scales (see above, right). The ratio of alcohol to water varies depending on the base substance of the mother tincture. To produce a 1c potency, one drop of the mother

tincture is added to 99 drops of an alcohol-and-water mixture and succussed. To produce a 2c potency, one drop of the 1c mixture is added to 99 drops of an alcohol-and-water mixture and succussed. To manufacture the 6c potency illustrated below, this process is repeated a further four times.



REMEDY STRENGTHS

According to Hahnemann’s theories, the more diluted a remedy, the stronger it is and the higher the number, or “potency.” A less diluted remedy is not as strong and has a lower number, or potency.



Preparation of homeopathic remedies

Homeopathic remedies are made from substances derived from plant, mineral, and animal sources. Depending on their natural state, they may be prepared in a variety of different ways. Plant and animal material may be used whole or chopped, depending on its size and density. Metals that are insoluble in their natural states are combined with lactose sugar crystals and ground repeatedly to form a powder fine enough to be soluble in water: this process is called trituration. Crystalline substances, seeds, and beans may also be ground up if they are hard, large, or insoluble in water.



1 Plant material such as leaves, roots, and flowerheads (above), and some animal material, such as starfish, is chopped finely, while other substances are dissolved in water or ground to prepare them for use.



4 After being macerated for the required period of time, the mixture is poured through a filter to strain it or expressed through a press to extract the liquid. This resulting liquid becomes the “mother tincture” for the remedy, and is stored in a dark glass jar.



2 The substance is put in a large glass jar, into which is poured a solution of alcohol and distilled water (often 90 percent alcohol to 10 percent water, but this ratio varies depending on the substance).



3 The mixture is left to stand for a varying amount of time; mixtures that are macerated for longer periods may be shaken at intervals. Plant material may be steeped for several days or weeks, while mineral-based mixtures may be processed on to the next stage almost immediately.

5 One drop of the mother tincture is diluted in a mixture of pure alcohol and distilled water according to one of several scales (see opposite), although the two most commonly used scales are the decimal and the centesimal.

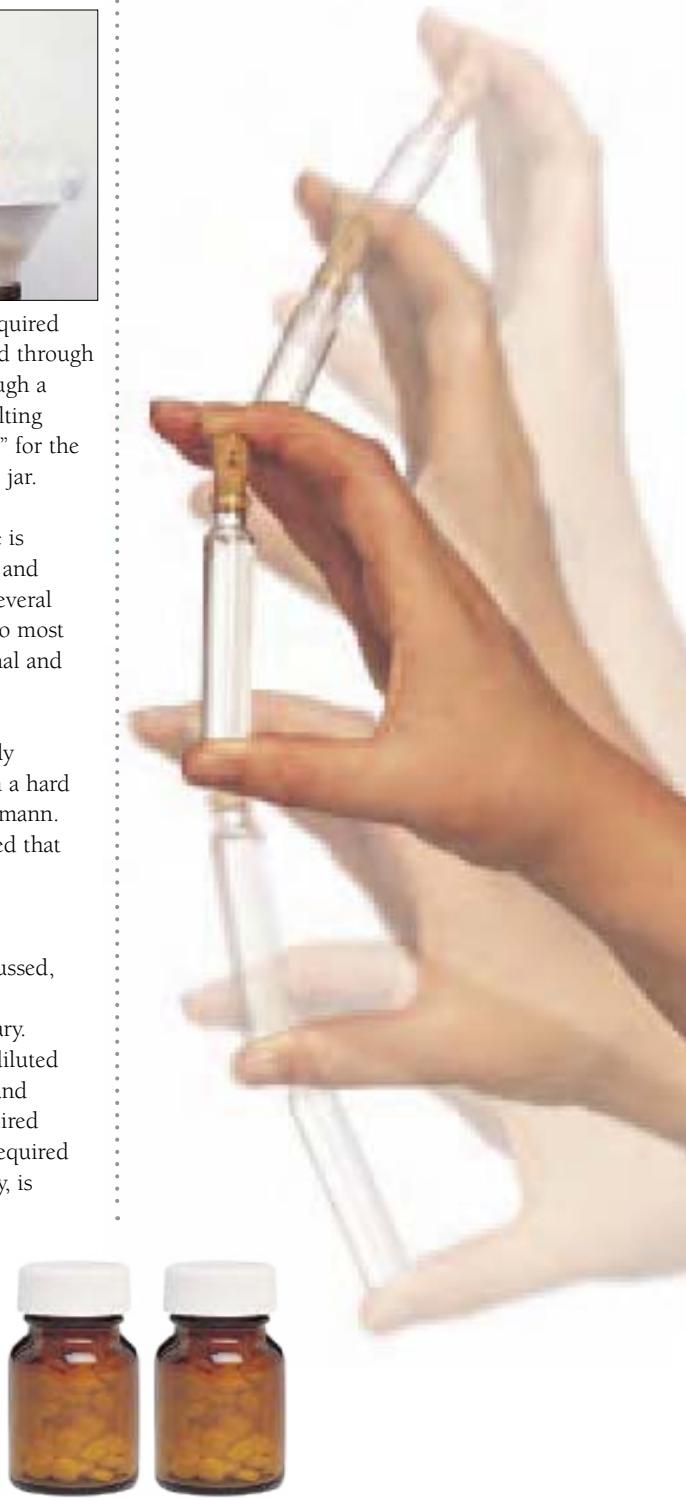
6 This mixture is shaken vigorously (see right) or banged down firmly on a hard surface, a process devised by Hahnemann. He called it “succussion” and believed that the action enabled the liquid to be “potentized” (see page 19).

7 After the mixture has been succussed, steps 5 and 6 are repeated over and over again, as many times as necessary. Each time, the resulting mixture is diluted afresh in a mixture of pure alcohol and distilled water until, finally, the required level of dilution, and therefore the required potency for the homeopathic remedy, is obtained (see left).

8 Once the mixture has reached the required strength and potency, a few drops of it are added to lactose tablets, pilules, granules, or powder (see page 216), to impregnate them with the remedy. These are then stored in dark glass bottles.

CAUTION

This information is not intended as a guide to making remedies. Homeopathic remedies should always be obtained from a reputable supplier.





MAJOR PLANT REMEDIES

PLANTS HAVE BEEN USED FOR MEDICINAL PURPOSES FOR THOUSANDS OF YEARS, AND THE PLANT KINGDOM ALSO PROVIDES THE SOURCE FOR THE MAJORITY OF HOMEOPATHIC REMEDIES.

IN THIS SECTION, SOME OF THE MOST IMPORTANT PLANT-BASED REMEDIES ARE LOOKED AT IN DETAIL.

Aconitum napellus

ACONITE

KEY SYMPTOMS complaints triggered by shock or exposure to cold winds

- panic attacks and fear of death • acute infections of sudden onset

Historically, the deadly juices derived from this plant were used as an arrow poison, hence the name aconite, from the Greek *acon*, or “dart.” Until the homeopathic remedy was proved by Hahnemann in 1805, aconite was used only externally in medicine. Aconite became a popular alternative to the contemporary practice of blood-letting for the treatment of acute fevers and inflammations.

REMEDY PROFILE

Homeopaths consider using Aconite for people who are excitable, generally healthy, and strong but develop illness rapidly and exhibit a marked sinking of strength. Physical and mental symptoms are like a great storm, arising suddenly but also subsiding quickly. Patterns of behavior are characterized by intense fear, anxiety, and restlessness, with susceptibility to extreme phobias, panic attacks, and a fear of death.

Physical symptoms often develop as a result of shock, fear, or exposure to cold, dry winds or, occasionally, intensely hot weather. Acute infections, such as colds and coughs, can be treated with the remedy, particularly at their onset. Aconite may also be prescribed for anxiety states, and for mothers and infants during or immediately after childbirth.

Acute respiratory infections

SYMPOTMS Cold or influenza symptoms that set in fiercely and rapidly, especially after exposure to cold, dry winds. There may be catarrh or phlegm and a sore throat, possibly a fever that makes the skin hot and dry. Croup and other acute chest infections may give rise to breathlessness, burning heat in the chest, and a hoarse, dry, barking cough. Sleep is frequently restless and agitated; at such times, the face may be hot, flushed, and swollen, although upon rising it may become very pale. Severe headaches may develop, accompanied by raging thirst, often for cold drinks. The mouth may taste bitter, so that everything except water tastes bad. The skin is hypersensitive, causing a marked aversion to being touched.

Symptoms better For warmth; for lying down; for fresh air.

Symptoms worse For heat; for stuffy rooms;

for lying on the affected area;
for walking; at night; for music.

Eye & ear infections

SYMPOTMS Inflamed eyes with aching, burning pain, typically due to injury or conjunctivitis. The eyes may be oversensitive to light. Ear infections develop rapidly, causing intense pain, bright red ears, and hypersensitivity to noise. Symptoms may be accompanied by a high fever and restless, fearful agitation. **Symptoms better** For quiet. **Symptoms worse** For light; for noise.

Fear, shock & anxiety

SYMPOTMS Acute fear and anxiety accompanied by great restlessness and shocked, staring eyes with dilated pupils. Symptoms may be due to shock after witnessing a violent or frightening event, or may be triggered by phobias, such as a fear of flying, of heights, or of enclosed spaces. The fear or anxiety may trigger recurrent panic attacks, with palpitations, numbness, and tingling in the body. They may be accompanied by a fear of death and a fear of people, with a strong desire to avoid company.

Symptoms better For open air; for rest.

Symptoms worse For stuffy rooms; for crowds; at night.

Problems in labor

SYMPOTMS Strong fear of impending death experienced by a mother during labor. There may be urine retention in either the mother or baby, or in both the mother and baby, immediately after the birth of the child,

ACONITE This plant is known for its poisonous alkaloids, which are found at their highest concentrations in the root.

Hooded, blue-violet flowers appear in midsummer

Root can cause poisoning when handled



ROOT

FLOWERING STEM

SOURCE DETAILS

ORIGIN

Grows in damp, shady, mountainous regions of Europe and Central Asia. Also cultivated as a garden plant.

BACKGROUND

Used externally, except on broken skin, to ease bruising and joint pain, but rarely used internally due to its toxic nature.

PREPARATION

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

COMMON NAMES

Aconite, monk's-hood, wolf's-bane, blue rocket, friar's-cap.

especially if the mother experienced fear during labor.

Symptoms better For open air; for rest.

Symptoms worse For feeling overheated; for feeling chilled; for violent emotions.

Agaricus muscarius syn. *Amanita muscaria*

AGARICUS

KEY SYMPTOMS twitching and spasms • chilblains • depression or overexcitement
• fear of cancer • complaints that are worse after sexual intercourse

This toxic toadstool's common name, fly agaric, is derived from its traditional use as a fly poison. Fly agaric contains hallucinogens that were used by Siberian shamans to induce visionary states, and it may have formed the basis of the ancient Hindu *soma* drink and the Zoroastrian *haoma* drink, due to its ability to increase strength and stamina. The fungus has sedative properties in small doses but is highly toxic: a severe overdose can be fatal, while a mild overdose can cause nausea, vomiting, diarrhea, breathing problems, and confusion, although recovery usually takes place within 24 hours. The homeopathic remedy was proved in 1828 by Dr. Staph, and it remains the only medicinal use of fly agaric.

REMEDY PROFILE

Those in need of *Agaricus* may be anxious, insecure, or fearful, and have morbid thoughts about death. Anxiety about health may lead to an obsessive fear of having conditions such as cancer. Symptoms typically include great lethargy and an aversion to conversation, or delirium and loquacity to the point of ecstasy, elation, or hypomania, and disturbed sense of perspective.

People for whom *Agaricus* is most suitable are particularly sensitive to the cold when ill. Some symptoms are worse prior to thunderstorms and after sexual intercourse.

Agaricus is taken as a remedy for disorders of the nervous system that cause trembling, itching, and twitching and jerking of the limbs. Such conditions include epilepsy, chorea, and multiple sclerosis. *Agaricus* can be prescribed for the treatment of the delirium tremens associated with alcoholism, and for the effects of senile dementia. It is also used to treat chilblains.

Nervous-system disorders

SYMPTOMS Twitching and spasms in almost any muscle group in the body, caused by degenerative neurological disorders such as senile dementia or multiple sclerosis. Symptoms tend to manifest themselves diagonally from one side of the body to the other, and may be accompanied by pain that is out of proportion to the clinical condition. There may also be sharp, shooting pains, with possible convulsions and spasms. Movements may be very shaky, with clumsiness,

awkwardness, and a staggering gait. Further symptoms may include facial tics or Bell's palsy, fainting, chorea, neuralgia, and sciatica.

Symptoms better For slow movement; for sleep; at evening.

Symptoms worse For cold air; before thunderstorms; after sexual intercourse; for touch.

Chorea

SYMPTOMS Twitching, erratic, unpredictable limb movements and a sensation that the limbs are detached from the body.

Symptoms better For slow movement; for sleep; at evening.

Symptoms worse For cold air; before thunderstorms; after sexual intercourse.

Parkinson's disease

SYMPTOMS General weakness with trembling and twitching limbs that exhibit the typical nervous symptoms (see left). The spine may be particularly sensitive to touch. Further symptoms may include a mental decline into great anxiety, despair, fear, and hypochondria.

Symptoms better For slow movement; for sleep.

Symptoms worse Before thunderstorms; after sexual intercourse.

Chilblains

SYMPTOMS Chilblains with burning and itching. The skin shows signs of redness and swelling.

Symptoms better For heat.

Symptoms worse For cold air; for cold compresses.



FLY AGARIC This fungus was once crumbled into milk to make fly poison. It has also been used as the toxic component in flypaper.

SOURCE DETAILS

ORIGIN

Grows in dry pastures and woods during summer in Scotland, Scandinavia, and other parts of Europe, as well as in Asia and the US.

BACKGROUND

Has been used throughout history as a hallucinogen, as a method of contacting the spirit world, and as a means of increasing human strength and endurance.

PREPARATION

The whole, fresh fungus or the dried cap is washed thoroughly and ground into a mash. It is then steeped in alcohol before being strained, diluted, and succussed.

COMMON NAMES

Fly agaric, bug agaric.

Alcoholism

SYMPTOMS Delirium tremens with marked giddiness and an impulse to fall backward. The face is puffy and red, but not hot. There may be a marked increase in appetite.

Symptoms better For slow movement.

Symptoms worse For cold air; before thunderstorms; after sexual intercourse; after eating.

Allium cepa

ALLIUM CEPA

KEY SYMPTOMS burning catarrh • bland discharge from the eyes • splitting sensation in the throat • phantom pains • person feels worse in warm rooms

In ancient Greece, the onion was esteemed and eaten in vast quantities. One of the oldest cultivated plants, its decongestant, diuretic, and other medicinal properties have been utilized by many cultures over the centuries. In the Middle Ages its strong smell was thought to prevent infection, and it was hung outside houses to ward off the plague. Onion causes the eyes and nose to water, and is used homeopathically to treat conditions that cause the same reaction in the body, such as colds and influenza. The remedy *Allium cepa* was proved in 1847 by Dr. Constantine Hering.

REMEDY PROFILE

Melancholy, anxiety, fear of pain, and dullness of mind are not uncommon in individuals who respond well to *Allium cepa*, but there are no marked emotional symptoms indicative of the remedy.

Allium cepa is used primarily for the treatment of coughs and colds characterized by profuse, watery catarrh that leaves the skin irritated and sore. Symptoms usually develop following exposure to cold weather and damp winds. They may be associated with hay fever, especially if accompanied by sensitivity to the scent of flowers. *Allium cepa* is also used to treat burning neuralgic pain that alternates from one side of the body to the other.

Catarrh

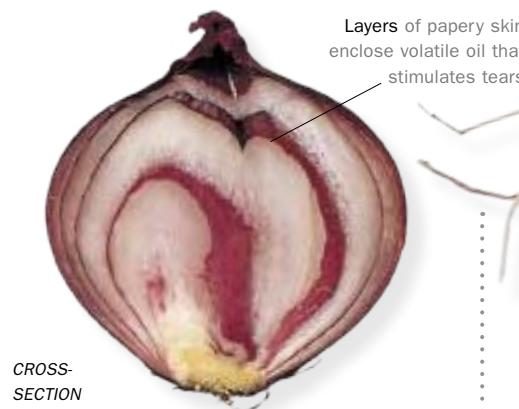
SYMPTOMS Profuse, watery catarrh that burns the skin of the nose and upper lip, causing it to become raw, red, and painful. The nose may literally "drip like a faucet." Constant, violent sneezing is common, as is congestion that alternates between nostrils or affects only one nostril. *Allium cepa* is used for these symptoms in influenza, colds, and hay fever, but further remedies are needed to treat any actual susceptibility to hay fever itself.

Symptoms better For being in the open air.

Symptoms worse For warm rooms; in the evening.

Eye irritation

SYMPTOMS An irritating discharge that causes an urge to rub the eyes. The eyes are red, swollen, and itchy, and possibly extremely sensitive to light.



Symptoms better For being in the open air.

Symptoms worse For warm rooms; in the evening; for rubbing the eyes; for coughing.

Throat & chest infections

SYMPTOMS Laryngitis with hoarseness and a raw, sore throat, or a cough characterized by a splitting, tearing sensation in the throat. There may be an urge to repress the cough, as it constantly irritates the throat. Pain may extend to the ear. Symptoms may develop rapidly on exposure to cold air, or after a cold accompanied by labored, wheezy breathing.

Symptoms better For being in the open air.

Symptoms worse For warm rooms; in the evening.

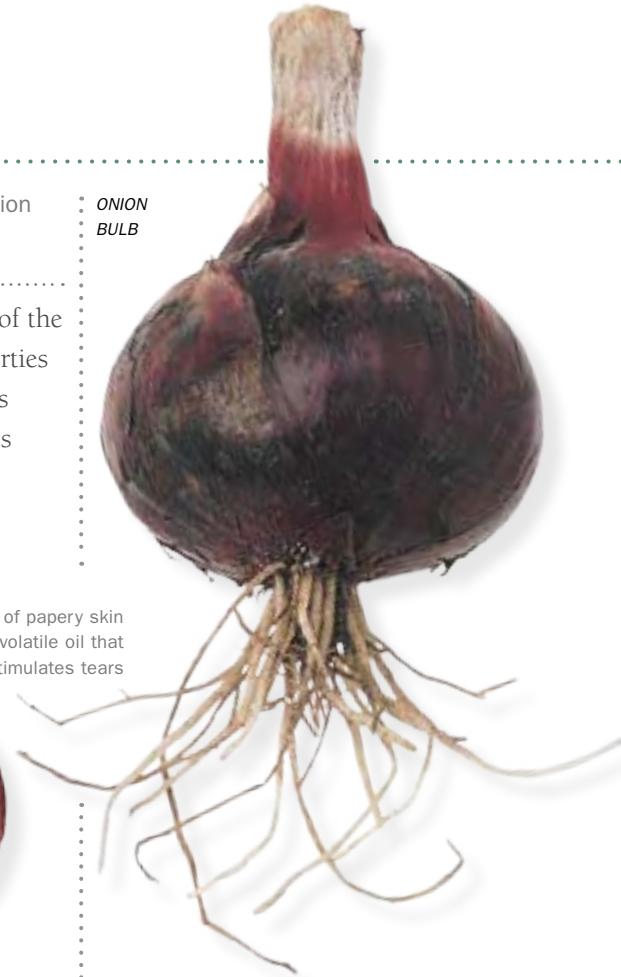
Neuralgic pains

SYMPTOMS Sharp, burning pain on alternating sides of the body, mainly in the face, head, neck, and chest. It may be due to an earache, headaches behind the brow, or a toothache in the molars. *Allium cepa* is also used for phantom limb pains after amputation.

Symptoms better For being in the open air.

Symptoms worse For being in a warm room.

ONION
BULB



ONION The antibiotic, anti-inflammatory, and expectorant properties of this plant are used worldwide to treat colds, coughs, and influenza.

SOURCE DETAILS

ORIGIN

Native to the Northern Hemisphere, and cultivated for centuries in the Middle East. Now grown worldwide as a vegetable.

BACKGROUND

Widely used in traditional medicine: as a poultice for chilblains, infections, and arthritis; internally for gastric and bronchial infections; and to thin and purify the blood.

PREPARATION

The whole, mature bulb is gathered in summer and chopped finely. It is steeped in alcohol for ten days and shaken repeatedly, before being filtered, diluted, and succussed.

COMMON NAME

Onion.

Aloe ferox 'Miller'

ALOE

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

The medicinal properties of the various species of aloe have been exploited for centuries. The ancient Greeks and Romans considered aloe to be a valuable tonic and purgative. The purgative quality of dried aloe gel is still valued today in herbal medicine, but the plant is probably more familiar now as the source of a soothing and effective skin lotion. The *Aloe* remedy was proved by Buchner in 1821 and by the homeopath Dr. Helbig in 1833, and is used today mainly for digestive complaints, particularly diarrhea.

REMEDY PROFILE

Homeopaths consider *Aloe* when the psychological traits exhibited include weariness, a reluctance to work, and great irritability, especially in cloudy weather. Dissatisfaction and anger are commonly directed internally, possibly producing constipation. Moreover, the person may dream about stools or involuntary soiling. Beer is a typical craving, despite the fact that it usually exacerbates any physical symptoms.

Aloe is most frequently prescribed for disorders of the large intestine. It may be taken for congestion in the pelvic organs and the head, and is also thought to counter fatigue, hemorrhoids, and the possible consequences of a sedentary lifestyle, particularly in the elderly.

Diarrhea

SYMPOTMS A sudden urge to pass stools, which is at its strongest particularly early in the morning, possibly forcing an early rise from bed at around 5 a.m. Accompanied by hot, explosive gas, the stools may contain mucus or jellylike lumps. They may be passed involuntarily, giving rise to a feeling of insecurity in the rectum (this may also be an indication of colitis). Diarrhea may alternate with constipation. It is marked by incomplete, unsatisfactory stools and heavy pressure in the lower abdominal area. Symptoms generally tend to be worse prior to menstruation, or may primarily affect the elderly or those with sedentary habits. **Symptoms better** For passing gas; for cool.

Symptoms worse First thing in the morning; for walking; immediately after eating; for oysters; for beer.

Hemorrhoids

SYMPOTMS Hemorrhoids that resemble small bunches of grapes and protrude from the anus. They are typically accompanied by soreness and tenderness. There may be a painful, burning sensation in the rectum and anus, and flatulent diarrhea.

Symptoms better For bathing in cold water.

Symptoms worse For heat; for jarring movement; upon sitting down; after eating or drinking.

Hepatitis

SYMPOTMS A sensation of congestion and heat in the liver. There may be rumbling and distention in the abdomen, causing it to feel full, heavy, bloated, and hot. An accumulation of gas may accompany this feeling of distention, as well as strain and tension that is felt in the area between the pubic bone and the coccyx.

Symptoms better For cold; for open air.

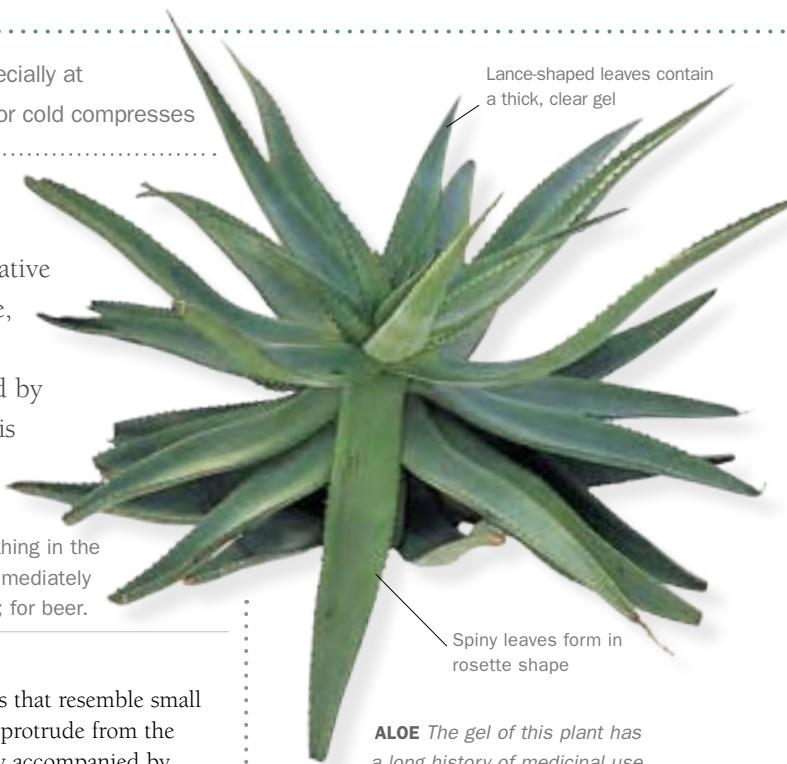
Symptoms worse For heat; after eating or drinking.

Headaches

SYMPOTMS Severe, painful headaches that seem to trigger a sensation of congestion in the face and in the head. These headaches frequently appear to alternate with the occurrence of hemorrhoids or diarrhea, or may be associated with pain in the lower back.

Symptoms better For open air; for cold compresses on the head.

Symptoms worse For heat.



ALOE The gel of this plant has a long history of medicinal use as a skin lotion.

SOURCE DETAILS

ORIGIN

Native to southern Africa, particularly the northern, eastern, and western Capes, but now cultivated throughout the world. Found in fertile, well-drained areas with sandy soil and direct sunlight.

BACKGROUND

Traditionally, aloe gel has been used as a laxative and purgative. Various research trials conducted between 1979 and 1995 found that extracts from the plant boost immune-system functioning, and may even help to treat cancer and irritable bowel syndrome.

PREPARATION

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

COMMON NAMES

Aloe, Cape aloe.

Anacardium orientale syn. *Semecarpus anacardium*

ANACARDIUM OR.

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

The Latin name of this shrub derives from the ancient Greek *kardia*, or “heart,” inspired by the plant’s heart-shaped, shiny, black nut. The nut yields a milky juice that turns black after it is exposed to air. In southeast Asia this juice is combined with chalk to make an ink for marking patterns on fabric, hence the plant’s common name, the marking-nut tree. The homeopathic remedy *Anacardium or.* was proved by Hahnemann in 1835. It is prescribed for both psychological and physical disorders.

REMEDY PROFILE

Anacardium or. is traditionally used for memory disturbance and a disturbed psychological state. It is considered especially apt for those who feel they are experiencing a conflict of will or are trapped between extremes of good and evil, sometimes described as “a demon sitting on one shoulder, an angel on the other.” These individuals are typically prone to low self-esteem, or may exhibit hard, angry, cruel behavior. They may suspect that they are being pursued, or experience dreamlike states. Typical physical symptoms include a feeling of constricted pain, as if bands are wrapped tightly around the body, or as if the gut or anus is plugged. In this connection, the remedy is used for certain conditions of the digestive tract. It is also used for skin irritations marked by severe itching and burning, and for minor chest pain.

Psychological problems

SYMPTOMS A state of inner conflict expressed in contrary and changeable behavior. This conflict may provoke behavior that is cold-hearted, violent, and cruel, with a compulsive urge to curse. Exaggerated affection toward a person or pet may be followed by cruelty or violence. An inferiority complex may be evident (see above, right). There may be an extremely poor memory, a lack of concentration, and general absent-mindedness, especially at times of stress—for example, when studying for exams. In extreme cases, symptoms may be linked to a mental illness, such as depression, manic depression, or schizophrenia.

Symptoms better For lying in the sun; for hot baths; in the late morning; for eating.

Symptoms worse For mental exertion; for anger; for fright; for stress; for studying.

Low self-esteem

SYMPTOMS Great feelings of unworthiness, irresolution, and low self-confidence, possibly with an inferiority complex, due to an inner conflict of will. Depending on the severity of the mental state, there may even be infrequent or ongoing self-abuse. Behavior patterns may be associated with prior subjection to abuse, violence, humiliation, or oppression.

Symptoms better For lying in the sun; for hot baths; in the late morning; for eating.

Symptoms worse For mental exertion; for fright; for stress; for humiliation.

Digestive disorders

SYMPTOMS Hemorrhoids, indigestion, and constipation with a painful constricted feeling, as if the gut or anus were plugged and the body wrapped by tight bands. The pain may stop after eating but resumes a few hours later.

Symptoms better Immediately after eating.

Symptoms worse For a hot bath or compress; at midnight; a few hours after eating.

Skin conditions

SYMPTOMS Eczema and possibly patches of blistered skin, often on the forearms, causing intense itching and burning. The skin is highly sensitive. Warts are also treated with the remedy.

Symptoms better For the application of very hot water.

Symptoms worse For stress, for scratching; the affected skin.



MARKING NUTS In India the juice of the marking nut was traditionally used as a remedy for burning off warts.

SOURCE DETAILS

ORIGIN

Native to Malaysia, Indonesia, and the Indian subcontinent, and found growing in dry, mountainous forest areas.

BACKGROUND

Arabian physicians traditionally used the juice of the marking nut to treat mental illness, memory loss, paralysis, and spasms.

PREPARATION

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

COMMON NAME

Marking-nut tree.

Chest pain

SYMPTOMS Sharp or pricking pain in the heart, possibly with a sense of pressure in the chest, as if it is bound by tight bands or weighed down by a small plug. An uneasy sensation may develop in the chest, possibly involving palpitations.

Symptoms better For inhaling fresh air outdoors.

Symptoms worse A few hours after eating.

Arnica montana

ARNICA

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

The healing properties of this aromatic perennial have been recognized for over 400 years. Arnica is anti-inflammatory and promotes tissue repair. It has been used extensively in European folk medicine as an external remedy for muscle pain, and was once also prescribed as an internal treatment for dysentery and gout. Potentially toxic, its internal use is now largely limited to homeopathy. Proved by Hahnemann and published in his *Materia Medica Pura* (1821–34), Arnica is used to promote healing and help control bleeding. It is used mostly for shock, injury, and pain.

REMEDY PROFILE

People who respond best to this remedy may actually deny that they are ill, ignoring the severity of their condition. They generally prefer to be left alone and tend to be agitated, restless, and morose. Poor concentration and forgetfulness are typical, as are nightmares and a morbid imagination.

Arnica is usually given as a first-aid remedy following an accident, surgery, bereavement, childbirth, or dental treatment. It is also used for joint pain, fever, and some skin problems.

Shock, injury & postoperative care

SYMPTOMS Acute and chronic consequences of shock, injury, or surgery, particularly bleeding, bruising, swelling, and aching pains. The body may feel battered and highly sensitive to discomfort, to the point where even a bed seems too hard. Arnica may also be prescribed to treat injuries such as a black eye or a foreign object in an eye, concussion, and nosebleeds.

Symptoms better For lying down; for lying with the head lower than the feet.

Symptoms worse For cold; for damp; for touch; for rest; for movement; for wine.

Post-childbirth pain

SYMPTOMS Bruised, aching pain in the vagina that may be especially distressing at night.

Symptoms better For lying down with the head lower than the feet.

Symptoms worse For cold; for touch; for movement.

Tooth & gum pain

SYMPTOMS Pain in the teeth or sore, bruised, and bleeding gums following injury or dental work may be treated with Arnica.

Symptoms better For lying down.

Symptoms worse For the slightest touch; for movement.

Joint & muscle pain

SYMPTOMS Arthritic pain, sprains, or strains to the joints, which feel bruised, sore, and sensitive. Arnica is also taken to ease swelling, bruising, and pain after a ligament tear or bone injury. Alternatively, it is used for aches in the muscles due to cramps, unaccustomed exercise, or overexertion.

Symptoms better For lying down.

Symptoms worse For the slightest touch; for movement.

Fever

SYMPTOMS A hot head, cold body, and exhaustion. Stools, flatulence, and perspiration tend to have a characteristic odor of rotten eggs, and there may be incontinence of stools and urine. Arnica is also prescribed for recurring fevers such as typhoid or malarial fever.

Symptoms better For lying down; for lying with the head lower than the feet.

Symptoms worse For cold surroundings; for damp; for the slightest touch.

Skin conditions

SYMPTOMS Hard, dry, swollen skin due to insect bites, bed sores, small, painful boils, red, blistering skin eruptions, or varicose ulcers.

Symptoms better For lying down.

Symptoms worse For cold; for damp; for touch.



SOURCE DETAILS

ORIGIN

Grows in alpine pastures and woodlands of the Pyrenees, Siberia, and central Europe, especially Switzerland and Germany.

BACKGROUND

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

PREPARATION

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

COMMON NAMES

Arnica, leopard's bane, sneezewort, mountain tobacco, mountain daisy.

Artemisia cina syn. *A. maritima* 'Linn'

CINA

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

Purportedly named after Artemisia, the queen of Persia in the 4th century BCE who was renowned for her botanical skills, this family of plants has been valued by many medicinal traditions, from ancient Roman to Chinese. *Artemisia cina* was identified as a remedy for intestinal worms by the ancient Greeks, and its active constituent, santonin, is still used in worm medicines. In 1829 *Cina* was proved by Hahnemann, who felt that the plant's "valuable curative properties" went well beyond its traditional role in herbalism.

REMEDIY PROFILE

Cina is typically perceived as a children's remedy, and is given for intestinal worms or muscle twitches, associated with great irritability when scolded or in discomfort. Those affected cannot bear to be touched, held, or even observed—they often consider themselves ugly. Restlessness, a frantic state of mind, picking the nose, and grinding the teeth are typical symptoms in those for whom *Cina* is appropriate. Sleep is often fitful and plagued by night terrors. All symptoms may be worse at night.

These people may have an "anxiety of conscience," a groundless feeling of having done something wrong, which manifests itself as touchiness and obstinacy. They may be survivors of childhood abuse.

In addition to its primary use for worms, *Cina* has also been given to treat convulsions and seizures in children. Today it is still given as a treatment for worms, as well as for temper tantrums, violent coughing, muscle twitches, and sleep problems in children.

Intestinal worms

SYMPOTMS Worms evident in whitish-colored stools. Cutting, pinching pain is felt in the belly, which may be bloated. There is an urge to grind the teeth at night, and to pick the nose and scratch the rectum, which are both itchy. The appetite may be nonexistent, enormous, or changeable, with potential cravings for sweet foods. There is often intense irritability and great restlessness.

Symptoms better For movement; for bending down.

Symptoms worse For heat in summer; at night; for touch.

Temper tantrums

SYMPOTMS Extreme irritability in children, especially chubby ones with variable appetites. Tantrums may be due to being scolded or to worms (see left). Typical *Cina* symptoms such as teeth-grinding may be present.

Symptoms better For lying on the abdomen; for being carried.

Symptoms worse For touch; for being stared at.

Coughs & colds

SYMPOTMS Whooping cough or severe, gagging cough, with limb spasms before a coughing fit. The chest feels constricted, making breathing difficult. Speaking or sudden movement may trigger coughing. In children the body tends to stiffen prior to a coughing fit. Violent sneezing may cause pressure build-up in the head, and the nose may be alternately blocked and runny. There may be an urge to pick the nose, and nosebleeds often result. Intense ill-humor and irritability are often evident.

Symptoms better For being still; in the daytime.

Symptoms worse For getting up; for walking out of doors; during sleep; at night.

Twitching muscles

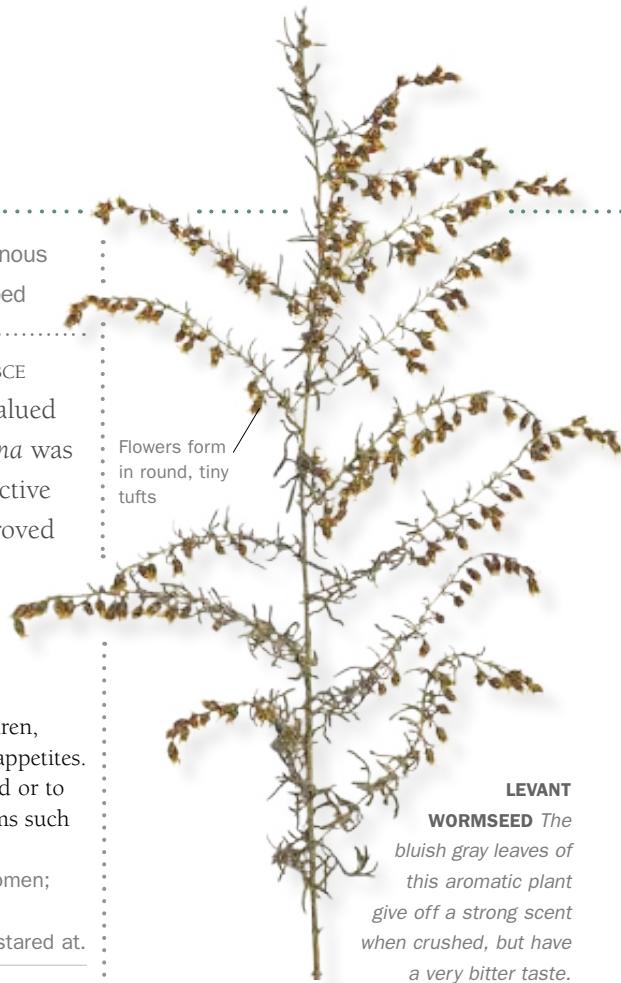
SYMPOTMS Jerking muscles and spasms, especially in the hands and feet, associated with irritability. *Cina* is often used if twitching or convulsions are triggered by touch or by being scolded.

Symptoms better For bending down.

Symptoms worse For touch; at night; for heat in summer.

Sleep problems

SYMPOTMS Difficulty in falling asleep, or restless sleep with twitching, jerking limbs.



SOURCE DETAILS

ORIGIN

Native to a wide area ranging from the eastern Mediterranean to Siberia. Prefers semi-arid growing conditions.

BACKGROUND

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

PREPARATION

Unopened flower heads (called "seeds") are harvested in fall, coarsely powdered, macerated in alcohol, diluted, and succussed.

COMMON NAMES

Levant wormseed, European wormseed, Tartarian southernwood.

Symptoms better For being rocked violently; for lying on the hands and knees.

Symptoms worse For night terrors; for being turned over.

Atropa belladonna

BELLADONNA

KEY SYMPTOMS hot, flushed, red face • high fever

- delirium • desire for sour things • sensitivity to light, noise, and movement

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.” *Belladonna* was one of the first homeopathic remedies, developed in 1799 by Hahnemann for scarlet fever, after he observed that symptoms of deadly nightshade poisoning closely matched those of scarlet fever.

REMEDY PROFILE

Belladonna is a major remedy for acute illnesses of sudden, violent onset. It is usually given to people who are generally fit and energetic, but restless and agitated when ill. They are prone to sudden, explosive anger, marked by the desire to strike out or even to bite.

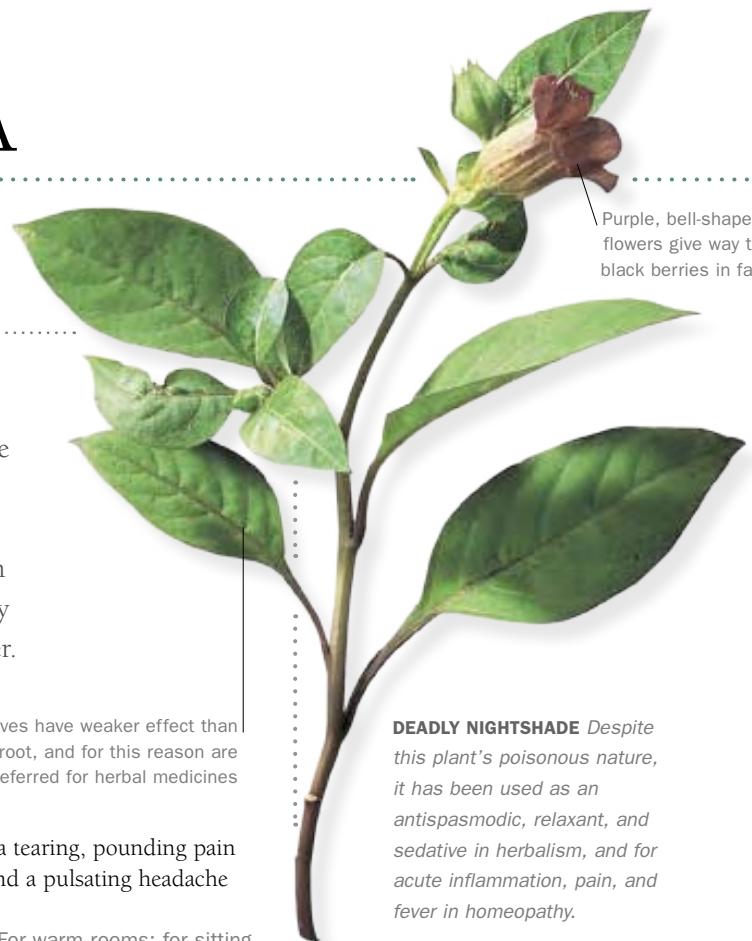
Typical symptoms linked with *Belladonna* include high fever, dilated pupils, flushed, dry skin, and throbbing pain, particularly in the head, due to rapid blood circulation. There is often hypersensitivity to light, noise, and touch, and also to rapid temperature changes.

Belladonna is typically given for acute pain, inflammation, or infection, chiefly of the upper respiratory tract. It may also be used to treat menstrual pain, sunstroke, febrile convulsions, cystitis, nephritis (inflamed kidneys), teething pain, and mastitis during breast-feeding.

Acute fever & pain

SYMPOTMS Sudden onset of high fever and hypersensitivity in all the senses. The face may be hot, flushed, and dry, with bright eyes and dilated pupils. Although the lips and mouth remain pale, the tongue is often bright red. Any inflammation is red, radiates heat, and throbs painfully. Fever is commonly followed by perspiration, and may develop into delirium. There is little thirst, or just a craving for sour drinks.

Other symptoms include throbbing pain in the eyes, which are swollen, red, and



Leaves have weaker effect than root, and for this reason are preferred for herbal medicines

sensitive to light; a tearing, pounding pain deep in the ear; and a pulsating headache (see below).

Symptoms better For warm rooms; for sitting or standing erect; for rest.

Symptoms worse For noise; for touch; for movement; for lying down; for drafts.

Sore throat & dry cough

SYMPOTMS Constricted, dry, burning throat, a tender neck, and red, swollen tonsils, notably on the right side. There may be a painful, racking cough and fever (see left).

Symptoms better For warm rooms; for rest.

Symptoms worse For cold drafts; around 3 p.m.; for swallowing foods or drinks.

Headache & migraine

SYMPOTMS Violent, throbbing pain. During a migraine, pain starts in the back of the head, radiates to the right brow area, and settles behind the eye.

Symptoms better For pressure on the head; for lying in the dark; for cold compresses.

Symptoms worse For light; for noise; for movement; for wet hair; for menstruating.

Menstrual pain

SYMPOTMS Menstrual flow is extremely heavy and painful. The blood is hot and may be bright red or clotted.

Symptoms better For standing or sitting erect.

Symptoms worse For the slightest movement.

DEADLY NIGHTSHADE Despite this plant's poisonous nature, it has been used as an antispasmodic, relaxant, and sedative in herbalism, and for acute inflammation, pain, and fever in homeopathy.

SOURCE DETAILS

ORIGIN

Native to Europe, western Asia, north Africa, and North America, but now cultivated worldwide. Thrives in chalky soil, woods, and wasteland.

BACKGROUND

Used traditionally for swelling and inflammations, colic, and ulcers. It formed part of a sleeping potion in Chaucer's time and, six centuries later, provides an anesthetic still used in conventional medicine.

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.

COMMON NAMES

Deadly nightshade, belladonna, dwale, devil's cherries, sorcerer's cherry, witches' berry.

Baptisia tinctoria

BAPTISIA

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

The famous indigo dye obtained from this plant is reflected in its name, *tinctoria*, from the Latin *tingere*, “to dye.” Wild indigo was used medicinally by American Indians and by New World settlers, primarily as an antiseptic wash for wounds. Modern herbalists use it internally and externally as an antiseptic and immune-system stimulant. The homeopathic remedy was proved in a small-scale trial in the 1850s by Drs. Douglas, Hadley, Burt, and others, and introduced into the repertory by Dr. Thompson in 1857.

REMEDY PROFILE

Baptisia is prescribed almost exclusively for acute feverish illness with a characteristic set of symptoms. These include confusion or even stupor, as though drunk. The lethargy or exhaustion brought on by illness is so profound that the person even falls asleep during conversations. Nightmares and delirium are common, notably a sensation that the body is scattered in pieces. This feeling can lead to difficulty in falling asleep, as can sensations of suffocation or breathlessness.

Typical physical symptoms include foul breath, a yellowy-brown tongue, and a bitter-tasting mouth. The face may be swollen and flushed dark red, with drooping eyelids.

First developed for typhoid fever, *Baptisia* is now used mostly for acute fever, severe influenza, and gastrointestinal infections, as well as for sore throats and septic infections.

Acute fever

SYMPOTMS A high fever or influenza, often of sudden onset, alternating with severe chills. The face may be darkly flushed; the tongue tends to be deep red or even brown in color, and is possibly coated and dry down the center. Great lethargy may accompany these symptoms, with the body feeling tender and bruised and the muscles sore, stiff, and heavy. The bed may feel too hard, resulting in bouts of restlessness and curling up tightly in order to try to ease discomfort. **Symptoms better** For being indoors.

Symptoms worse For being in the open air; for cold, wind, fog, and humid heat; upon waking; for walking.

Intestinal infections

SYMPOTMS Exhausting attacks of diarrhea, with acute fever (see below, left) and possibly even delirium. The tongue may have a yellowish coating and there may be a bitter taste in the mouth. Stools are particularly foul-smelling and cause painful irritation around the anus. There may also be blood in the stools and a pink rash on the abdomen, possibly indicating typhoid fever.

Symptoms better For being indoors; for rest.

Symptoms worse For walking in the open air.

Throat infections

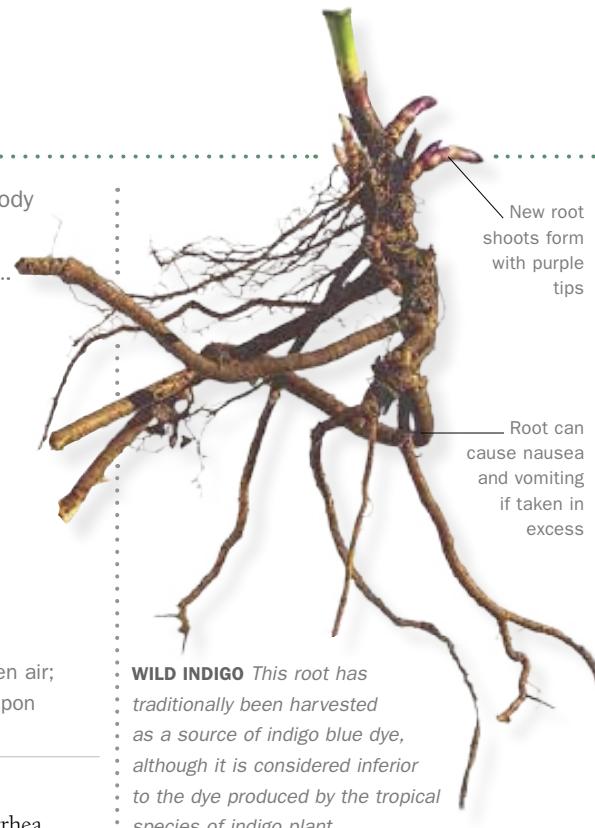
SYMPOTMS Stupor, flushing, and fever (see left). The throat is sore, and the tonsils may be dark red and swollen. The gums and throat may be affected by ulcers, which are not necessarily painful. The lips may be blue, cracked, or bleeding. Swallowing solid food without gagging may be impossible, but drinking small amounts of liquid is bearable. A marked thirst and copious drinking may be followed by the scant passage of urine. A related ear infection may be quick to set in, especially in the right ear.

Symptoms better For being indoors; for rest.

Symptoms worse For walking in the open air.

Septic conditions

SYMPOTMS Foul-smelling ulcers in the mouth and throat, with a foul-smelling discharge. The breath, sweat, and urine may have an offensive odor. The symptoms set in



WILD INDIGO This root has traditionally been harvested as a source of indigo blue dye, although it is considered inferior to the dye produced by the tropical species of indigo plant.

SOURCE DETAILS

ORIGIN

Native to eastern North America, growing from Canada down to North Carolina. Generally found in woods and clearings, and prefers dry, hilly terrain.

BACKGROUND

Traditionally used in North America as a decoction for fever and infection, a wash for wounds, a poultice for snake bites, and a gargle to soothe sore throats.

PREPARATION

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

COMMON NAMES

Wild indigo, indigo weed, horsefly weed, rattleweed.

rapidly, with stupor and fatigue, and may be due to an incomplete miscarriage, or to septicemia or other septic states marked by acute fever.

Symptoms better For being indoors; for rest.

Symptoms worse For walking in the open air.

Berberis vulgaris

BERBERIS

KEY SYMPTOMS colicky kidney pains • radiating pains • lethargy and listlessness

- colicky pains in the region of the gallbladder

This strongly astringent and healing plant was used by ancient Greek and Arabian physicians to cool the blood during fevers and to treat jaundice and gastrointestinal disorders, while American Indians used it for peptic ulcers. Western herbalists give barberry for liver problems caused by drug or alcohol abuse, and Ayurvedic doctors advocate it as a detoxicant and liver tonic. In traditional Chinese medicine it is taken for diarrhea. Barberry contains alkaloids that are thought to inhibit cancer. It exhibits a broad spectrum of antimicrobial activity. The homeopathic remedy was proved by Dr. Hesse in 1835, and is taken largely for urinary and digestive disorders with sharp or colicky pain.

REMEDY PROFILE

People who respond well to *Berberis* are prone to lethargy, inertia, and listlessness. They can find it difficult to sustain any mental effort or to think straight. They can be especially anxious at twilight, when objects may appear larger than life and distorted so that they may be mistaken for monsters.

Typical physical symptoms for those who need *Berberis* include pallor, hollow eyes and cheeks, and dry mucous membranes. *Berberis* is given for a particular type of pain, typically described as deep, sharp, neuralgic or colicky pain radiating outward, and often shifting from one part of the body to another. This type of sudden pain is often linked with kidney infection, arthritis, or gout. *Berberis* has a strong affinity with the urinary and digestive systems, and is used mainly in the treatment of kidney disorders.

Kidney disorders

SYMPOTMS Kidney infection with tenderness and pain in the kidney area, as if water is trying to bubble through the skin. Urine is dark yellow or green with a reddish, branlike sediment. *Berberis* may help kidney stones with severe, sharp, neuralgic or colicky pain radiating from the kidneys to the bladder and down the legs. **Symptoms better** For rest; for lying on the painful side.

Symptoms worse For standing; for movement; for sudden jarring or jolts.

Cystitis

SYMPOTMS Burning or sharp, cutting pains from the bladder to the urethra, with green or dark yellow urine that contains a reddish, branlike sediment. Pain from the spermatic cord to the testes may make sexual intercourse painful.

Symptoms better After urinating.

Symptoms worse On urinating; for standing.

Gallbladder problems

SYMPOTMS Sharp, radiating, tearing pain in the area of the gallbladder, extending toward the stomach. Colic may cause a stabbing, stitchlike pain that radiates from the liver area. There may be an inflamed gallbladder or gallstones with associated biliary colic (pain in the upper abdomen), which may sometimes develop into jaundice with pale stools.

Symptoms better For rest.

Symptoms worse For pressure on the upper abdomen; for standing; for movement.

Lower-back pain

SYMPOTMS Pain in the lower back that radiates outward or down the thigh, accompanied by stiffness and possibly by a stitch in the abdomen or the side of the body.

Symptoms better For rest.

Symptoms worse For lying; for sitting; for standing; for movement; for treading heavily while going down stairs.

Joint pain

SYMPOTMS General joint and muscle aches in the arms and legs, with sharp pains radiating



BARBERRY The astringent and antiseptic properties of this bitter herb make it an effective digestive tonic for gastrointestinal infections and peptic ulcers.

SOURCE DETAILS

ORIGIN

Native to Europe and naturalized in North America. Grows wild in woods and hedges, and on bushy chalk hills, and is commonly cultivated as a garden plant or herb.

BACKGROUND

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

PREPARATION

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

COMMON NAMES

Barberry, pipperidge bush.

outward and down the limbs. Gout and arthritic pain may also respond to *Berberis*.

Symptoms better In the afternoon.

Symptoms worse For movement; for treading heavily while going down stairs.

Bryonia alba

BRYONIA

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

Dioscorides, the famous Greek physician of the 1st century CE, advocated bryony for gangrenous wounds, and the ancient Greeks and Romans also used it for epilepsy, vertigo, paralysis, gout, and coughs. In 17th-century England the herbalist Culpeper found bryony useful for phlegm, coughs, and shortness of breath. In 1834 Hahnemann proved the homeopathic remedy, which is used mostly for slow-starting ailments accompanied by pain on the slightest movement.

REMEDIY PROFILE

Bryonia is mainly used for people who are highly irritable when ill. Often clean-living, meticulous individuals, they can be contrary and capricious if ill, wanting things that, when given, are promptly rejected. They may feel tired, taciturn, languid, and angry if disturbed. Anxiety is common, especially about financial security.

The chief physical symptom treated by *Bryonia* is pain felt on the slightest movement. It is often accompanied by infrequent spells of great thirst, and dry lips, mouth, and eyes. Illness sets in slowly, typically after overexposure to heat or cold. *Bryonia* is useful for chest inflammation, pneumonia, bad headaches, and rheumatic pains. It may also be taken for some forms of constipation and breast pain.

Dry coughs

SYMPOTMS Great dryness in the mouth, throat, chest, and mucous membranes, with a tickly cough and sharp chest pains. Pressing the chest during a coughing fit may alleviate pain in the head, chest, or rib cage, as may lying still and breathing gently. Coughs may be linked to colds, pleurisy, or bronchitis.

Symptoms better For rest; for lying still; for pressure on the chest.

Symptoms worse For warm rooms; in the morning; for deep breathing; for movement; for eating and drinking.

Colds & influenza

SYMPOTMS Red, sore, swollen nose, a hoarse, constricted throat, and a dry cough (see above). The lips are often cracked and itchy,

Fresh root can cause severe skin irritation

and the mouth is dry, with a white-coated tongue. Sharp, shooting ear pains may develop, as may sore eyes with sensitivity to movement and heavy eyelids. There may be an intense, aching headache (see below), raging thirst, and copious perspiration.

Symptoms better For rest.

Symptoms worse For bending forward; for movement.

Headaches

SYMPOTMS Bursting, splitting headache over the forehead or left eye, so that even moving the eyeball hurts. Pain extends to the back of the head, then the whole head, often lasting all day. The mouth may be dry, and there may be great thirst.

Symptoms better For cold compresses; for pressure on the head; for closing the eyes.

Symptoms worse For eye or body movement; for drinking while hot; for overeating.

Joint pain

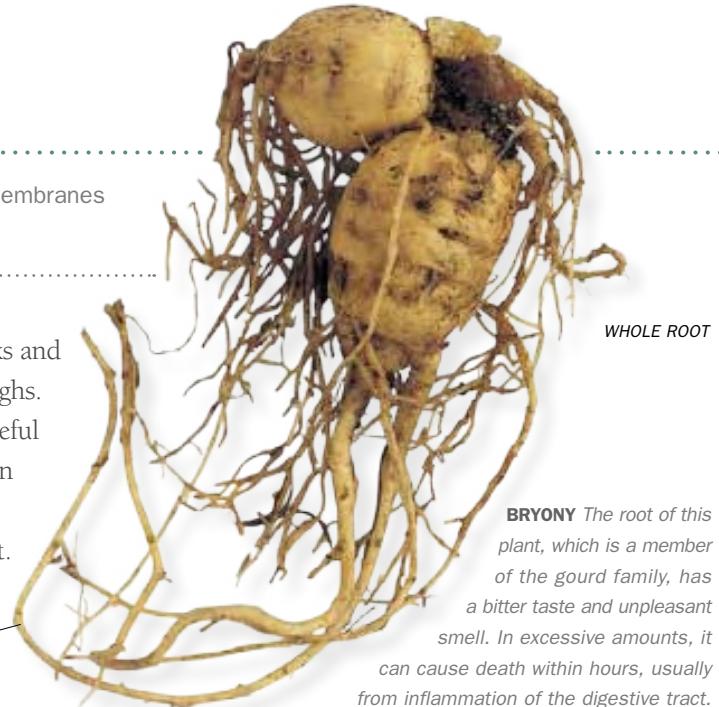
SYMPOTMS Joints and muscles are hot, swollen, stiff, and prone to stabbing pain, usually due to gout, tenosynovitis, or arthritis, or after an injury.

Symptoms better For heat; for pressure on the affected area.

Symptoms worse For cold compresses; for the slightest movement; for jarring.

Constipation

SYMPOTMS Large, hard stools that look black or burned. The rectum may be particularly dry,



WHOLE ROOT

BRYONY The root of this plant, which is a member of the gourd family, has a bitter taste and unpleasant smell. In excessive amounts, it can cause death within hours, usually from inflammation of the digestive tract.

SOURCE DETAILS

ORIGIN

Grows mainly in hedges and woodlands of southern England, and in central and southern Europe.

BACKGROUND

Used traditionally for shortness of breath, coughing, and the clearing of phlegm from the chest.

PREPARATION

The fresh root is unearthed before the plant flowers, chopped, pulped, macerated in alcohol for ten days, diluted, and succussed.

COMMON NAMES

Bryony, white bryony, wild hops.

with burning pain after passing a stool. Rumbly, colicky pains in the abdomen are common.

Symptoms better For rest.

Symptoms worse For hot weather; in the morning; for movement; for cold drinks.

Breast problems

SYMPOTMS Breasts are pale, hard, and hot, with sharp pains, particularly in women who are pregnant or breast-feeding. Milk supply may be excessive.

Symptoms better For heat; for rest.

Symptoms worse For movement.

Cannabis sativa 'Indica'

CANNABIS IND.

KEY SYMPTOMS moods swing between overexcitement and paranoia • out-of-body experiences • burning pain in the urethra • “opening and shutting” sensations in the head

First mentioned in a Chinese herbal dating to 2700 BCE, marijuana has long been an important medicine in the herbal repertoires of many cultures. By the 19th century, marijuana had become a standard painkiller in Europe. More recently, it has been prescribed as a conventional medicine in some countries to relieve nausea caused by chemotherapy and spasms due to multiple sclerosis. The plant is also an illegal recreational drug, and its prohibition extends to medicinal uses in many countries. The homeopathic remedy *Cannabis ind.* was proved by the American Provers' Union in 1839 and introduced by Dr. Trinks in 1841.

REMEDY PROFILE

The behavior of those who benefit most from *Cannabis ind.* alternates between sweet and gentle, and desperate or even paranoid. Typical physical symptoms include a marked increase in appetite and thirst, especially for sweet foods and cold drinks.

Cannabis ind. is prescribed primarily to treat abnormal psychological states, such as confusion, disorientation, loss of memory, overexcitement, unwarranted fears, or paranoia. The remedy is also given for physical conditions such as headaches, urinary-tract infections, and pain in the legs.

Disordered mental states

SYMPTOMS Marked swings in thought and mood between a gentle state and paranoia. The gentle state is marked by mild euphoria, an overactive brain, and headstrong views, particularly about esoteric subjects such as astrology and UFOs. Wonderful and enlightening ideas occur in rapid succession, but they are equally quickly forgotten. The slightest thing may trigger hysterical giggling. Prophetic dreams, out-of-body experiences, or an apparent ability to predict the future may also be experienced. In the paranoid state, there is generally fear and anxiety, particularly a fear of losing control and becoming insane. There may be disorientation, memory loss, and confusion, even when in well-known environments. Travel or

relocation may cause distress. Hallucinations that distort time, space, and distance are not uncommon.
Symptoms better For open air; for rest; for walking.
Symptoms worse For the dark; for tobacco; for coffee.

Headaches

SYMPTOMS An opening and closing sensation at the top of the head, as if shock waves are passing through the brain. The head may shake involuntarily and feel as if it is separate from the body. A stooping posture may be adopted due to a sensation of heavy pressure on the brain or to a migraine.

Symptoms better For rest; for deep breathing.
Symptoms worse For exertion; for tobacco; for alcohol; for coffee.

Urinary-tract infections

SYMPTOMS A dull, burning, aching, or stitch-like pain in the right kidney. Urine may be profuse and colorless, with erratic flow due to obstructed urination. There may be urethritis (inflammation of the urethra) with mucus discharge and burning, stinging pain.

Symptoms better For rest; for deep breathing.
Symptoms worse In the morning; for tobacco; for alcohol; for coffee.

Pain or paralysis in the legs

SYMPTOMS Shooting pains that rise up the legs when walking. Exhaustion may follow even a



CANNABIS The active ingredient in this plant, tetrahydrocannabinol, causes mild euphoric effects when ingested or smoked.

SOURCE DETAILS

ORIGIN

Native to China and central western Asia, but now grown worldwide, although usually subject to legal restrictions.

BACKGROUND

Important in cultures such as ancient Egypt, China, and India, as a strong analgesic, sedative, and anti-inflammatory.

PREPARATION

The flowering tops and seeds are finely chopped, macerated in alcohol for ten days, then filtered, diluted, and succussed.

COMMON NAMES

Marijuana, hashish, cannabis, Indian hemp, bhang, bhanga.

very short walk. Alternatively, there may be a sensation of paralysis in the lower limbs. These symptoms are frequently accompanied by a backache.

Symptoms better For rest; for deep breathing.

Symptoms worse For walking; during menstruation.

Carbo vegetabilis

CARBO VEG.

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

Charcoal's hardness and durability have in the past made it a popular material for staking out land boundaries. 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.

Hahnemann proved and published the homeopathic remedy in his *Chronic Diseases* (1821–34). It became known as the "corpse reviver" for its ability to restore severe collapse.

REMEDY PROFILE

People who need *Carbo veg.* may be in a state of physical and mental collapse. It is used for debilitated states ranging from a simple faint or fatigue to exhaustion or more serious collapse. Those affected may never have fully recovered from a previous illness. Symptoms include extreme weariness on making the least effort, indifference, and anxiety at night, along with a fear of the supernatural.

Typical physical symptoms include a cold, clammy body, a sallow face, weakness, and numbness or burning pain in the limbs. A tendency to suffer from trapped gas is common.

Despite usually feeling cold, people who respond to *Carbo veg.* like fresh air, especially if it is fanned over their faces. They may crave junk foods, coffee, sweets, and salt, and long for alcohol although it makes them feel unwell. In common with herbalists, homeopaths often give the remedy for flatulence and weak digestive functioning. *Carbo veg.* may also be taken for respiratory problems, or for a poor, sluggish constitution, particularly in the elderly.

Fatigue

SYMPTOMS Weakness, severe exhaustion, or low vitality. The skin is cold and pale, but the body feels hot inside, and there is a bitter taste in the mouth. *Carbo veg.* can be used for loss of vitality, fatigue, or shock during convalescence.

Symptoms better For burping; for being fanned.

Symptoms worse For warm, wet weather; in the evening; for lying down; for rich, fatty foods; for wine; for coffee.

Chronic fatigue syndrome

Aching, burning pains all over the body, and swollen, tender glands. Confusion, difficulty in concentrating, and anxiety may be evident, along with other symptoms of fatigue (see below, left).

Symptoms better In the afternoon; for lying down.

Symptoms worse For cold, damp weather; at night; for exertion; for talking.

Indigestion & flatulence

SYMPTOMS Indigestion and flatulence that occur regardless of diet. Regurgitation of food may be accompanied by sour burps, smelly gas, diarrhea, and bloating so that the skin of the stomach is stretched taut. Overeating may trigger nausea, dizziness, fainting, and morning headaches where the head feels heavy and hot.

Symptoms better For cold, fresh air; for passing gas; for burping.

Symptoms worse In the morning; for lying down; for rich, fatty foods; for milk, coffee, or wine.

Breathing problems

SYMPTOMS Spasmodic cough, whooping cough, asthma, and bronchitis in the elderly. There may be cold perspiration and weakness, choking, gagging, and vomiting of mucus. A desire for fresh air is common, as is a feeling of suffocation.

Symptoms better For fresh air; for being fanned; for sitting up.

Symptoms worse In warm, wet weather; for overheating; at night; for rich foods.

Poor circulation

SYMPTOMS Reduced energy and lack of coordination due to poor circulation

Charcoal is very hard and does not rot like ordinary wood



CHARCOAL Wood is burned in a sealed environment from which air is excluded to make charcoal.

SOURCE DETAILS

ORIGIN

Made from silver birch, beech, or poplar trees, which grow on moors, heaths, woodlands, and mountains throughout the Northern Hemisphere.

BACKGROUND

Used in traditional and conventional medicine for ulceration, septic diseases, flatulence, and indigestion. Also known for its deodorant and disinfectant properties.

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.

COMMON NAMES

Charcoal, wood charcoal.

of oxygen around the body. The skin on the face, hands, and feet may be cold and blue. Hoarseness and a cold tongue and breath are common, and there may also be cold, puffy legs with a tendency for bleeding varicose veins to form.

Symptoms better For cold, fresh air; for burping.

Symptoms worse For lying down; in the evening; for milk, coffee, or fatty foods.

Cephaelis ipecacuanha

IPECAC.

KEY SYMPTOMS persistent nausea and vomiting • clean, unfurred tongue

- bright red bleeding • excessive mucus production and a cough • irritability

A Portuguese friar living in Brazil in the early 17th century first recorded the medicinal properties of ipecacuanha, a traditional remedy used by Brazilian Indians. Its name is from the Portuguese for “sick-making plant,” since in large doses it causes nausea, vomiting, and even cardiac failure. In conventional medicine, drugs derived from the root are used to loosen phlegm in the respiratory tract and to induce vomiting. *Ipecac.* was proved by Hahnemann in 1805 and is used especially to relieve persistent nausea.

REMEDY PROFILE

Irritability is common in those who respond best to *Ipecac.*, and children suited to the remedy may scream and howl. When unwell, these people can be capricious and hard to please, asking for things and then changing their minds. Illness can prompt them to become morose, depressed, impatient, and contemptuous of those around them.

Physical symptoms generally linked with *Ipecac.* are persistent nausea, with or without vomiting, and a tendency to hemorrhage. Despite any vomiting, the tongue is clean and unfurred. There is often oversensitivity to movement and a constant feeling of being hot on the inside and cold on the outside. These symptoms appear rapidly, are generally intermittent, and may also include coughing fits and breathing difficulties. *Ipecac.* is also used for headaches, migraines, and gynecological problems linked to the general tendency to bleed very easily.

Nausea & vomiting

SYMPOTMS Persistent nausea that is not necessarily relieved by vomiting is a key symptom associated with *Ipecac.* There is a bloated, swollen feeling in the abdomen, and cramping, colicky pain that may be most severe around the navel, while the stomach may seem to “flop” inside the abdomen. Vomit consists mostly of undigested food or bile. Belching and excess saliva production are common, the mouth remains moist, and there is little thirst. The tongue tends to be clean and unfurred.

If gastroenteritis is the cause, there may be copious, watery, greenish-colored diarrhea that contains undigested food. If the skin is

itchy, with sweat forming on the brow, then the symptom picture may indicate gallbladder problems. The nausea is very enervating, and may be accompanied by a weak pulse and fainting.

Symptoms better For fresh air.

Symptoms worse For warmth; for lying down; for movement; for opiate drugs or tobacco; for eating.

Coughs & wheezing

SYMPOTMS An irritating, dry, rattling, loose cough, usually triggered by warm, humid weather. Breathing may be wheezy and asthmatic, and the chest may feel constricted. Although little phlegm may be produced, coughing may be violent and accompanied by nosebleeds, retching, gagging, nausea, vomiting, or coughing up of blood. These symptoms may be indicative of conditions such as bronchitis, whooping cough, and childhood asthma.

Symptoms better For fresh air; for sitting up.

Symptoms worse For heat and warmth; in the winter; for lying down; for movement.

Migraine

SYMPOTMS Migraine pain in the whole head, with severe nausea and vomiting. The pain extends to the face, teeth, and tongue. The face is pallid, or blue around the lips and eyes.

Symptoms better For fresh air.

Symptoms worse For warmth; for lying down; for movement; for stress; for embarrassment.

Gynecological problems

SYMPOTMS Extremely heavy menstrual flow, possibly with nausea and fainting. Between



Root is strongly emetic, and used to induce vomiting

IPECACUANHA This efficient expectorant is used in over-the-counter cough medicines and in homeopathic treatment for spasmodic coughs.

SOURCE DETAILS

ORIGIN

Native to Central and South America and cultivated particularly in Brazil; this plant's preferred habitat is tropical rainforest.

BACKGROUND

A traditional Brazilian cure for dysentery that was brought to Europe in 1672, it is still used today by herbalists for amoebic dysentery.

PREPARATION

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

COMMON NAME

Ipecacuanha.

menstrual periods there may be irregular spotting or a sudden, gushing flow from the uterus of bright red blood that proves slow to clot. *Ipecac.* may also be prescribed for morning sickness, for hemorrhaging in connection with a displaced placenta, and for bleeding and nausea in the aftermath of a miscarriage.

Symptoms better For fresh air.

Symptoms worse During and after labor; for movement.

Chamomilla recutita syn. *Matricaria chamomilla*

CHAMOMILLA

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

The name of this plant derives from the Greek *chamaimelon*, or “earth apple,” so called because of the applelike scent of its blossoms. Culpeper, the 17th-century English herbalist, advocated chamomile for strengthening the uterus, especially after an arduous labor. Herbalists recommend it for external use as a poultice or cream for treating skin complaints such as eczema or burns. *Chamomilla*, proved by Hahnemann and published in his *Materia Medica Pura* (1821–34), is used for ailments with extreme sensitivity to pain, especially in children.

REMEDY PROFILE

Chamomilla works best for those exhibiting an extremely low pain threshold, as well as anger, marked irritability, and hostility. Often hypersensitive, they are bad-tempered, easily offended, and impossible to please. They flush easily when angry, and hate being touched. Bad temper, anger, or stress exacerbate physical symptoms.

Chamomilla is often given to children who are snappy, wail when ill, and are pacified only if being carried and cuddled by someone walking around.

Typical *Chamomilla* symptoms are great irritability and pain that seems unbearable. The remedy is given for teething pain, fever, stomach pain with diarrhea, menstrual or labor pains, and sore, inflamed nipples during breast-feeding.

Irritability

SYMPOTMS Hypersensitivity to pain, and hostility and anger that triggers physical problems. Things may be demanded then promptly thrown away.

Symptoms better For being carried; for perspiring.

Symptoms worse For being touched; for being put down.

Toothaches, teething & earaches

SYMPOTMS Excruciating pain in the teeth or ears, with fever (see right). Toothache flares up after a hot drink or if a tooth is pressed. Swollen glands may cause face and neck

pain, and the ears, nose, and throat may feel blocked and numb. Babies teething may scream angrily, insist on being carried, and have greenish diarrhea.

Symptoms better For cold; for being carried.

Symptoms worse For heat; for warm foods and drinks.

Fever

SYMPOTMS A hot, flushed state, often with one cheek red and the other pale. There may be irritability, shivering, and a tendency to sweat easily.

Symptoms better For cold.

Symptoms worse For heat; for warm foods and drinks.

Colic & diarrhea

SYMPOTMS Colicky pain in the abdomen, possibly with pale green diarrhea that smells of rotten eggs. Colic in children may cause restlessness and arching of the back.

Symptoms better For warm compresses on the abdomen; for fasting.

Symptoms worse For heat; for fresh air; for anger.

Menstrual & labor pain

SYMPOTMS Menstrual cramps or labor pains, possibly severe enough to cause sweats, anger, or fainting. Anger may trigger non-menstrual bleeding.

Symptoms better For being driven in a car.

Symptoms worse For heat; for drafts; for wind; for damp; for anger; for touch.



GERMAN CHAMOMILE The plant is used as an herbal remedy to relieve indigestion, menstrual pain, migraines, gout, and rheumatic pains.

SOURCE DETAILS

ORIGIN

Grows wild in much of temperate Europe and north Africa, and is naturalized in the US.

BACKGROUND

Used to treat disorders of the digestion since the 1st century ce. Chamomile tea is well known as a calming drink that aids sleep.

PREPARATION

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

COMMON NAMES

German chamomile, corn feverfew, wild chamomile.

Chelidonium majus

CHELIDONIUM

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

Because this plant flowers as the swallows are migrating, Dioscorides, the famous Greek physician of the 1st century CE, named it after the Greek *khelidon*, or “swallow.” In traditional medicine its juice was used for skin, liver, and gallbladder disorders. The homeopathic remedy was proved by Hahnemann and published in his *Materia Medica Pura* (1821–34).

REMEDY PROFILE

An aggressive, domineering personality is typically linked with *Chelidonium*. Those who respond well to the remedy tend also to be practical rather than intellectual people who do not like to “waste time” analyzing their emotions.

Typical physical symptoms include cravings for hot drinks and cheese. There is a feeling of heaviness, with symptoms tending to be right-sided.

Chelidonium is used mainly for liver conditions, or spleen, kidney, gallbladder, intestine, and lung complaints. It may also be given prior to surgery linked to hepatitis or gallstones.

Hepatitis

Symptoms An enlarged liver, with pain extending to the back and right shoulder blade, and jaundiced, yellow skin. The abdomen feels distended and tight, as if bound. There may be a strong craving for, or aversion to, cheese.

Symptoms better For a hot bath; for passing stools; for pressure on the affected area; for hot foods and drinks, such as hot milk.

Symptoms worse For lying on the right side; around 4 a.m. or 4 p.m.

Gallstones

Symptoms A sharp, constant pain on the upper right side of the abdomen, behind the ribs, possibly due to a gallstone trapped in a bile duct. The pain may resemble that of hepatitis (see above). It is often exacerbated



Yellow flowers resemble poppies, which belong to same plant family



GREATER CELANDINE The freshly crushed plant exudes a sticky, orange sap, which herbalists use to treat warts and corns.

SOURCE DETAILS

ORIGIN

Native to Europe, north Africa, and western Asia, and now naturalized in North America. Grows on banks and in hedgerows.

BACKGROUND

Used in Western and Chinese herbalism as a muscle relaxant and antispasmodic, and to clear cataracts.

PREPARATION

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

COMMON NAMES

Greater celandine, wartweed, swallow wort.

Pneumonia

Symptoms Breathlessness and pain on coughing or breathing deeply, with pneumonia that chiefly affects the right lung and, possibly, liver problems.

Symptoms better For hot foods and drinks.

Symptoms worse For warmth; for lying on the right side; for movement; for coughing; around 4 a.m. and 4 p.m.

Cimicifuga racemosa

CIMICIFUGA

KEY SYMPTOMS depression • neck and back pain • fear of death • overexcitability • menstrual irregularities

This North American plant's genus name is derived from the Latin words *cimex*, "bug," and *fugere*, "to flee," a reference to its properties as an insect repellent. Native Americans used the root to treat gynecological problems, and its beneficial effect on conditions arising during menopause was confirmed in German studies published in 1995.

Cimicifuga was proved in 1852 by Drs. Hempel, Wells, Paine, and Mears, a team of US homeopaths.

REMEDY PROFILE

Primarily a women's remedy, *Cimicifuga* is particularly suited to those whose emotions swing between overexcitement and depression. They tend to have very intense emotional lives, possibly marked by fears of death and insanity. Emotional symptoms often alternate with physical ones, such as chilliness and sharp pains, especially on the left side of the body. Symptoms may intensify during menstruation.

Cimicifuga acts upon the nerves and uterine muscles. It is prescribed mostly for gynecological problems; for head, neck, and back pain; and for emotional symptoms.

Menopause

SYMPOTMS Severe hot flashes, fainting spells, and other typical menopausal symptoms, but in an extreme form. Depression and irrational fears are common (see below, right).

Symptoms better For open air; for bending double; for gentle movement.

Symptoms worse For cold; for sitting; for emotional stress.

Menstrual problems

SYMPOTMS Heavy menstrual flow, with dark-red, clotted blood, shooting, cramping pains radiating across the pelvis into the thighs, and bearing-down pains in the lower back. Menstruation is often too frequent, too early, or absent. Before menstruation there may be burning breast pain and congestion in the head. Premenstrual syndrome, depression (see right), and irrational fears are commonly associated with the remedy.



Unpleasant-smelling root
can be toxic in high doses

Symptoms better For open air; for bending double; for gentle movement.
Symptoms worse For cold; for sitting; for stress.

Pregnancy

SYMPOTMS Vomiting, nausea, and lack of sleep. Lower back pain and a bruised feeling all over the body are common, with abdominal pains shooting from side to side. There may be depression and irrational fears (see below). *Cimicifuga* may also be prescribed for protracted labor and recovery from an early miscarriage.

Symptoms better For open air; for bending double; for gentle movement.

Symptoms worse For cold; for sitting; for emotional stress.

Head & neck pain

SYMPOTMS Headaches in the top or side of the head, which may dull thought, or pain or stiffness in the neck or nape of the neck, which may radiate to the upper back or shoulders.

Symptoms better For open air; for wrapping up; for lying flat; for pressure on the neck and head.

Symptoms worse For cold, wind, drafts, and damp; for weather changes; for physical strain; for menstruating; for menopause; at night.

Depression

SYMPOTMS Black moods and heavy sighing, alternating with euphoria, loquaciousness, and a tendency to jump from topic to topic. Possible fears of insanity and death worsen with the onset of menopause. *Cimicifuga* may

BLACK COHOSH Contemporary German research has shown that herbal preparations containing black cohosh ease hot flashes, affirming the plant's traditional herbal use.

SOURCE DETAILS

ORIGIN

Indigenous to Canada and eastern parts of the US, but now also grown in Europe. Prefers moist, shady conditions, such as those to be found in woods and hedgerows.

BACKGROUND

Traditionally used by native Americans for health problems in women. Used in contemporary herbal medicine as a sedative and antidepressant.

PREPARATION

Fresh root and rhizome are harvested in fall. They are pounded to a pulp, then mixed with alcohol and left to stand before being strained, filtered, and succussed.

COMMON NAMES

Black cohosh, black snakeroot, rattleroot, cohosh bugbane, squawroot.

also be given for postpartum depression, especially when accompanied by feelings of imprisonment.

Symptoms better For open air; for gentle movement.

Symptoms worse For menstruating; for pregnancy; after giving birth; for menopause.

Cinchona officinalis CHINA

KEY SYMPTOMS exhaustion after fluid loss • great imagination

- desire for alcohol and for sweet or spicy foods • oversensitivity

The source of this remedy is Peruvian bark, which was taken from South America to Europe by Jesuits in the 17th century. This 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, and noticed that it caused symptoms similar to the malaria for which it was prescribed as a cure (see page 15). He developed the remedy *China*, which has become a key treatment for malarial symptoms and exhaustion due to fluid loss or long-term illness.

REMEDY PROFILE

China is thought to work best for idealistic, artistic people. Despite problems articulating their feelings, they prefer meaningful talk to trivial chat, but their own intensity often tires them, causing irritability, laziness, depression, violence, or intolerance. Easily offended, they may feel paranoid and mistreated, or that they have been born unfortunate, as if the world is hostile to them. A highly active imagination can lead to a preoccupation with future plans and to egocentric, heroic fantasies that later cause embarrassment.

Physical symptoms may be linked to weaknesses in the liver and digestive system and generally include a dislike of butter and other fatty foods, and cravings for alcohol and foods that are sweet or spicy.

The remedy is used for exhaustion following illness or extreme fluid loss. It is also given for fever, insomnia, gastric upsets, and headaches.

Exhaustion

Symptoms Extreme lethargy, with weak, jumpy muscles, and oversensitivity to noises, smells, and touch. Fatigue can be due to extensive fluid loss caused by diarrhea, severe vomiting, or possibly breast-feeding. It can also be a result of anemia, possibly linked to blood loss or heavy menstrual flow, or to debilitating illness, such as chronic fatigue syndrome (CFS).

Symptoms better For lying down.

Symptoms worse For touch; for noise; for walking.



DRIED BARK

PERUVIAN BARK The bark of this tropical tree yields quinine, which causes symptoms similar to those of malaria if taken in large doses.

Fever

Symptoms Intermittent high temperature with shivering chills and profuse sweats. Thirst may be absent during sweats, but is marked with the chills. The skin may be sallow or flushed, and sensitive to the slightest touch.

Symptoms better For warmth; for sleep; for firm pressure on the affected area.

Symptoms worse For cold; for drafts; at night; in fall.

Insomnia

Symptoms Sleeplessness due to excited thoughts and heroic fantasies. Even the slightest noise disrupts sleep. The mind tends to be very clear in the evening and at night.

Symptoms better For warmth.

Symptoms worse For cold; for drafts.

Digestive disorders

Symptoms Indigestion accompanied by ineffectual burping and a sensation that food is stuck behind the breastbone. The abdomen may feel bloated. Gas that is difficult to expel may cause pain or, alternatively, pain may remain even after expulsion of gas. There may be attacks of profuse, watery, painless diarrhea. The appetite may be disturbed, causing either great hunger at night or a complete loss of appetite which, however, returns after the first mouthful of a meal.

A bitter taste in the mouth may arise from an unsettled stomach. In addition, *China* may be prescribed to treat digestive symptoms arising as a result of gastroenteritis and disorders of the gallbladder.

SOURCE DETAILS

ORIGIN

Native to the tropical forests of South America, but now grown in southeast Asia, India, Sri Lanka, and East Africa.

BACKGROUND

In the 17th century, Jesuits used quinine, extracted from Peruvian bark, as a cure for malaria. It was widely adopted in Europe as a treatment for fevers.

PREPARATION

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

COMMON NAMES

Peruvian bark, cinchona bark, Jesuit's bark, china bark, calisaya bark, loxa bark, red bark, yellow cinchona.

Symptoms better For warmth; with rest; for firm pressure on the affected area.

Symptoms worse At night; after eating; for sour foods; for drinking, especially excess tea.

Headaches

Symptoms Throbbing pain in the head, possibly linked to facial neuralgia, nosebleeds, tinnitus, or liver disorders.

Symptoms better For warmth; for firm pressure on the painful area; for sleep.

Symptoms worse For cold; for drafts; at night; in the fall; for light touch, such as combing the hair.

Coffea cruda syn. *C. arabica*

COFFEA

KEY SYMPTOMS

- oversensitivity to pain
- restlessness and nervousness

Native to Ethiopia, coffee was reportedly first drunk in the Middle East, introduced in Europe in the 17th century, then taken by Europeans to the East and to South America. It has been incorporated into Ayurvedic medicine, which uses unripe beans to treat headaches and ripe, roasted beans for diarrhea. Coffee's main active constituent, caffeine, has been used medicinally as an analgesic, a diuretic, a digestive tonic, and a stimulant to the nervous system.

Modern medicine combines caffeine with conventional analgesics such as aspirin to make over-the-counter painkillers. However, coffee has long had a reputation for being simultaneously helpful and harmful: excessive consumption upsets the digestion, drains the body of calcium, and can cause nervousness. Dr. Staph proved the homeopathic remedy in 1823.

REMEDY PROFILE

Drinking too much coffee produces symptoms that are very similar to those treated by *Coffea*. Homeopaths often prescribe it for those with overactive minds and thoughts that race uncontrollably. This is generally accompanied by restlessness and nervousness.

Coffea is also useful for those who experience overly excited or ecstatic states, perhaps precipitated by narcotics, a series of events, or a sudden shock, such as very good or very bad news. Such states can frequently trigger excessive exhilaration or despair, with an inability to calm down and insomnia or headaches. The nerves are taut, and the senses may be so acute that fresh air, noises, smells, and tastes seem unbearable. Hypersensitivity to pain, to the point where pain causes intense despair, is not unusual. *Coffea* may also help insomnia, palpitations, overexcitement, and flushing during the menopause.

Insomnia

SYMPTOMS Excess mental activity, making the mind race with thoughts and ideas. Sleep may be impossible for long periods, despite tiredness, due to a frustrating inability to switch off the mind. Any sleep obtained is interrupted by the slightest noise, since the

nerves are stretched taut. Symptoms may often be due to pressure or stress involving work deadlines or exam revision.

Symptoms better For warmth; for rest.

Symptoms worse For cold, windy weather; for noise, odors, and touch.

Headaches

SYMPTOMS One-sided pain in the head, which feels as if a nail is being driven into it. Pain sets in upon waking, and can seem unbearable. It can extend to the ears and teeth (see below), with possible facial neuralgia. Common triggers are tension, stress, or an overactive mind.

Symptoms better For cold compresses; for lying or sitting still in darkness.

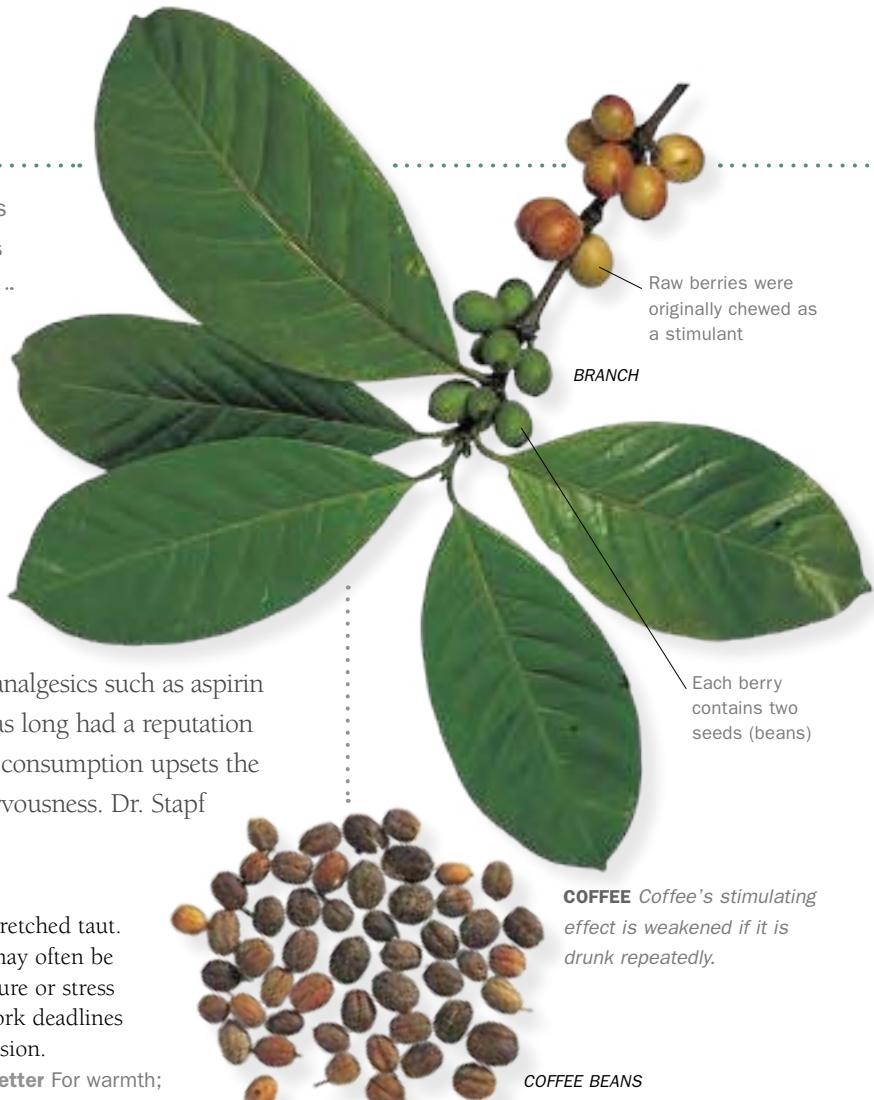
Symptoms worse For fresh air; for noise; for tea or coffee.

Toothaches

SYMPTOMS Pain that shoots downward from the teeth to the tips of the fingers.

Symptoms better For ice or cold water on the affected area.

Symptoms worse For heat; for menstruation; for hot foods.



COFFEE Coffee's stimulating effect is weakened if it is drunk repeatedly.

SOURCE DETAILS

ORIGIN

Native to Ethiopia, but now grown in tropical areas worldwide. South American and African countries such as Kenya and Tanzania supply the bulk of the world's crop.

BACKGROUND

Originally an African stimulant and drink that spread to Arabia and was used by Muslims to stay awake in all-night prayer. In England, the Church linked it with the devil.

PREPARATION

Ripe, unroasted coffee beans are macerated in alcohol for at least five days before being filtered. The resulting liquid is then repeatedly diluted and succussed.

COMMON NAMES

Coffee, Arabian coffee.

Conium maculatum

CONIUM

KEY SYMPTOMS materialistic nature with fixed ideas

- complaints that are triggered by suppression of sexual feelings
- tendency to develop tumors

Generations of storytellers have woven the poison hemlock into their tales. The Greek physician Dioscorides and the Roman natural historian Pliny used it in the 1st century CE to calm sexual urges, as a painkiller, and for skin complaints, nervous disorders, and breast tumors. Hahnemann proved and published the homeopathic remedy in his *Chronic Diseases* (1821–34).

REMEDY PROFILE

Conium is prescribed for people whose minds are dulled by illness, so that they seem mentally paralyzed, tired, and depressed, with “fixed” ideas and an aversion to company. These people tend to be very materialistic when young, but ultimately lose interest in possessions.

The remedy is prescribed for cysts or tumors in the reproductive organs. It is used if physical symptoms, such as gradual stiffening of the legs, “mirror” the mental paralysis. *Conium* may help if illness is due to mental strain, grief, or old age. In the elderly, it is thought to restore vitality and counter premature aging. It is also used for giddiness, as well as for emotional and physical problems due to sexual excess or suppression of the sex drive.

Cysts, tumors & cancer

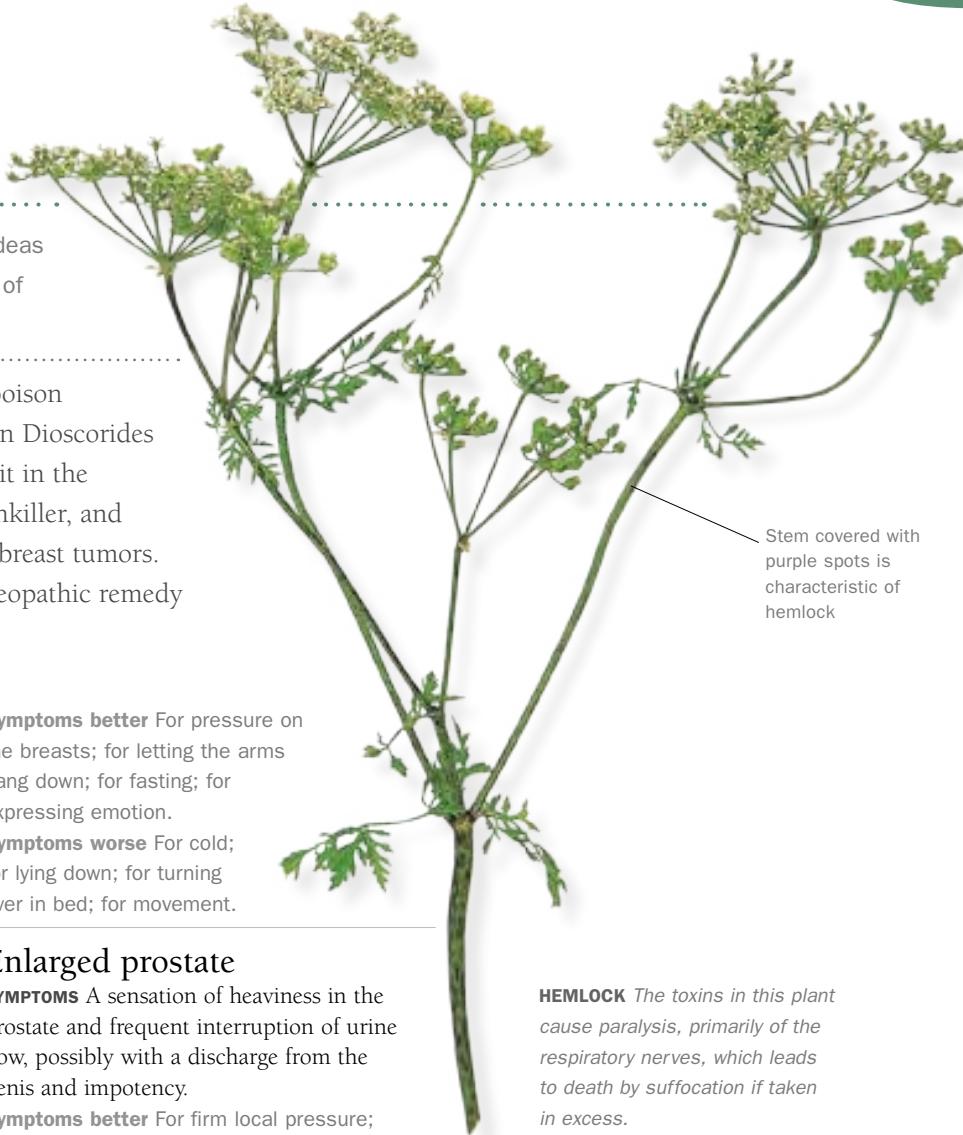
SYMPTOMS Hard lumps in the prostate, testicles, breasts, ovaries, or uterus, with sharp local pain and a possible feeling of internal itchiness. Breast tumors may be accompanied by secondary lumps in the armpits.

Symptoms better For local pressure; for movement.

Symptoms worse For injury; for exertion; at night; for the pressure of tight clothing.

Swollen breasts

SYMPTOMS Enlarged, tender, hard breasts prior to menstrual periods, with heaviness in the legs and a reduced sex drive.



Symptoms better For pressure on the breasts; for letting the arms hang down; for fasting; for expressing emotion.

Symptoms worse For cold; for lying down; for turning over in bed; for movement.

Enlarged prostate

SYMPTOMS A sensation of heaviness in the prostate and frequent interruption of urine flow, possibly with a discharge from the penis and impotency.

Symptoms better For firm local pressure; for walking.

Symptoms worse For injury; for exertion; for lying down; for tight clothing.

Nervous disorders

SYMPTOMS Cold, trembly, weak legs, with giddiness and sensitivity to light. Weakness may eventually extend to the entire body. These symptoms are common in advancing age.

Symptoms better For warmth; for movement; for letting the limbs hang down.

Symptoms worse For injury; at night; for exertion; for jarring; for eating.

Sexual problems

SYMPTOMS Extreme sexual excitement with premature ejaculation or impotence in men, and vaginal discharge and irregular menstruation in women. Suppression of sexual activity may cause anxiety, depression, and forgetfulness.

Symptoms better For pressure on the genitals; for walking.

Symptoms worse For sexual excess or celibacy; for alcohol.

HEMLOCK The toxins in this plant cause paralysis, primarily of the respiratory nerves, which leads to death by suffocation if taken in excess.

SOURCE DETAILS**ORIGIN**

Common in hedges, damp meadows, along river banks, and on waste ground throughout much of Europe, Asia, and North America.

BACKGROUND

Used in ancient Rome for epilepsy, mania, chorea, swellings, and tumors. In 19th-century Europe, hemlock was given as a painkiller.

PREPARATION

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

COMMON NAMES

Hemlock, spotted hemlock.

Cucumis colocynthis syn. *Citrullus colocynthis*

COLOCYNTHIS

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

In the Old Testament, it is related that the prophet Elisha turned this bitter, toxic gourd into an edible fruit during famine, but colocynth was generally used as a drastic purgative, and also to induce abortion. Ingesting the pulp causes inflammation of the bowels and severe cramps. The homeopathic remedy, which was proved by Hahnemann in 1821, is used to treat these same symptoms, as well as colicky pains, neuralgia, and cramps in the pelvis.

REMEDIY PROFILE

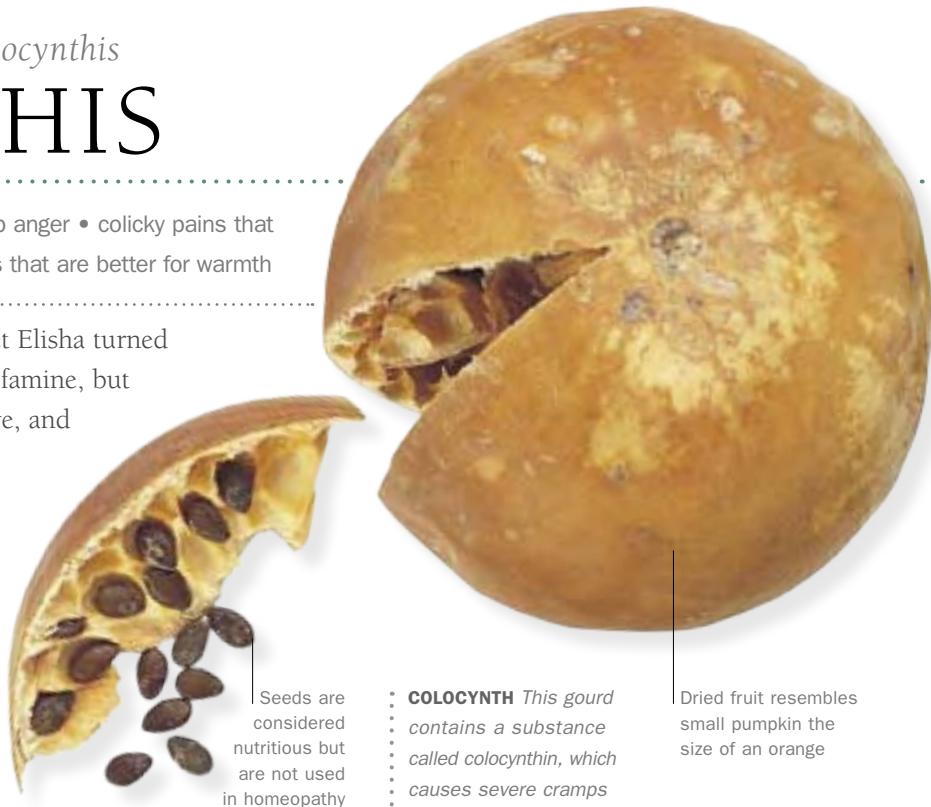
Colocynthis works best on those whose symptoms are brought on by suppressed anger. These people tend to be generally restless, anxious, and reserved, but easily irritated or angered. They have a strong sense of right and wrong, and can feel humiliated if their opinion is contradicted; the humiliation then gives way to indignation. *Colocynthis* is prescribed if the physical complaint, such as neuralgia or a digestive disorder, is brought on by, or exacerbated by, pent-up anger.

The remedy is used chiefly for acute pain, specifically colicky abdominal pain; cramping in the hips, kidneys, and ovaries; headaches; or shooting nerve pain in the face, neck, and limbs. It may also be prescribed for gout and rheumatic pain in the neck.

Colic & diarrhea

SYMPTOMS Gripping, twisting, spasmodic pains just below the navel. Often of sudden onset, the pain is generally linked to repressed anger, but may also have a physical cause, such as gallstones. Other symptoms include nausea, vomiting, and diarrhea with copious, thin, green or yellowish stools. The abdomen may feel bloated, and pressing on the site or passing gas may bring relief.

Colocynthis may be prescribed for infantile colic if a baby screams, gets red in the face, and draws the legs up to the abdomen. The pain is usually most intense in the evening, lasting from a few minutes to several hours.



Seeds are considered nutritious but are not used in homeopathy

Symptoms better For warmth; for bending double; for passing gas or stools; for coffee.
Symptoms worse For anger; before diarrhea or passing stools; for drinking; for eating, particularly fruits.

Facial neuralgia

SYMPTOMS Searing pain on the right side of the face, maybe extending to the ear. The burning, lacerating pain often comes in acute waves. There may also be a headache with right-sided facial neuralgia.

Symptoms better For firm pressure on the affected area; for sleep; for coffee.

Symptoms worse For anger; for touch; for movement.

Menstrual problems

SYMPTOMS Cramping pain in the uterus or ovaries during menstruation. Alternatively, menstrual periods may cease entirely following bouts of extreme anger.

Symptoms better For heat; for the application of firm pressure to the affected area.

Symptoms worse For cold; for anger; for emotional stress.

Neuralgic pains

SYMPTOMS Sharp pains down the outer side (usually the right side) of the thigh, leg, and foot. These severe, tearing pains are often accompanied by a backache, followed by numbness and weakness in the limbs. Sciatica

COLOCYNTH This gourd contains a substance called colocynthin, which causes severe cramps and gastrointestinal inflammation if ingested.

Dried fruit resembles small pumpkin the size of an orange

SOURCE DETAILS

ORIGIN

Native to Turkey, but can now be found growing in many hot, dry, sandy regions throughout the world.

BACKGROUND

Used in ancient Greece as a strong purgative and for complaints ranging from mania to lethargy, edema, and dropsy.

PREPARATION

The dried, deseeded fruit is powdered and macerated in alcohol, before being diluted and succussed.

COMMON NAMES

Colocynth, bitter apple, bitter cucumber.

and sharp, cramping pain in the kidneys, hips, or pelvis may also be helped by this remedy.

Symptoms better For warmth; for bending double; for lying on the painful side; for firm pressure on the affected area.

Symptoms worse For cold; for drafts; for anger; for the slightest movement, even breathing deeply; for lying on the non-painful side.

Datura stramonium

STRAMONIUM

KEY SYMPTOMS anger accompanied by fear

- fear of the dark • fear of water
- stammering • trembling and convulsions

A strong hallucinogen, thorn apple was used in the salves of medieval folk healers and in American Indian shamanistic rites. It relaxes the muscles of the bronchial tubes and digestive and urinary tracts, and reduces mucus secretions. *Stramonium*, proved by Hahnemann and published in his *Materia Medica Pura* (1821–34), is used for violent brain activity, often due to nervous disorders.

REMEDY PROFILE

People who respond best to *Stramonium* may experience rage and violence, particularly sudden outbursts accompanied by strong fears. The anger may be rooted in profound fear, following abuse or an accident. The fear may take the form of terror of the dark or of water. Those affected may also manifest hyperactive or overt sexuality. They are prone to stammering, and may have religious delusions, praying and proselytizing incessantly. Sleep may exacerbate symptoms.

Stramonium is prescribed for fevers and chest complaints accompanied by the typical rages and terrors. It is also used, if the characteristic traits are evident, for delirium, tics, convulsions, Parkinson's disease, epilepsy, and other nervous-system disorders.

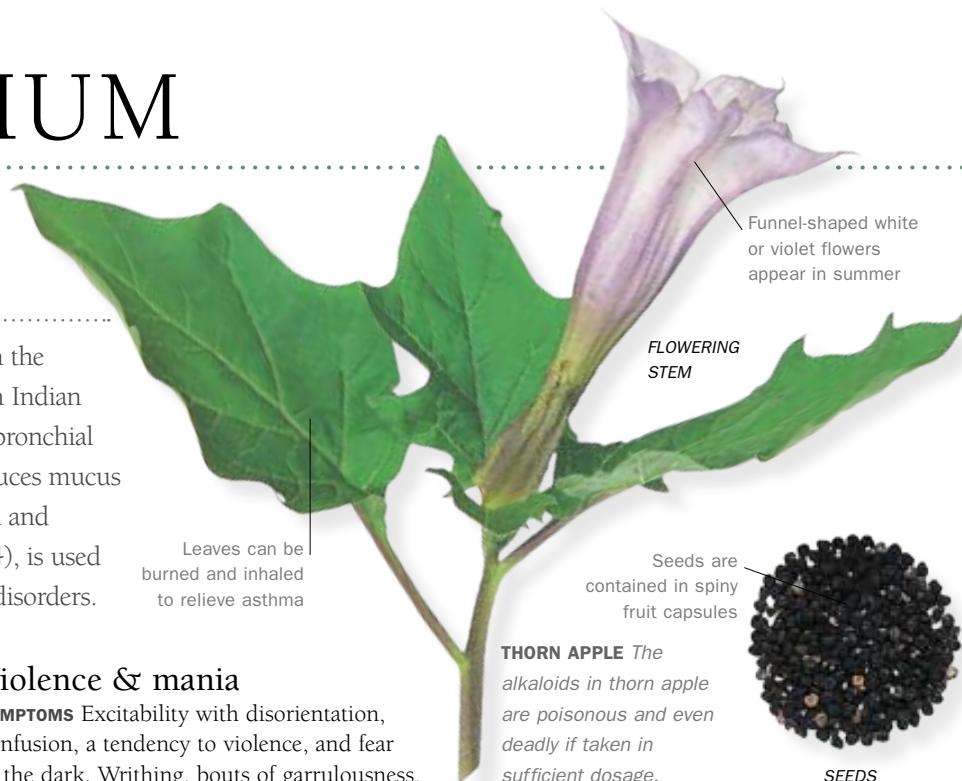
The remedy is sometimes prescribed to treat chorea and for some serious psychological problems, such as mania, manic depression, and schizophrenia, particularly if they are accompanied by hallucinations or violence.

Fever

Symptoms High fever with a burning thirst. There may be night terrors, fear of the dark, hallucinations, delirium, or febrile convulsions. The limbs may twitch involuntarily, and the heart and pulse may be "in turmoil."

Symptoms better For warmth; for light; for company.

Symptoms worse For cloudy weather; for sleep; for darkness; for being left alone; for looking at shiny, reflective surfaces; for swallowing.

**Violence & mania**

Symptoms Excitability with disorientation, confusion, a tendency to violence, and fear of the dark. Writhing, bouts of garrulosity, and incoherent muttering are common, and there may be hallucinations, visions, and imaginary voices. Symptoms may be triggered by the trauma of childbirth, by alcoholism or drug addiction, or by more serious conditions such as schizophrenia.

Symptoms better For warmth; for light; for company.

Symptoms worse For touch; for darkness; for looking at shiny, reflective objects; for looking at dark water.

Chorea

Symptoms Involuntary, jerky, twitches of the face, limbs, or trunk, often with stuttering. Symptoms may be caused by extreme fright, a head injury, a bad reaction to vaccination, or meningitis. In extreme cases there may be facial grimacing, convulsions, or epilepsy.

Symptoms better For warmth; for light; for company.

Symptoms worse For windy weather; for touch; for looking at shiny, reflective objects; for looking at dark water.

Asthma

Symptoms Breathlessness, tightness in the chest, or a dry, wheezy cough. Attacks occur with, or after, fits of intense rage or fear.

Symptoms better For warmth; for light; for company.

Symptoms worse For darkness; in the morning; in the evening; for looking at dark water.

SOURCE DETAILS**ORIGIN**

Thought to be native to both South America and western Asia, but now found growing in many temperate areas, often on wasteland.

BACKGROUND

Introduced to Europe in the 16th century, and traditionally used as a narcotic, a painkiller, an anti-inflammatory, and to treat convulsions.

PREPARATION

The fresh leaves and flowers, or the seeds, are chopped and macerated in alcohol, before being filtered, diluted, and succussed.

COMMON NAMES

Thorn apple, devil's apple, stinkweed, false castor oil.

Bronchitis

Symptoms Wheezing that is associated with shortness of breath, or a cough that generates yellow or green phlegm. Strong fear or anger may trigger or exacerbate the symptoms.

Symptoms better For warmth; for light; for company.

Symptoms worse For darkness; in the morning; in the evening; for looking at dark water.

Delphinium staphisagria

STAPHYSAGRIA

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

As long ago as the 5th century BCE, ancient Greek physicians were using this plant to purge the bowels and to induce vomiting. Applied externally, it was given as an antidote to stings and bites. Its common name, stavesacre, comes from the ancient Greek *staphis*, “raisin,” and *agria*, “wild.” The plant’s seeds are a powerful poison. The homeopathic remedy, proved by Hahnemann in 1819, is typically used to treat people who tend to suppress their emotions, especially anger.

REMEDIY PROFILE

Staphysagria is most appropriate for people who bottle up their emotions, especially rage. They tend to be extremely sensitive, particularly to criticism or rudeness. Irritation and anger can bubble away inside them, although they appear mild-natured and yielding on the surface, avoiding confrontation. When their emotions finally erupt, they often overreact and tremble with anger. There may be a history of abuse.

Common physical symptoms include perspiration, gas, and stools that smell of rotten eggs. Cravings for alcohol and sweet foods are typical. Suppressing emotions may cause headaches, depression, or an increased sex drive. Despite shyness, the libido is often high and there is a tendency to masturbate.

Staphysagria is generally most commonly prescribed for cystitis and other urogenital disorders, and for joint pains and neuralgia, skin conditions, insomnia, and toothaches.

Urogenital problems

SYMPOTMS Cystitis in either sex after sexual intercourse, especially on the first occasion, or on the first occasion with a new partner. In men there may be urine retention, linked to an enlarged prostate, and the testicles may wither or develop lumps. There may also be other urinary problems, such as urethritis, bed-wetting, and symptoms that develop following urogenital surgery and catheterization.

Symptoms better For warmth; after meals.

Symptoms worse For the slightest touch or pressure; for suppressing emotions.

Joint pain

SYMPOTMS Bruised, sore, weak, or immobile limbs. The right shoulder may be painful, and

there may be neuralgia. Joints may have bony nodules.

Symptoms better For warmth.

Symptoms worse For touch; for movement.

Skin conditions

SYMPOTMS Easily infected, unhealthy-looking skin that is slow to heal if cut. Stinging pains persist in slow-healing wounds or scars. The remedy may help speed wound-healing after surgery, particularly if the temperament matches the remedy profile. There may be skin eruptions such as eczema and psoriasis with dry, thick crusts and itching, or weepy, scaly skin that burns before and after being scratched. After being scratched, an itch may occur elsewhere on the body.

Symptoms better For warmth.

Symptoms worse For touch; for suppressing emotions.

Headaches

SYMPOTMS Compressing pain as though a weight is boring through the forehead, or a numb sensation in the head, with dizzy spells that intensify on sitting or lying down.

Symptoms better For warmth; for yawning.

Symptoms worse For mental exertion; in the early morning; for anger.

Insomnia

SYMPOTMS Exhaustion and frequent yawning. Despite the fatigue, there is difficulty in falling into a deep sleep, and even after sleeping there may be bad temper, irritability, and continued exhaustion.

Symptoms better For warmth.

Symptoms worse For an afternoon nap; for emotional stress; for sexual excess.



STAVESACRE This plant has been used herbally for centuries as an emetic and a treatment for head lice, warts, and itching.

SOURCE DETAILS

ORIGIN

Native to Europe and now grown in Asia and southern Europe. Prefers chalky, loamy soil in areas of waste ground and cornfields.

BACKGROUND

In Western herbal medicine the seeds of the plant can be used to make an ointment for treating head lice and other parasites.

PREPARATION

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

COMMON NAMES

Stavesacre, palmated larkspur, housewort.

Toothaches

SYMPOTMS Decay associated with black, loose teeth, causing pain in the affected area that is worse for being touched.

Symptoms better For warmth; for rest.

Symptoms worse For biting and chewing; for touching the affected area; for menstruation.

Helleborus niger

HELLEBORUS

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

As early as 1400 BCE, the Roman natural historian Pliny wrote of using black hellebore for mental conditions. Ancient Greek and Roman philosophers would drink an infusion of the plant to increase their concentration before prolonged debates. The herb is extremely toxic and is now used only in homeopathy, since herbalists believe that it is too strong to be used safely. *Helleborus* was proved by Hahnemann and published in his *Materia Medica Pura* (1821–34).

REMEDY PROFILE

The people who benefit most from taking this remedy are characteristically dull and sluggish. It is best suited to those who feel stupefied and have slow mental processes. They commonly experience anguish, irritability, apathy, and depression. These people frequently feel as though their brains are in turmoil, and do not understand what is going on around them. Although they may beg for help, they are generally inconsolable.

Physical symptoms generally worsen between 4 p.m. and 8 p.m., and improve in warmth and when lying covered up.

Helleborus is prescribed for mental states that feature sluggishness and stupefaction. Acute inflammatory nervous conditions may be helped, as may headaches, digestive problems, and depression. Symptoms may follow as a result of concussion, surgery to the brain, or a bout of meningitis or encephalitis.

Nervous-system disorders

SYMPOTMS Stupefaction and dullness, possibly even giving an impression of stupidity or mental disorder. Questions are answered slowly and with great effort. The body feels numb and the brain loses control over the muscles, so that objects drop easily from the hands. Forgetfulness and poor concentration, with the memory becoming totally blank, are common. In extreme cases symptoms may be associated with Alzheimer's disease, including memory loss, anxiety, and disorientation.

Symptoms better For warmth; for being wrapped up; for lying quietly at rest and undisturbed.

Symptoms worse For cold air; for being uncovered; for exertion; during the night; between 4 p.m. and 8 p.m.

Brain inflammation

SYMPOTMS Swelling of the brain tissue, possibly caused by encephalitis or meningitis. Symptoms typically include convulsions, and the head tends to feel very hot while the body feels very cold. There is a feeling of stupor and sluggishness.

Symptoms better For warmth; for being wrapped up; for lying quietly at rest and undisturbed.

Symptoms worse For cold air; for being uncovered; for exertion; during the night; between 4 p.m. and 8 p.m.

Headaches

SYMPOTMS A headache or migraine with mental dullness, possibly after injury or surgery. The headache often begins in the back of the head or in the neck, and there may be a need to pull the head down toward the body. Dizziness and vertigo causing vomiting may accompany the pain.

Symptoms better For warmth; for rest.

Symptoms worse For being uncovered; for exertion; for stooping; between 4 p.m. and 8 p.m.

Digestive disorders

SYMPOTMS Painful bowel urges with watery diarrhea and mucus. Bowel movements are so disoriented and sluggish that constipation may also occur. There is often a lack of thirst and a dry mouth.

Symptoms better For warmth and warm coverings; for rest.

Symptoms worse For cold; for being uncovered; at night; between 4 p.m. and 8 p.m.

Depression

SYMPOTMS Blank stares, involuntary sighs, and dark moods, especially between



BLACK HELLEBORE

This plant is poisonous if ingested in all but the smallest doses. It was used in medieval medicine to expel an excess of "black bile," a bodily "humor" (see page 12) linked with insanity.

SOURCE DETAILS

ORIGIN

Grows naturally on rocky or mountainous sites in southern Europe. Flowers from winter to spring and is widely cultivated as a popular garden plant.

BACKGROUND

Used in the past by herbalists as a treatment for lice, and as a local anesthetic, purgative, heart tonic, and means of inducing an abortion. The leaves were used as a heart stimulant for the elderly.

PREPARATION

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

COMMON NAMES

Black hellebore, Christmas rose.

4 p.m. and 8 p.m. The lips and clothes may be picked at.

Symptoms better For being wrapped up warmly.

Symptoms worse During the night; for exertion.

Hyoscyamus niger

HYOSCYAMUS

KEY SYMPTOMS behavioral problems with erotic tendencies • delirium and paranoia • spasmodic cough • laughter at inappropriate times

Henbane was advocated by the Greek physician Dioscorides in the 1st century CE as a painkiller and soporific. The Latin name comes from the Greek *hys*, “pig,” and *kyamos*, “bean”—perhaps because pigs are not poisoned by eating it, while humans are. It was the method by which Shakespeare had Hamlet’s father murdered, and the famous Dr. Crippen used henbane to murder his wife. *Hyoscyamus*, proved by Hahnemann in 1805, is used for emotional disorders and coughs.

REMEDY PROFILE

Hyoscyamus is the best remedy for those with paranoid traits and behavioral problems. The typical *Hyoscyamus* pattern is incoherent, excited behavior, muttering, and obscene sexual exhibitionism. Laughter at inappropriate times is common, as is a sense of being ostracized in a private world.

In addition, *Hyoscyamus* is used for physical conditions associated with involuntary twitching, such as delirium, and for fits of dry coughing. Homeopaths may prescribe it for certain types of convulsions, such as petit mal, epilepsy, and, in children, febrile convulsions with a rapid rise in temperature. In some cases, the remedy may be given for schizophrenia and Parkinson’s disease, if accompanied by marked withdrawal, obscenity, and inappropriate laughter.

Behavioral problems

SYMPOTMS Violent outbursts and a desire to shock, with behavior ranging from simple foolishness to shameless sexual exhibitionism. Characteristic impulses are to appear naked, masturbate, and handle the genitals. Lewdness, promiscuity, or an erotic obsession may develop. Jealousy is common, and in children is often due to a new baby in the family.

Symptoms better For warmth.

Symptoms worse For fright; for emotional stress or trauma.

Delirium

SYMPOTMS Twitching, starts, and facial grimaces, with the typical *Hyoscyamus* mental state (see above). Mania is possible,

Leaves may cause skin irritation on contact

HENBANE *The antispasmodic properties of this plant are used by herbalists to relieve tremors and rigidity during the early stages of Parkinson's disease.*

triggered by fever, addiction, brain injury, or the trauma of childbirth. Despite a meager flow, there may be a frequent desire to urinate. Constant fumbling with the hands or clothing is common. There may be convulsions, possibly with involuntary urination.

Symptoms better For sitting up; for walking around; for movement.

Symptoms worse For touch; for lying down; for emotional stress or trauma.

Paranoia

SYMPOTMS Severe paranoia and jealousy, with intense suspicion of being watched, deceived, or even poisoned.

Symptoms better For warmth.

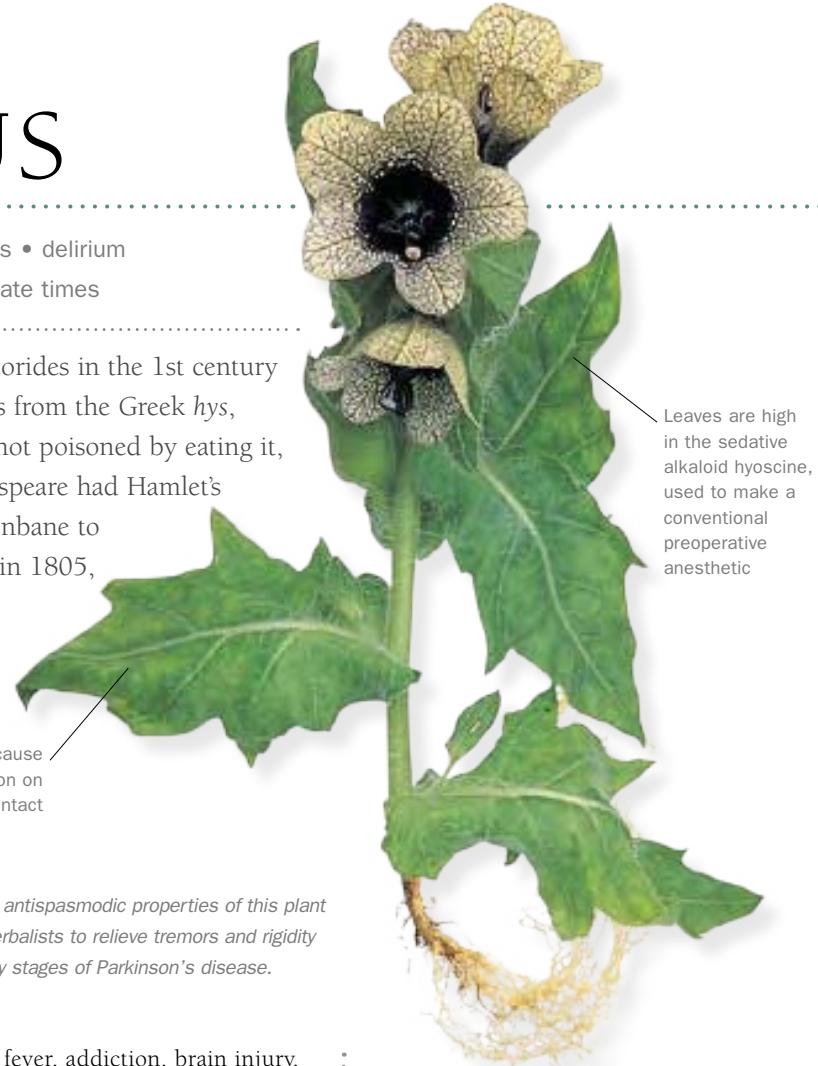
Symptoms worse Around the time of menstruation; for emotional stress or trauma.

Cough

SYMPOTMS Dry, spasmodic, tickly cough. Suffocating fits of coughing trigger spasms severe enough to cause doubling over and coughing up of blood.

Symptoms better For sitting up.

Symptoms worse For lying down.



SOURCE DETAILS

ORIGIN

Native to southern Europe and western Asia, and now found throughout much of Europe and America.

BACKGROUND

Used in herbalism as a painkiller and sedative for urinary tract pain and nervous spasms. Herbalists also massage in the oil externally for nerve pain and rheumatoid arthritis.

PREPARATION

The whole fresh plant in flower, including the root, is chopped finely and steeped in alcohol for ten days. It is then diluted and succussed.

COMMON NAMES

Henbane, common henbane, black henbane, hairy henbane, stinking nightshade, stinking Roger, hog’s bean, cassilata.

Ignatia amara syn. *Strychnos ignatia*

IGNATIA

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

St. Ignatius's bean seeds were traditionally worn by natives of the Philippine Islands as amulets to prevent and cure all manner of diseases. The Spanish Jesuits introduced the seeds into Europe from East Asia in the 17th century. They contain strychnine, a powerful poison that acts on the nervous system when ingested. The homeopathic remedy *Ignatia* was proved and published by Hahnemann in his *Materia Medica Pura* (1821–34).

REMEDY PROFILE

Ignatia is best suited to people, especially women, who are experiencing strong emotional problems, such as a broken relationship or acute grief after a death. They are frequently emotionally fragile, artistic, and hypersensitive. Prone to mood swings and feelings of self-pity, they may have a rather brittle air, often laughing and crying at the same time. Suppressing their emotions can lead to hysteria. High expectations of those close to them are typical, and they find it hard to break the bond with their partner if disillusioned in love.

Contradictory physical symptoms are typically treated with *Ignatia*, such as indigestion that is relieved by eating, or a sore throat that is better for swallowing solid food. There is often great sensitivity to pain, with a tendency to yawn and sigh frequently. There is also a dislike of crowds, and a fear of birds, especially chickens.

Ignatia is used to treat illness that develops from emotional stress. Such conditions include headaches, nervous tics and twitches, digestive disorders such as nausea and vomiting, and a sore throat.

Grief & distress

SYMPOTMS Fainting, crying and laughing simultaneously, or hysterical behavior due to an inability to express emotions. There may also be insomnia.

Symptoms better For breathing deeply; for eating.

Symptoms worse For anxiety; for emotional stress; for coffee; for tobacco.

Headaches

SYMPOTMS Sharp, spasmodic pain, as if a nail is sticking into the side of the head, with a hot, heavy sensation in the head and possible dizziness, especially after emotional stress.

Symptoms better For lying on the affected side; for resting the head on a surface.

Symptoms worse For loud talking; for stooping; for being in a smoky room.

Nervous disorders

SYMPOTMS Twitches, nervous tics, or numbness in the face or limbs, possibly escalating to hysterical paralysis, convulsions, or chorea (random, jerky twitches of the face or limbs). *Ignatia* is used if symptoms are triggered by shock, grief (see left), or other strong emotions.

Symptoms better For warmth; for changing position; for firm pressure on the affected area; after eating.

Symptoms worse For cold air; for touch; for emotional stress; for strong smells.

Digestive disorders

SYMPOTMS Nausea and vomiting that is alleviated by eating, typically with burping, hiccuping, and profuse, bitter-tasting saliva in the mouth. There may be hunger unsated by eating. A prolapsed rectum with sharp, upward-shooting pain may be helped by *Ignatia*, as may diarrhea, constipation, or hemorrhoids that have been triggered by emotional stress.

Symptoms better For lying or pressing on the affected area; for changing position; for urinating; for eating.

Symptoms worse For cold air; for touch; for strong smells; for coffee; for tobacco.



Pebblelike, heavy seed pods are embedded in bitter pulp of fruit

ST. IGNATIUS'S BEAN The seeds are very bitter, due to the poisonous strychnine they contain.

SOURCE DETAILS

ORIGIN

Native to the East Indies, China, and the Philippine Islands. This large tree bears a bitter fruit that contains the seeds within its pulp.

BACKGROUND

In the late 17th century, the Dutch used the seeds of St. Ignatius's bean to treat conditions such as gout, cholera, asthma, and epilepsy.

PREPARATION

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

COMMON NAME

St. Ignatius's bean.

Sore throat

SYMPOTMS A constantly sore, tickly throat that feels as if there is a lump in it, yet seems better for eating solids. There may also be a racking cough.

Symptoms better For warmth; for changing position; for eating.

Symptoms worse For touch; for cold air; for emotional stress; for coffee; for tobacco.

Lilium lancifolium syn. *L. tigrinum*

LILIUM

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

The *Lilium* genus comprises around 100 species of bulbous plant, including the tiger lily. This was introduced to the West from China, Korea, and Japan, where it was cultivated as a food plant for centuries. The tiger lily has not generally been adopted into the Western herbal repertory, but forms the basis of an important homeopathic remedy for uterine pain and emotional problems. *Lilium* was proved in 1867 by Dr. E. W. Payne of Maine.

REMEDY PROFILE

Lilium is traditionally linked with people who are hurried and impatient, and generally trying to do too many things at once. They often feel wild and out of control, and may even fear that they are going insane. They like to be the center of attention and can be quick to anger if they are not. Alternatively, they may be filled with feelings of remorse, especially of a religious nature, and torment themselves endlessly about their behavior.

A conflict between very high moral standards and intense sexual urges is characteristic in these people. The suppression of their sexual desire generally aggravates frustration and anger. They are often sensitive to criticism, easily offended, irritated, even by kindness, and hurried beyond reason. People who respond well to this remedy typically have a burning sensation in their hands, and prefer cool weather.

Lilium is prescribed chiefly for female reproductive-system disorders. It is also given for states of despair and depression, and for urinary complaints, angina, and poor circulation.

Women's health

SYMPTOMS Disorders of the female reproductive organs, such as uterine prolapse, vulval itching, and a bearing-down pain in the pelvis. In addition, the ovaries may be swollen and menstruation is often painful. Fibroids may also be treated with the remedy.

Symptoms better For cool, fresh air; for lying on the left side.

Symptoms worse For warmth; at night; for jarring; after a miscarriage.

Bright petals curl up to reveal distinctive spots

TIGER LILY The bright-orange flowers of this lily appear in late summer and early fall.



Depression

SYMPTOMS A sense of despair and need for religious salvation is characteristic in people who need *Lilium*. They are easily offended and feel that people are deliberately annoying them. They may have a fear of developing an incurable disease and look for a reason to grieve.

Symptoms better For being occupied; for company.

Symptoms worse For sympathy; after a miscarriage or menstruation.

Urinary disorders

SYMPTOMS Cystitis with burning, stinging pain during and after urination. There is often a constant urge to pass urine, although only a small amount is passed at a time. Irritation in the genital area is experienced during both day and night. The symptoms usually affect women.

Symptoms better For cool, fresh air; for lying on the left side.

Symptoms worse For warmth; at night; for jarring; after a miscarriage.

Heart disorders

SYMPTOMS Angina with numbness in the right arm and pain in the heart, as if it is being gripped. The heart may feel as if it is going to burst, as though it is hanging by a thread, or as though it is being alternately grasped and released. A rapid or irregular pulse is

SOURCE DETAILS

ORIGIN

Native to China and Japan, but now grown worldwide, almost always for ornamental purposes. Prefers moist, acidic soil in full sun, but with its base in shade.

BACKGROUND

Introduced to Europe and the Western world from China and Japan, and has since become a popular ornamental flower for cultivation in gardens.

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.

COMMON NAME

Tiger lily.

common. Palpitations may occur, especially during pregnancy.

Symptoms better For cool, fresh air; for lying on the left side; for rubbing or pressing the area around the heart.

Symptoms worse For lying down at night.

Lycopodium clavatum

LYCOPODIUM

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.

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." The plant has been used medicinally since the Middle Ages. Since the 17th century, the spores alone were given for gout and urine retention. Modern herbalists use the spores externally for wounds and eczema. Proved by Hahnemann in 1828, the remedy is used for digestive disorders and anxiety.

REMEDY PROFILE

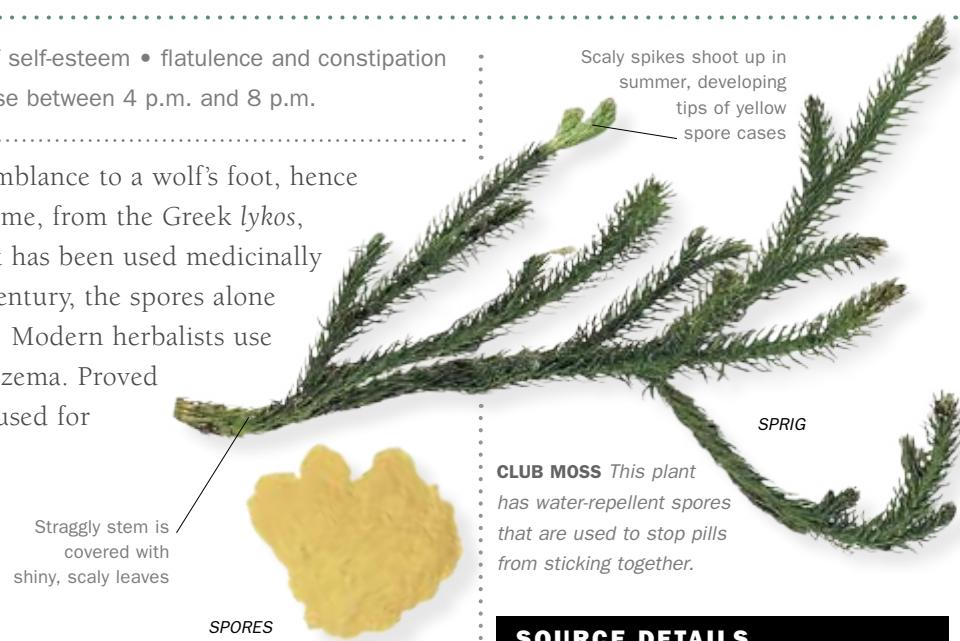
Lycopodium is prescribed when anticipatory anxiety features strongly in the psychological symptoms. Lack of confidence is often hidden by a veneer of arrogance or sarcasm. There is a dislike of close company, but also of being left alone.

Physical symptoms usually focus on digestive problems, with excessive bloating and gas. Complaints are often right-sided, or move from the right to the left of the body. Another typical physical trait, poor physical stamina, is often worse in the afternoons. Desire for sweet foods is common. *Lycopodium* is also used for kidney and prostate problems, headaches, and chest infections.

Anxiety

Symptoms Fear of inferiority and of failing, despite an air of quiet self-possession. Such fears may lead to exaggeration of the truth to bolster self-esteem. Insomnia, talking and laughing while asleep, and night fears are typical, as is apprehension on waking. Anticipatory anxiety, such as fear of public speaking, exams, or stage fright, often leads to digestive disorders (see right). Low self-esteem may result from poor memory or dyslexia. An aversion to change is often due to the challenges it brings. The demands of emotional commitment may be avoided, possibly resulting in sexual problems such as promiscuity, frigidity, or erectile dysfunction.

Symptoms better For warmth; for being active; for gentle exercise in fresh air; for warm foods and drinks.



Symptoms worse For extreme heat or cold; for stuffy rooms; for being inactive; between 4 p.m. and 8 p.m.

Digestive disorders

Symptoms Indigestion caused by anticipatory anxiety (see left), eating late at night, or eating foods that can cause gas, such as onions, cabbage, and beans. There may be a rumbling, bloated abdomen due to acrid, sour gas, insatiable hunger with discomfort after eating even small amounts of food, nausea, vomiting, constipation, and bleeding hemorrhoids.

Symptoms better For cool air; at night; for loose clothes; for movement; for warm foods and drinks.

Symptoms worse For tight clothes; between 4 a.m. and 8 a.m. and 4 p.m. and 8 p.m.; for overeating; for cold foods and drinks.

Urogenital problems

Symptoms Urine with a sandy sediment due to kidney stones, or genital herpes. An enlarged prostate in men may be helped by the remedy.

Symptoms better At night; for cool, fresh air; for being active; for warm foods and drinks.

Symptoms worse For heat; between 4 p.m. and 8 p.m.

Chest infections

Symptoms Dry, sore, tickling cough, burning chest pain, and fast, labored breathing, which may be worse when lying on the back. The

Scaly spikes shoot up in summer, developing tips of yellow spore cases

SPRIG

CLUB MOSS This plant has water-repellent spores that are used to stop pills from sticking together.

SOURCE DETAILS

ORIGIN

Native to temperate areas throughout the Northern Hemisphere, and commonly found growing on moorland and in mountainous areas and forests.

BACKGROUND

Traditionally used for antibacterial and sedative action, it has also been given by herbalists as a digestive, a diuretic, to treat kidney stones, and to lower fever.

PREPARATION

The spikes are cut in summer and their spores are collected. These are then steeped in alcohol for at least five days, before being filtered, diluted, and succussed.

COMMON NAMES

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

throat is swollen and sore, notably on the right side. Thick, yellow catarrh may cause severe congestion.

Symptoms better For loose clothes; for cool air; at night; for warm foods and drinks.

Symptoms worse For stuffy rooms; for tight clothes; between 4 p.m. and 8 p.m.; for fasting or overeating; for cold drinks.

Papaver somniferum

OPIUM

KEY SYMPTOMS stupor • apathy • dulled sensitivity to pain

- hyperactivity with difficulty in sleeping

A plant of extremes, this poppy is the source of both morphine, one of the strongest painkillers, and heroin, one of the most addictive substances known. It has played a dramatic role in history, prompting wars and huge social problems. Opium and heroin, derived illicitly, have produced devastating drug problems, while morphine and codeine are produced legally to play a vital role in conventional medicine. The homeopathic remedy was proved in 1805 by Hahnemann.

REMEDY PROFILE

Opium is given to people who exhibit either or both of two opposite states. One is stupor, apathy, and dulled sensitivity to pain. The other is hyperactivity and intense sensitivity, often with insomnia.

If symptoms occur with one or both of these states, *Opium* is given for insomnia, sleeping disorders, respiratory problems, constipation, and shock. It can also be used to help treat recovery from stroke paralysis, brain injuries, delirium tremens, and alcohol withdrawal.

Insomnia & narcolepsy

SYMPOTMS Insomnia, inability to sleep despite fatigue, or brief bouts of irresistible drowsiness. Sleep is either light, restless, and easily disturbed, with hearing so acute that it seems to detect even the faint sounds of insects' movements, or very heavy, with difficulty in waking. Sleep may be so deep that breathing becomes irregular or even stops momentarily. There may be talking during sleep.

Symptoms better For a cool environment; for movement.

Symptoms worse For warmth; for sleep; for shock.

Constipation

SYMPOTMS Constipation with no urge to pass stools for an extended length of time, which may result in fecal impaction. The digestion is sluggish and weak, and there is no appetite. Stools tend to retreat into the rectum, and are dark, small, and very hard, like black balls. During the day there may be drowsiness. Diarrhea may alternate with constipation, notably after shock (see right). Newborn babies may be given *Opium* for constipation after the shock of childbirth.



Symptoms better For activity.

Symptoms worse For warmth; for sleep; for shock.

Shock & injury

SYMPOTMS Either emotional and sensory shutdown, or overexcitement and hypersensitivity. Sluggishness and indifference may be evident, with dulled sensitivity to pain. Conversely, the person can be overwrought, possibly with insomnia (see left) or even convulsions. Either or both of these states may occur in response to shock, grief, or injury.

Symptoms better For a cool environment; for movement.

Symptoms worse For warmth; during and after sleep.

Post-stroke paralysis

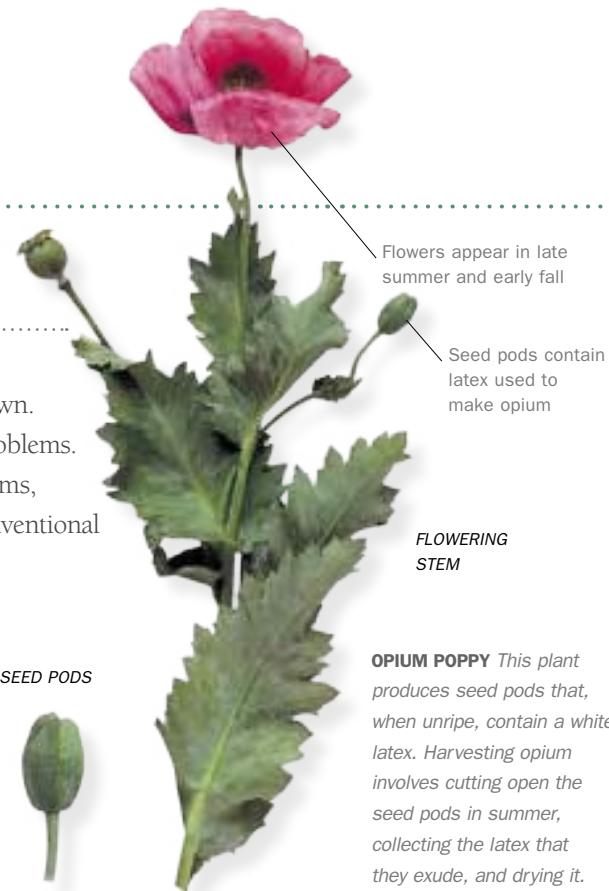
SYMPOTMS Paralysis of the limbs with dullness and stupor resembling that experienced after shock (see above). There may be blackouts, a blue-tinged face, and labored breathing.

Symptoms better For a cool environment; for movement.

Symptoms worse For warmth; during and after sleep.

Delirium tremens

SYMPOTMS Extreme apathy or hypersensitivity, tremors, or even convulsions. There can be



FLOWERING STEM

OPIUM POPPY This plant produces seed pods that, when unripe, contain a white latex. Harvesting opium involves cutting open the seed pods in summer, collecting the latex that they exude, and drying it.

SOURCE DETAILS

ORIGIN

Native to western Asia, and introduced to southeast Europe 3,000 years ago. Now grown mostly in India, Iran, China, and Australia.

BACKGROUND

Dedicated by the ancient Greeks and Romans to the gods of night, dreams, and death. Opium has been used since antiquity as a sedative and analgesic, and has also been used illicitly for many centuries as a recreational drug.

PREPARATION

Sticky latex (sap) from the unripe, green seed pods is dried, dissolved in alcohol, and succussed.

COMMON NAMES

Opium poppy, big smoke.

frightening visions, and possibly blackouts after alcohol binges.

Symptoms better For a cool environment; for movement.

Symptoms worse For warmth; for sleep; for alcohol.

Pulsatilla pratensis subsp. *nigricans*

PULSATILLA

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

Small pasque flower has been used medicinally since the age of classical Greece. The name derives from the archaic term for Easter, *Pasch*, since the plant flowers around the time that the festival occurs. Roman legend says that this plant sprang from the tears of the goddess Venus, and was thus used to treat weepiness. *Pulsatilla* was proved by Hahnemann in 1805, and is used for a variety of disorders, ranging from colds and coughs to digestive and gynecological conditions.

REMEDY PROFILE

People who respond best to *Pulsatilla* are sweet-natured, gentle, and compliant. They will avoid confrontation, but their moods change frequently and rapidly, and they can be stubborn in their demands for attention and sympathy. Their physical symptoms can be equally changeable. Easily moved to laughter or tears, they are highly prone to weepiness when ill, but are soon consoled by hugs. Other common traits are a dislike of stuffy rooms or fatty foods, a lack of thirst, and a preference for fresh air.

Pulsatilla is given for labor, menstruation, menopause, and pregnancy problems. It is used for respiratory illness marked by yellowy-green catarrh, eye complaints, and indigestion with variable symptoms.

Women's health

Symptoms Short, variable, late, or absent menstrual flow with severe pain. There may be delayed onset of menstruation in puberty. Severe premenstrual syndrome may respond to the remedy, particularly if it is accompanied by indigestion, weepiness, and mood swings. In pregnancy, if the general symptom picture fits, *Pulsatilla* is given for stress incontinence, fatigue, indigestion, and morning sickness (especially if this is brought on by fatty foods). It may also act on the uterine muscles to help turn a malpresented or breech baby in the uterus during labor.

Symptoms better For fresh air; for gentle exercise; for crying; for sympathy.

Symptoms worse For heat; for lying on the left side; in the evening; for rich, fatty foods.

Colds & coughs

Symptoms An alternately runny or blocked nose, with smelly, thick, yellowy-green catarrh, and a reduced sense of taste and smell. There may be wet, spasmodic coughing, with yellowy-green mucus and shortness of breath, which is worse for lying on the left side. Violent coughing fits tend to occur in the evening and at night; they may be triggered by lying down, and frequently cause sleep to be disturbed. *Pulsatilla* may be prescribed for influenza when there is fever with alternate hot and cold flashes, a lack of thirst, and possibly an earache.

Symptoms better For fresh air; for gentle exercise; for crying; for sympathy.

Symptoms worse For stuffy environments; for lying down.

Sinusitis

Symptoms Yellowy catarrh, weepiness, and headaches. The sinuses are tender to the touch. Sharp pains may begin on the right side of the face, but tend to move around.

Symptoms better For fresh air; for gentle exercise.

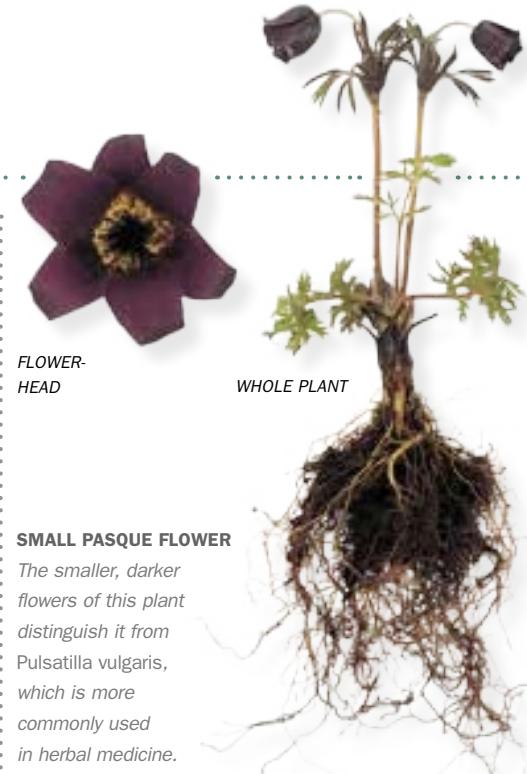
Symptoms worse For stuffy environments; for cold; in the evening.

Eye infections

Symptoms Profuse, yellowy-green, foul-smelling discharge from the eye, with sensitivity to light and possible indigestion (see right). *Pulsatilla* may help conjunctivitis and itchy styies.

Symptoms better For fresh air; for bathing the eyes in cold water.

Symptoms worse For warm rooms; in the evening.



SMALL PASQUE FLOWER

The smaller, darker flowers of this plant distinguish it from *Pulsatilla vulgaris*, which is more commonly used in herbal medicine.

SOURCE DETAILS

ORIGIN

Native to Scandinavia, Denmark, Germany, and Russia, and now found across northern and central Europe.

BACKGROUND

Prescribed by the Greek physician Dioscorides in the 1st century CE for eye problems, and in 18th-century Europe for cataracts, ulcers, and tooth decay.

PREPARATION

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

COMMON NAMES

Small pasque flower, meadow anemone, wind flower.

Digestive disorders

Symptoms Variable, including indigestion, nausea, vomiting, diarrhea, and painful, itchy hemorrhoids. No two stools are alike. The mouth is dry but there is no thirst and a craving for, or aversion to, rich foods that exacerbate the symptoms.

Symptoms better For fresh air; for gentle exercise.

Symptoms worse For heat; for lying on the left side; in the evening; for rich, fatty foods.

Solanum dulcamara

DULCAMARA

KEY SYMPTOMS conditions that are affected by weather changes from hot to cold • domineering nature • sensitivity to cold and damp

- asthma • urticaria in humid conditions

Since the time of ancient Rome, nightshade has been used to treat a wide range of ailments. One such ailment, abscesses called “felons” on the fingertips, inspired one of the plant’s common names, felonwort. The 18th-century Swedish naturalist Carolus Linnaeus prescribed the plant to treat fever and inflammatory infections. The homeopathic remedy, proved in 1811 by Hahnemann, is traditionally associated with people who are highly susceptible to damp and chills.

REMEDY PROFILE

Dulcamara is typically given to people who are sensitive to cold and damp, with symptoms caused by rapid temperature changes or cold, wet weather.

In the symptom picture for *Dulcamara*, these physical factors outweigh psychological traits, but some confusion, irritability, impatience, and restlessness may be evident, possibly with a domineering attitude, notably toward family members.

Susceptibility to respiratory infections causing thick, yellow mucus is typical. Hay fever and other allergic reactions are also common, as are head and joint pain, eczema, and diarrhea.

Colds & coughs

SYMPTOMS Sore throat, with a thick, yellow discharge from the nose and the eyes. Thick mucus may be due to sinusitis, as may painful pressure and congestion in the head. A stiff neck is common, perhaps with back and limb pain. There may also be conjunctivitis, a rattling cough, bronchitis, or even pneumonia.

Symptoms better For warmth; for dry, settled weather; for movement.

Symptoms worse For cold, damp weather; at night.

Hay fever & asthma

SYMPTOMS Nasal congestion, with profuse, watery discharge from the eyes and constricted breathing. Exposure to animal fur, grass pollen, dust mites, and other

allergens may aggravate the severity of symptoms.

Symptoms better For warmth; for dry, settled weather; for movement.

Symptoms worse For cold, damp weather; at night.

Head & facial pain

SYMPTOMS Pain in a specific part of the head, or with a sensation of heaviness, nausea, or confusion. Neuralgic face pain, perhaps caused by Bell's palsy, may be treated, or pain due to sinusitis (see left).

Symptoms better For dry, fine weather; for keeping still; for expelling catarrh.

Symptoms worse For cold, damp weather; in winter.

Skin conditions

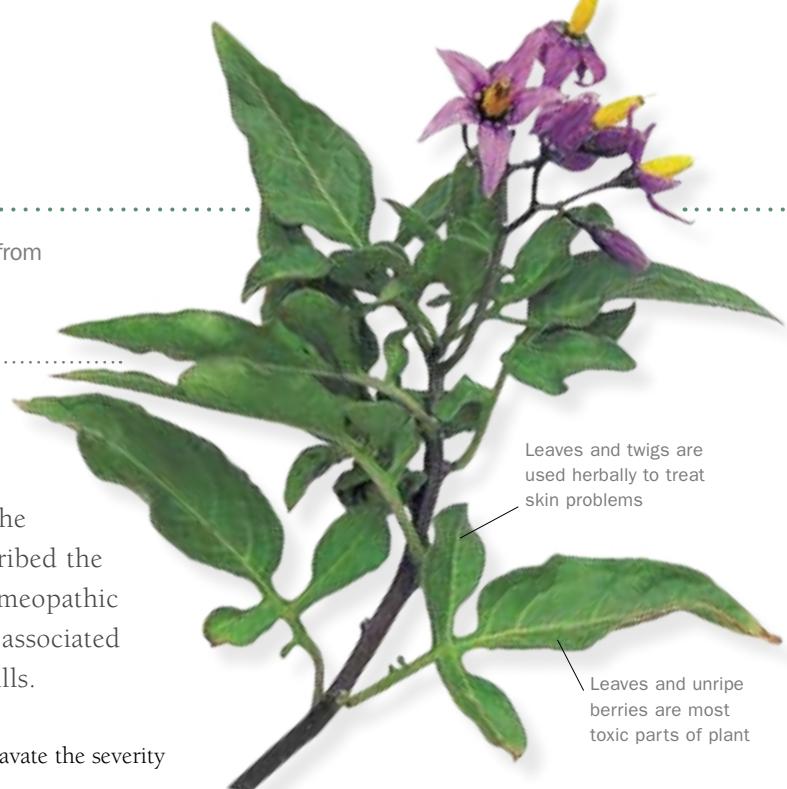
SYMPTOMS Thickened, crusty, itchy skin, notably on the scalp, which bleeds when scratched. *Dulcamara* is also used to treat urticaria (hives) brought on by sweating in humid conditions; large, flat, smooth warts, especially on the palms of the hands; and ringworm, often found on the scalps of children.

Symptoms better For warmth; for dry weather.

Symptoms worse For cold, damp weather; before menstruation.

Diarrhea

SYMPTOMS Slimy, yellow or green stools, maybe with traces of blood. There may be nausea, and pain before passing stools. In children, symptoms may be triggered during teething.



NIGHTSHADE A stimulant, diuretic, and antirheumatic plant, nightshade is highly toxic and therefore generally used only by trained herbalists.

SOURCE DETAILS

ORIGIN

Native to north Africa, Europe, and northern Asia, and naturalized in North America. Grows in moist, shady soil.

BACKGROUND

Has a long history of use as an anti-inflammatory and a liver tonic. Stem extracts have been used for warts and eczema.

PREPARATION

Fresh green stems and leaves are picked just before the plant flowers, then finely chopped and macerated in alcohol.

COMMON NAMES

Nightshade, woody nightshade, bitter nightshade, felonwort.

Symptoms better For warmth; for movement.
Symptoms worse For cold; for damp; for rest.

Joint pain

SYMPTOMS Stiffness and pain in joints, aggravated by damp.

Symptoms better For warmth; for movement.

Symptoms worse For cold; for damp; for extremes of temperature; for inactivity.

Strychnos nux-vomica

NUX VOMICA

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

The poison-nut tree was brought to Europe from southeast Asia in the 15th century. Strychnine, the toxic alkaloid from its seeds, was famous as a poison before 17th-century physicians discovered its stimulating effect on the digestive and nervous systems. Small doses can be diuretic, stimulate the appetite, and aid digestion, but excessive amounts can be fatal. *Nux vomica* was proved by Hahnemann in 1805.

REMEDIY PROFILE

Nux vomica is chiefly linked to workaholic personalities who drive themselves to stress and excess. Ambitious and pushy, they thrive on challenges, and often work in entrepreneurial or managerial jobs. The typical pattern is of someone who is oversensitive and intolerant of criticism, yet perfectionist and often very critical of others. Such highly driven people tend to overload their bodies at play as well as at work. They tend to have high sex drives, consume too much rich food, coffee, and alcohol, and abuse drugs. This indulgence can create tension and sleeplessness, and often leads to digestive disorders (most seriously, peptic ulcers, irritable bowel syndrome, or liver problems when the body can no longer keep up with the lifestyle).

If the profile matches, *Nux vomica* is given for irritability, insomnia, digestive symptoms, colds and influenza, asthma, cystitis, and menstrual or pregnancy problems. Typically symptoms are worse for cold, noise, light, and odors.

Irritability & insomnia

SYMPOTMS Hangover-like symptoms, with disrupted sleep and great irascibility, due to an excessive lifestyle with too much alcohol, coffee, or other stimulants. A headache that feels as if a nail has been driven into the forehead is typical, as is waking at around 4 a.m. feeling very irritable and unable to sleep again until morning.

Symptoms better For warmth; for rest; for hot drinks.

Symptoms worse For cold; for open air; for noise; for light; for strong odors.

Digestive disorders

SYMPOTMS Indigestion, and vomiting with painful retching. Diarrhea is accompanied by abdominal cramps, and nausea by colicky pain. Constipation may make it difficult to empty the bowel fully. Hemorrhoids and constipation may be due to rectal spasms. The abdomen is often bloated and flatulent. There may be cravings for stimulants or spicy, fatty, or rich foods, even though these only aggravate symptoms.

Symptoms better For warmth; for resting; for sleep; for firm pressure on the abdomen; in the evening.

Symptoms worse For cold; for touch; for noise; for mental overexertion; for repressing emotions; between 3 a.m. and 4 a.m.; for stimulants; for eating; for spicy foods.

Colds & influenza

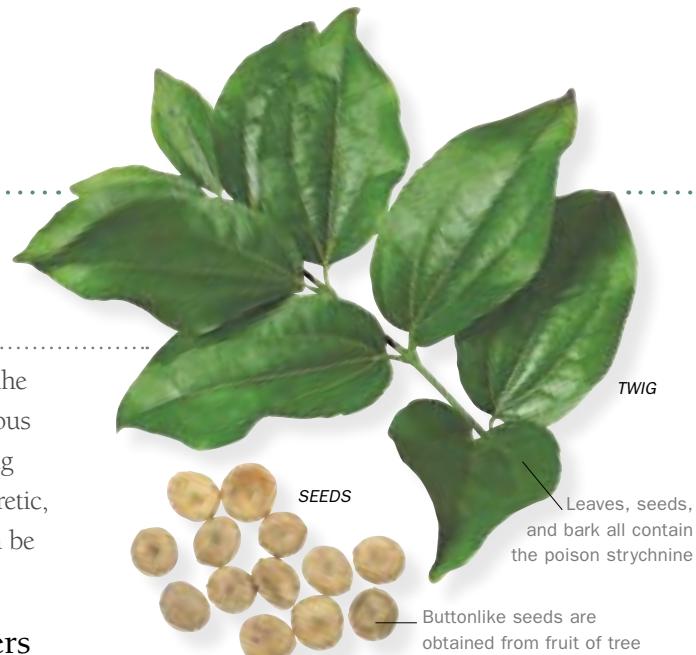
SYMPOTMS Runny catarrh by day, especially in warm rooms, but a blocked nose at night. There may be sneezing, a sore throat and dry, tickly cough, headaches, and watery, sensitive eyes, or influenza with aching muscles and a shivery fever.

Symptoms better For warmth; for sleep; for being left alone; in the evening.

Symptoms worse For cold, dry weather; for touch; for noise; for overexertion; between 3 a.m. and 4 a.m.

Women's health

SYMPOTMS Cystitis with spasmodic pain in the bladder, and a frequent but ineffectual urge to urinate. Early, irregular, or heavy menstruation with cramping pains is treated with the remedy, as is menstruation preceded by faintness, and premenstrual syndrome with a violent temper. In pregnancy *Nux vomica* may be used to help ease fatigue, frequent



POISON-NUT TREE In large doses, the strychnine present in this plant induces intense spasms of the diaphragm, causing respiration to cease, leading to death by suffocation.

SOURCE DETAILS

ORIGIN

Native to southeast Asia, the tree grows in sandy soil in dry forests of India, Burma, Thailand, China, and Australia.

BACKGROUND

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.

PREPARATION

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

COMMON NAMES

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

urination, numbness in the arms, leg cramps, constipation, and morning sickness.

Symptoms better For warmth; for sleep; in the evening; for firm pressure on the affected area; for being left alone; for washing; for warm compresses.

Symptoms worse For mental overexertion; for touch; for noise; for stimulants; for eating; for spicy foods.

Thuja occidentalis

THUJA

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

Arbor vitae was used by American Indians as a source of hard-wearing wood and of herbal medicine for fever, coughs, menstrual problems, headaches, and muscle and joint pain. European settlers later incorporated it into their herbal lore, and it has also become a popular ornamental tree in European gardens. The remedy *Thuja* was proved by Hahnemann, and published in his *Materia Medica Pura* (1821–34).

REMEDY PROFILE

Serious, sensitive people who are easily upset and feel that they are unlovable respond best to *Thuja*. They may try to present a pleasing image to the world but, if reactions are negative, they neglect their appearance, becoming secretive and depressed. Delusions about the body may be evident, as may fanatical ideas or paranoia, with a feeling that others are trying to manipulate them. They tend to sleep badly.

Thuja is used for skin and urogenital disorders, headaches, and respiratory or menstrual problems. Typically there is localized pain, exhaustion, and rapid weight loss. Symptoms may be due to health changes following a vaccination, or date back to a bout of gonorrhea.

Skin conditions

SYMPTOMS Large, “cauliflower” warts, and warts that weep, sting, or are on stalks. There may be scaly patches on covered body areas, itchy skin complaints, brown “age spots,” and ridged, weak, or deformed nails. *Thuja* is widely used as an ointment for warts and verrucas.

Symptoms better For free flow of discharges and catarrh.

Symptoms worse For cold and damp; after gonorrhea; after a vaccination.

Urogenital problems

SYMPTOMS Swollen, inflamed urethra, with urine stream split and weak, and frequent strong urges to urinate, perhaps with

trickling incontinence. In men, urethral infection is common, usually with a discharge and possibly affecting the prostate gland. In women, there may be vaginal infection, often with profuse discharge. Inflammation may spread through the pelvic area. Genital warts and herpes may develop, as may ulcers and uterine polyps. *Thuja* may also be given to treat suppressed gonorrhea.

Symptoms better For warm air; for drawing up the limbs.

Symptoms worse For cold and damp; for movement; for urinating; for gonorrhea.

Headaches

SYMPTOMS Piercing neuralgic pain due to stress, exhaustion, or overexcitement, or related to inflamed gums, tooth decay, or infected sinuses.

Symptoms better For tilting the head backward.

Symptoms worse For sexual excess; for tea.

Catarrh & sinusitis

SYMPTOMS Chronic sinus or respiratory problems, usually with foul-smelling, green or yellow-green catarrh. Asthma may respond to *Thuja*, as may nasal polyps with thick, green, bloody mucus containing pus.

Symptoms better For warm air; for expelling catarrh.

Symptoms worse For cold and damp; during menstruation; for tobacco.

Menstrual problems

SYMPTOMS Early or scant menstrual periods. There may be menstrual pain that is localized



Leaves are toxic if ingested

Twigs are highly fragrant when bruised or cut

ARBOR VITAE American Indians burned arbor vitae for its smoky scent, which was deemed to ward off evil spirits.

SOURCE DETAILS

ORIGIN

Native to Canada and the eastern US, but now also widely cultivated as an ornamental tree. Prefers swamps and other wetlands.

BACKGROUND

Featured in the US Pharmacopoeia until 1894. Used in modern herbalism to treat warts, cancer, catarrh, and other conditions.

PREPARATION

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

COMMON NAMES

Arbor vitae, tree of life, white cedar.

over the left ovary. Ovarian cysts may also respond to *Thuja*.

Symptoms better For drawing up the limbs; for lying on the affected side or on the back.

Symptoms worse On the left side; during menstruation; after gonorrhea.

Veratrum album

VERATRUM ALB.

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

Extremely toxic in all its parts, white hellebore was reputedly used in ancient Rome on the tips of weapons. Its toxicity has limited white hellebore's role in herbal medicine, although the plant has been used in insecticides and veterinary medicine. The remedy was proved by Hahnemann between 1826 and 1830. Along with *Camphor*, it was successfully used to treat victims of the 19th-century cholera epidemic in Europe, helping to make Hahnemann's reputation.

REMEDY PROFILE

Veratrum alb. is thought to work best on those who appear restless, self-righteous, overly critical, haughty, melancholy, and solitary, or who loathe being alone. A hyperactive or manic state, possibly with repetitive behavior, may be evident in people who are best suited to this remedy.

Typical physical symptoms include a poor immune system; extremely cold skin and perspiration, with chilliness possibly extending to the breath and tongue; a blue pallor; a rapid pulse; weakness; anemia; extreme thirst; or cravings for fruit or ice cream. Symptoms tend to become worse for damp cold, at night, following a bowel movement, and after eating fruit.

The remedy is usually given for debilitating gastrointestinal problems with severe vomiting and diarrhea. It is also used to treat collapse and some psychological problems.

Diarrhea

SYMPOTMS Severe diarrhea, possibly with vomiting (see right), due to cholera, dysentery, gastroenteritis, or other digestive disorders. Stools are watery, green, or colorless. Painful cramps may accompany attacks, and exhaustion may follow (see above, right), caused by dehydration and exhaustion. There may be a great thirst for cold water and a ravenous appetite, as well as cravings for sour foods, ice, and salt.

Symptoms better For lying down; for hot drinks, warm foods, and milk.

Symptoms worse For touch; for movement; for cold drinks.

Collapse

SYMPOTMS Weakness with a clammy, sweaty forehead, blue-tinged skin, dehydration, and possible fainting. This may be due to cramps, violent vomiting, and diarrhea (see left), especially in pregnancy. Other potential causes include acute fright, menstrual pain, or heatstroke.

Symptoms better For being covered; for lying down.

Symptoms worse For touch; at night; for bowel movements; for cold drinks.

Emotional problems

SYMPOTMS Behavioral disorders such as hyperactivity in some children or emotional disturbances due to the trauma of childbirth. Behavior may be sullen and indifferent. There may be adult insecurity about social position or a lack of one, alternating with ruthless ambition and delusions of grandeur or of becoming the victim of some tragedy.

Symptoms better For warmth; for lying down; in children who are carried quickly.

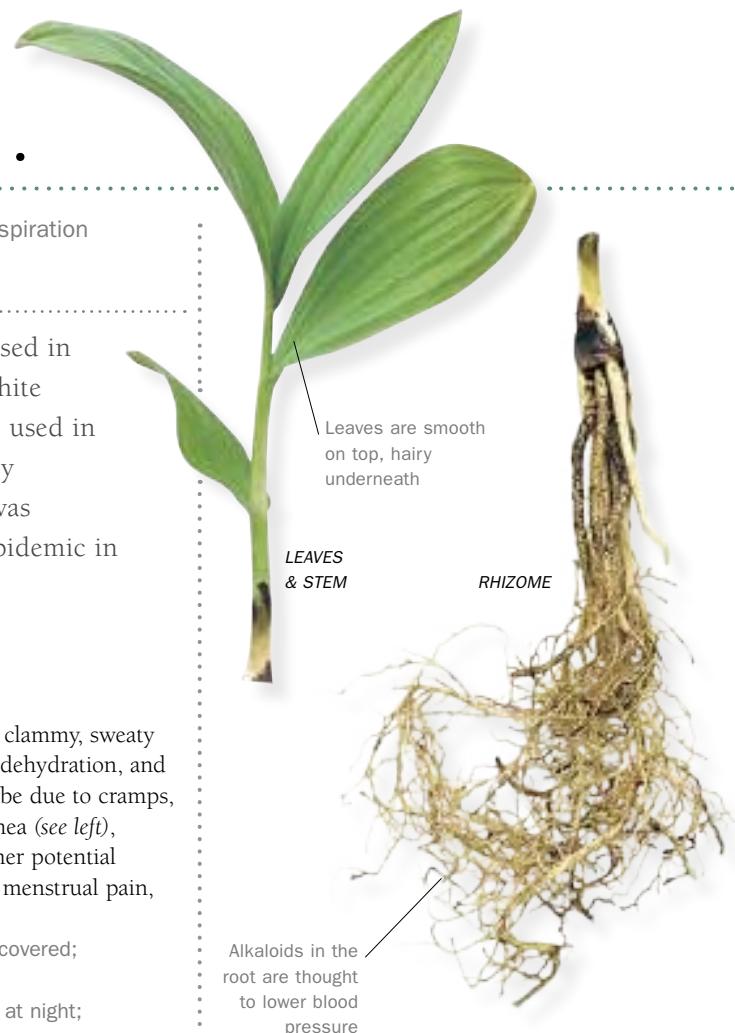
Symptoms worse At night; for exertion; for fright; before and during menstruation; for injured pride.

Vomiting & nausea

SYMPOTMS Violent vomiting with nausea, a cold feeling in the abdomen, clammy sweat, salty saliva, and possibly also diarrhea and collapse (see left and above).

Symptoms better For lying down; for being covered; for hot drinks, warm foods, and milk.

Symptoms worse For touch; for the slightest movement; at night; for cold drinks.



WHITE HELLEBORE It is said that fatality rarely results from accidentally eating this toxic plant, for upon ingestion it instantly causes vomiting.

SOURCE DETAILS

ORIGIN

Grows in mountainous areas, damp meadows, and open woodlands in central and southern Europe, northern Asia, and north Africa.

BACKGROUND

Reputedly used by the ancient Greek physician Hippocrates to cure a young Athenian who had contracted cholera.

PREPARATION

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

COMMON NAMES

White hellebore, false hellebore.



MAJOR MINERAL REMEDIES

ALTHOUGH NOT IN SUCH COMMON USAGE FOR
HEALING PURPOSES AS PLANTS, NATURALLY
OCCURRING MINERALS AND MANUFACTURED
MINERAL AND CHEMICAL COMPOUNDS DO HAVE
A LONG MEDICINAL TRADITION. THIS SECTION
OUTLINES THE MAJOR MINERAL-BASED
HOMEOPATHIC REMEDIES.

Acidum arsenicosum syn. *Arsenicum album*

ARSEN. ALB.

KEY SYMPTOMS anxiety about health • restlessness and exhaustion • chilliness

- thirst for small sips of water • burning pains that are better for warmth

Arsenic is well known as a deadly poison. In the past it was used to make flypaper and wallpaper, sometimes leading to accidental poisonings: Napoleon's death has recently been attributed to arsenic used to color his wallpaper, which may have formed a deadly gas in damp, moldy conditions. *Arsen. alb.*, proved by Hahnemann and published in his *Materia Medica Pura* (1821–34), is given chiefly to treat the mucous membranes of the digestive and respiratory tracts.

REMEDY PROFILE

Those most suited to *Arsen. alb.* are affectionate, sensitive, and stable in good health, but may be prone to restlessness, stress, and anxiety about their health, with a deep need for reassurance. Illness brings rapid physical and mental exhaustion and chaos, which heightens their fears and vulnerability, and can cause severe anxiety or pessimism. Perfectionists by nature, they are intolerant of disorder, and when under stress or ill may develop phobias or obsessions—for example, about cleanliness. They like alcohol, warm drinks, and warm, sour, sweet, and fatty foods.

Arsen. alb. is a key remedy for asthma and breathlessness. It is also prescribed for violent digestive upsets with diarrhea and vomiting, headaches, burning eye inflammation, and itchy, weepy skin complaints.

Respiratory illness

SYMPOTMS Asthma or severe breathlessness, possibly brought on by stress or anxiety. There is typically susceptibility to colds, violent sneezing, and hay fever. Burning, watery catarrh causes the nostrils and lips to become dry, cracked, and sensitive. Weakness and extreme fatigue are common.

Symptoms better For warmth; for movement; for sitting upright; for warm drinks.

Symptoms worse For cold, dry, windy weather; between midnight and 2 a.m.; for stress; on the right side of the body; for cold foods and drinks.

Digestive disorders

SYMPOTMS Indigestion and colitis, aggravated by stress and anxiety. Watery, offensive-smelling stools cause soreness around the anus and

burning pain in the rectum. There may be vomiting or diarrhea followed by exhaustion and dehydration. Excessive consumption of alcohol, ripe fruit and vegetables, and iced foods may cause gastroenteritis. If there is any fever, the body feels hot to the touch while chilled inside, or cold to the touch but burning inside.

Symptoms better For warmth; for movement; for lying with the head propped up; for sips of water.

Symptoms worse For exposure to the cold; between midnight and 2 a.m.; for stress; for cold foods and drinks.

Food poisoning

SYMPOTMS Burning, stinging vomiting, with exhaustion and dehydration, and nausea on the sight or smell of food.

Symptoms better For warmth; for movement; for sips of water.

Symptoms worse For cold; between midnight and 2 a.m.

Headaches

SYMPOTMS Pain beginning at the bridge of the nose and extending over the entire head, with dizziness, vomiting, and nausea. Excitement, stress, and anxiety may aggravate the pain.

Symptoms better For cold air; for cold compresses.

Symptoms worse For stress or excitement; for overheating; for tobacco smoke; for the smell of food.

Eye inflammation

SYMPOTMS Inflamed, stinging eyes with burning pains and sensitivity to bright light.

Symptoms better For warm compresses.

Symptoms worse For cold air; for tobacco smoke.



ARSENOPYRITE

Arsenopyrite forms as prismatic crystals

Crystals are a natural source of arsenic

ARSENIC In the past doctors used arsenic to treat eczema, but it is now considered too toxic.

SOURCE DETAILS

ORIGIN

Extracted from the mineral arsenopyrite, which is found in Norway, Sweden, Germany, England, and Canada.

BACKGROUND

Has long been used in Europe and the US as a preservative for tanning animal hides, and is also traditionally used to make rat poison.

PREPARATION

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

COMMON NAMES

Arsenic, arsenic trioxide, arsenic oxide, arsenious acid.

Eczema

SYMPOTMS Itching, burning, cracked skin.

Scratching causes weeping, bleeding, raw skin.

Symptoms better For warm compresses; for movement.

Symptoms worse For anxiety; between midnight and 2 a.m.

Acidum hydrofluoricum

FLUORIC AC.

KEY SYMPTOMS materialistic and unspiritual nature • indifference to loved ones

- preoccupation with sexual intercourse • weakness in the bones, nails, and hair

Fluorine, a component of hydrofluoric acid, is found chiefly in the mineral fluorite (fluorspar). It is essential for healthy teeth and gums, and a compound of it, fluoride, is often added to toothpastes and the water supplies of some countries to help prevent tooth decay. Some homeopaths believe that fluorine intake from these sources can be excessive and can, in certain people, cause health problems that may be treated with this remedy. *Fluoric ac.* was proved by Dr. Constantine Hering, and published in his *Guiding Symptoms of Our Materia Medica* (1879–91).

REMEDY PROFILE

Fluoric ac. suits people who are energetic, lively, and bustling in the early stages of illness, but rapidly become exhausted and forgetful as it progresses.

Spiritually and emotionally these people have a tendency to be extremely limited, and they are highly materialistic. As a result, they generally neglect their relationships, showing indifference to family and loved ones. Often, they cut themselves off from others. Their shallow relationships indicate an inability to connect deeply with others. Prone to self-satisfaction and egotism, they dislike any responsibility or commitment in their relationships. They tend to be dominant in relationships, and may become obsessed with sexual intercourse. An excessive sexual drive may lead to behavior that is amoral and promiscuous.

Fluoric ac. is used to treat fibrous tissue disorders, usually affecting the bones, teeth, nails, hair, and veins. It is prescribed for certain sexual problems, varicose veins, hair loss and baldness related to prolonged illness, and ear and nasal discharges. It may also help osteomyelitis (bone infection).

Sexual problems

SYMPTOMS In men, especially in old age, increased sexual desire and erections at night, perhaps preventing sleep. The scrotum may swell, and varicoceles (testicular varicose veins) may develop. There may be nymphomania.

Symptoms better For a cold shower; following a short sleep.

Symptoms worse For heat; at night; for alcohol.



YELLOW FLUORITE This is one of the several different colored forms of the mineral fluorite (fluorspar). This mineral is distilled with sulfuric acid to produce fluoric acid.

SOURCE DETAILS

ORIGIN

Prepared by distilling fluorite (fluorspar) with sulfuric acid to create hydrogen fluoride gas, which is then dissolved in water to produce hydrofluoric acid.

BACKGROUND

Prescribed in traditional Chinese medicine for the treatment of anxiety, insomnia, and coughs. Used industrially in the manufacture of enamel, glass, and jewelry.

PREPARATION

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

COMMON NAME

Hydrofluoric acid.

Symptoms better For being in open air; for a cool room; following a short sleep.

Symptoms worse For heat; at night; for alcohol.

Bone conditions

SYMPTOMS Painful, inflamed, tender bones following injury or a bone infection such as osteomyelitis, with swelling around the infected bone.

Symptoms better For a cool room; for bathing in cold water; following a short sleep.

Symptoms worse For heat; at night; for alcohol.

*Acidum nitricum***NITRIC AC.**

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

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. It has many modern commercial applications, being used in the manufacture of fertilizers, varnishes, nylon, lacquers, chemicals, and explosives. *Nitric ac.* was proved by Hahnemann and published in his *Chronic Diseases* (1821–34). He used it chiefly for painful skin conditions, and for miasms such as *Sycosis* (see page 20).

REMEDY PROFILE

An underlying discontent is evident in those who respond best to *Nitric ac.* This may be due to the extreme discomfort of their physical symptoms. Their behavior is often bitter and unforgiving, and they tend to dwell in the past. They are typically selfish, bad-tempered, explosively angry, and critical. Hypersensitivity may cause these people to worry that they are offending others, to be easily offended themselves, or to feel that others are trying to deceive them.

Prolonged emotional and mental suffering often leads to ill-health in these individuals. They fear death and worry incessantly about their health, often believing that their own suffering is much worse than others' and must therefore be treated immediately. Discharges such as urine and perspiration are typically offensive-smelling. A tendency to feel the cold is common, as are cravings for fat and salt. Any jarring motion, such as that of a moving car or train, usually makes them feel worse, as does drinking milk.

Nitric ac. is used mainly for painful skin ailments, especially where the mucous membranes meet the skin of the mouth, nose, or anus. The conditions treated by this remedy often manifest in the skin before going on to affect the internal organs. It is also used for warts, hemorrhoids, anal fissures, mouth ulcers, and catarrh.

Skin conditions

SYMPTOMS Cracked, broken skin, and fissures that bleed slightly but easily. The nipples may be sore and cracked. Severe acne may

develop, as may boils, facial blackheads, pimples, and skin ulcers. The skin is prone to profuse, foul-smelling sweat. Skin complaints are accompanied by splinterlike, cutting pains that appear and disappear suddenly.

Symptoms better For warmth; for warm compresses; for steady, even pressure on the affected area.

Symptoms worse For cold; for touch.

Warts

SYMPTOMS Big, jagged, moist warts on the hands, with sharp pain and possible bleeding. There may be anal warts with splinterlike pain, notably after passing stools (see below). Stools and urine often smell foul.

Symptoms better For warm coverings.

Symptoms worse For touch; for washing.

Hemorrhoids

SYMPTOMS Extremely painful hemorrhoids, possibly with bleeding and splinterlike pain, a burning sensation, and rectal ulcers. Passing stools may involve great strain and effort but little result. Agonizing pain may follow straining or passing a stool, possibly lasting for hours. Hemorrhoids may be accompanied by nausea, vomiting, constipation, and foul-smelling anal discharges.

Symptoms better For warmth; for warm compresses; for pressure on the hemorrhoids.

Symptoms worse For touch; for the slightest jarring; for milk.

Anal fissures

SYMPTOMS A cracked, sore rectum with splinterlike pains and bleeding, due to tearing on passing a stool. Agonizing pain when



Stoppered jar prevents the escape of toxic fumes given off by acid

NITRIC ACID Produced commercially from ammonia, this acid is highly corrosive and gives off fumes that are extremely irritant and toxic if inhaled.

SOURCE DETAILS**ORIGIN**

Chemically prepared from sodium nitrate (a white, soluble mineral) and sulfuric acid (a corrosive liquid produced from sulfur).

BACKGROUND

Used in 18th-century Europe to burn off warts and as a treatment for chest and bladder complaints, kidney stones, and fever.

PREPARATION

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

COMMON NAMES

Nitric acid, aqua fortis.

passing stools may lead to constipation.

Symptoms better For warm coverings; for hot compresses.

Symptoms worse For touch; for jarring movement.

Mouth ulcers

SYMPTOMS Sharp, splinterlike pain with ulcers on the tongue, or in the mouth or throat. There may be halitosis with bleeding gums. The gums may feel soft and spongy and the teeth may be loose.

Symptoms better For hot compresses.

Symptoms worse For touch; for swallowing; after eating.

Catarrh

SYMPTOMS Profuse, yellow burning catarrh, raw nostrils with splinterlike pain, and green crusts on the nostrils on waking. Nosebleeds may occur.

Symptoms better For mild weather.

Symptoms worse For winter; for cold, damp air; at night; for fatty foods; for milk.

Acidum phosphoricum

PHOSPHORIC AC.

KEY SYMPTOMS ailments that are triggered by grief • fatigue

- apathy • chilliness • cravings for fruits and juicy foods

Phosphoric acid is widely used in the drinks industry to give soft drinks a fruity, acidic flavor. It is also used industrially to rustproof metals, and in the manufacture of sugar, fertilizers, detergents, waxes, polishes, and pharmaceutical products. *Phosphoric ac.*, proved by Hahnemann and published in his *Materia Medica Pura* (1821–34), is prescribed primarily for profound exhaustion, and is also a useful addition to the traveler's first-aid kit for treating mild diarrhea.

REMEDY PROFILE

Phosphoric ac. is especially suited to mild, calm, gentle people who tend to be sensitive and emotionally dependent on others. When in good health, they are usually strong, but their constitutions are easily undermined by debilitating illness, emotional trauma, homesickness, or repeated drug abuse, leading to severe exhaustion.

Profuse perspiration and chilliness are typical symptoms, as are loss of appetite and a craving for refreshing drinks and juicy fruits. The remedy is used for acute grief or stress, severe exhaustion, diarrhea, and headaches. It is also given for childhood growing pains and insomnia or exam nerves.

Grief or shock

SYMPOTMS Apathy, lethargy, and total indifference, brought on by emotional trauma, such as shock or acute grief, possibly due to a broken love affair or the death of a loved one. The memory may become poor, and there may be premature graying of the hair or hair loss.

Symptoms better For warmth.

Symptoms worse For noise; for emotional stress.

Exhaustion

SYMPOTMS Extreme physical fatigue and mental sluggishness, leading to listlessness and apathy. Possible causes include mental or emotional strain such as overwork, exam nerves (see right), grief, or shock (see above). Drug abuse or severe loss of fluids may also trigger this form of exhaustion. Hair loss or premature graying of the hair may be associated symptoms if acute shock, grief, or stress is the cause. Headaches (see right), lack of concentration, poor memory, and insomnia may also occur.

Symptoms better For sleep; for short naps.

Symptoms worse For physical exertion; for emotional stress; upon waking; for talking.

Diarrhea

SYMPOTMS Profuse, watery, thin stools, especially during hot weather. Stools are often passed involuntarily, and are accompanied by flatulence and a distended, bloated feeling in the abdomen, possibly with cramping pain. The diarrhea does not in itself cause fatigue, although exhaustion follows after eating or due to loss of fluids (see below, left).

Symptoms better For warmth; for short naps; for passing stools.

Symptoms worse For cold; for drafts; for emotional stress; for standing; for eating dry foods.

Headaches

SYMPOTMS Pain that is like a crushing weight on the temples or the top of the head, possibly with dizziness and eye strain. These headaches particularly affect schoolchildren, especially girls, who are overstudying for exams (see right), and those stressed at work. They may also be caused by exhaustion, grief (see left), or prolonged periods of standing or walking.

Symptoms better For warmth; for movement; for short naps; for pressure on the affected area; for excitement.

Symptoms worse For cold; for emotional stress; for overstudying; for loss of fluids; for noise; for music; for talking; in the evening.

Growing pains

SYMPOTMS Rapid growth and development of a gangly frame, causing growing pains in the limbs in children. An overactive libido may develop, characterized by frequent masturbation accompanied by feelings of guilt



Prismatic green apatite crystals form in igneous rock

APATITE

PHOSPHORIC ACID This acid is made from phosphorus, which occurs naturally as apatite.

SOURCE DETAILS

ORIGIN

Produced by grinding a phosphate rock such as apatite into a powder and then mixing it with sulfuric acid.

BACKGROUND

Once used by doctors in Europe and the US to stimulate the digestion; now taken to lower high blood-calcium levels.

PREPARATION

Phosphoric acid is dissolved in alcohol in a ratio of 1:9. It is then repeatedly diluted and succussed.

COMMON NAMES

Phosphoric acid, glacial phosphoric acid, orthophosphoric acid.

that may ultimately cause emotional strain and exhaustion (see left).

Symptoms better For warmth; for short naps; for pressure on the affected area.

Symptoms worse For fatigue; for emotional stress.

Exam nerves

SYMPOTMS Headaches (see left), with possible eye strain due to overstudying. Dizziness and even complete exhaustion (see left) may accompany the headaches. Girls are especially prone to this type of stress.

Symptoms better For warmth; for movement; for short naps.

Symptoms worse For cold; for emotional stress; for overstudying; for noise; for music; for talking; in the evening.

Aluminum oxydatum

ALUMINA

KEY SYMPTOMS sense of feeling hurried and flustered • fatigue and sluggishness

- failing memory • dryness of the skin and mucous membranes

Significant amounts of aluminum absorbed into the body are thought by some to cause the mental processes to slow down. Some evidence suggests that it may aid the development of Alzheimer's disease. Sources of ingested aluminum in humans may include drinking water, baking powder, food additives, and indigestion remedies. *Alumina*, proved by Hahnemann and published in his *Materia Medica Pura* (1821–34), is given chiefly for sluggish states and dementia.

REMEDY PROFILE

Alumina is best suited to those who are generally sluggish. They may be in a state of deep despair, and fear that something awful is about to happen. Fear of insanity is not uncommon, especially on sighting sharp objects and knives, which may even trigger suicidal thoughts. Reactions to external stimuli and questions are slow, yet despite this, these people often feel a sense of haste, hurry, and confusion.

Typical physical symptoms include dry, gray skin and dry, sore mucous membranes. In addition, there may be a lack of coordination, weakness, and fatigue, possibly associated with chronic illness.

Alumina is typically used for elderly people who are senile and confused, with a poor memory. It is also suited to delicate babies. The remedy is given to treat fatigue, nervous complaints, constipation, and unusual food cravings.

Fatigue

SYMPTOMS Great weakness, sluggishness, and exhaustion. The skin is pallid, and the legs are heavy and tired, even when sitting. This weakness may be the result of chronic illness.

Symptoms better For damp weather; for moderate exertion; while eating.

Symptoms worse For warm rooms; upon waking; for lying or sitting down.

Nervous disorders

SYMPTOMS Numbness, "pins and needles," a sensation of muscle paralysis and fatigue, and slow, weak movements. The extremities may become uncoordinated (locomotor ataxia),

and the eye muscles may be affected, causing drooping eyelids and squinting.

Symptoms better For fresh air; in the evening.

Symptoms worse For cold air; in the morning; for salty and starchy foods.

Dementia

SYMPTOMS Deterioration of mental processes leading to sluggish and absent-minded behavior. Those affected may forget who they are and feel as if they are talking, hearing, or smelling through someone else's senses. There is often a sense of being adrift from the body. Elderly people are most commonly affected. The remedy may be given to treat Alzheimer's disease.

Symptoms better For damp weather; in the evening; for moderate exertion.

Symptoms worse For warm rooms; upon waking.

Constipation

SYMPTOMS Sluggish bowels or severe constipation. The rectum characteristically feels paralyzed, and great effort is required to expel even small, soft stools. Pregnant women, newborn babies, and children are most commonly affected. *Alumina* may also help elderly or sedentary people who have severe constipation and no urge to pass stools.

Symptoms better For fresh air; in the evening; for warm foods and drinks.

Symptoms worse For cold air; for heat; in the morning; for salty and starchy foods.

Appetite disorders

SYMPTOMS A dry mouth and throat, with cravings for dry foods or inedible substances

Rock is very dense and hard



BAUXITE

ALUMINUM The mineral bauxite is the main source of aluminum, since it is composed of hydrated aluminum oxides.

POWDERED ALUMINUM

SOURCE DETAILS

ORIGIN

Obtained from bauxite, a dense mineral that is predominantly found in Ghana, Jamaica, the US, France, Italy, Hungary, Indonesia, and Russia.

BACKGROUND

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

PREPARATION

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

COMMON NAMES

Aluminum oxide, pure clay.

such as pencils, chalk, clay, tea leaves, and coffee grounds. The cravings appear to be for substances that actually contain aluminum.

Symptoms better For fresh air; in the evening; for warm foods and drinks.

Symptoms worse For starchy, salty, or highly processed foods.

Ammonium carbonicum

AMMONIUM CARB.

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

For many centuries, ammonium carbonate was used in the West to treat “blood poisoning” arising from scarlet fever infection. From the 19th century, however, its main medicinal use was in smelling salts (also called sal volatile or salts of ammonia), which were used to revive and stimulate those who had fainted.

Hahnemann proved and published the remedy in his *Materia Medica Pura* (1821–34). It is considered particularly useful for states of collapse.

REMEDY PROFILE

This remedy is best suited to people who polarize between a fast, excitable, idealistic state and one that is absent-minded, confused, and chaotic. Their initial idealism may lead them to misjudge their own abilities, resulting in disappointment, resentment, or a feeling that they will never succeed.

These people typically search for values and beliefs as a means of establishing a structure and overview for their lives. If these structures begin to drop away, perhaps due to stress or illness, for example, they typically try to “battle on,” exhausted and muddled. They are sensitive to other people and to any distress they may be experiencing, but are also inclined to be challenging and disobedient. They have a tendency to be forgetful, gloomy, weepy, and bad-tempered, especially during cloudy weather.

Physical symptoms typically treated with *Ammonium carb.* include severe fatigue, skin eruptions, chesty respiratory conditions such as bronchitis, and problems generated by a sluggish circulation. It may also be used for scarlet fever.

Fatigue

SYMPTOMS Extreme fatigue, possibly with great weakness, fainting, irritability, and depression. The temperament typically changes from idealistic and positive to gloomy, chaotic, confused, absent-minded, and hysterical. An overwhelming sensation that “things cannot go on like this” may be felt, with initial zest and sparkle giving way to a scattered, exhausted feeling. Ultimately, these symptoms may lead to feelings of depression and nervous exhaustion.

Symptoms better For warm, dry surroundings;

for raising the feet.

Symptoms worse In cloudy weather; for continuous movement.

Respiratory illness

SYMPTOMS A sensation of oppression in the chest, with a recurrent, dry, tickling, rattling cough. The cough may be persistent enough to cause retching, especially at night, and severe enough to cause palpitations. The remedy is commonly used for bronchitis and other chest problems.

Symptoms better For warm, dry surroundings; for pressure on the chest; for raising the feet.

Symptoms worse In cloudy weather; for continuous movement.

Poor circulation

SYMPTOMS Breathlessness, wheezing, palpitations, and fatigue, particularly following exertion. Symptoms are often accompanied by a flushed, puffy face, and are typically due to inefficient circulation of blood by the heart.

Symptoms better For warm, dry surroundings; for raising the feet.

Symptoms worse In cloudy weather; for continuous movement.

Skin conditions

SYMPTOMS Skin eruptions such as boils, pimples, and red blotches that are often slow to clear. *Ammonium carb.* is used for rashes, urticaria (hives), and erysipelas with violent itching. The skin is generally prone to allergic reactions and sensitive, especially to water, and there is often a dislike of bathing or washing. The skin eruptions are commonly considered an indication of more serious internal problems, and are usually accompanied by a flushed and puffy face due



AMMONIUM CARBONATE This white chemical is now most commonly found in baking powder.

SOURCE DETAILS

ORIGIN

Chemically prepared from the crystalline compounds sodium carbonate (see page 91) and ammonium chloride (see page 123).

BACKGROUND

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

PREPARATION

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

COMMON NAMES

Ammonium carbonate, sal volatile.

to a weak circulation (see left).

Symptoms better For warm, dry surroundings; for pressure on the skin; for raising the feet.

Symptoms worse In cloudy weather; for continuous movement.

Scarlet fever

SYMPTOMS A rash of tiny, red spots spreading rapidly over the body from the neck and the upper trunk, accompanied by a sore throat, headache, and fever.

Symptoms better For pressure on the affected area; for lying on abdomen or the right side.

Symptoms worse For cold; for damp; between 3 a.m. and 4 a.m.

Argentum nitricum

ARGENTUM NIT.

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

Medieval alchemists called this compound lunar caustic. They used its antibacterial and caustic properties for cauterizing wounds. If ingested in large amounts, silver nitrate is highly poisonous and may turn the body blue. It is now used in the manufacture of photographic film and plates, and as a backing for mirrors. *Argentum nit.* was originally proved by Hahnemann, but then given a more thorough proving by Dr. J. O. Müller of Vienna in 1845.

REMEDIY PROFILE

Argentum nit. is best suited to people who are extroverted, cheerful, and impressionable. Suggestible and impulsive, they may have difficulty in controlling their far-ranging minds and emotions, and readily laugh, cry, lose their tempers, or become anxious. They may be nervous, phobic, and superstitious. Motivated people who think, talk, and act rapidly, they are always in a hurry, and are frequently to be found in careers that require quick thinking and a good memory, or where the emphasis is on performance.

Typical physical symptoms include a "sensitive" digestion, a lack of physical control, with awkwardness and tremors, and a tendency to feel the heat. *Argentum nit.* is used for certain nervous, mental, and digestive problems where these key physical and mental symptoms are evident.

Anxiety & phobias

SYMPOTMS Anxiety, possibly accompanied by palpitations, tremors, awkwardness, sweats, insomnia, and even vomiting (see right). There is typically a feeling of being out of control, and the imagination may become overactive, spiraling off to exacerbate fears and heighten anxieties or phobias. Common triggers include stage fright, anticipatory anxiety, and phobias such as claustrophobia, vertigo, or fear of water or the dentist. People who respond to this remedy usually feel very anxious about their health.

Symptoms better For fresh air; in cool surroundings; for pressure on the head, such as a tight bandage around it.

Symptoms worse For warmth; in hot weather; at night; for movement; for lying on the left side; for emotional stress; for overwork; for talking.

Digestive disorders

SYMPOTMS Diarrhea, loud, explosive belching, a distended abdomen, and flatulence. The stools are smelly, watery, and green. There may be vomiting exacerbated by nervousness or anticipatory anxiety (see below, left). If symptoms persist, colitis or irritable bowel syndrome (see below) may develop. The digestion is "sensitive," with possible cravings for salty or sweet foods, although the latter may trigger headaches or diarrhea.

Symptoms better For fresh air; in cool surroundings; for pressure on the abdomen.

Symptoms worse For warmth; in hot weather; for lying on the left side; for emotional stress; for cold or sweet foods.

Irritable bowel syndrome

SYMPOTMS Constipation that alternates with flatulence and diarrhea. There is a fluttery, tense feeling in the stomach and pain in the upper left abdomen; stools are usually coated with mucus.

Symptoms better For fresh air; in cool surroundings; for pressure on the abdomen.

Symptoms worse For warmth; in hot weather; for lying on the left side; for emotional stress; for cold or sweet foods.

Nervous disorders

SYMPOTMS The limbs feel weak, bruised, and trembling. There is often giddiness and a tendency to stagger in the dark. The remedy is also used for twitching with numbness, which may follow a stroke or brain injury, or which may be linked to epilepsy, especially if attacks occur after a fright or during menstruation. The weakness and heaviness of the limbs may eventually lead to a feeling of paralysis.

Argentum nit. may also be prescribed for multiple sclerosis, if the mental and physical symptoms fit the profile.



SILVER NITRATE CRYSTALS



ACANTHITE

SILVER NITRATE This compound forms as light-sensitive crystals in the mineral acanthite.

SOURCE DETAILS

ORIGIN

Found in acanthite, which usually occurs as crystals in hydrothermal veins in Norway, the US, and South America.

BACKGROUND

Used in 19th-century North America for eye infections and warts, and still included in some modern wart medicines.

PREPARATION

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

COMMON NAMES

Silver nitrate, hellstone, devil's stone, lunar caustic.

Symptoms better For fresh air; in cool surroundings.

Symptoms worse For warmth; at night; during menstruation.

Aurum metallicum

AURUM MET.

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

The ancient Egyptians were one of the earliest civilizations to master the art of mining and working gold. In many cultures it was ascribed great value on the basis of its rarity and splendor. As early as the 7th century BCE, gold was fashioned into coins and used as a means of exchange, paving the way for today's world economy. Gold also plays a role in conventional medicine, being used in the treatment of rheumatoid arthritis. Hahnemann proved the homeopathic remedy in 1818.

REMEDY PROFILE

Those who are most suited to *Aurum met.* often feel as if they do not accomplish as much as they should. They tend to be workaholics, always striving to attain the tough standards that they set for themselves. If they consider that they have failed in this, a feeling of emptiness and despair may follow.

There is a marked tendency toward hypersensitivity in these people, both emotionally and physically, with smell, taste, hearing, and touch all being highly acute. As a result of being emotionally overcharged, they tend to overreact to criticism or contradiction, exploding into fierce anger with trembling and flushing.

Aurum met. is prescribed for depression and grief. It is also given to treat circulatory problems such as palpitations and angina, and for headaches, disorders of the reproductive system, and bone pains.

Depression

SYMPTOMS Anxiety and a sense of worthlessness, disenchantment with life, and despair. There is commonly an empty feeling, as though everything is just for show but lacks substance: it glitters but is not gold. In extreme cases this may lead to severe clinical depression and suicide. There may be a longing for death, possibly provoking suicidal thoughts, although a fear of death may coexist simultaneously.

Other symptoms include irritability, feelings of guilt or of being forsaken, perhaps associated with a shock, such as the death of a loved one, or a failed romance.

Symptoms better For rest; for walking; for fresh air.

Symptoms worse For mental concentration or exertion; for emotional stress, particularly at night.

Angina

SYMPTOMS Palpitations, high blood pressure, breathlessness, and chest pains behind the breastbone that extend along the arm to the fingertips. There may also be the sensation that the heart is about to stop, and that the blood vessels are hot. The heart may not feel properly lodged in the chest, and may seem to shake with every movement.

Symptoms better For warmth; for rest; for fresh air.

Symptoms worse At night; for mental or physical exertion; for emotional stress.

Reproductive-system problems

SYMPTOMS Inflammation of the testes and undescended testicles in boys. In women, *Aurum met.* is used for painful menstruation, fibroids, a prolapsed uterus, causing a dragging feeling in the pelvis, and a sensation that the uterus is enlarged. There may be sterility, leading to depression.

Symptoms better For rest; for walking; for fresh air; for washing in cold water.

Symptoms worse For cold; at night; for emotional stress.

Bone pain

SYMPTOMS Deep, gnawing, debilitating bone pains, often on the right side of the jaw bone and in the bones of the nose. There may be wandering, debilitating rheumatic pains in the muscles.

Symptoms better For warmth; for rest; for fresh air.



GOLD NUGGET



GOLD FLAKES

GOLD This heavy, inert metal is used mostly for aesthetic or economic purposes, but is also used in medicine and in dentistry, where its resistance to chemical reaction makes it ideal for tooth fillings and caps.

SOURCE DETAILS

ORIGIN

Found in hydrothermal veins, and sometimes as nuggets or grains lying in stream beds or sand in Australia, South Africa, and North America.

BACKGROUND

Given by 12th-century Arabian physicians for heart problems, gold was also used in blood tests and for tuberculosis in the early 20th century.

PREPARATION

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

COMMON NAME

Gold.

Symptoms worse At night; for exertion; for emotional stress.

Headaches

SYMPTOMS Severe, pounding, unbearable pain, with veins pulsing in the temples.

Symptoms better For rest; for fresh air.

Symptoms worse At night; for exertion; for emotional stress.

Barium carbonicum syn. *Baryta carbonica*

BARYTA CARB.

- KEY SYMPTOMS** physical, mental, and emotional immaturity • lack of confidence
 • swollen tonsils • offensive-smelling perspiration on the feet

Alchemists in the 17th century gave barium the name *lapis solaris*, due to its luminous qualities when heated. Its compounds are used in radiology, although as a pure element barium is very poisonous. Commercially barium carbonate is used as a pottery glaze, and to make porcelain, glassware, and optical glass. *Baryta carb.*, proved by Hahnemann and published in his *Chronic Diseases* (1821–34), is prescribed mainly for problems in childhood and old age.

REMEDY PROFILE

Physical, emotional, or mental development is usually slow in those who respond best to *Baryta carb.* They tend to be shy and introverted, often because they are insecure and feel that they are worthless. They may require excessive reassurance, and are prone to fears and anxieties. Emotional immaturity can cause them to feel inadequate in relationships and social situations.

Typical physical traits linked with *Baryta carb.* include nail-biting when anxious and a tendency to have sweaty, smelly feet. The remedy is used for slow development in children and for those with Down syndrome, and is also given for senile dementia in the elderly. In addition, *Baryta carb.* is used to treat recurrent colds and coughs, sore throats, swollen tonsils, anxiety and phobias, and impotence.

Growth disorders in children

SYMPOTMS Delayed physical development in children, such as late development of speech and walking, possibly caused by Down syndrome. The genitals and other parts of the body may not develop properly, typically resulting in a large head and short stature.

Symptoms better None known.

Symptoms worse For emotional stress.

Problems of the elderly

SYMPOTMS Senile dementia with childish, confused, and embarrassing behavior. The short-term memory may be impaired, and paranoia or depression may develop. There may be hair loss. A frequent desire to urinate may progress eventually to incontinence. These symptoms may be associated with a stroke.

Symptoms better For not thinking about symptoms.

Symptoms worse For emotional stress; for company.

Swollen tonsils

SYMPOTMS A raw throat with inflamed tonsils and a burning pain on swallowing. There may be retching that is aggravated by swallowing solid foods. The neck glands may swell and harden, and there may be excess production of saliva. Symptoms may be indicative of mumps, especially in children.

Symptoms better For warmth; for fresh air; for movement.

Symptoms worse For extreme heat; for cold; for having damp feet; for thinking about symptoms.

Anxiety & phobias

SYMPOTMS Intense, often irrational, fears and anxieties, possibly triggered by negative recollections of school days, or by memories of physical or sexual abuse. There is often a tendency to bite the nails.

Symptoms better For walking alone in the open air; for not thinking about symptoms.

Symptoms worse For emotional stress; for company.

Respiratory illness

SYMPOTMS Recurrent colds, coughs, and bronchitis. The nostrils may feel dry and raw.

Symptoms better For warmth; for fresh air; for movement.

Symptoms worse For extreme heat; for cold; for having damp feet; for thinking about symptoms.

Impotence

SYMPOTMS Bouts of erectile dysfunction or low libido in men, possibly so pronounced that they actually fall asleep during sexual intercourse.

- BARIUM CARBONATE** A powerful poison, this compound causes nausea and vomiting if consumed. It is used to make rat poison.



White crystals
are odorless and toxic

SOURCE DETAILS

ORIGIN

Barium chloride is precipitated with a weak solution of ammonia to form white, odorless crystals of barium carbonate.

BACKGROUND

Prescribed medicinally in Europe in the late 19th and early 20th centuries as a treatment for tuberculosis and glandular swelling.

PREPARATION

Once the crystals of barium carbonate have been chemically prepared, they are mixed with lactose sugar and triturated.

COMMON NAME

Barium carbonate.

Symptoms better For not thinking about symptoms.

Symptoms worse For cold, for having damp feet; for emotional stress.

Calcium carbonicum Hahnemannii

CALC. CARB.

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

Oyster shells are the natural source of calcium carbonate used in this remedy, but the compound also occurs naturally in marble, chalk, pearls, limestone, and coral. It is one of several calcium salts used in homeopathy. The human body needs calcium to function efficiently, since various essential compounds are produced when it combines with protein in the body. Hahnemann proved the remedy, and published it in his *Chronic Diseases* (1821–34).

REMEDY PROFILE

Calc. carb. is best suited to shy, placid, sensitive, contemplative people who may also have an agitated, excitable side, notably in the face of cruelty. Cautious and fearful worriers, they are calmed by reassurance. They are forgetful, lacking in energy, and inherently clumsy, often spraining ankles and wrists. Work and security are important.

As children, these individuals develop slowly, teething and walking later than the average age. Both adults and children may sweat heavily, mostly on the scalp, and have a sluggish circulation. There may be an aversion to meat, dairy foods, and coffee, and cravings for sweets, eggs, or indigestible things such as chalk or soap. They are prone to constipation and sour-smelling sweat, and may be sensitive to the cold. They are inclined to be overweight.

Calc. carb. is prescribed for anxiety-related conditions, and for bone, joint, and dental problems, digestive disorders, headaches, and certain ailments affecting women's health.

Anxiety & phobias

SYMPTOMS Worry and fears that may escalate into obsessive behavior, mainly focusing around fears that other people will "see through them" and consider them unable to cope or fakes. Anxiety may be due to irrational fears, typically of darkness, poverty, illness, death, or failure. Worry and anxiety dreams may result in sleep being disrupted or prevented, leading to insomnia.

Symptoms better For dry weather; in the late morning; after breakfast.

Symptoms worse For cold weather; toward evening; for mental exertion; after eating.

- Mother-of-pearl forms as lining of shell



OYSTER SHELL The homeopathic remedy calcium carbonate is made from oyster shells. The calcified remains of many crustaceans also contain calcium carbonate.

SOURCE DETAILS

ORIGIN

Secreted by oysters between the inner and outer layers of their shells. In this form it is commonly called mother-of-pearl.

BACKGROUND

Previously given as an antacid, and now used in dentistry, in making furniture and jewelry, and in the building and chemical industries.

PREPARATION

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

COMMON NAMES

Calcium carbonate, oyster shell, mother-of-pearl, carbonate of lime.

Bone & joint pain

SYMPTOMS Backaches, bone growths, bunions, or joint pain, perhaps caused by an arthritic condition, an inflammatory joint problem such as tennis elbow, or a slow-mending sprain. Broken bones tend to be slow to heal.
Symptoms better For lying on the affected side; in the late morning; for dry weather.
Symptoms worse For cold; for damp; for sweating; for physical exertion; before menstruating.

Dental problems

SYMPTOMS Painful teething in children, with sore gums, fever, and a sweaty scalp. The child is irritable and makes a chewing motion with the jaws. *Calc. carb.* is also used for slow tooth development, weak, crumbly teeth, and dental decay in children and adults.
Symptoms better For warm weather; for rubbing or lying on the affected area.
Symptoms worse For heat or cold in the mouth; for a direct current of air on the tooth.

Digestive disorders

SYMPTOMS Indigestion with flatulence, bloating, and sour belching, or constipation with sour-smelling, hard, pale stools. Symptoms may improve when accompanied by constipation. They are often triggered by anxiety and agitation (see left).
Symptoms better In the late morning; after breakfast.
Symptoms worse For cold; for damp; on waking; for sweating; for physical exertion; before menstruating; for milk.

Headaches

SYMPTOMS Sharp head pain, often right-sided, and possibly with dizziness, congestion, or catarrh. Migraines with nausea and bursting pain may develop.

Symptoms better In the late morning; for dry weather.

Symptoms worse For cold; for damp; before menstruating; in spring.

Women's health

SYMPTOMS Burning vaginal itching, with a thick, yellow or white discharge, due to thrush. There may be heavy menstrual flow or premenstrual syndrome (PMS), possibly with low energy levels, enlarged, painful breasts, and dizziness. Menopausal symptoms may include breast pain and heavy bleeding.

Symptoms better For warmth; for rest; for dry weather.

Symptoms worse For cold; for exertion; for emotional stress.

*Calcium phosphoricum***CALC. PHOS.**

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

In nature, the mineral salt calcium phosphate exists as apatite, found predominantly in north Africa. Calcium phosphate is the main constituent of bones and teeth, accounting for about 60 percent of the average human skeleton. Dr. Wilhelm Schüssler chose it in 1873 as one of the 12 mineral or tissue salts that he considered vital for a healthy body (see page 90). The remedy, proved by Dr. Constantine Hering in 1837, is given primarily for bone and tooth problems.

REMEDIY PROFILE

Usually sociable and sensitive, people who respond best to *Calc. phos.* are prone to feelings of great insecurity with regard to their health and friends. They may get depressed, worn down, and weary, feeling poorly nourished on both a physical and an emotional level. This feeling often leads them to be restless and uncertain of what they want. Constantly seeking new stimulation and contacts, they like to travel and meet people, but tend to feel dissatisfied, bored, and irritable without knowing why. As children, they exhibit similar discontent with no real cause.

Calc. phos. is used to treat bone conditions such as joint disorders, fractures that are slow to heal, and slow growth in children. Teething problems and weak teeth are also treated with the remedy, as are fatigue, anemia (possibly after illness), migraines, and disorders of the digestive system.

Bone & joint conditions

SYMPOTMS Pain and stiffness in the neck and back. Joints may be painful, possibly due to arthritis, inflamed tendons, slow healing of fractures, or ligament sprains. There may be abnormality of the bones in a joint, causing them to fuse and become immobile, or leading to curvature of the spine.

Symptoms better In summer; for warm, dry weather.

Symptoms worse For cold, damp weather; for worry or grief; for overexertion; for lifting heavy objects.

Teething

SYMPOTMS Slow or difficult teething, typically with colds, coughs, and diarrhea. Once teeth have formed, they tend to be weak and decay easily.

Symptoms better In summer; for warm, dry weather.

Symptoms worse For cold, damp weather.

Fatigue

SYMPOTMS General feeling of being undernourished and unwell. Weakness, exhaustion, and anemia may follow illness or emotional stress. There may also be susceptibility to the cold and to drafts.

Symptoms better In summer; after a very hot bath.

Symptoms worse For cold, damp weather; for worry or grief; for overexertion; for lifting heavy objects; for sexual excess.

Growth disorders

SYMPOTMS Slow growth in children and adolescents, or rapid growth during puberty, typically accompanied by numbness and a crawling sensation in the hands and feet. The fontanelle may be slow to close in babies.

Symptoms better For warm, dry weather.

Symptoms worse For cold, damp weather; for puberty; during teeth development.

Head pain

SYMPOTMS Severe headaches with pain along the cranial sutures (the joints linking the bones of the cranium). These may intensify into migraines.

Symptoms better In summer; for warm, dry weather.

Symptoms worse For cold, damp weather; for worry or grief; for overexertion; for lifting heavy objects.

Digestive disorders

SYMPOTMS Indigestion, pain after eating, and heartburn. Adults may find it difficult to eat and



CALCIUM PHOSPHATE Although calcium phosphate exists in a natural state, it is manufactured in a laboratory for use in homeopathy.

Calcium phosphate forms as white precipitate when the two solutions are mixed

SOURCE DETAILS**ORIGIN**

Manufactured from dilutions of phosphoric acid and calcium hydroxide (also called limewater). The two solutions react to form calcium phosphate as a cloudy, white precipitate.

BACKGROUND

Used in the manufacture of glass, in fertilizers, as a stabilizer in plastics, and as a leavening agent in baking. Additionally used by dentists as a polishing powder for teeth.

PREPARATION

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

COMMON NAMES

Calcium phosphate, phosphate of lime.

be nourished by food, possibly due to cramps, nausea, vomiting, and diarrhea. There may be cravings for sweets, and for salty foods such as smoked meats. Children may have chronic abdominal pain. Babies have great difficulties feeding, persistently vomiting even breast milk, and suffering from cramps and colic after feeding.

Symptoms better In summer; for warm, dry weather.

Symptoms worse For cold, damp weather; for dwelling on symptoms; for drinking milk.

Causticum Hahnemanni

CAUSTICUM

KEY SYMPTOMS oversensitivity • intolerance of injustice • gradual paralysis

- raw, burning pain
- person feels worse for cold, dry, windy weather

Unique to homeopathy, this compound of potassium was specially devised and proved by Hahnemann, who published it in his *Chronic Diseases* (1821–34). Hahnemann noted that the compound caused an astringent sensation and a burning taste on the tongue. Interestingly, *Causticum* is a major homeopathic first-aid remedy for severe burns, and a remedy for pain with a burning sensation. Other ailments for which it is taken include local paralysis, incontinence, sore throats, and coughs.

REMEDY PROFILE

Those for whom *Causticum* may be most helpful tend to be serious and introspective. They feel the effect of grief for prolonged periods and may become mentally weakened, absent-minded, hopeless, anxious, and prey to fears or fanciful ideas. Forgetfulness and a need to check on their fears and fancies can lead to a compulsive need to check and recheck everything they do. Acutely sympathetic to the sufferings of others, they tend to react strongly to others' distress or to any perceived injustices; at best sympathetic and idealistic, they are often politically active.

These people frequently have a tendency to feel chilly and to be affected by changes in the weather, by cold, dry weather, and by getting wet. *Causticum* is most often prescribed for weakness, which may progress to paralysis, of the nerves and muscles, especially of the bladder, larynx, vocal cords, upper eyelids, and the right side of the face. Muscle weakness may show both as twitching and as stiffness that causes mobility problems.

Tremors & paralysis

SYMPOTOMS Muscle weakness with tremors and drooping of the upper eyelids. There may be a stutter, particularly at times of anger or excitement, and dizziness accompanied by a lack of coordination. Facial neuralgia or paralysis (Bell's palsy) is possible, especially on the right side, or there may be a form of slow-developing paralysis. Minor or severe seizures may occur, from petit mal fits to serious convulsions, with a susceptibility to jerking and twitching in extreme cases.

Symptoms better For warmth; for washing.

Symptoms worse For dry, cold winds; in the evening; for exertion.

Urinary disorders

SYMPOTOMS Bed-wetting that may be long-term in children, and urine incontinence in the elderly. A need to urinate frequently may be experienced, or the reverse, where urine is retained due to temporary paralysis. There may be stress incontinence on jarring the body—for example, when running, or when coughing, sneezing, or laughing. This is particularly prevalent in women during pregnancy and after giving birth. Cystitis, with a strong urge to urinate accompanied by an inability to actually do so, may also be treated by *Causticum*. Both men and women who respond to this remedy may experience a loss of sexual pleasure or an aversion to sexual intercourse.

Symptoms better For warmth; for washing; for cold drinks.

Symptoms worse For dry, cold winds; in the evening; for coffee.

Skin conditions

SYMPOTOMS Large warts that may bleed easily on the hands, face, and fingertips, especially near the nails; scars that do not heal well; and slow-healing burns that blister. Boils, blisters, eczema, herpes, and acne may also be helped by the remedy.

Symptoms better For warmth; for washing.

Symptoms worse For dry, cold winds; in the evening; for exertion.

Sore throat

SYMPOTOMS A dry, raw, and burning throat with a constant need to swallow or to clear mucus from the throat, possibly with a choking sensation. The larynx and vocal cords may be inflamed and hoarse. Tightness and a tearing pain in the chest may be related to asthma.

Symptoms better For warmth; for washing;

POTASSIUM HYDRATE

This compound is not used in any form of medicine other than homeopathy.



SOURCE DETAILS

ORIGIN

Hahnemann used equal parts of slaked lime (calcium hydroxide) and sulfate of potash (potassium bisulfate) to make this remedy.

BACKGROUND

Created by Hahnemann, who wanted to produce a particularly caustic mixture, this compound was new to the medical repertory of the time.

PREPARATION

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

COMMON NAME

Potassium hydrate.

for cold drinks.

Symptoms worse For dry, cold winds; in the evening; for overusing the voice.

Cough

SYMPOTOMS A dry, deep cough that racks the chest, with a persistent tickle in the throat and difficulty coughing hard enough to bring up mucus.

Symptoms better For warm, moist weather; for warmth in bed; for cold drinks.

Symptoms worse For dry, cold winds; in the evening; for exertion.

Cuprum metallicum

CUPRUM MET.

KEY SYMPTOMS spasms and cramps • suppression of emotions • ailments that are triggered by suppression of rashes and discharges • person feels better for cold drinks

Copper's name is derived from the Greek *Kupris*, or Cyprus, after the island on which the ancient Greeks found the metal. Although used as late as the 1880s by doctors in ointments for healing wounds, coppersmiths have long known of copper's toxic nature. Chronic copper poisoning produces symptoms such as coughs, colic, diarrhea, and difficulty in assimilating food. Acute copper poisoning can cause convulsions, paralysis, and even death. These factors suggested to Hahnemann, who proved *Cuprum met.* in 1834, the remedy's strong affinity with similar symptoms.

REMEDY PROFILE

Emotions tend to be both rigidly suppressed and intensely felt in those for whom *Cuprum met.* is best suited. Adolescents may suppress their sexual urges as being too strong to cope with, so that any later release of tension may appear extreme. Psychological contrasts can also be extreme, ranging from yielding to headstrong, or from closed-down mental dullness to destructive anger or even violent insanity.

Typical physical symptoms include a pale, drawn face, with blue lips and cold hands and feet. Symptoms may be violent, becoming worse if menstruation is late, or if any eruptions and bodily discharges are suppressed by medication, being chilled, or getting wet.

The remedy is associated primarily with problems of the nervous, respiratory, and digestive systems. Cramping, which may be extreme, may affect the fingers, toes, legs, and stomach. A common feature is exhaustion, perhaps following illness, lack of sleep, or exhausting mental strain.

Cramps, convulsions & epilepsy

SYMPOTMS The muscles feel knotted up, particularly in the legs, feet, and calves. Cramps and muscle spasms appear in the limbs, especially at night. They start with twitching and jerking in the toes, and then spread farther up the feet, ankles, and calves. Other symptoms are cold extremities, blue lips, and facial grimacing.

Muscle spasms may be marked in pregnancy and after childbirth. Extreme cramps or convulsions may occasionally be triggered. Young children may exhibit great anger or teething problems. Muscle spasms and convulsions linked to epilepsy may be violent,

- starting in the fingers and toes and spreading to the center of the body. There may be rashes and perspiration on the feet that is worse if suppressed—for example, by chilling the feet.
- Symptoms better** For perspiring; for cold drinks.
- Symptoms worse** For hot weather; at night; for touch; for suppressing emotions; for suppressing sweats and rashes.

Coughs & asthma

SYMPOTMS Long, spasmodic, violent coughing fits, possibly associated with whooping cough. Breathing is labored, rapid, and may seem to stop during coughing fits. The face may be pale, with blue lips and a metallic taste in the mouth.

Symptoms better For perspiring; for cold drinks.

Symptoms worse For hot weather; for cold air; for touch; for vomiting; for suppressing emotions.

Abdominal cramps

SYMPOTMS Spasmodic, often violent, colicky pain, possibly with nausea, vomiting, or diarrhea. The abdomen is hot, tender, and sore, and there is a blue line at the margin of the gums, and a metallic taste in the mouth. A gurgling sound on drinking may be due to a spasm of the esophagus. Exhaustion may follow (see below), with loss of appetite. *Cuprum met.* is also used for nausea associated with cholera.

Symptoms better For perspiring; for cold drinks.

Symptoms worse For hot weather; for touch; for vomiting; for suppressing emotions.

Exhaustion

SYMPOTMS Fatigue following hard work, lack of sleep, or restless sleep. There may be cramps and headaches between the eyes. Exhaustion may also be the result of abdominal cramps and vomiting (see left).

COPPER

Thin, branchlike sheets may form between plates of rock



POWDERED COPPER

COPPER Deposits of this reddish-brown mineral are found as massive or thin sheets of copper.

SOURCE DETAILS

ORIGIN

Deposited worldwide in rocks, and mined in many countries, such as Chile. Copper has many uses and can be alloyed to form harder metals such as bronze.

BACKGROUND

The first metal to be utilized for tools, and also an essential trace element in many foods, vital for maintaining a healthy body and for good bone growth.

PREPARATION

The metal is triturated with lactose sugar, then ground repeatedly until it forms a powder fine enough to be soluble in water. It is then filtered, diluted, and succussed.

COMMON NAME

Copper.

Symptoms better For perspiring.

Symptoms worse For hot weather; for emotional stress; for suppressing sweats and rashes; during pregnancy.

Ferrum metallicum

FERRUM MET.

KEY SYMPTOMS chilliness • intolerance of noise and contradiction • intolerance of eggs and fatty foods • tendency to flush easily • person feels better for gentle movement

Iron is essential in the body for the formation of hemoglobin, the oxygen-carrying substance in red blood cells. A diet deficient in iron or an inability to absorb iron into the body can lead to anemia, fatigue, and breathlessness. *Ferrum met.* was probably proved and published by Hahnemann between 1821 and 1834. It is prescribed to help the body cope with anemia caused by blood loss, and is thought by some to help the body absorb iron more efficiently.

REMEDY PROFILE

Emotional traits that indicate a need for *Ferrum met.* include moodiness, nervous irritability, sensitivity, and an intolerance of contradiction. A compulsion to do certain tasks may lead to feelings of failure, restlessness, and neglected duty. This sense of compulsion easily turns into its opposite: extreme fatigue, weakness, and depression.

Typical physical symptoms include pale lips and face, a tendency to flush easily, and a rosy look that suggests good health but is actually caused by poor circulation. Perspiration may be cold, clammy, and profuse. Bouts of dizziness may occur, as well as sensitivity to cold and to noise. Mental and physical activity are subject to weakness and severe fatigue. Circulatory and digestive problems frequently occur, possibly with marked appetite loss. Movement may be painful and difficult due to back, joint, and head pain.

Anemia

SYMPOTMS Pale face that flushes easily, and pale lips, with great fatigue (see below). *Ferrum met.* is given for anemia from blood loss, often due to heavy periods or problems in pregnancy.

Symptoms better In summer; for gentle movement.

Symptoms worse For violent exertion; during menstruation.

Severe fatigue

SYMPOTMS Extreme physical and mental fatigue, the latter causing great sensitivity to noise. There is no desire to work, but a need to lie down.

Symptoms better For walking slowly in fresh air.

Symptoms worse At night; for violent exertion; for emotional stress; for loss of bodily fluids.

Circulatory problems

SYMPOTMS Painful varicose veins, particularly in pregnancy. There may be hemorrhages such as nosebleeds, especially in children. Throbbing blood vessels with headaches are also possible, as are neuralgic pains (see right), hot flashes, fever, or palpitations, aggravated by heat.

Symptoms better For gentle movement.

Symptoms worse For heat; at night; for lying down; for loss of bodily fluids.

Digestive disorders

SYMPOTMS Nausea brought on by eating, which causes a reluctance to eat. There may be sudden vomiting, either while eating or hours later, at around midnight. Typical symptoms include constipation or cramping pains in the stomach or abdomen. The digestion is weak, with an intolerance of eggs and fatty foods. Teething children may develop diarrhea while eating. *Ferrum met.* can also be used to treat post-operative nausea.

Symptoms better For gentle movement.

Symptoms worse At night; for eating; for eggs; for fatty foods.

Back & joint pain

SYMPOTMS Stiffness of the lower back and neck, sciatica, arthritis, especially in the shoulders, and painful daytime cramps and coldness in the feet. Despite fatigue and an aversion to brisk movement, pain or restlessness causes a compulsion to keep moving.

Symptoms better For gentle movement; for walking slowly.



Hematite often forms as kidney ore, so called because of its shape

HAEMATITE This opaque mineral is the most important source of iron ore, containing up to 70 percent iron.

SOURCE DETAILS

ORIGIN

From iron ores such as hematite, found in Canada, the US, and Venezuela. Iron is the second most common metal on Earth.

BACKGROUND

So prominent in history that it gave its name to the Iron Age, and also a highly important trace element for the working of the human body.

PREPARATION

Powdered iron is ground with lactose sugar to triturate it. It is then dissolved in water, and repeatedly diluted and succussed.

COMMON NAME

Iron.

Symptoms worse At night; for beginning to move.

Headaches

SYMPOTMS Throbbing pains in the forehead, often lasting for several days, with possible dizziness and scalp pain.

Symptoms better For lying down; for firm pressure on the affected part of the head.

Symptoms worse For going down steps; for writing; prior to menstruation; for stooping.

Ferrum phosphoricum

FERRUM PHOS.

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

Made from iron phosphate, *Ferrum phos.* is one of Dr. Wilhelm Schüssler's "biochemic tissue salts," thought to counter deficiencies in the body (see page 90). This German homeopath believed that the remedy strengthened the blood vessel walls, restoring normal blood flow in cases of acute inflammation, hemorrhaging, or congestion. Dr. J. C. Morgan proved the remedy in 1876. It is given for the initial stages of infections and for inflammatory conditions.

REMEDY PROFILE

Ferrum phos. is most suited to alert, sociable, open-natured people who are sensitive and sympathetic, but who like to take action if something has upset them, particularly where protecting their family is concerned. Often overexcited and talkative, they may have difficulty concentrating. While their temperament is generally imaginative, cheerful and lively, it may alternate rapidly with an indifferent, depressed state.

Ferrum phos. may be given for the early stages of infection, respiratory problems, earaches, fevers, and digestive, circulatory, and urogenital disorders.

Fever

Symptoms Slow-developing fever with hot flashes, excessive perspiration, intense thirst, and areas of acute inflammation.

Symptoms better For cold; for pressure on the inflamed area; for being left alone.

Symptoms worse At night; before starting to perspire; for physical exertion.

Respiratory illness

Symptoms A slow-developing cold, possibly with a nosebleed and dry, hacking cough, often with chest pain. There may be hoarseness and a sore throat, typical of laryngitis. Other symptoms may include short, panting breaths, possibly due to pneumonia or pleurisy.

Symptoms better For gentle exercise; for cold compresses.

Symptoms worse At night; from 4 a.m. to 6 a.m.; before starting to perspire; for physical exertion.

Earache

Symptoms Pain and itching in the ear, possibly with hearing loss. Pain may be one-sided.

Symptoms better For cold; for pressure on the ear.
Symptoms worse At night; for physical exertion.

Digestive disorders

Symptoms Indigestion, sour burps, and vomiting of food that seems not to have been digested. Typically there is poor appetite and an intense thirst. There may be diarrhea that has a tendency to recur during the summer, or that may be linked to irritable bowel syndrome. Another possible symptom for which *Ferrum phos.* may be given is constipation, particularly if accompanied by hemorrhoids. Blood in the stools may indicate the initial stages of dysentery.

Symptoms better For taking gentle exercise.
Symptoms worse For heat; for sun; for jarring; for movement; at night; for cold drinks; for sour foods.

Poor circulation

Symptoms Varicose veins, hemorrhages, and nosebleeds with bright red blood, and a weak, rapid pulse. The face tends to flush easily. There may be weakness and pallor, possibly indicating anemia.

Symptoms better For cold compresses.
Symptoms worse For heat; for jarring; for movement.

Raynaud's disease

Symptoms Fingers and toes are white, cold, numb, tingling, and burning, due to restricted blood flow when blood vessels contract in the cold. As the blood flow is restored, the fingers turn blue, then red.

Symptoms better For pressure on the fingers; for walking at a slow pace.

IRON PHOSPHATE This compound is commonly found in fossilized bones, and also in human muscle tissue.



Slate-blue powder is soluble in water

SOURCE DETAILS

ORIGIN

Chemically prepared for the manufacture of homeopathic remedies, although vivianite is a natural source of iron phosphate.

BACKGROUND

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

PREPARATION

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

COMMON NAME

Iron phosphate.

Symptoms worse For cold air; for jarring the fingers.

Urogenital problems

Symptoms A short menstrual cycle, or possibly a dry vagina, dragging uterine pain, and nocturnal stress incontinence in women, or a marked loss of libido in men.

Symptoms better For gentle exercise.

Symptoms worse During the night; for touch.

Graphites

GRAPHITES

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

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. The remedy, proved by Hahnemann and published in his *Chronic Diseases* (1821–34), is often given for skin complaints and for anxiety with lack of confidence.

REMEDY PROFILE

Those who respond best to *Graphites* tend to be more physically than intellectually oriented. These practical types prefer action to discussion, and are seen as “the ones who are going to cope.” They can, however, be lethargic, notably on waking. Seemingly moody, pessimistic, and agitated, under the surface they are deeply emotional, often sad, and easily moved to tears by music.

These people are especially susceptible to certain physical symptoms affecting the skin, nails, mucous membranes, and the left side of the body. Symptoms are often linked to glandular problems. Sensitivity to the cold and headaches after skipping meals are typical.

Skin & nail conditions

SYMPTOMS Irritated, cracked, dry skin behind the ears, and on the nostrils, knees, nipples, and fingertips. Eczema or psoriasis may ooze a honey-colored discharge. Cracked skin may bleed and easily become infected. There may be old scars that ulcerate and burn, cold sores around the mouth, and herpes blisters around the genitals.

Symptoms better For warmth with fresh air; in the dark; for sleep; for eating.

Symptoms worse For cold; during menstruation; for sweet foods; for seafood.

Anxiety & shyness

SYMPTOMS Self-doubt, lack of self-confidence, shyness, and indecision. There is a tendency to anticipate the worst, to be full of anxiety, and to become upset over the slightest thing, which frequently causes depression or overexcitement. Concentration may be poor, and may even

develop into dementia. Fastidiousness and perfectionism are further common *Graphites* traits.

Symptoms better For walking in fresh air; for the dark; for being in a moving vehicle.

Symptoms worse On waking; for music; during menstruation.

Eye, ear & nose conditions

SYMPTOMS Swollen, red, dry eyelids due to blepharitis, and styes with a yellow discharge. There may be an ear discharge with an itchy infection of the outer ear. A cracking sound, especially while eating, may occur, as may deafness related to otosclerosis (a middle-ear disorder). Hot sweats (often due to a hormonal imbalance) may be followed by nosebleeds.

Symptoms better For warmth; for fresh air.

Symptoms worse For cold; on the left side; before and during menstruation.

Digestive disorders

SYMPTOMS Constipation, bloating, and flatulence, maybe with cramps. There may be rectal itching, hemorrhoids, anal fissures, and stomach pains with hunger or vomiting. Bland foods are preferred to meat and salty or sweet foods.

Symptoms better For warmth with fresh air; for hot foods.

Symptoms worse For cold; during menstruation; for sweet foods; for seafood.

Menstrual problems

SYMPTOMS Irregular, scanty, menstruation, and swollen, hard, painful breasts before and during menstruation. There may be itchy genitals and constipation (see above).

Symptoms better For wrapping up warmly.

Symptoms worse At night; for scratching.



GRAPHITE POWDER



GRAPHITE ROCK

GRAPHITE This mineral is not generally used medicinally, except in its homeopathic form.

SOURCE DETAILS

ORIGIN

Forms within other rocks, such as granite, slate, schist, and marble. Commonly found in Sri Lanka, Mexico, and North America.

BACKGROUND

Dr. S. Weinhold, a German contemporary of Hahnemann, noted that workmen in a mirror factory cured cold sores with graphite.

PREPARATION

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

COMMON NAMES

Graphite, blacklead, plumbago.

Erectile problems

SYMPTOMS Impotence in men with a high libido at an early age. Priapism (persistent, sore erection) may affect men who dislike sexual intercourse.

Symptoms better For walking in fresh air.

Symptoms worse For sexual excess; for masturbation.

Hepar sulphuris calcareum

HEPAR SULPH.

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

Doctors in the 18th century used calcium sulfide externally for ailments such as acne, boils, and gout. It is still used in veterinary medicine, and industrially in paint manufacture. The homeopathic remedy was first used by Hahnemann in 1794, as an antidote to the side-effects of mercury, a common medicine at the time (see page 85). *Hepar sulph.* is now given primarily for respiratory problems such as croup and coughs, and for skin infections.

REMEDY PROFILE

People who respond best to *Hepar sulph.* are touchy, both mentally and physically. They are patient and methodical workers, but this tolerance does not extend to others, and they are often critical, irritable, and hard to please. They are also oversensitive and quick to take offense. Illness heightens their irritability and impetuosity, and anger, pain, or anguish may drive them to violent outbursts. They may have low self-esteem and feel as though they are rejected by others.

Often hypersensitive, these people tend to have a low pain threshold and to complain out of proportion to their illness. They lack internal warmth, and will feel the cold keenly, especially dry cold. Symptoms are usually worse at night, and aggravated by the least touch on the affected area. Common cravings are for fatty foods and for sour tastes such as vinegar.

Hepar sulph. is generally used where there is an infection, particularly in the respiratory system or skin. It is especially appropriate for ailments that are accompanied by swollen glands, particularly in the neck or groin, or if there is a high fever alternating with chills.

Colds & catarrh

SYMPTOMS Cold or influenza with fever, sneezing, sweating, and need for warmth. Profuse catarrh may be watery at first, then blood-stained, thick, and yellowish in color, with a smell of old cheese. Contact with cold air triggers sneezing. The nostrils may feel sore and raw. Colds may begin with a tickly throat (see right). There may be sinusitis, with pain in the facial bones and the bridge of the nose. Pain is often right-sided and extends to the ear, notably on swallowing. There may be

a piercing earache with a foul-smelling ear discharge.

Symptoms better For warmth; for warm, wet weather; for covering the head; for eating.

Symptoms worse For cold and cold drafts; for touch; for undressing.

Sore throat

SYMPTOMS A hoarse voice, sore throat, and swollen tonsils, often due to a cough (see below) or quinsy (abscesses around the tonsils). There may be weeping abscesses on the gums or glands, with sharp, splinterlike pain, especially on swallowing, that may spread to the ear.

Symptoms better For warm, wet weather; for wrapping the throat; for warm compresses.

Symptoms worse For cold; for touching the throat; for swallowing; for cold drinks.

Coughs & croup

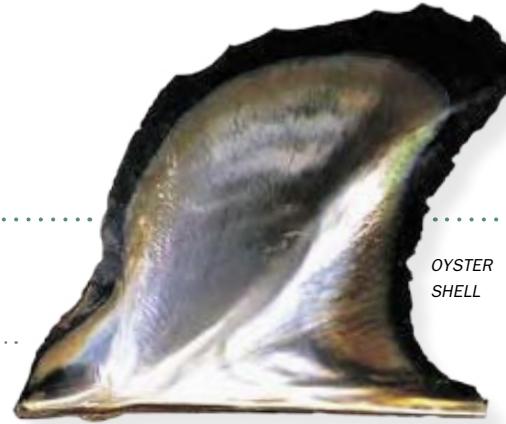
SYMPTOMS A dry, hacking, crowing cough, often causing a sore throat (see above). If the cough is loose, a coughing fit may be triggered by touching the throat, and may cause a choking feeling. Thick phlegm may be lodged in the chest. Coughs tend to be dry in the evening and loose in the morning. The symptoms of croup are similar, but with a barking cough and difficulty coughing up phlegm.

Symptoms better For warm, wet weather; for wrapping up warmly.

Symptoms worse For cold; in the morning and evening; for touching the throat.

Skin conditions

SYMPTOMS The skin chaps or roughens easily, and eruptions such as acne are inflamed and sore, with foul-smelling, yellow pus. Eruptions are slow to heal and prone to



CALCIUM SULFIDE Hahnemann developed his own form of calcium sulfide using flowers of sulfur and powdered oyster shell instead of ordinary lime.



SOURCE DETAILS

ORIGIN

A form of calcium sulfide using powdered oyster shell (see page 77) and flowers of sulfur (see page 99).

BACKGROUND

Used by 18th-century doctors for goiter, gout, rheumatic pain, and tuberculosis.

PREPARATION

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

COMMON NAMES

Calcium sulfide, crude calcium sulfide, sulfuret of lime.

infection, perhaps leaving scars. Infections such as styes, boils, and cold sores may be accompanied by the typical yellow discharge. Abscesses and ulcers bleed easily.

Symptoms better For warmth; for warm compresses on the affected areas; for eating.

Symptoms worse For cold; for undressing; for touch.

Digestive disorders

SYMPTOMS Nausea, vomiting, or chronic diarrhea, usually accompanied by a grumbling abdomen. Stools are typically pale, soft, and have a sour odor, as does urine.

Symptoms better For warm, wet weather; for warmth; for eating.

Symptoms worse For cold; for undressing.

Hydrargyrum metallicum syn. *Mercurius solubilis* Hahnemann

MERC. SOL.

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

Egyptian papyri dating from 1600 BCE record the early medicinal use of mercury, which later spread to the Greeks, Romans, and Arabs. Its use persisted through to 1900 in the West as an aggressive treatment for syphilis and other diseases, until its toxic effects were deemed too dangerous. *Merc. sol.* was proved by Hahnemann and published in his *Materia Medica Pura* (1821–34). It is given primarily for ulcers, glandular problems, and offensive-smelling discharges.

REMEDY PROFILE

People who benefit most from *Merc. sol.* are anxious and restless. A need for stability and order gives them a conservative facade. In trying to restrain an inner sense of urgency, they become insecure, introverted, and suspicious, appearing detached and even arrogant in their dealings with people. They bottle up feelings of conflict until they explode in a blind rage. If unwell, they slow down in mind and body, but never lose their inner sense of restlessness. Illness may bring on confusion, a weak memory, hesitant speech, and weepiness. Constant hunger is typical, with cravings for bread, butter, and cold drinks such as milk or beer, but aversions to other alcoholic drinks, coffee, meat, and sweet foods.

Typical physical symptoms include abscesses, ulcers, fever, swollen glands, and copious sweating. Bodily discharges, such as sweat, saliva, urine, and stools, are often foul-smelling. Symptoms are worse at night, and are aggravated by extremes of heat or cold (moderate temperatures are necessary for recovery). Excessive salivation is common, as is constant swallowing and dribbling on the pillow at night.

Mouth & throat conditions

SYMPTOMS Mouth ulcers on the tongue, walls of the mouth, and gums. Sore, raised, cream-colored patches may form in the mouth, usually indicating oral thrush. A sore throat may become ulcerated, and tonsillitis may set in. Abscesses may form in the roots of the teeth, causing painful swelling. Gums may become painfully inflamed and prone to bleeding (gingivitis). The teeth may also ache and loosen. Pain brought on by a toothache or a sore throat may extend to the ears. Other typical symptoms

treated by *Merc. sol.* include a bitter taste in the mouth, halitosis, swollen glands, fever (see below), and a yellow-coated tongue that may bear tooth marks.

- Symptoms better** For rest; for moderate temperatures; for applying warm compresses.
Symptoms worse For extreme heat or cold; for sweating; for hot or cold foods and drinks.

Catarrh & colds

SYMPTOMS Watery, yellow or greenish catarrh that has a foul, strong odor, with constant sneezing, and a raw, burning sensation in the nose. Chills, aches, fever (see below), and influenza are accompanied by a bitter-tasting mouth, a headache, and a sore throat (see below, left). Pain in the sinuses may extend to the teeth (see below, left) and ears (see below).

- Symptoms better** For rest; for moderate temperatures.

- Symptoms worse** For extreme heat or cold; for lying on the right side; for sweating.

Eye & ear infections

SYMPTOMS Light-sensitive, swollen, watery, or inflamed eyes that exude a nasty yellow, greenish, or blood-flecked discharge, which may be due to conjunctivitis. *Merc. sol.* is also used for ear pains with a thick, yellow-green, bloody, and foul-smelling discharge.

- Symptoms better** For rest; for moderate temperatures.

- Symptoms worse** For extreme heat or cold; at night; for stooping; for touch.

Fever

SYMPTOMS High temperature with profuse, offensive-smelling perspiration that chills the skin. The fever often occurs with swollen glands, neuralgic pain, and a viselike headache.

- Symptoms better** For rest; for

- MERCURY** This mineral often forms as a liquid in volcanic rocks such as cinnabar.



MERCURY DEPOSIT IN CLOSE-UP



CINNABAR

SOURCE DETAILS

ORIGIN

Deposits are extracted from cinnabar, found near volcanic vents and hot springs in Spain, Italy, the US, Peru, and China.

BACKGROUND

Advocated by Paracelsus, 16th-century scientist, and used medicinally for centuries: Charles II and George Washington were both prescribed it.

PREPARATION

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

COMMON NAMES

Mercury, quicksilver, black oxide of mercury, ammonio-nitrate of mercury. Many different mercury preparations are available.

moderate temperatures.

- Symptoms worse** For changes in temperature; for intense heat; for sweating; at night; for lying on the right side.

Thrush

SYMPTOMS Itchy, burning vaginal discharge in women, and itchy, red spots on the penis in men, with a discharge.

- Symptoms better** For bathing in cool water; for rest.

- Symptoms worse** For touch; for humidity.

Iodium

IODUM

KEY SYMPTOMS loss of weight with increased appetite • heat intolerance • lack of thirst • enlarged glands that then waste away • anxiety and restlessness

Iodine is essential for the proper functioning of the thyroid gland. A deficiency of iodine produces symptoms such as weak muscles, weight loss, mental sluggishness, and fatigue. The condition is rare in the West because potassium iodide, a salt of iodine, is added to table salt. The homeopathic remedy, proved in 1837 by Hahnemann (in association with Drs. Trinks, Gross, Gerdorff, and Hartlaub) is used mainly to treat the many symptoms associated with an overactive thyroid gland and the accelerated metabolism it produces.

REMEDY PROFILE

Those for whom *Iodium* is most suitable are talkative, with a marked mental restlessness and irritability due to anxiety, and sudden urges to engage in exhausting activities. Their behavior is obsessive, with a compulsion to keep frantically busy, yet in a disorganized, forgetful way. Despite causing physical and mental fatigue, this frenzy is preferable to inactivity, when frightening thoughts heighten anxiety.

Iodium is given for symptoms caused by an overactive thyroid gland (hyperthyroidism) and the accelerated metabolism it causes. Psychological symptoms may include eating disorders and anxiety that may manifest as violent rages if meals are not ready as soon as hunger is felt.

Physical symptoms include protruding eyes and eye pain linked with hyperthyroidism; nausea with a clean tongue and excess salivation, great thirst, respiratory problems, enlarged glands, and excessive sweating. These people tend to feel the heat and constantly try to keep cool, preferring cool clothing and finding warm surroundings uncomfortable.

Overactive metabolism

SYMPOTMS Staring eyes (exophthalmos) and a distressed expression on the face, which may be swollen. The skin and hair are usually dry. There may be vertigo, with hot flashes, fainting, and throbbing head pain with a rush of blood to the head. Other symptoms include an increased appetite yet a noticeable weight loss (see right) and

overheating (see below, right). Symptoms may be linked to hyperthyroidism.
Symptoms better For fresh air; for movement; for eating.
Symptoms worse For warm surroundings.

Eating disorders

SYMPOTMS Rapid, noticeable weight loss and emaciation despite an insatiable appetite. Excessive thirst is typical. The liver may become enlarged, with possible signs of jaundice, and the pancreas may be painful. Chronic diarrhea linked to nervousness or to particular foods may be present, as may constipation with pale stools.
Symptoms better For fresh air; for movement; for eating.
Symptoms worse For warm surroundings; for anxiety.

Cough

SYMPOTMS Dry, spasmodic, choking cough, possibly with gagging, retching, or vomiting. There may be copious mucus and a rattling sound in the chest, but no expectoration if symptoms are due to asthma or pneumonia. Children with this cough may become stiff, pale, or blue.
Symptoms better For fresh air.
Symptoms worse For warm surroundings; for overeating; for cold nights after hot days.

Respiratory illness

SYMPOTMS Profuse, watery, excoriating catarrh in the nose, possibly with hay fever, or a dry, obstructed nose with enlargement of the adenoids. Asthma with hay fever may also be helped by *Iodium*.



Granules are heavy and slightly soluble in water

IODINE This bluish-black element is commonly used in medicine, in photography, and in dyes.

SOURCE DETAILS

ORIGIN

Once extracted from slowly burned seaweed, but now generally prepared chemically by industrial processes.

BACKGROUND

Chinese herbalists used burned seaweed to treat thyroid problems 2,000 years ago. It is also a well-known antiseptic.

PREPARATION

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

COMMON NAME

Iodine.

Symptoms better For fresh air; for movement; for eating.

Symptoms worse For warm surroundings.

Heat intolerance

SYMPOTMS Physical distress and feverishness in warm surroundings. The slightest physical activity may cause marked sweating.

Symptoms better For fresh air; for cool surroundings; for cool clothing.

Symptoms worse For warm surroundings.

Kalium bichromicum

KALI. BICH.

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

Potassium dichromate, the compound used to make this remedy, is also used industrially for a variety of purposes, such as the manufacture of chrome pigments. The homeopathic remedy was proved by Dr. Drysdale and published in 1864. Like other *Kali.* remedies, it has a strong affinity with the mucous membranes; it is often used for conditions that produce profuse catarrh, and for certain skin problems. Unlike other *Kali.* remedies, it may help stomach complaints.

REMEDY PROFILE

People who benefit most from *Kali. bich.* tend to have regular habits and like to go into great detail about even minor issues. They often have quite a black-and-white view of the world, and a strong sense of morality.

The symptoms may include pain in localized areas, and joint pain alternating with diarrhea in summer. There is generally a desire for beer and possibly a sensation as if there is a hair on the tongue.

Kali. bich. is considered to have a beneficial effect on the mucous membranes, and is prescribed for respiratory-tract ailments marked by excessive catarrh. It is also given for indigestion, headaches, and joint pain, and for skin conditions with discharges, such as ulcers and acne with burning pains.

Catarrh & sinusitis

SYMPTOMS Constant yellow-green catarrh that is stringy or slimy and proves difficult to expel. At night, catarrh may accumulate in the nose or run down the back of the throat. The catarrh may sometimes become dry and hard. The sinuses are inflamed, and there is sharp pain at the bridge of the nose. Glue ear may develop, marked by earache and a thick, yellow discharge from the affected ear. Catarrh that becomes blocked in the nose may cause a headache (see right), possibly with vomiting.

Symptoms better For warmth; for lying in a warm bed; for firm pressure on the bridge of the nose; for movement.

Symptoms worse For cold; for stooping; in the morning; in the spring and fall.

Sore throat, coughs & croup

SYMPTOMS The throat and tonsils are swollen. A tickle in the throat develops into a dry, hoarse

cough. Stringy mucus lines the larynx and is hard to expel. Chest pains may spread to the back and shoulders. There may be a dry mouth, painful mouth ulcers, and a yellow tongue, possibly with digestive problems (see below). **Symptoms better** For warmth; for balmy days; for lying in a warm bed; for movement; for expelling mucus; at night. **Symptoms worse** For cold and damp; in the morning; in the spring and fall; for breathing deeply.

Indigestion

SYMPTOMS Sharp, knifelike pains that radiate to the loins, and a sore spot in the stomach as if an ulcer has developed there. There may be an impression that the digestive processes have stopped, with a heavy feeling in the abdomen immediately after eating. An aversion to meat is a common symptom, as is a craving for beer, but drinking beer often causes vomiting and diarrhea.

Symptoms better For passing gas; for belching.

Symptoms worse For cold; in the spring and fall; for rich, heavy foods; for beer.

Headaches

SYMPTOMS Pain at the same time each day. Localized pain may extend slowly across the whole head, possibly due to sinusitis (see left). The onset of a migraine is marked by dim and blurred vision. There may be nausea, and stringy mucus may be present in the throat.

Symptoms better For warmth; for firm pressure on the bridge of the nose.

Symptoms worse For cold; for bending over.

Skin conditions

SYMPTOMS Facial acne that causes small, solid, red bumps producing a yellow discharge.



Compound forms as brightly colored crystals

POTASSIUM DICHROMATE This powerful oxidizing agent is a highly caustic and corrosive poison.

SOURCE DETAILS

ORIGIN

Does not occur in nature, so generally made chemically by combining neutral yellow potassium chromate with hydrochloric acid.

BACKGROUND

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

PREPARATION

Potassium dichromate crystals are finely ground (triturated) with lactose sugar until soluble in water. They are then filtered, diluted, and succussed.

COMMON NAMES

Potassium dichromate, potassium bichromate, bichromate of potash.

There may be itchy, blisterlike rashes, with burning pains, skin ulcers with raised edges, and blisters on the soles of the feet. Round, depressed scars develop on the area after the eruptions or ulcers have healed.

Symptoms better For cool weather.

Symptoms worse For hot weather; for touch.

Joint pain

SYMPTOMS Pain in the joints that appears and disappears suddenly. Sharp pains may move around the joint area.

Symptoms better For warmth; for lying in a warm bed.

Symptoms worse For cold; for sudden or extreme heat; in the summer.

Kalium carbonicum

KALI. CARB.

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

Potassium carbonate is a compound of the alkali metal potassium. Used by the ancient Egyptians to make glass, the compound is still widely used in the manufacture of glass, soap, and other products. In the body, potassium is present in every cell in a delicate balance with sodium. Any disturbance of this balance causes many problems, including muscle weakness and cardiac arrhythmia. Hahnemann proved the remedy and published it in his *Chronic Diseases* (1821–34).

REMEDY PROFILE

People for whom *Kali. carb.* is suitable tend to be irritable, touchy, and possessive, feeling at odds with everyone, hating to be touched, yet wanting company. Conservative and “proper,” they have a strong sense of duty and responsibility. Emotional upsets are felt as a strong sense of fear or anxiety, hitting them like a blow to the stomach. These people fear many things: the future, loss of self-control, death, and even the supernatural.

Among the typical physical symptoms associated with the remedy are great sensitivity to drafts and the cold. It is prescribed for recurrent fever, coughs, colds, and other respiratory problems, including asthma. There may be sharp, shooting pains in parts of the body, and swelling above the eyes. Underlying anemia may cause fatigue and weakness.

Symptoms typically tend to be worse in the early hours of the morning, and insomnia is another feature of the *Kali. carb.* profile. Those for whom the remedy is appropriate tend to be middle-aged or older, stout or obese, and have a desire for sweet foods.

Coughs & colds

SYMPOTMS Dry, hacking cough with expectoration in the morning of foul-tasting, yellow-green mucus. The cough may be whooping or wheezy, with vomiting and a chilly feeling in the chest. *Kali. carb.* is also used for recurrent colds that settle in the throat, with hoarseness or voice loss due to becoming very chilly after profuse sweating.

Symptoms better For warmth; for sitting up and leaning forward.

Symptoms worse For cold air and drafts; between 2 a.m. and 4 a.m.

Asthma

SYMPOTMS Particularly bad asthma that makes it impossible to lie down comfortably, perhaps with a dry cough that may disrupt sleep between 2 a.m. and 4 a.m.

Symptoms better For being propped up; for sitting up straight; for bending forward with the head on the knees.

Symptoms worse For cold air and drafts; for lying down; for exertion.

Joint pain

SYMPOTMS Sharp pain in the shoulders, arms, hips, and legs that is worse on the left side. The arms may feel weak and the legs are often restless. Arthritis in the joints may be severe enough to cause the deformities characteristic of rheumatoid arthritis. Sciatica pains may prompt a need to sit up or turn over in bed.

Symptoms better For warmth; for movement.

Symptoms worse For cold air and drafts; between 2 a.m. and 4 a.m.; for lying on the affected area.

Back pain

SYMPOTMS Pain that begins in the small of the back, often severe enough to make it uncomfortable to stay in bed. The pain is worse on the left side, extending to the genitals, thighs, and lower limbs. It may be particularly severe during pregnancy and labor and after injury, childbirth, or pregnancy termination.

Symptoms better For warmth; for open air.

Symptoms worse For cold air; for drafts; between 2 a.m. and 4 a.m.; for long periods of sitting; before menstruating.

Kidney disorders

SYMPOTMS Kidney stones or other diseases of the kidney, with shooting pains in the small of the back. Pains may be worse on the left side.



POTASSIUM CARBONATE

Wood ash is a common source of potassium carbonate



WOOD ASH

POTASSIUM CARBONATE This white, odorless compound of potassium is a powerful alkali, used in industry and in the making of other potassium compounds.

SOURCE DETAILS

ORIGIN

Originally prepared by percolating wood ash and evaporating the resulting solution in iron pots: hence the name “potash.” Now made chemically.

BACKGROUND

Rarely prescribed internally for medicinal purposes, since it is highly caustic, but traditionally used in external treatments such as skin lotions.

PREPARATION

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

COMMON NAMES

Potassium carbonate, potash, salt of tartar, pearl ash.

The eyelids may be puffy.

Symptoms better For warmth; for movement.

Symptoms worse For cold air and drafts; between 2 a.m. and 4 a.m.

Insomnia

SYMPOTMS Insomnia, with difficulty getting to sleep, or falling asleep but waking between 2 a.m. and 4 a.m. Getting back to sleep seems impossible. There may be talking during sleep.

Symptoms better For warmth; for open air.

Symptoms worse For cold air and drafts; for lying on the left side of the body; before menstruating.

Kalium phosphoricum

KALI. PHOS.

KEY SYMPTOMS mental and physical exhaustion • yellowy-orange discharges

- chilliness • person feels better for gentle movement

Potassium helps to store energy in the body's cells, maintain the rhythm of the heartbeat, and ensure the transmission of nerve impulses. A deficiency of potassium in the body is rare, since it is found in most foods. *Kali. phos.* is one of the 12 Schüssler "tissue salts," which were designed to counter any deficiency in the body (see page 90). Proved by Dr. H. C. Allen of Chicago in 1892, the remedy is prescribed mainly for nervous collapse and exhaustion.

REMEDY PROFILE

Extreme mental and physical exhaustion, particularly after a period of overwork or stress, is typically treated with *Kali. phos.*. For this reason it may be given to students experiencing nervous collapse. Often down-to-earth individuals with a strong sense of morality, those who respond to *Kali. phos.* tend to be conservative and dogmatic in their opinions. Distressing news events, such as famine or violence, can easily upset them. Extroverted behavior is typical of them, yet when fatigued they become nervous, introverted, and oversensitive. Illness makes them uncommunicative, withdrawn, and averse to company, even that of family members.

Typical physical symptoms include an inability to keep the feet still, drooping of the left eyelid, yellowish bodily discharges, a tendency to sweat excessively yet to be sensitive to the cold, and spinal pain. In addition to fatigue, *Kali. phos.* is given for gnawing hunger pains, headaches, and insomnia.

Chronic fatigue syndrome

SYMPTOMS Physical and mental exhaustion following an acute illness or overwork. Extreme tenderness and weakness in the muscles may be accompanied by a slight fever. There is general lethargy, depression, frustration, anger, and irritability. Heightened sensitivity causes susceptibility to the cold and flinching at the slightest noise or bright light. The tongue is coated yellow.

Symptoms better For heat; for gentle movement; for sleep; for eating.

Symptoms worse For cold; for the slightest excitement; for physical exertion; for worry; for noise.

Abnormal discharges

SYMPTOMS Purulent yellowy-orange discharge from the vagina, bladder, or lungs, or present in the stools.

Symptoms better For heat; for sleep; for rest.

Symptoms worse For physical and mental exertion; for drinking milk.

Hunger pains

SYMPTOMS Empty, nervous feeling in the stomach, related to stress and possibly with a headache (see below). Gnawing hunger pains cause waking at about 5 a.m., but food brings only temporary relief. Frequent eating between meals is typical. Sweet foods such as chocolates are often craved, and there may be a strong aversion to bread.

Symptoms better For heat; for gentle movement; for eating.

Symptoms worse For mental exertion; for worry; for cold drinks; for drinking milk.

Excess perspiration

SYMPTOMS Excessive sweating that occurs only during bouts of illness, notably with severe fatigue (see left). Perspiration tends to have a characteristic smell of onions. It may appear on the head and face, especially after the slightest excitement or exertion, or after meals.

Symptoms better For sleep.

Symptoms worse For physical and mental exertion; for eating.

Headaches

SYMPTOMS Head pain, generally only on one side of the head, with a nervous, empty sensation in the stomach (see above).

Symptoms better For fresh air; for eating.

Symptoms worse For cold.



White or colorless crystals

POTASSIUM PHOSPHATE According to Dr. Schüssler, a deficiency of potassium phosphate led to despondency and anxiety.

SOURCE DETAILS

ORIGIN

A solution of potassium carbonate (see opposite) is combined with dilute phosphoric acid to form potassium phosphate as a precipitate.

BACKGROUND

Used in conventional medicine as one of the various compounds administered in solution to patients who are fed intravenously.

PREPARATION

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

COMMON NAMES

Potassium phosphate, phosphate of potash, potassium dihydrogen orthophosphate.

Insomnia

SYMPTOMS Sleeplessness accompanied by an empty, nervous sensation in the pit of the stomach and possible hunger pains (see left).

Symptoms better For heat; for gentle movement; for eating.

Symptoms worse For cold, dry air; for mental exertion; for worry.

Back pain

SYMPTOMS Sore, bruising pain down the spine. The limbs feel heavy and cold.

Symptoms better For heat; for gentle movement; for sleep.

Symptoms worse For mental exertion; for touch; for going up steps or stairs.

Magnesium phosphoricum

MAG. PHOS.

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

Of all the minerals present in the human body, magnesium is exceeded in quantity only by potassium. 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. Proved by Drs. W. P. Wesselhoeft and J. A. Gann, it was published in Dr. H. C. Allen’s *Medical Advances* (1889), and is most often prescribed for cramping pain or neuralgia.

REMEDY PROFILE

Mag. phos. is considered most suitable for outgoing people who are prone to impulsive and restless behavior. Often sensitive, artistic, intellectual individuals, they also have a tendency to be forgetful and unable to concentrate. In addition, they may be prone to irritability, nervousness, and exhaustion. These people fear the dark, thunderstorms, and confrontation with others.

A hypochondriac streak is a common trait in these people, marked by sensitivity to the cold and regular complaints of muscle cramps. Symptoms are generally worse on the right side. There may be craving for sugar and an aversion to coffee.

Mag. phos. is usually taken for menstrual or neuralgic pains, headaches, sharp abdominal pain, toothaches, and earaches.

Abdominal cramps

SYMPTOMS Sharp, colicky cramps such as those associated with irritable bowel syndrome. The pain is often right-sided and appears and disappears rapidly. Its intensity may cause restlessness and cries of pain. The abdomen is bloated and there is great flatulence that is not eased by belching. Severe cases may cause doubling over.

Symptoms better For heat; for pressure on the abdomen.

Symptoms worse For cold.

Neuralgia

SYMPTOMS Sharp, radiating, cramping pains that appear and disappear rapidly anywhere in the body, prompting cries of pain and restlessness. Muscles are stiff, numb, and awkward, especially after exertion.



MAGNESIUM PHOSPHATE This compound does not exist in nature, but is prepared chemically from sodium phosphate and epsomite.



Mineral has fibrous strands

EPSOMITE (MAGNESIUM SULFATE)

SOURCE DETAILS

ORIGIN

Sodium carbonate and phosphoric acid are used to make sodium phosphate. Magnesium sulfate forms in caves and on rock faces as epsomite.

BACKGROUND

The human body needs magnesium to break down nutrients, and this magnesium compound was chosen as a “tissue salt” by Dr. Schüssler.

PREPARATION

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

COMMON NAMES

Magnesium phosphate, phosphate of magnesia.

Symptoms better For heat; for firm pressure on the ear.

Symptoms worse For cold; for turning the head.

Natrum carbonicum

NAT. CARB.

KEY SYMPTOMS devoted to loved ones • suppression of emotions
• weak ankles • sensitivity to sunlight • intolerance of milk

Roughly 35 million tons of sodium carbonate are produced industrially each year, particularly for use in making glass, ceramics, paper, and detergents. Traditionally, its use in medicine was largely confined to external remedies; as a homeopathic remedy, it is used for digestive problems, nervous disorders, and skin complaints. *Nat. carb.* was proved by Hahnemann, with Drs. Gross, Hering, Langhammer, and others, and published in Hahnemann's *Chronic Diseases* (1821–34).

REMEDY PROFILE

People for whom *Nat. carb.* is most suited are very sensitive. They usually have an inability to assimilate things on both an emotional and a physical level. For example, there may be an emotional inability to tolerate noise, music, thunderstorms, hot weather, and even other people. Physically, this inability to assimilate things might, for example, manifest as digestive problems. These people tend to devote their lives to one person, sacrificing everything to this relationship. Prone to suppressing emotions, they tend to act cheerful even when sad, which compounds the mental strain, fatigue, and irritability they often feel.

People who respond to *Nat. carb.* may find that mental stress or physical exercise when tired aggravates their symptoms.

Digestive disorders

SYMPTOMS Indigestion with belching, sourness, and a feeling of nausea. There is a marked intolerance of milk, so that ingestion of even the smallest amount often causes diarrhea. The abdomen may feel painful when touched and there may be thirst, especially when the stomach is upset. An empty, gnawing sensation in the stomach is common, especially around 5 a.m., and may be assuaged by getting up and eating something sweet. Constant nibbling, especially of bread and sweets, is a typical accompanying symptom.

Symptoms better For pressure on the abdomen; for movement; for eating little and often.

Symptoms worse For heat and sun; for sympathy and fuss; for drinking milk.

Colds & catarrh

SYMPTOMS Colds that are aggravated by sitting in a draft, with catarrh running down the back of the throat. The catarrh may smell foul.

Symptoms better For perspiring.

Symptoms worse For drafts; every second day.

Headaches

SYMPTOMS Headaches that alternate with pain in the stomach, accompanied by sensitivity to noise and music. Headaches may be caused by studying or other demanding mental activity, or by overexposure to the sun. There may be a feeling of dizziness.

Symptoms better For movement; for eating.

Symptoms worse For sun and hot weather; for drafts; for thunderstorms; for mental exertion.

Skin conditions

SYMPTOMS A wide variety of skin complaints, such as warts, moles, blisters, and corns, with either very dry skin or a tendency to perspire very easily. There may be extreme sensitivity to sunlight, with the result that even the slightest exposure may cause sunburn or sunstroke.

Symptoms better For pressing on, rubbing, or scratching the affected skin.

Symptoms worse For heat.

Ankle weakness

SYMPTOMS Easily sprained or dislocated ankles, particularly in children.

Symptoms better For rubbing or pressing on the ankle.

Symptoms worse For overexertion.



Crystals form when brine and seawater absorb carbon dioxide

SODIUM CARBONATE Sodium carbonate is used worldwide in products such as household cleaners, water softeners, and soap.

SOURCE DETAILS

ORIGIN

Once extracted from the ashes of burned seaweed, but now chemically prepared using sodium chloride, ammonia, and carbon dioxide.

BACKGROUND

Traditionally used in 19th-century Western medicine as a treatment for burns, eczema, catarrh, and vaginal discharges.

PREPARATION

Sodium carbonate is mixed with lactose sugar and triturated to grind it into a powder fine enough to be soluble in water.

COMMON NAMES

Sodium carbonate, soda ash, washing soda.

Exhaustion

SYMPTOMS Nervous fatigue due to overexposure to the sun or overwork. The legs may feel weak and heavy.

Symptoms better For rubbing or pressing on the affected area.

Symptoms worse For heat; for noise; for any exertion.

Natrum chloratum syn. *N. muriaticum*

NAT. MUR.

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

Sodium chloride, the main ingredient of this remedy, occurs naturally as the mineral halite, or rock salt, and in salt water. An essential part of the human diet, deficiency causes fatigue and muscle cramps, while excess intake is thought to exacerbate high blood pressure and heart disease. In conventional medicine salt is administered as saline solution, often to replace fluid loss. *Nat. mur.* was proved and published by Hahnemann in his *Chronic Diseases* (1821–34).

REMEDY PROFILE

Nat. mur. is most suitable for sensitive people who are easily wounded by criticism. They keep a tight rein on emotions, but this can lead to moodiness and self-absorption. Despite a desire for company, they feel awkward in social situations and isolate themselves to avoid being hurt, thus seeming self-reliant and stoic. Inhibition and self-awareness may restrict them: for instance, they may be unable to urinate in a public toilet. They are often conscientious, diligent, and loyal in their relationships.

Suppressing strong emotions such as depression, anxiety, or grief is often a cause of illness. These people hate sympathy and fuss. They are prone to colds, crave salt, and feel worse for stuffy heat, sunshine, eating, physical exertion, and sweating. They may be worse by the seaside.

Colds

Symptoms Profuse, runny catarrh that tends to resemble uncooked egg white and may slip down the throat. There may be a dry, hacking cough.

Symptoms better For fresh air; for bathing in cool water.

Symptoms worse For heat; between 9 a.m. and 11 a.m.

Headaches

Symptoms A hammering, bursting headache or migraine above the eyes, possibly with vision disturbances such as zigzag lines.

Symptoms better For pressure on the eyes; for lying in the dark.

Symptoms worse For heat; for light; for noise; for movement; for reading; between 10 a.m. and 3 p.m.; for menstruating; for sun on the head.

Skin conditions

Symptoms Greasy skin and hair, with dandruff around the hairline. Warts, boils, psoriasis, urticaria (hives), hangnails, and cold sores on the nose and lips may be helped by the remedy.

Symptoms better For fresh air; for bathing in cool water; for perspiring; for fasting.

Symptoms worse For heat; for sunshine; for sea air; after menstruating.

Mouth & throat conditions

Symptoms Cold sores, mouth ulcers, dental abscesses, and gingivitis (bleeding gums). The lips may be cracked and dry, with a split running down the center of the lower lip. The tongue is bright red with a white coating, and has a tendency to develop blisters. Extreme thirst, a bitter-tasting mouth, and halitosis are also typical symptoms. A sore throat may occur, producing white mucus and the sensation of having a lump in the throat.

Symptoms better For fresh air; for fasting.

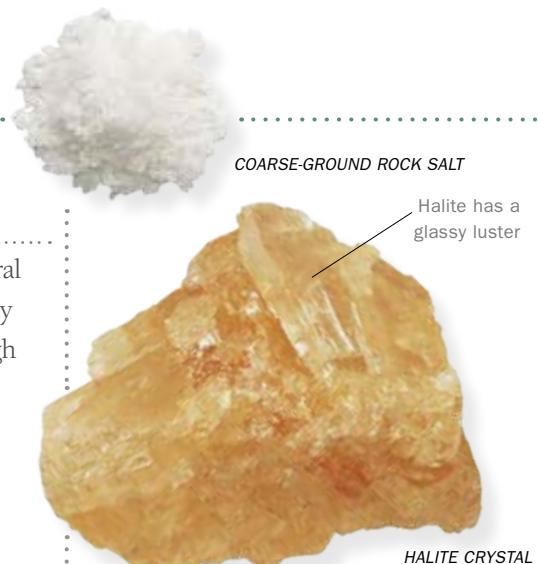
Symptoms worse For heat; for sea air; for emotional stress.

Women's health

Symptoms Vaginal discharge that resembles uncooked egg white, usually due to thrush. Fatigue may develop before and after menstrual periods. Premenstrual syndrome is marked by water retention and severe headaches (see left). Menstruation may be irregular, and shock or grief may stop it entirely. A dry, sore vagina may even lead to vaginismus (painful spasms during sexual intercourse).

Symptoms better For fresh air; for lying on the right side.

Symptoms worse For heat; for emotional stress.



SALT A common source of salt is the mineral halite, also known as rock salt, which forms where ancient saltwater lakes, possibly underground, have evaporated.

SOURCE DETAILS

ORIGIN

Rock salt is obtained from underground sources in the form of halite. Salt is also produced when sea water is evaporated.

BACKGROUND

Historically of immense economic value in trade as a preservative and a condiment, but has had limited medicinal uses outside homeopathy.

PREPARATION

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

COMMON NAMES

Salt, rock salt, sodium chloride.

Digestive disorders

Symptoms Constipation with hard, dry stools, colicky pains with nausea, and possibly anal fissures, rectal bleeding, and backaches. There may be sour belches and a bitter taste in the mouth. Any diarrhea is only evident during the day.

Symptoms better For fresh air; for tight clothing; for lying on the right side; for fasting.

Symptoms worse For heat; for emotional stress; for fuss.

Petroleum rectificatum syn. *Oleum petrae*

PETROLEUM

KEY SYMPTOMS cracked skin • chilliness • aversion to fatty foods • irritability
• offensive-smelling perspiration • person tends to feel worse in winter

Petroleum (from the Latin *petra*, or “rock,” and *oleum*, “oil”) is formed by the decomposition of plant and animal matter in rock sediment deposits on the sea bed. Over time, heat and pressure transform this organic material into petroleum, or crude oil. It is used in the manufacture of many goods, from fertilizers to paints and plastics to explosives. Proved by Hahnemann and published in his *Chronic Diseases* (1821–34), the remedy is prescribed mainly for skin complaints and nausea.

REMEDY PROFILE

Those who are best suited to *Petroleum* can be irritable and argumentative, and may lose their tempers easily. Known for their inability to make decisions, they tend also to be forgetful, which may lead to confusion and disorientation, to the point of losing their way even in familiar streets. A strange sense of physical duality may be experienced, as if their bodies are divided, or not entirely their own.

Symptoms are usually worse during the day and in winter. These individuals generally feel chilly, and prone to offensive-smelling perspiration from the feet and armpits even in cold weather. An aversion to rich, fatty foods is also common. Inhaling petrochemical fumes may aggravate symptoms and cause weakness and irritability.

Petroleum is often given for skin problems such as eczema, psoriasis, and chilblains. It is also used for complaints such as diarrhea, nausea, travel sickness, morning sickness, halitosis, and migraines.

Eczema & psoriasis

SYMPTOMS The skin is dry and leathery with deep cracks, especially on the palms of the hands, the tips of the fingers, and in the folds of the skin—for example, behind the ears or the knees. Extreme itchiness may provoke scratching that causes bleeding and possible infection. The itching tends to be worse at night. There may be psoriasis, with thick patches of scaly, inflamed skin causing great discomfort. In addition, the skin may be prone to cold sores, boils, and chilblains (see right). *Petroleum* is especially appropriate if the symptoms are due to hard manual labor or regular exposure to chemicals.

Symptoms better For warm weather; after eating.

Symptoms worse For the heat of the bed; in winter.

Chilblains

SYMPTOMS Intensely itching, burning skin, especially on the hands, feet, and toes. The skin may be scratched raw, causing a weepy discharge to develop and possibly infection to set in.

Symptoms better For dry weather; for warm air.

Symptoms worse For cold, damp weather; for touch.

Diarrhea & nausea

SYMPTOMS Diarrhea that is present only during the day. Constant, ravenous hunger may even lead to getting out of bed to eat snacks during the night. Hunger increases after a bowel movement, but there is a cutting pain in the abdomen that is worse for eating. An aversion to cabbage, peas, beans, meat, and fatty foods is characteristic. There may be nausea accompanied by vomiting, dizziness, and pressing head pain at the back of the skull (see right). Another associated symptom may be halitosis with a strong odor of garlic.

Symptoms may be linked to morning sickness, travel sickness (see below), or eating disorders such as bulimia nervosa, anorexia nervosa, or other psychological conditions that cause long-term bingeing. **Symptoms better** Temporarily after eating; for passing stools; for bending double.

Symptoms worse For cold weather; for movement; in the morning; when eating.

Travel sickness

SYMPTOMS Nausea and vomiting when traveling, often with a severe headache



PETROLEUM This major mineral resource is used to fuel machinery and vehicles, and in road- and ship-building.

SOURCE DETAILS

ORIGIN

Extracted from deposits, mainly concentrated in the North Sea, the Persian Gulf, and parts of North and South America.

BACKGROUND

Used as fuel in the form of gasoline, kerosene, and diesel. Petroleum jelly is used in conventional medicine as an emollient and protective dressing.

PREPARATION

The remedy is made by distilling purified crude oil or petroleum. This solution is then diluted using sulfuric acid, and succussed.

COMMON NAMES

Petroleum, crude oil, rock oil.

(see below). Nausea may develop upon the slightest movement, with increased salivation.

Symptoms better Temporarily after eating.

Symptoms worse For cold weather; for fresh air; for movement.

Migraines

SYMPTOMS Severe headache, with a sensation of great heaviness at the back of the head. The scalp is sensitive to the cold and to touch. The head may feel sensitive, as if a cold breeze is blowing on it, or numb and wooden. A degree of temporary deafness is a possible associated symptom, and there may be an accompanying feeling of nausea (see above).

Symptoms better For pressure on the temples.

Symptoms worse For cold; for touch; for shaking when coughing.

Phosphorus

PHOSPHORUS

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

Phosphorus was discovered in the 17th century by the German alchemist Hennig Brand. He kept secret his method of extracting it from urine, but it was soon discovered by the Irish chemist Robert Boyle. The name is derived from the Greek *phosphoros*, or “light-bringing,” since the element glows in the dark. From 1669 the unstable, highly toxic white (or yellow) phosphorus was used to make fireworks and matches, but by 1845 it had been replaced by the nontoxic red form. The remedy was proved by Hahnemann and published in his *Chronic Diseases* (1821–34).

REMEDY PROFILE

People who love being the center of attention respond best to *Phosphorus*. Like a match that sparks readily but burns out intensely, they are artistic, expressive, and affectionate, but may offer more than they can sustain. Illness or stress rapidly exhausts their energy, making them lethargic and indifferent toward loved ones, but highly responsive to any sympathy offered. They feel better for short naps. Vague anxieties crystallize into concrete fears when ill, leading to nervous fatigue and tension.

Cravings for salty, spicy, or sweet foods, and cold, carbonated drinks or cold milk are typical. Warm foods or drinks may upset the stomach, as may cold drinks once they have warmed up in the stomach.

Phosphorus is prescribed for circulation problems, bleeding, digestive disorders, chest complaints, and burning pains.

Poor circulation

SYMPOTMS The extremities feel burning hot, yet are cold to the touch. Erratic blood flow may cause a weak pulse, hot flushes, fainting, dizziness, or palpitations. There may be burning neuralgic pain (see right), and a sense of suffocation, possibly triggered by emotion or menopause.

Symptoms better For cold; for massage; for lying on the right side; for sleeping; for eating.

Symptoms worse For lying on the left side; for thundery weather; for emotional stress.

Bleeding

SYMPOTMS Profuse, bright red blood flow, especially from the nose, gums, and lining of the stomach. Menstrual flow may be heavy. The skin bruises easily and anemia may set in.
Symptoms better For cold; for massage; for lying on the right side; for sleeping; for eating.
Symptoms worse For lying on the left side; for thundery weather; for emotional stress.

Digestive disorders

SYMPOTMS Nausea, vomiting, and constipation, often due to food poisoning, stress, stomach ulcers, or gastroenteritis. Other symptoms include a saliva-filled mouth and burning pain in the stomach, or heartburn. Stools are long, ribbonlike, and may be blood-streaked. Ice-cold foods and drinks are craved, but then cause vomiting once they warm up in the stomach.
Symptoms better For lying on the right side; for eating; for cold foods or drinks.
Symptoms worse For lying on the left side; for stuffy rooms; for emotional stress; for warm foods or salt.

Respiratory illness

SYMPOTMS A sore throat and dry, tickly cough, possibly causing retching and vomiting. Phlegm is streaked with dark-red blood. Chest tightness may be due to asthma, bronchitis, or pneumonia. Colds tend to go straight to the chest.
Symptoms better For sitting up; for lying on the right side of the body; for sleep; for cold foods or drinks.
Symptoms worse For lying on the left side; for laughing; for warm foods or drinks.



White phosphorus is volatile and ignites on contact with air

Water prevents element from coming into contact with oxygen, which would cause spontaneous combustion

PHOSPHORUS Overexposure to the white form of the element can be deadly, since it is highly toxic.

SOURCE DETAILS

ORIGIN

A pale yellow element with a distinct odor, occurring in the mineral calcium phosphate in volcanic regions. The main deposits are found in North Africa.

BACKGROUND

Used medicinally for headaches, pneumonia, measles, rheumatic pain, malaria, and epilepsy until the 19th century, when its toxic nature became widely known.

PREPARATION

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

COMMON NAMES

Phosphorus, white phosphorus, yellow phosphorus.

Burning pains

SYMPOTMS Burning neuralgic pains in the limbs, spine, or stomach, possibly with pins and needles and numbness, especially in the limbs, spine, or shoulder blades.

Symptoms better For cold compresses; for massage.

Symptoms worse For windy weather; for emotional stress.

Platinum metallicum

PLATINA

KEY SYMPTOMS high expectations • hypersexuality • numbness • sense of constriction, as if bandaged • person feels better in the open air

The Chibcha Indians of Columbia were the first people recorded as using platinum, in 1735. Its name derives from the Latin *platina*, meaning “little silver.” Today it is considered more valuable than gold or silver, and plays a key role in modern technology. A costly, malleable metal, platinum is fashioned into coinage, jewelry, surgical instruments, and dental alloys. It is used industrially to refine oil and reduce pollution from exhaust fumes. The homeopathic remedy was proved by Drs. Staph and Gross, two pupils of Hahnemann, and published in the latter’s *Chronic Diseases* (1821–34).

REMEDY PROFILE

Chiefly a remedy for women, *Platina* is best suited to those who tend to be haughty and passionate. High expectations set for themselves and their partners are frequently not met, causing disappointment. They often dwell on the past, and may feel that others have deserted them. A sense of isolation may lead them to become independent and introspective. Narcissistic tendencies are accompanied by a feeling that they deserve the very best of everything. If this is denied them, they may become rather arrogant and depressed. Weeping may bring relief. Curiously, objects often appear to these people to be smaller than they actually are.

Platina suits those with alternating emotional and physical symptoms. Any pain increases and decreases slowly. Secretions such as menstrual blood and tears tend to be sticky. The libido is often high. *Platina* is used for sexual and menstrual problems in women, and nervous-system disorders in both men and women.

Menstrual problems

SYMPOTMS Heavy, brief, or absent menstruation. Heavy menstrual flow may contain blood clots. There may be painful uterine cramps that are worse as menstruation begins, with a sense of constriction and numbness in the lower abdomen. Pain may also be felt around the ovaries.



PLATINUM GRAINS



PLATINUM DEPOSITS IN ROCK Platinum deposits are silvery-gray to white. Unlike many metals, platinum does not corrode.

SOURCE DETAILS

ORIGIN

Usually forms as grains in or by nickel deposits. Found mainly in South America, but also in Canada and Russia.

BACKGROUND

Given as a remedy for treating syphilis in the 19th century, but not otherwise widely used until the 20th century.

PREPARATION

Grains of platinum are boiled in acid, washed, and dried. They are then triturated with lactose sugar.

COMMON NAME

Platinum.

Head & facial pain

SYMPOTMS Pain and a sense of constriction in the head that builds up and disappears slowly. There may be neuralgic pains in the face that alternate with numbness, or painless paralysis of the face due to Bell's palsy.

Symptoms better For walking in the open air; for movement.

Symptoms worse For touch; for bending backward.

Symptoms better For walking in the open air; for sunshine; for stretching.

Symptoms worse For touch; in the evening; for emotional stress; for nervous fatigue.

Oversensitivity of the female genitalia

SYMPOTMS Hypersensitive vulva and vagina during and between menstrual periods that may cause rapid stimulation during sexual intercourse, or else extreme pain and even fainting. The vaginal muscles may spasm involuntarily (vaginismus). There may be genital itching, a high libido, and a tendency to masturbate. The pain is intermittent, not necessarily occurring every time sexual intercourse takes place, but tends to be worse as menstruation begins. It can make vaginal examination and wearing a sanitary towel or tampon highly uncomfortable.

Symptoms better For walking in the open air; for sunshine; for stretching..

Symptoms worse For touch; in the evening; for emotional stress; for nervous fatigue.

Numbness & cramps

SYMPOTMS Cold, numb skin, cramps in the calves, and a constricted feeling in the limbs, especially the thighs, as if the limbs are tightly bandaged.

Symptoms better For walking in the open air; for sunshine; for stretching.

Symptoms worse For touch; in the evening; for emotional stress; for nervous fatigue.

Plumbum metallicum

PLUMBUM MET.

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

Although lead has been widely used since Roman times, its toxicity was not recognized until the 20th century. It is now banned from paints to prevent children from being poisoned by chewing lead-based toy or crib paint, and was phased out of gasoline because of fears that it may impair mental development in children. Physical symptoms of lead poisoning include wrist drop and colicky abdominal pains. *Plumbum met.* was proved by Drs. Hering, Hartlaub, Trinks, and Menning, and published in Allen's *Encyclopedia of Pure Materia Medica* (1874–79).

REMEDY PROFILE

While the profile for *Plumbum met.* is associated mainly with physical symptoms, irritability, timidity, restlessness, apathy, anxiety, and depression are all psychological factors that may be linked to *Plumbum met.* The emotional traits may begin in childhood: children suited to the remedy are restless, with a weak memory and emotional instability. Adults who respond best to *Plumbum met.* have a tendency to be self-centered, with self-destructive impulses. They may have a strong sense of order.

There may be difficulties in perception, a reduced ability to express thoughts, and memory loss. These symptoms show a lack of emotional pliability that may be echoed by a loss of physical flexibility. Thus the remedy is given for sclerotic (tissue-hardening) conditions such as arteriosclerosis, which thickens and hardens arteries, and Dupuytren's contracture, a disorder affecting one or both of the hands, in which one or more fingers become fixed in a bent position.

Neurological conditions

SYMPTOMS Spasms, trembling, and muscle weakness (see right). The joints may be rigid and, between spasms, movement is slow. If the sensory nervous system is affected, there may be vision disturbances and a loss of feeling, so that external sources of pain, such as the heat of an oven or pin-pricks, are not felt. These symptoms may indicate a progressive neurological disorder such as multiple sclerosis or Parkinson's disease. Symptoms may also occur after a stroke

(often due to arteriosclerosis blocking the blood supply to the brain—another example of the thickening and hardening traits linked to the remedy), possibly with pain or paralysis in a limb. *Plumbum met.* is also used for neuralgic pains that appear suddenly and radiate in all directions or shoot from the toes to the hips.

Symptoms better For warmth; for massage or pressure on the affected area.

Symptoms worse At night; for movement.

Muscle weakness

SYMPTOMS Weakness, spasms, and trembling in the muscles, which feel tired, heavy, and aching. There is a sense of retraction—for example, as if the eyes are being pulled back into the head or the testicles or penis are being pulled up into the body. There may be wrist drop due to weakness in the wrist muscles.

Symptoms better For warmth; for massage or pressure on the affected area.

Symptoms worse At night; for movement.

Constipation

SYMPTOMS Colicky pains in the stomach and constipation. There is a constant urge to defecate, but often only small, black, ball-shaped stools are passed. Painful urine retention and a sensation as if the navel is being pulled into the backbone are further possible symptoms.

Symptoms better For warmth; for bending double; for firm pressure on the abdomen; for massage of the abdomen.

Symptoms worse For fasting; in the evening and at night; for movement.



GALENA

Galena forms as perfect cubic shapes with well-defined steps

LEAD Usually mined as galena, a common lead ore, lead is widely used but highly toxic. Inhalation or swallowing particles of lead can harm the nervous system.

SOURCE DETAILS

ORIGIN

Most commonly occurring in galena, a lead ore which is found in Australia, the US, Africa, and Europe.

BACKGROUND

Soft and malleable, and has been used to make everyday objects, from plumbing to hairpins, since Roman times.

PREPARATION

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

COMMON NAME

Lead.

Dupuytren's contracture

SYMPTOMS Thickened and shortened tissues or tendons in the fingers or the palms of the hands. One or more fingers may become fixed in a bent position. Either or both hands may be affected.

Symptoms better For massage of the affected area.

Symptoms worse For trying to grasp smooth objects.

Silicea terra syn. *Acidum silicum*

SILICA

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

Silica is a form of the nonmetallic element silicon, which is one of the major elements of Earth's crust and a vital constituent in the structure of plants. In the human body, it strengthens teeth, hair, and nails and is also found in connective tissue. *Silica*, proved by Hahnemann in 1828 and given more for slow-developing conditions than for acute ailments, has the unusual feature of reputedly being able to help expel foreign bodies such as splinters from the skin.

REMEDY PROFILE

People who respond best to *Silica* typically lack mental and physical stamina. Their overconscientious attitude to work can often lead to exhaustion or insomnia. They may feel anxious and "in two minds" about things, and fear pointed objects, such as needles. Their outlook and aspirations are limited by fear of failure. Very shy as children, they are self-conscious and unassertive as adults, but can be extremely stubborn and may relieve their frustrations on subordinates.

Chilliness is a typical physical symptom, along with a marked tendency for profuse, smelly sweat. Digestive problems and a weakened bone structure, due to poor absorption of food and undernourishment, may occur, along with recurrent infections caused by a weak immune system. Skin and bone problems are slow to heal and any wounds tend to suppurate.

Many symptoms appear at an early age: the fontanelles (membrane-covered spaces between the bones of a baby's skull) close slowly, for instance, and the bones and teeth form more slowly and are weaker than those of other children.

Skin, teeth, nail & bone conditions

SYMPTOMS Slow eruption of teeth, wisdom teeth problems, and defects in skin, hair, and nails, due to poor absorption of minerals in the diet. Brittle, distorted, infected nails and ingrown toenails are also common symptoms. Wounds, even scratches, suppurate and heal slowly; abscesses may form anywhere, including in the roots of teeth. There may be itchy scars or keloids after larger wounds,

persistent acne, and copious, smelly sweating. Backaches are common; brittle, poor-quality bones are slow to mend if broken; and there may be curvature of the spine.

Symptoms better In summer; for lying down; for being well wrapped up.

Symptoms worse For cold and damp; when menstruating; for pressure on the painful area.

Ear, nose & throat conditions

SYMPTOMS Recurrent colds, swollen glands, ear infections, and tonsillitis leading to quinsy (abscess on the tonsil). Chronic catarrh may cause sinusitis, and glue ear (fluid in the middle ear) may cause earaches and hearing problems.

Symptoms better For lying down; for being well wrapped up; for warm drinks.

Symptoms worse For cold and damp; for drafts; for suppressing perspiration.

Coughs

SYMPTOMS A persistent, dry, irritating cough that takes the form of severe, exhausting coughing bouts. Inflammatory conditions such as bronchitis may be accompanied by foul-smelling sputum.

Symptoms better For being well wrapped up; for lying down; for warm drinks.

Symptoms worse For cold and damp; for drafts; for suppressing perspiration.

Digestive disorders

SYMPTOMS A weak digestive system, with intolerance of particular foods, especially fat and milk; in babies this may even include mother's milk. There may be poor absorption of essential minerals into the body, and a preference for cold foods. Symptoms may include constipation, with an inability to expel stools so that they slip back into the rectum,



FLINT



SILICON DIOXIDE

SOURCE DETAILS

ORIGIN

Hahnemann prepared *Silica* from mountain crystal; homeopaths later made it from flint. Chemically prepared silicon dioxide (silica sand) is now used.

BACKGROUND

Used as silica sand in industry in the making of cement and concrete, as well as ceramics and glass. It is also used to grind and polish glass and stone.

PREPARATION

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

COMMON NAMES

Silica, flint, quartz, rock crystal.

which may develop painful cracks (fissures) or abscesses. Painful abdominal cramps and smelly flatulence are other symptoms.

Symptoms better In summer; for being well wrapped up.

Symptoms worse For cold and damp; at a new moon; for suppressing perspiration.

Headaches

SYMPTOMS Severe pain, starting at the back of the head and extending over to the forehead, with dizziness and visual disturbance.

Symptoms better For warmth; for closed eyes; for dark, quiet rooms; for wrapping the head.

Symptoms worse For cold; for light; for noise.

Stibium sulphuratum nigrum syn. *Antimonium crudum*

ANTIMONIUM CRUD.

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

Antimony occurs naturally in crystalline form as the mineral stibnite, which was used (as kohl) by women in ancient Rome and the Middle East as a cosmetic. Prepared chemically for various industrial purposes, it is often used to coat the tips of matches, since it ignites when struck against red phosphorus. The homeopathic remedy was proved by Hahnemann and his colleague, Caspari, in 1828. It is prescribed primarily for skin problems and digestive disorders.



STIBNITE

REMEDY PROFILE

Antimonium crud. is associated with sentimental people who yearn for the past. They can be withdrawn, sulky, irritable people, prone to experiencing grief, serious depression, or despondency after a failed romance. They often dislike being touched or even spoken to. When ill, children who fit this profile cannot bear being looked at and have a tendency to cry. Both adults and children of this disposition may have insatiable appetites, yet in some cases there is a strong aversion to food, which can eventually lead to emaciation.

Typical physical symptoms include recurring digestive problems and the appearance of a thick, white coating on the tongue. The feet tend to be sensitive and prone to ailments such as corns and calluses, which make walking painful.

Antimonium crud. is typically prescribed for certain skin conditions and infections, as well as for toothaches, digestive problems, and gout.

Skin & nail conditions

SYMPOTMS Calluses, warts, and corns that may form on the hands, under the fingernails (especially if the nails are damaged), on the soles of the feet, and on the tips of the toes. The skin may thicken, chap, or roughen easily, and cracked patches may form, particularly around the nostrils and the corners of the mouth. The nails may split repeatedly.

Symptoms better For rest; in the evening.

Symptoms worse For cold; for strong heat; for touch.

Skin infections with a rash

SYMPOTMS A rash on the trunk, arms, and legs, inside the mouth or, in the case of chicken pox, behind the ears, with mild fever. There may be eczema, urticaria (hives), or rashes that resemble measles, with itching that becomes worse in a warm environment such as a bed. Fluid-filled blisters, often due to impetigo, may appear in patches, usually around the nose and mouth.

Symptoms better For rest; in the evening.

Symptoms worse For cold; for strong heat; for touch.

Toothache

SYMPOTMS Persistent, gnawing toothache, usually caused by decaying teeth. The pain can extend to the head.

Symptoms better For fresh air; for rest.

Symptoms worse At night; for eating; for cold foods and drinks.

Digestive disorders

SYMPOTMS Indigestion, with belching, nausea, and possibly vomiting of bile. The abdomen feels either bloated or empty, and stomach ulcers may have formed. Diarrhea alternates with constipation. The tongue has a thick, white coating, and there may be a headache. The digestion is highly sensitive, yet there may be cravings for sour foods that aggravate it, such as pickles, vinegar, and wine. Overindulgence and pregnancy often trigger the symptoms. The remedy is given to babies who vomit breast milk and will not suckle, or to their mothers.

See also Toothaches, page 232; Indigestion, page 234; Skin, page 240

ANTIMONY This substance can be derived from the prismatic crystals of stibnite, which are opaque with a metallic luster.

SOURCE DETAILS

ORIGIN

Found naturally in the mineral stibnite, which forms as crystals in quartz veins throughout many parts of the US and Europe.

BACKGROUND

Used to treat horses with damaged hooves, and to fatten pigs and cattle. Industrially, used to purify gold and to line brass instruments.

PREPARATION

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

COMMON NAMES

Antimony, black sulfide of antimony.

Symptoms better For rest.

Symptoms worse During the night; for touch; for sour or starchy foods; for cold foods and drinks.

Gout

SYMPOTMS Inflammation and redness in affected joints (often in the big toe). Joint pain impedes walking if the leg or foot are affected. A mild fever may set in, and there may be unease and restlessness, with tense and jumpy muscles.

Symptoms better For rest.

Symptoms worse For cold; for strong heat; for touch.

Sulfur

SULFUR

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

In the 9th century BCE the Greek poet Homer used vapors of burning sulfur to purify his house. Long used in Chinese and Western medicine for skin problems and as an antiseptic, sulfur was also given to generations of children in the West as brimstone and treacle, a popular tonic to “cleanse” the blood and keep the bowels regular. Hahnemann proved the remedy and published it in his *Materia Medica Pura* (1821–34). It is used chiefly for skin and digestive complaints.

REMEDY PROFILE

Those best suited to *Sulfur* are imaginative and inventive, but inept practically. A key problem is being unable to channel their disorganized, philosophical thoughts, which tend to spin off in different directions. With a strong desire for recognition, they may expend a great deal of energy on ideas and speculations, but fail to harness it, losing resolve and appearing egocentric and lazy. Friends are exasperated by their impatience, irritability, and self-absorption, yet charmed by their generosity, naivety, and good humor.

Sensitive to warmth, these people have a tendency to become overheated and strip off layers of clothing. Sweat, stools, and other discharges are often strong-smelling. Heat, eating, standing, and washing usually aggravate symptoms.

Sulfur is prescribed to treat a broader range of ailments than any other remedy in the homeopathic repertory. It is also given to any type of person to boost vitality and clear up lingering illnesses.

Skin conditions

SYMPTOMS Patches of itchy, red, weepy skin, but generally dry, dirty-looking skin. *Sulfur* is used for many skin problems, including diaper rash, cradle cap, acne, psoriasis, eczema, ringworm, and scabies.

It is given for bacterial infections such as erysipelas, cellulitis, impetigo, and boils; for viral infections such as oral and genital herpes; and for measles and chicken pox.

Symptoms better For fresh, warm, dry air; for lying on the right side.

Symptoms worse For a stuffy environment;

for being in a hot bed; for scratching; for wearing wool; for washing.

Digestive disorders

SYMPTOMS A bloated stomach with burning pains, belching, flatulence, indigestion, and a tendency to regurgitate food. Any vomiting or diarrhea is worse at 5 a.m., and typically alternates with constipation. The anus is sore and itchy after passing stools, and may develop hemorrhoids. Hunger pains and a sinking feeling in the stomach may strike at around 11 a.m. Discharges such as stools and flatulence have an offensive smell.

Symptoms better For cold foods and drinks; for flatulence.

Symptoms worse For overexertion; for milk.

Women's health

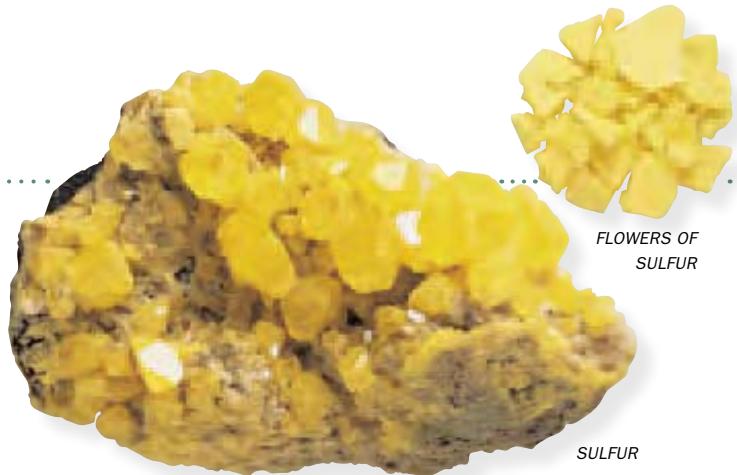
SYMPTOMS Painful or irregular menstruation, with a burning feeling in the vulva and vagina. The vagina may itch, and there may be a white or yellow discharge that is typically due to thrush. There may be headaches, irritability, and insomnia that are linked with premenstrual syndrome. *Sulfur* may ease the burning pain of cystitis, and help treat menopausal dizziness, hot flushes, and strong-smelling sweats, particularly if these symptoms are accompanied by vaginal itching.

Symptoms better For fresh, warm, dry air; for lying on the right side.

Symptoms worse For a stuffy environment; at night.

Men's health

SYMPTOMS Impotence or erectile failure accompanied by sharp pains in the penis and



SULFUR The mineral is refined into flowers of sulfur which, when burned, produce sulfur dioxide, a powerful disinfectant.

SOURCE DETAILS

ORIGIN

Produced by volcanic activity, and found near hot springs and volcanic craters in Sicily and the US, and on the Italian peninsula.

BACKGROUND

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

PREPARATION

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

COMMON NAMES

Sulfur, flowers of sulfur, brimstone, sublimated sulfur.

itching in the tip of the penis. Penis or prostate inflammation may be helped by the remedy.

Symptoms better For fresh, warm, dry air; for movement.

Symptoms worse For heat; at night; for rest.

Respiratory illness

SYMPTOMS A dry, sore throat with a choking feeling, swollen tonsils, and hoarseness. Colds and coughs are marked by thick, smelly, yellow or green catarrh. Coughing disrupts sleep. Colds may develop into bronchitis, pleurisy, or pneumonia with chest pains.

Symptoms better For open air; for dry heat; for lying on the right side.

Symptoms worse At night; in the morning; for reclining.

Tartarus stibiatus syn. Antimonium tartaricum

ANTIMONIUM TART.

KEY SYMPTOMS

- increasing weakness
- dislike of physical examination
- lack of thirst

Alchemists called this compound “tartar emetic,” and it was traditionally prescribed as a powerful emetic. Known as the “prince of evacuants,” it caused severe vomiting and was taken to expel intestinal worms. The remedy *Antimonium tart.* was proved in various separate trials by Drs. Hahnemann, Staph, and Hencke, and published in Allen’s *Encyclopedia of Pure Materia Medica* (1874–79). It is commonly prescribed for strength-sapping illness in the young or elderly.

REMEDIY PROFILE

Antimonium tart. is appropriate for rather attention-seeking people who respond well to rest, comfort, and reassurance. The remedy also suits children who tend to complain unless they are carried around.

Illness often exhausts these individuals, making them feel restless, generally apathetic, and drowsy. Their energy levels may be so low that they are unable to cough up mucus and seem in danger of suffocating in their own secretions. They become irritable and averse to being bothered or disturbed by others, and dislike being touched or examined.

Typical symptoms include a lack of thirst, and profuse, cold sweat. *Antimonium tart.* is used for chest complaints, such as whooping cough, that are marked by the sound of mucus rattling in the chest. It is also given for headaches, nausea and vomiting, and skin problems such as acne, impetigo, and chicken pox.

Respiratory illness

SYMPTOMS Severe respiratory infection or chronic bronchitis with wheezing and rattling in the throat and chest due to a build-up of mucus. Coughing up mucus becomes difficult due to severe fatigue. Fits of coughing may alternate with gasping or rapid, shallow breathing accompanied by a sensation of suffocation. Symptoms may be aggravated by irritability or anger.

Symptoms better For cold air; for sitting up; for coughing up mucus.

Symptoms worse For warmth; for damp and cold; for lying down; for movement.

Whooping cough

SYMPTOMS Breathlessness and coughing spasms primarily in infants, followed by sleep or nausea

and vomiting (see below). Mucus causes congestion and a rattling sound in the chest.

Symptoms better For sitting up; for coughing up mucus; for vomiting.

Symptoms worse For warmth; for being too hot or cold; for lying down; for movement; for tantrums; for milk.

Nausea

SYMPTOMS Persistent nausea with trembling, weakness, and fainting. The nausea seems to center in the chest or may be felt as a weight on the chest; it may be accompanied by coughing. There may be vomiting, ineffectual retching, and a thick, white coating or red streaks on the tongue.

Symptoms better For cold air; for sitting up; for belching; for vomiting.

Symptoms worse For warmth; for damp and cold; for lying down; for movement.

Skin conditions

SYMPTOMS Pustular skin eruptions that leave a purplish mark when healed. There may be warts, or acne with pea-sized pustules. Small, fluid-filled blisters and reddened skin may be caused by impetigo.

Symptoms better For cold air; for sitting up.

Symptoms worse For bathing in cold water; in the evening; for lying down.

Chicken pox

SYMPTOMS Large, blistering, bluish skin eruptions that leave a purple scar. The remedy is particularly apt when the skin symptoms have not developed strongly, but associated chest or digestive symptoms have appeared, such as a chesty cough with rattling mucus, or diarrhea. The tongue is coated white, and there may be extreme irritability.

Symptoms better For cold; for coughing up mucus.



Crystals of antimony potassium tartrate are poisonous

ANTIMONY POTASSIUM TARTRATE This compound is commonly used as an insecticide and fix to bind dyes to textiles and leather.

SOURCE DETAILS

ORIGIN

Prepared by combining potassium tartrate with oxide of antimony, which is formed by the reaction of moist air and antimony (see page 98).

BACKGROUND

Traditionally used for medicinal purposes in the West for treating intestinal worms and fungal infections, and as an expectorant.

PREPARATION

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

COMMON NAMES

Antimony potassium tartrate, tartar emetic.

Symptoms worse For warmth; for bathing in cold water; for becoming heated in bed; in the evening; for lying down.

Headaches

SYMPTOMS Pain as if a tight band is constricting the head, heightened by coughing. There may be weariness, and a longing to close the eyes.

Symptoms better For open air; for bathing in cold water; for movement.

Symptoms worse For warmth; at night; in the morning; for overeating.

Zincum metallicum

ZINC. MET.

KEY SYMPTOMS nervous fatigue or exhaustion • restless feet

- twitching and trembling • person feels better for expelling discharges and developing skin eruptions

A soft, blue-white metal that does not corrode, zinc is used to make galvanized roofing and alloys such as brass, a melding of copper and zinc that is used for many purposes, including musical instruments. Zinc stimulates the production of many proteins in the body and is a vital trace element. In conventional medicine, zinc oxide cream is applied to ulcers, and given as a supplement for tetanus, neuralgia, and convulsions. The remedy was proved by Hahnemann in 1828.

REMEDY PROFILE

Hard-working individuals who find it hard to relax are most suited to *Zinc. met.* They take on too much responsibility, then become stressed. A state of nervous excitement follows, which makes them sensitive, especially to noise, irritable, and carping. This overstimulation saps their vitality and can lead to mental and physical exhaustion.

These people tend to be forgetful, feel the cold keenly, are prone to anemia, and are notorious for complaining when ill. Symptoms tend to worsen at night, and twitching persists during sleep. Drinking alcohol, especially wine, and eating also aggravate symptoms, which tend to improve after expelling natural discharges via urination, defecation, and menstruation.

Typical physical symptoms are extreme fatigue, weakness, and restless, twitchy, trembling limbs, particularly the legs. The remedy is used for these conditions, for nervous and urogenital disorders, and for itchy skin eruptions with fatigue and twitching limbs.

Nervous exhaustion

SYMPOTMS A state of collapse due to overwork, stress, or overstimulation, marked by mental and physical weakness. The mind is either excitable or confused and slow—if asked a question, the person may repeat it once or twice before its meaning sinks in. Bursting headaches may be a feature (see right). There may be incessant trembling in the limbs due to weakness, and restless feet in constant motion. The soles of the feet may feel painful.



Sphalerite takes the form of black crystals

ZINC This trace element, found in sphalerite, is vital for a healthy body, although excess consumption can cause anemia, weaken the immune system, and impair the healing process.

SOURCE DETAILS

ORIGIN

Refined from the ore sphalerite, formed in hydrothermal mineral veins in South America, the US, and Australasia.

BACKGROUND

Used traditionally as an antiseptic and astringent in calamine and other lotions, and now in sunscreens to block UV rays.

PREPARATION

Zinc is heated and then ground into a fine powder. This is followed by trituration with lactose sugar.

COMMON NAME

Zinc sulfide.

infections such as chicken pox, measles, and German measles may also be helped by *Zinc. met.* if the rash is slow to appear, if the child is mentally and physically weak, and if there is involuntary twitching.

Symptoms better For allowing the rash to weep and discharge its fluids; for movement.

Symptoms worse For noise; for touch; at night.

Headaches

SYMPOTMS Pounding, bursting, possibly one-sided pain in the forehead or the temples, due to overwork or nervous exhaustion (see left).

Symptoms better For fresh air; for movement.

Symptoms worse For noise; for touch; for wine.

Eczema & viral skin infections

SYMPOTMS Red, itchy, weepy, or crusty patches of eczema, particularly on the insides of the limb joints. Childhood viral



MAJOR ANIMAL REMEDIES

THIS SMALL BUT IMPORTANT COMPONENT OF
THE HOMEOPATHIC MATERIA MEDICA INCLUDES
REMEDIES MADE FROM ANIMALS, INSECTS,
ANIMAL PRODUCTS OR SECRETIONS, AND
STERILIZED BACTERIA TAKEN FROM DISEASED
TISSUE. THE MAJOR ANIMAL-BASED REMEDIES
ARE FEATURED IN THIS SECTION.

Apis mellifera

APIS

KEY SYMPTOMS burning, stinging pains

- swelling of affected areas • allergic reactions
- anxious restlessness • jealousy

A 9,000-year-old cave painting depicting a figure taking honey from a hive is the oldest record of our relationship with the honey bee. Bees provide us with more than just honey; however: beeswax is refined and used in ointments and polishes; propolis (a resin collected by bees from tree buds) is used medicinally; and royal jelly is taken as a nutritional supplement. The homeopathic remedy, proved in 1852 by Dr. Frederick Humphries, is often used to treat insect bites and stings.

REMEDIY PROFILE

Homeopaths easily recognize people likely to benefit from *Apis* because, in some ways, their behavior echoes that of bees. They tend to be fussy, restless, irritable types who are hard to please. Frantic hours spent cleaning and sorting, sometimes clumsily, often accomplish little. A vulnerable side reveals oversensitivity, sadness, weepiness, and an aversion to being alone. This need for company gives this type of person a reputation as a “queen bee” who organizes everyone. They reserve a sting in their tails for those who upset them. Fiercely territorial, they can be highly jealous or suspicious of newcomers.

Apis is prescribed generally for symptoms that start on the right side and move to the left side. Ailments treated with *Apis* include urticaria (hives), insect bites or stings, and burns. It is used for urinary infections such as cystitis, and for edema or urine retention, especially in newborn babies. Inflammation of the eyes, mouth, or throat, and fever may also be helped.

Urticaria, bites & stings

SYMPTOMS The skin is itchy, swollen, and highly sensitive to touch, with stinging pain. It may be puffy and blotchy, with raised bumps that seem full of water. Urticaria may develop after a chill or fever (see right).

Symptoms better For cool surroundings; for washing; for cold compresses on the skin.

Symptoms worse For heat; for hot, stuffy rooms; at night; for touch or pressure on the affected area.

**Cystitis**

SYMPTOMS Burning, stinging pain in the urethra and bladder on passing urine. The need to urinate is frequent, but only meager amounts of urine are passed. Kidney inflammation with puffy eyes and a lack of thirst may also respond to *Apis*.
Symptoms better For cool surroundings.
Symptoms worse For heat; for pressure on the bladder.

Edema

SYMPTOMS Swelling of body tissues due to fluid retention. The swelling may be associated with arthritis (accompanied by the typical burning or stinging pain), meningitis, pleurisy, or peritonitis.
Symptoms better For cold compresses on the affected area.
Symptoms worse For heat; for touch or pressure on the affected area.

Inflammation of the eyes, lips, mouth, or throat

SYMPTOMS Inflammation of the eyes, mouth, or throat. The eyes are red, sore, and sensitive to light. They may water profusely with hot tears. The mouth and throat are swollen, and are subject to burning pains. Any swelling in the throat may obstruct breathing. There is a marked lack of thirst.
Symptoms better For cold compresses on the affected area; for inhaling cool air.
Symptoms worse For heat; for hot, stuffy rooms; for sleep; for touch or pressure on the affected area.

HONEY BEE Carried only by the female bee, the stinger can cause constriction of the airways or even collapse in people who are allergic to its poison.

SOURCE DETAILS**ORIGIN**

Made from the native European honey bee, which can today be found throughout Europe and in Canada, the US, and many other countries.

BACKGROUND

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

PREPARATION

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

COMMON NAME

Honey bee.

Fever

SYMPTOMS Fever with a total lack of thirst and possible sore throat. There may be a severe headache with stabbing pains, in which the head feels hot. There may also be chills, and the skin is dry and sensitive.

Symptoms better For cool surroundings; for uncovering; for cold compresses.

Symptoms worse For heat; for hot, stuffy rooms; for sleep; for touch or pressure on the affected area.

Cantharis vesicatoria syn. *Lytta vesicatoria*

CANTHARIS

KEY SYMPTOMS burning, cutting pains • urine that passes in drops • very high libido with urinary problems • violent behavior • person feels worse for coffee

The iridescent body of this beetle contains an irritant called cantharidine, which has a long, if dubious, reputation in traditional medicine, due in part to its alleged aphrodisiac properties. If taken in large doses, cantharidine is a powerful poison that attacks the urinary system. It causes vomiting, diarrhea, burning pain in the stomach and throat, and kidney damage, and can lead ultimately to death. The remedy *Cantharis*, proved by Hahnemann in 1805, is given for complaints accompanied by burning pain.

REMEDY PROFILE

Those who benefit most from *Cantharis* usually have high sex drives, which may become uncontrollable during certain illnesses. They can be restless, querulous, and difficult to get along with when ill. Irritability or insolence can even explode into paroxysms of violence or rage. In extreme cases, this may escalate into psychological problems such as intense mental confusion or mania.

Cantharis is prescribed for conditions that deteriorate very rapidly. Typical symptoms are loss of appetite, burning pain in the throat or stomach, and raging thirst with an aversion to drinking, since even a small amount of water makes the bladder pain worse.

Burning cystitis and urinary tract inflammation are the main disorders for which *Cantharis* is used. Tenderness in the area of the kidneys, renal colic, kidney inflammation such as nephritis and pyelonephritis, and some other urinary disorders may also be eased by the remedy. It is given for sunburn, scalds, and burns if the skin has blistered, and is also used for insect bites and stings. Some digestive-tract disorders, such as gastritis, severe diarrhea, or dysentery, may respond to the remedy, as may an excessive libido.

Severe cystitis

SYMPTOMS Constant, urgent desire to urinate, with violent, spasmotic pains in the lower abdomen. Urine is scanty, hot, and bloody, and is passed drop by drop, with violent burning or cutting pains in the bladder and urethra. After urinating there is a sensation that the bladder is not actually empty. There

may be long-term urine retention, which results in a loss of muscle tone in the bladder. Inflammation of the genital area may overly stimulate the libido (see below).

Symptoms better For warmth; at night.

Symptoms worse Before, during, and after urination; for coffee; for cold drinks.

Burns & scalds

SYMPTOMS Burns, sunburn, and scalding, if the skin blisters. *Cantharis* is also prescribed for blisters that resemble burns.

Symptoms better For cold compresses on the affected area.

Symptoms worse For warmth; for touch.

Insect bites & stings

SYMPTOMS Unusually sharp pain at the site of a sting or bite, which has a black center. Anger, restlessness, excitability, or aggravation may also be evident after the bite or sting.

Symptoms better For cold compresses on the affected area.

Symptoms worse For warmth; for coffee.

Gastritis, diarrhea & dysentery

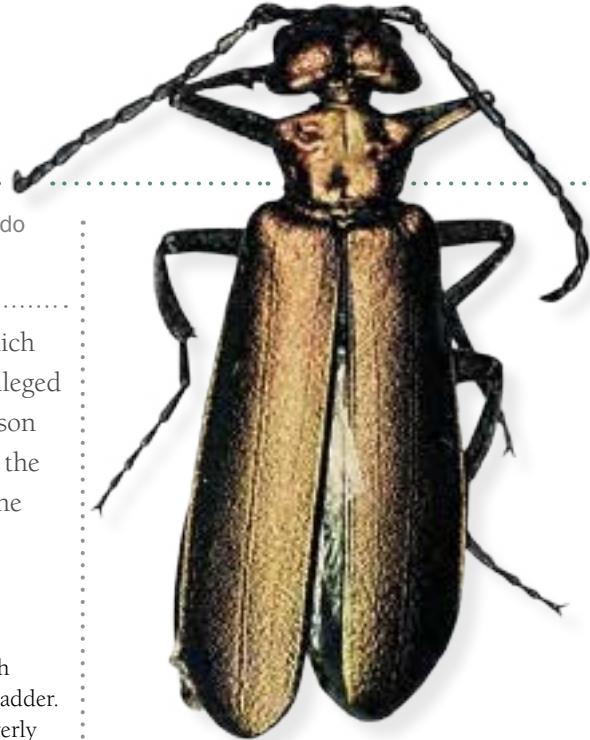
SYMPTOMS Violent, burning pain, distended abdomen, and possibly diarrhea accompanied by a scalding sensation. There may be an urge to empty the bowels when urinating, a loss of appetite, and irritability.

Symptoms better For warmth; for doubling over; at night.

Symptoms worse During urination; for drinking.

Excessive libido

SYMPTOMS Uncontrollable, inappropriate sexual arousal. An inflamed genital area, due



SPANISH FLY As a form of defense, this beetle secretes cantharidine if touched. This active chemical causes the skin to blister.

SOURCE DETAILS

ORIGIN

Found in southern Europe, notably in Spain and southern France, as well as in western Asia. Feeds on the leaves of white poplar, ash, privet, elder, and lilac trees.

BACKGROUND

Traditionally used for warts, baldness, arousing the libido, and inducing miscarriage. The Greek "father of medicine," Hippocrates, advocated Spanish fly for dropsy in the 5th century BCE.

PREPARATION

Whole, live beetles are killed by heating. They are then macerated in alcohol and left to stand for five days, before being filtered, diluted, and succussed.

COMMON NAMES

Spanish fly, blister beetle.

to urinary tract infection, may stimulate sexual activity (see left). Sexual fantasies may be strong enough to disturb sleep.

Symptoms better For warmth; for rest; for rubbing the genitalia.

Symptoms worse During urination; during sexual intercourse.

Carcinosinum

CARCINOSIN

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

This homeopathic remedy is made from cancerous tissue, usually obtained from the breast. Cancer is the second most common cause of death in the Western world (after heart disease). The development of a homeopathic remedy derived from cancerous tissue is attributed to two British homeopaths, Dr. Compton Burnett and Dr. Clarke, who first proved the remedy in the late 19th century. Its uses have widened considerably following work by Dr. D. M. Foubister of the Royal London Homeopathic Hospital and research published by the US homeopath Dr. J. Shore in 1989. *Carcinosin* is thought to be particularly beneficial for noncancerous conditions in people who have a strong family history of cancer.

REMEDY PROFILE

Carcinosin is best suited to people who were shy, oversympathetic, and hypersensitive during childhood. Such children typically suppress their emotions, dislike being criticized or scolded, and are easily offended. During puberty they may find it difficult to contain their sexual feelings. As adults, they tend to be passionate, and often become workaholics, continually pushing themselves to the limit. They may have a great desire for travel and excitement. Their yearning for deep fulfilment may lead to exhaustion and illness.

People who benefit most from the remedy may have a strong craving for fatty foods, especially butter and chocolate. Physical symptoms may be positively or negatively affected by being at the seaside. These people generally feel better for dancing or when listening to music. Their symptoms may be relieved by lying with the knees drawn up to the elbows.

Carcinosin may be prescribed for those who have a personal or family history of cancer, diabetes, or tuberculosis. In some cases the remedy may even be used in the treatment of the actual diseases. The remedy also has an affinity with those who have a history of emotional stress, or who are recovering from chronic fatigue syndrome or mononucleosis.

Chronic fatigue syndrome

SYMPTOMS Weakness and exhaustion, associated with tenderness in the muscles. This is often accompanied by dizziness,

numbness, and nausea. Frequent colds and recurrent acute illnesses are common characteristic traits. There may be depression and a loss of concentration. This condition may arise following a bout of mononucleosis. **Symptoms better** For short naps; in the evening; at the seaside; for lying with the knees drawn up to the elbows. **Symptoms worse** For physical exertion; for damp, clammy surroundings; for undressing.

Insomnia

SYMPTOMS Chronic inability to sleep soundly, especially if the pattern has been apparent since childhood. This insomnia is particularly associated with prolonged periods of emotional stress, with some form of rejection often the root cause of the problem. Stimuli such as thunderstorms may cause excitement and prevent sleep.

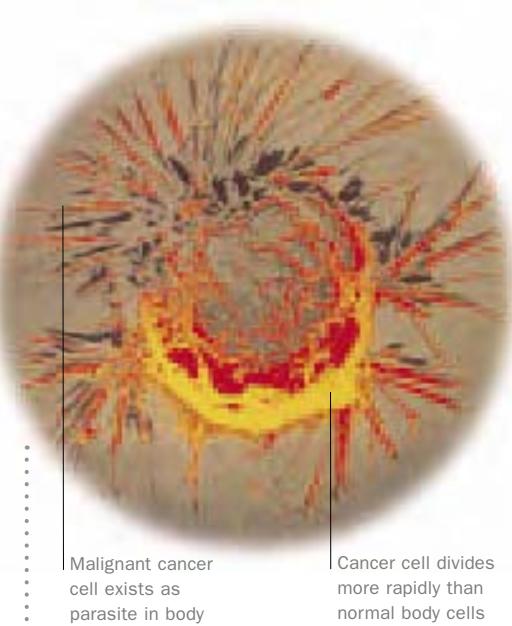
Symptoms better In the evening; for short naps. **Symptoms worse** For physical exertion; during thunderstorms.

Respiratory illness

SYMPTOMS Bronchitis with a cough that develops from a tickle in the throat. There may also be asthma and a feeling of constriction in the chest. **Symptoms better** In the evening; for short naps. **Symptoms worse** For cold air; for talking; for laughing; for running; for undressing.

Abdominal pain

SYMPTOMS Abdominal pain with dry, hard stools and burning pain on the right side of the colon. There may be constipation, which



Malignant cancer cell exists as parasite in body

Cancer cell divides more rapidly than normal body cells

CANCER The potential of cancer tissue, which is used curatively only in the field of homeopathy, is only now being fully explored.

SOURCE DETAILS

ORIGIN

Carcinosin is a nosode, a remedy made from diseased tissue (see page 20). It is prepared from cancerous tissue, which is commonly taken from the breast.

BACKGROUND

Breast cancer is one of the most common forms of cancer in women. Most malignant breast tumors are found in the upper, outer part of the breast.

PREPARATION

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

COMMON NAME

Cancerous breast tissue.

is typically associated with a desire for fatty foods such as chocolate.

Symptoms better For pressure on the abdomen; for bending forward; for hot drinks.

Symptoms worse Between 4 p.m. and 6 p.m.

Skin growths & blemishes

SYMPTOMS Multiple moles and blemishes, acne on the back and chest, or boils. There may be itching and a tendency to bruise or bleed easily.

Symptoms better In the evening.

Symptoms worse For undressing.

Crotalus horridus horridus

CROTALUS

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

The Latin name for the rattlesnake derives from the Greek *krotalon*, meaning “rattle” or “castanet.” This is due to the distinctive rattling sound made by the snake’s tail, which vibrates at 50 beats per second as the creature prepares to strike its prey. The remedy, proved by the US homeopath Dr. Constantine Hering in 1837, is prescribed primarily for a range of serious disorders, including hemorrhaging, angina, strokes, and infection.

REMEDY PROFILE

Those who respond best to *Crotalus* tend to be sluggish and melancholic. They are prone to forgetfulness, and may lose their way in their own neighborhood, or even forget the names of close friends. An aversion to family members is typical of these people, and a desire for meat, especially pork, is common.

Crotalus is considered to help stop bleeding from any orifice, making it highly useful for hemorrhaging. It is given following the onset of a state of total collapse, which may be due to a severe septic state, a stroke, or a heart attack. In addition, it may help cases of delirium, throat infection, or retinal hemorrhage.

Bleeding

SYMPTOMS Copious bleeding from any orifice. The remedy is especially effective for slow bleeding, or for thin, dark blood that does not clot well. It may seem as though blood is present in the perspiration or tears. The bleeding may be associated with a state of collapse or severe infection. *Crotalus* is used for septicemia with hemorrhaging where the breakdown of red blood cells is so great that the liver becomes overwhelmed, leading to the onset of serious conditions such as jaundice.

Symptoms better For fresh air; for light; for movement.

Symptoms worse For lying on the left side; for wearing tight clothes.

Stroke

SYMPTOMS Weakness or total collapse after a stroke. There may be paralysis or impaired

function in the limbs, which is generally right-sided and accompanied by pain that extends down to the left hand. Other symptoms may include retinal hemorrhaging and nosebleeds. There may be signs of delirium (see below).

Symptoms better For fresh air; for light.

Symptoms worse For lying on the left side.

Heart disorders

SYMPTOMS Partial or total collapse following angina or a heart attack. There may be weakness, fainting, and pain that is worse on the left side of the body and that possibly extends down the arm to the left hand. There may be great reluctance to move due to a feeling that something is going to burst underneath the breastbone.

Symptoms better For light.

Symptoms worse For lying on the left side; for climbing up steps, or walking up a hill or slope.

Delirium

SYMPTOMS Confused and disordered thoughts as a result of a serious infection, stroke, or heart attack. There may be irritability, anxiety, and an inability to answer questions. Insomnia is another possible symptom: those affected may suddenly jump out of bed and try to run away, muttering and babbling. These symptoms may also be associated with the delirium tremens caused by alcoholism.

Symptoms better For light; for movement.

Symptoms worse For falling asleep; on waking; for alcohol.

Throat infections

SYMPTOMS Inflammation or infection of the throat, often due to laryngitis or tonsillitis.



Snake may shed its skin two or three times a year

RATTLESNAKE This venomous snake is also called the pit viper, due to the heat-sensitive pit between its eyes and nostrils that it uses to locate its prey.

SOURCE DETAILS

ORIGIN

Native range, like that of many other species of rattlesnakes, is Canada, the US, and South America. Found in arid terrain and desert areas.

BACKGROUND

Venom “milked” from live snakes is used to make antivenins, which trigger production of antibodies that neutralize the poison from a snakebite.

PREPARATION

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

COMMON NAMES

Rattlesnake, pit viper.

The pain is particularly sharp on the left side of the throat, and is often accompanied by a dry, irritating cough. Another characteristic symptom linked with *Crotalus* is soreness in the throat with associated difficulty in swallowing.

Symptoms better For being in fresh air.

Symptoms worse For lying on the left side; for clothing that is tight around the neck.

Lac caninum

LAC CAN.

KEY SYMPTOMS pain that alternates from side to side • fear of snakes

- great sensitivity • lack of confidence • swollen breasts before menstruation • sensitivity to touch

Since the era of ancient Rome, the milk of nursing female dogs has been put to medicinal use. In the 1st century CE the Roman naturalist Pliny the Elder advocated it for allaying certain disorders of the female reproductive system. The Greek physician Sextus used it in the 3rd century CE for treating light-intolerance and inflammation of the inner ear. The homeopathic remedy *Lac. can.* was proved in 1888 by Drs. Swan and Berridge.

REMEDY PROFILE

Those who benefit most from *Lac can.* tend to lack self-confidence or feel self-contempt. Often restless and nervous, they may be highly sensitive to sensory stimulation. An active imagination and excitable nature combine to engender irrational fears that may develop into phobias. They may be prone to bouts of depression.

A typical symptom in those who respond to *Lac can.* is a feeling of "otherworldliness," as if the self is floating just above or behind the body, or a sensation that is often described as "floating on air."

Lac can. is used for irrational phobias and for acute sensory hypersensitivity. The remedy is also considered particularly effective for the throat, the nervous system, and the female reproductive system. In all conditions, symptoms tend to move from site to site around the afflicted area of the body.

Throat infections

SYMPTOMS Excessive dryness in the throat. Burning pain makes swallowing difficult. The pain alternates from side to side, and may extend to the ears. The saliva is of a viscous consistency, and the back of the throat may be lined with a silvery film. Symptoms may coincide with menstruation if they are caused by tonsillitis.

Symptoms better For being in fresh air; for cold drinks.

Symptoms worse For touch.

Phobias

SYMPTOMS Irrational fears, usually of snakes, storms, dogs, or disease. The fear of snakes

is particularly strong, and may be associated with a sensation as though snakes are crawling all over and around the body. There may be hypochondria and a constant desire to wash the hands. Anxiety and fear may trigger hysteria, with possible aggressive behavior.

Symptoms better For being in fresh air.

Symptoms worse For touch.

Breast problems

SYMPTOMS Swollen, sore breasts prior to menstruation. Pain switches from side to side. In breast-feeding mothers, breast milk may be lacking or suppressed, or milk production may be excessive. The breasts are painful and feel as though they are full of hard lumps. There may be a desire to hold the breasts firmly.

Symptoms better For warmth; for being in fresh air; for rest.

Symptoms worse For touch; for the slightest movement; for going up and down stairs.

Vaginal bleeding & discharge

SYMPTOMS Bleeding between menstrual periods or following sexual intercourse. A vaginal discharge may accompany bleeding, particularly before menstruation. The genitalia are very sensitive to touch or pressure, including that of bathing or the friction of clothes. Sexual intercourse may be painful, and during orgasm hysteria may develop. The libido may be sharply increased or reduced.

Symptoms better For warmth; for being in fresh air; for rest.

Symptoms worse For touch; for movement; for cold air.



BITCH'S MILK Before the discovery of a vaccine for diphtheria, bitch's milk was commonly used to treat the disease.

SOURCE DETAILS

ORIGIN

The milk from any nursing bitch may be used, although in practice mongrels are used most often.

BACKGROUND

Ancient Romans used remedies derived from bitch's milk for ovarian pains, and for uterine and cervical problems.

PREPARATION

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

COMMON NAME

Bitch's milk.

Hypersensitivity

SYMPTOMS Mental hypersensitivity due to an overactive imagination. A hysterical state may develop; this may involve seeing faces and hearing noises that do not exist. Parts of the body, such as the genitalia, are also physically hypersensitive. Touch is felt acutely, and there may be an urge to keep the legs or fingers apart to avoid skin-to-skin contact. Absent-mindedness and hypochondria may accompany this state.

Symptoms better For warmth; for being in fresh air; for rest.

Symptoms worse For touch; for movement; for cold air.

Lachesis muta syn. *Trigocephalus lachesis*

LACHESIS

KEY SYMPTOMS

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

Known as “surucucu” by indigenous South American peoples, the bushmaster is a highly poisonous snake whose venom inhibits nerve impulses in the heart, destroys red blood cells, and interferes with clotting. One bite directly into a vein can cause almost instant death. The remedy, proved by Dr. Constantine Hering in 1828, is given mainly for vascular and circulatory conditions.

REMEDY PROFILE

Those most responsive to this remedy tend to be ambitious, creative, perceptive, talkative people who live life to the fullest. If they believe in an ideology, they have a tendency to follow it dogmatically. Their intensity may cause them to become fanatical about religion or sex. Being confined in any way is anathema to them, whether physically by tight, restrictive clothing, or emotionally by commitment in a relationship. A tendency to become overstimulated by their intense lifestyle may lead to physical and mental “congestion” that makes it hard to control their emotions. Egocentric, cruel, and wildly jealous behavior may result. They also slip easily into depression and extreme loquacity.

Conditions treated by this remedy usually appear on the left side. The symptoms tend to develop or worsen during sleep. Energy levels fluctuate. Physical symptoms are eased by expelling natural discharges such as menstrual blood or gas (while suppressing them can cause discomfort or pain). Similarly, releasing “emotional discharges” brings relief.

Lachesis is often used for hot flashes that occur during menopause, premenstrual syndrome, and certain nervous disorders. The remedy is also prescribed for a sore throat, poor circulation, varicose veins, and certain vascular conditions such as angina.

Women's health

SYMPOTMS Menopausal hot flashes, perhaps with fainting spells, palpitations, and hot sweats. *Lachesis* is also used for painful menstruation or premenstrual syndrome with hot flashes, a left-sided headache, and violent mood swings.



BUSHMASTER SNAKE Unusually, this member of the rattlesnake family is an aggressive hunter, with an extremely loud rattle and highly lethal venom.

SOURCE DETAILS

ORIGIN

A deadly member of the rattlesnake family. Native territory is South America, and preferred habitat tends to be the wooded areas of tropical regions.

BACKGROUND

“Milked” from the live snake, the bushmaster’s venom is used to make an antivenin for people bitten by it. The antivenin helps counteract the effects of the bite.

PREPARATION

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

COMMON NAMES

Bushmaster snake, surucucu.

The symptoms may disrupt sleep and improve with the onset of menstruation.

Symptoms better For fresh air; for menstruating; for expelling natural discharges; for eating.

Symptoms worse For heat; for sleep; upon waking; for touch; for the pressure of tight clothes.

Spasms & tremors

SYMPOTMS Muscle spasms, tremors, and weakness in the limbs. Spasms may be triggered by the slightest touch, and may be accompanied by fainting or convulsions. These symptoms may be linked to alcoholism, fever, multiple sclerosis, petit mal epilepsy, or even brain damage following a stroke.

Symptoms better For fresh air; for expelling natural discharges; for movement; for cold drinks.

Symptoms worse For heat; for sleep; for touch; on the left side; for the menopause; for alcohol or hot drinks.

Poor circulation & varicose veins

SYMPOTMS Poor circulation that turns the face, ears, and extremities blue or purple. Any wounds bleed very easily, with even a pin-prick oozing great drops of blood. *Lachesis* may also be used for varicose veins that are engorged and bluish-purple in color.

Symptoms better For fresh air; for expelling natural discharges; for eating.

Symptoms worse For lying on the left side; for touch; for the pressure of tight clothes.

Sore throat

SYMPOTMS Swollen, dark purple throat, predominantly on the left side, with splinterlike pain that may spread to the ears. Air or liquids seem more painful to swallow than solids.

Symptoms better For fresh air; for expelling natural discharges; for loosening clothes.

Symptoms worse For heat; for sleep; upon waking; for constriction around the neck; for swallowing fluids.

Heart disorders

SYMPOTMS Cramping pains in the chest, with a rapid, irregular, weak pulse and possible palpitations. There may be a strange sensation as though the heart has swollen and become too large for the body. Further accompanying symptoms typically include anxiety and cyanosis (bluish lips, tongue, and extremities).

Symptoms better For fresh air; for expelling natural discharges; for eating.

Symptoms worse For heat; for lying on the left side; for sleep; for any constriction around the throat or chest; for touch.

Medorrhinum

MEDORRHINUM

KEY SYMPTOMS behavioral extremes • hurried feeling • extremely passionate nature
• person feels better for lying on the abdomen and in the evening

Galen, the famous Greek physician active in the 2nd century CE, gave gonorrhea its name, from *gonos*, or “seed,” and *rhoia*, or “flow.” It is thought that the disease predates ancient Greece, however, and was known in ancient Egypt and China. Widespread by the 18th century, gonorrhea was considered a major underlying cause of illness, described by Hahnemann as a “miasm” (see page 20). The remedy, derived from a “nosode” (see page 20) of the infection itself, was proved by Dr. Swan and published in Allen’s *Materia Medica of Nosodes* (1880–90).

REMEDY PROFILE

Medorrhinum is best suited to people who feel hurried and anxious, yet simultaneously isolated and empty, in a dreamlike, detached state. They are passionate and experience life to the limit. Behavioral extremes are not uncommon, ranging from a withdrawn, aesthetically sensitive state to an egotistical, selfish one.

Physical symptoms typically center on mucous membranes, which are prone to infection. Symptoms are generally better for a discharge of mucus, for sea air, and in the evening. In damp weather, and between 3 a.m. and 4 a.m., they tend to worsen. A thirst for cold drinks and cravings for meat, fish, salt, sweets, and unripe foods are common, as is an aversion to “slimy” foods such as eggplant or oysters.

Medorrhinum is prescribed for infections of the urinary tract, reproductive system, genitals, and respiratory tract. It is also a remedy for asthma, and may be especially effective for those who have a personal or family history of gonorrhea or early heart disease.

Urinary-tract infections

SYMPOTMS Sharp, burning pain on urinating, perhaps with a yellow, pus-filled discharge or blood in the urine (indicative of nonspecific urethritis), or with a frequent urge to urinate, if cystitis is the cause. In severe cases, kidney infections such as renal colic may follow. In men, if accompanied by pain in the abdomen, lower back, rectum, or testicles, fever, and a urinal discharge, symptoms may be due to prostatitis (see right).

Symptoms better For kneeling on all fours; for lying on the abdomen; in the evening.

Symptoms worse For hot weather; for passing urine; for movement.

Women's health

SYMPOTMS Profuse, foul-smelling menstrual flow, and an acrid, thick vaginal discharge with a fishy odor. There may be marked sensitivity near the cervix, tenderness in the breasts and nipples, and even sterility.

Symptoms better For kneeling on all fours; for lying on the abdomen; in the evening.

Symptoms worse For hot weather; for passing urine; for movement.

Testicular pain

SYMPOTMS Prostatitis with an enlarged, painful, heavy prostate gland. The urethra may be inflamed and tender with a foul-smelling discharge, and there may be impotency.

Symptoms better For kneeling on all fours; for lying on the abdomen; in the evening.

Symptoms worse For hot weather; for passing urine; for movement.

Genital warts & herpes

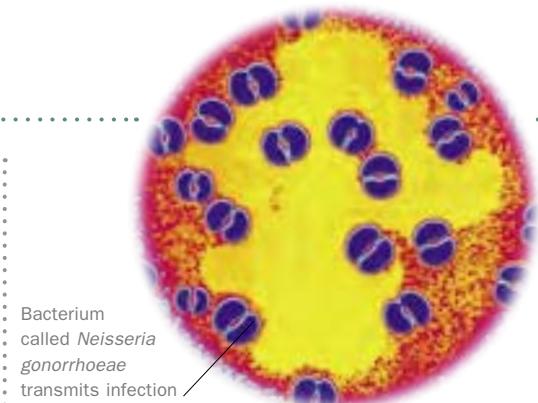
SYMPOTMS Cauliflower-like, pink warts on the genitals. A sore, itchy rash of small genital blisters bursting to leave painful ulcers is indicative of herpes.

Symptoms better For kneeling on all fours; for lying on the abdomen; in the evening.

Symptoms worse For hot weather; for passing urine; for movement.

Rhinitis, sinusitis & asthma

SYMPOTMS Burning, profuse catarrh, which is associated with inflammation of the mucous



GONORRHEA Transmitted via sexual contact, this infection invades the reproductive system and can cause sterility if left untreated.

SOURCE DETAILS

ORIGIN

Discharge from the gonorrhea bacterium, *Neisseria gonorrhoeae*, which commonly infects the mucous membranes of the vagina or urethra.

BACKGROUND

Worldwide, one of the most common sexually transmitted diseases, now treated with antibiotics; earlier forms of treatment included silver nitrate injections.

PREPARATION

Urethral discharge from a male patient infected with gonorrhea is diluted in purified water and succussed to make the homeopathic remedy.

COMMON NAME

Gonorrhea.

membranes in the nose. There may be rhinitis, with postnasal drip (mucus that drips down the back of the throat) and frequent sneezing. Pressure and aching in the sinuses may develop into sinusitis. Asthma may occur, and is typically better for lying on the abdomen and sticking out the tongue. There may be a cough that is also better for lying on the abdomen, and aggravated by sweet foods and drinks. A further symptom is sore, watering eyes that may develop conjunctivitis.

Symptoms better For sea air; for lying on the abdomen and sticking out the tongue.

Symptoms worse For cold; for damp; during the day.

Psorinum

PSORINUM

KEY SYMPTOMS despair and pessimism • sense of being forsaken • chilliness
• offensive-smelling discharges • constant hunger

In Latin, *scabere* means “to scratch.” From this is derived the name of the scabies mite, which tunnels into the skin and causes an itchy, blistering infection. Hahnemann believed that scabies infection reflected a more deep-seated, underlying disease, or “miasm,” in his patients (see page 20), which could be revealed and healed by treatment. He proved the homeopathic remedy, *Psorinum*, from a “nosode” (see page 20) of the infection, although it was not published until it was re-proved by Hering in 1831. *Psorinum* is given mainly for skin, bowel, and respiratory tract complaints.

REMEDY PROFILE

There is characteristically an anxious, rather unambitious air to those for whom *Psorinum* is best suited. They are prone to feeling somewhat abandoned, forsaken, and pessimistic.

Lack of stamina is a typical trait. These people generally possess weak constitutions, proving easy prey to infections and viruses. Recovery from any illness is slow. Often worse in wintry weather, they tend to feel the cold sharply; even in summer, wrapping up to avoid a chill since it aggravates their symptoms, but they can also feel worse for strong heat. Despite a huge appetite, they are usually thin. They have an increased sense of well-being just before the onset of illness, but when ill are prey to morbid fears that they will not recover.

Skin, bowel, or respiratory tract disorders are the primary conditions for which *Psorinum* is prescribed, generally when the underlying vitality is poor.

Skin conditions

SYMPTOMS Pus-filled pimples, crusting, scaly eruptions, or itchy, blistered patches of skin. The skin always looks dirty, even after cleansing. Pimples are often pus-filled acne, appearing on the face, neck, scalp, and hairline. Prevalence is especially common in teenagers (*acne vulgaris*) and middle-aged women (*acne rosacea*). Scaly eruptions are typically due to eczema, producing large areas of weeping skin or itchy, scaly patches of skin that may blister and are prone to infection and suppuration, producing a foul-smelling yellow discharge. **Symptoms better** For washing; for warm clothing. **Symptoms worse** For overheating from exertion.

Diarrhea

SYMPTOMS Diarrhea with spasmodic abdominal cramps, and a strong appetite but no weight gain. If accompanied by a distended abdomen, excessive flatulence, and a feeling of incomplete evacuation during bowel movements, symptoms may indicate irritable bowel syndrome (IBS), and may also include bouts of constipation. Stools are foul-smelling, fluid, gushing, dark, and bloody. Accompanying symptoms may include a headache, and mucus and a burning sensation in the rectum.

Symptoms better For moderate temperatures.

Symptoms worse For cold; for heat; in the early morning; for coffee.

Respiratory illness

SYMPTOMS Recurrent acute respiratory infections with offensive-smelling catarrh and breathlessness. Sinus infection is common, as is bronchitis or a cough accompanied by great fatigue. Symptoms typical of the hay fever and asthma that may respond to *Psorinum* are coughing, breathlessness, and wheezing, often exacerbated by exercise or cold weather. There may be an associated eye or ear infection (see below).

Symptoms better For moderate temperatures; for lying on the back with the arms outstretched and head low.

Symptoms worse For cold; for open air; for cold drinks.

Eye & ear infections

SYMPTOMS Painful styes with yellow pus, or an eye infection such as conjunctivitis, which causes inflamed eyelids and a yellowish



SCABIES MITE Once the female mite has eaten her way into the skin, she lays eggs that hatch and cause infestation.

SOURCE DETAILS

ORIGIN

Scabies mite, or *Sarcoptes scabiei*, eats into the skin to lay eggs. Its saliva is highly irritating, causing fluid-filled blisters on the skin. This fluid is used for the remedy.

BACKGROUND

Transmitted via skin contact, scabies is highly contagious and found worldwide. It is treated by applying insecticide lotion to the entire surface area of the skin.

PREPARATION

Fluid is drawn by syringe from a scabies blister on the skin of an infected person. It is sterilized, dissolved in purified water, then diluted and succussed.

COMMON NAME

Scabies.

discharge. Ear infections such as otitis media or otitis externa may also be helped by the remedy if there is a foul-smelling discharge.

Symptoms better For moderate temperatures.

Symptoms worse For cold; for open air.

Depression

SYMPTOMS Profound fear of personal failure, poverty, and death, with a pessimistic belief that life holds no promise. Feelings of intense loneliness and abandonment may lead to despair and suicidal thoughts.

Symptoms better For warm surroundings; for eating.

Symptoms worse For cold; for coffee.

*Sepia officinalis***SEPIA**

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

Cuttlefish ink, also known as sepia, is used to make a dark brown pigment traditionally used by painters and printers. In 1834 Hahnemann proved the homeopathic remedy, after observing the apathy and depression experienced by an artist friend who frequently licked his sepia-soaked paintbrush while painting. *Sepia* is predominantly prescribed to treat women's health problems, especially during or before menstrual periods, or throughout menopause.

REMEDIY PROFILE

Sepia is best suited to people who are irritable with loved ones but extroverted in company. They often appear opinionated, detached, and hard, detesting sympathy and disguising their vulnerability. There is typically a sense of sagging or drooping. Despite weepiness, crying does not bring relief.

These individuals typically prefer sour foods and drinks, sweet foods, and alcohol, but dislike milk and pork.

Sepia is chiefly linked with the vagina, uterus, and ovaries. It is used for menopause, premenstrual syndrome (PMS), and some pregnancy-related ailments. Indigestion may also be helped, as may headaches, catarrh, discolored, itchy skin, and circulatory problems.

Women's health

SYMPTOMS *Sepia* may be used for hormone imbalances linked to PMS, and for thrush, heavy, painful menstruation, and menopause. Typical symptoms may include a dislike of being touched, particularly before menstruation, during menopause, or if there are associated emotional problems. Before, during, and after pregnancy, emotional and physical ailments such as nausea and fatigue may be helped by the remedy. Sexual intercourse may seem painful, prompting an aversion to it. There may be intense abdominal pressure and stress incontinence on laughing or coughing, which may be an indicator of a prolapsed uterus.

Symptoms better For fresh air; for exercise; for crossing the legs; for being occupied; for sleep; for eating.

Symptoms worse In the early morning; in the early evening; for thundery weather; for lying on the left side; for fatigue.

Fatigue

SYMPTOMS Emotional and physical exhaustion. The back and sides may ache, and the muscles may feel weak.

Symptoms better For warmth; for fresh air; for sleep; for being occupied; for vigorous exercise.

Symptoms worse In the early morning; in the early evening; for thundery weather; before menstruation.

Digestive disorders

SYMPTOMS Indigestion and flatulence, with an abdomen that feels tender and empty, even after eating. There may be constipation, with a feeling as if a lump is in the rectum. Vomiting and nausea may also occur, notably in pregnancy.

Symptoms better For warmth; for vigorous exercise; for sleep.

Symptoms worse For fatigue; for lying on the left side.

Headaches

SYMPTOMS Headaches that are particularly prevalent on the left side, possibly with nausea, dizziness, and hair loss.

Symptoms better For warmth; for being in fresh air; for sleep; for eating.

Symptoms worse In the early morning; in the early evening; for lying on the left side; before menstruation.

Catarrh

SYMPTOMS Salty-tasting catarrh caused by an allergy or cold accompanied by a cough.

Symptoms better For warmth; for fresh air; for sitting up.

Symptoms worse At night; during sleep.

Skin conditions

SYMPTOMS Discolored, itchy patches, and a yellowish brown "saddle," or chloasma,



INK

CUTTLEFISH Related to the octopus and squid, this mollusk camouflages itself by changing color and protects itself by squirting its brownish black ink when threatened.

CUTTLEFISH

SOURCE DETAILS**ORIGIN**

Found mainly in the Mediterranean Sea, the preferred habitat of the cuttlefish is near the bottom of waters close to the shore.

BACKGROUND

In ancient Greece, cuttlefish ink was used medicinally as a treatment for gonorrhea and kidney stones.

PREPARATION

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

COMMON NAME

Cuttlefish.

across the nose and cheeks, especially during pregnancy.

Symptoms better For fresh air.

Symptoms worse Before menstruation; in pregnancy.

Poor circulation

SYMPTOMS Varicose veins, or hot and cold flashes, especially during menopause.

Symptoms better For fresh air; for exercise; for eating.

Symptoms worse In the early morning; in the early evening; before menstruation; during menopause.

Syphilinum

SYPHILINUM

KEY SYMPTOMS compulsive behavior • ulcers and destruction of body tissues

- conditions that are worse at night • craving for alcohol

Legend relates that syphilis takes its name from a 16th-century poem by the Italian poet Fracastoro, which portrayed a shepherd named Syphilus as the first victim of the disease. Also known as the “French disease.” The incidence of syphilis reached epidemic proportions at the end of the 15th century, then fell dramatically after the development of penicillin. After initial infection, symptoms may disappear for years, but left untreated will eventually ravage the body. The remedy *Syphilinum* was proved by the homeopath Dr. Samuel Swan and published in Henry C. Allen’s *Materia Medica of Nosodes* (1880–90).

REMEDY PROFILE

Syphilinum is most effective for people with poor memory and concentration. Often highly anxious, possibly with obsessive or compulsive tendencies, they may also have a dependency on alcohol, drugs, or tobacco. Great destructiveness is a key factor, as is a strong fear of disease, possibly culminating in suicidal feelings. Symptoms of physical destruction may be evident, often with ulcers and bone pains and distortions. Generally, symptoms appear and disappear gradually, and are worse at night. Alcohol is often craved.

Physical ailments most often treated with *Syphilinum* include ulcers, asthma, constipation, menstrual problems, eye inflammation, and headaches.

Ulcers

SYMPTOMS Recurrent boils, abscesses, and suppurations linked to chronic ulceration, often appearing on the groin. They discharge pus but are relatively painless. Mouth ulcers with excessive salivation may be helped by the remedy.

Symptoms better During the day.

Symptoms worse At night; for extreme heat or cold.

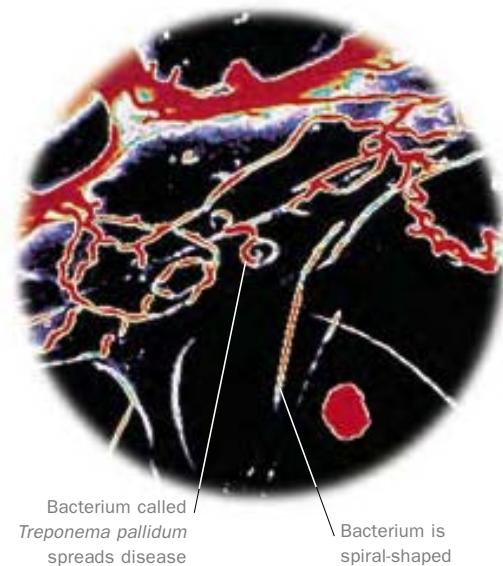
Asthma

SYMPTOMS Wheezing and breathlessness, which may be accompanied by a dry cough and tightness in the chest.

Symptoms better For warm, wet, damp weather; during thunderstorms; for breathing mountain air; for lying down.

Symptoms worse At night.

SYPHILIS This infection begins as a painless ulcer, but over the years develops into a highly destructive disease.



Constipation

SYMPTOMS Obstinate, sluggish bowels, recurring over many years. There may be spasms in the rectum, possibly with a feeling that the rectum is too tight to pass stools.

Symptoms better For walking slowly.

Symptoms worse At night.

Obsessive-compulsive behavior

SYMPTOMS Obsessive or compulsive behavior, such as obsessively washing the hands, and generally great anxiety. Substance abuse may be an associated feature. There may be destructive tendencies that extend to the self, possibly leading to suicidal thoughts.

Symptoms better During the day.

Symptoms worse At night.

Menstrual problems & miscarriage

SYMPTOMS Painful, scanty menstrual periods. Menstrual blood has an offensive odor. A vaginal discharge may also be evident, and it is generally unpleasant-smelling, watery, acrid, and profuse. Frequent miscarriage is another ailment for which *Syphilinum* may be prescribed.

Symptoms better During the day.

Symptoms worse At night.

Eye inflammation

SYMPTOMS Inflamed iris or conjunctiva, perhaps due to an ulcer on the cornea. Discharges with pus or mucus may occur.

Symptoms better During the day.

Symptoms worse At night.

SOURCE DETAILS

ORIGIN

Caused by the *Treponema pallidum* bacterium, the disease is often spread by sexual intercourse, via mucous membranes or broken skin.

BACKGROUND

Originally treated using mercury and arsenic, which were ineffective and almost as dangerous as syphilis itself. Now treated with penicillin.

PREPARATION

A swab of the serum that coats a syphilis chancre (ulcer) is first sterilized and dissolved in purified water, then diluted and succussed.

COMMON NAME

Syphilis.

Headaches

SYMPTOMS An ache that feels as if it is deep in the brain, accompanied by pain over the right eye. The pain is worse for sticking out the tongue.

Symptoms better During the day.

Symptoms worse At night.

Tarentula hispanica syn. *Lycosa tarantula*

TARENTULA

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

Often confused with the formidable American arachnid, which belongs to a different family, this European spider is not deadly. However, its bite was once thought to cause tarantism, a disease marked by either mania or melancholy. The name “tarantula” is derived from Tarento, a port on the coast of southeast Italy that was particularly associated with the spider. The common names “wolf spider” and “hunting spider” arose from this species’ habit of chasing its prey rather than trapping it in a web. *Tarentula* was proved in 1864 by the Spanish homeopath Dr. Nunez, and is used for overstimulation of the nervous system.

REMEDY PROFILE

Those who respond best to *Tarentula* often exhibit signs of hyperactivity, overstimulation, and extreme sensitivity to music. They are full of energy, with a constant sense of hurry, impatience, and physical and mental restlessness. A classic symptom is mood swings, where laughter and happiness are rapidly replaced by violent, destructive rage and a marked tendency to be manipulative.

When ill, these people tend to roll from side to side in an attempt to ease their symptoms. Their constant restlessness makes them unable to remain still for any length of time. They often crave salty or spicy foods, and may have a strong aversion to meat.

Tarentula is most commonly prescribed to treat extreme anger and mood swings, restless limbs and chorea (also called St. Vitus’ dance), and certain heart problems. It is also given for some ailments affecting women’s health and hyperactivity, particularly in children.

Mood swings

SYMPOTMS Sudden mood changes switching from gaiety to starkly negative moods that are marked by quarrelsome, angry, ungrateful behavior. There is a tendency to exhibit extreme sensitivity to music, erratic behavior, or sudden, violent, destructive actions such as smashing something, laughing, and then apologizing.

Symptoms better For music; for relaxation; for massage; for smoking a cigarette.

Symptoms worse For touch; for noise; after menstruation.

Restless limbs & chorea

SYMPOTMS Constant jerking and trembling of the hands and legs. There may be constant movement, a compulsion to hurry, and frenetic, excess energy, although walking and kneeling may be difficult. The twitching and jerking movements are random and unpredictable, possibly with pins and needles or numbness. Sleep is restless, and there may be a headache that feels as though needles are pricking the brain. There may be great irritability and impatience.

Symptoms better For fresh air; for seeing bright colors; for music; for smoking a cigarette.

Symptoms worse For touch; for movement; for noise; at the same time each year; for witnessing the suffering and pain of others.

Angina & heart disorders

SYMPOTMS Trembling, starts, and thumping in the heart, which feels twisted and out of position. The pulse is irregular and infrequent, and there may be chorea (see above).

Symptoms better For fresh air; for rest; for music.

Symptoms worse For touch; for noise; for exertion; for putting hands in cold water.

Women’s health

SYMPOTMS Sensitive genitalia with severe vulval itching. The vagina may feel hot, dry, and raw. Symptoms may be associated with excessive sexual activity and fibroids.

Symptoms better For rolling from side to side.

Symptoms worse For touch; for scratching; after heavy menstruation; on the left side.



TARENTULA Despite its fearsome reputation, probably based on the link with tarantism and on confusion with the deadly North American tarantula, the bite of this spider is about as toxic as a bee sting.

SOURCE DETAILS

ORIGIN

Found in many parts of southern Europe.

BACKGROUND

Not used medicinally outside homeopathy, although a related species, the trapdoor spider (*Cteniza fodiens*), is used for swellings and skin ulcers in traditional Chinese medicine.

PREPARATION

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

COMMON NAMES

Tarentula, wolf spider, Spanish spider, hunting spider.

Cystitis

SYMPOTMS Intense burning and stinging on urinating, a frequent urge to urinate, and incontinence when laughing and coughing. Urine smells foul and has a sandy sediment.

Symptoms better For rolling from side to side; for rest.

Symptoms worse For cold; in the evening; for touch; after menstruation.

Tuberculinum Koch & T. bovinum

TUBERCULINUM

KEY SYMPTOMS constant desire for change • irritable, malicious temperament

- romantic nature • susceptibility to recurrent respiratory illness • desire for open air

One quarter of all deaths in Europe in the mid-19th century were due to tuberculosis (TB). It was a major killer worldwide, particularly in areas subject to poverty, malnutrition, or disease, until the German bacteriologist Robert Koch identified the bacillus in 1882, and discovered that a preparation of tuberculinum (dead tuberculosis bacilli) could be used to treat and prevent it. The British homeopath Dr. James Compton Burnett began a series of tests on lung tissue from infected patients in 1885, and by 1890 was able to prove the homeopathic remedy, which is given mainly for respiratory tract complaints.

REMEDY PROFILE

Intensity and yearning are two traits that characterize people most suited to *Tuberculinum*. There is typically a longing for constant stimulation and change that may manifest itself, for example, in a desire to change partners, to change jobs, to travel, or to frequently redecorate the home.

These tendencies can have negative consequences. For example, a deep, romantic longing unfulfilled by a string of partners may ultimately lead to disillusionment. This and a lack of fulfillment may result in maliciousness, cruelty, and destructive anger, and may even lead to alcohol or drug addiction. Many 19th-century Romantic composers and artists were of this disposition: their works display the bittersweetness and underlying dissatisfaction typical of this temperament.

Although the remedy is not used for TB itself, many people suited to *Tuberculinum* have a family history of TB infection. Common symptoms include a susceptibility to colds and persistent tiredness. Symptoms improve with fresh, dry air, such as mountain air. There is a desire for sweets, cold milk, and smoked meats, and a tendency to perspire heavily during the night.

Coughs & acute bronchitis

SYMPOTMS A dry, hard, possibly recurrent cough, with fever and night sweats. Sharp pains may be felt in the upper left lung. The lymph glands in the neck may be enlarged. If symptoms are associated with bronchitis,

there is shortness of breath, wheezing, and a persistent cough with yellow phlegm. Eventually, illness may lead to emaciation.
Symptoms better For fresh air; for cool winds; for dry surroundings.
Symptoms worse For heat; for damp and humidity; for stuffy surroundings; for physical exertion.

Colds

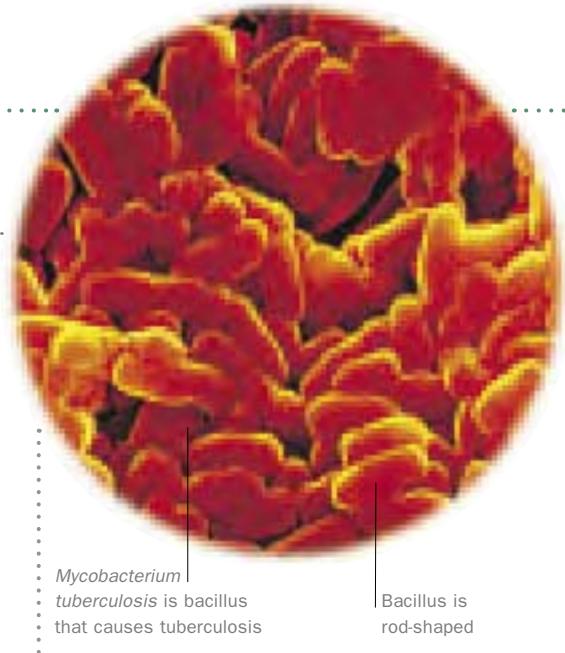
SYMPOTMS A recurrent, persistent chest cold, with solid, yellow catarrh, a slight fever, and aching muscles. The eyes have a tendency to water, and the throat is sore.
Symptoms better For fresh air; in cool, dry surroundings.
Symptoms worse For dry cold; for damp and humidity; for stuffy surroundings.

Arthritic pains

SYMPOTMS Aching joint and limb pains that move from one part of the body to another. There may also be initial stiffness that loosens with movement. The limbs are weary and restless.
Symptoms better For fresh air; for cool, dry surroundings.
Symptoms worse For cold; for damp and humidity; for physical exertion.

Hay fever

SYMPOTMS A runny nose with constant sneezing, nasal congestion, and watery catarrh. The eyes tend to water.
Symptoms better For fresh air; for cool, dry surroundings.
Symptoms worse For cold; for damp and humidity; for physical exertion.



Mycobacterium tuberculosis is bacillus that causes tuberculosis

Bacillus is rod-shaped

TUBERCULOSIS Bacilli are usually inhaled into the lungs or ingested into the stomach, from where they infect the lymph system.

SOURCE DETAILS

ORIGIN

Prepared from human sputum (*Koch*) or bovine lymph gland tissue (*bovinum*) infected with *Mycobacterium tuberculosis*.

BACKGROUND

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

PREPARATION

Bacilli from infected tissue or sputum are sterilized, dissolved in purified water, diluted, and succussed.

COMMON NAME

Tuberculosis.

Neurotic behavior

SYMPOTMS Irritable, malicious behavior, with a strong sense of discontent. This can cause a compulsive urge to change jobs, move house, or travel. A sense of lack of fulfillment is often combined with an incurably romantic nature. There is a tendency to suffer insomnia.
Symptoms better For fresh air; for cool, dry surroundings.
Symptoms worse For cold; for damp and humidity; for physical exertion.



MINOR REMEDIES

THE FULL HOMEOPATHIC MATERIA MEDICA CONTAINS
OVER 2,000 REMEDIES MADE FROM A WIDE VARIETY OF
MATERIAL FROM THE PLANT, MINERAL, AND ANIMAL
KINGDOMS, SOME OF WHICH ARE MORE COMMONLY
USED THAN OTHERS. THIS SECTION PROVIDES
PROFILES OF APPROXIMATELY 250 OF THE MOST
IMPORTANT MINOR REMEDIES.

Abies canadensis syn. *Tsuga canadensis* ABIES CAN.

COMMON NAMES Hemlock spruce, Canada pitch, Canada spruce.

ORIGIN Native to North America and eastern Asia.

BACKGROUND As early as 1535, native Americans used this plant internally for indigestion, and externally (mixed with castor oil) for gonorrhea.

PREPARATION The fresh bark and young buds are macerated in alcohol.

Remedy profile

Abies can. is best suited to people who tend to be either fretful or quiet and careful. Often weak, nervous, and lightheaded, they may lie down frequently, especially with their legs drawn up, to avoid fainting.

Classic physical characteristics include chilliness and clammy skin, a sensation that the blood has turned to cold water, or a feeling that there is a wet cloth between the shoulder blades.

Abies can. is given primarily to treat digestive disorders associated with inflamed mucous membranes in the stomach and poor absorption of food. Overeating is common in such cases; even after eating there are hunger pains and rumbling in the bowels. Nausea, bloating, and severe burning pain in the abdomen may cause palpitations to develop in the heart.

Symptoms better For pressure on the affected area; for passing gas.

Symptoms worse After standing for long periods; for sitting; for drinking tea.

Acanthia lectularia syn.
Cimex lectularius

CIMEX

COMMON NAME Bed bug.

ORIGIN Found in unsanitary environments in temperate regions.

BACKGROUND The ancient Greeks and Romans crushed bed bugs with salt and human milk to make an eye ointment. When powdered they were used for fevers and as a preventative remedy for plague.

PREPARATION Live bed bugs are steeped in alcohol, diluted, and succussed.

Remedy profile

Cimex is most appropriate for those who are prey to anxiety, especially after a chill or drinking alcohol. They may adopt a crouching position, desiring to creep into their own body because they are unable to curl themselves up sufficiently. A chilly stage

may develop prior to fever, during which they may be violent, wanting to tear everything to pieces or clenching their hands in rage.

Cimex is typically prescribed for certain types of joint or muscle aches accompanied by a strong compulsion to stretch and, sometimes, chills and fever. Muscles and tendons such as hamstrings may feel too short for the limbs.

Symptoms better For sitting huddled up; for passing gas; for avoiding alcohol.

Symptoms worse For movement; for stretching.

Achillea millefolium

MILLEFOLIUM

COMMON NAMES Yarrow, milfoil, woundwort, staunchweed, nosebleed.

ORIGIN Native to Europe and western Asia, yarrow grows wild in meadows and waste ground in temperate regions.

BACKGROUND The Latin name of this plant derives from the warrior Achilles, the Greek hero of the Trojan war, who used yarrow to staunch the wounds of his soldiers. The plant has also been used for centuries in Europe as a bitter tonic.

PREPARATION The fresh, flowering aerial parts are chopped and steeped in alcohol.

Remedy profile

Millefolium best suits those who tend to be most irritable in the evening. Longing for rest



but going to bed late, they wake feeling unrefreshed, confused, dizzy, and stupefied, as if drunk. When irritable, they may become overly excitable and violent. Children who fit this profile tend to moan and sigh.

Millefolium is used chiefly for bleeding from injuries, and for internal bleeding and menstrual irregularities, such as delayed or absent menstruation that may lead to convulsions, or heavy menstrual periods that impair fertility. *Millefolium* may also be given in pregnancy for severe colicky pain, diarrhea, and painful varicose veins, or for recovery from miscarriage. It is used for profuse, painless uterine bleeding following childbirth or an abortion, and for sore nipples and suppressed breast milk after childbirth.

The other key symptom for *Millefolium* is congestion, associated with piercing pains in the ears, teeth, and temples. There may be congestion in the ears, eyes, nose, and chest.

Symptoms better For bleeding; if missed menstruation is reestablished; for wine.

Symptoms worse For sleeping or lying down; for doubling over; for lifting; for violent exertion; for injury; for coffee.

Acidum aceticum

ACETIC AC.

COMMON NAMES Acetic acid, glacial acetic acid, ethanoic acid.

ORIGIN Chemically prepared.

BACKGROUND Dilute acetic acid is a principal component of vinegar, and is used in the herbal and culinary traditions of many diverse cultures.

PREPARATION Acetic acid is dissolved in alcohol, diluted, and succussed.

Remedy profile

People who benefit most from *Acetic ac.* often sigh due to feelings of depression, anxiety, or irritability, and are also prone to forgetfulness. They are often anemic, with pale, waxy, clammy skin and intense thirst. Despite profound sleepiness, they may find it difficult to sleep.

Debilitation and emaciation are the key factors linked to this remedy. It is often prescribed to treat fainting, breathlessness, water retention, diabetes, or great exhaustion following an injury, an operation, or hemorrhaging.

Severe burning pains and tenderness in the stomach can also be treated using *Acetic ac.*, if they are accompanied by symptoms such as sour-tasting belches, vomiting, and

profuse salivation, or by the classic debilitation symptoms.

Symptoms better For lying on the stomach; for belching; for potatoes.

Symptoms worse In the morning; for movement; for overexertion; for lying on the back; for bread and butter; for vegetables; for cold drinks; for wine.

Acidum benzoicum

BENZOIC AC.

COMMON NAME Benzoic acid.

ORIGIN Chemically prepared.

BACKGROUND Found naturally in Siam benzoic resin, this acid was first produced synthetically in the 1860s from coal tar. It is widely used as a food preservative.

PREPARATION Benzoic acid is dissolved in alcohol, diluted, and succussed.

Remedy profile

Benzoic ac. is best suited to those who tend to alternate between excitable behavior and a state of deep, stuporous sleep, general dullness, and weariness. A preoccupation with unpleasant topics may cause them to dwell on their own and other people's misfortunes. They are often extremely sensitive to noise, especially if they have Ménière's disease (a disorder of the inner ear). Babies who respond well to *Benzoic ac.* like to be picked up and held, but dislike being laid down.

Wandering pains are the key symptoms associated with this remedy, such as pains that move from the leg joints to the internal organs, especially the heart, and then radiate to the joints of the extremities. Other symptoms may include joints that crack, with redness and swelling that may be linked to acute gout, and sharp, tearing pains in the joints of the big toe.

The remedy is used particularly if symptoms include profuse, dark brown, strong-smelling urine and incontinence at night, or if there are frothy, white stools that smell offensive.

Symptoms better For warmth; for rest; for passing large quantities of urine.

Symptoms worse For cold; for damp weather; for drafts; for movement; for scanty flow of urine; for chocolate; for sweets; for alcohol; for coffee; for wine.

Acidum boricum

BORIC AC.

COMMON NAMES Boric acid, boracic acid, orthoboric acid.

ORIGIN Chemically prepared.

BACKGROUND Used as a mild antiseptic in

conventional medicine, boric acid is more commonly utilized in the nuclear industry.

PREPARATION Powdered or crystallized boric acid is triturated with lactose sugar.

Remedy profile

Low spirits, sighing and weeping, and a state of mental and physical collapse are all indications of the suitability of *Boric ac.* All parts of the body feel cold, although paradoxically the remedy may be used for menopausal hot flashes.

Typical symptoms treated by *Boric ac.* include a heavy, nauseous feeling in the stomach, with profuse, cold saliva and a dry, furred tongue and throat. It is also prescribed for headaches accompanied by nausea, for dizziness, and for eyes that are prone to swelling and conjunctivitis, and aggravated by light.

Boric ac. is also taken for its antiseptic properties. It is used to halt putrefaction in wounds, and for skin eruptions that are accompanied by flaking, itching, and hard, red, swollen patches.

Symptoms better For walking in open air.

Symptoms worse None known.

Acidum carbolicum

CARBOLIC AC.

COMMON NAMES Carbolic acid, phenol.

ORIGIN Chemically prepared.

BACKGROUND In 19th-century Europe and the US this acid was used to sterilize surgical equipment. It is an antiseptic and disinfectant, although prolonged contact can lead to health problems.

PREPARATION Carbolic acid is dissolved in purified water, diluted, and succussed.

Remedy profile

This remedy is most suited to those who tend to be restless, irritable, forgetful, and bewildered. Often exhausted, they yawn and stretch constantly, and have a very acute sense of smell. Perplexing dreams leave them unrefreshed after sleep.

Carbolic ac. is used for sudden burning, pricking, stinging pains, typically with marked collapse, such as the anaphylactic shock that may follow a bee sting. It is also prescribed for malignant or septic wounds, particularly if these are linked to compound fractures. Another use of the remedy is for treating increased urine production with or without burning pain, possibly associated with diabetes or other diseases that may affect urine production. Urine is typically black or green in color, and is accompanied

by putrid, strong-smelling discharges, notably from the anus.

The remedy may additionally be used to treat vomiting due to sea sickness, pregnancy, or cancer. The vomiting is accompanied by a constant thirst for water, a tendency to belch, and abdominal pain. Offensive-smelling diarrhea, dysentery, or cholera may also be treated, as may constipation with foul breath.

Symptoms better For rubbing and binding up painful areas; for smoking; for strong tea.

Symptoms worse For pregnancy; for jarring; for walking; for mental exertion.

*Acidum hydrochloricum syn.
A. muriaticum*

MURIATIC AC.

COMMON NAME Hydrochloric acid.

ORIGIN Chemically prepared.

BACKGROUND Discovered by alchemists in the 13th century, hydrochloric acid is present in the stomach's gastric juices. In excess it can cause gastric ulcers to develop, while a deficiency leads to poor food absorption and anemia.

PREPARATION The acid is dissolved in alcohol, diluted, and succussed.

Remedy profile

People for whom *Muriatic ac.* is most appropriate tend to feel too weak to move. Drowsy by day, but restless in bed, they have anxious dreams and are prone to talking in their sleep. They may be either sad and reserved or loquacious. Often irritable and fretful, their minds may be crowded with thoughts.

This remedy is typically prescribed for weakness or physical collapse, such as that associated with chronic fatigue syndrome, or developing after a feverish illness such as mononucleosis or typhoid. The muscles, especially those of the heart, tongue, bladder, and anus, may be weak, exhausted, or partially paralyzed.

Muriatic ac. is given when the collapsed state is associated with dryness, bleeding, and ulceration of the mucous membranes of the mouth and digestive tract. A heavy tongue and dry mouth may make talking difficult, and deep-seated ulcers or small tumors may develop on the tongue.

Symptoms better For warmth; for movement; for lying on the left side.

Symptoms worse For wet weather; for touch; for bathing in the sea; during menstruation; for cold drinks; for sliding down in bed.

Acidum oxalicum OXALIC AC.

COMMON NAME Oxalic acid.

ORIGIN Chemically prepared.

BACKGROUND Identified as a constituent of wood sorrel in the 17th century, this acid was first made synthetically in 1776.

PREPARATION Oxalic acid crystals are dissolved in alcohol, diluted, and succussed.

Remedy profile

Oxalic ac. is used for those whose pains occur violently and briefly in localized areas of the body, and who generally feel worse for dwelling on them. They are nervous, confused, dizzy people, who often have trouble sleeping.

Usually the remedy is given for angina with palpitations that are worse for lying down. When those affected think about their heart, it seems to make it flutter or beat intermittently. In men, other symptoms that can be treated by *Oxalic ac.* include throbbing, crushing pain in the testes, and pain in the spermatic cord.

Symptoms better After passing stools; for changing position.

Symptoms worse For cold; for mental exertion; for dwelling on symptoms; for light; in the early morning; in the evening or at night; for movement; for being touched on the left side; for shaving; for grapes, strawberries, or sour fruit; for sugar; for coffee; for wine.

Acidum picrinum

PICRIC AC.

COMMON NAMES Picric acid, trinitrophenol.

ORIGIN Chemically prepared.

BACKGROUND This acid derives its name from the Greek *pikros*, meaning “bitter.” It is used as a yellow dye and in explosives.

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

Remedy profile

Picric ac. is best suited to people who are prone to intellectual collapse and nervous exhaustion—perhaps students who have studied too hard for exams. They have a tendency to be indifferent, listless, and lack motivation, and the slightest exertion makes them want to lie down. Exhaustion and poor concentration are other common symptoms.

The classic symptom picture for *Picric ac.* is of indifference with great mental and physical fatigue, which may develop into actual paralysis. Muscular pains in the limbs may accompany fatigue, and there may be weak,

heavy sensations in the limbs and back, and burning along the spine, particularly upon any exertion. The hands and feet may feel cold.

Symptoms better For bandaging affected areas; for rest; for sun and open air; for cold air; for bathing in cold water.

Symptoms worse For movement; for mental exertion; for any secretion, such as catarrh, semen, blood, or vaginal discharge.

Acidum salicylicum

SALICYLIC AC.

COMMON NAME Salicylic acid.

ORIGIN Obtained originally from the bark of the willow tree, but now commercially prepared from phenol.

BACKGROUND Salicylic acid is the main ingredient of aspirin. It was first used to prepare aspirin by the Italian chemist R. Piria in 1838.

PREPARATION Salicylic acid crystals are triturated with lactose sugar.

Remedy profile

This remedy is most appropriate for those who are prone to extreme prostration, weakness, and fainting, often due to post-viral fatigue. They may be mild-natured, restless, or anxious, and tend to be either overexcited or stupefied and dull. They are sleepy and yawn often, but wake frequently from sleep thinking that they can hear music.

Key symptoms associated with *Salicylic ac.* are weakness, ulceration, and ear problems such as tinnitus, vertigo, and progressive deafness, possibly due to Ménière’s disease (a disorder of the inner ear). The remedy may also be used for severe headaches with piercing pains that start at the top or back of the head. Any ulceration tends to focus on the mucous membranes: mouth ulcers, for instance, may be treated with *Salicylic ac.*

Symptoms better For hot compresses, especially dry compresses.

Symptoms worse For cold air; at night; for the slightest cold touch; for movement.

See also Tinnitus, page 222

Acidum sulphuricum

SULPHURIC AC.

COMMON NAMES Sulfuric acid, oil of vitriol.

ORIGIN Chemically prepared.

BACKGROUND This oily, corrosive liquid was discovered by alchemists in the 13th century. It is used to make dyes, drugs, and fertilizers.

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

Remedy profile

People for whom *Sulphuric ac.* is best suited are hurried, mentally restless, and excitable, despite great exhaustion, weakness, and trembling. Usually mentally sharp, they are prone to nervous exhaustion, becoming absentminded and dull when ill.

The classic symptom picture for this remedy is of extreme fatigue following an injury, concussion, or operation, especially if healing is slow, with bruising, bleeding, ulceration, gangrene, or other symptoms of decay. There is often a marked sensitivity to pollutants such as smoke. The remedy may also be prescribed for diabetes.

Symptoms better For moderate temperatures; for lying on the affected side; for hot drinks.

Symptoms worse For open air; for menopause; for injuries; for the smell of coffee; for air pollution and tobacco smoke.

See also Diabetes, page 191

Actaea spicata

ACTAEA SPIC.

COMMON NAMES Baneberry, herb Christopher.

ORIGIN Native to Eurasia, although now found in many temperate regions of the Northern Hemisphere.

BACKGROUND Herbalists use this plant to treat rheumatic symptoms, especially those occurring in minor joints. Its purplish-black berries are used in dyes.

PREPARATION The fresh root, collected after the shoots emerge and before bloom, is chopped and macerated in alcohol.

Remedy profile

Actaea spic. is most suited to sad, absentminded people who are easily startled and often prey to fear or anxiety. They are prone to a fear of death, particularly when in bed at night. Their judgment is generally poor, and they may feel hopeless, confused, impatient, and restless, especially if they experience a shock. They may even think that they are going insane. They may be egotistical and unreliable in relationships.

Actaea spic. is usually given for this state of mind in conjunction with rheumatoid arthritis that is accompanied by tearing pains, especially if minor joints such as the wrists are affected. The pain may be so severe that the limbs actually feel paralyzed, causing crying out, weariness, and possibly eventual lameness.

Symptoms better None known.

Symptoms worse For changes in the weather or temperature; for cold air; at night; for touch; for the slightest fatigue; for the slightest exertion; for mental exertion.

.....
Adonis vernalis

ADONIS

COMMON NAMES False hellebore, yellow pheasant's eye.

ORIGIN Native to Russia and the Black Sea region, and now found in much of Europe, growing on mountain pastures.

BACKGROUND The plant takes its name from Adonis, a Greek mythological figure linked to the seasonal renewal of plant life. In Russia it is used as a heart remedy.

PREPARATION The chopped aerial parts of the plant are steeped in alcohol.

Remedy profile

People for whom *Adonis* is suitable tend to be apprehensive and prone to horrible dreams and restless sleep. They generally feel "waterlogged" and uncomfortable.

The classic symptom picture for *Adonis* is of heart degeneration, perhaps following a bout of severe influenza or rheumatic fever. There may be pain and palpitations in the area around the heart. The heart rhythms may be abnormally rapid or slow and faltering, possibly because of diseased valves or fatty degeneration. Edema (an irregular accumulation of fluid in the body tissues or cavities), which develops as a result of poor circulation and is accompanied by scanty urine, may be treated by *Adonis*.

The remedy is also used to treat asthma with breathlessness, discomfort, or heart disease. Further symptoms may include headaches that move from the back of the head, around the temples, to the eyes.

Symptoms better For exertion.

Symptoms worse For cold; for lying down.

.....
Aesculus hippocastanum

AESCULUS

COMMON NAMES Horse chestnut, conker.

ORIGIN Native to southeastern Europe, and grown in temperate areas worldwide.

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

PREPARATION The fresh, ripe, peeled, and finely chopped horse chestnuts are macerated in alcohol.

Remedy profile

This remedy is best suited to people who are very low, depressed, and irritable, with poor concentration. They may lose their temper easily, tending to brood afterward.

The remedy is given primarily for treating hemorrhoids, especially when the rectum feels dry and uncomfortable, as though it is full of small sticks, or when the hemorrhoids are internal and associated with constipation and pain in the lower back. Often the anus feels hot, dry, and itchy. Lumpy stools may occur, with stabbing, tearing, or splinterlike pains in the anus. Distension in the bowels may develop, with colicky pain and foul-smelling gas. There may be varicose veins, and a feeling of congestion and tenderness in the liver. The hemorrhoids may be associated with pains and chills in the spine, and a dull, constant backache that makes bending down or rising after sitting difficult, and walking almost impossible.

In addition, the remedy is given for a dry, rough, burning throat accompanied by sneezing and profuse catarrh.

Symptoms better For cool air (unless it is directly inhaled); for vigorous exercise.

Symptoms worse For bending or getting up from a seat; for walking; for standing; for breathing deeply; for swallowing; for passing stools; after eating; for sleep.

See also Hemorrhoids, page 238

.....
Aethusa cynapium

AETHUSA

COMMON NAME Fool's parsley.

ORIGIN Found throughout Europe.

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

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

Remedy profile

People who respond best to *Aethusa* are often characterized by poor concentration and a tendency to be easily distracted. They are generally reserved, alienated, reclusive, and irritable.

Key symptoms associated with *Aethusa* include a confused state of mind with



AESCULUS
HIPPOCASTANUM
(Horse chestnut)

scattered thoughts; those affected may talk to themselves and behave foolishly. Other typical symptoms can include marked dullness and a sluggish mental state, possibly linked with an inability to study. These symptoms may be accompanied by prostration with a sense of staleness, or anxiety with associated nervous diarrhea.

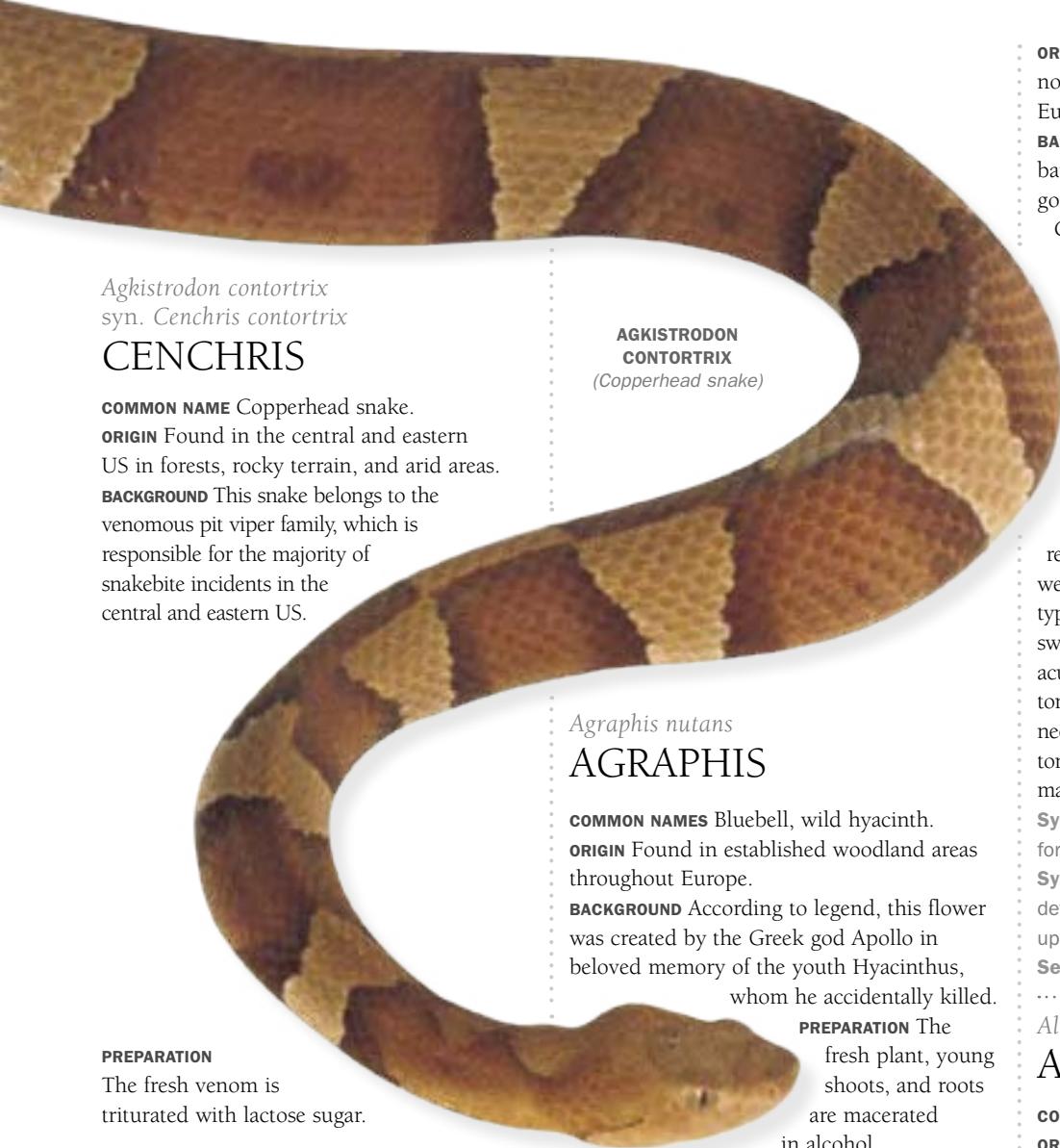
Aethusa is also appropriate for children with milk intolerance, notably babies who are prone to sudden vomiting after feeding, and who may have diarrhea. Lack of nutrition may set up a cycle of hunger, frequent feeding, and subsequent violent vomiting. This may result in a state of extreme exhaustion and collapse, causing the baby's face to appear drawn, agonized, and aged. It may also seem as though the baby's whole body has enlarged, particularly in the heart area.

Symptoms better For open air; for walking; for company and conversation; for rest.

Symptoms worse For warmth and hot weather; between 3 a.m. and 4 a.m.; for overexertion; for eating frequently; for milk.



AETHUSA
CYNAPIUM
(Fool's parsley)



Agkistrodon contortrix
syn. *Cenchrus contortrix*

CENCHRIS

COMMON NAME Copperhead snake.

ORIGIN Found in the central and eastern US in forests, rocky terrain, and arid areas.

BACKGROUND This snake belongs to the venomous pit viper family, which is responsible for the majority of snakebite incidents in the central and eastern US.

PREPARATION

The fresh venom is triturated with lactose sugar.

Remedy profile

Cenchrus is particularly suitable for people who experience great mental restlessness, jealousy, suspicion, and abandonment. They have a general tendency to be rather absentminded, moody, and dreamy, often experiencing vivid, horrible dreams that continue in their thoughts once they are awake. Their anxieties may include a fear of rape, pins and pointed objects, going to sleep, and sudden death.

The classic symptom picture for *Cenchrus* is of breathlessness, mental and physical restlessness, and a desire to drink small quantities of water. Another classic symptom is a need to loosen the clothing, triggered by congestion in the blood vessels. Complaints are usually right-sided. There may be a susceptibility to allergies, especially in the spring.

Symptoms better In the morning.

Symptoms worse In the afternoon, in the evening, and all night; for lying down; for waking; for pressure on the affected area.

**AGKISTRODON
CONTORTRIX**
(Copperhead snake)

Agraphis nutans AGRAPHIS

COMMON NAMES Bluebell, wild hyacinth.

ORIGIN Found in established woodland areas throughout Europe.

BACKGROUND According to legend, this flower was created by the Greek god Apollo in beloved memory of the youth Hyacinthus, whom he accidentally killed.

PREPARATION The fresh plant, young shoots, and roots are macerated in alcohol.

Remedy profile

People for whom *Agraphis* is best suited are low in vitality and prone to catching colds. The classic symptom picture is of ear, nose, and throat infections linked to catarrh and deafness, particularly during childhood. There may be catarrh in the bridge of the nose, obstructing the nostrils, and discharges from all the mucous membranes. Chills develop easily after exposure to cold winds, accompanied by diarrhea with mucus. During infection the tonsils and adenoids may be swollen.

Symptoms better For shelter; for lying on the stomach.

Symptoms worse For heat and humidity.

Allianthus altissima

AILANTHUS

COMMON NAMES Tree of heaven, shade tree, Chinese sumac, copal tree.

ORIGIN Native to China and India, but can now also be found growing in North America, Europe, and Australia.

BACKGROUND In Australia and Asia, the tree's bark was used for profuse vaginal discharge, gonorrhea, worms, malaria, and asthma.

Chinese herbalists use it to treat diarrhea and dysentery.

PREPARATION The fresh, budding flowers are macerated in alcohol.

Remedy profile

Ailanthus is best suited to those who feel extremely weak when ill, and frequently behave in a stupid, dull, and confused way. They may feel anxious, odd, or even crazy. Key symptoms indicating that this remedy is suitable are fevers with great weakness and congestion of the blood, which typically gives the skin a purple, mottled, swollen appearance. *Ailanthus* is often given for acute bouts of mononucleosis with swollen tonsils and neck glands. Pain extends from the neck glands to the ears on swallowing. The tonsils on the left side are mainly affected, and may develop oozing mucus or ulcers.

Symptoms better For lying on the right side; for hot drinks.

Symptoms worse For skin eruptions that fail to develop; for the slightest movement; for sitting up; for the sight of food.

See also Mononucleosis, page 254

Allium sativum

ALLIUM SAT.

COMMON NAME Garlic.

ORIGIN Native to central Asia, and now grown worldwide.

BACKGROUND Garlic is one of the most ancient of herbs, used by the Babylonians as early as c. 3000 BCE. It is now a popular culinary herb and an important medicinal plant, valued for its antibiotic properties.

PREPARATION The fresh garlic bulbs are minced and macerated in alcohol.

Remedy profile

Allium sat. is most appropriate for people who are oversensitive and need company. Although subject to many fears, they have a particular fear of being poisoned. They generally enjoy a rich, gourmet diet, especially one that includes meat, but are prone to indigestion and catarrh problems.

The remedy is primarily associated with indigestion caused by a rich diet or by dietary change. The digestive process is accompanied by pressure in the upper abdomen, foul-smelling gas, and colicky pains around the

navel. Dull pains in the bowels and either constipation or diarrhea may be present. *Allium sat.* is also used to treat tearing pains in the hip area and abdomen.

Symptoms better For sitting bent over.

Symptoms worse In the evening; at night; for walking; for pressure on the affected area.

Aluminum potassium sulphuricum

ALUMEN

COMMON NAMES Potash alum, double sulfate of aluminum and potassium.

ORIGIN Chemically produced from sulfates of aluminum and potassium.

BACKGROUND Potash alum is used in the making of chamois leather, and as a dye in the paint industry. It is used medicinally for minor bleeding cuts and mouth ulcers.

PREPARATION Pure crystals of potash alum are triturated with lactose sugar.

Remedy profile

People for whom *Alumen* is best suited are extremely anxious and sad. They are usually very nervous, experiencing tremors on hearing bad news, or palpitations on thinking about any illness that may affect them. They have a fear of falling, and may mistrust others. Sleep is light or elusive, and they tend to stay in bed more than necessary. Illness tends to develop during sleep. *Alumen* is often given to the elderly.

The typical symptom picture for *Alumen* is of bowel problems and paralytic, sluggish weakness of the muscles. Disturbances of the bowel include dysentery and bloody diarrhea, painful ulceration in the rectum, bleeding hemorrhoids, and a deep anal ache. There may be severe constipation, possibly due to uterine or rectal cancer.

Symptoms better For open air.

Symptoms worse For cold; during sleep; for lying on the right side; for bad news.

Ambrosia artemisiaefolia

AMBROSIA

COMMON NAMES Ragweed, Roman wormwood, hogweed.

ORIGIN Found in Europe, Mexico, Brazil, and North America.

BACKGROUND This plant's green, tassel-like flowers produce large amounts of pollen that can trigger severe hay fever.

PREPARATION A tincture is made from the fresh flower heads and young shoots.

Remedy profile

Ambrosia is generally given for hay fever. The whole of the respiratory system may be affected.

The nose and head feel congested, and there is sneezing, watery catarrh, and possible nosebleeds. The eyes water, smart, burn, and itch. There may be a wheezy cough, asthmatic irritation, or whooping cough. These symptoms may also be associated with diarrhea, notably in the summer months.

Symptoms better For being indoors.

Symptoms worse For being outside.

Ammonium bromatum

AMMONIUM BROM.

COMMON NAME Ammonium bromide.

ORIGIN Chemically prepared.

BACKGROUND This compound exists as colorless prismatic crystals with a salty taste. It is not used commercially.

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

Remedy profile

People who respond best to *Ammonium brom.* tend to be timid and lack self-confidence. They fear failure and criticism, and are often resentful of other people. They have a tendency to bite their nails.

Key symptoms linked with this remedy include neuralgic headaches, sore eyes, ovarian problems, and epilepsy. Symptoms may appear concurrently or individually. The constrictive head pains are like a band above the ears. During the aura (the warning sensation) preceding an epileptic fit, there may be feelings of suffocation and faintness, along with sighing and a need to walk around the room.

Eye symptoms typically include sore, irritated eyes that feel as if they contain sand. There may be mucus bathing the eyes, swollen eyelids, and possibly a pterygium (a wing-shaped thickening of the conjunctiva). In the evening the eyes feel large, with constantly blurred vision.

In women, symptoms may be associated with the ovaries. They may include nagging, neuralgic pains, bleeding of the uterus, and hard swelling, especially of the left ovary, possibly in conjunction with eye irritation. *Ammonium brom.* may also be prescribed for a tormenting, tickly, spasmodic cough, such as whooping cough, or it may be given for a strangling cough with mucus that tends to occur in the morning. Coughing may be incessant at night.

Symptoms better For warmth; for warm drinks.

Symptoms worse For open air or cold air.

Ammonium chloratum

AMMONIUM MUR.

COMMON NAMES Sal ammoniac, ammonium chloride.

ORIGIN Until the 19th century, the only source of this mineral was in central Asia, but now it is also chemically prepared.

BACKGROUND Sal ammoniac is used industrially as an electrolyte in dry cells. Medicinally, it is found in many over-the-counter cold and cough medicines.

PREPARATION The compound is dissolved in alcohol, diluted, and succussed.

Remedy profile

This remedy is typically given to people who are grieving, sad, depressed, and tearful, yet are unable to weep. Usually reserved and self-pitying, they may resent feeling alone in the world.

Ammonium mur. is generally used for these symptoms in conjunction with liver complaints, particularly if they are accompanied by pinching, shooting pains in the stomach, catarrh, and a violent cough that is dry and scraping or loose, and profuse. Inflammatory eye conditions, menstrual disorders, enlarged glands, joint pains, and sciatica are other possible symptoms that may appear, and for which the remedy may be prescribed. Further respiratory symptoms typically associated with *Ammonium mur.* include a congested nose, sneezing, a reduced sense of smell, a sore throat, hoarseness, and thick, slimy mucus in the nose and throat.

Symptoms better For open air; for rapid movement; for walking bent over.

Symptoms worse For walking erect; for chronic sprains; in the morning (in the case of head and chest symptoms); in the afternoon (in the case of abdominal pains); in the evening (in the case of joint pains).

See also Sciatica, page 218

AMMONIUM CHLORATUM

(*Sal ammoniac*)



*Amylium nitrosum***AMYL NIT.****COMMON NAME** Amyl nitrite.**ORIGIN** Chemically prepared.**BACKGROUND** A powerful drug that dilates the blood vessels, amyl nitrate is often used in illegal recreational drugs such as "poppers."**PREPARATION** Amyl nitrite is dissolved in purified water, diluted, and succussed.**Remedy profile**

Amylium nitrosum is most appropriate for people who are hot and red, feel constricted by their clothes, and have a desire for fresh air. They may be weak, anxious, restless, and weary, often due to disturbed sleep.

The classic symptom picture is of flushing that spreads rapidly over the skin, followed by drenching sweats and great exhaustion. The remedy may be used for these symptoms in conjunction with menopause, sunstroke, or heart problems.

Typical heart symptoms treated with *Amylium nitrosum* include sharp pains in the heart area and a feeling of oppression, with pain radiating down the right arm.

Symptoms better For open air; for exercising outside; for rest; for drinking cold water.

Symptoms worse For the slightest emotion; for physical or mental exertion; during the menopause.

*Anacardium occidentale***ANACARDIUM OCC.****COMMON NAME** Cashew nut.**ORIGIN** Native to the West Indies.**BACKGROUND** The juice inside the shell is a skin irritant that causes blistering. In 19th-century Europe it was used to burn off warts and corns.

PREPARATION The black juice between the outer and inner shell is dissolved in alcohol, then diluted and succussed.



ANACARDIUM OCCIDENTALE
(Cashew nuts)

Remedy profile

Anacardium occidentale is most appropriate for people who are prone to poor memory and willpower, and who feel mentally and physically apathetic and numb. They are prone to exam nerves and phobias.

The remedy is given for the above state of mind in conjunction with skin and muscle complaints. Skin eruptions initially itch and burn, then become swollen and sore, before producing blisters that may become infected. The ears and face may itch and burn.

Anacardium occidentale may also be prescribed for warts or leprosy.

Symptoms better None known.

Symptoms worse On beginning to move.

See also Phobias, page 211; Exam nerves, page 254

Anamirta coccinea syn. *Cocculus indicus***COCCULUS****COMMON NAME** Indian cockle.**ORIGIN** Found in India and southeast Asia.**BACKGROUND** Fishermen in southern India use this plant as a poison to stun fish and catch them easily. It was once added to beer to make it more intoxicating.

PREPARATION The powdered seeds are macerated in alcohol.

Remedy profile

Cocculus is most effective for those whose concern for others makes them feel at the end of their tether. They may become severely exhausted, possibly leading to fainting, insomnia, and stupor. This state is common in those who have spent long periods of time nursing a sick relative.

This remedy has a strong affinity with central nervous system disorders, especially vertigo, dizziness, nausea, sea- and travel-sickness, vomiting, and hypersensitivity to touch. Nervous oversensitivity may lead initially to agitation and dizziness, and possibly develop into more serious conditions such as muscle weakness, spasms in the legs, and gradual paralysis.

Symptoms better For sitting in a warm room; for lying quietly.

Symptoms worse For cold; for lack of sleep; for movement; for movement in vehicles; for anxiety; for emotional stress.

Anhalonium lewinii
syn. *Lophophora williamsii***ANHALONIUM****COMMON NAMES** Mescal buttons, peyote, sacred mushroom.**ORIGIN** Native to the southwestern US and Mexico.**BACKGROUND** For over 3,000 years this cactus has been used throughout America as a hallucinogenic means of deepening spiritual experiences in religious rites.

PREPARATION Boiling water is poured at two intervals on the fresh, chopped root.

Remedy profile

This remedy is best suited to people who have lost all conception of time and feel separated

from ordinary life. They may be introverted, lethargic, depressed, and resentful and distrustful of others, and can experience irrational changes in mood. A general loss of identity and willpower may affect them, along with an impression that life is meaningless. They may have the strange feeling that their whole being has become transparent, enabling them to see their internal organs.

The symptom picture for *Anhalonium* is of mental exhaustion, hallucinations with brilliant-colored vision, migraines, and lack of coordination. Headaches or migraines may occur in the front of the head, or there may be a persistent aching, tired sensation at the back of the head. There may be blurred vision, dilated pupils, or grotesque, multicolored, distracting vision disturbances. Listening to music may trigger the feeling that each note is surrounded by a halo of color that pulses to the music.

Severe lack of coordination is also associated with *Anhalonium*; it may be accompanied by muscle tremors, nausea, and faintness, and neuralgic pains and paralysis in the face. The brain is often overactive and prevents sleep.

Symptoms better For lying down.

Symptoms worse For closing the eyes; for movement.

*Apocynum cannabinum***APOCYNUM****COMMON NAMES** Indian hemp, American hemp, hemp dogbane.**ORIGIN** Found in North America.**BACKGROUND** This plant has long been known by native Americans as a treatment for chronic heart disease. Its fibers are also made into rope, twine, mats, and baskets.

PREPARATION The fresh underground parts are chopped and steeped in alcohol.

Remedy profile

Apocynum is most suitable for people who feel confused, low-spirited, and distressed. The remedy is prescribed primarily as a treatment for edema (a collection of watery fluid in the body cavities or under the skin). The edema is characteristically associated with diseased organs, and may be linked with Hodgkin's lymphoma or Bright's disease. There is often great weakness, irritation in the digestive system, a slow or irregular pulse, and considerable thirst. Secretions such as perspiration and urine may be reduced, and breathing patterns may become uneasy.

Symptoms better For warmth; for sitting up; after passing stools.

Symptoms worse For cold of any kind; for uncovering the body; after sleep.

*Aqua sanicula***SANICULA****COMMON NAME** Sanicula water.**ORIGIN** Found near Ottawa, Illinois.**BACKGROUND** The Sanicula Springs that provide this particular mineral water are located near Ottawa, Illinois.**PREPARATION** The spring water is mixed with alcohol, diluted, and succussed.**Remedy profile**

Irritation is common in those for whom *Sanicula* is most suited. In children, behavior alternates between playfulness and bad temper, during which they will throw themselves backward. Intolerance of the slightest jarring movement, particularly downward motion, such as that of an escalator, is another typical feature of this remedy.

The classic symptom picture is of low vitality due to undernourishment and slow digestion. The physique is usually slim and the skin condition is poor, possibly with eczema. Symptoms tend to change frequently. There is often perspiration where body parts touch. In women there may be menstrual disorders and an uncomfortable feeling that the pelvic contents are going to drop out. Vaginal discharges smell "fishy."

Digestive symptoms associated with *Sanicula* include large, heavy, painful stools. The body tends to remain thin despite great appetite, and eating causes bloating, sour belches, and an urge to pass stools. There may be halitosis and a bad taste in the mouth.

Symptoms better For vomiting; for open air; for rest; for lying down.

Symptoms worse For movement; for jarring; for strain; for eating and drinking.

*Araneus diadematus***ARANEA DIADEMA****COMMON NAMES** Papal cross spider, European garden spider, diadem spider.**ORIGIN** Found in Europe and the US.**BACKGROUND** The name of this spider derives from the yellow-and-white crosses on its back. After mating the female usually binds, kills, and eats the male.**PREPARATION** The whole, live spider is crushed and macerated in alcohol.*Arctostaphylos uva-ursi**(Uva-ursi)***Remedy profile**

People who respond best to this remedy tend to be irritable, uneasy, nervous, and restless. Feelings of claustrophobia or confusion may also be present.

Aranea diadema is most appropriate for problems that affect the nervous system and are accompanied by coldness and a susceptibility to damp. A sensation of great chilliness may occur, as if the bones themselves are frozen, and there may be a fever. All parts of the body may feel heavy, numb, and enlarged (especially on waking); for example, the hands may feel as if they are twice their normal size, and there may be pains that feel like electric shocks. Symptoms tend to occur or recur periodically, or at the same time each day, and are usually on the right side.

Symptoms better For smoking; for open air; for pressure on the affected area.

Symptoms worse For cold; for damp; for rain; for getting wet; at exactly the same time each day.

*Arctostaphylos uva-ursi***UVA URSI****COMMON NAMES** Uva-ursi, bearberry.**ORIGIN** Found in Europe, the US, Mexico, and northern Asia.**BACKGROUND** Bears like to eat the fruits of this plant, hence the name *uva-ursi*, which is derived from the Latin for "bear's grape."**PREPARATION** The fresh leaves and young shoots are chopped and steeped in alcohol.**Remedy profile**

Uva ursi is generally used for inflammation and stones in the kidneys. There may be chronic bladder irritation with blood in the urine, or pain with straining to pass urine, possibly accompanied by a weak, irregular pulse, breathlessness, vomiting, nausea, and cyanosis (bluish mucous membranes and skin caused by too much deoxygenated hemoglobin in the blood). Sharp pains may pass from hip to hip. In men, the prostate gland

may become enlarged. Further symptoms that may accompany urinary conditions include flushing of the face, catarrh, a tight sensation in the chest, slight dizziness, and a headache. *Uva ursi* may also be given for certain digestive, respiratory, or childbirth symptoms, but the primary focus of the remedy is on urinary problems.

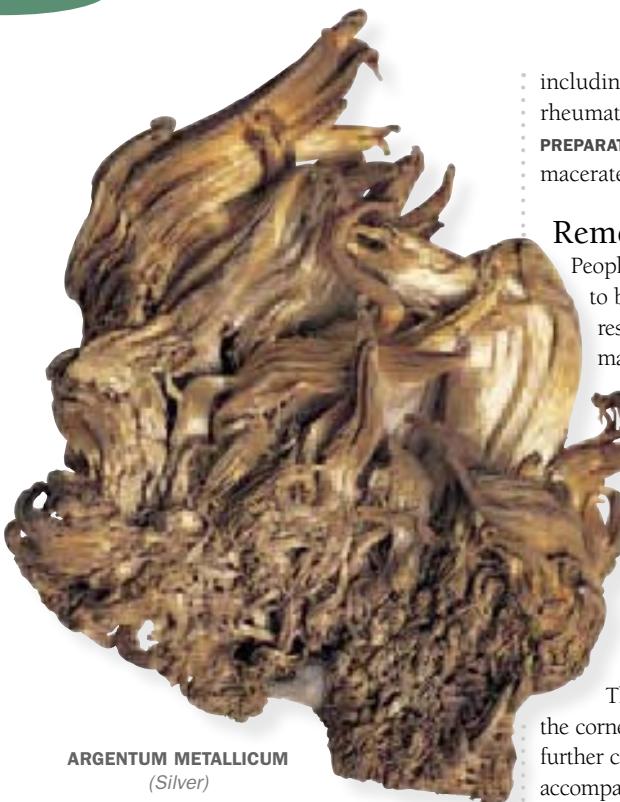
Symptoms better After urination; for lying back.

Symptoms worse During urination; in the evening.

*Argentum metallicum***ARGENTUM MET.****COMMON NAME** Silver.**ORIGIN** Deposits are widely distributed throughout the world, but are often small.**BACKGROUND** This precious metal has been found in ornaments and decorations dating from 4000 BCE, and has long been used to make coins and jewelry.**PREPARATION** Ground silver is triturated with lactose sugar.**Remedy profile**

Anxious, restless, hurried, impulsive people who often act on a whim respond best to *Argentum met.* When ill, having to concentrate usually makes these people feel worse, and their thoughts are chaotic, so that they constantly flit from subject to subject when talking. Often changeable and deceitful, although normally cheerful and lively, they may be excessively depressed by small upsets.

Argentum met. is generally used for joint and bone disorders associated with the connective tissues, especially the cartilage.



ARGENTUM METALLICUM
(Silver)

There may be bruising pains that bore into the joints, or pulling, cramping pains in the limbs and bones. Arthritis with paralytic pain and weakness may be present. The remedy may also be prescribed to treat nervous complaints involving spasmodic movements and convulsive shocks in the body.

Disorders of the reproductive organs may also be treated by *Argentum met.*, especially if they are accompanied by thick, profuse secretions of the related mucous membranes. In men, frequent seminal emissions without sexual excitement at night may be treated. In women the remedy is given for ovarian pain, possibly due to cysts or tumors, and for bleeding between menstrual periods or heavy hemorrhaging during menopause. *Argentum met.* may also be helpful in treating throat inflammation and voice loss.

Symptoms better For wrapping up; for movement.
Symptoms worse For warmth; for sun; for mental strain; for using the voice; for touch; in the morning.

Arisaema triphyllum syn. *A. atrorubens*,
Arum triphyllum

ARUM TRIPH.

COMMON NAMES Jack-in-the-pulpit, Indian turnip, wild turnip.

ORIGIN Found in North America.

BACKGROUND Jack-in-the-pulpit was used medicinally by native Americans. The fresh root is a severe skin irritant, but when dried it was used for a variety of ailments,

including headaches, chest problems, and rheumatoid arthritis.

PREPARATION The fresh tuber is chopped and macerated in alcohol.

Remedy profile

People who respond best to *Arum triph.* tend to be excitable and nervous. They are often restless and cross. Characteristically, they may bore their heads into their pillows.

Key conditions associated with *Arum triph.* involve irritation and inflammation of the mucous membranes and skin, such as allergic skin reactions, eczema, scarlet fever, or hay fever. Typical symptoms include raw, red, itchy skin, particularly on the face, and a raw, burning mouth and throat, with acute or chronic hoarseness.

The lips may be chapped or cracked at the corners. Picking the lips and the nose are further common symptoms, especially if accompanied by delirium.

Symptoms better For warmth; for eating breakfast and dinner.

Symptoms worse For cold and wet; for heat; for cold, northeasterly winds; for overusing the voice; for lying down.

See also Allergies, page 206

Arsenicum iodatum

ARSEN. IOD.

COMMON NAMES Arsenic iodide, iodide of arsenic.

ORIGIN Chemically prepared.

BACKGROUND These orange-red crystals are highly toxic and must be protected from light to prevent the loss of iodine.

PREPARATION Pure arsenic iodide crystals are dissolved in alcohol.

Remedy profile

This remedy is most appropriate for people who are irritable and restless. Excitable and impatient, they may have sudden, violent impulses. Their bodies are warm.

The classic symptom picture for *Arsen. iod.* is of either great restlessness or total exhaustion, possibly associated with chronic chest infection and burning discharges from the mucous membranes. There may be a history of allergic and respiratory conditions.

Arsen. iod. is most often used for hay fever or influenza that is accompanied by the classic burning discharge, soreness of the mucous membranes, and frequent sneezing. There may be a loose, short, hacking cough or a burning, sore throat associated with inflammation. The

remedy may also be given for asthma and shortness of breath with rapid breathing that gradually becomes a wheeze. It may also be used for hyperactivity in children.

Symptoms better For open air; after eating.

Symptoms worse For dry, windy, cold, or foggy weather; for the heat of the bed; for exertion; for tobacco smoke.

See also Hay fever & allergic rhinitis, page 224

Artemisia abrotanum

ABROTANUM

COMMON NAMES Southernwood, lady's love, old man.

ORIGIN Native to southern Europe.

BACKGROUND Containing a strong, volatile oil that repels insects, this plant's leaves have long been used as a moth repellent when placed among clothes.

PREPARATION The fresh, finely chopped leaves and shoots are steeped in alcohol.

Remedy profile

People for whom *Abrotanum* is best suited tend to be anxious and depressed. They may feel dull of mind and become easily fatigued when speaking or studying. Alternatively, they can be irritable, excited, and violent, and have an urge to shout.

Key symptoms include emaciation and debilitation of the lower limbs, possibly in children who fail to thrive, or due to polio. A classic feature of *Abrotanum* is that certain symptoms die away rapidly and are immediately replaced by other symptoms. For example, chest symptoms may develop after skin eruptions have failed to come out, heart disease develops following the suppression of rheumatic symptoms, or mumps is transferred from the parotid glands to the testes.

Symptoms better For passing loose stools; for movement.

Symptoms worse For cold and damp air; if secretions are suppressed (for instance, by taking drugs to suppress diarrhea).

Artemisia absinthium

ABSINTHIUM

COMMON NAMES Common wormwood, green ginger.

ORIGIN Native to Europe, but now grows wild in central Asia and the eastern US, and is widely cultivated in temperate areas.

BACKGROUND Common wormwood was originally a primary flavoring in vermouth, and the basis of absinthe, an addictive drink popular in 19th-century France but now illegal in many countries.

PREPARATION The fresh flowers, young leaves, and shoots are steeped in alcohol.

Remedy profile

Those who respond best to *Absinthium* are prone to nervous overexcitement, experiencing terrifying, horrible dreams and dreadful hallucinations. A kind of brutal stupor or stupidity may even be apparent in them.

Absinthium is primarily associated with the nerves, and key symptoms include trembling, grimacing, and unsteadiness, possibly linked to alcoholism. In children the remedy may be given for terrible dreams, nervousness, insomnia, vertigo, fits or seizures, and epilepsy.

Symptoms better For movement.

Symptoms worse For rising from bed or from a seat; for staying still.



Artemisia vulgaris

ARTEMISIA

COMMON NAMES Mugwort, wormwood, sailor's tobacco.

ORIGIN Found in temperate regions of the Northern Hemisphere.

BACKGROUND Mugwort was traditionally kept in medieval homes to ward off the devil. Chinese doctors use the herb in moxibustion, a traditional treatment.

PREPARATION The fresh root is dug up at the beginning of winter, chopped, and macerated in alcohol.

Remedy profile

The classic symptom picture for *Artemisia* is of nervous disorders, possibly triggered by bad news, grief, or a blow to the head.

The nervous conditions for which this remedy is used include sleepwalking, fits or seizures, chorea (involuntary rapid, jerky body movements), and epilepsy. There may be absentmindedness and stupor. Seizures may be brought on by cooling after exertion, or by flickering lights. Children who benefit from *Artemisia* may tend to experience petit mal fits or absences rather than full seizures, possibly during teething. They may

have been born to mothers who felt great grief during their pregnancy.

Symptoms better At night; for rubbing the eyes; for deep breathing.

Symptoms worse For fright; for grief; for head injury; for menstrual problems; for prolonged dancing.

Arum maculatum

ARUM MAC.

COMMON NAMES Cuckoo-pint, lords and ladies.

ORIGIN Native to central and western Europe, growing in woods and hedgerows.

BACKGROUND The arrow-shaped leaves and bright red flowers of this plant are poisonous. Insects are trapped by the flowers and digested by the plant.

PREPARATION The fresh, finely chopped tuber is macerated in alcohol.

Remedy profile

Arum mac. is associated with severe, violent inflammation or irritation of the mucous membranes, and is frequently used for respiratory tract problems. Typical respiratory symptoms treated by the remedy include asthma, catarrh, nasal polyps, and constant swallowing. The gums may bleed, and the tongue and throat may be swollen and sore, so that swallowing becomes difficult. There may be tickling in the throat, hoarseness, and a desire to cough. The chest may feel tight, and there may be a violent cough and profuse, possibly blood-streaked catarrh.

Symptoms better None known.

Symptoms worse For pressure on the affected area; for stretching; on the left side of the body.

Arundo mauritanica

ARUNDO

COMMON NAMES Reed, cannizzola.

ORIGIN Found in southern Europe, Africa, and Asia.

BACKGROUND This genus is used in reeds for wind instruments, in wickerwork, and to make windbreaks to control erosion.

PREPARATION The root sprouts are macerated in alcohol.

Remedy profile

The mental state for which *Arundo* is most appropriate is one in which laughter comes easily, as do lascivious thoughts. Allergic problems are the key symptoms treated by this remedy. Typical problems include hay fever with sneezing, catarrhal inflammation, and extreme itching inside the nose, accompanied by excessive salivation.

There may be a reduced sense of smell, and itching and burning in the back palate of the mouth. Pain at the back of the head may extend to the right eye, with deep-seated pain on either side of the head. The hay fever symptoms may extend to the eyes, causing prickling, itching, and burning of the conjunctiva. The remedy may be used to treat blepharitis (inflammation of the eyelids).

Arundo may also be prescribed for a wet cough with breathlessness. Bluish-tinged mucus may be coughed up, with a sensation of bruising in the throat and burning pain in the stomach.

Symptoms better For open air.

Symptoms worse For movement.

See also Allergies, page 206

Asarum europaeum

ASARUM

COMMON NAMES Hazelwort, European snakeroot, wild nard, public house plant.

ORIGIN Native to woods and shady sites in northern and eastern Europe.

BACKGROUND Introduced medicinally by the ancient Greek physician Dioscorides, this plant was used chiefly as an emetic. Also a stimulant, it was once an ingredient of tobacconists' 'head-clearin' snuff.'

PREPARATION The fresh, finely chopped underground parts are steeped in alcohol.

Remedy profile

People who respond best to *Asarum* are nervous, excitable, and oversensitive. They are usually weak, often feel chilly, and are unable to live robust, ordinary lives. Often they are overly ambitious and exhausted due to a stressful occupation. *Asarum* is also given to recovering alcoholics.

The classic symptom picture for this remedy is of nervous hypersensitivity and edgy, hysterical behavior; even the sound of scratching on cloth becomes unbearable. Other symptoms commonly include nervous exhaustion, restlessness, hand-wringing, severe insomnia, and a sensation of floating and dizziness. Noise may trigger pain in the ears and teeth.

Digestive problems with an aversion to eating, possibly associated with anorexia, may accompany this disturbed state. There is often alcoholism or a desire for alcohol, and an aversion to sexual intercourse.

Symptoms better For damp weather; for bathing in cold water.

Symptoms worse For cold, dry weather; for any noise or even the thought of noise; for penetrating sounds.

*Asclepias tuberosa***ASCLEPIAS TUB.**

COMMON NAMES Pleurisy root, butterfly weed.
ORIGIN Native to the southern US.

BACKGROUND Traditionally considered a cure-all in native American herbalism, pleurisy root was often used to treat fevers.

PREPARATION The fresh root is chopped and macerated in alcohol.

Remedy profile

Those for whom *Asclepias tub.* is most appropriate tend to be depressed, languid, and unable to concentrate.

Asclepias tub. is associated particularly with rheumatic pain and catarrh, both tending to arise in damp weather. The rheumatic pain is characterized by stitchlike pains in the muscles and joints. The remedy may be prescribed for many forms of respiratory inflammation, such as bronchitis, influenza, pleurisy, or other feverish conditions with a painful, dry, hacking cough. The chest may feel warm with sharp pains, especially when breathing deeply. The above symptoms are often accompanied by copious perspiration, catarrh, and restless, uneasy sleep.

Symptoms better For bending forward, which eases pain in the lungs.

Symptoms worse For movement; for deep breathing; for lying down; in the morning; in winter.

*Astacus fluviatilis***ASTACUS**

COMMON NAMES Freshwater crayfish, river crab.

ORIGIN Found in the Gulf of Mexico and on the coast of the Atlantic Ocean.

BACKGROUND The common name of this crustacean derives from the old French word *crevice*, perhaps because it lives in the crevices between stones.

PREPARATION The live crayfish is pounded and then steeped in alcohol.

Remedy profile

Astacus is best suited to people who feel unprotected and vulnerable during transitional phases in their lives. They are often taciturn loners who desire calmness and clarity, but tend to be vague and absent-minded, their heads feeling full of cotton balls.

Astacus has a strong affinity with the liver, digestion, glands, and skin. It is well known as a remedy for urticaria (hives), particularly

if the rash is accompanied by cramps and pain, or inflammation in the liver area that feels worse for pressure on it. There may be stinging pains in the temples, ears, and kidneys, and the glands may be enlarged and inflamed, especially in children and the elderly.

Symptoms better For walking; for sitting; after crying.

Symptoms worse For uncovering the affected area or exposing it to the air; for eating fish or meat.

*Asterias rubens***ASTERIAS**

COMMON NAME Red starfish.

ORIGIN Found around the coastline of western Europe.

BACKGROUND Dating back to the earliest geological age, the Precambrian era, this species has amazing regenerative powers: if one of its five arms is lost, for instance, a new one is grown in its place.

PREPARATION The whole, live animal is chopped up and macerated in alcohol.

Remedy profile

Tearfulness is typical of those who respond best to *Asterias*, and they feel better after crying. They like to have people around them, yet

prefer to retain a degree of independence.

If contradicted they may become angry and irritable, especially in hot weather.

Asterias is generally used in the treatment of left-sided symptoms that occur particularly in women, as well as for circulatory



ASTERIAS RUBENS
(Red starfish)

problems in both sexes. It also has the odd feature of apparently making old scars, particularly those in the breast area, become painful again.

Asterias may benefit women who experience an increased sex drive so intense that it causes restless sleep, erotic dreams, a bad temper, and weepiness. Further symptoms that may respond to *Asterias* include obstinate constipation, particularly during menopause, hard, swollen glands in the armpits, or sharp pains in the breasts at night with a drawing sensation in the nipples, especially in the left breast. These symptoms may be accompanied by a high libido.

The remedy is also used for circulatory disorders such as strokes, especially if they are preceded by great impatience, dizziness, and muscle spasms in the limbs.

Symptoms better After a headache; after crying; for cold drinks.

Symptoms worse For heat; for cold, damp weather; at night; on the left side of the body; for menstruating; for being contradicted; for coffee.

*Aurum chloratum***AURUM MUR.**

COMMON NAME Gold chloride.

ORIGIN Chemically prepared.

BACKGROUND The glass traditionally made from this reddish yellow crystal was called "ruby glass" by alchemists. It was also noted as a treatment for syphilis by the 16th-century scientist Paracelsus.

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

Remedy profile

Aurum mur. is best suited to those who are restless, easily depressed, sensitive to

humiliation, and anxious about developing diseases.

These feelings may be eased by company, but can spiral into suicidal thoughts if left unchecked. The remedy may be prescribed for heart conditions such as palpitations and a sense of constriction in the chest, possibly associated with high blood pressure. *Aurum mur.* is also used for edema (an irregular accumulation of fluid in the tissues or cavities of the body), with a feeling of congestion in the liver, kidneys, and genitals. Fibroids or cancer may also be helped.

Symptoms better For cold weather; for bathing in cold water; for gentle movement.

Symptoms worse For warmth; at night; for music.

See also Fibroids, page 199; Cancer, page 208

Avena sativa

AVENA

COMMON NAME Oats.

ORIGIN Native to northern Europe, but now grown worldwide in temperate areas.

BACKGROUND Oats have a long history of medicinal use in Europe for a wide



range of ailments. They are most often used in herbalism for general debility, eczema, and nervous conditions.

PREPARATION The fresh, green aerial parts in flower are expressed for their juice, which is mixed with alcohol.

Remedy profile

People for whom *Avena* is most appropriate are prone to mental and physical exhaustion accompanied by poor concentration. These people typically tend to be nervous or elderly. Alternatively, they may be feeling the effects of a drug or alcohol addiction.

Nervous exhaustion, great weakness, and a tendency to suffer chronic insomnia are key symptoms associated with the remedy. There may be a very low libido or male impotence, possibly linked with excessive sexual activity. The tincture is often prescribed as herbal drops rather than homeopathic pills.

Symptoms better For open air.

Symptoms worse For convalescence.

Bacillimum pulmo

BACILLINUM

COMMON NAME Tubercular lung tissue.

ORIGIN Tissue from a lung infected with tuberculosis.

BACKGROUND See information under *Tuberculinum* (see page 115).

PREPARATION Sterilized lung tissue is dissolved in purified water, diluted, and succussed.

Remedy profile

Melancholy and depression are typical in those who respond best to *Bacillinum*. They

tend to be taciturn, irritable, and snappy, and often whine and complain. Generally, they feel weak and do not want to be disturbed. They often start one task before completing another, and may have a fear of dogs.

The remedy has an affinity with the respiratory organs, and may be given constitutionally to those with a personal or family history of respiratory problems. It is typically prescribed for weak lungs, possibly involving shortness of breath, hacking coughs that disrupt sleep, purulent mucus, asthma, and sharp pain in the heart area that may be triggered by deep breathing.

Bacillimum is also used for certain skin conditions, such as eczema on the eyelids, pimples that develop on the left cheek, ringworm on the scalp, alopecia areata (patchy loss of hair), and a susceptibility to fungal skin infections. Symptoms may occur independently or in conjunction with respiratory problems.

Symptoms better In summer; for heat; for dry climates; for rest; for tight bandaging.

Symptoms worse For cold air; in the early morning; at night.

See also Asthma, page 181; Tuberculosis, page 182; Pneumonia, page 183



AVENA SATIVA
(Oats)

disorders of the nervous system such as seizures, perhaps occurring periodically, with stiffness, restlessness, and a loss of sensibility. The hands and feet may swell, and the limbs may feel paralyzed and heavy, with trembling and twitching.

Baryta mur. is additionally used for acutely swollen glands, possibly the cervical or parotid glands, accompanied by a sore throat and possibly tonsillitis. Stroke symptoms or severe eczema may also respond to the remedy.

Symptoms better None known.

Symptoms worse For wet weather; in spring; in fall.

See also Stroke, page 187; Severe eczema, page 194

Bellis perennis

BELLIS

COMMON NAMES English daisy, garden daisy, European daisy.

ORIGIN Found throughout Europe.

BACKGROUND In the 16th century the English herbalist John Gerard noted this plant as a treatment for gout. It has a long tradition of use as a medicinal herb, and is currently being tested as a treatment for HIV infection.

PREPARATION The whole, fresh plant, including the root, is gathered when in flower and steeped in alcohol.

Remedy profile

Bellis best suits people who are prone to restlessness, insomnia, and angry dreams. They are often sensitive to the cold.

Key conditions treated by *Bellis* include muscle strain, sprains, and bruises, including deep bruising to the muscles such as that produced by soccer injuries to the thighs. It is also given to ease pain after surgery, or prolonged pain after injury. The remedy is appropriate where a tumor forms on the site of an old injury or scar.

Bellis is also used to treat varicose veins and congestion of the veins, possibly when they are associated with physical labor.

During pregnancy or following an abortion or miscarriage, the remedy may help ease pain and bruising in the uterus.

Symptoms better For heat; for cold compresses; for continuous movement; for pressure on the painful area; for eating.

Symptoms worse For becoming chilled when hot; for the warmth of the bed; before storms; for touch; for exertion; for childbirth; for injuries; for surgery; on the left side; for cold drinks.

Bismuthum metallicum

BISMUTH MET.

COMMON NAMES Bismuth, precipitated subnitrate of bismuth.

ORIGIN Found widely in nature, in hydrothermal veins and igneous rock.

BACKGROUND First discovered by a German monk called Basil Valentine in 1450, bismuth is widely used industrially in alloys, and its compounds are also used for medicinal purposes.

PREPARATION Bismuth is mixed with lactose sugar and triturated.

Remedy profile

Bismuth met. is most suited to those who are experiencing great anguish, fear, and restlessness, with poor concentration. They have a desperate need for company and cannot bear to be alone. They often crave cold drinks.

This remedy is generally used for violent abdominal pains, possibly with burning and ulceration in the stomach, bowels, and throat. The pains may be accompanied by frequent belching and rumbling flatulence. Sleep is restless, with frequent waking and feelings of fright or a sensation of falling.

Symptoms better For cold compresses; for company; for movement; for bending backward; for cold drinks.

Symptoms worse For being alone; for eating.

BISMUTHUM METALLICUM
(Bismuth)



Bothrops lanceolatus syn. *Lachesis lanceolatus*

BOTHROPS

COMMON NAMES Yellow pit viper, fer-de-lance. **ORIGIN** Found from Mexico to Brazil and on many West Indian islands.

BACKGROUND The name fer-de-lance derives from this snake's flat, lance-shaped mouth. A bite from the snake causes immediate swelling and intense pain.

PREPARATION Fresh venom is triturated with lactose sugar.

Remedy profile

People who crave attention, have a strong desire to appear attractive, and possibly the feeling that they have been forsaken by others are most suited to *Bothrops*. They may be either loquacious or, conversely, find it difficult to talk, forgetting words when they are speaking.

The characteristic symptom picture for *Bothrops* is of problems of the blood or blood vessels. Symptoms include bruising, hemorrhaging of thin blood that will not clot, or severe premenstrual syndrome. The face may be bluish or dark red and bloated, and the right hand may turn blue. Sharp pain may radiate from the right nipple to the back, and become worse when raising the left arm or breathing deeply.

Symptoms better None known.

Symptoms worse On the right side; after midnight; at sunrise; for walking; for taking a deep breath.

Brassica nigra syn. *Sinapis nigra*

SINAPIS

COMMON NAME Black mustard.

ORIGIN Native to the Middle East.

BACKGROUND This pungent, warming herb stimulates the digestive system and circulation. A mustard foot-bath is an old folklore cure for colds and headaches.

PREPARATION Mustard seeds are ground to a powder and macerated in alcohol.

Remedy profile

Sinapis is given mainly to people who are irritable and become irritated for no reason. They have poor concentration, although studying and mental exercise make them feel better and focus their minds.

Classic conditions linked with *Sinapis* are hay fever, colds, and pharyngitis, with hot, dry mucous membranes. Further characteristic symptoms include sweat that forms on the upper lip and forehead, catarrh or mucus that feels cold, intense sneezing that is worse at night, and a feeling as if the blood vessels are filled with hot water. Colds tend to affect the left nostril in particular.

Symptoms better For concentrating or studying; for sitting erect; for lying down at night; for shutting the eyes; for eating a good meal.

Symptoms worse For a warm room; for damp weather; for summer; for touch or pressure on the affected area; for sitting forward and stooping; between 4 p.m. and 6 p.m. and 7 p.m. and 9 p.m.

Bromum

BROMUM

COMMON NAME Bromine.

ORIGIN Chemically prepared.

BACKGROUND The name bromine comes from the Greek *bromos*, or "bad smell." An acrid, brownish red, smoking fluid, bromine is used as a water purifier, disinfectant, and bleach, and in the production of tear gas.

PREPARATION Bromine is dissolved in alcohol, then diluted and succussed.

Remedy profile

Bromum is best suited to people with an underlying restlessness who tend to stay on the move or run away from situations. They are prone to anxiety and subject to the delusion that someone is behind them.

Respiratory problems treated by *Bromum* include colds that start in the larynx and travel upward or down to the chest. The nose and larynx may be irritated, with sneezing, catarrh, and hoarseness. An overheated room may cause hoarseness and an inability to speak.

A stony hardness is the most typical gland symptom treated by *Bromum*. It is most likely to affect the thyroid, ovary, or testicle on the left side of the body.

Symptoms better After nosebleeds; for shaving; for being at the seashore; for movement; for riding a horse.

Symptoms worse For warmth; for damp; for overheating; for getting chilled while hot; for bathing in the sea; for dust; for drafts; in the evening until midnight; for tobacco smoke; after eating.

Bufo bufo syn. *Rana bufo*

BUFO

COMMON NAMES Common toad, Brazilian toad.

ORIGIN Found in North America, Japan, southern Asia, and Europe.

BACKGROUND During the 19th century, native Brazilian women were known to give the toad's venom to their husbands in food or drink to lower sexual vitality.

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

Remedy profile

Those prone to immature, childish behavior respond best to this remedy. They have a tendency to be emotionally underdeveloped or potentially even educationally subnormal but may be brilliant in one subject (idiot savant). Their faces may be characterized by a stupid and besotted expression. Particularly



BUFO BUFO
(Common toad)

thick lips, which they may lick constantly, are another classic feature.

The classic *Bufo* symptom picture is of seizures and skin problems, occurring either concurrently or independently,

and possibly with excessive sexual activity. Typical skin symptoms include blisters and itching, burning pustules.

The sexual element of this remedy involves symptoms such as an extremely high sex drive, frequent masturbation, poorly developed sexual relationships, and even sexual depravity.

Symptoms better For cool air; for bathing and putting the feet in hot water; for bleeding, especially in saliva or as a bloody discharge from the nipples.

Symptoms worse During sleep; for warm surroundings; for the slightest movement; after an injury.

Cadmium metallicum

CADMIUM MET.

COMMON NAME Cadmium.

ORIGIN Found naturally in small quantities in minerals and ores, such as zinc, but prepared chemically for commercial use.

BACKGROUND This bluish white element was discovered by Frederick Stromeyer, a German chemist, in 1817. It is used in alloys, batteries, metal-plating, and magnets.

PREPARATION Cadmium is mixed with lactose sugar and triturated.

Remedy profile

People for whom *Cadmium met.* is best suited tend to be irritable, hypersensitive, and indifferent, and may avoid company.

The classic symptom profile associated with this remedy is of great fatigue, with dull aches all over the body, influenza-like symptoms, a poor memory, and difficulty in concentrating. Since these are symptoms associated by homeopaths with the effects of aluminum on the body (see page 72), this remedy is often used as an antidote to aluminum exposure.

There may be accompanying nausea or diarrhea with soft stools and a sensation as if there is a foreign body in the rectum.

More serious gastrointestinal symptoms may be helped by this remedy, such as painful abdominal bloating, colitis, or hernias in the diaphragm. It may also be used for constipation and hemorrhoids that tend to be aggravated by passing stools.

A feature of the remedy is that as the fatigue lessens, skin eruptions may appear on the skin, causing it to redden, burn, and itch, and perhaps develop pimples, blisters, or non-weeping eruptions.

Symptoms better For pressure on the affected area; for cold compresses; for the development of skin eruptions; for eating.

Symptoms worse In the morning; for movement; for mental exertion; on the left side of the body.

Cadmium sulphuricum

CADMIUM SULPH.

COMMON NAME Cadmium sulfate.

ORIGIN Chemically prepared.

BACKGROUND This mineral derives its name from the Greek word *kadmia*, meaning "earth." It is used as a pigment in oil paints and printing ink.

PREPARATION Cadmium sulfate is triturated with lactose sugar.

Remedy profile

Cadmium belongs to the same family on the periodic table as zinc and mercury, and the *Cadmium* remedy shares some of the traits associated with the remedies based on those elements. When ill, these people are often chilly, exhausted, anxious, irritable, depressed, and have a fear of death. The more their illness progresses, the more they want to stay still, perhaps becoming faint on rising.

The remedy is typically used to treat stomach problems accompanied by sharp, cutting pains in the abdomen, a feeling of constriction, intense burning, and vomiting. There may be nausea so severe that the slightest touch to the

lips will trigger abdominal pain and the retching of black or yellowish green vomit.

Symptoms better For rest; for eating.

Symptoms worse For open air; for getting up; for the slightest movement; after sleep.

See also Depression, page 212

Caladium seguinum

CALADIUM

COMMON NAMES American arum, dumb cane, poison arum.

ORIGIN Found in the Caribbean islands, Guyana, and northern Brazil.

BACKGROUND 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.

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

Remedy profile

Caladium is most appropriate for people who feel debilitated, nervous, restless, and forgetful, perhaps following a feverish illness. Illness depletes their energy levels and libido, despite a prior history of high sexual energy and a susceptibility to lascivious thoughts. Other symptoms include rough, dry, itchy skin and a marked craving for tobacco.

Symptoms better After sweating; for sleeping in the daytime.

Symptoms worse For movement.

Calcium fluoratum syn. *Calcarea fluorica*

CALC. FLUOR.

COMMON NAME Calcium fluoride.

ORIGIN Made originally from fluorspar (fluorite) found in Mexico, the UK, and the US, but now chemically prepared.

BACKGROUND This gray-white powder is odorless, tasteless, and luminous when heated. Dr. Schüssler originally developed the remedy as one of his "biochemic" tissue salts (see page 90).

PREPARATION Calcium fluoride is mixed with lactose sugar and triturated.

Remedy profile

Anxiety is typical in those for whom this remedy is most appropriate, especially anxiety about health. They fear poverty and may be miserly or envious of others.

Calc. fluor. is primarily used to treat disorders of the bones, teeth, joints, and musculoskeletal system. Key conditions associated with the remedy include bone

malnutrition and deformity, tumors and growths, possibly on the bones or the tendons, and swollen, inflamed joints that crack or dislocate easily on moving. Further symptoms associated with *Calc. fluor.* include teeth that are prone to crumbling or breaking easily, and hard lumps that develop on the skull and jaw.

In addition, the remedy may be prescribed for the treatment of enlarged veins or varicose veins.

Symptoms better For heat; for rubbing the affected area; for continued movement.

Symptoms worse For cold; for damp; on beginning to move; for sprains.



CALCIUM FLUORATUM
(Fluorspar)

Calcium iodatum syn. *Calcarea iodata* CALC. IOD.

COMMON NAME Calcium iodide.

ORIGIN Chemically prepared.

BACKGROUND In large doses, this white, soluble powder may irritate the bowels, but it is also thought to prevent "rotting in the bowels" and to deodorize the stools.

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

Remedy profile

This remedy is most suitable for people who feel lightheaded, as if their head "isn't there." They may be indifferent to life and disinclined to work.

Key conditions linked with the *Calc. iod.* remedy are enlarged tonsils honeycombed with pits, glandular swellings, and fibroids. Adenoid complaints accompanied by frequent colds in children may respond to the remedy, as may thyroid enlargement during puberty. In certain cases, the glandular swellings, such as those in the breast, may become cancerous.

Symptoms better For open air.

Symptoms worse For warmth; for the heat of the bed; at night; in cold weather.

See also Fibroids, page 199

Calcium silicatum syn. *Calcarea silicata* CALC. SIL.

COMMON NAME Calcium silicate.

ORIGIN Occurs naturally as wollastonite, but usually prepared chemically.

BACKGROUND Calcium silicate is a vital constituent of glass and cement. In the food industry it is used as an anti-sticking agent in salt, rice, and candy.

PREPARATION The compound is mixed with lactose sugar and triturated.

Remedy profile

Those for whom *Calc. sil.* is most suited tend to feel weak and cold, although overheating makes them feel worse. They may seem obsessed with dead friends and relatives, and may talk to the dead in their imaginations. Thrift and a lack of confidence are also typical in these people.

The remedy is used primarily for this state of mind in conjunction with skin conditions, especially severe acne or acne rosacea, boils, warts, or abscesses.

Symptoms better For lying down, especially on the back.

Symptoms worse For cold; for touch; for jarring; in the evening; at night.

Calcium sulphuricum syn. *Calcarea sulphurica*

CALC. SULPH.

COMMON NAMES Gypsum, calcium sulfate.

ORIGIN Found widely in nature, forming in hot springs and clay beds.

BACKGROUND Gypsum is used to make plaster of Paris, which can be formed into a protective sheath to immobilize injuries. Dr. Schüssler developed the remedy as one of his "biochemic" tissue salts (see page 90).

PREPARATION Gypsum is mixed with lactose sugar and triturated.

Remedy profile

Calc. sulph. is best suited to people who tend to be timid and fearful, especially of birds. They may compensate for their timidity by being argumentative and bossy, and can be terribly jealous.

Suppurating, yellow discharges of pus are typically associated with this remedy. *Calc. sulph.* is generally prescribed once the pus has "found a vent." The pus may affect wounds and other skin conditions, such as eczema, as well as the mucous membranes, glands, and bones. Healing generally occurs

slowly or not at all. Typical mucous-membrane discharges include thick, yellow-colored catarrh accompanying a cold, or thick, yellow, lumpy mucus with a cough.

Symptoms better For open air; for heat; for uncovering; for bathing.

Symptoms worse For cold and damp; for drafts; for walking rapidly.

See also Severe eczema, page 194

Calendula officinalis

CALENDULA

COMMON NAMES Pot marigold, marigold.

ORIGIN Native to southern Europe, but now found throughout the world.

BACKGROUND The antiseptic and anti-inflammatory properties of calendula have made it one of the longest established popular herbal remedies. Large amounts are grown in Russia, and it has been nicknamed "Russian penicillin."

PREPARATION The finely chopped, fresh flowers and leaves are steeped in alcohol.

Remedy profile

Calendula is usually given to heal and soothe cuts and broken skin. It may prevent the development of disfiguring scars from torn and jagged wounds. In addition, non-alcohol-based preparations of the remedy may soothe eczema.

Calendula is prescribed internally and externally for leg and varicose ulcers, post-operative wounds, and ruptured muscles or tendons. It may be used to treat torn perineal tissues following childbirth, joint wounds where there is loss of synovial fluid, and bleeding in the gums after a tooth extraction.

Symptoms better For lying completely still; for walking.

Symptoms worse For damp, cloudy weather; for drafts; for eating.



CALENDULA
OFFICINALIS
(Pot marigold)

Camellia sinensis syn. *Thea sinensis*

THEA

COMMON NAME Tea.

ORIGIN Native to China, although now cultivated commercially, particularly in India, Sri Lanka, and China.

BACKGROUND Long established in many cultures as a beverage, tea is also used in Indian Ayurvedic medicine as a tonic for the digestive system and nerves.

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

Remedy profile

Thea is associated chiefly with an overactive nervous system. Those who respond best to it tend to be in a rather overwrought frame of mind, and are inclined to quarrel over the slightest things. *Thea* is given for extreme forms of behavior in children and adults, including irritability, mental restlessness, violent impulses, and even psychiatric problems. Adults may have murderous desires, perhaps toward their own children, or they may feel suicidal, especially at night when they are unable to sleep due to an overactive mind.

This overactivity of the nervous system causes physical symptoms such as insomnia, indigestion, and palpitations or other heart problems, which may be helped by *Thea*.

Symptoms better For warmth; for bathing in warm water.

Symptoms worse For walking in the open air; at night; after meals.

Cannabis sativa

CANNABIS SAT.

COMMON NAMES Marijuana, European hemp, American hemp, pot, weed.

ORIGIN Native to northern India, China, and Iran, but now cultivated worldwide.

BACKGROUND This plant is cultivated for its fiber and seeds and illegally as a recreational drug. It is closely related to *Cannabis sativa* 'Indica' (see page 43).

PREPARATION The tops of the male and female flowers are macerated in alcohol.

Remedy profile

People for whom *Cannabis sat.* is considered most suitable have a tendency to be rather dreamy, absentminded, and detached. They often have the feeling that everything is slightly unreal, and are easily debilitated.

The remedy is prescribed primarily for problems of the urinary and reproductive systems. It may be used for urogenital symptoms such as infections in the urinary

tract, and cystitis with severe, burning pains and spasms that interrupt the flow of urine. Typical reproductive system disorders associated with the remedy include discharges from or narrowing of the urethra, inflammation of the penis, and acute gonorrhea.

Symptoms better For warmth; for rest.

Symptoms worse For urinating; for being approached by anyone; for looking at bright objects; for touch.

Capsella bursa-pastoris syn. *Thlaspi bursa-pastoris*

THLASPI

COMMON NAME Shepherd's purse.

ORIGIN Native to Europe and Asia.

BACKGROUND This plant's common name derives from its seed pods, which resemble heart-shaped purses. It was used in World War I to treat hemorrhaging.

PREPARATION The aerial parts, dried when in flower, are finely chopped and macerated in alcohol.

Remedy profile

Predominantly a remedy given for problems of the female reproductive system, *Thlaspi* is especially associated with fibroids and with hemorrhaging, particularly during pregnancy. The hemorrhaging is characteristically accompanied by great pain and violent cramping in the uterus. It may occur between menstrual periods, during pregnancy, following labor, or after a miscarriage or abortion. Menstrual flow tends to be excessively profuse and frequent, causing great exhaustion. Frequent nosebleeds are also a possible symptom during pregnancy.

Symptoms better For bending over.

Symptoms worse None known.

Capsicum annuum var. *annuum*

CAPSICUM

COMMON NAMES Chili pepper, sweet pepper, bell pepper.

ORIGIN Native to tropical America, and cultivated throughout Africa and India.

BACKGROUND The dried pods have long been used both as a hot spice in cooking, and as a stimulant and irritant in herbalism. The indigenous tribes of tropical America also used it as a local painkiller.

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

Remedy profile

Capsicum is best suited to those who are "peppery," discontented, and rather

pessimistic. Homesickness or nostalgia often prevents them from fully engaging in their daily lives.

The classic symptom picture for this remedy is of low vitality, perhaps in the elderly or those debilitated by alcoholism or prostate conditions. Weakness is usually accompanied by slow healing processes, infections that tend to suppurate, and great sensitivity to drafts. Further typical symptoms include a raw, red, burning throat that smarts, as if from eating the pepper itself.

Symptoms better For heat; for continued movement; for eating.

Symptoms worse For cold air; for the least draft; for uncovering the affected area; for drinking or bathing in cold water.

See also Prostate problems, page 202



CAPSICUM ANNUUM
(Chili pepper)

Carbo animalis

CARBO AN.

COMMON NAME Animal charcoal.

ORIGIN Charcoal made from oxhide.

BACKGROUND To make animal charcoal, oxhide is heated until luminescent, then transferred to an airtight environment.

PREPARATION Charcoal ash is triturated with lactose sugar.

Remedy profile

Carbo an. is typically prescribed for elderly people with strong nostalgia for the past and an aversion to modern life. They tend to feel chilly, feeble, abandoned, and that "everything was better in the old days."

The remedy is mainly used for painful, slow-developing symptoms associated with old age, poor nutrition, and decay, such as swollen, painful veins, poor circulation with blue extremities, cancer, and great fatigue. Pains typically feel as if they are burning, cutting, or stabbing.

Carbo an. is used particularly in the treatment of cancer, especially cancers of the glands or the uterus, and for distension of the abdomen after abdominal surgery.

Symptoms better For warm rooms; for rubbing the eyes; for pressing the hand on the uncomfortable area.

Symptoms worse For dry, cold air; after midnight; for shaving; for eating; for fatty foods and milk.

See also Cancer, page 208

Carbonium sulphuratum CARBON SULPH.

COMMON NAMES Carbon bisulfide, carbon disulfide.

ORIGIN Chemically prepared.

BACKGROUND Carbon bisulfide is used as an industrial solvent in rubber works, and in the manufacture of synthetic fibers such as viscose, rayon, and cellophane.

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

Remedy profile

People for whom *Carbon sulph.* is best suited seem unable to think clearly. They may be either loquacious or respond slowly to others, forgetting words. In severe cases, they can be affected by dementia alternating with excitement, associated with fear, biting, sudden rage, or delusions of grandeur. At the ultimate extreme, they progress to complete breakdown, especially in their relationships, with a loss of dignity and confused sense of self. They may even attempt suicide and require restraining.

This pattern of breakdown is reflected in the physical conditions for which *Carbon sulph.* is chiefly used. The body systems become "disorganized," leading to muscle-wasting, jerking pains, visual disturbances with progressive vision loss and color blindness, widespread nerve inflammation, and digestive upsets. These symptoms may occur concurrently or in isolation.

Other important symptoms that may respond to the remedy include tinnitus, chronic sciatic pain and twitching, recurrent breathing difficulties, skin irritation, loss of sensation, and diarrhea or constipation.

Symptoms better For open air; for warm drinks.

Symptoms worse For bathing; during and after eating.

See also Tinnitus, page 222

Castoreum

CASTOREUM

COMMON NAME Castoreum.

ORIGIN Secretion from glands in the genitals of the beaver.

BACKGROUND This brownish red, resinous substance was formerly used in its dried form as a fixative in the perfume industry.

PREPARATION Castoreum is macerated in alcohol, filtered, diluted, and succussed.

Remedy profile

Castoreum is primarily associated with women, particularly those with an angry, irritable, and quarrelsome state of mind that

is especially evident during menstrual periods. Nervous and discontented, they tend to have anxious dreams, and to shout out angrily when they are asleep.

Castoreum is generally used for this nervous state in conjunction with profuse sweats and a weird sensation that the tongue is being pulled back by a thread from its base to the hyoid bone in the neck. There is a tendency not to recover fully from any bout of illness, and the remedy may be given for chronic fatigue syndrome in women. Further symptoms may include sudden spasms of pain in the abdomen.

Symptoms better For pressure on affected areas.

Symptoms worse For cold; during menstruation; after debilitating diseases; for emotional stress.

Caulophyllum thalictroides

CAULOPHYLLUM

COMMON NAMES Blue cohosh, squaw root, papoose root.

ORIGIN Native to eastern North America.

BACKGROUND Native Americans valued this plant highly for women, using it as a contraceptive, to regulate menstrual cycles, to induce labor, and for children's colic.

PREPARATION The fresh root is macerated in alcohol, diluted, and succussed.

CAULOPHYLLUM THALICTROIDES (Blue cohosh)



Remedy profile

This remedy is exclusively prescribed for symptoms in women who tend to be prone to restlessness, nervousness, and insomnia, if they have drunk too much coffee. In severe cases they may be unable to speak.

Caulophyllum is used primarily for problems of the uterus, such as excessive bleeding and lack of tone in the uterine muscles. There may be erratic or absent uterine muscle action during menstruation or during or following labor. Inner trembling may also occur.

The remedy is also used for rheumatic joint pains affecting the small joints, particularly if they occur in conjunction with menstruation or uterine problems. The fingers, toes, and ankles may be stiff, and the wrists may ache.

Symptoms better For warmth.

Symptoms worse For movement; for coffee; in the evening.

Ceanothus americanus

CEANOOTHUS

COMMON NAME New Jersey tea.

ORIGIN Native to eastern North America.

BACKGROUND Native Americans used the root to make a tea for fevers, catarrh, and sore throats. During the Revolutionary War, the leaves were used as a substitute for tea.

PREPARATION The dried leaves are steeped in alcohol, diluted, and succussed.

Remedy profile

Ceanothus is most suitable for people who feel apathetic and lack energy. They may be depressed by a fear of being unable to work due to illness.

The classic symptom picture is one of lethargy, with swelling, tenderness, and pain in the spleen. There may be such deep pain on the left side of the body that it is impossible to lie on this side. Further symptoms include palpitations, chilliness, a right-sided headache, and shortness of breath. The symptoms may be associated with serious blood or lymph disorders such as leukemia or Hodgkin's disease. The remedy is also used for those who experience great nervous excitement, with chilliness and a loss of appetite. Their nerves may be so badly shaken that they can barely hold a knife and fork. They may find it difficult to sleep, and may experience dreams of snakes and robbers.

Symptoms better For warm weather.

Symptoms worse For cold, damp weather; for movement; for lying on the left side.

Centella asiatica syn. *Hydrocotyle asiatica*

HYDROCOTYLE

COMMON NAMES Gotu kola, Indian pennywort, tiger grass.

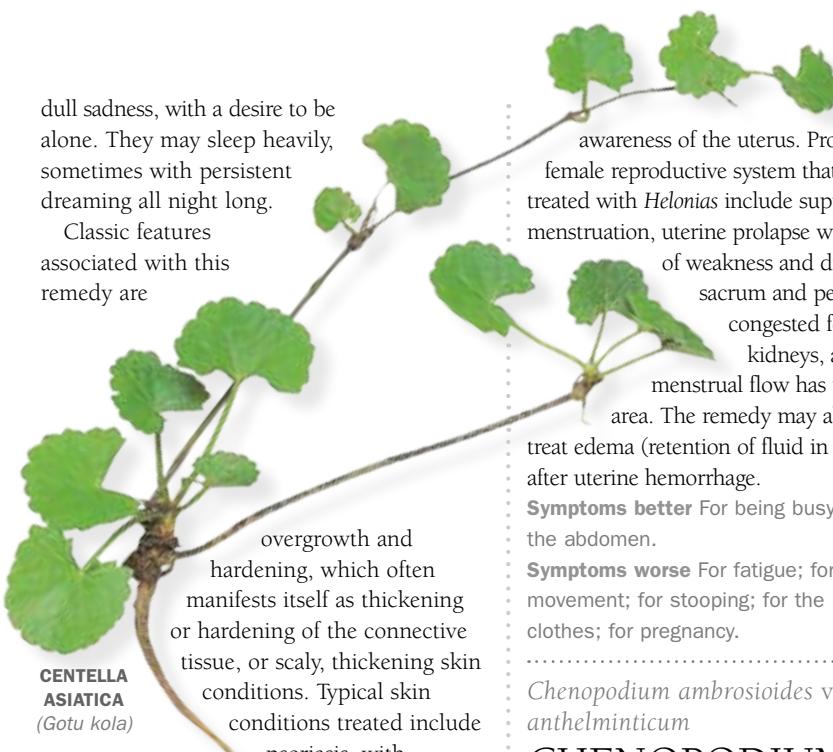
ORIGIN Native to India, and found in Sri Lanka, south China, and southwest Asia.

BACKGROUND Gotu kola has long been used in India as a meditation aid. It is also an important herbal remedy in Indian Ayurvedic medicine, notably for leprosy and as a "tonic" herb.

PREPARATION The dried aerial parts of the plant are macerated in alcohol.

Remedy profile

Hydrocotyle is best suited to people who alternate between lively, talkative behavior and



dull sadness, with a desire to be alone. They may sleep heavily, sometimes with persistent dreaming all night long.

Classic features associated with this remedy are

overgrowth and hardening, which often manifests itself as thickening or hardening of the connective tissue, or scaly, thickening skin conditions. Typical skin conditions treated include

psoriasis, with hardening and scaling of the affected area, lupus (scaly patches that leave dull white scars), and leprosy with no ulceration. The remedy may even be used for excessive skin thickening, swelling, and distortion, like that occurring in elephantiasis (a chronic disease of the lymphatic system).

Symptoms better For rubbing the affected area.

Symptoms worse In summer; at night; for movement; for pressure on the affected area; on the left side.

Chamaelirium luteum syn. *Helonias dioica*

HELONIAS

COMMON NAMES False unicorn root, devil's bit, fairy wand, blazing star.

ORIGIN Native to eastern North America.

BACKGROUND The plant was long used by native Americans to prevent miscarriage, and is still considered invaluable for many gynecological disorders by herbalists.

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

Remedy profile

Characteristically, those who respond to *Helonias* are melancholy and depressed, and have a tendency to feel better when mentally or physically occupied.

Helonias is used primarily for women's problems accompanied by severe fatigue. This exhaustion or enervation is often caused by excessive physical or mental exertion or is, conversely, the result of a hedonistic lifestyle.

It may also be associated with the extreme physical demands of frequent pregnancies or terminations. There is extreme sensitivity to and

awareness of the uterus. Problems of the female reproductive system that may be treated with *Helonias* include suppressed menstruation, uterine prolapse with a sensation of weakness and dragging in the sacrum and pelvis, and a congested feeling in the kidneys, as if the menstrual flow has moved to that area. The remedy may also be used to treat edema (retention of fluid in the tissues) after uterine hemorrhage.

Symptoms better For being busy; for holding the abdomen.

Symptoms worse For fatigue; for touch; for movement; for stooping; for the pressure of clothes; for pregnancy.

Chenopodium ambrosioides var. *anthelminticum*

CHENOPODIUM

COMMON NAMES American wormseed, Jesuit's tea, Mexican tea, Jerusalem oak.

ORIGIN Native to the Caribbean and to Central and South America, and cultivated in China and the US.

BACKGROUND This plant was widely used from the middle of the 18th century by native Americans to expel worms.

PREPARATION The seeds or whole, fresh plant are macerated in alcohol, or the oil from the seeds is diluted with alcohol.

Remedy profile

The classic use of *Chenopodium* is in treating the effects of a stroke, particularly if they involve right-sided paralysis.

Typical symptoms include repeating words or using inappropriate words, or repeating the same actions over and over again. The limbs may spasm and contract, and the hands may flex. These symptoms may be accompanied by very heavy breathing with a rattling sound, as if there is a ball rolling loose in the trachea. The remedy is also used to treat right-sided migraines with giddiness, loss of sight, roaring in the ears, and dull pain in the liver area that may extend to the right shoulder blade.

Symptoms better None known.

Symptoms worse For movement.

Chimaphila umbellata

CHIMAPHILA

COMMON NAMES Prince's pine, ground holly, pipsissewa, umbellate wintergreen.

ORIGIN Found in North America, Asia, and Europe.

BACKGROUND By the 19th century this native American remedy for sweating and fevers was adopted by European settlers for rheumatic pain and urinary problems.

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

Remedy profile

Those who respond best to this remedy tend to feel restless and hot but seem unable to sweat. They tremble inwardly, yet are outwardly calm and stable.

Chimaphila is used chiefly for urinary tract problems such as painful urination and obstructed urine flow. It is given for cystitis with blood in the urine and great urging to urinate despite an empty bladder. In men it is also prescribed for an enlarged prostate, urine retention, and a feeling that there is a ball in the pelvis.

Symptoms better For walking.

Symptoms worse For cold and damp; for sitting on cold stone; on starting to urinate.

See also Prostate problems, page 202

Chininum arsenicosum

CHINA ARS.

COMMON NAME Quinine arsenite.

ORIGIN Chemically prepared.

BACKGROUND This compound of quinine (see page 49), arsenious acid, and potassium carbonate is little used outside homeopathy.

PREPARATION Quinine arsenite is mixed with lactose sugar and triturated.

Remedy profile

People for whom *China ars.* is appropriate tend to be exhausted and drained, and to feel that they cannot endure their state for much longer. They are either restless and on edge or completely relaxed.

The key symptom treated by *China ars.* is great fatigue, perhaps following chronic fatigue syndrome, or serious illness such as malaria or a debilitating epileptic attack. The fatigue tends to recur at specific times, possibly with burning pains, stiff joints, and fluttering "electric" pulses in the body. The remedy may also be given to treat asthma with a sensation of suffocation, oppressed breathing, and anxiety.

Symptoms better For open air; for pressure on the affected area; for bending forward; for sitting up; for yawning.

Symptoms worse In the morning; for movement; for hunger.

Chininum sulphuricum CHINA SULPH.

COMMON NAME Quinine sulfate.

ORIGIN Chemically prepared.

BACKGROUND This compound is one of the quinine salts used in conventional medicine to treat malaria (see page 49).

PREPARATION The compound is dissolved in alcohol, diluted, and succussed.

Remedy profile

A great fear of impending misfortune or extreme anxiety about the future is typical in those most responsive to *China sulph.* They often seem bad-tempered, nervous, indifferent, weepy, and depressed. They may have difficulty naming objects.

Classic physical symptoms linked to *China sulph.* include heavy, aching limbs, joint pains, and a tender, sensitive spine that feels worse for pressure. There may be a sinking sensation when lying down, as if falling through the bed. The remedy may also be used for tinnitus, severe head pain, and recurrent fever, possibly due to malaria. Symptoms often recur at the same time each day, particularly at around 3 p.m.

Symptoms better For cold compresses; for yawning; for bending forward; for pressure on the affected area.

Symptoms worse For cold; for touch; at particular times of day; at around 3 p.m.

See also Tinnitus, page 222

Chionanthus virginicum

CHIONANTHUS

COMMON NAME Fringe tree.

ORIGIN Native to the US but now also found in eastern Asia.

BACKGROUND Traditionally used to treat mouth ulcers, spongy gums, and eye inflammation by native Americans and early European settlers in the 18th century.

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

Remedy profile

Chionanthus is most appropriate for those who are insular, melancholic, and gloomy, with hypochondriac tendencies. They feel “played out,” apathetic, and listless, and may develop nervous exhaustion.

The remedy is generally used for liver problems such as jaundice, gallstones, and biliary colic, with the characteristic fatigue. Liver pain is usually accompanied by colic, cramps, vomiting, and the feeling that the intestines are being spasmodically squeezed. The stools may be pale due to lack of bile.

Another key use of *Chionanthus* is for headaches, especially those associated with nervous tension or menstruation, or accompanied by digestive upsets.

Symptoms better For lying on the abdomen.

Symptoms worse For movement; for jarring.

Chocolatum

CHOCOLATE

COMMON NAME Chocolate.

ORIGIN Made from the fruits of the *Theobroma cacao* tree, native to Central America and grown in other tropical areas.

BACKGROUND Used for centuries by the Maya and Aztecs in a bitter drink called *xocolatl*, cocoa was brought to Europe by Christopher Columbus in 1502.

The Europeans then gradually developed this import into the chocolate that has become so popular in modern times.

PREPARATION Dark, high-cocoa-mass chocolate is triturated with lactose sugar.



THEOBROMA
CACAO (Coco
pod and seeds)

Remedy profile

This remedy is primarily used for a classic state of mind rather than a set of physical symptoms. People for whom *Chocolate* is best suited tend to lack concentration and to feel anxious, vulnerable, and self-conscious, as if they are being watched. They are prone to fears of cars, accidents, illness, dogs, or being attacked. They may feel estranged from loved ones, and believe that they do not belong anywhere. This state of mind can develop into withdrawal and antisocial behavior, associated particularly with a reluctance to talk and a desire to be alone in the evening.

Although used chiefly for emotional states, the symptom picture for *Chocolate* may include physical symptoms such as constriction in the chest or head, and nervous disorders associated with great clumsiness and heaviness in the limbs.

Symptoms better For warmth; for being covered up.

Symptoms worse In the evening; on waking; for eating chocolate or sweets; for drinking tea.

Cicuta virosa

CICUTA

COMMON NAMES Water hemlock, cowbane.

ORIGIN Found in swamps and wet places in Kashmir and the Arctic.

BACKGROUND The name “cowbane” derives from the fact that grazing on the plant can transmit a potentially fatal disease to cattle.

PREPARATION The fresh root, gathered when the plant is in bloom, is chopped and macerated in alcohol.

Remedy profile

Cicuta has an affinity with the nervous system and is used both for nervous temperamental conditions and for physical disorders of the nervous system. It is generally given to people who behave childishly and do absurd things. They may be wild, delirious, and overexcited, or exhibit great sensitivity to sad stories and to the happiness of other people. Alternatively, they may be distrustful, despise other people, and have an aversion to society. Their memories can go blank for long periods. Classic physical symptoms associated with *Cicuta* focus on spasmodic effects on the nervous system, ranging from stammering and hiccups to sudden, strong jerks and spasms. Petit mal fits with long absences may be treated with the remedy, as may epilepsy or violent convulsions accompanied by facial contortions and severe backward twisting and arching of the head and neck.

The remedy may also be used for some skin disorders, often involving pustules that leave yellowish scabs, such as eczema or impetigo. The head and face may be most affected, or the whole body may develop chronic eruptions that itch, burn, and crust. A craving for chalk may occur, as may an inability to distinguish what is edible.

Symptoms better For warmth; for arching the head, neck, and spine backward; for dwelling on pain; directly after eating.

Symptoms worse For cold; for being touched or jarred; during sleep; for noise; if skin symptoms are suppressed or diminished but not cured; for intestinal worms; after concussion.

See also Severe eczema, page 194

Cinnamomum camphora syn.

Laurus camphora

CAMPHORA

COMMON NAME Camphor.

ORIGIN Native to Indochina and Japan, but now found in tropical and subtropical regions throughout the world.

BACKGROUND Commonly used as a moth repellent, camphor is also a strong narcotic, and was praised by the famous 16th-century scientist Paracelsus for its “cooling” effect on brain disorders. It is

considered by some to be a universal antidote for homeopathic remedies.

PREPARATION The gum of the tree is dissolved in alcohol, diluted, and succussed.

Remedy profile

Contradictory symptoms, contrariness, and emotional and physical coldness are typical in those who respond best to *Camphora*. They crave sympathy, but may be quarrelsome, aggressive, and depressed.

Camphora made its reputation as a treatment for cholera (see pages 16 and 65), but is now used primarily for the initial stages of a cold with chills and sneezing. There may be great heat and perspiration with a desire to remain covered up, or chilliness with a desire to be uncovered. Other possible accompanying symptoms include insomnia and restless sleep or, conversely, deep, comatose sleep.

Symptoms better For thinking about symptoms, especially pain; for sweating.

Symptoms worse For cold; for drafts; for suppressing discharges.

Cistus canadensis

CISTUS

COMMON NAMES Frostweed, Canadian rock rose.

ORIGIN Found in North America.

BACKGROUND Frostweed's name derives from its love of frost on its roots in early winter. It has been used herbally for ulcers.

PREPARATION The whole, fresh plant and root are macerated in alcohol.

Remedy profile

Cistus is most appropriate for those who are frightened and stressed. Mental stress often aggravates their physical symptoms. Extremely sensitive to cold air, they tend to feel cold sensations all over the body. Their illnesses are generally affected by the seasons, becoming worse in winter.

Cistus is used mainly for frequent colds, tonsillitis, upper respiratory tract infections, chronic or recurrent sinusitis, and allergic rhinitis. Typical symptoms include thick, yellowish catarrh, a runny nose, and violent sneezing. The throat is dry and feels sore if even small amounts of cold air are inhaled.

Another key symptom associated with *Cistus* is glandular swelling and hardening, particularly in the neck, and possibly with concurrent respiratory symptoms. It may be due to infection or even cancer.

Symptoms better For coughing up mucus; for swallowing; for eating.

Symptoms worse For cold; for drafts; for touch; for winter.

Clematis recta

CLEMATIS

COMMON NAMES Clematis, upright virgin's bower.

ORIGIN Native to central and southern Europe.

BACKGROUND This plant irritates the skin on contact, but is used by herbalists to treat sores, skin ulcers, and itchy rashes.

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

Remedy profile

People for whom *Clematis* is best suited tend to be peevish, dissatisfied, and prone to melancholy or homesickness. Despite apathy toward friends, they generally fear being alone. They often feel confused in stuffy rooms, and improve in open air.

Clematis is strongly indicated for skin complaints and swollen glands, especially if they arise simultaneously or if there is a history of both conditions. The remedy is given for moist, itchy, sensitive pustules that erupt on the back of the head or skull.

Gland symptoms that indicate *Clematis* include hardness, swelling, and pain. The prostate, testes, ovaries, or breasts are most often affected. Further related symptoms may include urethral inflammation, which causes an aversion to sexual intercourse, and abnormal urine flow. The right side of the body is usually particularly affected. *Clematis* may also be given for a toothache that is worse for hot drinks, better for the cold.

Symptoms better For sweating; for open air; during a waning moon.

Symptoms worse At night; for cold air; for bathing in cold water; for the heat of the bed; for touch; for movement; during a new moon.

Colchicum autumnale

COLCHICUM

COMMON NAMES Meadow saffron, fall crocus, naked ladies.

ORIGIN Found wild in Europe and Africa, and cultivated in North America.

BACKGROUND During classical times, the plant was considered too toxic for use. Arabian physicians used it in the Middle Ages for joint pain and gout.

PREPARATION The fresh bulb, dug up in spring, is chopped and steeped in alcohol.

Remedy profile

Those who respond well to *Colchicum* are typically weak and restless. They may be depressed or irritable, and have poor concentration and memory, so that they appear dazed even though they may answer questions

correctly. There is a marked absence of any apprehension and no discernible fear of death.

The key symptoms linked with *Colchicum* focus on the muscle tissues and joint membranes, especially the membranes in the small joints. The joints may be painful, hot, and swollen, and the muscles extremely relaxed and even limp. Arthritic joint pain or gout may be so severe that it causes screaming if the joints are touched or jolted. There may be a twitching, tingling sensation all over the body.

Colchicum is also considered a useful remedy for ulcerative colitis and for nausea with colicky pains and painful distension of the abdomen. Illness is typically accompanied by a feeling of icy coldness in the stomach.

In addition to any other symptoms, the body may feel cold inside, with extreme oversensitivity to external stimuli such as bright lights, strong odors, physical contact, and even other people's behavior.

Symptoms better For warmth; for rest; after passing stools.

Symptoms worse For cold and damp; for changeable weather; for vibrations or jarring.

See also Ulcerative colitis, page 190; Rheumatoid arthritis, page 197

Collinsonia canadensis

COLLINSONIA

COMMON NAMES Stoneroot, horsebalm, richweed.

ORIGIN Native to moist woodlands in eastern North America.

BACKGROUND Stoneroot is so called due to its hard, knotted root. It is used herbally in a poultice for bruises and sores.

PREPARATION The fresh root is chopped and macerated in alcohol.

Remedy profile

Collinsonia is best suited to people who have a gloomy temperament. They tend to experience strange bodily sensations, including the feeling that the body is being pricked by needles, that it is enlarged, and that the lower limbs are disembodied.

The classic symptom for this remedy is of sore, bleeding hemorrhoids, with a sensation of constriction, prickling pain, and sharp sticks in the rectum, which is prone to fissures.

Collinsonia is also used for menstrual pain, pelvic aches, and labor or pregnancy problems such as an itchy vulva during pregnancy, or diarrhea after labor. It is especially appropriate if symptoms occur with rectal or bowel disorders.

Symptoms better For heat; in the morning.

Symptoms worse At night; for cold; during pregnancy; for emotional stress.

Comocladia dentata

COMOCLADIA

COMMON NAMES Guao, bastard Brazil wood.

ORIGIN Native to Cuba.

BACKGROUND This tree exudes a milky sap that turns black on contact with air and stains clothes and skin. It causes a violent skin reaction in people who have sensitive skins.

PREPARATION The fresh leaves and bark are chopped and macerated in alcohol.

Remedy profile

Comocladia is most appropriate for irritable people who are prone to maliciousness, gloomy behavior, and restlessness while awake. Sleep refreshes them, however, and they enjoy vivid, pleasant, and perhaps even clairvoyant dreams. The key physical symptoms associated with this remedy include nerve sensitivity and skin problems such as extreme itching, burning, inflammation, and blistering. The skin may flake or shed itself, or it may redden, possibly forming stripes. There may be ulceration or other swelling, which may be fever-related.

Symptoms better For open air; for scratching; for movement.

Symptoms worse For heat; for touch; for rest; in the evening.

Convallaria majalis

CONVALLARIA

COMMON NAME Lily-of-the-valley.

ORIGIN Native to Europe, but also found across North America and in northern Asia.

BACKGROUND The 16th-century herbalist John Gerard praised this plant for its success in treating gout and heart problems. It is used in modern herbalism, particularly for heart disorders.

PREPARATION The fresh, flowering aerial parts are macerated in alcohol.

Remedy profile

People who respond best to *Convallaria* have difficulty in thinking, because their brains feel dull. They often find themselves unable to concentrate when reading, and tend to become irritable when questioned. There is a tendency to experience feelings of depression. *Convallaria* is prescribed primarily for heart problems. Typical heart symptoms treated by the remedy include

palpitations triggered by the slightest exertion. The heartbeat may seem to reverberate throughout the whole chest and rib cage, or it may become fluttery and irregular after exercise, possibly causing nausea and breathlessness.

Water retention may accompany heart problems, as may poor circulation. The remedy is often given for heart palpitations that occur in conjunction with soreness of the uterus.

Symptoms better For open air.

Symptoms worse For warm rooms; for lying on the back.



CONVALLARIA MAJALIS
(Lily-of-the-valley)

Copaifera officinalis

COPAIVA

COMMON NAME Balsam of copaiva.

ORIGIN Native to tropical South America, but also found in southern Africa.

BACKGROUND This traditional native Brazilian remedy for healing wounds and removing scars was first recorded in 1625 by a Portuguese monk, Manoel Tristaon.

PREPARATION A tincture of balsam is made from oleoresin (a semi-solid mixture of resin and essential oil) from the plant.

Remedy profile

Copaiva is given to restless, overwrought people who are prone to burning pains, and a feeling of heaviness or pressure on any part of the body. Their nervous system is oversensitive, and they tend to feel startled when they hear noises, and to weep on hearing piano music.

A key symptom associated with the remedy is excessive discharge from the mucous membranes. This includes urinary tract discharges, catarrh during a cold, and profuse, greenish gray, offensive-smelling mucus during a bout of chronic bronchitis. The remedy is also used as a treatment for mucus discharges associated with leucorrhea (abnormal discharge from the vagina), urethritis (inflammation of the urethra), and gonorrhea.

Symptoms better For pressure on the affected area; for walking; for doubling over; for perspiring.

Symptoms worse In the morning; for catching cold; for starchy foods.

Corallium rubrum

CORALLIUM

COMMON NAME Red coral.

ORIGIN The *Gorgonia nobilis* species of coral, which is found mainly in the waters of the Mediterranean and Japan.

BACKGROUND Coral is the skeleton of a tiny animal called the coral polyp. Red coral's delicate, pink skeleton is largely comprised of calcium, and is commonly used to make jewelry and prayer beads.

PREPARATION Pieces of skeleton are mixed with lactose sugar and triturated.

Remedy profile

Corallium is most appropriate for critical, peevish, angry people who tend to swear and curse when they are in pain. They may have a craving for sour foods, and like wine but easily become stupefied and drunk. Prone to extreme

tiredness, they may even fall asleep when standing up. The remedy is used chiefly for whooping and spasmodic coughs, which tend to occur in rapid, frequent fits, accompanied by violent paroxysms, exhaustion, a smothering sensation, and the bringing up of blood. The face may become purple and congested. The air passages may feel cold on breathing in deeply, and there may be profuse catarrh. The throat is very sensitive, especially to air.

Symptoms better For heat; for open air; for covering up; for sitting; in the afternoon and evening.

Symptoms worse For inhaling in the open air; for moving from a warm to a cold room; for eating.

Crataegus laevigata syn. *C. oxyacantha*, or *C. monogyna*

CRATAEGUS

COMMON NAMES Hawthorn, May tree, whitethorn.

ORIGIN Found in all temperate regions of the Northern Hemisphere.

BACKGROUND Hawthorn is an extremely valuable medicinal herb, used since the Middle Ages as a heart remedy. Modern trials have shown that it improves the heart rate and lowers blood pressure.

PREPARATION The fresh, ripe berries are chopped and macerated in alcohol.

Remedy profile

Crataegus is most appropriate for irritable, cross, melancholic people who are prone to heart complaints. They tend to feel weak, fragile, and despairing. Their brains feel dull and confused, with possible periods of quiet and calm.

The characteristic symptom picture for the remedy is of a weak heart, palpitations, and a rapid heartbeat with a sense of hurry and urgency. The pulse is fast, feeble, and intermittent. Fainting and collapse may accompany palpitations, while the area

CRATAEGUS LAEVIGATA
(Hawthorn)



around the heart can feel as though it is bursting due to congestion or overexertion.

Symptoms better For fresh air; for quiet; for rest; during menstruation; for washing.

Symptoms worse For heat; for sweating; in the morning; in the evening.

Crocus sativus

CROCUS

COMMON NAME Saffron crocus.

ORIGIN Native to India and the Balkans, and now cultivated in Spain, France, Italy, and the Middle East.

BACKGROUND It takes roughly 150,000 flowers and 400 hours' work to make 2 lb (1 kg) of dried saffron, making it the most costly spice in the world.

PREPARATION The dried stigmas of the plant are macerated in alcohol.

Remedy profile

The range of key symptoms for which *Crocus* is generally prescribed includes nervous excitement, alternating moods, sensation as if something is moving inside the abdomen, and hemorrhages with dark, clotted, stringy blood, usually in the form of nosebleeds or uterine bleeding.

Crocus is taken for rapidly alternating mental and physical states. The nervous system is overexcited, causing mood swings and hysterical, excited behavior. The feeling that something is moving inside the abdomen may be linked to general nervous hyperactivity. Hopping or jumping sensations may be felt inside the abdomen; these may be linked to a false pregnancy.

Symptoms better For open air; for yawning; after breakfast.

Symptoms worse For movement; during pregnancy; for puberty; for changes of the moon; for fasting; for a warm room.

Crotalus durissus terrificus syn. *C. cascavella*

CROTALUS CASC.

COMMON NAME South American rattlesnake.

ORIGIN Found in South America.

BACKGROUND This snake can grow up 5 ft (1.5 m) long. It has a deadly venom that primarily affects the nervous system.

PREPARATION Fresh venom is mixed with lactose sugar and then triturated.

Remedy profile

This remedy is most appropriate for people who feel jealous and forsaken. They fear being alone and love crowds and activity. They are frequently hypochondriacs who are sensitive to

the cold. Characteristically they tend to be preoccupied by death and dying, and their dreams may feature corpses. They may feel that they are being haunted by ghosts. Right-sided symptoms are generally predominant.

Crotalus casc. is typically used for this state of mind in conjunction with a sense of constriction, which is sometimes felt as a band around the throat or abdomen, so that wearing clothes causes discomfort. It is used for burning urticaria in crops over a single body region.

Symptoms better For open air.

Symptoms worse For cold; at night; on the right side; for washing; for menopause; for drinking.

Croton tiglium

CROTON

COMMON NAME Croton.

ORIGIN Found in subtropical and tropical forests from India to Malaysia.

BACKGROUND Croton oil, made from the pressed seeds, has been used as a drastic purgative. An overdose of this carcinogenic oil may cause shock, while contact with the skin may lead to blistering.

PREPARATION The oil from the seeds is percolated in alcohol.

Remedy profile

People for whom *Croton* is most suitable tend to be "pent-up" emotionally. Often they feel anxious, as if some personal misfortune is about to befall them. They tend to be exhausted, dissatisfied, and morose, with an inability to work or think of anything except themselves.

Mirroring the uses of the oil itself, which is strongly purgative and irritant, *Croton*'s main affinities are with the skin and digestion. The remedy is typically used for allergic skin conditions with extreme itching, such as eczema on the scrotum, or blistering rashes on the scrotum and penis. *Croton* is also given for digestive problems such as nausea and urgent diarrhea immediately after eating or drinking.

A key symptom is the strange sensation that a string has been attached to the eyes or the nipples and is pulling them inward. The eyes feel as if they are being drawn backward into the head, and there is tense pain over the right eye, causing headaches.

Symptoms better After sleep; for gently rubbing the affected area; for warm milk.

Symptoms worse For touch; in summer; as skin eruptions are disappearing; for drinking; for eating.

*Cuprum arsenicosum***CUPRUM ARS.**

COMMON NAMES Copper arsenite, Scheele's green.
ORIGIN Chemically prepared.

BACKGROUND This toxic, yellow-green pigment was used in wallpapers until a link was established between it and a multitude of health problems, especially digestive disorders and cramps.

PREPARATION The compound is mixed with lactose sugar and triturated.

Remedy profile

Those who respond best to *Cuprum ars.* are often confused, restless, and in anguish. Their body functions are also confused and disturbed, with chilliness and periods of irregular or weak heart function. Their bodies tremble, especially when walking, or they may be prostrated.

A key condition associated with *Cuprum ars.* is poor kidney function. Typical symptoms include burning pain on urinating, dark red, discolored urine with a strong odor, perhaps of garlic, and diarrhea. The remedy may also be given to those who have experienced prolonged fluid loss, perhaps after injury or an operation.

Symptoms better For hard pressure on the affected area.

Symptoms worse For damp; for touch; for movement; during diarrhea attacks.

*Cyclamen europaeum***CYCLAMEN**

COMMON NAMES Cyclamen, sowbread.

ORIGIN Found throughout Europe.

BACKGROUND In the 1st century CE Pliny the Elder noted the use of this plant as an arrowhead poison in ancient Rome. The name "sowbread" refers to the medieval practice of feeding the roots to swine.

PREPARATION The fresh root, gathered in spring, is chopped and steeped in alcohol.

Remedy profile

Cyclamen is best suited to rather dutiful, conscience-stricken people who tend to find fault with themselves and others. Prone to drowsiness, gloominess, and depression, they may wish to be alone and cry or weep silently, or they may have a sense of joy that alternates with irritability.

The symptom picture for *Cyclamen* typically focuses on menstrual problems and indigestion. The remedy is used when the menstrual flow is irregular, possibly too frequent, or absent. Blood flow may be profuse and black, or the

blood may clot too rapidly, and there may be severe pains resembling those felt during labor. Migraines, a squint, or visual disturbances may accompany these symptoms.

Extreme indigestion that is aggravated by eating fats is another condition suitable for treatment with *Cyclamen*.

Symptoms better For movement; for rubbing the affected area; for weeping; during menstruation.
Symptoms worse For cold; for open air; before menstruation; for suppression of menstrual flow due to shock or extreme cold; for sitting; for standing.

*Dactylopius coccus syn. Coccus cacti***COCCUS CACTI**

COMMON NAME Cochineal beetle.

ORIGIN Found in Spain, Mexico, and the West Indies.

BACKGROUND The dried bodies of the female insects are used as a scarlet dye and food coloring, and in cosmetics, inks, artists' pigments, and medicines.

PREPARATION The fertilized females are killed by heat, then dried and macerated in alcohol.

Remedy profile

Coccus cacti is generally prescribed for spasmodic coughing associated with catarrh, and for urinary problems with pain in the kidneys, particularly in those who are anxious and confused.

The remedy is used for spasmodic coughing, especially whooping cough, and for asthma. Symptoms are usually worse in the mornings, and include frequent, violent, ticklish coughing fits accompanied by vomiting and retching up of clear, thick mucus that may hang from the mouth. There is a sensation as if a thread is hanging down the back of the throat. The mucous membranes in the throat may feel so sensitive that even brushing the teeth causes retching and vomiting.

Symptoms better For bathing in cold water; for walking; for cold drinks.

Symptoms worse On the left side of the body; for lying down; after sleep; for touch; for the pressure of clothing; for the slightest exertion; for brushing the teeth; for rinsing the mouth.

See also Asthma, page 181

*Daphne mezereum***MEZEREUM**

COMMON NAMES Mezereon, spurge olive.

ORIGIN Native to Eurasia and found in North America, Europe, and north Africa.

BACKGROUND Herbalists in northern Europe once used the plant to treat skin ulcers and cancers,

but today mezereon is considered too toxic for common use.

PREPARATION The fresh bark, gathered just before the plant blooms, is chopped and steeped in alcohol.

Remedy profile

Mezereum is most appropriate for people who are prone to despondency, apathy, and detachment. They have a tendency toward hypochondria.

Key conditions associated with this remedy are suppurating skin complaints that form a thick crust or cause cracking. Skin symptoms typically affect the scalp, usually manifesting as eczema or psoriasis with oozing discharge that smells offensive and causes the hair to mat. Eruptions on the face are usually around the hairline or eyebrows. The skin is intensely itchy, and may feel cold and clammy. The remedy is also used for shingles affecting the chest.

Neuralgic pains around the teeth or face, and bone pains in the long bones, are also usually linked with *Mezereum*. Symptoms include erratic, jerking, sharp pains, and a sensation of lightness or enlargement in the body.

In addition *Mezereum* is prescribed for digestive system disorders that are anxiety-related and involve symptoms such as diarrhea and a discharge from the anus.

Symptoms better For open air; for eating.

Symptoms worse At night; for lying down; for the warmth of the bed; if skin eruptions are suppressed by ointments; for drafts; for movement; for touch.

See also Severe eczema, page 194

*Digitalis purpurea***DIGITALIS**

COMMON NAMES Common foxglove, purple foxglove.

ORIGIN Native to western Europe, and cultivated in India, southern and central Europe, Norway, Madeira, and the Azores.

BACKGROUND The 18th-century English doctor William Withering first established this flower's importance as a heart remedy, and its active constituents are still used in herbal and conventional heart medicines.

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.

Remedy profile

Digitalis is associated primarily with the heart. It is prescribed for people who are prone to heart and circulatory disorders. The remedy is considered particularly appropriate if symptoms



DIGITALIS PURPUREA
(Common foxglove)

are accompanied by a fear of death, or a fear that moving—especially walking—may cause the heart to stop beating. There is a desire for bitter things and often visual disturbance. Heart disorders that respond well to treatment with *Digitalis* are typically accompanied by pains in the region of the heart, a slow pulse, faintness, and nausea. The remedy is also used for liver problems, particularly if they occur in conjunction with heart symptoms.

Symptoms better For cool air; for rest; for lying on the back; for an empty stomach; for frequent urination.

Symptoms worse For heat; for standing up; for exertion; for movement; for lying on the left side; for sexual excess.

See also Palpitations, page 186

Dioscorea villosa

DIOSCOREA

COMMON NAMES Wild yam, colic root.
ORIGIN Native to North and Central America.
BACKGROUND A traditional Aztec remedy for pain, wild yam was commonly used in Central America for colic and menstrual pain. It was also used in the production of the first contraceptive pill.

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

Remedy profile

People for whom this remedy is most appropriate are prone to irritability, stress, and nervousness, and want to be left alone.

Key symptoms associated with *Dioscorea* are neuralgic and colicky pains, primarily affecting the gastrointestinal system. The pains are typically severe, cutting, cramping, and grinding, and radiate out in all directions from a

central point that may shift location. They may affect the area of the liver, radiating upward to the right nipple. In women, the pains may occur during menstruation. In men, *Dioscorea* is typically prescribed to treat renal colic associated with kidney stones, sharp pains radiating down the testicles and legs, and cold, clammy perspiration.

Symptoms better For stretching out; for bending backward; for standing erect; for movement; for firm pressure on the affected area; for belching.

Symptoms worse For doubling over; for lying down; from 2 a.m. onward; for eating; for drinking tea.

Drosera rotundifolia

DROSERA

COMMON NAMES Sundew, common sundew, round-leaved sundew, red rot, youthwort, moorgrass.

ORIGIN Grows in Europe, Asia, and North America.

BACKGROUND Sundew was taken in the 16th and 17th centuries for melancholia. In 1735 the *Irish Herbal* advised that it could be used to "eat away rotten sores."

PREPARATION The whole, fresh, flowering plant is macerated in alcohol.



DROSERA ROTUNDIFOLIA
(Sundew)

Remedy profile

Drosera is usually prescribed to treat a deep, violent, spasmodic cough, especially whooping cough. Associated symptoms may include restlessness, anxiety, retching, vomiting, cold sweats, and nosebleeds. There may also be a feeling that there is a feather or crumb in the larynx, which triggers coughing. The voice is often toneless, hoarse, and deep.

There is some indication that *Drosera* may be helpful in treating behavioral problems, particularly in children. It is best suited to children who are restless, anxious, peevish, and distrustful. Their emotions seem unbalanced, and they often have difficulty concentrating. Their anxiety may increase when they are alone, and can be associated with a fear of ghosts.

Drosera may also be given for childhood growing pains, especially if they are accompanied by emotional imbalance. Symptoms may include stiff ankles and pains in the joints and bones, particularly affecting the hips and thighs.

Symptoms better For open air; for movement; for walking; for sitting up; for pressure on the affected area.

Symptoms worse For warmth; after midnight; for lying down; for cold foods.

See also Whooping cough, page 250

Echinacea angustifolia

ECHINACEA

COMMON NAMES Echinacea, coneflower.

ORIGIN Native to North America, and now cultivated in Europe and the US.

BACKGROUND Native Americans used echinacea for toothache and sore throats. Long considered a herbal "cure-all" and thought to stimulate the immune system.

PREPARATION The fresh plant, including the root, is pulped and steeped in alcohol.

Remedy profile

Echinacea is typically prescribed for its antiseptic properties, to treat abscesses, boils, carbuncles, swollen glands, animal and insect bites and stings, septicemia, and diphtheria. The remedy is also given to treat cancer, especially as an analgesic in the late stages of the illness. Typical physical symptoms include chilliness, tiredness, and weakness, with aching muscles, considerable weight loss, debility, and foul-smelling discharges.

Symptoms better For rest; for lying down; after physical or mental exertion.

Symptoms worse For cold; for cold air.

Equisetum hyemale & *E. arvense*

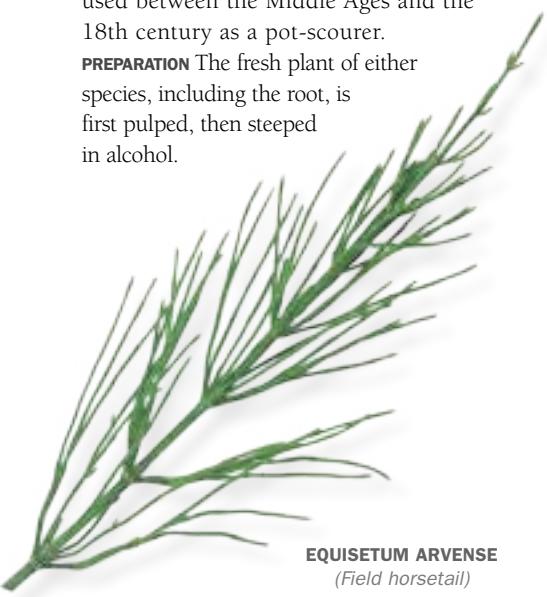
EQUISETUM

COMMON NAMES Rough horsetail, field horsetail.

ORIGIN Found mainly in Asia, particularly China, and in Europe and North America.

BACKGROUND This primitive genus has been used to heal wounds since at least the 1st century BCE. Strongly abrasive, it was used between the Middle Ages and the 18th century as a pot-scourer.

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



EQUISETUM ARVENSE
(Field horsetail)

Remedy profile

Those who respond best to this remedy are irritable and easily tired. *Equisetum* is used chiefly for painful irritation of the bladder, which is aching, full, and tender. There is typically a sensation of painful pressure on either side of the lower abdomen and bladder. The pain becomes worse at the end of urination. There may be a constant desire to urinate, possibly with dribbling of urine, or mucus in the urine. The remedy is also given to children who wet their bed during nightmares or other dreams.

Symptoms better For lying on the back; for walking.

Symptoms worse For being touched; for movement; for pressure on the painful area.

See also Bedwetting, page 248

Erythroxylum coca

COCA

COMMON NAME Coca.

ORIGIN Native to Peru and Bolivia, but now also cultivated elsewhere in South America and in Asia, usually illegally.

BACKGROUND Early European travelers to the Andes noted that the indigenous Indians chewed coca leaves as a stimulant. Coca

contains cocaine, a narcotic drug that has spawned a huge illegal industry.

PREPARATION The leaves are dried, powdered, and macerated in alcohol.

Remedy profile

Coca is most appropriate for people who alternate between complete exhaustion and great mental excitement. They may be timid and antisocial, and have a sense of impending death and auditory hallucinations, or they may be extremely talkative and experience blissful visions. Their brains may feel muddled, and they can lose their sense of right or wrong and neglect their appearance. It is often used for symptoms associated with altitude sickness. Athletes and elderly people with symptoms of breathlessness or asthma may also be treated with *Coca*, since the classic physical symptom picture includes breathlessness.

Symptoms better For rapid movement; for open air; after sunset; for wine.

Symptoms worse For cold; for ascending to high altitudes; for physical and mental exertion.

Eupatorium perfoliatum

EUPATORIUM PER.

COMMON NAMES Boneset, agueweed, thoroughwort, sweating plant.

ORIGIN Native to North America.

BACKGROUND Native Americans used a boneset infusion for colds, fever, arthritis, and rheumatic pain. It became popular with European settlers due to its ability to stimulate the immune system against fever.

PREPARATION The fresh aerial parts in flower are macerated in alcohol.

Remedy profile

When unwell, people for whom this remedy is best suited may moan with pain and feel that they are going out of their minds. They tend to feel anxious and restless, wishing that they could keep still. They may have a sensation as though their bones are broken.

Eupatorium per. is usually given for influenza or malarial fever accompanied by pain in the limbs. Fever typically starts as a chill, then generates heat, sweating, and a strong thirst, accompanied by pains in the bones and great restlessness. Further symptoms that may be treated include vomiting of bile, and headaches that feel worse during the sweating phase.

Symptoms better For conversation; after vomiting bile.

Symptoms worse For cold air; after a recurring interval of time; for movement; for the smell or sight of food.

Euphorbia resinifera 'Berger'

EUPHORBIUM

COMMON NAMES Spurge, gum euphorbia.

ORIGIN Native to Morocco.

BACKGROUND In classical times spurge was used as a purgative, until recognition of the danger of poisoning from an overdose led to disuse. In Europe its milky, irritant sap was used to burn off warts until the 19th century.

PREPARATION The hardened, resinous sap is macerated in alcohol.

Remedy profile

A key symptom linked with *Euphorbium* is burning pain in the bones, as if there are live coals in or on the bones. The limbs may feel weak and dislocated, with sharp, cramping pains and weakness in the joints.

Another classic problem treated by this remedy is itching, burning skin, possibly with warts, slow-healing ulcers, or yellow blistering. These symptoms may be due to erysipelas (a bacterial infection) on the face.

Symptoms better For movement; for applying oil to the affected area.

Symptoms worse For sitting; for touch; on beginning to move.

Euphrasia officinalis

EUPHRASIA

COMMON NAME Eyebright.

ORIGIN Native to Europe, but now also found in Asia and North America.

BACKGROUND This herb has been used to treat eye strain and inflammations since the Middle Ages. Modern herbalists use it for infections and allergic conditions of the eyes, middle ear, sinuses, and nasal passages.

PREPARATION The whole, fresh, flowering plant, including the root, is chopped and macerated in alcohol.

Remedy profile

People who respond well to *Euphrasia* are typically taciturn, indolent, melancholic, and prone to daydreaming.

Euphrasia has a classic affinity with the eyes. Common physical symptoms include irritation in the eyes, with cutting, burning, pressing pains and sticky mucus. There is typically heightened sensitivity to light, with burning, swollen eyelids and frequent blinking. The eyes tend to water profusely, a symptom that is exacerbated by open air, lying down, or coughing. The remedy is used mainly for allergies or infections affecting the eyes and nose, such as colds,



EUPHRASIA OFFICINALIS
(Eyebright)

hay fever, or conjunctivitis. It may also be prescribed if eye symptoms occur after an injury.

Symptoms better For open air; for blinking; for wiping the eyes.

Symptoms worse For warmth; for wind; for sunlight; for being indoors.

See also Conjunctivitis, page 220;
Hay fever & allergic rhinitis, page 224

Euspongia officinalis

SPONGIA

COMMON NAME Common sponge.

ORIGIN Traditionally gathered from waters of the Mediterranean, near Syria and Greece.

BACKGROUND It is thought that roasted sponge was first used as a remedy in the 13th century, by the alchemist Arnold von Villanova as a treatment for goiter.

PREPARATION Sponge is carefully cleaned of sand, then toasted in a metal drum before being powdered and triturated.

Remedy profile

Spongia is most appropriate for those who have a marked fear of heart disease and of death, particularly by suffocation.

They may feel uncomfortable in clothes.

There is a strong focus on the heart with this remedy.

Typical physical symptoms treated include palpitations and an uneasy feeling in the area of the heart. There may be congestion, with a sensation as though blood is rushing into the chest and face. A fear of suffocation and a sense of the heart being forced upward out of the chest can disrupt sleep after midnight. There is great exhaustion and the body feels heavy, so that even the slightest exertion causes complete prostration.

Spongia is also prescribed for upper respiratory tract infections that tend to settle in the larynx, such as a dry, hollow, barking, croupy cough. There is typically a feeling of

dryness in the mucous membranes, and inflammation, enlargement, and hardening of the glands, especially the thyroid gland. There may be a sensation as if there is a plug in the larynx, which may feel very sensitive to touch. Pain in the larynx typically becomes worse for swallowing, singing, or talking.

Symptoms better For lying with the head low; for bending forward; for eating small amounts; for warm foods and drinks.

Symptoms worse For dry, cold winds; for waking up; at midnight.



EUSPONGIA OFFICINALIS
(Common sponge)

Fagopyrum esculentum

FAGOPYRUM

COMMON NAME Buckwheat.

ORIGIN Native to central and northern Asia, and cultivated in temperate regions, especially in the US and eastern Europe.

BACKGROUND This major grain crop may have been brought to Europe during the Crusades of the 11th and 12th centuries. Medicinally, the leaves were used for high blood pressure, chillblains, and frostbite.

PREPARATION The aerial parts are picked after flowering and before the fruits ripen, then chopped and macerated in alcohol.

Remedy profile

Confusion and alternating states of mind are typical in those for whom *Fagopyrum* is best suited. These people also tend to be depressed and irritable.

Fagopyrum is generally associated with eczema and itching skin, possibly on the genitals, scalp, eyelids, and ears, or in the folds of the skin of infants and the elderly. The inside of the nose may become sore and crusted. Foul-smelling secretions may accompany itching.

Heart complaints associated with visibly pulsing arteries, either with or without concurrent skin conditions, may also be treated with *Fagopyrum*. Other symptoms linked to this remedy include a rapid, irregular pulse and a strong sensation of oppression in the heart area.

Symptoms better For cold compresses; for pressure on the affected area; for coffee.

Symptoms worse For sunlight; for scratching; for movement.

Ferula assa-foetida syn. *Narthex assa-foetida*

ASAFOETIDA

COMMON NAMES Asafetida, devil's dung.

ORIGIN Native to Iran, Afghanistan, and Pakistan.

BACKGROUND In the 7th century BCE the *Charaka Samhita*, an Ayurvedic medicine book, advocated this foul-smelling plant for bloating and flatulence, for which it is still used in India and the Middle East.

PREPARATION Gum resin from the living roots is macerated in alcohol.

Remedy profile

People who respond best to this remedy tend to be in a rather nervous, hysterical, hypersensitive, and hypochondriac state. This nervous state extends to the physical symptoms, which generally focus on digestive disorders and on nervous twitching. The stomach may feel as if it is pushing upward so that everything will burst into the mouth, or there may be a sensation as if a lump in the stomach is rising upward into the throat.

Symptoms better For open air; for movement; for pressure on the affected area; for scratching.

Symptoms worse At night; for rest; for sitting; for touch.

Fraxinus americana

FRAXINUS

COMMON NAME White ash.

ORIGIN Native to eastern North America.

BACKGROUND In Norse mythology the ash tree was considered sacred. In Europe its nutritious sap has traditionally been used as a gentle laxative.

PREPARATION The bark of the tree is chopped and macerated in alcohol.

Remedy profile

A need to talk is common in those who respond best to this remedy, and they tend to be depressed, nervous, and anxious. Illness may be accompanied by uneasy sleep and frightening dreams.

Fraxinus is chiefly used for uterine problems. Typical symptoms include a uterus that is relaxed in tone, or possibly prolapsed, with a watery, non-irritating vaginal discharge and a heavy, painful, bearing-down sensation. The remedy is also given for heavy, painful menstruation, and for fibroids and other tumors.

Symptoms better None known.

Symptoms worse For injury; for sprains; for lifting.

See also Fibroids, page 199

Galipea officinalis syn. *G. cusparia* ANGUSTURA

COMMON NAME Angostura.

ORIGIN Native to the Caribbean and tropical South America.

BACKGROUND The bitter bark of this tree was long used by native Americans as a tonic, and to stun fish and hence increase the catch. Brought to Europe in 1759, it was originally used for aromatic bitters.

PREPARATION Dried bark from the tree's branches is macerated in alcohol.

Remedy profile

Angustura is best suited to people who are either timid and weak, or oversensitive, touchy, and "filled with bitterness." They are often very restless at night, waking for no reason, and unable to get back to sleep. Their dreams are vivid, anxious, and unsettling, and they may crave coffee.

The remedy is typically prescribed for rheumatic conditions and nervous system disorders, especially those affecting the nerves in the spine or causing paralysis. Symptoms include tension and stiffness in the muscles and joints, making them feel sore and bruised. There may be tearing pains in the bones that lead to difficulty in walking. The tissues may even decay due to painful ulcers that penetrate the bone marrow and cause the bones to crumble, particularly the long bones of the body.

Symptoms better For applying cold fingers or a cold compress to the affected area; for sitting up; for rest.

Symptoms worse For exertion; for stooping; for sitting bent over; for touching the affected area; for noise.

Gelsemium sempervirens

GELSEMIUM

COMMON NAMES Carolina jasmine, yellow jasmine, false jasmine.

ORIGIN Native to the southern US and Central America, and now grown worldwide.

BACKGROUND Carolina jasmine came into regular use from the middle of the 19th century, chiefly as a treatment for nervous disorders such as sciatica and neuralgia.

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

Remedy profile

People for whom *Gelsemium* is most suited fear losing control. They dislike being disturbed,

especially while feverish, when they feel dull, drowsy, and dizzy, but want to be held. Their faces are flushed dark red, with a dull, besotted expression.

A general state of mental and physical paralysis, with weakness and an inability to perform, are key symptoms linked to this remedy. At times the remedy has been given to strengthen courage on the battlefield, and it is often used for phobias, exam nerves, stage fright, and other anticipatory terrors, which cause trembling, weakness, diarrhea, and frequent urination. In the long term, these symptoms may lead to more complicated, serious neurological disorders and possibly even paralysis, which the remedy may help.

Gelsemium is also used to treat acute influenza or sore throats, with weakness, limp limbs, chills, fever, headaches with double vision, and heavy, drooping eyelids. There may be a lack of thirst, even during fever. In addition, the remedy can be given for hay fever if accompanied by these symptoms.

Symptoms better For profuse urination; for sweating; for shaking; for alcoholic drinks.

Symptoms worse In humid weather, especially during spring; for extreme emotions; for dread or ordeals; for surprises or shocks.

See also Phobias, page 211; Influenza, page 224; Sore throat, page 226; Exam nerves, page 254



GELSEMIUM SEMPERVIRENS
(*Carolina jasmine*)

Gnaphalium polycephalum

GNAPHALIUM

COMMON NAMES Sweet-scented everlasting flower, cudweed.

ORIGIN Native to North America.

BACKGROUND This plant has been used in herbal medicine to treat colds, fevers, and respiratory and intestinal catarrh, and has been applied as a poultice to bruises.

PREPARATION The whole, fresh plant is macerated in alcohol.

Remedy profile

This remedy is used mainly for intense sciatic pains alternating with or followed by numbness. Lumbago with numbness and heaviness in the affected area may also be treated, as may joint pains and rheumatic complaints. In addition, foul-smelling diarrhea with colic that is worse in the morning may respond to the remedy, as may scanty periods that are at their most painful on the first day.

Symptoms better For sitting in a chair; for flexing the limbs.

Symptoms worse For cold; for damp; for movement; for walking; for stepping up or down; for lying down on the left side.

Gratiola officinalis

GRATIOLA

COMMON NAMES Hedge hyssop, herb of grace.

ORIGIN Found in central Europe, North America, and Australia.

BACKGROUND Originally esteemed medicinally for jaundice and other liver or spleen complaints, this herb is now little used due to its toxicity.

PREPARATION The fresh bulb is dug up prior to flowering and steeped in alcohol.

Remedy profile

Gratiola is most suited to those who appear irritable, haughty, and possibly excessively proud. They may develop mental symptoms if they drink coffee regularly over a long period of time, as well as physical symptoms such as migraine, sciatica, and a high libido. A high sex drive, frequent masturbation, and nymphomania are primary conditions that may be helped by *Gratiola*, particularly in women.

In addition, the remedy is prescribed for gastrointestinal problems such as cramps in the pit of the stomach, and pressing pain after

eating, as if a stone is rolling from side to side in the stomach. Eating may be followed by a strange sense of emptiness in the stomach. There may be green, frothy, watery diarrhea that is expelled with great force.

Symptoms better For open air.

Symptoms worse For summer; for eating; for drinking excessive amounts of water; for coffee.

Guaiacum officinale

GUAIACUM

COMMON NAME Lignum vitae.

ORIGIN Native to South America and the Caribbean Islands.

BACKGROUND In the 16th century, native Americans were found to be using lignum vitae for venereal disease and syphilis, and it became popular in Europe until discredited in the 18th century.

PREPARATION The resin obtained from the tree is macerated in alcohol.

Remedy profile

Guaiacum is most appropriate for narrow-minded people who tend to be obstinate, overcritical, and inflexible. This mental rigidity is mirrored by a fixation of the joints. The remedy is most commonly used for great arthritic or rheumatic joint pain, especially in the wrists. Arthritic pain may feel worse for heat, and there may also be a sensation of swelling, tension, and tautness in the muscles, as if they are too short. There is a strong desire to yawn and stretch. In children, the remedy profile may include growing pains.

Symptoms better For cold, wet weather; for cold compresses; for apples.

Symptoms worse For heat; for wet weather; for touch; for movement; for exertion; for rapid growth.

Hamamelis virginiana

HAMAMELIS

COMMON NAME Virginia witch hazel.

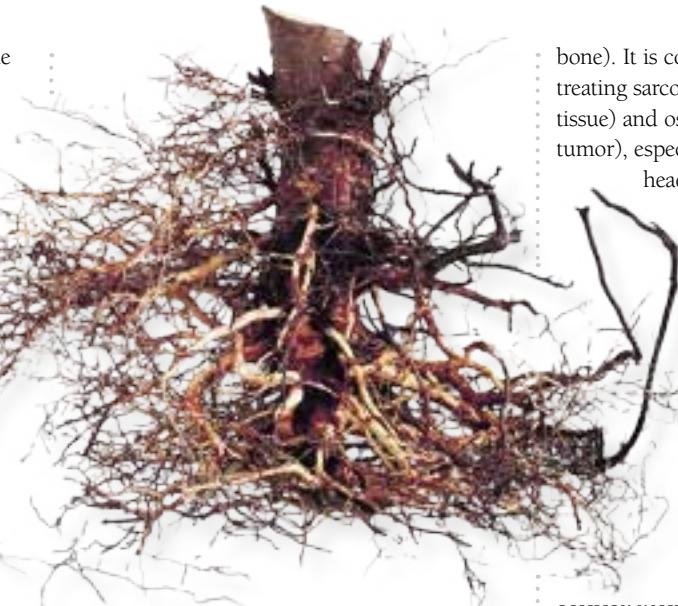
ORIGIN Native to Canada and eastern and central US, and grown in Europe.

BACKGROUND Native Americans used witch hazel in poultices for tumors and inflammations. It is used as an herbal first-aid remedy for its astringent properties.

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

Remedy profile

People who respond best to *Hamamelis* often feel a lack of appreciation and respect from



HAMAMELIS VIRGINIANA
(Virginia witch hazel)

others prior to illness, which tends to make them become depressed and solitary. When ill, they are prone to feelings of restlessness and irritability.

The remedy's primary use is in treating hemorrhoids and varicose veins. The veins are typically inflamed and weak. There is susceptibility to hemorrhaging, such as heavy periods in women or nosebleeds. Bleeding is generally slow to stop, and is usually accompanied by calm. *Hamamelis* may also be used for injuries to the eye.

Symptoms better For fresh air; for reading; for thinking; for talking.

Symptoms worse For warm, damp air; for pressure on the affected area; for movement.

See also Varicose veins, page 230;
Hemorrhoids, page 238

Hekla lava

HEKLA

COMMON NAME Hekla lava.

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

BACKGROUND Mt. Hekla last erupted in 2000. Its lava contains aluminum silicate, magnesium, calcium, and iron oxide.

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

Remedy profile

Hekla is best suited to people who are rather volcanic in temperament. They usually suppress any anger, but after a certain point they erupt.

The remedy is typically used for bone disorders, such as exostosis (benign bony outgrowths) or osteitis (inflammation of the

bone). It is considered particularly suitable for treating sarcoma (cancer of the connective tissue) and osteosarcoma (a malignant bone tumor), especially if they occur in the jaw, head, or legs. Glandular swellings, particularly those in the neck, can also be treated with *Hekla*, as can toothaches.

Symptoms better For continued movement; toward 3 p.m.

Symptoms worse For pressure on the affected area; for sitting; on beginning to move.

See also Cancer, page 208

Hippomane mancinella

MANCINELLA

COMMON NAMES Manchineel, manzanilla, Beach apple.

ORIGIN Found in the West Indies.

BACKGROUND The sap of this tree, or even just the smoke from its wood when burning, is so acrid that it can cause blindness on contact with the eyes.

PREPARATION The fresh fruits, leaves, and bark of the tree are chopped and steeped in alcohol.

Remedy profile

Mancinella is used primarily for mental rather than physical symptoms. It is most appropriate for people who fear that they may become insane and lose control of their minds, due to the intrusion of evil thoughts or possession by evil spirits. Their feelings are intensified by watching horror movies, and their anxieties may become obsessive or even lead to a psychological breakdown. An advanced breakdown may cause the memory to deteriorate, with forgetfulness from one minute to the next. *Mancinella* is also prescribed for confused feelings about sexuality that are bound up with the fear of being possessed by evil spirits, especially if these feelings occur during puberty or the menopause.

Physical symptoms typically associated with *Mancinella* include skin problems such as dermatitis. They are generally accompanied by an oozing, sticky serum, which may form crusts or blisters, or stinging blisters on the soles of the feet, with acrid, sticky foot perspiration.

The sense of smell may be affected by strange illusions, such as phantom smells of gunpowder or dung. There may be a peppery, burning sensation in the mouth, along with a taste of blood and copious yellow saliva.

Symptoms better For rubbing the affected area; for walking.

Symptoms worse For cold; for damp; for touch; for puberty; for menopause.

Humulus lupulus syn. *Lupulus humulus* LUPULUS

COMMON NAME Hops.

ORIGIN Native to Europe and Asia.

BACKGROUND Hops have been cultivated in Europe since at least the 11th century to make beer. Medicinally, hops are used mainly as a sedative, often sewn into a bed pillow to aid sleep at night.

PREPARATION The fresh hops are finely chopped and macerated in alcohol.

Remedy profile

Appropriately enough for a remedy based on a plant used to make beer, *Lupulus* is often used to treat hangovers or the aftereffects of drinking alcohol, such as nausea, dizziness, and headaches. It may also be given for nervous twitches or delirium associated with drunkenness.

Muscles affected by twitching, nervous tremors may also be treated by *Lupulus*, as may rheumatic pains that shift from place to place, mainly in the shoulders, arms, and hands. There may be a sensation of churning in the stomach, accompanied by nausea and vomiting. Burning in the urethra when urinating and overexcitability are further possible symptoms, as is greasy, clammy, profuse perspiration.

Symptoms better For open air.
Symptoms worse For coffee; for alcohol.



HUMULUS
LUPULUS
(Hop)

Hydrargyrum bichloratum syn. *Mercurius sublimatus corrosivus*

MERC. CORR.

COMMON NAME Mercuric chloride.

ORIGIN Chemically prepared.

BACKGROUND Mercuric chloride is a powerful disinfectant with rapid, violent effects if ingested, especially on the rectum.

PREPARATION The compound is mixed with lactose sugar and triturated.

Remedy profile

People who respond best to *Merc. corr.* are prone to anxiety and restlessness, which may develop into delirium and stupor during illness. They often feel detached or disconnected from others, and may stare blankly at people when they are talking,

without comprehending what they are saying.

Symptoms linked to *Merc. corr.* tend to be excessive, rapid, and violent, often centering on the digestion. The remedy is used for colitis or dysentery with hot, foul-smelling stools, cutting pains, and constant straining, even after passing a stool. Great straining may be needed to empty the bladder. Burning in the throat, stomach, rectum, and bladder, with great susceptibility to the cold, may be linked to throat complaints treated by *Merc. corr.*, such as swollen glands, a constant need to swallow despite pain, and ulcerated tonsils.

Symptoms better For rest.

Symptoms worse For open air; for urinating; for passing a stool; at night.

See also Ulcerative colitis, page 190

Hydrargyrum biiodatum syn. *Mercurius biiodatus*

MERC. IOD. RUBER.

COMMON NAME Mercuric iodide.

ORIGIN Chemically prepared.

BACKGROUND This red, odorless powder has a faintly metallic taste. It is used as an antiseptic and disinfectant for the skin.

PREPARATION Mercuric iodide is mixed with lactose sugar and triturated.

Remedy profile

Those who respond best to *Merc. iod. ruber.* tend to be weepy, low in spirits, and irritable, particularly in the morning. Toward evening they often feel better and become more cheerful.

The classic symptom picture for this remedy is of an ulcerated sore throat with swollen glands, especially on the left side. The throat may be painful and dark red, with stiff muscles in the neck and throat.

Symptoms better For open air; in the evening.

Symptoms worse For sleep; in the morning.

Hydrargyrum chloratum syn. *Mercurius dulcis*

MERC. DULC.

COMMON NAMES Mercurous chloride, calomel.

ORIGIN Chemically prepared, although it occurs naturally in Germany, the former Yugoslavia, Mexico, and Texas.

BACKGROUND This compound was used medicinally from the 16th century as a cathartic, but has since fallen out of favor due to its toxicity.

PREPARATION Mercurous chloride is mixed with lactose sugar and triturated.



HYDRARGYRUM CHLORATUM
(Mercurous chloride)

Remedy profile

Apprehension, restlessness, and agitation are common in those for whom *Merc. dulc.* is most suitable.

Key symptoms associated with the remedy include catarrhal inflammation in the ears and eustachian tubes, leading to deafness and glue ear. The condition is predominant in children, and *Merc. dulc.* is particularly appropriate for those who appear pale and ill-nourished.

Symptoms better For cold drinks.

Symptoms worse For acidic foods and drinks.

Hydrargyrum cyanatum syn. *Mercurius cyanatus*

MERC. CYAN.

COMMON NAME Mercurous cyanide.

ORIGIN Chemically prepared.

BACKGROUND This highly poisonous substance has no history of use in medicine, except in homeopathy.

PREPARATION Mercurous cyanide is mixed with lactose sugar and triturated.

Remedy profile

Merc. cyan. is given most often to people who are talkative, highly emotional, and overexcited. They may have frequent spells of unconsciousness or fainting, depending on the severity of their illness.

The remedy is typically used for acute infectious diseases with rapidly sinking strength and a tendency to hemorrhage. It is strongly associated with throat and mouth conditions such as tonsillitis and diphtheria. The throat is typically red with a white coating, and there may be pain on swallowing, with inflammation of the uvula. The tongue, lips, and cheeks tend to ulcerate, and there is metallic-tasting saliva and offensive-smelling breath.

These symptoms are usually accompanied by weakness, great sensitivity to the cold, nausea, and cold, damp, sweaty skin.

Symptoms better For drinking milk.

Symptoms worse For swallowing; for speaking; for eating.

Hydrargyrum iodatum flavatum syn.
Mercurius iodatus flavatus

MERC. IOD. FLAV.

COMMON NAME Mercurous iodide.

ORIGIN Chemically prepared.

BACKGROUND In Western conventional medicine, this compound has traditionally been used to make an ointment that is applied externally for eye diseases.

PREPARATION Mercurous iodide is mixed with lactose sugar and triturated.

Remedy profile

Merc. iod. flav. is most appropriate for people who tend to alternate rapidly between depression and high spirits.

The classic symptom picture for *Merc. iod. flav.* is of right-sided complaints, particularly throat infections with swollen glands and a coated tongue. If pharyngitis, tonsillitis, or ear infections affect the right side, *Merc. iod. flav.* is strongly indicated. Common symptoms include a sensation as if there is a lump in the throat, throat inflammation, and ulcerated patches in the throat that exude a cheeselike mucus. Sharp, throbbing pains may affect the right ear, becoming worse on swallowing.

Symptoms better For open air; for physical exertion; during the day.

Symptoms worse For cold, damp weather; at night; for gentle movement.

Hydrargyrum sulphuratum rubrum syn. *Mercurius sulphuricus*

MERC. SULPH.

COMMON NAMES Mercuric sulfate, turpeth mineral.

ORIGIN Chemically prepared.

BACKGROUND This heavy, odorless, tasteless, lemon yellow powder has no medicinal uses, except in homeopathy.

PREPARATION Mercuric sulfate is mixed with lactose sugar and triturated.

Remedy profile

Eating tends to make people for whom *Merc. sulph.* is best suited feel irritable. They may be chilly, pale, and anxious.

Key conditions associated with this remedy include digestive complaints and respiratory difficulties. *Merc. sulph.* is given for breathing that tends to be rapid and short, with burning in the chest, pain in the region of the heart, and weakness that may feel better for sitting up.

An irritated stomach, with vomiting, burning in the anus, hot, copious urine, and watery, soft, or violently expelled stools are characteristic of the digestive symptoms treated by *Merc. sulph.* In some cases, symptoms may be combined: for instance, fluid in the lungs may be accompanied by watery or violent diarrhea and other digestive symptoms.

Symptoms better For sitting up; for profuse diarrhea (in the case of breathing difficulties).

Symptoms worse For lying down; in the morning; at night.

Hydrargyrum sulphuratum rubrum syn. *Cinnabar*

CINNABARIS

COMMON NAMES Mercuric sulfide, sulfide of mercury, quicksilver.

ORIGIN Found mainly in Spain, and also in Peru, Italy, and California.

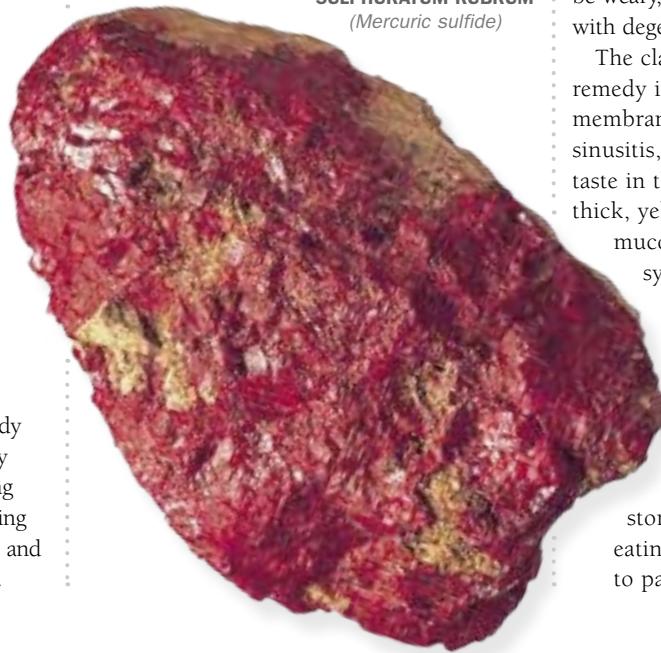
BACKGROUND In traditional Chinese medicine this mineral is used to treat sore throats, mouth ulcers, and palpitations. Its bright-scarlet pigment is called vermillion.

PREPARATION Mercuric sulfide is triturated with lactose sugar.

Remedy profile

Cinnabaris is best suited to people who are nervous, uneasy, sad, weak, and weary. They do not want to use their brains, and may become forgetful, often feeling that their heads are "full" from mental use. At night a stream of constantly changing thoughts runs through their heads. They are usually sensitive to touch and to the slightest noise, preferring to be left alone.

**HYDRARGYRUM
SULPHURATUM RUBRUM**
(Mercuric sulfide)



This remedy has a classic affinity with genital and rectal ulceration and warts, and its profile is similar to that of *Merc. sol.* (see page 85). Key symptoms include fiery red ulcers on the skin and the mucous membranes, warts that bleed easily, pimples, pustules, and red skin eruptions that tend to itch violently.

The head is a focus for other symptoms that may be helped by the remedy. These include headaches with congestion; red, inflamed eyes; catarrh in the nose and throat; and a dry, sore throat. Sleep patterns may be disrupted, with noticeable restlessness and sleeplessness, although there is often a marked lack of tiredness.

Cinnabaris may also be used to treat women who experience very painful menstruation and pregnancy, or great pains during labor.

Symptoms better For open air; for sunshine; after dinner.

Symptoms worse For damp; for touch; for evening; at night; for light; before menstruation.

Hydrastis canadensis

HYDRASTIS

COMMON NAMES Goldenseal, orangeroott, yellow puccoon.

ORIGIN Native to North America.

BACKGROUND Native Americans used golden-seal's root for its intense yellow dye, and medicinally for cancer, fevers, indigestion, and heart or liver disorders. It was introduced to Europe in 1760.

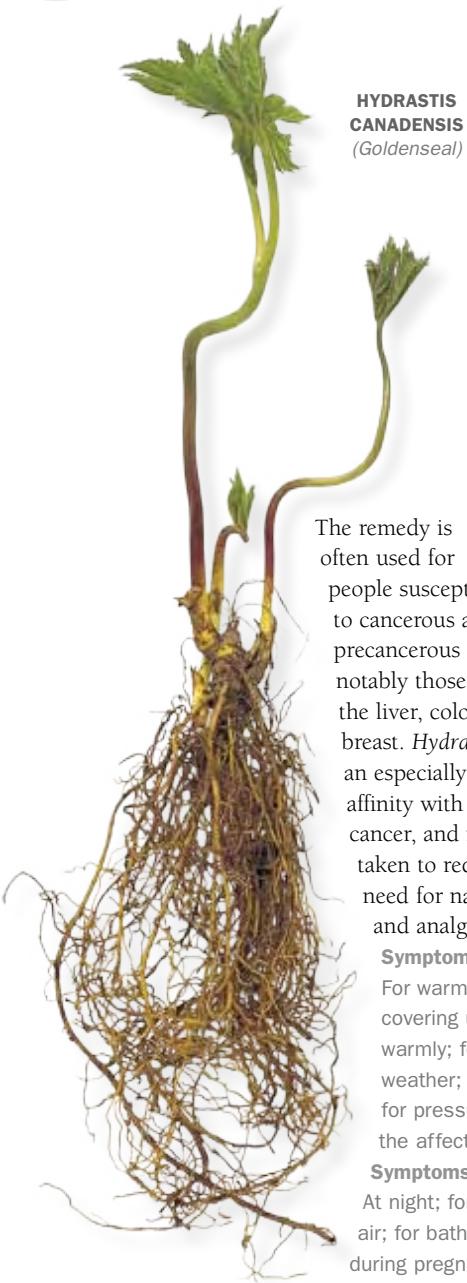
PREPARATION The dried underground parts of the plant are steeped in alcohol.

Remedy profile

People who benefit from *Hydrastis* tend to be weary, exhausted, thin, and elderly, often with degenerative conditions.

The classic symptom picture for this remedy is of problems of the mucous membranes. It is associated with catarrh, sinusitis, a sore throat, and an abnormal taste in the mouth. There may be copious, thick, yellowish, stringy mucus affecting the mucous membranes of the respiratory system. The remedy is also used for stomach problems, possibly occurring in conjunction with the classic problems of the mucous membranes.

Characteristic symptoms include poor digestion, a sensation of emptiness in the stomach that remains even after eating, and constipation with no urge to pass stools.



**HYDRASTIS
CANADENSIS**
(Goldenseal)

The remedy is often used for people susceptible to cancerous and precancerous states, notably those affecting the liver, colon, or breast. *Hydrastis* has an especially strong affinity with liver cancer, and may be taken to reduce the need for narcotics and analgesics.

Symptoms better
For warmth; for covering up warmly; for dry weather; for rest; for pressure on the affected area.

Symptoms worse
At night; for open air; for bathing; during pregnancy; for the touch of

clothing; for alcohol and drug abuse.

See also Catarrh, page 226

Hypericum perforatum

HYPERICUM

COMMON NAME St. John's-wort.

ORIGIN Native to Europe and Asia, but now found in temperate areas worldwide. **BACKGROUND** Renowned medicinally since classical times, St. John's-wort was long thought to have magical importance too. An extract of it is given for depression.

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

Remedy profile

Hypericum is prescribed for people who are depressed, frightened, or shocked following

an injury or accident. They may be nervous, overexcited, constantly drowsy, talk while asleep, and forgetful when speaking. These people may also experience a constant sensation of elevation or falling.

Key physical symptoms associated with this remedy are injuries or wounds that feel more painful than they appear, with extremely sharp pains, perhaps in nerve-rich areas such as the fingertips or the base of the spine. The remedy may be used to relieve pain following operations, accidents, puncture wounds, and animal bites, and is also given to help prevent tetanus. Nervous pains in phantom limbs after amputation, and toothaches or discomfort after dental treatment, may also be helped by the remedy.

Symptoms better For lying quietly; for lying face down; for bending the head backward; for rubbing the affected area.

Symptoms worse For cold, damp weather; for injury; for jarring; for shock.

Iridium metallicum

IRIDIUM MET.

COMMON NAME Iridium.

ORIGIN Obtained from osmiridium, an alloy of iridium, osmium, and platinum.

BACKGROUND This metal is named after the Greek goddess of the rainbow, Iris, due to its colorful salts. It is used in fountain-pen nibs and hypodermic needles.

PREPARATION Iridium is triturated with lactose sugar.

Remedy profile

Those who respond most effectively to *Iridium met.* are generally well presented and confident. If not successful in their plans or projects, or if they become ill and exhausted, they may experience confusion, with poor concentration and the feeling that their minds are empty.

Classic physical symptoms linked to *Iridium met.* include exhaustion and anemia following a bout of illness, and muscle pain and stiffness with tender, swollen joints. There may be nervous, pinching pains in the wrists, fingers, and limbs. In the hip joints there may be scraping, smarting pains and a crawling sensation; sciatic nerve pain may radiate down the legs. Neuralgic pains, perhaps in the back of the head, may be treated with *Iridium met.*, as may lameness or partial paralysis, especially in the elderly. The remedy is also used to help prevent suppurating abscesses in the armpits.

Symptoms better For cold; for being indoors;

for pressure on the affected area; for continued movement.

Symptoms worse For talking; on the left side of the body.

Iris versicolor

IRIS

COMMON NAMES Blue flag, snake lily.

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

BACKGROUND Native Americans used blue flag to treat stomach complaints, wounds and sores, colds, and earaches, and as a diuretic. Modern herbalists use the plant in detoxification treatments.

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

Remedy profile

The mood of people who respond best to *Iris* is generally low. They often feel restless and discouraged.

Key symptoms related to the remedy are headaches and migraines accompanied by digestive disorders such as nausea, severe diarrhea, or cholera. Warning signals that precede a migraine include great exhaustion and blurring or loss of vision. Migraines are typically right-sided but may alternate from side to side. They usually center in the temple or around the eyes, and involve throbbing pain, severe nausea, vomiting, and profuse salivation. The head pain is typically aggravated by vomiting and is typically weekly.

Symptoms better For gentle movement.

Symptoms worse For hot weather; at night; for mental exhaustion.

Juniperus communis

JUNIPER

COMMON NAME Juniper.

ORIGIN Found in Europe and North America, and from southwest Asia to the Himalayas.

BACKGROUND Juniper has been used since classical times, both medicinally and in cooking. Traditionally, sprigs were flung into fires to ward off evil spirits, and burned to protect against the plague. The berries are used to flavor gin.

PREPARATION Alcohol is added to the finely chopped, fresh, ripe berries.

Remedy profile

Classically this remedy has a reputation for increasing urine production, and is used to treat water retention, possibly with advanced kidney disease. The urine may contain blood and have a strange scent of violets, and there



JUNIPERUS
COMMUNIS
(*Juniper*)

may be a feeling of heaviness in the region of the kidneys. *Juniper* is also used separately as a stimulant for the uterine muscles and to ease menstrual pain. It is usually given as a tincture rather than in tablet form.

Symptoms better None known.

Symptoms worse None known.

Juniperus sabina

SABINA

COMMON NAME Savin.

ORIGIN Grows in temperate regions of the Northern Hemisphere.

BACKGROUND Savin was used internally in 19th-century Europe to induce abortions, although generally it has been little used in herbal medicine due to its high toxicity.

PREPARATION The fresh, young branch tops and leaves are chopped before being macerated in alcohol.

Remedy profile

This remedy is best suited to people who are dejected and hypochondriac. They may be irritable and find that even music makes them nervous. They often dislike being talked to, especially when walking in the open air. They may sob or weep and have weak memories.

Sabina is strongly associated with the reproductive organs, and is commonly used for problems such as genital warts or itching, burning external genitalia. In men it is also prescribed for phimosis (constriction of the foreskin), swelling of the upper penis, and gonorrhea.

The remedy may be given to women for uterine problems featuring pale-red, clotting hemorrhages that become worse for the slightest movement and better for walking. The uterus may seem to quiver, as if there is a fetus moving inside it. Further symptoms include itchy nipples with a voluptuous, crawling sensation, sharp pains shooting up the vagina, and violent hot flashes and pulsations in the body. Menstrual flow is often profuse and premature, with pains similar to

those felt during labor. *Sabina* is a classic remedy in pregnancy for those who are prone to miscarriages, especially during the third month of pregnancy. It is also prescribed following labor, if the placenta has been retained and there is intense pain.

A craving for acidic foods and drinks, especially lemonade, may be apparent, and everything, but especially coffee and milk, may taste bitter. There may be violent hot flashes, pulsations in the body, and an urge to throw open a window.

Symptoms better For cold; for open air; for breathing out.

Symptoms worse For heat; for warm air; for the heat of the bed; for the slightest movement; for foggy weather; at night; during pregnancy and the menopause; for music; for touch.

See also Infertility, page 203

Kalium arsenicosum

KALI. ARS.

COMMON NAMES Potassium arsenate, Fowler's solution.

ORIGIN Chemically prepared.

BACKGROUND The form of potassium arsenate used is Fowler's solution, which consists of tincture of lavender, potassium carbonate, arsenous acid, and pure water.

PREPARATION The compound is triturated with lactose sugar.

Remedy profile

Kali. ars. is most suitable for people who are very anxious, especially about their health, and is similar in profile to *Arsen. alb.* (see page 68). Those affected may experience great mental and physical restlessness, with nervousness, depression, anemia, and hypersensitivity to touch and noise. They have a tendency to be either quarrelsome and excitable, or withdrawn, timid, and indifferent.

Key physical symptoms associated with this remedy are chronic or malignant skin problems. The skin typically burns and itches, becoming worse on undressing and for the cold; cracks may develop in the bends of the knees and arms. This is usually symptomatic of eczema, psoriasis, acne, or ulcers. The remedy may be used to ease skin cancer, and for varicose veins on the legs that have become ulcerous.

In addition, the remedy may be given for asthma with rapid, anxious breathing, which may become worse after midnight.

Symptoms better For rainy days.

Symptoms worse For cold feet; for noise; for touch; between 1 a.m. and 3 a.m.

See also Mild acne, page 240

Kalium bromatum

KALI. BROM.

COMMON NAME Potassium bromide.

ORIGIN Chemically prepared.

BACKGROUND Potassium bromide is used in photography to make gelatin papers and plates, and was used medicinally in the past as a sedative and anti-epileptic.

PREPARATION Solid potassium bromide is triturated with lactose sugar.

Remedy profile

Poor memory, sadness, and loss of mental capabilities are often noted in those for whom *Kali. brom.* is most appropriate. The remedy has an affinity with the nervous system, and may be prescribed following a stroke, epilepsy, or other seizures. Great physical restlessness, with characteristic traits such as frequent wringing of the hands or fidgeting of the feet, is a typical accompanying symptom, as is numbness in the skin and the mucous membranes, especially those of the throat.

At its most extreme, the state of mind associated with this remedy can develop into depressive delusions with a sense of being pursued for imagined wrongdoings. Fear of insanity and feelings of suspicion and rage may occur, developing in extreme cases to psychosis, mania, paranoia, autism, and retardation, which *Kali. brom.* may treat. It may also ease intense sexual feelings that progress to sexual addiction.

In addition to its association with nervous symptoms, *Kali. brom.* is used for skin symptoms such as acne (especially on the forehead), psoriasis, rosacea, pustules, cysts, eczema on the legs, cold, numb skin, and crops of small boils. The skin tends to be blue and mottled in appearance, and may scar following skin eruptions.

The remedy may also be used to treat female reproductive organs that develop ovarian cysts, tumors, or fibroids, and for symptoms triggered during menstrual periods,

such as epilepsy. In men, *Kali. brom.* may be given for excessive sexual appetite or impotence.

Symptoms better For being occupied, both mentally and physically.

Symptoms worse For sexual excess; for mental overexertion; during puberty or pregnancy.

See also Rosacea, page 193



KALIUM BROMATUM
(Potassium bromide)

*Kalium chloratum***KALI. MUR.****COMMON NAME** Potassium chloride.**ORIGIN** Obtained from the mineral sylvine, which is found mainly in North America and Germany.**BACKGROUND** Dr. Schüssler introduced this compound to homeopathy, using it for one of his tissue salts (see page 90).**PREPARATION** Potassium chloride is triturated with lactose sugar.**Remedy profile**

People who respond best to *Kali. mur.* tend to be optimistic and hard-working. They alternate between cheerfulness and sadness, being sensitive to sadness in others and in themselves, which may make them seem self-pitying.

Key symptoms treated by this remedy include chronic catarrh and congestion in the nose. It is particularly appropriate if symptoms affect the middle ear, causing earaches, pain behind the ears, snapping noises in the ears, blockage of the eustachian tube, and possibly deafness. The nasal congestion is due to profuse, whitish catarrh, and is characteristically accompanied by nosebleeds.

Kali. mur. is also an important remedy for tonsillitis or swollen throat glands, for chronic sore throats with catarrhal crusts in the throat, and for cancer. Inflammation in the membranes and joints may also respond to the remedy.

Symptoms better For rubbing the affected area; for letting the hair down.

Symptoms worse For open air; for fats and rich foods; for cold drinks.

See also Cancer, page 208; Blockage of the eustachian tube, page 222; Catarrh, page 226

**KALIUM
CHLORATUM**
(Sylvine)

*Kalium iodatum***KALI. IOD.****COMMON NAME** Potassium iodide.**ORIGIN** Chemically prepared.**BACKGROUND** Potassium iodide is added regularly to table salt and animal feeds to protect against iodine deficiency.**PREPARATION** Potassium iodide is triturated with lactose sugar.**Remedy profile**

Those for whom *Kali. iod.* is best suited have strong tempers, and know that they can be cruel and difficult for others to cope with, especially their families.

Classic symptoms indicating the *Kali. iod.* remedy include chronic catarrh, recurring sinusitis, swellings, abscesses, or atrophy of the glands. Symptoms are characteristically long-standing, and tend to be accompanied by great weakness, sensitivity, and soreness that is difficult to pinpoint on the body. There is frequently water retention and swelling, and a desire to move around in the open air.

Kali. iod. is often prescribed for the treatment of discharges that are copious and watery, possibly with chronic allergic rhinitis and pain in the sinuses. It is also prescribed for thick, chronic catarrh, accompanied by an unpleasant smell and susceptibility to nosebleeds.

Symptoms better For cold air; for open air; for movement.

Symptoms worse For heat; for warmth from clothes or a hot room; at night; for rest; for pressure or touch.

*Kalium nitricum***KALI. NIT.****COMMON NAMES** Potassium nitrate, niter, saltpeter.**ORIGIN** Chemically prepared.**BACKGROUND** Potassium nitrate is used industrially in the preparation of glass, fertilizers, and gunpowder, and as a meat preservative or curing salt.**PREPARATION** The compound is dissolved or triturated in alcohol.**Remedy profile**

Those for whom *Kali. nit.* is most effective prefer to keep themselves busy, becoming weary and sad if they are alone or unoccupied.

They like to go out and frequently have dreams about going on trips.

Usually sensitive and dutiful, they become increasingly anxious and melancholic when

ill, and may feel physically and mentally numb, as if they are made of wood.

Sharp pains and numbness are typically associated with *Kali. nit.*, in conjunction with respiratory problems. The remedy is used for conditions such as asthma, croup, and bronchitis. Further symptoms may include faintness, nausea, an inability to drink due to breathing difficulties, and a sensation of coldness around the area of the heart. There may be labored breathing caused by tightness in the larynx, the throat may be hoarse and rough, and the nose may develop polyps, chronic irritation, catarrh, and sinusitis.

Symptoms better For gentle movement; for drinking sips of water.

Symptoms worse For cold and damp; for getting cold; for walking; for veal; for wine or beer.

*Kalium sulphuricum***KALI. SULPH.****COMMON NAMES** Potassium sulfate, sulfate of potash, Vesuvian salt, glaserite.**ORIGIN** Chemically prepared.**BACKGROUND** This compound is used as an ingredient in fertilizers and in the manufacture of glass, and was chosen by Dr. Schüssler to be one of his "biochemic" tissue salts (see page 90).**PREPARATION** Potassium sulfate is triturated with lactose sugar.**Remedy profile**

Kali. sulph. is most appropriate for people who tend to be conservative and anxious to do things right, down to the last detail. They are often hurried, anxious, restless, easily startled, and irritable. Dutiful in loving relationships, they may be self-sacrificial because of the connection this gives them with others.

The remedy's classic affinities are with the skin and the respiratory system. It is commonly prescribed for peeling skin conditions such as eczema and psoriasis, and may also be appropriate for ringworm, polyps, oily skin problems, and skin cancer. The skin is characteristically chapped, scaly, or peeling, and there may be sore areas with thin, yellow, watery discharges.

Chronic respiratory problems are a further key affinity of *Kali. sulph.* It is used for chronic catarrh, or mucus in the nose, larynx, bronchi, or ears, and for asthma. The nose is typically highly congested, with rattling mucus in the lungs and loss of the sense of smell. There may be smelly, long-standing discharges in the ears, with frequent inflammation and glue ear.

Symptoms better For open air; for cold air; for walking; for fasting.

Symptoms worse For warm air; for warm, stuffy rooms; in the evening; for noise; for sympathy; for eggs.

Kalmia latifolia

KALMIA

COMMON NAMES Mountain laurel, calico bush, ivy bush, lambkill.

ORIGIN Native to eastern North America.

BACKGROUND This plant is notoriously poisonous: grazing on the leaves can kill cattle and sheep and cause the meat from the animals to become too toxic to eat.

PREPARATION The fresh leaves of the plant in flower are chopped and macerated in alcohol.

Remedy profile

People for whom *Kalmia* is most suitable feel fine when lying down, but become dizzy and disoriented on trying to move.

The remedy is usually given for severe, sharp neuralgic pains in the muscles and joints, and for general muscle pain. The pains are sharp and darting, and generally radiate downward. They are frequently accompanied by great weakness, stiffness, numbness, trembling, and a tingling sensation. Heart disease, especially if it develops after a history of neuralgic pain and stiffness, may also be treated with *Kalmia*.

Symptoms better For eating; for remaining still.

Symptoms worse For becoming cold; for movement; from sunrise to sunset.

Kreosotum

KREOSOTUM

COMMON NAME Creosote.

ORIGIN Distilled from beechwood tar.

BACKGROUND Creosote has long been used as a wood preservative, and its name derives from the Greek *kreas*, or "flesh," and *soter*, or "preserver." A Moravian chemist, Reichenbach, introduced it to medicine in the 19th century, but it fell out of favor with all except homeopaths.

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

Remedy profile

A temperamental state is typical of people who respond best to *Kreosotum*. They may also be forgetful, peevish, sensitive to music, and restless at night. A tendency to dwell on the past is characteristic, as are dreams of sexual intercourse and a fear of being raped.

The classic symptom picture associated with *Kreosotum* is of mucous membranes that

become inflamed, suppurate, and then break down and bleed, particularly in the vagina, the cervix, and the uterus. The remedy is given for offensive-smelling discharges from the mucous membranes that burn the skin and cause itching and swelling, and it may help when urine burns the skin on contact. It may be prescribed for particular problems before and after menstruation, such as bleeding between cycles and heavy, offensive-smelling menstrual flow that burns the skin on contact. Candidiasis may also respond to the remedy, as may enuresis (bed-wetting).

Symptoms better For warmth; after sleep; for movement; for pressure on the affected area; for hot foods.

Symptoms worse For cold; for bathing in cold water; for rest; during pregnancy.

See also Candidiasis, page 200



KREOSOTUM (Creosote)

Lac vaccinum defloratum

LAC DEFL.

COMMON NAME Skimmed cow's milk.

ORIGIN Skimmed cow's milk.

BACKGROUND Milk has had a checkered history of favor. It has been lauded as being full of healthy vitamins and minerals, yet is also linked to catarrhal conditions, tuberculosis, and Crohn's disease.

PREPARATION The milk is dissolved in purified water, diluted, and succussed.

Remedy profile

Lac defl. is most effective for people who are claustrophobic, chilly, listless, and forgetful. They often have either an aversion to milk, or a tendency to drink large amounts, but show signs of lactose intolerance, which affects their nutrition and tends to make them thin or obese.

Key symptoms associated with *Lac defl.* are weakness and anemia after chronic disease. Diabetes, water retention related to heart disease, and chronic liver disease may respond to the remedy, and it may also help headaches, particularly those associated with menstruation.

Symptoms better For rest; for profuse urine flow.

Symptoms worse For cold; for the slightest draft; during menstruation and pregnancy; for milk.

Lachnanthes tinctoria

LACHNANTHES

COMMON NAMES Red root, spirit weed.

ORIGIN Native to eastern North America.

BACKGROUND A red dye is derived from the plant's root, hence one of its common names. When eaten, the root causes cerebral stimulation or narcosis.

PREPARATION The whole, fresh, flowering plant, with the root, is steeped in alcohol.

Remedy profile

Lachnanthes is most appropriate for those who are prone to hilarious, overexcited, talkative behavior followed by stupid, irritable moods. They are restless both night and day, and sleepy, although they often have difficulty falling asleep and may experience distressing dreams.

The main focus of the remedy rests on the circulation, especially in relation to the head and chest. There is typically a sensation of heat bubbling and boiling up from the heart and chest to the head. Right-sided headaches accompanied by great chilliness may also be treated with this remedy, as may tuberculosis.

Symptoms better For being in bed; for being warmed.

Symptoms worse On the right side; for noise; on waking during the night.

Lathyrus sativus

LATHYRUS

COMMON NAME Chickpea.

ORIGIN Found in the Mediterranean area, Africa, and central Asia.

BACKGROUND These edible, pealike seeds have long been used in cooking, although there is little tradition of medicinal use.

PREPARATION The dried, green seed pods are macerated in alcohol.

Remedy profile

This remedy focuses predominantly on the spine and lower limbs. Characteristic symptoms treated include pain in the lower back, urinary incontinence, tremors, and total loss of sexual function. Sharpened reflexes are further possible symptoms, as are burning heat in the legs and icy cold feet. *Lathyrus* has also been used for weakness and heaviness in the aftermath of influenza and other viral illnesses, and for multiple sclerosis. Symptoms may worsen rapidly following exposure to cold, damp night air.

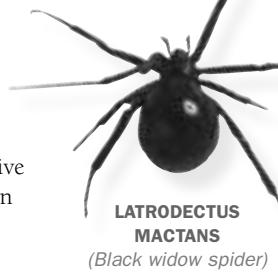
Symptoms better For undressing.

Symptoms worse For damp, cold weather at night; for touch.

See also Multiple sclerosis, page 179

Latrodectus mactans

LATRODECTUS MAC.

COMMON NAME Black widow spider.**ORIGIN** Found throughout North America, mainly in the southern US.**BACKGROUND** The name of this highly poisonous spider comes from the female's habit of eating the male after mating.**PREPARATION** The live spider is steeped in alcohol, diluted, and succussed.

Remedy profile

Latrodectus mac. is best suited to people who are tense and easily fatigued. They are often chilly but prone to hot flashes, and may dream of flying.

The remedy is typically prescribed for heart problems, particularly angina, with cramping, unbearable pain in the heart area. The pain is violent, sharp, numbing, and radiates to the arms or shoulders on both sides of the body, although it is worse on the left side. There may also be extreme restlessness that is particularly associated with an acute attack of angina.

Symptoms better For sitting quietly.**Symptoms worse** For damp weather; before thunderstorms; for changes in the weather; for the slightest movement; for light.**See also** Angina, page 185*Ledum palustre*

LEDUM

COMMON NAMES Marsh tea, wild rosemary.**ORIGIN** Found in the Northern Hemisphere, especially Canada, the US, Scandinavia, and Ireland.**BACKGROUND** Marsh tea has traditionally been used in Scandinavia to eliminate lice. After the infamous tea tax of 1773, it was used briefly in the US as a tea substitute.**PREPARATION** As the plant comes into flower, the tips of the leafy shoots are collected, dried, and steeped in alcohol.

Remedy profile

Those who respond best to *Ledum* have a tendency to be angry, dissatisfied, anxious, antisocial, or even demented when ill.

Ledum is best known as a first-aid remedy for cuts, grazes, puncture wounds, insect stings, and black eyes and other eye injuries. It is used to prevent infection in open wounds, especially in severe wounds with

bruising, puffy, purplish skin, and stinging pains. It may help treat a slow-healing black eye. *Ledum* is also used for bleeding into the eye chamber after an iridectomy (removal of part of the iris). Other symptoms treated with *Ledum* include rheumatic pains that arise in the feet and move upward, and stiff, painful joints that feel hot inside despite being cold to the touch. The pain may be relieved by cold compresses.

Symptoms better For cold compresses.**Symptoms worse** For warmth; at night; for touch.**See also** Osteoarthritis, page 196*Lithium carbonicum*

LITHIUM CARB.

COMMON NAME Lithium carbonate.**ORIGIN** Occurs naturally in some mineral waters in Europe and the US, but is prepared chemically for homeopathic use.**BACKGROUND** This compound is used conventional medicine as a treatment for manic depression and hypomania.**PREPARATION** Lithium carbonate is triturated with lactose sugar.

Remedy profile

People for whom this remedy is best suited are prone to anxious, excitable, and confused behavior.

The classic symptom picture for *Lithium carb.* is of hip pain, gout, distorted joints, and arthritic conditions, possibly with associated heart problems. The limbs may feel stiff, as if they have been beaten, and the bones, joints, and muscles are sore. The joints, particularly the small joints, tend to be swollen, tender, and red.

Symptoms better For movement; for urinating; for eating.**Symptoms worse** At night; during and after menstruation; if menstruation ceases.*Lobaria pulmonaria*

STICTA

COMMON NAME Tree lungwort.**ORIGIN** Found throughout Europe.**BACKGROUND** This lichen has been used in Europe for thousands of years to treat conditions such as chronic respiratory catarrh, bronchitis, and coughs.**PREPARATION** The whole, dried lichen is macerated in alcohol.

Remedy profile

Sticta is most effective for lively people who tend to be loquacious, and who may

feel as if they are floating on air. They may experience sleeplessness or confusion. *Sticta* is most appropriate for respiratory problems associated with hay fever or other allergic reactions, influenza, or bronchitis. There may be repeated sneezing, which tends to become worse at night, then dries suddenly. *Sticta* may also be used for pneumonia, and for chronic catarrh that is difficult to expel and causes stuffiness, a dull, heavy feeling in the head, and a dry, tickly throat.

Symptoms better For open air; for expelling catarrh or mucus.**Symptoms worse** At night; for changes in temperature; for lying down; for movement.**See also** Pneumonia, page 183*Lobelia inflata*

LOBELIA

COMMON NAMES Indian tobacco, puke weed.**ORIGIN** Found in North America, especially the eastern and central US.**BACKGROUND** This plant was used by native Americans as a tobacco substitute, and to induce vomiting or expectoration.**PREPARATION** The whole, fresh plant in flower, including the seeds and roots, is finely chopped and macerated in alcohol.

Remedy profile

This remedy is most appropriate for people who have an overexaggerated anxiety about their health, particularly those who fear

death from a disease of the heart or lungs. It is commonly prescribed for breathlessness and asthma accompanied by great anxiety. Characteristic symptoms include a rattling sound in the chest, despite the presence of little or no mucus, and a feeling of oppression and constriction in the chest. Further symptoms may include excessive salivation, retching, hiccuping, a sensation as if there is a lump in the throat, nausea, and a sinking feeling in the stomach. Nausea with giddiness, and vomiting with profuse perspiration, may also be helped by this remedy.

Symptoms better For warmth; for rapid movement; for small amounts of food.**Symptoms worse** After sleep; for the least movement; for bathing in cold water; for smoking tobacco; for beer.*LOBELIA INFLATA*
(Indian tobacco)

Lycopus virginicus

LYCOPUS

COMMON NAMES Bugleweed, Virginian horehound.

ORIGIN Found in eastern North America.

BACKGROUND Bugleweed has been used in herbal medicine for various ailments, such as hyperthyroidism, tuberculosis, coughs, and heavy menstruation.

PREPARATION The whole, fresh, finely chopped plant in flower, including the root, is macerated in alcohol.

Remedy profile

People who respond best to *Lycopus* tend to be irritable when ill unless spoken to very softly. Their minds often wander from one thing to another, and they may experience increased mental and physical activity in the evening.

Lycopus is associated chiefly with the heart, and is used to treat a weak heart and erratic pulse or heart disease. Additional symptoms may include a tendency to hemorrhage, and overactivity of the thyroid gland, particularly during menopause. Respiratory complaints may develop in conjunction with the heart problems. These include violent coughing in the evening or at night during sleep, with sweet-tasting mucus that recurs in cold weather, especially following exposure to cold winds. In addition, there may be an increase in appetite.

Symptoms better For warm surroundings; for lying in bed.

Symptoms worse For cold winds; toward sunset; in the morning; in the evening; for movement; for exercise; for walking; for climbing stairs.

Lyssin hydrophobinum

LYSSIN

COMMON NAME Rabies.

ORIGIN Saliva from a rabid dog.

BACKGROUND Rabies is an acute viral infection that affects both wild and domestic animals and, more rarely, humans. Transmitted by saliva, it is almost always fatal in humans.

PREPARATION The saliva is rendered sterile, then dissolved in purified water, diluted, and succussed.

Remedy profile

Lyssin is most appropriate for people who tend to be mentally excited and hyperactive, and have extreme sensitivity to stimuli such as light, noise, and odors.

They may be affected by phobias and compulsive disorders associated with ritualistic behavior patterns and violence. There may be a personal or parental history of rabies vaccination in those who suit *Lyssin*.

Physical symptoms generally affect the nervous system, throat, and sexual organs. Typically, the sight or sound of running water may cause fear, irritability, and a desire to pass stools or urinate, possibly involuntarily. On trying to swallow, there is a choking sensation, with profuse saliva that is spat out. In addition, the sight of glistening objects may cause distress.

Further conditions that may be associated with *Lyssin* include excessive sexual energy and pain during sexual intercourse due to a sensitive vagina. There may also be uterine prolapse.

Symptoms better For gentle rubbing; for steam baths.

Symptoms worse For the heat of the sun; for the sound or sight of running water; for emotional stress; for bad news.

Magnesium carbonicum

MAG. CARB.

COMMON NAME Magnesium carbonate.

ORIGIN Chemically prepared.

BACKGROUND This compound is widely used in industry, especially in the making of bricks, paper, plastics, and paints. It is used medicinally as an antacid.

PREPARATION Magnesium carbonate is triturated with lactose sugar.

Remedy profile

Mag. carb. is best suited to long-suffering people who feel worn down and who crave quiet calm,

MAGNESIUM CARBONICUM
(Magnesium carbonate)



being highly sensitive to noise or touch. They are peacemakers who cannot bear disharmony, although when pushed their temper may erupt, especially in the case of children.

A key symptom associated with *Mag. carb.* is acidity in the digestive system with sour-smelling stools and perspiration, and poor digestion of milk. The remedy may be used for diarrhea or constipation with abnormal, undigested, discolored, fatty stools. It may also be prescribed for exhaustion or chronic fatigue syndrome with swollen glands, lax muscles, and susceptibility to hernias.

Symptoms better For open air; for warm air; for movement; after passing stools.

Symptoms worse For cold; for changes in the weather; at night; for rest; during pregnancy; for warm foods.

Magnesium chloratum

MAG. MUR.

COMMON NAME Magnesium chloride.

ORIGIN Chemically prepared.

BACKGROUND The bitter taste of this compound can be detected in many mineral waters and in sea water. It is used in wall plaster and as a fire-proofing agent for wood.

PREPARATION Magnesium chloride is triturated with lactose sugar.

Remedy profile

Mag. mur. is most suitable for people who feel deep distress on witnessing arguments and crave peace and harmony. Reserved, sad, and self pitying, they often show a long-suffering face to the world. Nervous oversensitivity is typical, with restlessness in bed: they find it hard to sleep well, waking unrefreshed and needing a long time to recover each morning. The liver, nerves, uterus, and rectum are often greatly affected. Conditions treated are usually chronic, involving great weakness, swollen glands, and a susceptibility to colds. Chronic fatigue syndrome, for example, may be helped by the remedy. Digestive complaints such as nausea, indigestion, and constipation are all strongly associated with the remedy if they are accompanied by the characteristic nervous state of mind. Children who are prone to digestive problems and whose parents regularly argue, for instance, may benefit from *Mag. mur.*

Symptoms better For cool, open air; for firm pressure on the affected area; for gentle movement.

Symptoms worse At night; for noise; for touch; for lying on the right side of the body; for swimming in the sea; for eating, especially salt; for milk.

*Magnesium sulphuricum***MAG. SULPH.**

COMMON NAMES Magnesium sulfate, epsom salts.

ORIGIN Occurs naturally in some mineral waters, but is chemically prepared for use in homeopathy.

BACKGROUND Magnesium sulfate is found in many spa waters, such as those in Epsom, England, which were often drunk for their mild laxative effect.

PREPARATION Magnesium sulfate is triturated with lactose sugar.

Remedy profile

Mag. sulph. is best suited to those who fly into rages and overreact, yet also have the typical *Magnesium* desire for peace. They tend to be restless and uneasy, fearing evil or a terrible event. Often concerned about relationships, they are prone to jealousy.

The remedy is usually prescribed for urinary disorders, possibly with digestive, skin, or menstrual problems and awkward limb movements. The urinary disorders are characterized by an intermittent stream on urinating, and burning pain after urinating.

Mag. sulph. may also be used to treat exhaustion or chronic fatigue, dry skin, and nausea. Sleep may occur in the early evening, followed by insomnia at night. It may be restless as a result of anxious, disagreeable dreams.

Symptoms better For rubbing the affected area; for walking.

Symptoms worse In the morning; on waking.

*Malandrinum***MALANDRINUM**

COMMON NAME Horse grease.

ORIGIN Specimen of the oily secretion taken from an infected horse.

BACKGROUND Grease is a disease that affects horses, causing inflammation of the fetlocks, which become covered by an oily secretion.

PREPARATION The specimen is rendered sterile, dissolved in purified water, then diluted and succussed.

Remedy profile

Malandrinum is commonly used for skin problems characterized by greasy, pustular eruptions, rough, unhealthy-looking skin, or dry, scaly, itchy skin with cracks or fissures, especially on the hands and feet during cold weather. The remedy may also be given as an antidote to any adverse effects of a smallpox vaccination.

Symptoms better None known.

Symptoms worse In the evening.

*Mandragora officinarum***MANDRAGORA**

COMMON NAMES Common mandrake, devil's apple.

ORIGIN Native to the Mediterranean region of Europe.

BACKGROUND Legend attributed magical aphrodisiac properties to the mandrake root. It is highly toxic and narcotic, and is no longer used herbally.

PREPARATION The root is dried and macerated in alcohol.

Remedy profile

People for whom *Mandragora* is best suited are prone to changeable moods, such as crying spells alternating with feelings of euphoria. They may be in a state of "aroused exhaustion," simultaneously sleepy and hyperactive. They are hypersensitive, particularly to noise, but also to smell; symptoms are violent in nature.

The classic symptom profile associated with *Mandragora* focuses on abdominal pain that is worse on the upper right side and better for bending backward. The remedy may also help limbs that feel heavy, bruised, and sore, as if from muscular exertion, and may ease sciatica with burning pain that is worse on the right side. A further use is for congestive headaches that are better for cold air and cold compresses. **Symptoms better** For urinating; for bending backward; for rest; for continuous movement; for warm compresses (except in the case of headaches).

Symptoms worse For damp and stormy weather; between 3 a.m. and 5 a.m.

*Manganum metallicum***MANGANUM MET.**

COMMON NAME Manganese.

ORIGIN Occurs primarily in pyrolusite and rhodonite.

BACKGROUND This metal was discovered in 1774. After iron, it is the second most common metal in Earth's crust. It is most often used for industrial purposes to make alloys of steel and copper.

PREPARATION Manganese is triturated with lactose sugar.

Remedy profile

Manganum met. is most appropriate for those who are open, friendly, and helpful. They are orderly and conscientious and, if unable to be of help to others, tend to feel restless, lost, and irritable.

The remedy is most commonly given when the bones are extremely sensitive, especially

in children who have been experiencing rapid growth. Symptoms are usually better for lying down. *Manganum met.* is also prescribed for ear conditions such as earaches, temporarily reduced hearing, tinnitus, and great sensitivity to noise and wind. Earaches seem to begin elsewhere in the body and travel to the ear.

Symptoms better For a change of air; for lying down; for sad music.

Symptoms worse For cold and damp; at night; for touch; for speaking.

*Medicago sativa***ALFALFA**

COMMON NAMES Alfalfa, lucerne.

ORIGIN Native to Asia, north Africa, and Europe.

BACKGROUND Cultivated for thousands of years as a fodder plant, alfalfa is highly nutritious and detoxifying, and has long been used herbally and in cooking.

PREPARATION The fresh aerial parts are finely chopped and macerated in alcohol.

Remedy profile

Alfalfa is usually given in the mother tincture form as a tonic for conditions associated with malnutrition or great weight loss, such as cancer, anorexia, nervous indigestion, insomnia, and chronic fatigue syndrome. There may be constant hunger or an increased appetite, particularly in the middle of the morning, and a craving for sweet foods. Further symptoms may include a left-sided headache or a heavy, dull sensation in the back of the head.

Symptoms better None known.

Symptoms worse In the evening.

Melilotus officinalis syn. *M. arvensis***MELILOTUS**

COMMON NAMES Melilot, yellow melilot, sweet clover.

ORIGIN Native to Europe, temperate parts of Asia, and north Africa, and naturalized in North America.

BACKGROUND This sedative herb can be used medicinally to relieve spasms, reduce inflammation, and as a decongestant.

PREPARATION The fresh, flowering tops, without the woody stems, are finely chopped and steeped in alcohol.

Remedy profile

Melilotus is best suited to people who are highly agitated, talkative, suspicious, insane, and possibly even suicidal. They often worry about being poisoned, fear the police, and fail to recognize familiar people and places.



MELILOTUS
OFFICINALIS
(*Melilot*)

The remedy is used mainly as a treatment for throbbing headaches with a feeling of violent blood congestion in the head, as if blood is going to burst out of it. A red face, bloodshot eyes, and dizziness are further common symptoms that occur in conjunction with the headaches, while weariness, a feverish sensation, and a hot face may precede them. The feeling of congestion may be eased by nosebleeds. *Melilotus* may also be prescribed to treat circulatory problems with a sensation of engorgement in other parts of the body.

Symptoms better For bleeding, such as nosebleeds or menstruation; for profuse urination; for changes in position.

Symptoms worse For changes in the weather; for the approach of a storm; during menopause.

Micruurus corallinus syn. *Elaps corallinus*

ELAPS

COMMON NAME Brazilian coral snake.

ORIGIN Found in Brazil.

BACKGROUND This poisonous snake has roughly 200 rings on its belly, which are colored

alternately bright black and red.

PREPARATION Venom from a live snake is triturated with lactose sugar.

Remedy profile

People who respond best to *Elaps* tend to be rather intense, haughty, and suspicious. They are often depressed and long to be alone, yet also fear being left alone in case something horrible happens. In addition, they fear developing a serious illness such as a stroke, and feel afraid and miserable during wet weather. Generally, they are very sensitive to the cold.

The blood is commonly affected in people who benefit from *Elaps*. There may be hemorrhages or other discharges characterized by black blood. In addition, the remedy is given for right-sided paralysis following a stroke. Despite a chilly sensation in the stomach, there may be a craving for ice, salads, fruits, and yogurt.

Symptoms better For rest; for walking.

Symptoms worse For cold; at night; for the approach of a storm; for touch.

Moschus moschiferus

MOSCHUS

COMMON NAME Musk deer.

ORIGIN Found in northeastern and central Asia, and in northern India.

BACKGROUND Male musk deer secrete a waxy substance called musk, which has a heady scent that is widely used in the manufacture of perfume. Musk also has a strong reputation as an aphrodisiac.

PREPARATION The musk is dried and macerated in alcohol before being diluted and succussed.

Remedy profile

Moschus is best suited to people who are bustling, overexcited, and prone to uncontrollable laughter. They tend to be quarrelsome and may express violent anger. Often physically awkward and with confused speech, they may be preoccupied and absent-minded. Their feelings of anxiety and fear of death may lead to hysteria, and they may experience intense sexual excitement even if they are elderly.

Key symptoms associated with *Moschus* include heightened physical and mental tension, which may cause spasms, twitches, and seizures in the muscles. General coldness is another characteristic symptom, or a chill in a specific area of the body; for instance, one cheek may be red but cold, the other pale but hot.

The remedy is prescribed chiefly for fainting that is triggered by the slightest excitement, such as scolding or anger, or by eating, menstruation, or heart disease. In addition, *Moschus* is given for chest spasms, and spasms in the abdominal muscles or diaphragm, such as hiccups.

Symptoms better For open air; for warmth; for rubbing the affected area.

Symptoms worse For cold; for any excitement; for suppressing symptoms; for pressure on the affected area.

Murex purpurea & *M. trunculus*

MUREX

COMMON NAMES Murex, purple snail.

ORIGIN Found off the shores of the Mediterranean and Adriatic seas.

BACKGROUND These mollusks produce a juice that was formerly used to make a rich, dark dye called Tyrian purple.

PREPARATION The juice secreted by either *Murex* species is dried and then triturated with lactose sugar.

Remedy profile

Murex is given mainly to women. It is most appropriate for those who are thin, wiry, nervous, and affectionate, with a high libido. They may have a tendency to develop deep depression, hypochondria, or a fear of illness.

The remedy is strongly associated with problems of the female reproductive organs, especially intense menstrual pain accompanied by great impatience and a desire to die. It is also used if, prior to menstruation, there is pain so severe that it causes unconsciousness. In addition, breasts that are painful, perhaps developing benign tumors, may respond to *Murex*. Pain typically extends diagonally upward from the right ovary to the left breast. There is a great awareness of the uterus, which may feel constricted, dry, and sore, as if it has been wounded. The genitals feel as if they are being pushed out of the body, and there is nausea and great weakness, which may cause prostration.

Murex may be prescribed for digestive problems in women, particularly if the symptoms include a sinking, empty sensation in the stomach and a desire to eat. It may also be used during menopause if the bowels are very sensitive.

Symptoms better Before menstruation; for pressure on and support of the affected area; for sitting and crossing the legs.

Symptoms worse During menstruation; for touch; for lying down; after sleep.

Mygale lasiodora syn. *M. avicularis*,
Aranea avicularis

MYGALE LAS.

COMMON NAMES Mygale, Cuban spider.

ORIGIN Found mainly in South America.

BACKGROUND This hairy, bird-catching spider weaves tube-shaped nets between tree leaves to capture its prey.

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

Remedy profile

Mygale las. is best suited to people who are restless, anxious, fearful, and delirious. They may talk deliriously about work, fear death, and have a high sex drive.

The remedy is generally prescribed for twitching, convulsive movements, possibly accompanied by nausea, dimmed vision, and heart palpitations. It is also used for chorea, especially when this affects the muscles of the upper body, including the face. The tongue is so dry that words may seem to be " jerked" out on speaking. During sleep there may be restlessness, ridiculous dreams, and grinding of teeth.

Symptoms better During sleep.

Symptoms worse In the morning; for sitting; for eating.

Myristica fragrans syn. *Nux moschata*

NUX MOSCH.

COMMON NAME Nutmeg.

ORIGIN Native to the Molucca Islands of Indonesia, but now widely cultivated.

BACKGROUND Although best known now as a culinary spice, nutmeg has long been used medicinally by several cultures, although only in low doses.

PREPARATION The whole, fresh or dried nutmegs are treated with lime before being macerated in alcohol.

MYRISTICA
FRAGRANS
(Nutmeg)



Remedy profile

Overexcited, exaggerated senses are typical in those who respond best to *Nux mosch.*, as are rapidly alternating emotions, such as laughing and crying in turn. They may feel as if they have two heads, or as if one part of them is able to watch another part. These people have a sense of detachment from ordinary life, feeling as if they are wrapped in cotton wool.

The classic symptom picture for *Nux mosch.* is of confusion, dizziness, fainting, loss of coordination, and great, even overwhelming, drowsiness. Extreme "dryness" in the digestive system may be treated by the

remedy, especially if there is the classic drowsiness. Symptoms typically include chronic constipation with fullness and bloating in the abdomen, and a tongue so dry that it sticks to the roof of the mouth.

Symptoms better For warmth and heat; for open air.

Symptoms worse For cold weather; for emotional stress and shock; for pregnancy.

Naja naja syn. *N. tripudians*

NAJA

COMMON NAME Indian cobra.

ORIGIN Native to India, although now found in Asia and tropical Africa.

BACKGROUND Indian Ayurvedic doctors have long used the poisonous venom of this snake for nervous and blood disorders.

PREPARATION The venom is dried and triturated with lactose sugar.

Remedy profile

People who respond best to *Naja* feel unfortunate and deeply wronged, but tend to exaggerate or take their problems out of context. They often feel confused, with a sensation of duality, forgetful, sad, tremulous, weak, and chilly.

Naja is prescribed chiefly for heart symptoms, particularly those affecting the valves. Symptoms typically include heart murmurs, a slow or racing pulse, violent palpitations with choking and an inability to speak, a valvular lesion (abnormality of the structure or function of the valve), and angina with pain extending down the left arm and up to the throat and neck. *Naja* may be used for a heart that has become enlarged due to being forced to work harder in order to push blood through damaged valves. The internal organs feel as if they are drawn together or screwed up. Sleep may be restless or inhibited by a sense of suffocation at night.

Symptoms better For driving in the open air; for lying on the right side.

Symptoms worse For cold air; for the pressure of clothes, especially collars; for stimulants; for lying on the left side.

Natrum arsenicum

NAT. ARS.

COMMON NAME Sodium arsenite.

ORIGIN Chemically prepared.

BACKGROUND These colorless, transparent prismatic crystals are used medicinally only in homeopathy.

PREPARATION The compound is triturated with lactose sugar.

Remedy profile

A history of grief and suppressed emotions is typical in people for whom *Nat. ars.* is best suited. Despite being high achievers and ambitious perfectionists, they are prone to forgetfulness and poor concentration. Often suspicious, they tend to bottle up their emotions, and are easily frightened or startled. Their sleep may be restless or heavy, and they may wake as if from fright.

The key affinity for *Nat. ars.* is with the chest, which generally feels dry, tight, and oppressed. There may be breathlessness or a dry, hacking cough, great sensitivity to smoke or dust, restlessness, and chilliness with a preference for wrapping up warmly and sitting by a fire.

Symptoms better For bending forward.

Symptoms worse On waking in the morning; for the slightest exertion; for jarring; for pressure on the affected area.

Natrum fluoricum

NAT. FLUOR.

COMMON NAME Sodium fluoride.

ORIGIN Chemically prepared.

BACKGROUND In some countries, sodium fluoride is added in minute quantities to the water supply to reduce dental decay.

PREPARATION Sodium fluoride is triturated with lactose sugar.

Remedy profile

Nat. fluor. is typically given to those who are deeply insecure, needing contact with many different people in order to feel that they "belong." They tend to be highly sensitive, easily hurt, and feel that they do not fit in. Prone to impulsive sexual relationships, they may also develop long-standing, passionate liaisons.

Any physical symptoms typically occur on the right side, and sleeping on the left side is preferred. Symptoms may include cold sweats in the armpits, an aversion to sour-tasting things, and a desire for alcohol.

Symptoms better For being outside; for violent movement.

Symptoms worse For heat; for sun; for warmth; between 11 a.m. and 9 p.m.

Natrum phosphoricum

NAT. PHOS.

COMMON NAME Sodium phosphate.

ORIGIN Chemically prepared.

BACKGROUND These crystals were used in the 18th and 19th centuries for intestinal worms,

and chosen by Dr. Schüssler as a "biochemic" tissue salt (see page 90).

PREPARATION Sodium phosphate crystals are triturated with lactose sugar.

Remedy profile

Responsible people who find it difficult to delegate tend to respond most effectively to *Nat. phos.* Despite being generally friendly and sympathetic, they are highly self-contained, finding it hard to talk about their problems and tending to become withdrawn from loved ones. Fears of the dark, insects, storms, illness, and death are typical, as is being easily startled by noise.

Nat. phos. is used primarily to treat digestive disorders characterized by excess acidity and sour discharges. There may be a feeling of emptiness in the abdomen and chest, and a tendency to vomit or produce sour belches. Cravings for strong-tasting, spicy foods, salt, and fried eggs are associated with *Nat. phos.* It may also help bottle-fed babies who are failing to thrive.

Symptoms better For cold.

Symptoms worse For storms; after sexual intercourse; for bitter foods; for fatty foods; for sugar; for milk.

Natrum sulphuricum

NAT. SULPH.

COMMON NAMES Sodium sulfate, Glauber's salt, sal mirabile.

ORIGIN Occurs naturally in the mineral waters of some saltwater lakes, but it is chemically prepared for homeopathic use.

BACKGROUND The main mineral salt in many spa waters, such as those at Carlsbad, sodium sulfate was also identified by Dr. Schüssler as one of his "biochemic" tissue salts (see page 90).

PREPARATION Sodium sulfate is triturated with lactose sugar.

Remedy profile

Nat. sulph. is best suited to people who are serious, reserved, responsible, and focused on work, yet paradoxically highly sensitive: music may move them to tears. They may feel isolated from intimate, committed relationships, perhaps after losing a partner.

Nat. sulph. has an affinity with head symptoms, such as headaches due to injury, or those accompanied by increased salivation or strong intolerance to light. It is prescribed for severe or suicidal depression, and for profound mental changes, possibly with suicidal thoughts, following a head injury.

Nat. sulph. is also a major remedy for asthma brought on by damp conditions. In addition, it

has an affinity with the digestive system, liver, gallbladder, pancreas, and spleen.

Liver conditions treated by the remedy include hepatitis and gallstones with bitter belching, colicky abdominal pains, and jaundice.

There may be watery stools, especially on rising in the morning.

Symptoms better For warm, dry air; for changing position; for movement.

Symptoms worse For damp; for night air; for head injuries; for lying on the left side.

Natrum tetraboracicum

BORAX

COMMON NAMES Borax, tincal, sodium tetraborate.

ORIGIN Chemically prepared.

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

PREPARATION Borax is triturated with lactose sugar.

Remedy profile

Those for whom *Borax* is most appropriate are irritable, angry, and passionate. They tend to be very fearful, even of the slightest noise, and prone to phobias. If pregnant, women suited to *Borax* dread labor. Mental activity or stress causes nausea, giddiness, and a fear of falling, which become worse for downward movement, such as that of an escalator. Children may feel worse for being carried or swung downward.

Classic symptoms associated with *Borax* focus particularly on the mucous membranes of the digestive tract and the skin. In children, there may be weight loss and a failure to thrive.

The remedy is used for painful ulcers that develop in the mouth or on the tongue, and for ulceration that extends down through the whole gastrointestinal tract. Further symptoms may include cold sores on the lips, a hot, dry mouth containing a white fungal growth, and increased salivation during teething.

Symptoms better In the morning; for pressing on or holding the painful area.

Symptoms worse For cold and damp; for sudden noises; for downward or upward movement.

See also Phobias, page 211

Nerium oleander

OLEANDER

COMMON NAMES Oleander, rose bay.

ORIGIN Native to the eastern Mediterranean or possibly farther east, as far as China, but now widely naturalized.



NERIUM OLEANDER
(*Oleander*)

BACKGROUND The plant and its vapors are very toxic: in 1844, some soldiers died after eating meat roasted over a fire of oleander wood. In 19th-century southern Europe, bathing in an oleander decoction was a treatment for killing lice and fleas.

PREPARATION The fresh leaves are gathered before flowering, chopped finely, and steeped in alcohol.

Remedy profile

Oleander is typically given to people with a dull, sad mental state. They are unable to think clearly, and lack self-confidence.

Skin symptoms are the main focus for *Oleander*, and it may be used to treat dry, itching, flaking eruptions, especially on the scalp: dandruff, cradle cap, eczema, and psoriasis may all be helped. The skin is violently itchy and burning, as if it is being bitten by lice. The slightest friction on the skin causes soreness and chapping. There may be trembling and weakness, and symptoms are generally made worse by eating oranges and other citrus fruits.

Symptoms better For scratching; for lying down.

Symptoms worse For rubbing the affected area; for the friction of clothing on the affected area; for undressing; after breast-feeding.

See also Severe eczema, page 194

Nicotiana tabacum

TABACUM

COMMON NAME Tobacco plant.**ORIGIN** Native to tropical America, but now cultivated worldwide.**BACKGROUND** Tobacco was a traditional Mayan treatment for asthma, convulsions, and skin complaints, and has long been smoked on the American continent. It is no longer used medicinally, but is still used in cigarettes and as an insecticide.**PREPARATION** The dried, unfermented leaves are macerated in alcohol.

Remedy profile

The remedy is best suited to people who feel wretched and gloomy. They are usually unable to concentrate for long.

Severe nausea is a key symptom treated by *Tabacum*. The nausea is similar to that experienced by someone on inhaling their first cigarette, and causes a deathly, icy cold sensation. It may be used for motion sickness or acute digestive upset, especially during pregnancy or chemotherapy. *Tabacum* is also thought to help ease acute diarrhea or, conversely, habitual constipation with rectal paralysis or spasms. A sensation of obstruction or constriction in the rectum or intestines, with weakness and cramping pain, is typical.

Symptoms better For cold and cold compresses on the affected area; at twilight; for uncovering the abdomen; for vinegar and sour foods or drinks.

Symptoms worse For extremes of heat and cold; in the evening; for lying on the left side; for the movement of a car or boat; for opening the eyes.

Onosmodium virginianum

ONOSMODIUM

COMMON NAME False gromwell.**ORIGIN** Found in eastern North America.**BACKGROUND** It is thought that this plant, like its close relative *Lithospermum*, may suppress ovulation in women and reduce blood sugar and thyroxine levels.**PREPARATION** The whole, fresh plant is macerated in alcohol.

Remedy profile

This remedy is given primarily to women who are physically and mentally worn out.

Confused, indecisive, and aimless, they may feel as if their emotions are working in slow motion. Their memory is often weak, and they are unable to finish sentences when speaking.

Physically, *Onosmodium* is associated with exhaustion characterized by trembling,

a sensation of heaviness, and lack of coordination. There may be diminished or absent sexual desire in both men and women. *Onosmodium* may also be given for eye strain, in cases where the eyes feel tense and strained on reading small print, and distances are misjudged due to slow eye accommodation or adjustment.

Symptoms better For undressing; for sleep; for lying on the back; for eating; for cold drinks.

Symptoms worse For warm, humid air; for straining the eyes; for sexual excess.

Origanum majorana syn. *Majorana hortensis*

ORIGANUM

COMMON NAME Sweet marjoram.**ORIGIN** Found in regions bordering the Mediterranean sea.**BACKGROUND** Used mainly as a culinary flavoring, sweet marjoram is also prescribed in herbal medicine for anxiety, flatulence, menstrual pain, and insomnia.**PREPARATION** The fresh, finely chopped aerial parts in flower are steeped in alcohol.

Remedy profile

Women who experience sexual problems, especially those who are obsessed by sexual thoughts and those who have a constant desire to masturbate, are likely to benefit most from *Origanum*. They may be restless, finding it difficult to stay still, and as a result become fanatical about working out, turning to sports such as running to burn off energy. Breasts and nipples may become swollen, itchy, and painful. An intense level of sexual addiction may indicate relationship difficulties or a history of sexual abuse.

Symptoms better For being occupied.

Symptoms worse For lying down; at night.

Paeonia officinalis

PAEONIA

COMMON NAME Peony.**ORIGIN** Native to Europe and Asia.**BACKGROUND** Culpeper, the 17th-century English herbalist, claimed that the root of this herb would prevent epilepsy in children if hung around their necks.**PREPARATION** The fresh, finely chopped root, dug in spring, is steeped in alcohol.

Remedy profile

This remedy is given mostly for problems in the rectum and anus such as fissures and hemorrhoids, although it may also help to treat terrifying nightmares, particularly those involving ghosts. It is used for intense, burning pain in the anus during and after passing stools, followed by a chilly sensation. The pain may be very severe during the night and eased only by walking, rolling on the floor, or lying for hours with the buttocks spread apart.

Symptoms better For warm compresses on the affected area.

Symptoms worse At night; for touch or pressure on the affected area.

Palladium metallicum

PALLADIUM MET.

COMMON NAME Palladium.**ORIGIN** Found in Columbia, Brazil, Russia, and South Africa.**BACKGROUND** First isolated in 1803 by the English physicist William Wollaston, this metal was named in honor of the asteroid Pallas, which had recently been discovered.**PREPARATION** The metal is triturated with lactose sugar.

Remedy profile

Palladium met. is most suitable for people who need approval and praise. They tend to interpret things in a self-centered light and constantly feel neglected, insulted, and unappreciated. Usually enjoying company, they behave in an attention-seeking, excited way, but may later collapse from exhaustion and fear of imagined slights.

The classic symptom picture for this remedy focuses on the uterus and ovaries. Ovarian pains and cysts tend to be right-sided. The pains are worse for jarring, after menstruation, and for excitement; and better for bending the legs and lying on the left side. The uterus may prolapse or become displaced, and an infection may develop in the abdomen.

Palladium met. may also be used to treat pains in the head and limbs, including headaches that develop across the top of the head from one ear to another. They are often accompanied by irritability and impatience. Tired, cold, or tense limbs may respond well to the remedy. In addition it is prescribed to ease the pain of sprained limbs.

Symptoms better For sleep; for passing stools; for rubbing the affected area; for touch or pressure on the affected area.

Symptoms worse For emotional excitement; after social functions; for standing; for exertion; after menstruation.

Panax pseudoginseng

PANAX GINSENG

COMMON NAMES San qi ginseng, tienchi ginseng.

ORIGIN Native to Bhutan and northeast India.

BACKGROUND In Chinese medicine this herb is reputed to clear the mind and make the limbs elastic and dynamic. It is considered to be a tonic and aphrodisiac.

PREPARATION The dried root is steeped in alcohol, diluted, and succussed.

Remedy profile

Panax ginseng is typically given to people who are experiencing a general sense of stiffening up in the body. The limbs tend to feel heavy, and the joints contract and stiffen up.

Paralytic weakness, rheumatic pain, and sciatica may be helped by the remedy. People who benefit from it often feel worse in the open air, and are prone to respiratory problems. Generally there is a sensation of weakness in the sexual organs, possibly as a result of excessive sexual intercourse, although there may be no diminishing of sexual desire.

Symptoms better For walking.

Symptoms worse For open air; at night; for bending and turning.

Pareira brava syn.
Chondrodendron tomentosum

PAREIRA

COMMON NAMES Pareira, pareira brava.

ORIGIN Found in Panama, Brazil, Bolivia, and Peru.

BACKGROUND Notoriously used by native South Americans to make curare, an arrow poison, the root of this plant is also used herbally as a diuretic, to increase menstrual flow, and to reduce fever.

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

Remedy profile

People for whom *Pareira* is best suited tend to have a constant urge to urinate, with great straining and painful urination. There is typically severe pain radiating down the thigh, and it may be possible to urinate only in certain positions. In men, there may be severe pain in the penis. Excruciating pains may develop on

the left side of the lower back. The urine may contain thick, stringy, white mucus or a red precipitate. *Pareira* may also be helpful for itching in the urethra, kidney colic, an enlarged prostate gland, and prostate disorders with urine retention.

Symptoms better For being on the hands and knees; for pressing the head against the floor.

Symptoms worse After midnight; after urinating.

Passiflora incarnata

PASSIFLORA

COMMON NAME Passion flower.

ORIGIN Native to the southern US and Central and South America, and now cultivated worldwide.

BACKGROUND This plant has long been used by indigenous peoples in Central and North America for its valuable sedative and tranquilizing properties.

PREPARATION The fresh or dried leaves, gathered in spring, are finely chopped and steeped in alcohol.

Remedy profile

The classic symptom linked with *Passiflora* is insomnia. Those who respond best to the remedy tend to lie awake at night and become exhausted. They are prone to odd sensations; they may feel that their eyeballs are

protruding, as if being pushed out of their heads, or that the tops of their heads are lifting off. On lying down they may feel that their heels are rising up in the air. *Passiflora* is considered particularly effective for alcoholics and screaming children.

The remedy may also help whooping cough that is worse at night, and insomnia accompanied by hemorrhoids, pain in the coccyx, or discomfort during or just before menstruation.

Symptoms better For remaining quiet.

Symptoms worse At night; for mental anxiety and excitement; for exhaustion; after meals.

Phytolacca americana

PHYTOLACCA

COMMON NAMES Virginia pokeroot, reading plant, garget, pocon.

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

BACKGROUND Used by native Americans for a range of complaints from rheumatoid arthritis to hemorrhoids, this plant is highly potent and toxic in excess.

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

Remedy profile

This remedy has a strong affinity with the glands. It may be given for mastitis with hardness, burning, and pain in the breasts that radiates through the whole body on breast-feeding. Breast ulcers, hard lumps, and even breast cancer may also be helped, as may psoriasis.

Phytolacca may be used for hard, inflamed neck glands, with pain in the throat on swallowing. The tonsils may be inflamed, painful, and discolored dark red, and the tip of the tongue may be red. Inflamed parotid glands—for example during mumps—may be helped by the remedy, as may mononucleosis. Breathing feels difficult, restricted, and oppressed, with a sense of suffocation and emptiness in the chest.

Symptoms better For warmth; for open air; for dry weather; for rest; for lying on the painful side.

Symptoms worse For cold, damp weather; for prolonged movement; on starting to move; for hot drinks.

See also Psoriasis, page 195; Breast problems, page 201; Mumps, page 252; Mononucleosis, page 254



*Piper cubeba***CUBEBA****COMMON NAMES** Cubeb, tailed pepper.**ORIGIN** Native to Indonesia and widely cultivated in tropical Asia.**BACKGROUND** The antiseptic and diuretic properties of the cubeb fruits are used in herbal medicine, and the oil may be used to flavor tobacco, pickles, and sauces.**PREPARATION** The dried, unripe fruits are macerated in alcohol.**Remedy profile**

Cubeba is best suited to people who are restless and easily startled. They are often thirsty, and may crave nuts and delicacies. Their libidos may be very high.

The remedy is typically used for mucous membrane inflammation, especially in the urinary tract. The symptom picture is of burning pain on urinating and profuse or frequent urination, possibly due to anxiety. Discolored, smarting urine, possibly containing blood, and a feeling of fullness are further typical symptoms. Infections such as cystitis or prostatitis (inflammation of the prostate glands) may be treated with *Cubeba*, as may gonorrhea.

Symptoms better For getting up and walking around.

Symptoms worse At night; in bed.

*Plantago major***PLANTAGO****COMMON NAME** Greater plantain.**ORIGIN** Native to Europe and temperate regions of Asia, where it grows wild.**BACKGROUND** Greater plantain has antibacterial properties and is sometimes used herbally as a substitute for comfrey to stop bleeding and encourage tissue repair.**PREPARATION** The fresh root is finely chopped and macerated in alcohol.**Remedy profile**

People who respond best to *Plantago* are dull, irritable, and impatient. Mental activity exhausts and flusters them, and this is made worse by physical exertion.

Key conditions for which this remedy may be prescribed include earaches and toothaches. Aches are typically caused by sharp, neuralgic pains, often in the head and ears. Twinges of pain may move around the head from front to back, or from ear to ear, and there may be a sensation in the head as if the brain has turned over. *Plantago* is also given for bed-wetting problems.

Symptoms better For sleep; for eating.

Symptoms worse At night; for touch; for extremes of heat and cold.

*Podophyllum peltatum***PODOPHYLLUM****COMMON NAMES** May apple, American mandrake.**ORIGIN** Native to northeastern North America.**BACKGROUND** May apple was used by native Americans and 19th-century settlers from Europe as a purgative, but was later found to be highly toxic to cells. It is being researched for treating certain cancers.**PREPARATION** The fresh rhizome is dug up when the fruits are fully ripe, finely chopped, and macerated in alcohol.**Remedy profile**

Those who benefit most from *Podophyllum* tend to be forgetful, particularly of words, depressed, afraid that they may die, and unrefreshed by sleep, which is restless.

Digestive tract disorders such as gastroenteritis are typically treated with this remedy. Generally, the lower part of the digestive tract and the liver are most affected. The appetite often wanes, perhaps because everything suddenly tastes sour or putrid, or because the smell of food is loathsome. Sour belching, vomiting, or diarrhea, particularly after eating or drinking, are typical of this symptom picture. *Podophyllum* may ease abdominal cramps, or profuse, painless diarrhea, preceded by noisy gurgling. Diarrhea may be accompanied by a sinking feeling, as if the pelvic contents are going to prolapse.

Symptoms better For warmth; in the evening; for rubbing or stroking the liver area; for bending forward; for lying on the abdomen; for yawning and stretching.

Symptoms worse For early morning; in hot weather; for any movement; while being bathed or washed; for eating.

*Polygala senega***SENEGA****COMMON NAMES** Seneca snake root, rattlesnake root.**ORIGIN** Native to North America and now cultivated in western Canada.**BACKGROUND** The Seneca Indians of North America valued this plant as an

antidote to snake bites, hence its common name. It was used herbally by native Americans for bronchitis, asthma, and whooping cough.

PREPARATION The root is unearthed in fall and dried. It is then powdered and macerated in alcohol.

Remedy profile

Senega is most appropriate for people whose mood is dull and depressed. They have a tendency to fly into sudden rages.

The remedy has a strong affinity with the respiratory tract, and is typically used for chest and catarrhal conditions such as coughs, bronchitis, and even tuberculosis, particularly in the elderly. The classic symptom picture includes chest pain, thick profuse clear mucus that is difficult to expel, and a sensation as though the lungs are pushed back against the spine. The throat may be raw and sore. There may be mucus in the throat that causes a scraping sensation on talking. Breathing may be short or hurried, with a painful, oppressed feeling in the lungs, as if they are being squeezed.

Symptoms better For perspiring.

Symptoms worse For windy weather; for walking in and breathing in cold, open air; for touch and pressure on the affected area.



PUNICA GRANATUM
(Pomegranate)

Punica granatum
GRANATUM

COMMON NAME Pomegranate**ORIGIN** Native to southwest Asia, and naturalized in Europe.

BACKGROUND An ancient treatment for intestinal worms, the pomegranate was cited in the Ebers papyrus, written in Egypt c. 1500 BCE. The fruits, juice, and seeds all have culinary uses.

PREPARATION The dried bark of the root and branches is macerated in alcohol.

Remedy profile

Granatum is best suited to people who are ill-humored, overly impressionable, and sensitive. Often dejected, discouraged, weary, and gloomy, they tend to be melancholic and prone to hypochondria.

The remedy is used primarily for the expulsion of tapeworms. The typical symptom picture may include nausea, excess salivation, dizziness, pale blue rings around the eyes, itching and tickling in the nose, and itching and tingling in the anus. There may be emaciation or a loss of appetite, or ravenous hunger with cravings for coffee and sour or juicy foods such as fruits.

Symptoms better After dinner; after drinking cold water.

Symptoms worse For looking upward; for walking; for the pressure of clothing; for alcohol.

Pyrogenium

PYROGEN.

COMMON NAME Pyrogen.

ORIGIN Decomposed, rotten meat.

BACKGROUND The term pyrogen often applies to proteins produced in response to infection. They are also produced when flesh decomposes.

PREPARATION Chopped, lean beef is soaked in water, sterilized, dissolved in purified water, then diluted and succussed.

Remedy profile

People who benefit most from *Pyrogen*. have a tendency to be hypersensitive, and have overactive brains. Restless and talkative, they often think and talk rapidly. They may feel insane and have bizarre physical sensations; for instance, that their body is “crowded with arms and legs.” These are most common during a fever.

Conditions usually treated by *Pyrogen*. include infections, fevers, suppuration, influenza, and septic states. Characteristic symptoms include aching, bruising, pain, great restlessness, and foul-smelling sweat, diarrhea, breath, and other discharges. Conditions may be acute or due to a prior infection. There may be red streaks on the skin from the limbs to the heart, or sore, recurring abscesses that never fully heal. The tongue may be red and shiny or coated.

The remedy may also be used to treat infection in the genital tract following childbirth or an abortion, and may help women who have a pelvic infection, or who have a fever during menstruation.

QUERCUS ROBUR
(Oak)



Symptoms better For heat; for a hot bath; for stretching; for changing position; for hot drinks.

Symptoms worse For cold and damp; for sitting.

Quercus robur

QUERCUS

COMMON NAMES Oak, common oak, English oak.

ORIGIN Found throughout the Northern Hemisphere and cultivated for its timber.

BACKGROUND Sacred to the Druids and dedicated to the Norse god Thor, the oak has long been important in many cultures, both economically and in herbal medicine.

PREPARATION The acorns are steeped in alcohol until soft, then peeled, crushed, diluted in alcohol, and succussed.

Remedy profile

People who respond best to *Quercus* tend to be nervous, weepy, and unable to speak clearly or think straight.

Chronic spleen disorders involving fluid retention are primarily associated with *Quercus*. It is used for an enlarged spleen, possibly due to recurrent malaria or to alcoholism. *Quercus* may relieve the effects of acute alcohol poisoning and lessen the desire for alcohol, although it will not cure alcoholism. Recurrent gout may also be helped by the remedy.

Symptoms better None known.

Symptoms worse None known.

Radium bromatum

RADIUM BROM.

COMMON NAME Radium bromide.

ORIGIN Chemically prepared.

BACKGROUND Radium is too unstable to exist in a pure form in nature, and usually combines with chlorine or bromine.

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

Remedy profile

Radium brom. is best suited to depressed, anxious people who need company and are afraid of being alone in the dark. Conditions arising from radiation poisoning or treatment, such as ulcers from X-ray burns or skin problems, are typically treated with the remedy. Skin symptoms are characterized by burning, dry, itchy, scaly eruptions, or by thickening or callousing of the skin: psoriasis, eczema, dermatitis, acne rosacea, nevi (skin blemishes), moles, ulcers, and even cancers may all respond to the remedy. Constricting neuralgic pains, acute rheumatic pains, and numbness may also be helped by *Radium brom.*

Symptoms better For open air; for hot baths; for sleep; for eating.

Symptoms worse For movement; for getting up from lying down; for shaving; for bathing.

Ranunculus bulbosus

RANUNCULUS BULB.

COMMON NAMES Bulbous buttercup, bulbous crowfoot.

ORIGIN Native to Europe, but now also common throughout North America.

BACKGROUND The buttercup has been used medicinally since the time of ancient Greece. Toxic and irritant, it was mostly used externally for skin growths such as warts and blemishes.

PREPARATION The whole plant in flower is finely chopped and steeped in alcohol.

Remedy profile

This remedy is most suited to those who are irritable, depressed, and quarrelsome. They feel weepy and inadequate, and worse for thinking about their symptoms. Restlessness and insomnia are common characteristic traits.

The classic symptom picture for *Ranunculus bulb.* includes muscle, joint, and skin problems, possibly occurring simultaneously. Typical muscle problems include soreness, deep, bruising pain, and, particularly, chest pain between the ribs. The classic skin symptoms for this remedy focus on eczema or herpes, especially herpes zoster (shingles), with intense burning and itching.

Symptoms better For warm weather; for warm compresses; for rest; for standing; for sitting bent forward.

Symptoms worse For drafts or open air, especially damp, cold air; for stormy weather; for changes in temperature; for movement, particularly of the arms; for thinking about symptoms; for alcohol.

Raphanus sativus var. *niger*

RAPHANUS

COMMON NAME Black radish.

ORIGIN Native to southern Asia, but now widely cultivated worldwide.

BACKGROUND The ancient Romans used radish oil for skin diseases, and radish was a noted digestive stimulant in Chinese medicine by CE 659.

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

Remedy profile

Those who benefit most from *Raphanus* may feel “collapsed” and lacking in spirit. The remedy has a strong affinity with the digestive tract, and is given for extreme abdominal distension. A classic use of *Raphanus* is for postoperative pain due to trapped gas, with gurgling and great swelling in the abdomen.

Symptoms better For walking in the open air.

Symptoms worse At night; for jarring; for coughing; for touch, even of the clothes; for laughing.

Resina piceae

ABIES NIG.

COMMON NAME Pine resin.

ORIGIN Resin from the black spruce (*Picea mariana*), found in northern North America, from Alaska to Newfoundland.

BACKGROUND The oil distilled from the wood of this tree is used largely in the manufacture of paints.

PREPARATION The resin from the tree is dried and macerated in alcohol.

Remedy profile

Low-spirited, nervous people who are unable to concentrate or settle are best suited to *Abies nig.* They are lethargic and dull by day, yet cannot sleep at night. *Abies nig.* is mainly associated with a sense of “blockage.” It is often used for indigestion with a knotted sensation, as if an egg or stone is lodged in the stomach. The stomach pain always develops after eating and, in an attempt to relieve the discomfort, there may be frequent belching, possibly with constipation, foul-smelling breath, and mild fever with alternating chills and fever. Tea and tobacco are often causative factors behind the *Abies nig.* symptom picture.

Symptoms better For movement; for walking.

Symptoms worse For tobacco; for tea; for eating.

Rheum officinale or *R. palmatum*

RHEUM

COMMON NAME Rhubarb or Chinese rhubarb.

ORIGIN Both species are native to China and Tibet, but are now grown worldwide.

BACKGROUND Long used in Chinese medicine, notably as a laxative, these non-culinary types of rhubarb were adopted by European doctors in the 18th century.

PREPARATION The root of either species is dried and macerated in alcohol.

Remedy profile

Rheum is most suitable for those with sour moods who tend to be undemanding and withdrawn, yet restless and “quarrelsome in sleep.” Children who respond to *Rheum* are full of fears, crying and restless at night. Both adults and children may tire rapidly.

Chronic, sour-smelling diarrhea is a key condition linked with *Rheum*. The stools are sour-smelling, and may be yellow or green, frothy, or fermented. Further typical symptoms include sour-smelling breath and a sour taste to all foods, causing a loss of appetite. The remedy may also be used for nausea or colicky pain that feels worse for standing and is often accompanied by shivering and an urge to pass stools.

Symptoms better For wrapping up; for warmth; for doubling over on lying down.

Symptoms worse For hot weather; for teething; before, during, and after passing stools; for eating sour fruits in the summer.

Rhododendron chrysanthum

RHODODENDRON

COMMON NAMES Siberian rhododendron, yellow snow rose.

ORIGIN Found mainly in alpine areas of Siberia, but also in mountainous regions of Asia and Europe.

BACKGROUND An infusion of this plant is a traditional Mongolian drink used by hunters to ease weary, painful limbs and for gout and rheumatic pains.



**RHODODENDRON
CHRYSANTHUM**
(*Siberian rhododendron*)

PREPARATION The leafy shoots are dried and macerated in alcohol.

Remedy profile

Rhododendron is most suited to nervous, overly sensitive people who are deeply affected by the weather. Prior to a storm, they may feel confused, excited, and faint, alternating feverish excitement with chaotic behavior.

The symptom picture for this remedy focuses primarily on joint problems such as gout, arthritis, or rheumatic pain. Symptoms may affect the fibrous tissues, small joints, bones, and nerves, often resulting in swollen joints, with tearing, wrenching pain that causes restlessness, weakness, and stiffness in the limbs. Joint pains may move around the body. The remedy may also be used to ease swelling in the scrotum (hydrocele).

Symptoms better For warmth; for the heat of the sun; after a storm breaks; for wrapping up the head; for lying in bed with the limbs drawn up; for movement.

Symptoms worse For rough or windy weather; for getting wet or catching cold; before storms; for changes in temperature; for rest; on beginning to move.

See also Hydrocele, page 264

Rhus toxicodendron

RHUS TOX.

COMMON NAMES Poison ivy, poison oak.

ORIGIN Found widely in North America.

BACKGROUND Native Americans used this plant to treat skin eruptions and nervous paralysis. Contact with its leaves produces redness, swelling, and blistering.

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

Remedy profile

Rhus tox. is particularly beneficial to people who are usually lively but shy, but restless and agitated when ill. Children who respond to the remedy tend to be overactive, restless, irritable, and malicious. If illness becomes chronic in these people, they may become fixed in their ways. *Rhus tox.* is known primarily as a remedy for skin and joint disorders. It may be helpful for skin eruptions with blisters, followed by burning, red, swollen skin that tends to scale and flake off. Skin conditions such as chicken pox, shingles, herpes, eczema, rosacea, and diaper rash may all respond to the remedy. Musculoskeletal problems are another focus of *Rhus tox.* It is used for acute rheumatic or arthritic pain, sciatica, restless legs, cramps, sprains, and strains.



See also Rosacea, page 193; Severe eczema, page 194; Osteoarthritis, page 196; Rheumatoid arthritis, page 197; Sciatica, page 218; Restless legs, page 230; Diaper rash, page 246; Chicken pox, page 252

Rhus venenata syn. *R. vernix*

RHUS VEN.

COMMON NAMES Poison sumac, poison elder.

ORIGIN Found throughout North America, from Canada to the Gulf of Mexico.

BACKGROUND More toxic than poison ivy (*see left*), this plant produces a volatile oil that can cause inflamed, blistering lesions, possibly affecting the whole body.

PREPARATION The young, leafy twigs are macerated in alcohol.

Remedy profile

Gloomy, forgetful people are most likely to benefit from *Rhus ven.*, particularly if they feel unable to connect ideas together and have no will for life.

The physical symptoms associated with this remedy are similar to those treated by *Rhus tox.*, although the focus is more heavily on skin conditions. The classic symptom picture for *Rhus ven.* includes flaking, itching skin, possibly with patches of thickening or hardening, and a tendency for the skin to crack. All symptoms are markedly worse in the morning.

Symptoms better For open air; for hot baths; for gentle touch; for mild exercise.

Symptoms worse For damp weather; for getting wet; in the morning; for touch and pressure on the affected area; for rest; on waking.

Ricinus communis

RICINUS

COMMON NAMES Castor oil plant, Palma Christi, castor bean.

ORIGIN Native to east Africa and grown in hot climates, especially Africa and Asia.

BACKGROUND The seeds of this plant are highly toxic, but the oil made from them has been used medicinally for centuries in many cultures, notably for constipation.

PREPARATION The ripe seeds are steeped in alcohol, filtered, diluted, and succussed.

Remedy profile

The digestive system is the primary focus of this remedy. Typical symptoms treated include nausea, profuse vomiting, and diarrhea: *Ricinus* is useful for children who are seriously prostrated by diarrhea. Typically, there is severe dehydration and great thirst, but no desire to eat.

Symptoms better None known.

Symptoms worse For pressure on the abdomen.

Rumex crispus

RUMEX CRISPUS

COMMON NAMES Yellow dock, curled dock.

ORIGIN Native to Europe and Africa.

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

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

Remedy profile

Rumex crispus is best suited to low-spirited, serious people who are very restless in the evening. Their sleep is often wakeful, and unpleasant dreams and fantasies disturb them when asleep or awake. The throat and chest are the main focus of *Rumex crispus*. There may be whooping cough, a dry, tickling cough, croup, or other hard, hacking cough, or asthma that is suffocating and choking on going to bed. There may be great concentration on the breathing and sensitivity to cold air.

Symptoms better For wrapping up, including wrapping the head; for covering the mouth; for drinking; for sucking hard candy.

Symptoms worse For cold air; for open air; for breathing in cold air; for touch and pressure on the throat; for uncovering; for movement; for talking; for eating.

Ruta graveolens

RUTA

COMMON NAMES Rue, herb-of-grace.

ORIGIN Native to dry, sunny regions of Mediterranean countries.

BACKGROUND Rue has been prescribed herbally since the time of ancient Greece

and Egypt to induce abortion, strengthen the eyesight, and stimulate menstruation.

PREPARATION The aerial parts, gathered as the plant is beginning to flower, are finely chopped and steeped in alcohol.

Remedy profile

People who respond best to the *Ruta* remedy are prone to feelings of anxiety and panic and tend to be weepy. They may be quarrelsome and suspicious, often feeling that they are being constantly deceived or watched.

The classic symptom picture for *Ruta* is of connective tissue problems with marked stiffness and pain in the muscles and tendons, often due to sprains, overuse of the muscles, or injury. The pain is typically sore, bruised, aching, and accompanied by restlessness.

Repetitive strain injuries, eye strain, ganglions, and chronic arthritis may be helped by *Ruta*, as may a stiff, sore lower back or sciatica.

Symptoms better For warmth; for lying on the back; for movement; for rubbing or scratching the affected area.

Symptoms worse For cold, damp air; for overexertion, injury, or sprains; for sitting; for menstruating; for eating uncooked or indigestible foods.

See also Eye strain, page 220



*Sambucus nigra***SAMBUCUS****COMMON NAMES** European elder, black elder.**ORIGIN** Native to Europe.**BACKGROUND** Used medicinally for millennia, elder became known as “nature’s medicine chest” and was also strongly linked to much European folklore.**PREPARATION** The fresh leaves and flowers are finely chopped and steeped in alcohol.**Remedy profile**

The remedy is best suited to people who are constantly fretful, restless, easily frightened, and prone to trembling. *Sambucus* is used mainly for respiratory problems. General symptoms associated with the remedy include severe weakness, and profuse continuous or intermittent sweating. The remedy may help respiratory conditions such as asthma, croup, whooping cough, or bronchitis, particularly when they occur on waking. Generally, there is hoarseness, with mucus and inflammation in the larynx but no desire to drink. During asthma attacks, a lack of oxygen may cause the face to turn blue.

Symptoms better For wrapping up warmly; for sitting up in bed; for leaning over a table or chair back; for movement.**Symptoms worse** For dry, cold air; for heat; during the night; for lying down, especially with the head low; for rest.**SAMBUCUS NIGRA***(Elder)**Sanguinaria canadensis*
SANGUINARIA**COMMON NAMES** Bloodroot, red puccoon.**ORIGIN** Native to eastern North America.**BACKGROUND** Native Americans took bloodroot to induce therapeutic vomiting, and used the orange-colored juice of the root as a body paint and clothing dye.**PREPARATION** The rhizome, unearthed in fall, is dried and macerated in alcohol.**Remedy profile**

People who respond best to *Sanguinaria* are confused and full of dread, and feel very weak and stupid. Despite feeling heavy, languid, and drowsy, they cannot sleep at night and the slightest noise wakes them up. An uncomfortable sensation of prickling warmth sometimes spreads over the whole body.

The classic symptom picture for this remedy is of irritation of the mucous membranes, particularly those of the respiratory system. *Sanguinaria* may be given for hay fever accompanied by great sensitivity to grass, flowers, and scents, and by burning and dryness in the nose and throat. Other conditions that are typically associated with *Sanguinaria* include asthma with catarrh and raw, burning membranes. Symptoms tend to affect the right side of the body more than the left.

Symptoms better In the evening; for lying on the back; for lying on the left side; for sleep; for vomiting; for belching.**Symptoms worse** For cold and damp; for sun; for movement and touch; for lying on the right side; during menopause; for sweet foods.*Schoenocaulon officinale***SABADILLA****COMMON NAMES** Sabadilla, cebadilla.**ORIGIN** Found in Mexico, the West Indies, Guatemala, and Venezuela.**BACKGROUND** The bitter seeds of sabadilla contain the alkaloids veratridine and veratrine, which are used in insecticides.**PREPARATION** The ripe seeds are steeped in alcohol, filtered, diluted, and succussed.**Remedy profile**

Sabadilla is most appropriate for people who are nervous, easily startled, and prone to hysterical paroxysms following a fright.

Key physical symptoms associated with this remedy include paroxysmal sneezing, an itchy, tingly nose, copious, watery catarrh, and chilliness. There may be throat pain and inflammation, with a constant desire to clear the throat. *Sabadilla* is used chiefly for inflammation of the respiratory mucous membranes, possibly due to hay fever, asthma, tonsillitis, or a cold.

Symptoms better For open air; for heat or wrapping up; for warm foods or drinks.**Symptoms worse** For cold air; at periodic, consistent intervals; for cold drinks.*Scorpio europaeus***SCORPION****COMMON NAME** Scorpion.**ORIGIN** Found in central and southern Europe.**BACKGROUND** Scorpions were listed as a medicine in an ancient Egyptian medical papyrus, although their use is not known.**PREPARATION** The whole, live animal is macerated in alcohol.**Remedy profile**

Scorpion is most effective for people who feel detached and disconnected from the world. Their mental state is dull and foggy, and they are unable to concentrate on more than one thing at a time. This state of mind may be accompanied by anxiety about health, an aversion to work and to talking, and sensitivity to music. Their moods are usually very changeable, and they may have confused, troubling, vague, angry, or erotic dreams.

Strong fears may be helped by *Scorpion*, especially those of driving and of accidents. A classic symptom is great fear, which is rooted in the abdomen, and may occur with sharp cramps below the ribs.

Symptoms better For crying; for walking; for movement; for urinating; for eating.**Symptoms worse** At night; for bright light; for noise; for sitting; for breathing deeply; for pressure on the abdomen.*Scutellaria laterifolia***SCUTELLARIA****COMMON NAME** Virginia skullcap.**ORIGIN** Native to North America.**BACKGROUND** This plant was once used by the Cherokee Indians to promote menstruation, but has more recently been used widely as a sedative, especially for stress and tension.**PREPARATION** The whole, fresh plant, excluding the root, is steeped in alcohol.

Remedy profile

Scutellaria is best suited to people who have a sense of foreboding and feel exhausted, confused, and unable to concentrate.

The typical symptom picture is of nervous exhaustion, possibly as a result of illness, continuous, tiring work, or over-studying. The remedy may help chronic fatigue syndrome, headaches with a sensation of the space in the head being too small for its contents, possible dizziness, twitching muscles, and sensitivity to light.

Symptoms better At night; for movement in the open air.

Symptoms worse For light; for noise; for smells; for eating.

Secale cornutum

SECALE

COMMON NAME

Ergot.

ORIGIN From the fungus *Claviceps purpurea*, which grows mostly on cereal crops in Europe, North America, and Asia.

BACKGROUND This fungus, largely found on rye, is used in a drug prescribed by Western medicine to halt bleeding.

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

Remedy profile

People who benefit most from *Secale* often feel confused, suspicious, and fearful, and may even doubt their own sanity.

A key affinity for *Secale* is with uterine problems in women. It is often used for uterine bleeding and hypercontraction of the muscles in the uterus. *Secale* is given to strengthen weak contractions during labor, and for puerperal sepsis (infection in the genital tract after childbirth). It may also help menstrual cramps with dark, irregular bleeding, and a flow of watery blood between menstrual periods.

Symptoms better For cold; for bathing; for stretching; for uncovering the body.

Symptoms worse For warmth; for touch, even of sheets; before or after menstruating; in pregnancy; after miscarriage or labor.

Selenicereus grandiflorus

CACTUS GRAND.

COMMON NAME

Night-blooming cereus.
Native to Central America and the West Indies.

BACKGROUND Widely renowned for its beauty, this plant is also cultivated for use in a



SELENICEREUS GRANDIFLORUS
(*Night-blooming cereus*)

conventional rheumatic drug and is valued herbally as a remedy for the heart.

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

Remedy profile

Sad, distracted people who tend to be anxious about their health are most likely to respond well to *Cactus grand.*

Classic symptoms associated with *Cactus grand.* include constriction in the muscle fibers, and a painful feeling of the body being caged and twisted. The remedy is especially associated with pains in the heart, such as those triggered by angina. Heart conditions relieved by *Cactus grand.* are typified by severe pain in the chest, as if it is being confined and squeezed by an iron band around the torso. The pain may extend into the left arm or hand and be accompanied by numbness.

Symptoms better For open air; for sitting; for rest.

Symptoms worse For walking; for lying on the left side; for lying on the back.

See also Angina, page 185

Selenium metallicum

SELENIUM MET.

COMMON NAME

Selenium.
Found in volcanic areas and in sulfide ores such as pyrite.

BACKGROUND Selenium was one of the elements discovered by a Swedish chemist, Berzelius. In 1817 he named it after the Greek *selene*,

or "moon," an analogy with tellurium, from *tellus* or "earth."

PREPARATION The element is triturated with lactose sugar.

Remedy profile

People who benefit most from this remedy may have difficulties in connecting to or becoming intimate with others and may withdraw, even from close friends. Mental activity may cause them great exhaustion, and they may be very forgetful. Great weakness, particularly if the body temperature increases, is a classic feature associated with this remedy. It is used for conditions such as chronic fatigue syndrome and multiple sclerosis, when there is rapid mental and physical exhaustion, with unhealthy-looking skin, emaciation, constipation, hair loss, and possible malfunction of the nerves governing the genitourinary tract.

Symptoms better For breathing cold air; after sunset; for drinking cold water.

Symptoms worse For hot days; for drafts of air; for sleep; for talking; for passing stools.

Senecio aureus

SENECIO

COMMON NAMES

Life root, squaw weed.

ORIGIN Native to eastern North America.

BACKGROUND Traditionally valued by native Americans for problems of the female reproductive system, life root is now considered by herbalists to be unsafe for internal use.

PREPARATION The whole plant, including the root, is finely chopped and macerated in alcohol.

Remedy profile

Senecio is best suited to those who are restless, nervous, low-spirited, and unable to concentrate.

The remedy is typically prescribed for hemorrhaging in the mucous membranes. Bleeding in the lungs or the throat, in congested and inflamed kidneys, or during menstruation may all be helped by *Senecio*, as may nosebleeds. Delayed or absent menstruation, accompanied by a thick vaginal discharge, appetite loss, excitability, and insomnia may also respond well to the remedy.

Symptoms better For menstruation.

Symptoms worse For dampness; for cold air; for sitting; during puberty; for sexual excitement.

Serenoa repens syn. *S. serrulata*

SABAL

COMMON NAME Saw palmetto.

ORIGIN Native to southeastern North America.

BACKGROUND Native Americans valued this plant as a food source and for its sedative and tonic medicinal properties.

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

Remedy profile

People who benefit most from *Sabal* tend to brood on their symptoms, yet are often angered by sympathy. They may be irritable, apathetic, introverted, depressed, and afraid to go to sleep.

This remedy is given mainly for problems of the genitourinary organs. Typical symptoms treated include frequent urination, especially when this occurs at night, which may be due to cystitis. Urine retention due to prostate enlargement or gonorrhea may be helped by *Sabal*, as may inflammation in the seminal tubes, heavy, aching pains or, occasionally, sharp pains in the bladder that extend to the abdomen or radiate down the thighs. Another typical symptom is a sensation of coldness in the bladder, possibly extending to the external genitals. *Sabal* is also used for sexual or general fatigue.

Symptoms better After sleep.

Symptoms worse For cold, damp weather; before menstruating; for sympathy.

See also Prostate problems, page 202

Silybum marianum syn. *Carduus marianus*

CARDUUS

COMMON NAMES St. Mary's thistle, milk thistle.

ORIGIN Native to the Mediterranean region and grown throughout Europe.

BACKGROUND The flowerheads were traditionally grown to eat as a substitute for artichokes, and boiled as a spring tonic following the winter months.

PREPARATION The ripe, dried seeds are soaked in water for one to two days and then macerated in alcohol.

Remedy profile

Carduus is most suitable for people who are completely run down, with the kind of total physical and mental exhaustion, blankness, and indifference that may arise following a hard life of physical labor, or that may be caused by alcoholism.

The classic symptom picture for *Carduus* is of acute or chronic liver problems and lung conditions such as asthma. The remedy may be used for severe liver and

abdominal pain that is most marked when lying on the left side, or for gallbladder pain and gallstone colic. The stools are typically discolored and pale due to liver malfunction, or they may be dark due to internal bleeding in the digestive system.

Symptoms better For sitting up in bed; after a nosebleed.

Symptoms worse For movement; for lying on the left side; for alcohol.

Simarouba cedron syn. *Simaba cedron*,
Quassia cedron

CEDRON

COMMON NAMES Cedron, rattlesnake beans.

ORIGIN Found in Central America and northern Brazil.

BACKGROUND Known in Panama as an antidote for snakebite and insect stings if chewed immediately after being bitten, cedron was also used for malaria or fever.

PREPARATION Cotyledons (embryonic shoots) from the dried, ripe seeds are macerated in alcohol.

Remedy profile

People who respond best to *Cedron* tend to be nervous, restless, and even hysterical, possibly experiencing depression following any nervous excitement. They may dread going to bed and fear their friends.

A characteristic of the complaints associated with *Cedron* is that they tend to recur at exactly the same hour each day. The remedy is used for recurrent fevers, such as those associated with malaria, and for neuralgic pains and other nervous-system conditions such as spasms or tics. Severe headaches or migraines, perhaps with nausea, fever, or cerebrospinal meningitis, may also respond to *Cedron*.

Symptoms better For standing erect.

Symptoms worse For open air; at the same time each day; after sleep.

Smilax officinalis syn. *S. ornata*,
S. regelii, *S. medica*

SARSAPARILLA

COMMON NAMES Sarsaparilla, wild licorice.

ORIGIN Native to Central and South America and Jamaica.

BACKGROUND Long used medicinally by indigenous tribes in South America, sarsaparilla was introduced to Europe in the 17th century as a cure-all. It was later used to flavor root beer.

PREPARATION The dried root is steeped in alcohol, diluted, and succussed.

Remedy profile

Sarsaparilla is most effective for people who are depressed and anxious, blaming their state of mind on the pain they feel. They tend also to feel the cold.

Sarsaparilla has a strong affinity with the urinary tract. It is prescribed for cystitis characterized by a constant urge to urinate, pain as urination ends, and possibly blood or a sandy or gravelly precipitate in the urine. There may be involuntary dribbling of urine, especially on sitting down, and normal flow may only happen when in a standing position.

Symptoms better For standing; for uncovering the neck and chest.

Symptoms worse In the spring; for wet and cold weather; for movement; as urination ends; during menstruation.

Solidago virgaurea

SOLIDAGO

COMMON NAME Goldenrod.

ORIGIN Native to Europe and Asia and naturalized in North America.

BACKGROUND This herb has traditionally been used externally to heal wounds, thrush, ulcers, and insect bites, and internally for urinary tract infections.



PREPARATION The fresh aerial parts are finely chopped and macerated in alcohol.

Remedy profile

The classic symptom picture for *Solidago* is of kidney disease, possibly with nausea, insomnia, a weak chest, and susceptibility to colds. *Solidago* is used when the kidneys feel distended, sore, aching, and tender, with pain extending down to the thighs, or toward the bladder and abdomen. There are typically difficulties in passing urine, which is scanty and discolored, or clear and foul-smelling. The remedy may also be prescribed to treat fibroids.

Symptoms better For profuse urination.

Symptoms worse For pressure on the affected area.

See also Fibroids, page 199

Spigelia anthelmia

SPIGELIA

COMMON NAMES Pink root, annual wormgrass.

ORIGIN Native to South America, but now found in the US and the West Indies.

BACKGROUND Pink root contains certain alkaloids that are used in the herbal treatment of heart disease.

PREPARATION The dried aerial parts are macerated in alcohol.

Remedy profile

A sad, forgetful, “blank” temperament is characteristic of those who respond most effectively to this remedy. They are responsible people who suffer intense pain, causing great nervous agitation.

It is given chiefly for problems of the heart and the nervous system, especially if symptoms affect primarily the left side of the body, and if there are intense, violent pains. *Spigelia* may be given for frequent palpitations that are violent, visible, and audible, for heart murmurs or valve disorders, and for rheumatic heart disease. It is also used for angina with constricting chest pains that extend down one or both arms, into the chest, and up to the throat. In addition, the remedy may be used for headaches, migraines, sinus infections, or neuralgic or rheumatic pain, especially if the symptoms are worse on the left side.

Symptoms better For breathing in; for lying on the right side with the head higher than the body; for steady pressure on the affected area.

Symptoms worse For changes in the weather; for touch; for lying on the left side; for movement; for tobacco.

See also Angina, page 185; Rheumatoid arthritis, page 197; Neuralgia, page 268

Spongilla fluviatilis syn. *S. lacustris* BADIAGA

COMMON NAME Freshwater sponge.

ORIGIN Found in Russia and Europe.

BACKGROUND In Russia this sponge is powdered to make a traditional treatment that causes bruises to disappear overnight.

PREPARATION The fresh sponge is collected in fall, dried, and triturated with lactose sugar.

Remedy profile

People for whom *Badiaga* is best suited enjoy mental activity, and feel that their minds are always clear and active, even when ill. Excitement or pleasure may easily bring on palpitations. The body may feel sore to the touch, as if it has been beaten, which may cause restless sleep; frightening dreams may also disturb or disrupt sleep.

Profuse mucus in the respiratory system, with copious catarrh that drips from the nose, possibly due to influenza or hay fever, may respond to *Badiaga*. Sneezing brought on by coughing may be helped, as may hard, swollen glands in the neck and breast, possibly linked to cancer.

Symptoms better For heat; at night.

Symptoms worse For cold; for stormy weather; for lying on the right side.

Stannum metallicum

STANNUM MET.

COMMON NAME Tin.

ORIGIN Mined from cassiterite, which is found in England, Nigeria, Thailand, and South America.

BACKGROUND Tin has long been used for household and commercial purposes, and has been used medicinally: in 18th-century Scotland it was taken for intestinal worms.

PREPARATION The metal is triturated with lactose sugar.

Remedy profile

People who benefit most from *Stannum met.* are suspicious, anxious, uneasy, and sad, possibly with fixed ideas. They may be weak, debilitated, and unable to talk or move, and feel worse during the day.

Stannum met. is used for exhaustion after chronic respiratory problems, or for nervous system disorders. It may be given for weakness in the chest, during or after a serious infection such as bronchitis or pneumonia. The weakness leaves the lungs and bronchi susceptible to inflammation or serious illness, including asthma.

Symptoms better For lying across something hard; for expelling mucus.

Symptoms worse For lying on the right side; for gentle movement; for talking.

Strontium carbonicum

STRONTIUM CARB.

COMMON NAME Strontium carbonate.

ORIGIN Found in strontianite, which occurs mainly in Scotland, Germany, and California.

BACKGROUND This mineral takes its name from Strontian, the village in Argyllshire, Scotland, where strontianite was discovered in 1790.

PREPARATION Strontium carbonate is triturated with lactose sugar.

Remedy profile

Irritable people who are prone to rage respond to *Strontium carb.* Rage may even provoke violence and destructiveness in them, but they also tend to be forgetful, fearful, particularly of the dark, and easily startled. Although they may seem haughty, they are extremely sensitive to the scorn of others. They may start involuntarily and violently when asleep, waking themselves.



STRONTIUM
CARBONICUM
(Strontianite)

This remedy is given mainly for acute conditions following an operation or injury, such as fainting, exhaustion, chills, violent palpitations, and collapse, possibly due to severe trauma and bleeding. It may also be used to treat heart conditions, including angina, phlebitis (inflammation of a vein), and terrible pains in the muscles and bones.

The symptom picture for heart problems treated by *Strontium carb.* describes a heavy, smothering sensation in the heart area, or dull, intermittent pressure in the heart.

Symptoms better For heat; for light; for sunlight; for warm compresses; for a hot bath.

Symptoms worse For cold; for loss of blood; for uncovering the affected area; for walking.

*Strychnos toxifera***CURARE****COMMON NAMES** Curare, woorali root.**ORIGIN** Found in South America.**BACKGROUND** A paralyzing poison was traditionally extracted by native South Americans from this and other *Strychnos* species for use on arrows during hunting.**PREPARATION** The resin is extracted from the tree and macerated in alcohol.**Remedy profile**

Those who respond best to *Curare* tend to be hurried, irritable, and aggressive. They want to be alone and may behave maliciously toward others. A loss of moral judgment is also possible. They often have a history of self-abuse, perhaps involving biting or hitting themselves, or ripping their clothes. Typically, they can eat only small amounts of food at a time.

Classic symptoms associated with *Curare* include weakness, heaviness, numbness, and piercing pains. Progressive muscular paralysis and impaired reflex action may also be treated by the remedy.

Symptoms better None known.**Symptoms worse** For dampness; for cold winds; for cold weather; at 2 a.m.; for movement; on the right side of the body.*Sulphur iodatum***SULPHUR IOD.****COMMON NAME** Sulfur iodide.**ORIGIN** Chemically prepared.**BACKGROUND** This rather unusual compound is rarely used in medicine other than for homeopathic purposes.**PREPARATION** Sulfur iodide is dissolved in a closed vessel, heated to 140°F (60°C), diluted, and succussed.**Remedy profile**

People who benefit most from *Sulphur iod.* tend to be anxious and doubtful, and are unable to string coherent ideas together or to remain calm and composed in a working situation.

The remedy is prescribed primarily for chronic, itchy skin conditions such as weeping eczema, acne, boils, pustules, urticaria (nettle rash or hives), and lichen planus (pink or purple raised spots on the wrists, forearms, and lower legs). The body tends to feel cold on the outside, yet raw and burning hot inside, and symptoms tend to be worse on waking.

Symptoms better For cool air; for winter; for standing.**Symptoms worse** For heat; prior to a storm; on waking in the morning; for the slightest exertion.*Symphytum officinale***SYMPHYTUM****COMMON NAMES** Comfrey, knitbone.**ORIGIN** Native to Europe and now found in temperate regions worldwide.**BACKGROUND** This plant had established a reputation as early as the 1st century CE for healing bruises, sprains, fractures, and broken bones.**PREPARATION** The fresh root is gathered either before flowering or in the fall, steeped in alcohol, diluted, and succussed.

**SYMPHYTUM
OFFICINALE**
(Comfrey)

**Remedy profile**

Symphytum's marked affinity with the bones in herbal medicine is also carried through to its focus in homeopathy. It is used to heal sprains and fractured or badly set bones, as well as to ease any pricking pain from old injuries to the bone, cartilage, and periosteum (the membrane surrounding the bone), or pain on the site of an amputation. Abscesses in the psoas muscle (which links the hip and the pelvis) and malignant bone tumors on the face may also be helped by *Symphytum*.

In addition, the remedy is prescribed to treat painful eye injuries with strange sensations—for example, on closing the eyelids, the eyeballs

may feel raised, although there is no visible sign of injury. There is frequently a marked tendency to rub the eyes and great difficulty in opening the eyelids.

Symptoms better For warmth.**Symptoms worse** For injuries; for a blow to the affected area; for touch or pressure on the affected area; for sexual excess; for movement.*Taraxacum officinale***TARAXACUM****COMMON NAME** Dandelion.**ORIGIN** Grows wild in temperate climates worldwide, and is cultivated in France and Germany.**BACKGROUND** Used herbally in the traditional medicines of many cultures, including those of the West, Middle East, and China, dandelion is particularly well known for its use as a diuretic.**PREPARATION** The whole plant, including the root, is picked as the flowers open, chopped finely, and macerated in alcohol.**Remedy profile**

Those for whom *Taraxacum* is considered most appropriate have a tendency to be depressed and mutter to themselves.

Key conditions that may benefit from the remedy include digestive disorders, gallbladder inflammation, and gallstones. The classic symptom picture includes an enlarged, hardened liver, urinary problems, bilious attacks, cramping pains, headaches associated with gastric problems, and jaundiced skin. Acidic saliva tends to build up in the mouth, causing raw patches to develop on the tongue and a sensation of dullness in the teeth.

Symptoms better For walking; for movement; for touch.**Symptoms worse** For rest; for standing; for sitting; for fatty foods.*Tarentula cubensis* syn. *Mygale cubensis***TARENTULA CUB.****COMMON NAME** Cuban tarantula.**ORIGIN** Found in Cuba and the southern US, particularly South Carolina and Texas.**BACKGROUND** This large, hairy, dark brown spider has a bite that can cause blood poisoning in humans, with symptoms first appearing 24 hours after being bitten.**PREPARATION** The whole, live spider is steeped in alcohol, diluted, and succussed.**Remedy profile**

People who respond to *Tarentula cub.* may be delirious, extremely restless, and uneasy. They

often feel drowsy but sleep restlessly and have a sense of hurry. It is useful for hyperactivity.

The classic symptom picture for this remedy is of severe, painful inflammation, burning, stinging pains, and extreme prostration and weakness. It is given for slow-developing fever, acute infection such as diphtheria, and septic conditions such as carbuncles, septicemia, painful abscesses, especially near the fingernails, ulcers that will not heal, and gangrene. In addition, the remedy may be used to ease pain experienced during a slow death. The appetite is generally low, and the stomach feels hard and sore. Severe coughs such as whooping cough may also be helped, if there is great prostration.

Symptoms better For smoking; for music.

Symptoms worse At night; for exertion; for cold drinks; for touch.

Tellurium metallicum

TELLURIUM MET.

COMMON NAME Tellurium.

ORIGIN Found throughout the world.

BACKGROUND Klaproth named this rare mineral in 1798 from the Greek *tellus*, or “earth,” as a counterpart to his discovery in 1789 of uranium (named from the Greek *ouranos*, or “heaven”).

PREPARATION Tellurium is triturated with lactose sugar.

Remedy profile

Tellurium met. is most appropriate for people who are excitable and irritable, with a disposition that is sometimes described as “rough and angular.”

Skin disorders are the characteristic focus of *Tellurium met.*, including conditions such as psoriasis, ringworm, herpes, and eczema on the eyelids and behind the ears. A key symptom associated with the remedy is a characteristic smell of garlic in the perspiration, which tends to burn and irritate the skin. Skin symptoms are often circular or ring-shaped, and may occur in conjunction with severe back pain.

The remedy may also be used for back pain that is typically worse for coughing, sneezing, or straining when passing a stool. It may help back pain after injury, spinal irritation, ruptured intervertebral disks, and pain that radiates down the legs. In addition, it may be effective for eye and ear infections, especially ear infections that produce a discharge that smells like fish brine.

Symptoms better For lying quietly.

Symptoms worse For cold; for touch; for lying on the affected area.

Terebinthina larinica

TEREBINTHUM

COMMON NAMES Turpentine, turps.

ORIGIN Resin tapped from the trunks of the *Larix decidua* ‘Mill’ species of larch, which is native to Europe.

BACKGROUND This viscous resin is used in the manufacture of paints. In the past it was used as a treatment for gonorrhea in traditional Western medicine.

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

Remedy profile

Terebinthum is best suited to people who are tired, delirious, and unable to concentrate. Classic symptoms associated with the remedy include burning pain and bleeding of the mucous membranes, with dark, fetid-smelling blood. The remedy has an affinity with inflammation of the urinary tract or kidneys, accompanied by hemorrhaging, water retention, and edema in the hands and feet. These ailments are often associated with smoky-colored urine that has a strange smell of violets.

Symptoms better For movement; for walking; for stooping.

Symptoms worse For cold; for touch; in the morning; for lying on the affected area.

Teucrium marum syn. *Marum verum*

TEUCRIUM MARUM

COMMON NAME Cat thyme.

ORIGIN Native to Spain and southern Europe, and now found worldwide.

BACKGROUND Cat thyme has traditionally been used by herbalists for its properties as an astringent and stimulant. It has also been used in the treatment of gallbladder and stomach disorders.

PREPARATION The fresh aerial parts without the woody lower branches are finely chopped before being macerated in alcohol.

Remedy profile

People for whom *Teucrium marum* is considered most effective tend to be oversensitive and feel worse for hearing or talking about unpleasant things,

including their symptoms. They are easily overexcited and exhausted.

The primary affinity of this remedy is with polyps, which may affect the nose, ears, vagina, and rectum. Nasal polyps may be accompanied by chronic catarrh, dried-up, foul-smelling crusts of catarrh, and loss of smell. Fibrous tumors on the eyelids and fibroids in the uterus may be helped by the remedy, as may lumps in the urethra caused by gonorrhea.

Teucrium marum may also be given for intestinal worms, involving itching and tingling in the anus and rectum.

Symptoms better For open air; for perspiring.

Symptoms worse For damp and cold; for changes in the weather; for the warmth of the bed; for evening; at night; for touching or rubbing the affected area.

Theridion curassavicum

THERIDION

COMMON NAME Orange spider.

ORIGIN Native to Curaçao and the West Indies.

BACKGROUND This small spider has orange spots on its back. Its bite can cause trembling, cold sweats, and fainting.

PREPARATION The whole, live spider is macerated in alcohol.

Remedy profile

Sensitivity to noise may be so extreme in people who respond to *Theridion* that it causes pain and vibrations to penetrate through the body. There may be a feeling that time is passing too quickly, and a tendency to be chilly. *Theridion* is generally used for acute sensitivity of the bones, nerves, and spine. The spine tends to be so highly sensitive that the least jarring motion, such as walking, may be unbearable; on sitting, one buttock may be raised off the seat to ease the pressure on the lower spine. There may be accompanying vertigo, dizziness, or motion sickness. *Theridion* may also be used to treat diabetes.

Symptoms better For warmth; for rest; for drinking warm water.

Symptoms worse At night; for noise; for touch; for pressure on the affected area; for travel; for jarring movement; for closing the eyes; for bending forward.

See also Diabetes, page 191; Dizziness, page 266

TEUCRIUM MARUM
(Cat thyme)

Trinitrum syn. *Nitroglycerinum*

GLONOINUM

COMMON NAMES Nitroglycerine, trinitroglycerine, glyceryl trinitrate.

ORIGIN Chemically prepared.

BACKGROUND An Italian chemist, Ascanio Sobreoro, created nitroglycerine in 1846, and 20 years later the Swedish chemist Alfred Nobel used it to develop dynamite.

PREPARATION Nitroglycerine is dissolved in purified water, diluted, and succussed.

Remedy profile

Symptoms that are treated with *Glonoinum* focus on the regulation of the circulation between the head and the heart. The remedy is used when an increase in blood supply causes hot flashes, similar to those experienced during heatstroke, which surge up to the brain in waves, resulting in severe headaches. There is typically a bursting, "full" sensation in the head, with great confusion and a compulsion to hold the head and squeeze it. *Glonoinum* is also used for high blood pressure, particularly in the elderly, for heat exhaustion, and for menopausal hot flashes.

Symptoms better For fresh air.

Symptoms worse For heat, especially that of the sun; for movement such as shaking the head.

Uranium nitricum

URANIUM NIT.

COMMON NAME Uranium nitrate.

ORIGIN Chemically prepared.

BACKGROUND This is a compound of the radioactive metal uranium, which was named in 1789 by Klaproth after the planet Uranus, since the element was first located soon after the planet's discovery.

PREPARATION Uranium nitrate is triturated with lactose sugar.

Remedy profile

There is no well-defined picture for people who respond best to *Uranium nit.*, although irritability and depression may be evident.

Diabetes, kidney inflammation, high blood pressure, and liver problems can all respond to *Uranium nit.* It has an affinity with the digestive system and may be used for indigestion, bloating, and abdominal gas. Diabetes with water retention and increased urination may also be treated with this remedy.

Symptoms better For open air; for rapid movement; for bathing in cold water.

Symptoms worse For heat; for rest; for sour foods; for wine.

See also Diabetes, page 191

Urginea maritima var. *rubra* syn. *Drimia maritima* var. *rubra*

SQUILLA

COMMON NAMES Sea onion, sea squill.

ORIGIN Native to the shores of the Mediterranean region.

BACKGROUND The bulb of this plant is cultivated for the drug industry, since it contains scillarin, which affects the heart. Highly toxic, it has also been used in the manufacture of rat poison.

PREPARATION The fresh bulb is steeped in alcohol.

Remedy profile

Squilla is most appropriate for people who are irritable, weak, and weary. They tend to sleep badly, and definitely prefer to sit up rather than lie down.

This is a slow-acting remedy, used for conditions that take several days to develop. It can be used for chronic bronchitis in the elderly, or for childhood measles, but its primary use is for chronic respiratory conditions, including bronchitis, pleurisy, coughs, and asthma with panting. *Squilla* is typically prescribed for symptoms such as a dry, loose, short, violent cough that comes from deep in the lungs, sharp pain in the lower left side of the chest, and involuntary passing of urine.

Symptoms better For rest; for sitting up; for coughing up even a small quantity of mucus.

Symptoms worse In the early morning; for movement.

Urtica urens

URTICA URENS

COMMON NAME Annual nettle.

ORIGIN Found wild in temperate regions throughout the world.

BACKGROUND In the 1st century CE the ancient Greek physician Dioscorides advocated this nettle and its relative, *Urtica dioica*, as a treatment for festering wounds, nosebleeds, and delayed menstruation. The plant has a long tradition of use for many ailments in Western herbalism, and is still highly valued today.

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

Remedy profile

Appropriately, urticaria (nettle rash or hives) is a key condition treated by *Urtica urens*. It is given for red, burning, stinging skin eruptions that may be swollen or itchy. Symptoms are often aggravated by warmth, bathing, and vigorous exercise. Itching tends to be worse on rising in the morning, perhaps causing a fear of going to bed at night. *Urtica urens* is also used for actual burns or scalds with classic redness

and blistering, and for blistering, burning, stinging, red, allergic rashes caused by insect bites, stings, shellfish, and plants.

Symptoms better For rubbing the affected area; for lying down.

Symptoms worse For warmth; during a snowfall; for bathing in cold water; at the same time each year; for touch; after childbirth.

See also Urticaria (hives), page 242

Ustilago zaeae

USTILAGO

COMMON NAME Corn smut.

ORIGIN Found as a fungus on corn, especially in Central and South America.

BACKGROUND The Zuni Indians of New Mexico traditionally used corn smut to hasten labor and prevent uterine bleeding.

PREPARATION The ripe, fresh fungus is macerated in alcohol.

Remedy profile

This remedy is best suited to people who tend to be irritable and sad. It is used for women's problems such as uterine fibroids, or hemorrhaging that develops following miscarriage or labor. The characteristic symptom picture is of slow, congestive bleeding, with clots that sometimes form long strings. Ovarian and pelvic pain is often on the left side.

Symptoms better For rest.

Symptoms worse For touch; for movement; for menopause.



Valeriana officinalis VALERIANA

COMMON NAME Common valerian.

ORIGIN Native to Europe and northern Asia, and cultivated in central Europe.

BACKGROUND Once known as “all-heal,” valerian has been used since the time of ancient Rome for anxiety, insomnia, and high blood pressure. In World War I the tincture was widely used for shell shock.

PREPARATION The fresh root is unearthed and macerated in alcohol.

Remedy profile

Those with a nervous, irritable, restless, and mentally or emotionally unstable state of mind respond best to *Valeriana*. It is used for an extreme nervous state possibly characterized by hysteria, raving, swearing, and madness, accompanied by a sensation of dreaming or floating. Fluctuating mood swings that alternate between extreme joy and deepest grief are typically linked to this remedy.

Physically, *Valeriana* is associated with neuralgic pains, a rapid pulse, and blood congestion in the head. Pains tend to be darting and tearing, alternating between the upper and lower limbs. The limbs feel painful, heavy, and difficult to move, and may jerk on resting. Headaches tend to develop slowly, in spurts, or suddenly, as if caused by a blow to the head.

Symptoms better For changing position; for walking around; for sleep; for sweating.

Symptoms worse In the early afternoon; in the late evening; at rest; for standing or sitting still; for excitement; for fasting.

Veratrum viride

VERATRUM VIR.

COMMON NAME American white hellebore.

ORIGIN Found throughout northwestern North America.

BACKGROUND Although once used as a herbal remedy by the Iroquois and Cherokee Indians, this highly toxic plant is now little used in herbal medicine.

PREPARATION The fresh root is gathered in fall and macerated in alcohol.

Remedy profile

People who respond best to this remedy are often restless, quarrelsome, and prone to complaining.

Veratrum vir. has a strong affinity with lung conditions such as asthma, pleurisy, and

pneumonia. Symptoms appear rapidly, including a strong or slow pulse, high fever, anxiety, and vomiting. There may be a red streak in the center of the tongue.

Another rapid-onset condition for which *Veratrum vir.* is given is intense fever with twitching, especially during sleep, spasms, delirium, chorea (involuntary, random, jerky movements), or even manic behavior or puerperal fever (infection in the genital tract after miscarriage, an abortion, or childbirth). Violent, rapidly appearing headaches may occur, with a bursting, congested sensation in the head, as if it contains too much blood.

Symptoms better For rubbing the affected area; for lying with the head held low; for hot, strong coffee.

Symptoms worse For cold; for the heat of the sun; for rising; for movement; for lying on the back; after childbirth; for suppressed menstruation, possibly caused by jet lag.

Verbascum thapsiforme

VERBASCUM

COMMON NAMES Great mullein, Aaron’s rod.

ORIGIN Native to central and southern Europe and western Asia.

BACKGROUND Greek mythology relates that Odysseus used great mullein to protect himself from Circe, and in the Middle Ages it was thought to be magical. Today it is generally used in herbalism for coughs.

PREPARATION The fresh aerial parts in flower, excluding the woody parts, are finely chopped and steeped in alcohol.

Remedy profile

Verbascum is of most benefit to those who are apathetic, lazy, and easily distracted by the varied thoughts that crowd upon them. The symptoms treated by *Verbascum* are often associated with painful neuralgic conditions, particularly of the facial area. Typical symptoms include neuralgic pains in the face and teeth, especially on the left side, with severe pain in the cheekbones. Irritation and inflammation of the bladder, ears, or respiratory tract may also be eased by the remedy.

In addition, *Verbascum* is given for painful colds with profuse discharge, watery eyes, and a sensation of the ears having been blocked up. The chest may be congested with catarrh, and the voice may be deep and hoarse. Coughs tend to sound hollow, deep, and hoarse, and occur mainly at night. An intake of breath may cause the coughing to die down.

Symptoms better For rising from sitting; for taking a deep breath.

Symptoms worse For drafts; for changes in temperature; for touch; for talking or reading aloud; for biting hard.

See also Neuralgia, page 268



VESPA CRABRO
(European hornet)

Vespa crabro

VESPA

COMMON NAME European hornet.

ORIGIN Native to Europe.

BACKGROUND The female hornet has a severe sting, but it is rarely fatal.

PREPARATION The whole, live insect is steeped in alcohol, diluted, and succussed.

Remedy profile

People for whom *Vespa* is best suited are prone to insomnia, often due to anxiety. Their nerves and muscles are often sensitive.

Red, swollen skin complaints and disorders of the female reproductive organs are usually treated with *Vespa*. Typical skin symptoms include sore, stinging boils, raised, itchy bumps and weals, and itchy, lentil-shaped spots. Stinging, burning pains, as if the body is being pierced by something sharp, are another symptom associated with this remedy.

Vespa is also used for mucous membrane problems and complaints associated with menstruation, such as premenstrual depression, pain, and constipation.

Symptoms better For washing the hands in cold water; for bathing the affected area with vinegar.

Symptoms worse For closed, stuffy surroundings; for being by a source of direct heat.

*Vetiveria zizianoides***ANANTHERUM****COMMON NAMES** Cuscus grass, vetiver.**ORIGIN** Native to tropical Asia, and commonly found in India and Sri Lanka.**BACKGROUND** In India and Sri Lanka this grass's oil is called "the oil of tranquility," and its heavy, earthy aroma is used to repel flies, cockroaches, bed bugs, and moths.**PREPARATION** The dried root is steeped in alcohol, diluted, and succussed.**Remedy profile***Anantherum* is best suited to people who seem overexcited or even drunk. Their behavior may be restless and manic.

The remedy is typically prescribed for skin disorders, and for hard, glandular swellings, especially in the neck. It is used for itchy skin eruptions, notably on the scalp and eyebrows, and particularly if accompanied by herpes or warty growths. *Anantherum* may also be given to ease neuralgic headaches with a sensation of the facial bones being crushed.

Symptoms better A few hours after drinking coffee.**Symptoms worse** For movement; immediately after drinking coffee.*Viburnum opulus***VIBURNUM****COMMON NAMES** Cramp bark, guelder rose, bark elder, highbush cranberry.**ORIGIN** Grows wild in Europe and eastern North America.**BACKGROUND** Native American tribes such as the Meskwaki and the Penobscot used this plant to treat cramps, swollen glands, and mumps.**PREPARATION** The fresh, young bark is collected in fall, chopped finely, and macerated in alcohol.**Remedy profile**

Specifically a women's remedy, *Viburnum* best suits those who feel depressed, stupid, and disoriented, and are unable to decide where they are or what they should do.

The classic symptom picture for this remedy is of uterine problems, including painful menstruation, false labor, pains following labor, threatened abortion, and recurrent miscarriage. Menstrual pain may be so severe that it feels as if breathing and the heartbeat will stop. Pain extends into the thighs.

Symptoms better For open air; for rest; for pressure on the affected area; for moving around.

Symptoms worse In the evening; at night; during a snowfall; before menstruation; for fright; for jarring.*Vinca minor***VINCA****COMMON NAME** Lesser periwinkle.**ORIGIN** Native to Europe.**BACKGROUND** Lesser periwinkle was traditionally known as the "flower of death" by Italians, who placed it on the coffins of dead children.**PREPARATION** The whole, fresh plant, including the root, is finely chopped and macerated in alcohol.**Remedy profile***Vinca* is most suitable for people who seem sad, weepy, weak, and faint. They may have an empty, hungry sensation, and possibly a feeling that they are going to die.

Skin problems such as eczema are key conditions treated by this remedy. It is used for weeping eczema that is infected with thick, foul-smelling crusts, for itchy, burning skin, for a warm scalp with foul-smelling eruptions and corrosive itching, for cradle cap, and for burning leg ulcers. *Vinca* is also given for excessive menstrual flow that causes great weakness.

Symptoms better For moving in the open air.**Symptoms worse** For anger; for walking; for stooping; for swallowing.*Viola tricolor***VIOLA TRI.****COMMON NAMES** Heartsease, wild pansy.**ORIGIN** Native to Europe, north Africa, and parts of Asia.**BACKGROUND** Heartsease is a member of the violet family, long renowned as a "purifier" and used as a treatment for eczema and itching.**PREPARATION** The fresh aerial parts in flower are chopped and steeped in alcohol.**Remedy profile***Viola tri.* is best suited to those who feel discontented and capricious, and to children who are prone to disobedience.

Obstinate skin problems are typically treated with *Viola tri.* These include impetigo, rashes, eczema, rosacea, and pustular eruptions. The typical symptom picture is of intolerable itching and burning, especially at night. The skin does not heal easily, and is prone to thick scabs, which may crack and discharge yellow pus or fluid.

Viola tri. is particularly suited to skin symptoms in conjunction with urinary problems. Typical urinary symptoms may include cloudy, foul-smelling urine (like the urine of a cat), frequent, profuse urination, bedwetting at night, and sharp pains in the urethra.

Symptoms better None known.**Symptoms worse** For cold air; in winter; for movement.**See also** Rosacea, page 193*Vipera berus***VIPERA****COMMON NAMES** European adder, viper.**ORIGIN** Widely distributed in Europe and Asia.**BACKGROUND** Dark gray with black zigzags on its back, the adder has hollow fangs in the upper jaw for injecting venom.**PREPARATION** The fresh venom is triturated with lactose sugar.**Remedy profile***Vipera* is best suited to people with a rather dizzy, even delirious, state of mind. It is also associated with slow-developing children, and people who age prematurely.

Key symptoms associated with *Vipera* include inflammation and swelling of the veins, typically accompanied by faintness and collapse. The remedy is commonly used for recurrent nosebleeds, varicose veins, or phlebitis (inflammation of a vein).

Symptoms better For raising the affected limbs.**Symptoms worse** For cold; for changes in the weather; for touch; for letting the affected limbs hang down; at the same time each year.*Viscum album***VISCUM ALB.****COMMON NAME** Mistletoe.**ORIGIN** Native to Europe and northern Asia, and found growing as a parasite on host trees such as oak and apple.**BACKGROUND** Revered in Nordic and Druidic legend, this plant has long been used in herbal

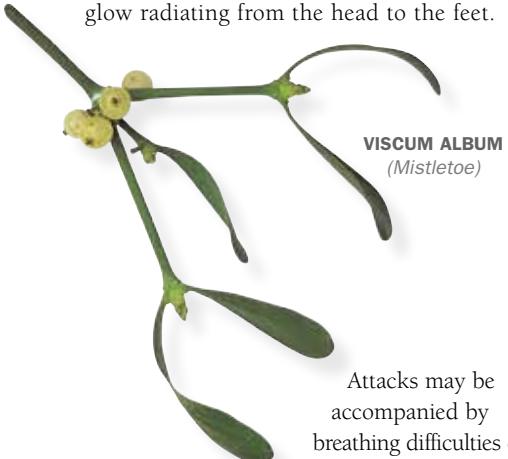
medicine and is currently being researched as a treatment for cancer.

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

Remedy profile

Fear and detachment from others is typical in those for whom *Viscum alb.* is most appropriate. They seem to dream constantly, both when awake and asleep, and may talk incoherently. They may be alternately cold and hot.

The classic symptom picture for *Viscum alb.* is of seizures, tremors, or epilepsy, tearing joint and neuralgic pains, and asthma. It is prescribed for generalized tremors, uncontrollable jerking after a fright, seizures, including "absences," petit mal, chorea, and epilepsy that begins as a glow radiating from the head to the feet.



VISCUM ALBUM
(Mistletoe)

Attacks may be accompanied by breathing difficulties or asthma, and followed by persistent dizziness and by twitching of the body that causes insomnia.

Neuralgic pains usually treated with *Viscum alb.* include headaches with a numb, tightening sensation and throbbing in the top of the head, as though the skull is being lifted off the body. Headaches are sometimes accompanied by eye pains, difficulty in opening the eyelids, and crackling noises or deafness in the ears.

Symptoms better None known.

Symptoms worse For winter; for cold, stormy weather; for becoming chilled when hot; for movement.

Vitex agnus-castus

AGNUS CASTUS

COMMON NAMES Agnus castus, chaste tree, monk's pepper, wild lavender.

ORIGIN Native to the Mediterranean region and western Asia.

BACKGROUND As the name "chaste tree" suggests, this plant was once thought to lower the libido. It was often chewed by monks, and

in Italy blossoms are still strewn in the path of novices entering a convent.

PREPARATION The dried, ripe berries are macerated in alcohol.

Remedy profile

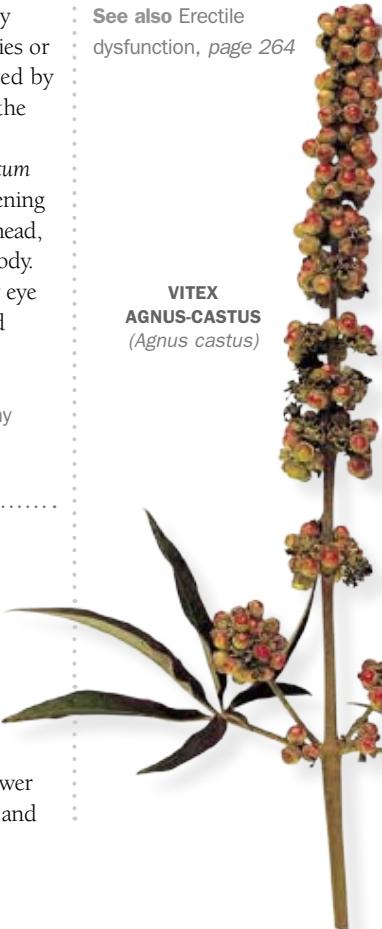
People who respond well to this remedy may be anxious about their health, especially their sexual health, and may have a strong presentiment of their own death.

Agnus castus is given chiefly to people with low energy levels, depression, poor sexual vitality, and a low libido. It is helpful for fatigue due to menopause, or caused by alcohol or drug abuse, or following excessive amounts of sexual intercourse. In men, the remedy is generally prescribed for sexual conditions such as impotence, premature ejaculation with sexual arousal, or disinterest, particularly in men who formerly had a high libido. In women, *Agnus castus* may help where there is a loss of libido, especially during menopause, scanty or excessively heavy menstruation, or an enlarged uterus, possibly with a staining vaginal discharge. Postpartum depression and a lack of breast milk following childbirth may also be helped by the remedy.

Symptoms better For scratching or pressing on the affected area.

Symptoms worse For sexual excess; for ejaculating.

See also Erectile dysfunction, page 264



VITEX
AGNUS-CASTUS
(*Agnus castus*)

Wyethia helenoides syn. *Alarconia helenoides*

WYETHIA

COMMON NAMES Poison weed, California compass plant.

ORIGIN Native to North America.

BACKGROUND This plant takes its Latin name from N. B. Wyeth, the naturalist who first discovered it in the mountains of North America.

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

Remedy profile

Uneasy, nervous behavior is typical of people who respond best to *Wyethia*. They may expect a calamity to befall them.

The classic symptom picture for *Wyethia* is of hay fever with violent sneezing, dryness, and itching in the ears, palate, and the back of the nose, and a scalding sensation in the mouth. There is often a great urge to rub the palate with the tongue to relieve the itching.

Symptoms better None known.

Symptoms worse In the afternoon; for movement; for exercise that raises a sweat; for eating.

See also Allergies, page 206

Zingiber officinale

ZINGIBER

COMMON NAME Ginger.

ORIGIN Native to southern Asia and grown throughout the tropics.

BACKGROUND Ginger has played a major medicinal and culinary role in many cultures for millennia, and is highly valued, especially for relieving indigestion and nausea and stimulating the circulation.

PREPARATION The rhizome is dried and stripped of its outer layer, before being macerated in alcohol.

Remedy profile

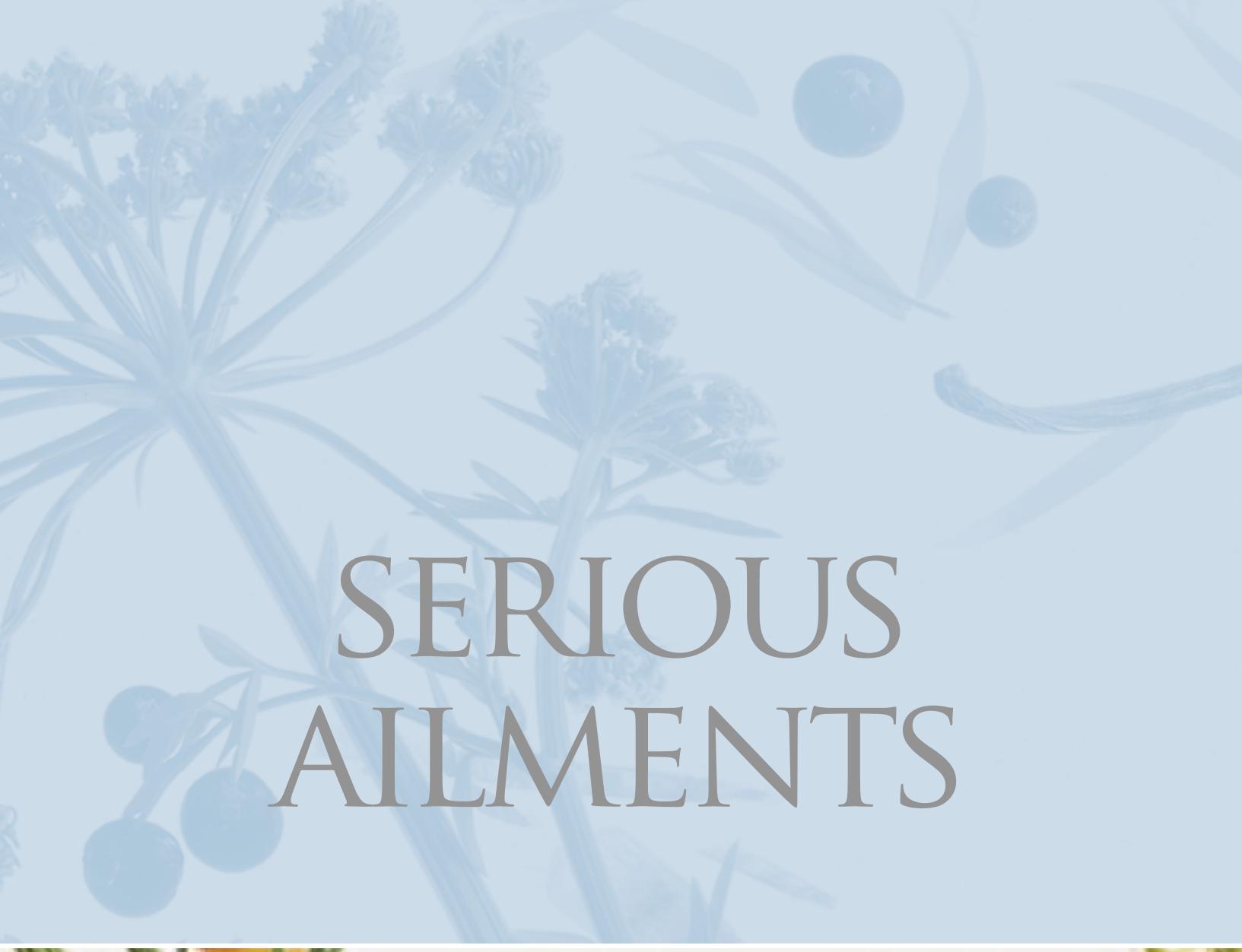
People who benefit most from *Zingiber* are cheerful even when in great pain. They are nervous and fidgety, and often restless at night, despite being sleepy.

Digestive disorders are chiefly associated with *Zingiber*. Typical symptoms treated include nausea, vomiting, and colicky pain in the abdomen, with chronic excess mucus production in the intestine. The remedy is also prescribed for asthma that is marked by a total absence of any accompanying anxiety.

Symptoms better None known.

Symptoms worse For cold air; for uncovering the body; for touch; for lying; for movement; for bread; for melons.





SERIOUS AILMENTS



CONSULTING A PRACTITIONER

An interview with a homeopathic practitioner will be likely longer than a conventional medical consultation, and often involves a series of follow-up visits several weeks apart, especially if a long-term condition is being treated. This allows the progress of an ailment to be carefully

monitored and subtle changes noted. At the initial appointment, a person's current state of health and previous medical history will form the basis of a complete health, personality, and lifestyle profile as the foundation of homeopathic prescription.

Amassing information

Homeopaths believe that a person's state of health reflects the level of their inner vitality at the time, and that good health is defined as freedom from illness combined with general physical and emotional well-being. Homeopaths also consider that certain health problems develop from an acquired or inherited "root," and that a person has a tendency to become ill in a particular way—his or her susceptibility (*see page 18*). According to homeopathic theory, illness results from imbalances in body systems, which have a great capacity for self-healing. This can be stimulated and nurtured by homeopathic treatment.

MAXIMIZING EFFECTS

When taking a homeopathic remedy, observe the following "rules" in order to ensure that it has the best chance of working effectively.

- Do not eat for 30 minutes before taking a homeopathic remedy, so that it enters the system on its own.
- Do not eat for 30 minutes after taking a remedy so as not to inhibit absorption.
- Avoid strong foods and drinks, such as spicy foods and alcohol, that affect body systems, or consume them only in moderation. Some, such as coffee, may actually counteract the remedy.
- Avoid using strong substances, such as household cleaning products, that might have a poisoning effect on the body.
- Avoid medicinal substances and certain products, such as some essential oils, so that a remedy can get to work on its own. If in doubt, consult your homeopathic practitioner.
- Do not touch or handle a remedy; use a clean, dry spoon to drop it into the mouth. If tablets are touched or dropped, they should not be returned to the container.
- Store homeopathic remedies properly (*see page 271*). Make sure that the tops are securely in place before storage.

Homeopathy presupposes that the human body is always adjusting positively to maintain a healthy balance (*see page 18*), and has a compulsion to flourish. If that balance is threatened—from outside or within—the body tries to reestablish it, and symptoms of an ailment are manifested as it does so. Symptoms develop as the body responds to the stress of illness, and a person's physical and mental resources are temporarily redeployed in order to deal with the illness.

Profiling patients

Many factors constitute a whole person, so all sorts of information are needed in order to build up a profile of a patient before "constitutional" homeopathic treatment can be prescribed. Despite the individualistic nature of homeopathic assessment and treatment, many people can be grouped according to "type." Types are described in terms of physical attributes as well as mental and emotional traits. People of a particular type very often have the same habits, develop the same likes and dislikes, and may well share a susceptibility to particular ailments.

Searching for clues

First and foremost, a homeopathic practitioner requires a full description of a patient's symptoms, how they have evolved since onset, and what makes them better or worse. The choice of remedy will ultimately be based on the law of similars, which states that "like cures like" (*see page 18*). A person's symptoms are seen as reliable clues to the most suitable remedy to activate the self-healing powers of the individual's "vital force." Characteristics of bodily functions and functional disturbances are also noted. So, for instance, someone might be prone to indigestion, which manifests itself as heartburn when certain foods are eaten.

Also of interest to a homeopathic practitioner are a person's medical history, including details of pharmaceutical medications, other treatments, and family medical history. This

information may reveal significant evidence of both genetic tendency and susceptibility.

Describing personality

A homeopathic practitioner will then ask a person to describe themselves in terms of basic temperament, moods, feelings, and beliefs. This will include temporary psychological factors associated with their physical symptoms, such as irritability or an aversion to sympathy. Of significance are details about any emotional traumas—from deep-seated, childhood experiences to events of the recent past, such as bereavement. Details such as how the weather, seasons, and times of day affect the individual, personal likes and dislikes, and in particular objects of fear, are all important in building up a complete picture of that person.

Looking at lifestyle

Finally, general features of a person's lifestyle are considered. Dietary factors of significance include food preferences and aversions, and potential sources of irritation or digestive upset. Stress levels are also significant.

Collating information

Much disparate information is collected during a consultation. Examinations and tests are carried out on physical symptoms as necessary. Practitioners draw on their experiences of similar symptom pictures and personality types, and compare the information they have with that in a homeopathic repertory, which lists symptoms, remedies, and provings.

Prescribing individually

Given the highly individualistic nature of homeopathic prescription, two people are unlikely to be prescribed the same remedy, even if their symptoms are identical. For the same reason, they may find that their remedies do not match any of the general profiles of remedies listed for their ailment in popular homeopathic source books.

ASSESSING A PATIENT

As the basis of homeopathic assessment, a practitioner collects a wealth of information about a patient's physical condition, mental and emotional states, and life in general (*see below*). An individual's unique adaptations to their surroundings and their idiosyncratic ways are accepted and respected for making an individual what they are. A person is regarded as the product of their physical and mental well-being or ill health, genetic inheritance, and daily experience.

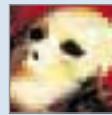
BODY



PHYSICAL WELL-BEING

- General symptoms and ailments: onset of symptoms, and what affects them and how.
- Weight, shape, and physical condition.
- Diet: nutritional balance, food preferences and aversions, food intolerances, and any special requirements or dietary deficiencies.
- Energy levels.
- Sleep: amount and quality, effects of sleep deprivation, and dreams.
- Risks to health: smoking, consumption of alcohol and recreational drugs, or dangerous jobs or pastimes.
- Time out: relaxation and leisure activities.
- Knowledge of what to do if ill or injured.

MIND



PERSONALITY

- Temperament: positive or negative, passive or assertive, relaxed or anxious.
- Self-image and self-worth.
- Emotions: ability to express and control feelings, laugh, and deal with negative emotions.
- Relationships: sensitivity to others, ability to resolve conflict, desire for approval, and sex drive.
- Any feelings of guilt, insecurity, and degree of control over personal destiny.
- Ability to cope under stress.
- Fears.
- Opportunities for creative expression.
- Spirituality, deeply held beliefs, and motivation.



MEDICAL HISTORY

- Personal medical history: past injuries and illnesses, conventional drug prescriptions, and any complementary treatments.
- Family medical history: incidence in family members of conditions such as heart disease, diabetes, mental health problems, or cancer.
- Inherited susceptibilities: allergies or tendency to contract certain illnesses.
- Diet: susceptibility to cholesterol-related illness, obesity, or food intolerances.
- Awareness of symptoms of genetically inherited disease and preventative measures.
- Checkups: self-examination, medical tests, or screening.



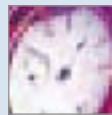
LIFE EVENTS

- Childhood trauma: impact of death or other loss of a parent, or physical or mental abuse.
- 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.



ENVIRONMENT

- 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.

NERVOUS SYSTEM

The nervous system is the human body's central command center. It receives and evaluates stimuli from inside and outside the body, and issues directives to tissues and organs in response to these stimuli. It consists of the central nervous system and the peripheral nervous system.

How the system works

The central nervous system—the brain and spinal cord—receives information from all over the body. This information takes the form of electrical impulses that are transmitted along a nerve network—the peripheral nervous system—which branches off the central nervous system. The brain then sends out instructions to internal organs, muscles, glands, and tissues throughout the body via the peripheral nervous system.

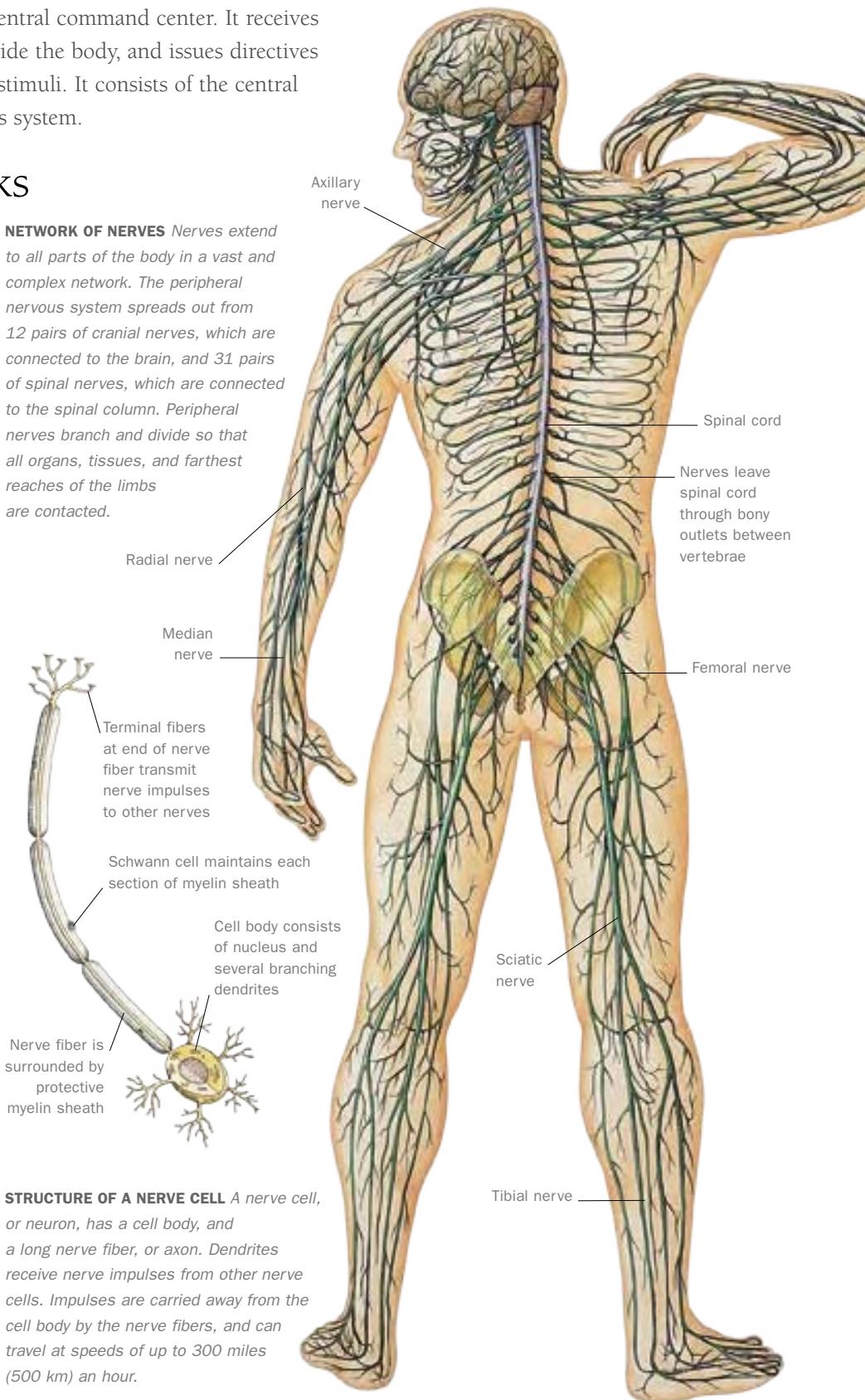
In terms of function, the parts of the nervous system consisting of nerves that control the muscles involved in voluntary actions are known as the somatic nervous system. Nerves concerned with the unconscious control of bodily functions such as digestion, gland secretions, and temperature regulation are part of the autonomic nervous system.

How nerves function

A nerve is made up of strings of nerve cells, or neurons, which are the basic units of the nervous system. Some nerves carry instructions from the brain or spinal cord to muscles, glands, or other tissues throughout the body. Others carry information to the brain from sensory receptors, sensory organs such as the eyes and ears, and internal organs. Each nerve cell (see right) has parts that receive electrical messages from other nerve cells, and parts that transmit messages to nerve cells or other tissues. The cell bodies of neurons make up the gray matter of the brain and spinal cord, while the long nerve fibers, or axons, make up the white matter of the central nervous system.

All but the smallest nerve fibers are insulated and protected by a fatty substance called myelin, which also helps to conduct nerve impulses quickly along the fibers. Multiple sclerosis is believed to occur because the myelin becomes damaged in some way. The brain and spinal column are protected by delicate membranes called meninges.

NETWORK OF NERVES Nerves extend to all parts of the body in a vast and complex network. The peripheral nervous system spreads out from 12 pairs of cranial nerves, which are connected to the brain, and 31 pairs of spinal nerves, which are connected to the spinal column. Peripheral nerves branch and divide so that all organs, tissues, and farthest reaches of the limbs are contacted.



MULTIPLE SCLEROSIS

This condition occurs if the myelin sheaths surrounding nerve fibers are damaged. In temperate regions of the world, multiple sclerosis affects one in a thousand people, and more women than men. There may be just a single attack, or repeated attacks that lead to increasing disability. Only in a minority of cases, however, is the condition crippling.

Symptoms

- Possible tingling, numbness, or weakness affecting a hand, foot, or a whole side of the body.
- Double vision or the misting or blurring of vision.
- Possible heaviness, weakness, or constricted feeling in the hands and feet.
- Possible strong muscle spasms, constipation, ulceration of the skin, and mood swings.
- In more serious cases, possible paralysis and incontinence, which may be associated with fatigue, vertigo, giddiness, clumsiness, muscle weakness, slurred speech, and difficulty in walking.

Causes

The causes of multiple sclerosis are unknown. There may be a genetic tendency, but the fact that the disease is five times more common in temperate zones than in the tropics suggests a viral cause. It may be an autoimmune disease, whereby the body's immune system attacks the myelin, gradually leading to damage of the underlying nerve fibers. Sensitivity to toxic metals or to vaccines has also been postulated as a cause.

Conventional care

Diagnosis is aided by evoked response tests on the eyes (measuring the speed of optic nerve impulses), and magnetic resonance imagery (MRI), which can reveal damage to the white matter of the nervous system. Conventional treatment of multiple sclerosis includes sunflower or evening-primrose oil, interferon (protein produced by the body to fight infection and cultured from human cells or synthesized in the laboratory), and potent drugs such as corticosteroids. An amino acid, phenylalanine, is believed to be beneficial, as well as vitamin B, and low doses of antidepressant drugs. Controversy surrounds the use of marijuana to relieve muscle spasms. Physiotherapy may help those affected by multiple sclerosis.

Homeopathic medicine

Homeopathic treatment is largely constitutional after study of the patient's history. This includes emotional factors and, especially in multiple sclerosis, any long-suppressed problems from childhood. Homeopathy attributes this condition to an inherent weakness of the nervous system that is aggravated by trauma, infection, or the effects of toxic metals.

Constitutional prescription will mainly depend upon the individual's symptoms (see page 18), but some remedies have an affinity with the nervous system. *Argentum nit.* has a direct, qualitative effect upon nerves controlling conscious movement; while *Causticum* is indicated for the progressive debilitation of the nervous system. *Nat. mur.* is prescribed for problems in the brain and spinal cord that produce tingling, weakness, and eventual numbness in the fingers, hands, and arms. Other constitutional remedies include *Lachesis*, *Phosphorus*, and *Plumbum met.*

Remedies for the relief of specific symptoms include *Phosphorus*, if there is frequent fainting; *Tarentula*, for jerky movements of the hands, feet, and tongue; and *Agaricus*, for weak, shaky movements accompanied by shooting pains.

Lifestyle

A diet that is low in animal fats, gluten-free, and high in gamma-linoleic acid (found in sunflower seeds and oil) may be beneficial, while caffeine is best avoided. Regular exercise and rest are important. A daily routine might include three rest periods of 10–20 minutes each and fairly vigorous exercise such as weight-lifting, which should be built up very gradually.

CAUTION

- If, despite all treatment, the condition continues to deteriorate, consult a doctor.
- If a person affected by multiple sclerosis undergoes psychological or physical trauma, homeopathic remedies taken as a preventative measure may preempt an attack.

CASE HISTORY

Christine was a 39-year-old homemaker. Eight years before her homeopathic consultation, she had noticed that her right foot dragged because of weakness in the leg. Multiple sclerosis was diagnosed six years later, when she began to suffer blurred vision and a frequent urge to urinate. She was taking phenylalanine and vitamin and mineral supplements.

PERSONAL DETAILS

A pleasant, mild-mannered woman on the surface, Christine admitted to anger and a deep sense of injustice. She had a tendency to feel resentful and lose her temper. She lacked confidence, was depressed about her illness deteriorating, and feared the future. Her mother had died when Christine was eight.

FOOD PREFERENCES

Christine had a great desire for coffee and a strong dislike of whiskey. She liked most foods, especially sweet foods, salt, vinegar, and spices, but she disliked fats.

GENERAL DETAILS

Christine felt worse in cold and wet weather, in great heat, and in the late afternoon, but she felt better for warmth. Her symptoms worsened if she was overtired or thought too much about her illness. She woke unrefreshed from sleep.

PRESCRIPTION & FOLLOW-UP

Christine was given a low potency of *Nat. mur.*, and advised to write to her dead mother to unburden her suppressed grief. The remedy was repeated twice in a higher potency, along with advice about rest, exercise, and additional mineral and vitamin supplements, but her condition deteriorated. *Lathyrus* failed to help. Allergy tests proved negative, but her mercury levels were low. A digestive problem was suspected. Herbal and homeopathic remedies improved her bowel function, but the multiple sclerosis worsened. *Phosphorus* failed to help, and Christine was desperate. She was then prescribed *Causticum* on the basis of her oversensitivity to people. Her condition improved immediately. High-potency *Causticum*, with physiotherapy for her abnormal gait, has sustained the improvement.

RESPIRATORY SYSTEM

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

How the system works

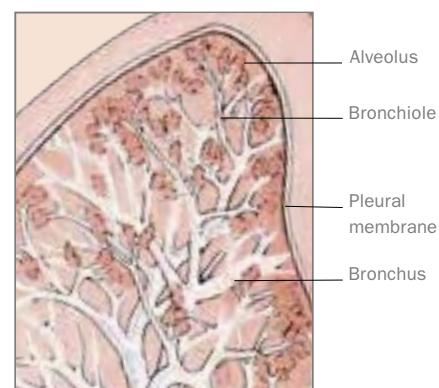
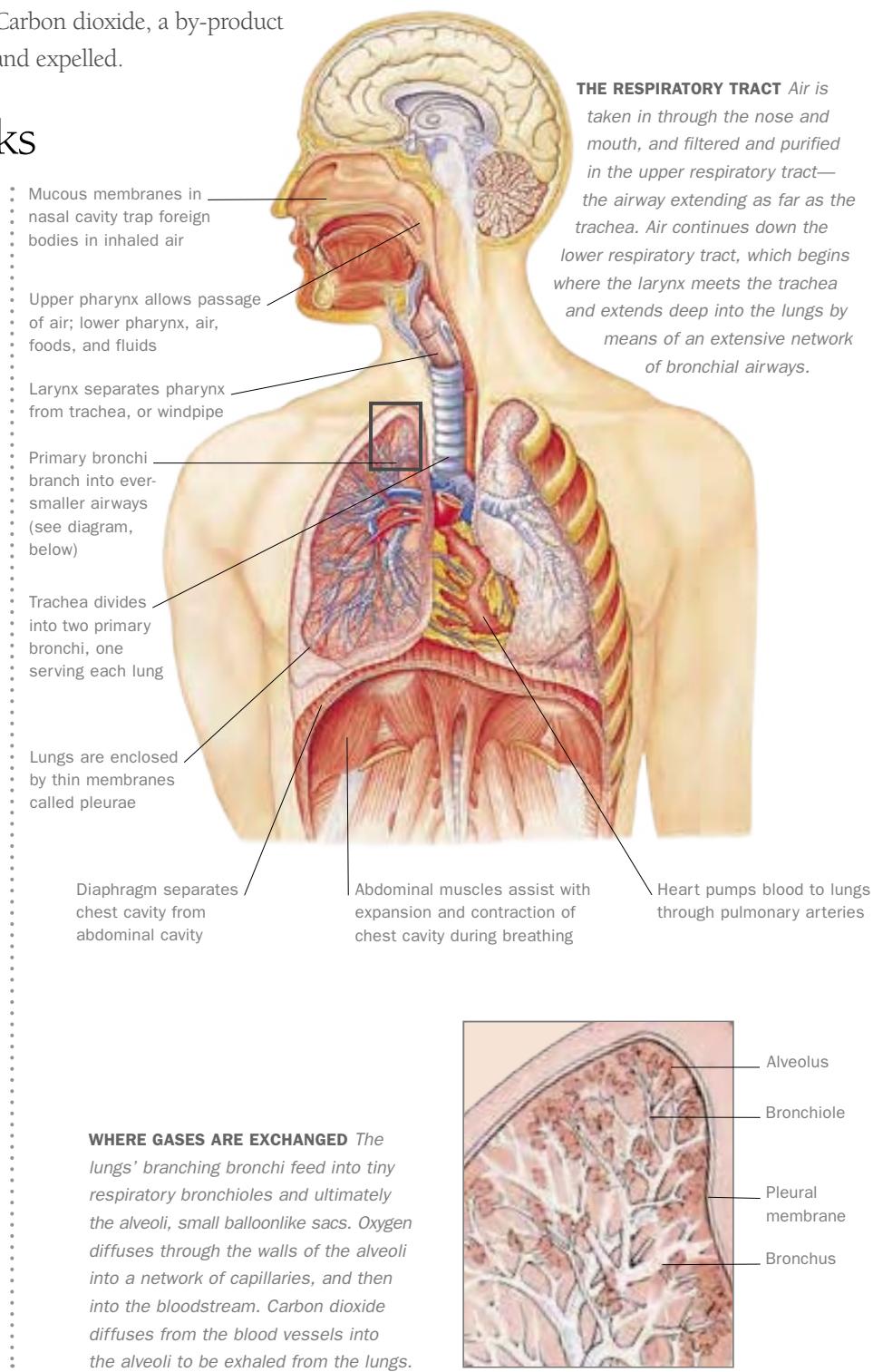
The breathing process is controlled by the respiratory center of the brain. The purpose of respiration is to obtain oxygen, which is then transported around the body in the blood. It ends up in body cells, where it combines with glucose to produce energy. Carbon dioxide is a by-product of this process,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

Breathing in and out

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

Respiratory problems

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



ASTHMA

An asthma attack occurs when the airways of the lungs become inflamed. This causes contraction of muscles in the walls of the airways and their subsequent narrowing. Asthma affects one in ten children of school age in some industrialized countries, but only three percent of adults. Asthma can be more serious and more difficult to treat in adults.

Symptoms

- Breathlessness that is accompanied by a characteristic wheezing.
- Tight feeling in the chest.
- In severe attacks, possible increased pulse rate and clammy sweats.
- Dry cough.
- Possible anxiety and fear.

Causes

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

Conventional care

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

Homeopathic medicine

Peak-flow monitoring is necessary, whatever the treatment. Homeopathic treatment of asthma is primarily constitutional. A practitioner will be particularly interested in an individual's food preferences, their emotional makeup, and any significant environmental factors. The choice of

remedy will largely be determined by symptoms (see page 18), but certain remedies have an affinity with the respiratory tract. *Arsen. alb.* is indicated for bronchial constriction and *Antimonium tart.* for bronchial congestion. *Bryonia* is effective for the pain caused by irritation of the pleurae; and *Calc. carb.* for ailments arising out of restrictions in the movement of the rib cage. *Phosphorus* is used for respiratory problems linked with anxiety.

For acute asthma, or to boost the immune system, the tubercular, psoric, or sycotic nosodes (see page 20) may be given. Other remedies include *Arsen. alb.*, for attacks in the early hours, with chilliness, restlessness, and a desire for sips of water; *Ipecac.*, when there is persistent nausea; or *Kali. carb.*, for asthma between 2 a.m. and 4 a.m. causing exhaustion. If the trigger is allergy, the effects of allergens can be reduced by isopathic remedies (see page 21)—for example, by taking a remedy made from cat fur to treat sensitivity to cats.

Lifestyle

A pharmacist can advise about eradicating dust mites. Placing a child's soft toys in a freezer for a few hours every week will kill dust mites. Bedrooms in particular should be kept as dust-free as possible, and carpets and soft furnishings shampooed regularly. All known sources of irritation should be avoided, and smoking forbidden in the home. Asthma sufferers are advised to exercise, but must learn to control their breathing, especially during an asthma attack.

CAUTION

- If an asthma sufferer turns pale or blue, with clammy skin, and is experiencing severe breathing difficulties, **call 911**.
- If an acute attack persists for more than 12 hours, consult a doctor.
- If the stated dose of treatment for acute asthma does not bring an attack under control, consult a doctor immediately.

CASE HISTORY

John Carpenter, age three, had a year-long history of recurrent chest infections. Asthma had been diagnosed two months previously. His attacks developed from chesty coughs. He had taken antibiotics, bronchodilators, and corticosteroids, but had not responded to treatment or to the removal of house dust and pollens.

PERSONAL DETAILS

Described by his mother as an easy child but one that liked messes, John had been a poor sleeper as a baby, and had walked early. He tended to cry when disciplined, and was highly sensitive. He was very protective of his sister, and was a talkative little boy.

FOOD PREFERENCES

John had a very sweet tooth and a slight desire for salt. He enjoyed fatty foods and loved smoked meats.

GENERAL DETAILS

John lived with his parents and sister, and attended nursery school five mornings a week. He was part of a happy family, and there appeared to be no major stresses within it.

PRESCRIPTION & FOLLOW-UP

John was prescribed high-potency *Tuberculinum*. Two weeks later, he developed a wheezing cough after a cold. He was given *Tuberculinum* again, which made him better initially, but then he deteriorated. He was then given sodium cromoglycate, a conventional asthma drug, four times daily. He still complained of a dry, tickly cough, and was given *Coccus cacti* and encouraged to use salbutamol, a bronchodilator. None of a series of constitutional remedies helped. John was given corticosteroids, the long-term prospect of which concerned his mother. He was then prescribed *Bacillinum* as a preventative measure against colds and influenza, and advised to eliminate refined carbohydrates from his diet and to eat little and often. He developed an acute infection soon after, but responded to *Phosphorus* and then *Sulphur*, which had a very marked effect. He now takes an occasional dose of *Sulphur*, but is largely free of asthma and takes no conventional medication.

TUBERCULOSIS

An infectious, bacterial disease, tuberculosis was once common worldwide and a killer, especially in mid-19th-century Europe, where it was responsible for one-quarter of deaths. This incidence fell until the 1980s but has increased since with the spread of HIV. The disease is now prevalent in Africa, Asia, and countries of the former USSR.

Symptoms

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

Causes

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

Conventional care

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

Homeopathic medicine

It is rare for a homeopathic practitioner to treat a tuberculosis patient exclusively. The disease has to be reported to the medical authorities, and will inevitably, and justifiably, be treated conventionally. Homeopathy can, however, play an important supportive role, and if indeed the disease is developing a resistance to conventional drugs, complementary treatment may become important—for example, in boosting the immune system.

The patient's specific symptoms will be the main criteria in determining constitutional prescription (see page 18). Certain remedies, however, have an affinity with respiratory ailments. *Arsen. alb.* is indicated for bronchial constriction and *Lycopodium* with infection of the right lung. *Phosphorus* is effective for treating inflammation of the mucous membranes; and *Calc. carb.* is prescribed for gland enlargement.

For acute attacks, remedies include *Bacillimum* for head sweats; *Calc. carb.* if the extremities are cold and clammy, with weakness and apprehension; and *Arsen. alb.* if there is chilliness, exhaustion, anxiety, and a desire for sips of water.

Lifestyle

Tuberculosis tends to affect people who are generally run down and otherwise in poor health. Adequate rest is important, as is a good diet, which should include plenty of potassium-rich foods, raw vegetables, fruits, and protein from legumes and whole grains as well as fish and meat. Plenty of fresh air is beneficial. Bad habits such as smoking, drinking excess alcohol, and taking recreational drugs should be avoided.

CAUTION

- If tuberculosis is suspected because of contact with someone who has it, consult a doctor.
- If there are symptoms of tuberculous meningitis (stiff neck, severe headache, light-intolerance, and confusion and drowsiness leading to coma), see a doctor immediately.

CASE HISTORY

The author has not personally treated a case of tuberculosis. The following is based on a report in French homeopathic literature by Dr. Nebel of Monteau at the beginning of the 20th century.

Charles had suffered from pulmonary tuberculosis for ten years. His father and three siblings had died from it. Clinically, he showed signs of extensive tuberculosis, mainly affecting the left lung, with a cough and copious green sputum, which frequently contained blood.

PERSONAL DETAILS

Charles was very tall and thin, with an emaciated chest. He suffered sleeplessness and weariness. He was extremely depressed and worried about his health, being convinced that he would die.

FOOD PREFERENCES

A lover of acidic foods and fat, particularly meat fat, Charles had been known to eat lard. He also liked smoked meats and salty foods. He had a great thirst, sipping water constantly. His stomach was upset by acidic foods and very cold drinks. He would become very hungry during the night and have to eat something.

GENERAL DETAILS

Charles was often constipated and, although he felt the cold, he experienced night sweats. His symptoms were worse between midnight and 2 a.m. He exuded from his armpits and chest what his doctor described as the smell of tuberculosis.

PRESCRIPTION & FOLLOW-UP

Charles was prescribed *Tuberculinum*, which gave him chest pains. Within a few days, however, his cough and perspiration reduced significantly, although he lost a little more weight. He tried other remedies. After taking *Silica*, his weight dropped further but his general health improved. After taking *Arsen. alb.*, he coughed only slightly in the morning and evening, he produced no sputum, his chest sounded better to his doctor, and he started gaining weight. After ten weeks his appetite was good, and he could walk farther than before without feeling breathless. He felt stronger than he had for years, and was hopeful for a complete recovery.

PNEUMONIA

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

Symptoms

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

Causes

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

Conventional care

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

Homeopathic medicine

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

to conventional treatment. A person's specific symptoms will largely determine constitutional prescription (see page 18), but certain remedies have an affinity with the lungs. *Arsen. alb.* is prescribed for bronchial constriction; while *Bacillium* may be used for those with respiratory problems in whom chronic catarrh may easily give rise to infection, such as the elderly. *Calc. carb.* is effective for complications arising out of restrictions in the movement of the rib cage; and either *Pulsatilla* or *Phosphorus* may be used to treat irritation of the mucous membranes lining the respiratory tract.

In acute cases of pneumonia, *Aconite* may be prescribed if the onset is sudden, particularly in cold, dry weather, and there is chest pain, fever, anxiety, and a fear of dying. *Phosphorus* is given for a cough producing rust-colored sputum, with weakness, trembling, nervousness, and numb extremities, and symptoms that are worse for lying on the left side. *Bryonia* is prescribed for chest pain that is worse for the slightest movement but better for lying on the affected side.

Lifestyle

Plenty of vitamin C, which can also be taken as a preventative measure, and a good deal of rest, preferably sitting up in bed, are beneficial. Since dry air tends to make pneumonia worse, rooms should be humidified. Inhalations of steam or herbs such as echinacea may help. The diet should ideally be low in refined carbohydrates and include plenty of fluids. It is advisable not to smoke. Manipulation by an osteopath or a physiotherapist may help to clear the lungs of sputum.

CAUTION

- If symptoms do not respond to treatment within 24 hours, see a doctor.
- If there is blood in the sputum or chest pain, or if the lips turn blue, consult a doctor immediately.

CASE HISTORY

Fiona, a 38-year-old dental technician, suffered from whooping cough at age six, and had a history of recurrent pneumonia. She was also a migraine sufferer. The pneumonia would be heralded by a sudden drop in energy levels, cold sweats and shakiness, constipation, a characteristic cough, and the production of sputum.

PERSONAL DETAILS

Of medium build and slightly plump, Fiona described herself as having a quick temper and being overemotional, crying easily when angry or frustrated. She craved sympathy and reassurance, especially when unwell, and hated being alone. She had a high sex drive, which was based more on an emotional than a physical need.

FOOD PREFERENCES

Fiona had a strong craving for sweets, especially before a migraine or attack of pneumonia. Even when she had a fever, she was not thirsty. She had an intolerance of, and an aversion to, anything fatty, although she liked butter and cream. She disliked warm foods and drinks. Rich foods, ice cream, and pork gave her indigestion.

GENERAL DETAILS

Fiona preferred hot weather, but disliked being in stuffy rooms, where she craved cool air. She felt worse by the sea and was disturbed by noise. Her energy levels were low, and she had never slept well, even as a child. The pneumonia tended to occur when she was premenstrual.

PRESCRIPTION & FOLLOW-UP

A diet was devised to strengthen Fiona's liver and make her bowels more efficient. This relieved the constipation, and her energy levels rose. She then developed a cold that went on to her chest. She was prescribed *Pulsatilla*, and advised to take antibiotics, although she chose not to. She recovered from the acute attack within a week. She still had a cough, which responded to *Sticta*, although she remained catarrhal. She was then given *Merc. sol.* and has been healthy ever since. She takes this remedy at the first signs of a cold.

CIRCULATORY SYSTEM

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

How the system works

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

Transportation system

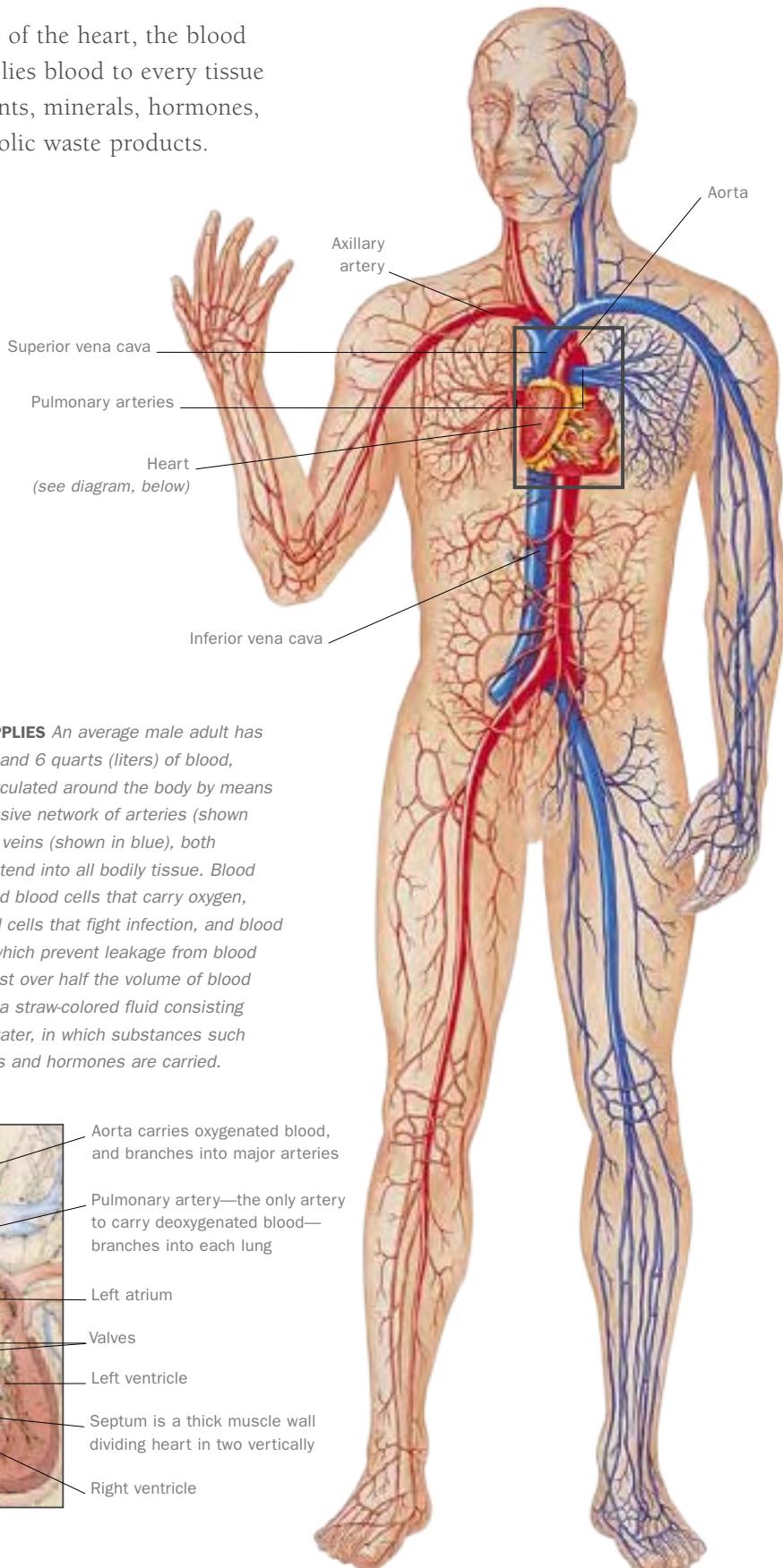
Capillaries collect the waste products of metabolism (see page 188), such as carbon dioxide, and drain into venules and veins, which carry blood back to the heart and lungs. The portal system connects the small intestine to the liver. Nutrient-rich blood is carried by the portal vein from the digestive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

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

Superior vena cava carries deoxygenated blood from head and arms

Right atrium

Inferior vena cava carries deoxygenated blood from lower body



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

ANGINA

A fairly common complaint, angina consists of a constricting chest pain. In the developed world this condition usually affects men over 50, but sometimes those as young as 30; in women it generally strikes in later life. Angina occurs when extra demands are made on the heart during exercise or in stressful situations when oxygen supply may be restricted.

Symptoms

- Pain resembling a tight band around the chest that can spread up into the neck and jaw and down into an arm, usually the left arm.
- Symptoms associated with exercise, especially after eating, stress, and during very hot or cold weather.
- Possible dizziness, palpitations, nausea, cold sweats, breathlessness, and cold extremities.
- Symptoms wear off after rest.

Causes

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

Conventional care

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

Homeopathic medicine

A full case history is studied along with the results of explorative tests. Particular attention is paid to triggers of angina and location of the pain. There are two aspects of homeopathic treatment: constitutional treatment aims to relieve pressure in the heart long-term, while acute remedies are prescribed for attacks.

Although specific symptoms ultimately determine the choice of constitutional remedy (see page 18), those that have an affinity with the circulatory system include *Apis*, effective for fluid retention; *Argent. nit.*, associated with improved nerve conduction to coronary arteries; *Arnica*, if there is damaged heart muscle—after a heart attack for example; *Arsen. alb.*, for problems in the left side of the heart; and *Aurum*, for atherosclerosis, other arterial diseases, and valve problems.

Acute remedies include *Cactus grand.*, if the chest feels as though there is an iron band around it, and if there are breathing difficulties, cold sweats, pain in the left arm, and falling blood pressure; and *Lilium*, when the chest feels as though it is in a vise, and there are palpitations and pain in the right arm. *Latrodectus mac.* is used for serious chest pains, rapid pulse, and numb fingers; and *Spigelia* is given for palpitations with a thirst for hot water and breathing difficulties relieved by lying on the right.

Lifestyle

Angina sufferers are advised to lose weight and work out a diet for life, with plenty of oily fish, garlic, and brewer's yeast, but little animal fat, refined carbohydrates, salt, caffeine, and alcohol. Antioxidant and fish-oil supplements may help; as may the use of fresh ginger in cooking. Smoking is not advisable. Relaxation techniques or meditation and regular exercise are advisable. Any conventional drugs should be reviewed with a doctor.

CAUTION

- If pain lasts for more than five minutes and does not ease after rest, **call 911**. If trained, administer first aid for a heart attack.
- If angina attacks are becoming progressively worse, consult a doctor.
- Never change the dosage of conventional drugs without consulting a doctor.

CASE HISTORY

Ella, a 35-year-old lawyer and mother of two children, had experienced high blood pressure and severe angina since she was 14. (Her mother had died of a stroke at 46.) Ella's drugs included a glyceryl trinitrate spray for the pain and a diuretic to lower her blood pressure. She had had a mild heart attack the year before her consultation and a stroke three years before that. She suffered severe angina about three times a year, preceded by extreme fatigue. She often had less serious attacks, brought on by tiredness and stress.

PERSONAL DETAILS

Ella was a vivacious woman but confessed to being depressed at times about her condition, fearing that it would kill her. She was tearful and easily frightened, sometimes waking up with a great feeling of foreboding and anxiety.

FOOD PREFERENCES

Frequent nausea and a throbbing feeling in the stomach often resulted in a loss of appetite. At such times Ella would lose her taste for meat, which she usually liked. She often experienced a bitter-tasting fluid rising into her mouth, making all food taste acrid.

GENERAL DETAILS

Ella was worse when lying on her left side and on her back. She experienced low times at 11 a.m. and 11 p.m., and she had difficulty sleeping because of throbbing in various parts of her body and disturbing dreams. She liked to be out in the open air.

PRESCRIPTION & FOLLOW-UP

No attempt was made to change Ella's conventional drugs in view of her medical history. A satisfactory constitutional remedy was never found, but the chest pains were able to be controlled and eventually eliminated by regular and as required use of *Cactus grand*. This also resulted in a much reduced use of her spray. Ella eventually stopped having severe attacks altogether. Two years after commencing homeopathic treatment, she felt able to undertake a third pregnancy, and eventually gave birth to a healthy boy. She remains well unless she becomes very overtired.

PALPITATIONS

"Palpitations" is the term used to describe a general awareness that the heart is beating, or the sensation that it is beating irregularly, or faster, or with more force than it should, given the level of exertion. Not all palpitations indicate a serious condition, but they should be investigated. The heart normally beats at a rate of about 70 beats a minute.

Symptoms

- Heart feels as though it is beating harder or faster than usual.
- Fluttering or thumping in the chest, with an alarming sensation as though the heart has stopped beating.
- Possible faintness and breathlessness.

Causes

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

Conventional care

Treatment depends on the underlying cause. Investigations may include 24-hour electrocardiograms (ECGs) to explore the level of electrical activity in the heart, and thyroid-function tests to identify gland disorders. Appropriate drug therapy will follow. In extreme cases, a normal heart rhythm may have to be re-established using cardioversion (electric shocks).

Homeopathic medicine

In addition to an individual's medical history, a homeopath will consider emotional state, any local aggravating factors, such as the effects of cold air or physical exhaustion, and food preferences. Prescription of constitutional remedies will be largely determined by specific symptoms (see page 18), but some remedies

have an affinity with the heart. *Agaricus* is associated with heart irregularities induced by stimulants. *Apis* is indicated for organic heart disease accompanied by fluid retention. *China* is associated with nervous exhaustion. *Conium* is effective for an incompetent mitral valve, and *Kali. carb.* is indicated if there are associated respiratory problems such as asthma. Other remedies include *Argentum nit.*, *Aurum met.*, *Calc. carb.*, *Lachesis*, *Nat. mur.*, *Nux vomica*, *Phosphorus*, *Sepia*, and *Sulphur*.

Acute attacks are also treated according to specific symptoms. Remedies include *Aconite*, if onset is sudden, especially after shock, with a fear of dying; and *Nux vomica*, if palpitations result from overindulgence, or if there is physical and mental exhaustion with overarousal from doing too much, chilliness, and irritability. *Digitalis* is given for palpitations preceding a feeling as though the heart has stopped, with a fear that the least movement might make it stop again; and *Lachesis* is prescribed for menopausal women who feel faint and anxious, and complain of a constricted feeling in the chest.

Lifestyle

Smoking is inadvisable, and those who consume large amounts of caffeine should reduce their intake. The diet should be low in fat and refined carbohydrates, and high in oily fish and vegetarian proteins. A nutritionist can advise about possible food allergy, but it is worth eliminating suspected triggers from the diet. Plenty of rest, sleep, and relaxation techniques or meditation are advisable. Time-management techniques can help to reduce stress levels.

CAUTION

- If palpitations are accompanied by chest pain, breathing difficulties, dizziness, sweating, or fainting, see a doctor immediately.
- If palpitations last for several hours, or recur over several days, consult a doctor.

CASE HISTORY

Clare, a credit controller, age 37, had a two-month history of palpitations. She described thuds in her chest—three a minute or one every two minutes—at any time of day. She had cut out caffeine and increased the amount of oats in her diet, but neither helped. She felt worse for stress. An ECG was normal. She had been referred to a cardiologist, and prescribed a beta blocker, which helped a good deal. She was taking an oral contraceptive and was a nonsmoker.

PERSONAL DETAILS

Clare was a nervous person, concerned about what others were thinking and, in her view, not tough enough. She was easily offended, but bottled up her feelings. She resented what she considered to be bad treatment by her mother-in-law.

FOOD PREFERENCES

Clare liked sweet foods, vinegar, and spices, and especially chocolate and carbonated drinks. She disliked herbal teas.

GENERAL DETAILS

Clare was better for sun and heat. She slept six hours a night and awoke unrefreshed. She complained of a poor memory, a lack of energy since puberty, split ends, brittle nails, cold extremities, and loose bowel movements when she was anxious.

PRESCRIPTION & FOLLOW-UP

On her first visit Clare was given *Staphisagria*, and it was suggested that she write a letter to her mother-in-law airing her grievances, but that she did not mail it. She was also advised not to take the contraceptive pill. By her next visit, four weeks later, the cardiologist had confirmed that there was no heart disease. The palpitations were less frequent and less severe, and Clare's energy levels were higher. She was put on mineral supplements and seen a month later. She had not had any palpitations, felt much less stressed, and was sleeping better, although she was restless, and had become insecure and fastidious. She had also developed a craving for fats. After being prescribed *Arsen. alb.*, Clare had no further problems. She now takes no medication other than the contraceptive pill.

STROKE

A cerebrovascular accident, or stroke, occurs when the blood supply to part of the brain is interrupted or insufficient. Symptoms vary, depending on which part of the brain is affected. Strokes are quite common, affecting 5–8 per 1,000 population over the age of 25. About 16 percent of all women and 8 percent of all men are likely to die of a stroke.

Symptoms

- Possible sudden loss of speech or the ability to move.
- Sudden heaviness or numbness of the limbs. Blurred vision.
- Confusion, dizziness, and loss of consciousness.

Causes

A stroke may result from a thrombosis, an embolism, or a hemorrhage. Cerebral thrombosis may be due to atherosclerosis, when blood vessels are narrowed by fatty deposits. In an embolism, a small blood clot breaks off an artery wall somewhere in the body and lodges in an artery supplying the brain. A hemorrhage occurs when blood leaks out of a weak-walled artery in the brain. Other causes of stroke include atrial fibrillation (irregular heartbeat), damaged heart valves, or a heart attack. All three may lead to the formation of clots in the heart. These may travel to the brain, causing an embolism. Strokes are more common in those with diabetes, smokers, women on oral contraceptives, and people with high cholesterol levels.

Conventional care

One in two first strokes is fatal. Recovery depends upon the severity of the stroke and rehabilitation. Scanning methods can establish the cause of a stroke and the extent of the damage. Thrombolytic drugs may be used to dissolve blood clots, and aspirin and anticoagulants to prevent further clots. Surgery may be needed to remove arterial obstructions. About half of those who survive a stroke recover to a greater or lesser degree. Those with disabilities may require physiotherapy, speech therapy, or occupational therapy.

Homeopathic medicine

Constitutional treatment from an experienced homeopathic practitioner can play an important complementary role in recuperation after a stroke. The choice of constitutional remedy will be mainly influenced by the stroke victim's

specific symptoms (see page 18), but remedies that have an affinity with the blood vessels include *Arnica*, which is indicated for shock and a hemorrhagic stroke; *Hyoscyamus*, which is effective for a paralytic stroke that is associated with confused and inappropriate behavior; and *Opium*, for a major stroke with total muscular relaxation and unconsciousness. *Nux vomica* and *Rhus tox.* may also be prescribed constitutionally.

Specific remedies to be taken during a stroke and to aid recovery include *Aconite*, if a patient is panicky and afraid of dying; and *Opium*, if they become unconscious, with a bluish, florid face and heavy, labored breathing. *Arnica* is good immediately after a stroke and *Aurum met.* if there is great depression. *Baryta carb.* is suitable for the very elderly and the physically and mentally weak.

Lifestyle

Diet and the management of stress levels are important in stroke prevention and for those who have already suffered a stroke. The diet should be modified in order to reduce the amount of animal fats and proteins consumed—including dairy products—and to increase fiber intake. It is advisable to eat plenty of fruits and fresh vegetables every day, and to lose excess weight and exercise regularly. If the stroke is thrombotic, the herb *ginkgo biloba* may improve blood flow. Smoking is inadvisable. Relaxation and meditation are beneficial, especially for those with high blood pressure or who are under stress. Women who have had a stroke or thrombosis, focal migraine or who have a family history of heart disease, should avoid taking oral contraceptives.

CAUTION

- If there are any symptoms of a stroke, see a doctor immediately.
- If a stroke victim loses consciousness, place them in a safe position (see page 270) and call 911.

CASE HISTORY

Thomas was a 79-year-old former engineer. Nine months before his consultation, he had fallen in the bathtub. Three months later, he fell twice more. He had since been complaining of unsteadiness, difficulty in writing, frequent urination, general muzziness, and poor short-term memory. His doctor had diagnosed a minor stroke. Thomas's blood pressure was high, and he showed all the signs of a right-sided stroke.

PERSONAL DETAILS

Thomas's character had changed since the stroke. He was by nature a leader, and was used to being in control of his life. He was thorough to the point of fastidiousness. He now felt frustrated because he could no longer drive and had had to slow down generally. His wife claimed that he was more attentive to her, but that at times he appeared to look through her. Thomas slept fitfully.

FOOD PREFERENCES

Thomas liked sweets, and salty and acidic foods, but hated pork, milk, and pudding. He claimed that pork and alcohol upset his stomach.

GENERAL DETAILS

Thomas tended to get hot at night and to feel as though there was a lump in his throat preventing him from swallowing. His stomach was tender and sensitive to touch.

PREScription & FOLLOW-UP

Thomas was originally prescribed *Anacardium or.* because of his feeling of being detached from reality. This remedy improved his memory, and he felt more himself. His blood pressure came down, and he felt steadier on his feet. He was then given *Baryta mur.* and sent for physiotherapy. This improved his unsteady gait. His blood pressure was normal by now. He looked much better and was taking exercise, although he was still forgetful. Thomas then had a fall, after which he was prescribed *Arnica* followed by another dose of *Baryta mur.* He continued to pick up and even his memory started to improve. He is still making a slow and steady recovery, and to date has exhibited no further stroke symptoms.

DIGESTIVE SYSTEM

The digestive system basically consists of a long tube that starts at the mouth and ends at the anus. The aim of the system is to break food down for absorption into the body. Associated digestive organs, such as the liver, process

Digestion & metabolism

The human body needs energy to function. That energy comes from food, but only after it has been processed into substances that can be assimilated by various parts of the body. Some nutrients, such as minerals, can be absorbed directly along the way down the digestive tract, but substances such as proteins have to be broken down into smaller molecules.

Food processing

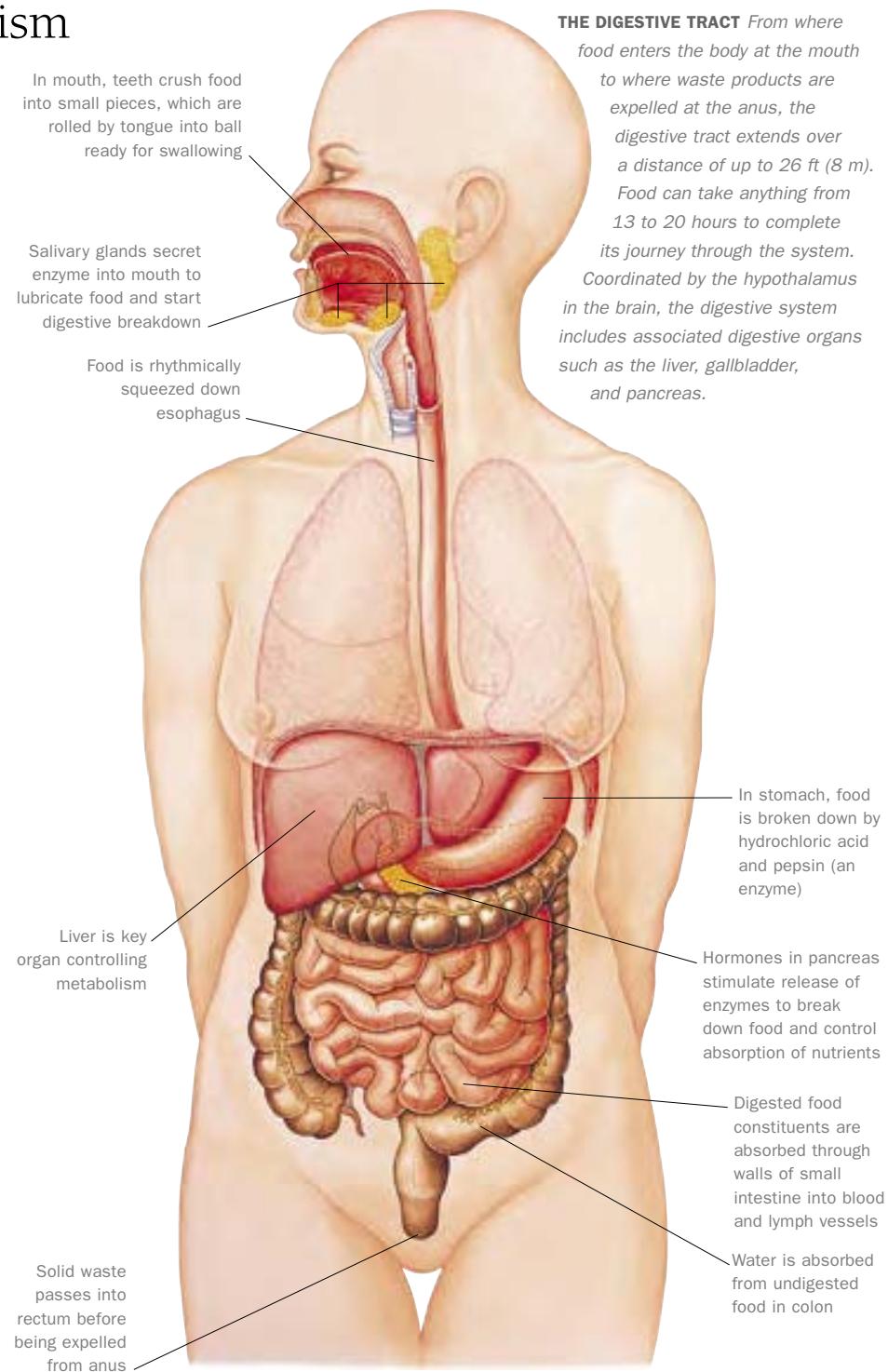
Digestion starts in the mouth, where saliva containing a digestive enzyme called amylase lubricates food as it is chewed. In the stomach proteins and fats are broken down in an acidic environment, and salt, water, and alcohol are absorbed. Beyond the stomach (in the duodenum), acidity is neutralized before food is treated by secretions from associated digestive organs—the liver, gallbladder, and pancreas. Bile from the liver and gallbladder emulsifies fats, and pancreatic enzymes break down proteins, starch, and fats.

Using nutrients

The liver is, in effect, the chemical factory of the body. Among many important metabolic functions, it stores glucose, vitamins, and minerals produced by food processing but not immediately usable by the body, and facilitates the breakdown of fats, which is vital for the conversion of food into energy. As well as digestive enzymes, the pancreas produces insulin (a hormone), and glycogen (a starch), both of which regulate sugar levels. Diabetes is the result of diminished insulin action. In the small intestine, the breakdown of food is completed. Nutrients are absorbed into the blood, carried to cells, and used in the release of energy. Undigested food is expelled from the anus.

Digestive ailments such as irritable bowel syndrome or ulcerative colitis are believed to result from, among other factors, an unsuitable diet or chemical imbalances in the metabolic process.

nutrients into substances that can be used for the production of energy and for the building and repair of body tissues, cells, and the constituents of blood—metabolic processes that take digestion a stage further.



IRRITABLE BOWEL SYNDROME (IBS)

Irritable bowel syndrome is the most common intestinal disorder. It afflicts 10–20 percent of adults in parts of the developed world, and twice as many women as men. It often starts in early adulthood and, although distressing, is not life-threatening. Formerly known as irritable colon syndrome or spastic colon, IBS tends to be intermittent.

Symptoms

- Alternating constipation and diarrhea.
- Cramping pains in the lower abdomen and sometimes the feeling of not having emptied the bowel on passing stools.
- Production of copious amounts of flatulence, the passing of which usually brings relief.

Causes

There may be several causes of IBS. The basic one is a disturbance in the action of the large intestinal muscle. This may be the result of stress at work or due to emotional upset, for example, or of fear, such as that of serious illness. It may be the result of a low-fiber diet or an intolerance of wheat, corn, dairy products, fruits, tea, coffee, or vegetables. IBS may also be due to an overgrowth of organisms such as *Candida albicans* in the digestive tract, to the excessive use of laxatives, or to spinal maladjustment that affects nerves serving the digestive system.

Conventional care

IBS is treated with antispasmodic drugs and other painkillers, antidiarrheal drugs, and a high-fiber diet. Counseling may be recommended for those suffering from stress. Diagnosis is made after ruling out the possibility of other ailments with similar symptoms, such as ulcerative colitis or cancer. A physical examination may include the passing of an instrument into the anus and colon—a colonoscopy or sigmoidoscopy—or a barium enema, which outlines the inside of the intestine.

Homeopathic medicine

A homeopathic practitioner will take a full medical history, paying particular attention to food preferences and IBS triggers. Constitutional remedies will be determined largely by an individual's symptoms (see page 18), but certain remedies have an affinity with the colon. *Argentum nit.* is indicated for irritation of the

mucous membranes of the intestine and problems with the control of the gut by the autonomic nervous system. *Cantharis* is associated with inflammation of the whole gastrointestinal tract, especially the lower bowel. *Colocynthis* is also used to treat irritation of the gastrointestinal tract. Other constitutional remedies often used are *Arsen. alb.*, *Carbo veg.*, *Nux vomica*, *Pulsatilla*, and *China*.

Remedies for acute symptoms include *Argentum nit.*, for excessive flatulence, constipation alternating with diarrhea, pain in the left, upper abdomen, mucus in the stools, fluttering in the stomach, and great apprehension. *Colocynthis* is prescribed for gripping pains that are relieved by bending double or applying pressure to the abdomen, and that are associated with anger. *Cantharis* is particularly suitable for treating women who have burning abdominal pains, cystitis, great thirst, nausea, and vomiting.

Lifestyle

Relaxation techniques will help stress-related problems. Fluid intake should be increased, but alcohol consumption reduced. Regular meals and exercise are both essential. If a particular food is believed to aggravate the condition, it should be eliminated from the diet for at least four days, and then reintroduced and symptoms observed. A nutritionist can advise about this and dietary changes that might be beneficial. An osteopath or physiotherapist may be able to help if there is spinal maladjustment.

CAUTION

- If symptoms are associated with persistent weight loss, consult a doctor.
- If there is fever and blood in the feces, see a doctor within 12 hours.
- Symptoms should be investigated promptly in patients over 50 in order to rule out cancer.

CASE HISTORY

Alf was a 42-year-old construction worker who experienced periods of loose bowel movements and lower abdominal spasms lasting for a couple of months. This had begun two years before—after the breakup of a relationship. He was taking antispasmodic and antidiarrheal drugs.

PERSONAL DETAILS

Alf was convinced that his symptoms were stress-induced. He would get diarrhea, for example, if he was lonely. He often woke terrified in the middle of the night.

FOOD PREFERENCES

Alf had very few likes and dislikes, and no foods seemed to aggravate his condition. He had a great thirst, mainly for acidic drinks. Lemon juice relieved his symptoms.

FEARS

Alf feared darkness, looking into deep water, and being alone, and worried that dogs might attack him. He hated cemeteries and anything connected with death.

GENERAL DETAILS

Alf slept badly and snored loudly. He complained of thrush, ear infections, bad breath, dry skin, and fatigue. He was better in company, and for light and warmth. He was incontinent when frightened.

PRESCRIPTION & FOLLOW-UP

Since Alf's condition was related to emotional stress, he was given *Stramonium*. A month later he was much better but still complained of abdominal spasms and colicky pains in the intestines. He was prescribed *Cuprum*. At his next appointment, he revealed that a preference for masturbation had contributed to the failure of his relationship. He was given *Bufo* for this masturbatory tendency. A month later, his bowels were much better as a result of the *Cuprum*. He felt that he had come to terms with his sexuality, and he had a new relationship. He rarely suffered pain or diarrhea, but was still not happy on his own. *Stramonium* was repeated. Alf was not seen for eight months, when IBS recurred due to stress. *Stramonium* was again given, since when Alf has been fine.

ULCERATIVE COLITIS

A fairly rare condition, ulcerative colitis is an inflammatory bowel disease in which the linings of the rectum and colon become progressively more ulcerated. Colitis affects between 40 and 50 people per 100,000 in parts of the developed world, and is most common in young and middle-aged adults. Attacks usually occur at intervals.

Symptoms

- Abdominal pain on the left side.
- Diarrhea, with mucus and blood in the feces.
- In severe cases, fever and general malaise.
- Possible anemia and, if toxins get into the bloodstream, septicemia.

Causes

Although the exact cause of ulcerative colitis is unknown, it is believed that food allergy, infection, autoimmune problems, low levels of digestive enzymes and stomach acid, stress, and some antibiotics aggravate the condition. There may be a genetic tendency. Many sufferers are found to be emotionally stressed, especially if they are frustrated at work or grieving.

Conventional care

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

Homeopathic medicine

Constitutional assessment is a prerequisite of effective homeopathic treatment. A full medical will include referral for colonic investigation if necessary. Specific symptoms will then be studied, along with any aggravating factors that have been observed, and emotional temperament.

The most important criteria in determining constitutional treatment are the individual's symptoms (see page 18). Some remedies have an affinity for the digestive tract, and are particularly effective in treating the symptoms of inflammation of the colon. *Cantharis* is

prescribed for inflammation of the lining of the gut and the production of thick, sticky mucus. *Colchicum* is given for colitis with dysentery-like symptoms. *Colocynthis* is effective for colicky and neuralgic pains induced by irritation of the intestine; and *Merc. corr.* is used for constant straining of the rectum, which is not eased by passing stools. *Arsen. alb.*, *Nux vomica*, and *Sulphur* are other commonly used constitutional remedies.

Remedies for acute flare-ups of colitis include *Merc. corr.*, when there are hot, foul-smelling stools containing blood and mucus, and cutting pains in the abdomen on passing a stool, which are not relieved by emptying the bowel; *Arsen. alb.*, for restlessness, anxiety, burning abdominal pains with vomiting, a frequent desire for sips of warm drinks, and attacks that come on around midnight; and *Phosphorus*, if stools are bloody, and pain is relieved by passing a stool but then the anus feels as though it is gaping.

Lifestyle

Changing to a high-fiber diet with few dairy products may reduce the likelihood of further attacks. Other foods and drinks that are best avoided include refined carbohydrates, those containing caffeine, and alcohol. A nutritionist will be able to advise further. Smoking is inadvisable. When consulting a doctor about infections, colitis sufferers should draw attention to their condition, which may be exacerbated by taking antibiotics. Relaxation techniques and meditation are advisable for those leading stressful lives. During a colitis attack, the most suitable foods are those that are easily digested.

CAUTION

- If there is persistent weight loss of more than about 1 lb (0.5 kg) a week, consult a doctor.
- If there is fever, and blood and mucus in the stools, see a doctor within 12 hours.

CASE HISTORY

David was a 41-year-old stockbroker. Originally diagnosed as having irritable bowel syndrome, his condition had since been identified by a colonoscopy as ulcerative colitis. He believed that an infection picked up while traveling had made his condition worse. He was taking a corticosteroid and a sulfasalazine derivative, before which he had five or six watery bowel movements a day. His anus was raw and sore. He had great flatulence, with some pain, and had to get up in the early morning to empty his bowels.

PERSONAL DETAILS

David's father had died when he was eight, and his mother had relied heavily on him. He felt great relief on going away to college, and did well in his work, although it was his main source of stress. He had lost a nine-month-old daughter, a victim of crib death. David was not sure he had gotten over this. He described himself as solid, but feared being incapacitated by illness.

FOOD PREFERENCES

David had a fairly sweet tooth. He liked vinegar and spices, but avoided them in case they upset him. He believed that milk and cheese upset his bowel. He loved tea, and had not smoked for 12 years.

GENERAL DETAILS

David felt better in dry heat and worse in humid conditions. He slept well and awoke refreshed, but had to get up immediately.

PREScription & FOLLOW-UP

David was treated with *Sulphur*, after which his condition improved, with fewer and firmer bowel movements. The corticosteroid dosage was reduced, and David was able to sleep in later in the mornings. About this time he had dreams concerning his job and family, but he continued to improve, reducing his conventional drugs. He was then prescribed the nosode of measles (see page 20) since he had suffered a bad attack as a child. This remedy worked to good effect, so the potency was increased. David's progress continued and he reduced his drugs further. When last seen, he was on a maintenance dose of mesalazine, and continued to improve.

DIABETES

The most common form of diabetes, diabetes mellitus, occurs if there is diminished action of insulin due to decreased secretion from the pancreas (Type 1 diabetes) or a reduction in the effectiveness of secreted insulin (Type 2 diabetes). This prevents the glucose needed for energy production being taken from the blood, so that blood-sugar levels rise.

Symptoms

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

Causes

There is a genetic tendency to develop diabetes. In young people it is believed to result from a viral infection, although it may be due to autoimmune problems. It usually strikes between the ages of 10 and 15. In Type 2 diabetes, the main factor is obesity. The body becomes resistant to the effects of insulin.

Diabetes often comes to light during illnesses such as pancreatitis or after an infection, while taking drugs such as diuretics, or during pregnancy. Chromium deficiency may also be a factor. The cells of the pancreas are destroyed as diabetes progresses, so that insulin production stops almost completely. Without regular insulin injections, a diabetic will become hyperglycemic (excess glucose in the blood).

Conventional care

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

Homeopathic medicine

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

with them. Prescription depends upon specific symptoms (see page 18), but certain remedies have an affinity with the metabolic system. *Phosphoric ac.* is effective when emotional stress has played a part in the onset of diabetes. Silica is prescribed for diabetes that has arisen from infection; while *Tarentula* is used for diabetes linked to anxiety or grief. *Argentum nit.*, *Lycopodium*, *Phosphorus*, *Plumbum met.*, *Theridion*, and *Uranium nit.* are other constitutional remedies often used in the treatment of diabetes.

Remedies for acute symptoms include *Phosphoric ac.*, when diabetes is worse for nervous exhaustion; *Uranium nit.* for digestive upset, great weight loss, weakness, and incontinence; *Argentum nit.*, when the usual symptoms of diabetes are accompanied by swollen ankles and there is apprehension; and *Silica*, when the person complains of cold, sweaty, smelly feet, and a lack of stamina.

Lifestyle

Carbohydrate intake should be carefully monitored, and the diet should include plenty of legumes as long as they do not upset the bowel. A nutritionist can advise about vitamin and mineral supplements. The loss of excess weight, stress-management techniques, and regular exercise will all help diabetes sufferers. Smoking is inadvisable.

CAUTION

- If a person with diabetes and taking insulin develops a sudden loss of energy, hunger, perspiration, dizziness, weakness, headache, irritability, slurred speech, or pins and needles, or is unsteady (hypoglycemia), administer sugar or glucose immediately and call a doctor. If the person loses consciousness, place them in a safe position (see page 270) and call 911.
- If, despite treatment, there is increased urine production, great thirst, and loss of energy (hyperglycemia), see a doctor.

CASE HISTORY

Sam was a 61-year-old, retired policeman, working part-time as a delivery driver. He had been diagnosed two years before his consultation with diabetes mellitus, revealed by a routine urine sample. He had responded fairly well to a diabetic diet, but still had high blood sugar levels. He complained of anxiety, poor memory and concentration, anger, confusion, a lack of purpose in his life, depression, and tiredness.

PERSONAL DETAILS

Sam came to the US in his thirties, having been born in India and lived in Africa. He was used to responsibility and pleased with his achievements, but felt burned out. He now wanted to put himself first, but he feared poverty. He felt his wife was not his equal intellectually, and they argued a lot. Sam was tidy but not fastidious.

FOOD PREFERENCES

Sam had a sweet tooth and liked spicy foods. He was often very thirsty since his blood sugar levels had been brought under control, and he passed large quantities of urine.

GENERAL DETAILS

As well as mental tension, Sam had tension in the back of his skull. He had lower back pain that was worse for stress, and he suffered sudden losses of energy. He preferred warm, damp weather.

PRESCRIPTION & FOLLOW-UP

Sam was advised to eat unrefined carbohydrate snacks little and often, and to avoid caffeine and alcohol. He felt better for this, but still had sugar in his urine. He was prescribed *Nux vomica*, which aggravated him initially, then made him feel better. He soon became irritable and depressed, however. The remedy was repeated twice, after which he had more energy and felt less irritable. *China* was tried because of Sam's history of malaria while in Africa, but to little effect.

Sulphuric ac. seemed to help him most, especially with the restlessness and irritation that he experienced on exposure to pollution while driving. When last seen, Sam had detected no sugar in his urine for several months.

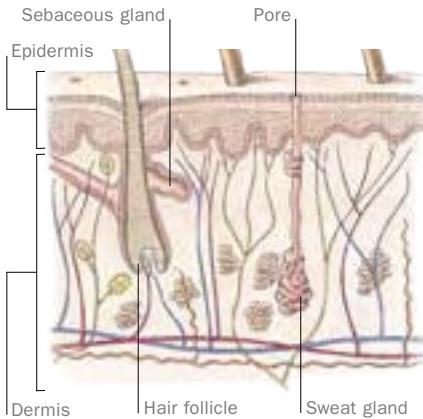
SKIN & BONES

The skin and bones are important components of the body's basic support systems. The skin keeps the internal parts within the body and protects them from the environment, while the skeletal system, among other functions, provides a strong, mobile framework that enables the body to move and protects internal organs.

The body's support systems

The skin is the body's outermost boundary and, in effect, its largest organ, accounting for 16 percent of total body weight. It is shed and renewed at a rate of 1 oz (25 g) a month. The skin protects the body by waterproofing it, reacting to sunlight, regulating temperature, and providing a barrier to invading organisms. It also supplies the brain with a range of sensory information. Skin problems often result from regulatory imbalances (acne rosacea and psoriasis) or allergy (eczema).

The skeleton is an extensive framework of bones, attached to which are skeletal muscles. Together they coordinate the body's movements. Individual bones move against each other by means of joints. The skeleton also provides support and protection for some of the body's most important organs, such as the brain, spinal cord, heart, and lungs. Diseases of the skeleton often result from degeneration of joints (osteoarthritis) or autoimmune problems (rheumatoid arthritis).

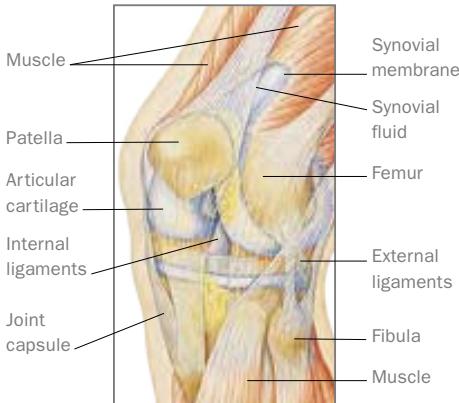


STRUCTURE OF SKIN The skin has two main layers. The epidermis consists of flat, dead, or dying cells, which waterproof the skin and protect it from infection. These surface cells are continuously shed and replaced from below. The underlying dermis is where cells are created. Here there are blood vessels, nerves, muscles, sensory cells, sweat glands, sebaceous glands, and hair follicles.

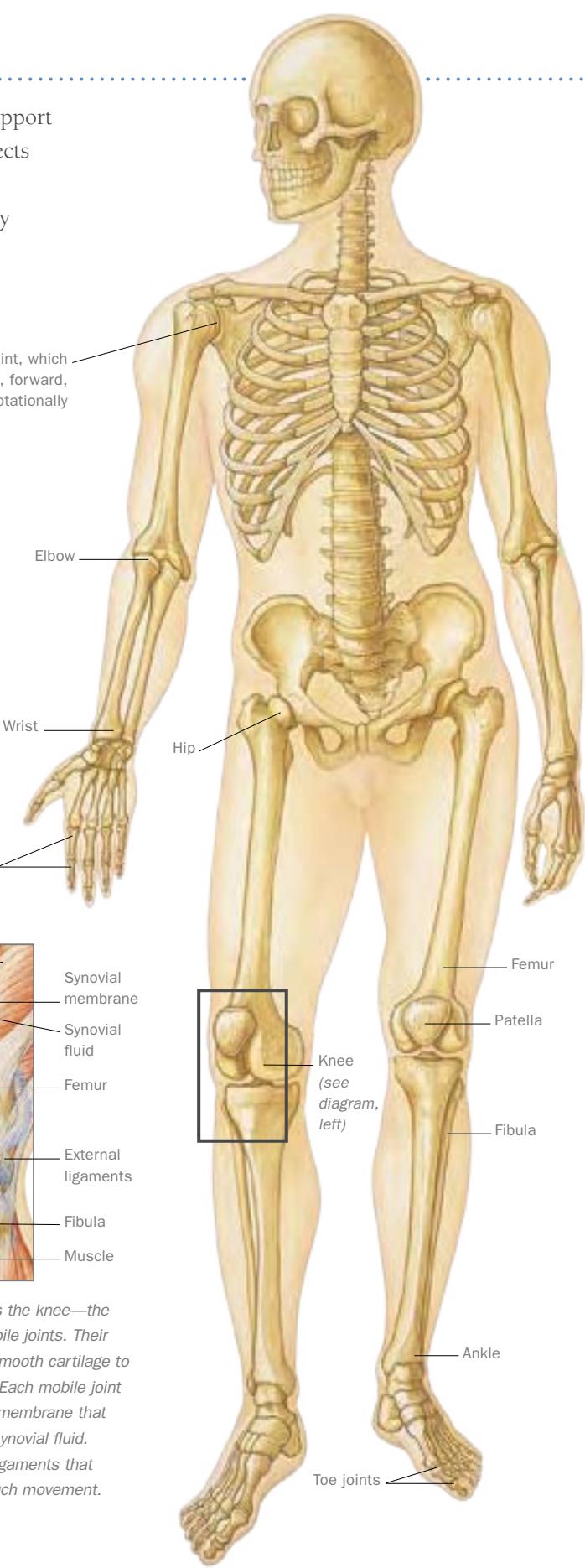
Shoulder is ball-and-socket joint, which allows movement backward, forward, sideways, and rotationally

SYSTEM OF JOINTS A joint is where two bones meet. There are different types of joints throughout the body, depending on their location. Most joints are mobile (see diagram, below). They are versatile and lubricated so that bone surfaces slide over each other easily, facilitating body movement. Other joints are less movable, or fixed, and their main function is to provide support for the body.

Fingers have hinge joints, the simplest kind of joint, which allows bending and straightening



HOW JOINTS WORK Joints such as the knee—the largest joint in the body—are mobile joints. Their bone surfaces are covered with smooth cartilage to reduce friction during movement. Each mobile joint lies within a capsule lined with a membrane that secretes a lubricating fluid—the synovial fluid. Mobile joints are surrounded by ligaments that support them and prevent too much movement.



ROSACEA

Rosacea, or acne rosacea, resembles mild adolescent acne in some respects, but its main feature is flushing of the skin. It is most common among middle-aged women. In serious cases in elderly men, it may lead to a bulbous swelling of the nose called rhinophyma. Rosacea tends to last for between five and ten years before disappearing.

Symptoms

- Flushed cheeks and nose, possibly induced by drinking hot drinks or alcohol, eating spicy foods, or entering a warm room.
- Possible permanent redness of the skin and small, pus-filled spots that are similar to mild acne.

Causes

The causes of rosacea are largely unknown, but oral contraceptive drugs and corticosteroid ointments prescribed for other skin conditions, such as eczema, may precipitate it. Stress may exacerbate the condition. In women rosacea often strikes during or after menopause, when the condition is most probably linked to hormonal changes affecting the sebaceous glands in the skin.

Conventional care

The usual treatment for rosacea is a long course of tetracyclines. These are very effective in suppressing the small, pus-filled spots, but they do not tend to make much difference to the underlying red discolouration. Being antibiotics, they may harm the bacterial flora of the intestine, necessitating the subsequent use of acidophilic supplements.

Homeopathic medicine

A homeopathic practitioner will take a full medical history, paying particular attention to the onset and progression of rosacea and its possible triggers, followed by an examination of affected areas.

Many remedies are suitable for the constitutional treatment of symptoms of rosacea (see page 18), but prescription will depend upon the individual. Among the remedies often chosen are *Carbo veg.*, for when blood stagnates in capillaries, resulting in poor oxygen supply to facial tissue; and *Lachesis* for hemorrhaging that allows infection to set in. *Psorinum* is prescribed for problems of the sebaceous glands; and *Rhus tox.* is given for infection such as that forming boils. Homeopathic remedies prescribed for acute symptoms include

Belladonna, for the early stages of rosacea, when the face is red, dry, and burning hot; and *Arsen. alb.*, when the skin is flaky and scaly, there is restlessness, and the condition is better for warmth generally as well as for warm compresses applied to the affected areas. *Viola tri.* may be prescribed if rosacea is mainly concentrated on the chin, and the urine smells like cat urine; while *Silica* is given if the main problem is pustules that remain for long periods of time. *Calc. phos.* is prescribed for rosacea that is found mainly on the nose, and is accompanied by many pimples; and *Kali. brom.* is given when the forehead and cheeks in particular are flushed, and there are itchy pustules.

Lifestyle

Specifically, if rosacea is associated with vaginal discharge and general fatigue in women, a yeast- and sugar-free diet accompanied by acidophilic supplements is advisable. Naturopaths—those who promote health and natural healing by means of diet, exercise, and complementary care—believe that rosacea develops as a result of both stress and an inappropriate diet, especially one that is high in animal protein and fat, refined carbohydrates, and dairy products. Following a mainly fish and vegetarian diet for one month may be beneficial. Alcohol and coffee are best avoided. If stress is an aggravating factor, relaxation techniques, yoga, meditation, or tai chi may help on a daily basis. Any emotional problems should be solved, with the help of a counselor if necessary. Local applications of calendula solution or tea-tree oil may alleviate the condition (10 drops calendula mother tincture to 1.25 quarts [liters] cooled, boiled water, or 2 drops tea-tree oil).

CAUTION

- If the nose is swelling, consult a doctor.
- If an acnelike rash develops while taking steroids, either orally or in an ointment, consult a doctor to discuss discontinuation.

CASE HISTORY

William was a 57-year-old retired blacksmith. He came to the consultation with a ten-year history of rosacea. It had started with small spots above the eyebrows, but had progressed to boils and redness of the whole face. He had been prescribed an antibiotic, oxytetracycline, which upset his bowels, and then another form of tetracycline to be applied (as a solution) to the affected areas.

PERSONAL DETAILS

As well as a red face and several small boils on his nose, William had a coated tongue, a slightly swollen upper lip, and a strong body odor. He described himself as superstitious and a perfectionist. He became depressed easily, and worried constantly about his health.

FOOD PREFERENCES

William had a huge appetite, even needing to eat in the middle of the night, but he never put on any weight. He liked beer and acidic foods, but not meat. He had a great thirst, but his skin condition was exacerbated by drinking coffee.

GENERAL DETAILS

William felt the cold greatly, and wore a lot of clothes even in summer. He hated winter and loved hot, sunny weather. Despite this, he had a tendency to feel very hot in bed, and did not like becoming overheated from physical exertion.

PRESCRIPTION & FOLLOW-UP

William was prescribed *Sulphur*, which helped the rosacea initially. The condition deteriorated, however, if he stopped using tetracycline. He was then given *Psorinum* in increasing potencies over a period of about 18 months, and this produced a remarkable improvement in his condition. He was able to stop applying tetracycline, and eventually to take *Psorinum* on the odd occasion only if he felt the rosacea might be about to flare up again. Interestingly, William had also suffered from irritable bowel syndrome for about 40 years, and this condition also improved for taking *Psorinum*. When last heard of, William had been completely clear of symptoms of rosacea for four years.

SEVERE ECZEMA

Local inflammation of the skin, or eczema, may be accompanied by itching, blistering, and oozing, may be associated with an allergic reaction, but the cause is often unknown. Childhood eczema, which usually occurs in the flexures behind a knee or in the bend of an elbow, usually clears up by the time the child reaches puberty.

Symptoms

- Red, itchy, and scaly skin.
- Inflamed areas, possibly with small, red pimples that weep or bleed if scratched.
- Possible blistering of skin.
- Possible cracked and painful skin.
- Possible issue of pus if broken skin becomes infected.

Causes

Atopic eczema occurs in people with a genetic tendency to develop allergies. Contact eczema—or contact dermatitis (some forms of eczema are also known as dermatitis)—is caused by touching items to which the body is sensitive, such as fabric, metal, or plants. Seborrheic dermatitis may be inherited but is not linked to allergy. Of unknown cause, it produces flakiness and itchiness on the face, scalp, and other hairy areas, and may be worse for stress. Detergent dermatitis afflicts those using cleaning products. Varicose eczema tends to be associated with inefficient circulation in the legs, although the precise cause is unknown.

Conventional care

With atopic eczema, eliminating certain foods or food additives from the diet may identify an allergy. With contact eczema, patch tests are useful. Antihistamine drugs can reduce irritation, while antibiotics are prescribed for infection. Corticosteroid ointments inhibit inflammation, but they should be used only when the risk of infection or irritation is so severe that it prevents sleep, thus increasing stress and exacerbating the eczema.

Moisturizing ointments may be beneficial.

Homeopathic medicine

A full medical history of the condition, any family history of allergy, and possible triggers will be studied by a homeopath. A person's psychological makeup, food preferences, and environmental factors will also be investigated.

Constitutional remedies will be largely determined by an individual's symptoms (see page 18). *Calc. sulph.* is indicated for skin

eruptions that easily become infected; while *Dulcamara* is effective for thickening of the epidermis. *Graphites* is associated with sticky fluid exuded from inflamed patches that dry out to become rough and hard; and *Rhus tox.* is also prescribed for infected skin. Other remedies commonly prescribed are *Arsen. alb.*, *Baryta mur.*, *Calc. carb.*, *Hepar sulph.*, and *Sulphur*.

Local remedies prescribed for acute conditions include *Psorinum*, if the skin is broken and very sensitive, and the slightest scratch becomes infected, forming a green crust that burns and itches, then cracks and bleeds. *Oleander* is given for skin that is very dry, sensitive, and itchy so that the slightest friction results in soreness, and scratching causes the skin to bleed and weep. *Mezereum* is prescribed for itchy, thick scabs, beneath which there is pus, and which are worse for warm baths. *Cicuta* is used for eczema that is worse on the face and hands, feels hot to the touch, and may include pustules.

Lifestyle

Rubber gloves should be worn for most household tasks, with cotton gloves inside them if there is sensitivity to rubber. As well as known irritants, substances and situations best avoided include colored toilet paper, antiperspirants, false nails, dehumidified air, and rapid temperature changes. The skin may benefit from lukewarm oatmeal herbal baths and cold milk compresses, but it should always be dried thoroughly. Clothes should be rinsed well after washing. The diet should ideally include plenty of fish and vegetables, while amounts of animal protein, fats, refined carbohydrates, and dairy products should all be reduced.

CAUTION

- If eczema deteriorates markedly, and especially if the skin is broken, inflamed, and appears to be infected, consult a doctor within 48 hours.

CASE HISTORY

Five-year-old Alex had experienced eczema for two years. The inflammation was widespread, and although it came and went on most parts of the body, it was constantly on his forehead. His arms and legs were worst affected, with some scarring. He was on hydrocortisone, and had been prescribed antibiotics for skin infections on two occasions. The eczema worsened when Alex was ill.

PERSONAL DETAILS

Alex was born in Hong Kong. His eczema started about the time that his baby brother was born. The family then returned to the US, the father changed careers, and the family moved again before life settled down. His mother described Alex as lively, excitable, loving, and nonaggressive. He was good with his hands, and liked taking things apart. He loved attention, and was sometimes jealous of his younger brother.

FOOD PREFERENCES

Alex loved most foods, especially fatty and sweet ones, and those with strong flavors, which was unusual for a child of his age.

GENERAL DETAILS

Alex tended to grab everything and put it in his mouth, behavior characteristic of a child younger than he was. His itching was worse for bathing, or if he was overheated or overexcited. The itching was also worse at night, and Alex had many a sleepless night as a result of his condition. His skin was always dry, and bled if he scratched it.

PRESCRIPTION & FOLLOW-UP

When first seen, Alex's skin was slightly infected. He was given *Silica* for the infection, and his mother was advised to bathe Alex's skin with a solution of *calendula* and *hypericum*, and apply *calendula* ointment. Alex's eczema symptoms and general picture indicated *Sulphur*, and he was prescribed a variety of potencies of this remedy over the next eight months. By the end of that time, his condition was much improved, and he hardly needed to take the *Sulphur* at all. He was finally discharged, having been totally weaned off his conventional drug treatment.

PSORIASIS

This fairly common skin disease consists of inflamed areas that are often covered by silvery scales. A chronic condition that flares up at intervals, psoriasis can cover a large area, including the face, and can be very disfiguring. It affects about two percent of the population in Europe and North America, but is less common in other regions.

Symptoms

- Unsightly patches of flaky skin that can occur anywhere on the body, possibly with itching.
- Patches are slightly raised and deep pink, often overlain with silvery scales.
- Possible pitting of the nails.
- Possible inflammation of the joints.

Causes

There may be a genetic tendency. The basic problem with psoriasis is that new skin cells form more quickly than usual, causing accumulations of living cells. These create thickened patches of skin covered with dead, flaking cells. The condition varies in severity, and may be triggered by infection, particularly that caused by the streptococcal bacteria, or by drugs such as chloroquine used in the treatment of rheumatic pain and malaria. Stress or injury may also trigger psoriasis.

Conventional care

In mild cases, light therapy can help up to 75 percent of those afflicted. It may be combined with a psoralen, a substance that makes skin more sensitive to light. Exposure times should be increased only gradually, and soothing, moisturizing ointments should be applied. Moderate cases of psoriasis are treated with dithranol or coal-tar ointments, corticosteroids, or vitamin D analogs. Severe cases may be treated with cytotoxic drugs such as methotrexate, which retards cell division. This may cause serious side-effects such as abnormal bleeding or a decreased resistance to infection. Nonsteroidal anti-inflammatory drugs may be used to treat psoriasis, but they may cause digestive problems, even stomach ulcers.

Homeopathic medicine

A full medical history is obtained and, if there is doubt about the diagnosis, skin scrapings are taken. In treating psoriasis, great emphasis is placed on an individual's psychological makeup, particularly factors that might have

triggered the condition, such as stress or emotional upset. Environmental factors and food preferences are also significant.

The most important criteria in determining constitutional prescription are the person's individual symptoms (see page 18). Some remedies in particular are associated with the treatment of psoriasis, however. *Arsen. alb.* is indicated for dry, rough, and scaly skin; and *Lycopodium* is effective for dry skin and raw areas in the flexures. *Sepia* is prescribed for the thick crusts that form on the elbows; while *Staphysagria* is used to treat skin conditions that are affected by irritability of the nervous system.

Specific remedies for local problems include *Sulphur*, for dry, red, scaly, itchy patches that are worse after a bath; *Graphites*, if the skin behind the ears is affected; *Petroleum*, when the skin is extremely dry, and psoriasis is worse in winter, with deep, bloody cracks, especially on the hands, fingertips, genitals, and elbows; and *Phytolacca*, when there are lesions with a purple coloration.

Lifestyle

Reducing stress by means of relaxation techniques, meditation, tai chi, or yoga, and nutritional therapies can help this condition enormously, as can a diet that includes plenty of fish and vegetarian sources of protein rather than meat and dairy products. Refined carbohydrates should be eliminated, along with caffeine, alcohol, and tobacco. It is advisable to lose excess weight, and make sure that the bowel functions well, taking extra fiber if necessary, and plenty of water. It may be worth using marine oils, such as cod-liver oil, for cooking, and avoiding foods containing yeast.

CAUTION

- If symptoms show no improvement after two weeks of homeopathic remedies and lifestyle changes, see a doctor.

CASE HISTORY

Kate, 22, had been affected by psoriasis since she was six. It had worsened in the last year following the breakup of a relationship. She was taking corticosteroids and applying a vitamin-D-based ointment. Her skin was inflamed and itchy. The condition was worse if Kate was tired, and often coincided with attacks of tonsillitis.

PERSONAL DETAILS

Kate believed herself to be ambitious, but she lacked confidence. She felt as though the psoriasis had eaten away every part of her body.

FOOD PREFERENCES

Kate had a great thirst and liked very cold drinks. She would drink ice-cold milk, which was sometimes vomited as soon as it was warmed in the stomach. She loved salt, acidic and spicy foods, and ice cream. She disliked fruits, warm foods and drinks, and coffee.

FEARS

Kate had fears of failure, of letting down her parents and her friends, of living alone, and of thunderstorms.

GENERAL DETAILS

Kate was better for sun, but disliked great heat. She felt faint if she put her hands in cold water. She was aware of falling pressure before thunderstorms, and sometimes suffered headaches. She disliked mornings and evenings, and was better for catnapping, eating, and massage.

PRESCRIPTION & FOLLOW-UP

Kate was given *Phosphorus* and her skin condition started to improve. She began to take life more easily, and sleep more. In fact, she felt that the *Phosphorus* relaxed her so much that all she wanted to do was sleep. Over 12 months she weaned herself off the corticosteroids, and reduced the application of cream to once a week. She no longer suffered from recurrent sore throats. Kate's psoriasis returned after a year, when she had a cancer scare and started to work in the city, with the stress of commuting. She was again prescribed *Phosphorus* and the psoriasis settled down. It still flares up if Kate is under stress, but *Phosphorus* is usually effective.

OSTEOARTHRITIS

Osteoarthritis is a degenerative disease of the joints that breaks down cartilage, causing restriction of movement and sometimes pain. It has been estimated that in some parts of the developed world, up to 90 percent of people over 40 have osteoarthritis in one or more joints. Severe osteoarthritis affects three times as many women as men.

Symptoms

- Stiffness and pain in the affected joints.
- Possible swelling of the joints, most commonly weight-bearing joints such as those in the hips, knees, and spine.
- Weakness and loss of bulk in the muscles surrounding the affected joints if they are not used regularly.
- Possible deformation of affected joints.

Causes

The degeneration of cartilage covering the ends of bones occurs with age or as a result of injury or overuse. The bone ends touch, causing them to thicken and thus restrict joint movement. This results in inflammation. There may also be outgrowths on a bone called osteophytes, which increase the pain and stiffness, and may press on blood vessels and nerves. The early onset of osteoarthritis may be the result of a congenital joint deformity.

Conventional care

Diagnosis is usually possible following examination, but can be confirmed by X-ray. Conventional treatment is largely symptomatic, using painkillers and nonsteroidal anti-inflammatory drugs. Steroids are sometimes injected into the joint. If a joint is badly worn, it may need surgical replacement with an artificial joint. Hip-replacement operations, for example, have a high success rate, but need to be repeated after 20 to 30 years. If replacement is not an option, the joint may be fused to prevent pain.

Homeopathic medicine

Homeopathic treatment of osteoarthritis is mostly localized, depending on the joint affected, the nature of the pain, and other symptoms. Constitutional treatment may be required if there is a genetic tendency. Emotional or environmental factors will be less significant than in other serious ailments, since osteoarthritis is a mechanical failure, although stress makes any symptoms less bearable. The choice of constitutional remedy will depend

upon an individual's symptoms (see page 18), but remedies commonly used include *Apis*, which is prescribed for inflammation of synovial membranes and overproduction of synovial fluid; and *Silica*, which is given for the destruction of bone and enlarged bursae (fluid-filled pads that cushion pressure points near a joint). *Calc. carb.* is indicated for osteoarthritis associated with growths on the bone; and *Causticum* is prescribed for inflammation of the joints leading to deformity. Other constitutional remedies used include *Kali. carb.*, *Lycopodium*, *Merc. sol.*, *Nat. mur.*, *Pulsatilla*, *Sepia*, and *Sulphur*.

Remedies given for acute symptoms include *Aconite*, for shooting pains in a joint accompanied by numbness and tingling; and *Belladonna*, for joints that become red, swollen, and shiny quickly, and are unbearably painful if jarred. *Bryonia* is prescribed for joints that are red, swollen, and hot, with the least movement causing agonizing pain; and *Ledum* is given for joints that feel cold, are swollen, make cracking noises on moving, and are better for cold compresses.

Lifestyle

A diet that is high in alkaline-forming foods and low in acid-forming ones is beneficial. This means more fish and vegetarian protein and less caffeine, sugar, citrus fruits, wheat, and dairy products. Losing excess weight will relieve pressure on the joints. Smoking is inadvisable. Exercise such as cycling or walking is beneficial; well-cushioned shoes should be worn. Sleeping on a firm bed and catnaps during the day are also helpful. Yoga may relieve stress, and warm compresses may help to alleviate pain. Dependency on tranquilizers, painkillers, or sleeping pills should be avoided.

CAUTION

- If the pain suddenly becomes more severe, or additional joints become affected, consult a doctor within a week.

CASE HISTORY

Doris, 60, had suffered from osteoarthritis for six years. It had started in the right wrist, then developed in the left. An X-ray had revealed bone changes in the thumb joint. Doris was not aware of any precipitative factors. She was unable to take nonsteroidal anti-inflammatory drugs because they upset her stomach.

PERSONAL DETAILS

Doris had been a dental technician before getting married and having three children, the eldest of whom had died in a traffic accident. Doris was generally happy and contented, although she often felt restless, and worried constantly about her other two children, even though they had long since left the family home. She had a great interest in the arts and practiced meditation.

FOOD PREFERENCES

Doris had a desire for mayonnaise, milk, coffee, and wine. She disliked pineapple, vinegar, coconut, and some fish.

GENERAL DETAILS

Doris hated cold, damp weather, which made her condition worse. Her joints would seize up during sleep and when at rest, were painful when they were first moved, then better for continuous motion. Doris also had a red-tipped tongue.

PRESCRIPTION & FOLLOW-UP

First of all Doris was put on an alkaline diet for arthritis, but to no avail. There was a family history of allergy and respiratory problems, so she was given *Tuberculimum* on a weekly basis, and *Rhus tox.* three times daily for the arthritis. On this regimen there was a slow improvement, but Doris then developed catarrh and sinusitis. As the catarrh continued, however, her wrist pain diminished until she could unscrew the lid of a jar, a task that she had been unable to do for years. She continued to take *Tuberculimum* until the catarrh cleared up. She was not seen for a couple of years, when pain recurred in her right thumb. She was prescribed *Rhus tox.* again, which was effective. When Doris was seen nine years later for another complaint, she reported that her joints were fine.

RHEUMATOID ARTHRITIS

Rheumatoid arthritis is an autoimmune disease, in which the body's immune system attacks the joints. There is a juvenile form, but the disease usually starts in early adulthood or middle age. This form of arthritis affects about two percent of the world's population, and afflicts more women than men.

Symptoms

- Mild fever, muscle aches and pains, loss of appetite, and weight loss may precede the main symptoms.
- Pain and stiffness—mainly in the small joints of the hands and feet, but also in the wrists, neck, ankles, and knees—that may start suddenly and are worse in the morning and for rest.
- Possible exacerbation of symptoms during menstruation.
- Possible rheumatoid nodules beneath the skin.
- Possible association with Raynaud's disease or anemia.
- Possible deformation of joints, fluid-filled swelling around joints, and inflammation of the tendon sheaths.

Causes

It is not known why the immune system should start to attack the joints. There may be a genetic tendency; some people with a certain tissue type may be prone to rheumatoid arthritis. The result is that the linings of joint capsules become inflamed. The inflammation spreads to other parts of the joint and even the bones themselves. The process may be triggered by infection, environmental pollutants, stress, or taking certain drugs.

Conventional care

Diagnosis is confirmed by X-ray and a blood test that can identify a "rheumatoid factor." Conventional treatment focuses on reducing inflammation with nonsteroidal anti-inflammatory drugs and penicillamine or sulfasalazine injections. Failing these, immunosuppressant drugs such as steroids or azathioprine will retard the autoimmune response. Physiotherapy can relieve muscle spasms and stiffness, and splints help to reduce pain in the hands and wrists. Replacement surgery may be necessary if a joint has been damaged.

Homeopathic medicine

Homeopathy considers rheumatoid arthritis to be a complex condition. A genetic tendency may be addressed by antimiasmatic treatment (see page 20). Diet and lifestyle will be studied closely, as will stress or psychological factors as potential triggers of the disease. The choice of remedy will largely be determined by individual symptoms (see page 18). *Aurum met.* is indicated for destruction of the bone; and *Bryonia* is used for inflammation and the overproduction of synovial fluid. *Calc. phos.* affects the maintenance of bones, and is given if they are soft, thin, and brittle. *Causticum* is prescribed for inflammation of the joints leading to deformity. *Iodum*, *Kali. bich.*, *Lycopodium*, and *Medorrhinum* are also commonly used.

Local remedies include *Rhus tox.*, when there is pain on waking and in cold, damp conditions; and *Colchicum*, for hot, stiff joints, and pain that moves from joint to joint and is agonizing at night or for touch. *Iodum* is used for joints that feel tight and pain that is worse at night, when the bones are also affected; and *Spigelia*, for tearing pain near the joints as if a knife were scraping along the bones.

Lifestyle

A high-alkaline diet is beneficial, as are evening primrose oil, antioxidants, green-lipped mussel extract, brazil nuts, and the wearing of a copper bracelet. Regular but moderate exercise that does not exert pressure on weight-bearing joints is advisable. Swimming is ideal, preferably in a heated pool. Catnaps, or periods of rest with the eyes closed, are beneficial.

CAUTION

- If a joint becomes deformed, see a doctor.
- If there are breathing difficulties or chest pains, see a doctor immediately.
- If the eyes are dry and there are lumps in the neck, under the arms, or in the groin, see a doctor as soon as possible.

CASE HISTORY

Penelope, a 54-year-old former dental technician, had developed arthritis gradually in her feet, especially the toes and ankles, four years before her consultation. A few months before she was seen, it had spread to her fingers, an alarming development since Penelope was a piano player. She had been prescribed anti-inflammatory drugs, but they had made her nauseous. She had tried acupuncture and *Bryonia*, which had helped slightly.

PERSONAL DETAILS

Penelope was a pleasant, intelligent woman, who liked the arts and reading. Her main fear was of feathers. She described herself as emotionally closed, and disliked sympathy, which made her feel sorry for herself. She had a happy marriage, but her mother had lived in Penelope's home for 30 years after her husband's death. Having become ill about five years previously, her mother had moved into a nursing home a few months before Penelope's homeopathic consultation.

FOOD PREFERENCES

There were no particular foods that Penelope strongly liked or disliked, although she did prefer salty rather than sweet foods.

GENERAL DETAILS

Penelope was worse on first moving in the morning, but did not appear to be affected by any particular weather conditions.

PRESCRIPTION & FOLLOW-UP

The deterioration of Penelope's health seemed to be closely linked to events in her mother's life. Penelope had not grieved properly for her father, however, and this increased the emotional impact of her mother's experiences, and took its toll on Penelope's immune system. She was prescribed *Nat. mur.* in a high potency and *Rhus tox* specifically for her joints. One month on, she had stopped taking anti-inflammatories, and felt better for having dealt with the loss of her father. Her joint pain had reduced to such an extent that she was teaching the piano again. Two years later she reported only the slightest twinges of pain, which responded to *Rhus. tox.*

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 by 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.

Female reproduction

The vagina receives sperm from the penis of the male during sexual intercourse. The sperm pass through the opening of the cervix into the uterus on their way to find an egg that has been expelled from an ovary. A fertilized egg travels down the fallopian tube and, after many cell divisions, embeds itself in the wall of the uterus. For the first eight weeks of its development it is called an embryo; thereafter, it is a fetus.

If no fertilization occurs, the lining of the uterus, or endometrium, is shed during menstruation. This occurs about every 28 days. The menstrual cycle is under the control of hormones produced by the pituitary gland in the brain.

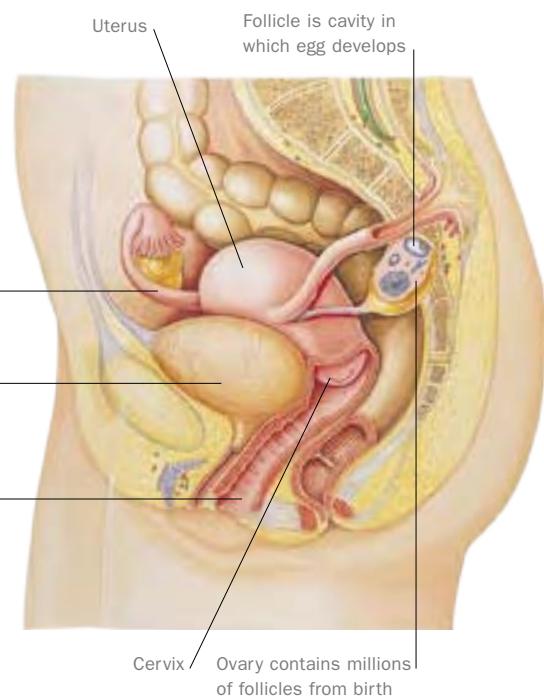
Male reproduction

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.

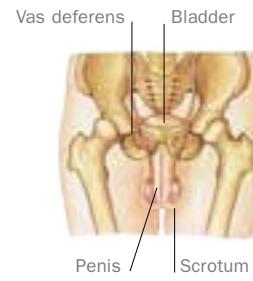
FEMALE REPRODUCTION An egg shed by an ovary is swept up by the pronglike ends of the fallopian tube. A fertilized egg will pass down into the uterus and embed itself in the lining. The uterus expands greatly to accommodate a developing fetus.



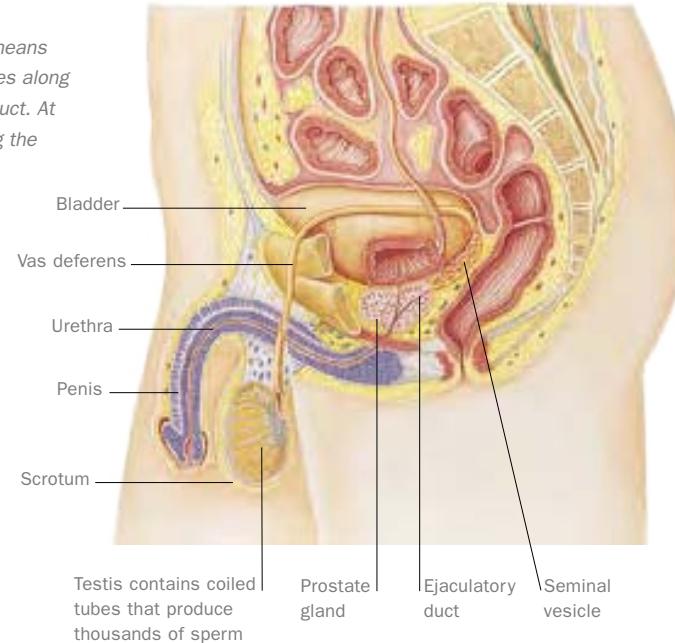
LOCATION OF SYSTEM The female reproductive system lies inside the pelvic cavity, surrounded and protected by the pelvic bones. This space is wider than in the male to accommodate the enlarging uterus in pregnancy.



MALE REPRODUCTION During sexual intercourse sperm are propelled by means of muscle contractions from the testes along the vas deferens to the ejaculatory duct. At ejaculation, semen is propelled along the urethra and out of the penis.



LOCATION OF SYSTEM The male reproductive organs are not within the pelvic cavity. In fact, they lie outside the body altogether—in the scrotum.



FIBROIDS

Fibroids are benign (noncancerous) tumors in the uterus. In the developed world, they occur in about 20 percent of women over 30, mainly between 35 and 45. A fibroid may grow steadily in the wall of the uterus, or project into the uterine cavity, in which case it will be attached to the wall by a stalk. Fibroids shrink after menopause.

Symptoms

- Possibly no symptoms at all if a fibroid is very small.
- Possible heavy or lengthy menstrual periods that may cause anemia if a fibroid is large.
- Symptoms of cystitis if a large fibroid presses on the bladder.
- Backaches or constipation if a large fibroid presses on the colon.
- Possible difficulty in conceiving, miscarriage, pain during pregnancy, or problems during labor if there is a large fibroid in the uterine cavity.
- Severe pain if a fibroid stalk becomes twisted, cutting off its blood supply.

Causes

Fibroids are growths in smooth muscle and connective tissue. It is believed that they grow in response to estrogen stimulation or as an abnormal response to normal levels of estrogen. They can be caused by taking oral contraceptives, and tend to enlarge during pregnancy. As a result of the decrease in estrogen levels during the menopause, fibroids shrink and eventually disappear.

Conventional care

Small, symptom-free fibroids are often discovered during routine gynecological examinations or ultrasound scanning. Small fibroids do not require treatment, but they are usually monitored. The conventional treatment for fibroids that cause pain involves the removal of the fibroid (myomectomy), or—especially if there is heavy bleeding—the removal of the uterus (hysterectomy).

Homeopathic medicine

Homeopathic treatment aims to correct imbalances in estrogen levels or the body's extraordinary response to normal estrogen levels. A constitutional approach will address the interaction between the ovaries and the pituitary gland. The choice of remedy will depend upon an individual's particular symptoms (see page 18). *Calc. carb.* is used for

the treatment of growths on stalks that project from the uterine wall. For problems that may be associated with fibroids, *Lachesis* is indicated when the circulation of blood in the uterus leads to bleeding into surrounding muscle. *Phosphorus* is used for the overdevelopment of muscle, and *Sepia* is associated with inflammation of the uterus and prolapse (displacement of the uterus).

Remedies may be prescribed specifically in an attempt to shrink a fibroid. These include *Calc. iod.*, when fibroids are small and there is a profuse, yellow vaginal discharge; and *Fraxinus*, when the uterus is swollen and accompanied by an urge to bear down, and there are painful cramps and a watery, brown vaginal discharge during menstruation. *Silica* is used when menstrual periods are heavy, possibly with intermittent bleeding, and the body feels ice-cold; and *Aurum mur.* is often prescribed for a swollen, painful uterus with spasmodic vaginal contractions.

Lifestyle

A diet that is high in fish and vegetarian sources of protein and raw vegetables, and low in meat, dairy products, refined carbohydrates, caffeine, and alcohol is advisable, especially if the fibroids are associated with heavy bleeding. Half-an-hour's moderate exercise a day, with care not to overexert, is recommended. There is some evidence that progesterones extracted from Mexican yams and applied to the skin as a cream may counteract the effects of estrogen and therefore shrink the fibroids. This product is not always readily available over the counter, however.

CAUTION

- If there is severe pain in the lower abdomen, see a doctor immediately.
- If a fibroid is causing abdominal swelling comparable with that in the twelfth week of pregnancy, and the person is not approaching menopause, removal may be necessary.

CASE HISTORY

Natasha, 35, had emigrated from the former USSR ten years previously with her husband. She had two children. Before her consultation, a plum-sized fibroid had been revealed by a checkup following a pap smear. Natasha complained of heavy periods with a black discharge two days before the onset of menstruation.

PERSONAL DETAILS

Natasha was an anxious person who worried about her health and that of her children, death, the future, and being deserted by her husband. She was dissatisfied, restless, fastidious, and always rushing. She dreamed of being in quicksand or drowning. She would awake in panic at around 1 a.m.

FOOD PREFERENCES

A stomach problem diagnosed as a hiatus hernia made Natasha vomit at night. She loved sweet, salty, fatty, and acidic foods, but at times completely lost her appetite. Milk, coffee, spicy foods, chocolate, and too much fat upset her digestion.

GENERAL DETAILS

Natasha felt the cold greatly and loved hot weather. She liked hot compresses on her stomach during menstruation. She was worse for exertion and between midnight and 2 a.m., and hated tobacco smoke.

PREScription & FOLLOW-UP

Natasha was given *Arsen. alb.*, and within a few days felt more relaxed. Her period was a week early, with the discharge as before, but it was less heavy than usual. She was then put on a diet low in refined carbohydrates and free of caffeine. This made her feel weak but generally better. Her next period occurred at the right time, with no discharge, but it was still heavy. Within the next couple of months, normal menstruation was restored with the prescription of *Solidago*. Two months later at a checkup, Natasha's gynecologist reported that the fibroid had reduced to the size of a small bean. After two years, Natasha developed benign breast lumps, which were treated effectively with *Sulphur*. Following a subsequent gynecological check-up, the fibroid was reported to have disappeared.

CANDIDIASIS

Candidiasis, or thrush, is a low-grade infection caused by *Candida albicans*, a fungus that lives in warm, moist conditions, and thrives if the immune system is at a low ebb. It mainly affects the vagina, in up to 50 percent of women in the developed world, even if there are no symptoms. It may also affect the mouth, digestive tract, and skin.

Symptoms

- Thick, white discharge from the vagina, possibly with itching and discomfort on passing urine. In men, candidiasis causes inflammation of the head of the penis.
- Yellowish white, raised patches on the lining of the mouth. If the digestive tract is affected, symptoms include indigestion, nausea, bloating, flatulence, diarrhea, constipation, and itching of the anus.
- In babies, inflamed type of diaper rash.
- Other associated symptoms include a skin rash, aches and pains, recurrent sore throat, dizziness, fatigue, blurred vision, and headaches.

Causes

Candida albicans is normally present in the vagina and often in the mouth, but is kept under control by bacteria. Some drugs, such as antibiotics, interfere with this. Candidiasis may flare up if the immune system is compromised, as in AIDS, or if there are metabolic problems, such as diabetes. Oral contraceptives and immunosuppressive and progestogen drugs also encourage it to proliferate. Local factors may affect its growth (see *Lifestyle*).

Conventional care

Candida albicans can be identified in the mouth or genitals from swabs, but there is as yet no definitive test for the digestive tract. It is treated with antifungal drugs. These come as suppositories for the vagina or as creams for applying to the vulva or penis. There are oral drops for the mouth.

Homeopathic medicine

Homeopathy is most effective in treating candidiasis in the genitals. A practitioner will study the reason for the proliferation of the bacteria. Choice of constitutional remedy will depend upon individual symptoms (see page 18), and especially the characteristics of the vaginal discharge. *Arsen. alb.* is prescribed for a burning, offensive-smelling discharge associated with inflammation; and *Graphites* for a profuse, thin, white discharge associated with inflammation. *Medorrhinum* is given for a fishy-

smelling discharge that feels as though it is stripping the skin off the vagina; while *Merc. sol.* is indicated for inflammation and bleeding of the vagina with a greenish discharge, and for inflammation of the penis. *Nitric ac.* is used to treat blisters and ulcers on the genitals.

Local remedies include *Lycopodium*, for an irritating vaginal discharge that is worse after menstruation, with itching and thickening of the vulval skin from scratching; and *Carbo veg.*, for an offensive-smelling, itchy, greenish, burning discharge that is worse for heat, and for cracking of the vulva. *Kreosotum* is prescribed for an offensive, sour-smelling discharge that stains underwear, with soreness and burning in the vagina; and *Nux vomica*, for an offensive-smelling discharge, especially during pregnancy, that is worse for heat, and is associated with frequent urination.

Lifestyle

Drugs known to aggravate the condition should be avoided. *Candida albicans* thrives on sugar, so the diet should be low in refined carbohydrates and, if allergy to fungal products is suspected, free of yeasts and molds. Acidophilic supplements encourage the growth of intestinal organisms to keep *Candida albicans* in check: garlic inhibits its growth. Regular exercise without overexertion is good.

Both sexual partners should be treated. Adequate lubrication during intercourse is advisable, using a lubricant if necessary, and condoms will prevent the spread of infection. The vagina may benefit from an acidic douche or the application of live yogurt; an infected penis may be treated with calendula ointment. Perfumed toiletries are best avoided.

CAUTION

- If discharge does not respond to treatment or lifestyle changes, and especially if it is green and irritating, see a doctor within five days.
- If a diaper rash becomes uncomfortable, red, and raw, consult a doctor within 48 hours.

CASE HISTORY

Thirty-year-old Sophie had suffered from vaginal candidiasis for eight months. She was also prone to eczema and urticaria. The candidiasis had been brought on by taking oral contraceptives, and was better for treatment with antifungal drugs, although it usually recurred at the end of a menstrual period.

PERSONAL DETAILS

Sophie described herself as a worrier. She did not dwell on the past, but felt angry that she was unable to find a part-time job that fitted in with caring for her son. She was ambitious and wanted to be a high achiever, but she tended to be untidy and disorganized.

FOOD PREFERENCES

Sophie had a large appetite, although she did not put on weight. She loved sweet foods, the fat on meat, spicy foods, and alcohol. Alcohol tended to upset her digestion, however. She disliked meat, eggs, olives, and chicken.

GENERAL DETAILS

Sophie's condition was worse for bathing and in bed at night. She slept throughout the night but woke feeling unrefreshed. She disliked heat and felt better in cold weather. She often experienced a fall in her level of energy at about 11 a.m. or if she had to stand for any length of time.

PRESCRIPTION & FOLLOW-UP

Based on her symptoms, particularly the itching, Sophie was prescribed *Sulphur*, and advised to cut down on refined carbohydrates, to take acidophilic supplements and garlic, and to practice relaxation techniques, meditation, yoga, or tai chi. After a couple of months of treatment, the candidiasis disappeared completely and she felt better in herself. She resolved the conflict regarding her work and the care of her son by taking a job two days a week and finding an excellent babysitter to look after him. Two years later Sophie had another child and was not bothered by candidiasis either during the pregnancy or after the birth. She has kept to a diet that is low in refined carbohydrates, but has needed no further treatment.

BREAST PROBLEMS

The main problems affecting the breasts are inflammation (mastitis), breast lumps, and discharges from the nipples. Lumps occur mainly between the ages of 30 and 50, and 80 percent are benign. They should all be investigated promptly by a doctor, however. Regular self-examination and breast awareness are important for all women.

Symptoms

- Inflammation: possibly with tender glands under the arms, mild fever (mastitis), cysts (fluid-filled growths or swellings), or boils in the areola (brown areas surrounding the nipples).
- Benign lump (fibroadenosis): possible premenstrual tenderness in the breasts.
- Abscess: increasingly tender breast and hard, red, and painful spot, possibly accompanied by mild fever and tender glands under the arms.
- Tumor: a milky discharge (in women who are not pregnant or lactating) or a dark red discharge from the nipple, possibly accompanied by an unusual retraction of the nipple or an outbreak of eczema around the nipple.

Causes

Inflammation of the breast may be caused by a blocked milk duct, or bacteria entering a cracked nipple during lactation, or by infection from an abscess or from elsewhere in the body. Most benign lumps are hormonal in origin.

Conventional care

Mastitis and abscesses are usually treated with painkillers and antibiotics. An abscess may be surgically incised. Ultrasound, mammography, or biopsy are used to investigate lumps. Biopsy involves either the removal of the lump or the aspiration of fluid in order to identify cancerous cells. Discharge from the nipples may be investigated using the methods above or, in order to identify infection, by culturing a sample. Hormone levels are also measured.

Homeopathic medicine

A physical examination and investigative tests will be carried out, and details taken of a woman's gynaecological and obstetric history. A homeopath will also study precipitative factors affecting her general health—especially hormonal balances—in an attempt to identify the underlying causes of breast problems. The choice of constitutional remedy will depend upon individual symptoms (see page 18).

Silica is effective for abscesses; while *Sulphur* may be used to treat infection that has entered through cracked nipples, causing mastitis. *Calc. phos.* is prescribed for painful breast lumps and swelling; and *Conium* is used to treat hard tumors. *Calc. carb.* and *Pulsatilla* are indicated for lumps or inflammation that occur premenstrually or are linked to hormonal imbalances. Other remedies include *Arnica*, *Causticum*, and *Lachesis* for nipple pain; and *Graphites* for eczema and cracked, blistered nipples.

Local remedies include *Belladonna*, when an abscess or mastitis is developing and the breast is red, heavy, throbbing, and painful on the slightest movement; and *Bryonia*, if a breast is hard and painful on the slightest movement. *Conium* is given for a breast lump causing discomfort that is better for firm pressure, or for a cyst; and *Phytolacca* is prescribed for cysts that are tender before and during menstruation.

Lifestyle

Regular self-examination of the breasts is very important. It should be done at the same time every month, first standing in front of a mirror to observe any visual changes to the breasts or nipples, then lying down to feel any lumps, thickening, or tenderness in the breasts or armpits. Breast-feeding women with mastitis should bathe the affected breast in hot water, then breast-feed with the baby positioned lower than the affected area of the breast so as to drain the area of milk. A fish- and vegetable-rich diet with no caffeine is advisable for women affected by breast lumps.

CAUTION

- If there are changes to the nipple shape or color, or to the skin texture or hang of the breast, or if there is a hard or tender area or persistent pain, see a doctor as soon as possible.
- If there is discharge from the breast that is not associated with lactation, consult a doctor.

CASE HISTORY

Catherine, a 43-year-old former teacher, first started having mild mastitis after a kidney infection. She was prescribed the contraceptive pill, which helped. She also felt better when pregnant. After a couple of miscarriages, however, the mastitis got worse. She was given vitamin B⁶ and a hormone regulator, which made the condition worse. Catherine had an irregular menstrual cycle.

PERSONAL DETAILS

Catherine appeared to be easy-going, but inside she was a great worrier, and very anxious about what others thought about her. A highly sensitive woman, she was deeply moved by sad stories. At times she felt that she would go mad with pain and discomfort.

FOOD PREFERENCES

Catherine had a craving for boiled eggs, especially when she was premenstrual or pregnant. She also had a desire to eat indigestible items, such as chalk, coal, and pencils, and had a sweet tooth.

GENERAL DETAILS

Catherine felt the cold very easily, but tended to sweat profusely in bed, particularly on the back of her head so that the pillow would become damp. Her feet were often so hot that she had to stick them out of the bed during the night. She felt worse in cold, northeasterly winds, and better when the weather was warm and dry.

PRESCRIPTION & FOLLOW-UP

Catherine was prescribed a variety of homeopathic remedies, including *Conium*, *Lachesis*, and *Phytolacca*, and advised about dietary changes, but nothing brought more than temporary relief. When she was given *Calc. carb.*, however, the mastitis symptoms disappeared completely. After that she had the occasional dose of *Calc. carb.*, but remained largely free of pain and discomfort. During menopause, Catherine developed the first symptoms of mastitis that she had experienced in five years. She again responded well to *Calc. carb.*, needing just two or three doses during menopause. She has remained symptom-free ever since.

PROSTATE PROBLEMS

Disorders of the prostate gland rarely occur in men under 30. Enlargement of the prostate, and the consequent pressure on the bladder and urethra, commonly occur among men over 45. 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 (see page 208).

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 (see page 208).

Homeopathic medicine

Treatment is constitutional for all prostate problems, especially if they result from a hormonal imbalance. The choice of remedy will depend upon an individual's symptoms (see page 18). *Apis* is indicated for an enlarged prostate with urine retention. *Baryta carb.* is

prescribed for enlargement and hardening of the prostate. *Conium* is often effective for an enlarged prostate accompanied by a discharge of prostatic fluid; and *Thuja* is used to treat chronic enlargement of the prostate and inflammation associated with infection. Other constitutional remedies commonly used to treat prostate problems include *Calc. carb.*, *Lycopodium*, *Nux vomica*, *Pulsatilla*, and *Sulphur*.

Remedies for the specific symptoms of an enlarged prostate include *Sabal*, if urination is difficult or if there are spasms of the bladder or urethra; *Baryta carb.*, when there is a frequent urge to urinate, a slow stream of urine, and impotence; *Iodum*, when there are shrunken testicles, impotence, and the prostate feels hard; and *Argentum nit.*, for prostate problems associated with erectile dysfunction. For symptoms of prostatitis, *Sabal* is given if the prostate is enlarged and the area around the gland feels cold; *Chimaphila*, if prostatic fluid is leaking from the penis and there is urine retention; *Selenium*, when urine dribbles from the penis and there is impotence; and *Capsicum* for burning pains in the prostate.

Lifestyle

An enlarged prostate may benefit from 1 tbsp of lecithin as instructed, a zinc supplement, and evening primrose oil. The diet should include plenty of oily fish, but no caffeine, alcohol, or refined sugar. Constipation is to be avoided. *Sabal* is available in an herbal form called palmetto which is good for prostatitis, as is 2–3 tsp cold, pressed flaxseed oil taken twice a day.

CAUTION

- If there is a dragging feeling between the legs, difficulty in passing urine, and blood in the urine, or if there is acute urine retention (a few drops may be passed) causing abdominal discomfort, see a doctor as soon as possible.

CASE HISTORY

George was 74 and had a seven-year history of an enlarged prostate. It caused him to urinate every couple of hours, and he had to get up at least three times a night. Following a biopsy, he had been assured that there was no cancer. He had been generally healthy all his life, apart from having a tubercular lymph node removed when he was in his twenties.

PERSONAL DETAILS

This rather shy, apprehensive man was something of a perfectionist. Extremely ambitious, George had progressed to become president of one company he worked for and, when seen, had his own consultancy business—for relaxation, he claimed. He found the prospect of addressing large groups of people daunting, but performed well once he had begun.

FOOD PREFERENCES

George disliked extremes of heat and cold. Apart from his prostate problem, he was in extremely good health for his age. He experienced a lot of flatulence, and eating even small amounts of food made him feel full.

GENERAL DETAILS

George had a very sweet tooth and enjoyed alcohol. He liked his foods warm, and hated cold foods or drinks. Oysters, onions, and brassicas such as cabbage upset his digestion.

PRESCRIPTION & FOLLOW-UP

George was prescribed *Phosphorus* as a constitutional remedy and an herbal form of *Sabal* for his symptoms. This treatment reduced his urination at night slightly for a couple of months, after which the frequency increased to what it had been before. He was then prescribed *Lycopodium*, and his condition began to improve generally. He was getting up only once a night—considered to be normal at his age—and his sexual function also improved. George experienced a setback following minor surgery, but again responded well to *Lycopodium*. He continues to get up just once a night, and does not suffer from frequency of urination at all during the day. He takes the occasional dose of *Sabal* if he feels his condition might start to deteriorate.

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.

Symptoms

- Inability to conceive a child despite having regular sexual intercourse without the use of contraceptives.

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.

The most common cause of female infertility is failure to produce eggs. This may be the result of a hormonal disorder, stress, problems with the ovaries such as cysts, damaged fallopian tubes caused by pelvic inflammatory disease, or uterine abnormalities such as fibroids. The cervical mucus may be too stringy for sperm to get through, or it may contain antibodies that kill sperm. Rarely, defective chromosomes are responsible.

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. A post-coital semen test can reveal whether the cervical mucus is deterring the sperm. A temperature chart kept by the woman may help to reveal if and when ovulation occurs. Hormone levels will be checked and an ultrasound scan performed. A laparoscopy can explore the fallopian tubes and ovaries.

Artificial insemination can solve the problem of defective sperm. Hormone treatment can be given to either sex, and surgery may repair certain damage to the female reproductive organs; in vitro fertilization is also an option.

Homeopathic medicine

Provided there are no physiological problems, constitutional treatment will try to rectify imbalances in the body systems controlling reproduction. Remedies are determined largely by an individual's symptoms (see page 18). In men, *Aurum met.* is indicated for childhood atrophy of the testes or painful, swollen testicles; and *Causticum* for infertility associated with testicular pain or blood in the spermatic fluid. In women, *Nat. carb.* is prescribed for the non-retention of semen; and *Sepia* when infertility results from a hormonal imbalance and an aversion to sexual intercourse. Although not strictly an infertility problem, *Sabina* is effective for recurrent miscarriage in early pregnancy.

Specific local remedies for men include *Agnus castus*, for erectile dysfunction and a lack of energy; *Conium*, for erectile dysfunction, with cramps and cold legs; and *Lycopodium*, when there is increased sexual desire, but intercourse is spoiled by the anticipation of the failure to conceive. *Conium* is prescribed for women when infertility is associated with breast tenderness and suppressed sexual desire; and *Lycopodium* when there is lower abdominal tenderness and vaginal dryness.

Lifestyle

It is advisable to reduce intake of alcohol and caffeine, and desirable to eat organic foods and those that are high in zinc, such as whole grains and nuts. Drugs such as anabolic steroids and tobacco should be avoided. Overexertion is inadvisable, while relaxation techniques, meditation, and stress-reduction methods are all beneficial. Men should not wear tight-fitting pants and, if they have a low sperm count, should abstain from sexual intercourse in the week before the woman ovulates. There is some evidence to suggest that adopting the missionary position during intercourse, with the woman remaining still for 20 minutes afterward, will increase the chances of conception. Women are advised not to use vaginal douches, and to substitute egg white for KY jelly as a lubricant.

CASE HISTORY

Bob and Alice had two children, the first by a difficult forceps delivery and the second delivered normally after some homeopathic treatment. Alice, 35, had then had two miscarriages, since when she had been unable to conceive. Her periods were irregular, and tests showed that she was not ovulating. Bob, 42, had been diagnosed as having a low sperm count and poor mobility of sperm.

PERSONAL DETAILS

The couple had been happily married for 15 years. Alice had been upset by her doctor and hospital staff during the birth of her first child, and she also had problems with her stepmother (her father had remarried after his wife died when Alice was six). Bob was a taciturn, overweight man, who possibly only attended the consultation at his wife's request.

FOOD PREFERENCES

Both had a sweet tooth and ate a lot of refined carbohydrates. Bob drank a lot of coffee. He had a large appetite and felt better for eating. He liked eggs but not fats.

GENERAL DETAILS

Bob felt the cold easily, but sweated at night. Alice also felt the cold. She was worse for emotional stress and in the evening, but revived after midnight. She felt better for hot baths, eating, and massage.

PRESCRIPTION & FOLLOW-UP

Bob and Alice were put on a diet low in refined carbohydrates and caffeine, and given vitamin and mineral supplements. Bob was prescribed *Calc. carb.*, and Alice *Staphysagria*. Alice was advised to write, but not send, letters to the medical staff and her stepmother expressing her feelings. On her return a month later, she reported that Bob had lost 14 lb (6 kg) in weight and felt healthier. Alice felt emotionally relieved but somewhat detached from reality. She stayed on the diet and was given *Anacardium*. One month later Alice became pregnant and was given *Pulsatilla* for morning sickness. She was treated homeopathically to stabilize the pregnancy and relieve symptoms during the next few months before giving birth to a boy.

IMMUNE SYSTEM

The immune system is the collective name given to various mechanisms that enable the body to defend itself against invasion by infection-carrying agents such as bacteria, viruses, fungi, and foreign proteins. The skin, certain glands, and the lymphatic system are all part of the immune system.

How the system works

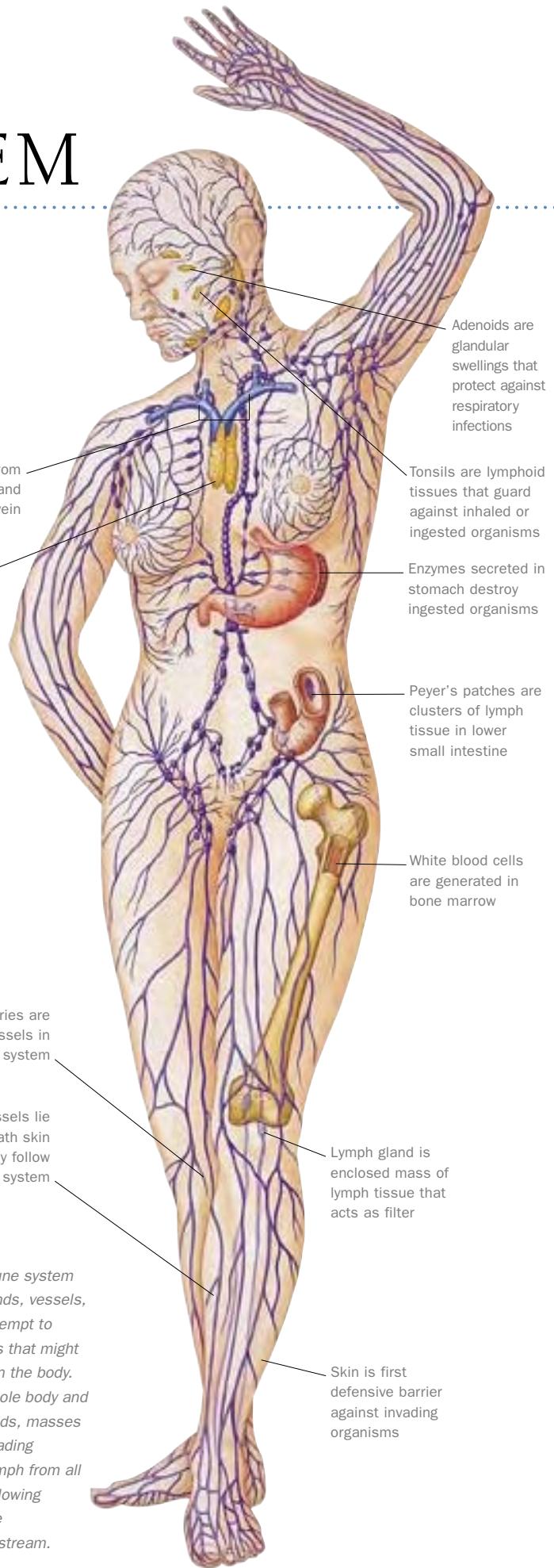
Any invading organism trying to enter the body must break down the defensive barriers erected by the immune system. It will probably pass through an area of broken skin or enter the respiratory and digestive tract via the mouth or nose. There are glands along these routes that produce protective enzymes or natural antibiotic secretions, but if an organism does break through into body tissue, the immune system relies heavily on the lymphatic system.

The lymphatic system

This body system consists of lymph vessels that carry lymph from the tissue spaces between cells all over the body to lymph glands, or nodes. Lymph is a clear fluid that derives from plasma in blood from which proteins and other nutrients have been removed. Lymph drains from the bloodstream into capillaries and then into the lymph vessels. The flow of lymph is controlled by muscle contractions and valves. Invading organisms are trapped in lymph glands dotted throughout the lymphatic system. Here they are attacked by scavenging white blood cells called macrophages. Lymph glands also produce lymphocytes, another form of white blood cell. Some lymphocytes (B-cells) produce antibodies that attack antigens on the surface of an invading organism (see page 206); other lymphocytes (T-cells) destroy invading organisms directly.

Lymphocytes have the ability to remember invaders that they have come across before, and so respond quickly if the body is invaded again. On the other hand, the immune system can fail to spot invaders, or it can overreact—by developing allergies—or react abnormally to the body's own tissues, as in autoimmune diseases such as rheumatoid arthritis (see page 197). Alternatively, it may fail to recognize that its own cells have begun to function abnormally, hence the development of cancer.

IMMUNE SYSTEM The immune system is a complex network of glands, vessels, tissues, and organs that attempt to eliminate harmful organisms that might cause infection or disease in the body. Lymph vessels cover the whole body and are studded with lymph glands, masses of lymph tissue in which invading organisms are attacked. Lymph from all over the body is filtered by flowing through lymph glands before draining back into the bloodstream.



CHRONIC FATIGUE SYNDROME (CFS)

Also known as myalgic encephalomyelitis (ME) and postviral syndrome, CFS was first recognized as a condition in conventional medical circles in the 1990s. Its symptoms mimic many other illnesses. It has been described as a physical illness brought on by stress. Three times more women than men are affected in the developed world.

Symptoms

- Identifiable fatigue that is present for 50 percent of the time and for at least six months, severely affecting physical and mental functioning.
- Muscular pain, weight fluctuation, and sleep disturbance.
- Possible abnormal temperature regulation, recurrent sore throat, swelling of the lymph glands, and depression.

Causes

CFS often follows a viral infection of the upper respiratory or digestive tract. It is not known why some people do not recover fully. It may be due to malfunctions of the immune or metabolic system, stress, overwork, overuse of antibiotics, dysfunctional production of the hormone melatonin, the effects on neurotransmitters in the brain of chemicals leaking out of the digestive tract, pollution or toxicity, or even geopathic stress (disruptions in radiation emitted by the Earth).

Conventional care

There is no single diagnostic test for CFS, and the nature of the condition makes it very difficult to conduct conventional research. A detailed medical history is required, together with a physical examination that concentrates on the body's neurological system. There is no conventional treatment as such. Anti-depressant drugs may be prescribed for sleep disturbances, but lifestyle guidelines form the basis of conventional care.

Homeopathic medicine

As a result of the large range of possible physical and mental symptoms, CFS is treated constitutionally. Psychological and environmental factors are studied in particular, together with the person's dietary history. The choice of remedy is determined largely by an individual's symptoms (see page 18). *Phosphoric*

ac. is prescribed for weakness in the spinal cord and associated nerves; *Nat. mur.* is effective for fatigue—affecting the knees, ankles, and dorsal spine in particular—caused by mental exertion. *Calc. carb.* is used to treat fatigue, particularly of the thigh muscles, caused by walking; and *Arsen. alb.* is given for fatigue, especially of the chest muscles, caused by walking.

Remedies for localized, specific symptoms include *Belladonna*, when there are swollen glands in the neck and groin, muscular and joint pains, aches and burning pains all over the body, and a constant sore throat; and *Causticum*, when there is permanent chilliness, stiffness and pain in the joints and muscles, and weakness after the slightest exertion. *Kali carb.* may be given for swollen glands in the neck and groin, joint pains, numbness in the throat, panic attacks, and permanent chilliness; *Carbo veg.* for aches and burning pains all over the body, confusion, bloating and great flatulence, and faintness in the morning; and *China* for bloating, anxiety, sleeplessness, and a feeling of weakness after the slightest exertion.

Lifestyle

The key to recovery from CFS is rest. In planning a strategy for recuperation, it is helpful to imagine the energy of the body as if it were being supplied from checking and savings bank accounts. CFS occurs if the savings account has been seriously depleted over a lengthy period. In order to recover, the savings account needs reimbursing from the checking account. In practical terms, this means that any activity should leave in reserve 25 percent of the energy normally used when 100 percent is what can be achieved without tiring. So, if someone can walk 100 yards (meters) without getting tired, they should only walk 75 yards (meters). A diet low in refined carbohydrates, with vitamin and mineral supplements, is beneficial. Recreational drug-taking and smoking are inadvisable, and alcohol intake should be reduced.

CASE HISTORY

Tommy was 43, with a 20-year history of depression and CFS, which had started following an attack of pneumonia. Tommy was constantly tired; he would wake at 4 a.m. or 5 a.m. in an anxious state. His body felt cold, and he had stiff, painful muscles, indigestion, flatulence, and a feeling of imminent collapse.

PERSONAL DETAILS

An only child, Tommy lost his father when he was nine. He was extremely ambitious and had risen to a high rank in the civil service. His job involved public speaking, which he found increasingly daunting. He worried about his responsibilities, but was better for working. He awoke unrefreshed from sleep.

FOOD PREFERENCES

Tommy had a strong craving for sweet and warm foods. He particularly hated cold meats, but also disliked bread, onions, and fermentable foods such as cabbage, which increased his flatulence. He was often ravenously hungry but would feel full after eating only a few mouthfuls of food.

GENERAL DETAILS

Tommy felt worse between 4 p.m. and 8 p.m., and in wet and stormy weather. Tight clothes made him uncomfortable. He felt better after midnight and for walks.

PRESCRIPTION & FOLLOW-UP

Tommy was advised to pace himself (see *Lifestyle, left*), and prescribed *Lycopodium*. One month later, he was less depressed but still sleeping badly. He incorporated more vegetables and fish into his diet, with less meat and coffee, fewer dairy products, and no refined carbohydrates. Over the next few months, with mineral and vitamin supplements and different potencies of *Lycopodium*, some of Tommy's physical symptoms abated, although he still felt tired and his sleep was disturbed. He was better able to cope mentally with stress. Gradually, his energy levels rose, especially after he was prescribed antidepressants by his doctor to help him sleep. After taking more *Lycopodium*, he was able to give up the antidepressants, and felt fit, positive, and able to cope with life.

ALLERGIES

An allergy is defined as a condition that is caused by an inappropriate or exaggerated reaction by the body's immune system. Harmless substances are misidentified by it as potentially dangerous, so the immune response is to form antibodies. These attack the perceived irritants—or allergens—on the surface of the offending substance. The reaction between antibodies and allergens stimulates the release of substances within the body, such as histamine, which cause a variety of irritating symptoms.

Symptoms

- Rash or itchy swelling on the skin.
- Hay fever: irritation of mucous membranes in the sinuses, causing sneezing and the production of watery catarrh.
- Asthma: possible spasms and narrowing of the airways.
- Inflamed and possibly watering eyes.
- Possible nausea, vomiting, and diarrhea.
- In severe cases of type I allergy (see right), possible anaphylactic shock—a severe, nervous reaction that includes breathing difficulties, a drop in blood pressure, abdominal pain, swelling of the tongue or throat, and diarrhea.

Causes

Conventionally, allergies are described in terms of four categories of hypersensitivity reaction. Type I is the most common of the four, and is known as anaphylactic or immediate hypersensitivity. It includes allergies to pollens, animal dander, house dust, dust mites, some drugs, yeast, insect venom, and certain foods, especially milk, eggs, shellfish, nuts, and some dried fruits. These allergens stimulate the body to produce a specific kind of antibody called immunoglobulin E (IgE), which coats cells in the skin, sinuses, lungs, and stomach. When a further exposure to the allergen occurs, the immunoglobulin antibodies become attached to cells in body tissues called mast cells. In response, these cells release chemicals, mainly histamine, which cause allergic reactions. Asthma, hay fever, urticaria, anaphylactic shock, some forms of eczema, and food allergy are type I allergies.

Types II, III, and IV are all much less common than type I. In the case of type II, antibodies bind themselves to antigens on cell surfaces, resulting in the damage to and destruction of cells, as in certain autoimmune disorders. With type III allergies, antibodies combine with antigens to form particles called

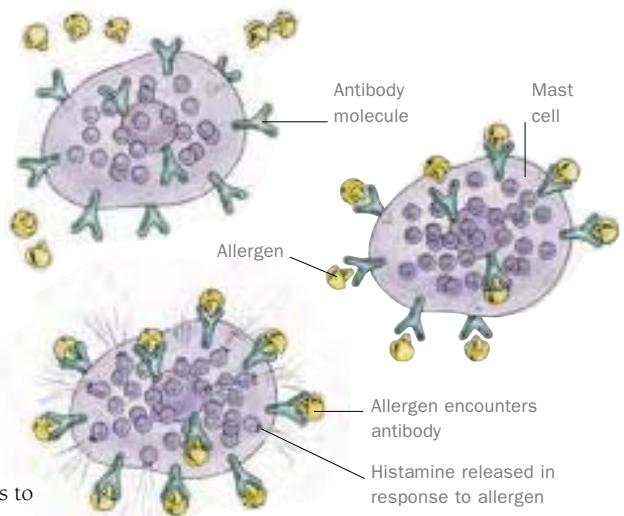
immune complexes. These travel around the body in the bloodstream and can lodge anywhere, stimulating the immune system further. This mechanism is responsible for reactions to immunization and allergic alveolitis (inflammation of the alveolar walls in the lungs). Type IV is known as delayed hypersensitivity. T-cells (white blood cells) combine with antigens and release chemicals called lymphokines, which cause inflammation. These chemicals are responsible for measles rashes and contact dermatitis.

Another possible cause of allergy considered in complementary medical circles is leaky gut syndrome, whereby cells in the lining of the bowel are not as adherent as they should be. Parts of proteins may pass into the bloodstream, triggering antibody production. Leakage may occur from birth, or be caused by infection or by taking certain drugs.

Conventional care

Allergies are investigated by means of skin-testing. A small amount of the suspected allergen is pin-pricked under the skin, or placed beneath a patch resembling an adhesive bandage, and the reaction is monitored. Blood tests can measure the reactions of antibodies and allergens that have been highlighted by dyes. Elimination and challenge, whereby a suspected irritant is removed from the diet or the surroundings for a while and then reintroduced, is another method of allergy identification.

Once an allergen has been identified, the effects of the antibody–antigen reaction can be relieved, using mainly antihistamine drugs. These block the effects of histamine, thus preventing allergic symptoms from developing. Other drugs include sodium chromoglycate, used mainly to treat asthma, and corticosteroids. Allergic skin reactions can be treated with ointments containing corticosteroids. Drugs may



ANTIBODIES AT WORK When under threat from harmful substances—or antigens—the body produces antibodies that attach themselves to special immune cells (mast cells) and can destroy invading particles. An allergic reaction occurs when large numbers of antibodies are activated in response to harmless, misidentified substances called allergens. This triggers the release of histamine, causing unpleasant side-effects.

be combined with vitamin supplements, reflexology, hypnotherapy, and desensitization, the last of which involves the gradual introduction of the source of irritation in order to increase a person's level of tolerance until they no longer have an allergic reaction.

Homeopathic medicine

Where there is only one allergy (a fixed allergy), homeopathic treatment is similar to conventional treatment. Constitutional treatment is used to correct imbalances in the body, and to discourage the immune system from overreacting. Such treatment is even more beneficial when there is not a fixed allergy but a cyclic allergy situation. This is when, even though the sources of irritation are removed from the diet, the body develops oversensitivity to something else. In this case, it is necessary to investigate the malfunctioning of the immune system, which may be due to an inherited weakness or body imbalances.

The choice of constitutional remedy will largely be determined by an individual's symptoms (see page 18). *Apis* is indicated for allergic swelling of the face, eyelids, lips, or

mouth. *Arsen. alb.* is prescribed for allergic reactions associated with the nose such as allergic rhinitis and hay fever. *Calc. carb.* is used to treat allergic reactions of the skin and mucous membranes; while *Carcinosin* is indicated when there are multiple allergies. Other constitutional remedies often used include *Nat. carb.*, *Nat. mur.*, *Nux vomica*, *Pulsatilla*, *Sulphur*, and *Tuberculinum*.

Acute symptoms can be treated with a number of other remedies, such as *Allium cepa*, for hay fever with profuse watering of the eyes and catarrh that irritates and inflames the nostrils and upper lip; and *Arundo*, when there is great itchiness around the nostrils and palate, with sneezing, pain in the bridge of the nose, and copious saliva. *Wyethia* is prescribed for great itchiness in the nose and palate, which the person constantly rubs with the tongue; and *Arum triph.* is effective for cracked lips and hoarseness.

Lifestyle

Allergies, like many conditions, tend to become worse if a person is run-down, stressed, overtired, has a poor diet, or does not get adequate exercise. If a food allergy is suspected, the potential irritant should be eliminated from the diet for four days, then reintroduced within 12 days and any changes of symptoms noted. This is a method worth trying for a number of foods, one at a time, until the culprit is isolated. If household products are believed to be the cause of an allergic reaction, the affected person should walk in the open air for an hour, then return home and sniff any strong-smelling products. If a substance provokes excessive sneezing, it is probably the cause of the allergic reaction, and should be removed from the home.

CAUTION

- If a person goes into anaphylactic shock—that is, they collapse with pale, cold, and clammy skin, anxiety, nausea, thirst, faintness, or difficulty breathing—**call 911.**
- If someone who is known to suffer from asthma develops pale, cold, and clammy skin, anxiety, and labored breathing, or their breathing rate exceeds 40 breaths per minute, **call 911.**
- If an asthma sufferer does not respond to any treatment within 12 hours, see a doctor. If their condition appears to be deteriorating rapidly, consult a doctor immediately.

CASE HISTORIES

Vera, a 59-year-old woman, had developed allergic rhinitis on a camping trip at age 30. She had what appeared to be cold symptoms that lasted for three months. She then developed prolonged sneezing attacks, during which she felt dreadful. She was allergy-tested and found to be allergic to mold. Desensitization relieved the condition until a recurrence during remodeling work on Vera's house. She was diagnosed as allergic to grass. All conventional medication upset her, and her condition deteriorated. Symptoms were profuse, watery catarrh, with sneezing and a frontal headache. When first seen, Vera's attacks occurred every four days.

PERSONAL DETAILS

A placid, happy person, Vera had a tendency to be overcritical. During attacks, however, she was tearful, had difficulty speaking, and hated being fussed over. She sighed a lot. She was oversensitive and finicky.

FOOD PREFERENCES

Vera tended to be thirsty rather than hungry, and she liked acidic foods, the fat from meat, and brandy. She liked to drink water little and often, but ice-cold water made her sick.

GENERAL DETAILS

Vera felt the cold very easily, but if she had a headache she liked to put her head out of a window. She loved hot, dry weather and being in bed, and loathed damp weather and fall.

PRESCRIPTION & FOLLOW-UP

Vera was put on a detoxification program, which had little effect on her condition. She felt that humidity exacerbated her problems. *Nat. sulph.* was prescribed twice a day in damp weather, and *Arsen. alb.* in different potencies for the allergic symptoms. At first Vera lost weight, the rhinitis attacks became less frequent, and a long-standing burning sensation in her feet disappeared. Over the next few months, the attacks diminished even further and, a year after her initial consultation, the occasional attack was much less severe. A year later, she did have a bad attack, but recovered well until a bout of influenza another 12 months later. After she recovered from this, the rhinitis cleared up completely, and she was able to stop all medication, including homeopathic remedies.

Jodie was a 40-year-old schoolteacher who had experienced migraines since childhood. They had improved once she identified chocolate, red wine, and citrus fruits as triggers. She also had allergic rhinitis, with heavy and painful sinuses, a dry nose, one-sided headaches, a stiff neck, watery catarrh, and an itchy palate. The rhinitis was triggered by fumes, flowers, dust mites, cold wind, and hot air.

PERSONAL DETAILS

Jodie had left a poor farming community to go to college. She was unattached, but this suited her, since her career was important to her. She disliked being overweight, and felt she could achieve more. She was open and sensitive, and liked to be fussed over and reassured. If overworked, she became apathetic and indifferent.

FOOD PREFERENCES

Jodie liked to drink very cold water and milk. She liked ice cream, fish, and salty, spicy, and acidic foods, but she disliked fruits, and warm foods and drinks, especially coffee.

FEARS

Jodie described many fears, including old age, snakes, heights, and thunderstorms.

GENERAL DETAILS

Jodie felt worse in hot weather, and experienced headaches before thunderstorms. She felt better for eating, sleep, and massage. She thought she should have more energy.

PRESCRIPTION & FOLLOW-UP

Jodie was prescribed *Belladonna*, and had no migraines for a month, although the rhinitis was worse. She was put on a diet to balance blood-sugar levels, and given chromium and zinc supplements, and antioxidants. After feeling unwell initially, her energy levels rose, although she still had sinus-related headaches and an occasional migraine. She was given three doses of *Phosphorus*. A month later her sinuses had improved, she was migraine-free, and her energy levels were normal. A fitness regimen improved her health further. Now Jodie has only an occasional migraine if she is overworked.

CANCER

Cancer is a by-product of the growth and repair processes within the human body whereby 500 billion new cells are formed each day. Inevitably, some of these cells are defective, and their growth may become out of control. Defective cells are usually destroyed by the body's immune system,

but if this does not occur, a rapidly dividing colony of defective cells becomes a tumor. This tumor may grow and spread into adjacent body tissue. Cancer may affect major organs, bones, glands, skin, or muscles. The symptoms vary from site to site.

Symptoms

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

Causes

The exact causes of cancer are unknown. Most experts agree that probably at least two factors, such as genetic tendency and diet, or pollution and infection, combine to create a disturbance within a cell. Chromosomes may be damaged before birth, as a result of inherited or acquired defects of the immune system, or by radiation, viruses, tobacco smoke, carcinogenic substances such as asbestos, a lack of antioxidants such as vitamins A, C, E, and selenium, other dietary deficiencies, or aging. Complementary medical practitioners believe that other factors are significant too, such as food intolerance, carcinogens in food—for example, preservatives, other additives, and pesticide traces—and psychological factors, particularly

ABNORMAL CELL DIVISION

Cancer develops as a result of abnormal cell division. All cells multiply by dividing into two. This is usually controlled so that just the right amount of cell division occurs to replace dead or damaged cells. This process sometimes proceeds at an abnormally fast rate, however, creating a tumour. As it grows, cells force their way into neighboring tissues or organs. Rogue cells from a tumour in the skin, for example, can then travel via the lymphatic system to other parts of the body, where secondaries may form.

suppressed emotional shock or great stress. It has also been postulated that some people are more than usually sensitive to geopathic stress (natural radiation emitted by the Earth), or emissions from buildings or power cables.

Conventional care

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

diagnosis of cancer follows the appearance of symptoms, and is confirmed by a biopsy.

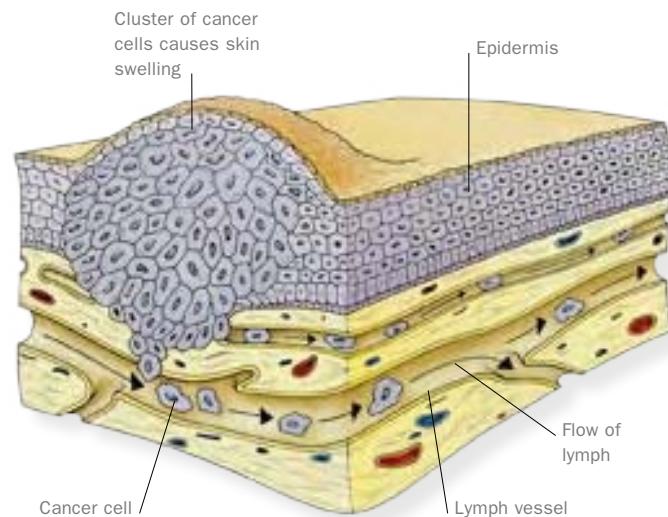
In most cases, treatment involves radiotherapy, chemotherapy, or surgery, or a combination of these. Radiotherapy uses radiation to reduce and destroy tumors and cancer cells that have spread beyond the original tumor or traveled to other parts of the body (metastasis). Chemotherapy has the same aim,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

CAUTION

Although many of these symptoms may not necessarily be indicative of cancer, it is wise to consult a doctor about any of the following.

- Persistent lump or thickening anywhere on the skin or in a testicle or breast.
- Unexplained swelling of a limb.
- Enlargement, bleeding, irritation or other change in the appearance of a mole.
- Severe recurrent headaches.
- Difficulty in swallowing.
- Hoarseness that lasts for more than a month.

- Difficulty in passing urine.
- Unexplained weight loss of more than about 1 lb (0.5 kg) a week.
- Unusual bleeding from the mouth, nipples, anus, or genitals, or the coughing up of blood.
- Bleeding from the vagina between menstrual periods and altered bleeding during them.
- Persistent indigestion.
- Abdominal pain or change in bowel habits unrelated to dietary changes.
- Sores that do not heal.



Homeopathic medicine

Most homeopathic practitioners would agree that a combination of homeopathic and conventional techniques, along with dietary and other lifestyle changes, is the best program of treatment. The ability of a cancerous growth to destroy the surrounding healthy tissue has to be dealt with quickly, and conventional medicine can do this. Homeopathy, on the other hand, attempts to address the underlying causes. As with other chronic ailments, this takes the form of constitutional assessment. Of particular interest is the psychological makeup

of a person, especially signs of severe emotional stress that might have impaired immunity. Constitutional remedies will be largely determined by an individual's symptoms (see page 18), but *Arsen. alb.* is often indicated for cancers with burning pain and in any location. *Bromium*, on the other hand, is effective for breast cancer in particular. *Carbo an.* is used to treat cancers of the breast, stomach, uterus, and glands in the later stages, while *Nitric ac.* is associated with cancer of the breast, uterus, vagina, and rectum. Other constitutional remedies often used to treat cancer are *Conium*, *Lycopodium*, *Phosphorus*, and *Silica*. Those associated with cancer in particular organs include *Phosphorus*, *Calcium*, *Fluoric ac.*, *Conium*, and *Hekla* for bones; *Crotalus* and *Kali. mur.* for connective tissue; and *Carbo an.*, *Conium*, and *Aurum mur.* for glands.

Other treatments

It is generally acknowledged that dietary excess or deficiency may predispose an individual to the formation of cancer. Controversy surrounds the use of dietary treatment for the disease, but it can play a supportive role. Most therapies have their origins in the Gerson treatment based on an initially vegan, then lacto-vegetarian diet, along with fruit and vegetable juices and coffee enemas to detoxify the liver.

Many nutritional therapies include high doses of antioxidants to counteract cellular damage inflicted by free radicals in the bloodstream. These are absorbed from the environment as well as foods. Other complementary therapies use combinations of herbs or substances such as extractions of mistletoe and shark cartilage, but many await further trials.

Lifestyle

The diet should include plenty of unrefined carbohydrates and fresh fruits and vegetables, but few animal fats or animal proteins. Nutritional supplements prescribed by a doctor may safely be accompanied by over-the-counter antioxidants, and are advisable during radiotherapy or chemotherapy. Adequate physical exercise is desirable, although symptoms may restrict choice.

Emotional or other psychological problems need to be tackled. Meditation, prayer, and relaxation may help to establish a positive outlook and strengthen the will to live. Visualization techniques can be used to encourage the destruction of the cancer by treatment, and to focus on a fully functioning immune system.

CASE HISTORIES

Clarissa, 69, had had her left breast removed eight years previously, followed by the right breast and associated lymph glands two years after that. One year before her consultation, an X-ray had revealed secondary cancers in the ribs, lungs, and scar tissue. Chemotherapy eliminated the skin cancer, but Clarissa did not respond well to the treatment. She recovered, but developed back pain due to secondaries in the spine. Chemotherapy was again unsuitable for Clarissa, who was then given steroids and sent home to die.

PERSONAL DETAILS

Of Jewish origin, Clarissa had fled Nazi Germany in 1933. She was tense, with a quick temper. She felt a great need for fresh air and lacked strength. She believed her role was to keep her family happy, but had become estranged from her daughter and son-in-law over religion. Each breast operation followed a driving test, which she failed as a result of anxiety.

FOOD PREFERENCES

Clarissa had put herself on a vegan diet for the cancer and because she hated meat. Her appetite was not good. She craved ice cream and disliked warm foods. She liked salad vegetables, whole-wheat bread, and oats, but disliked legumes.

GENERAL DETAILS

Clarissa felt the cold but loved the open air. She preferred wet, humid weather. She was sensitive to light and noise, disliked mental exertion, and felt unwell if she became nervous.

PRESCRIPTION & FOLLOW-UP

It was decided to detoxify Clarissa with a variation of the Gerson diet. Her drugs were gradually reduced to low dosages, and she was then given *Silica*. Within three months she was stronger and off the steroids. The levels of red and white cells in her blood were improving, although she still had back pain, for which *Chelidonium* was prescribed. She could soon climb stairs easily as her energy levels rose. She was then given injections of bamboo to strengthen her back. Over the next two years, her energy levels and appetite continued to improve. She was seen once a year until she died at age 86. The cause of death was unknown.

Sheila was a 41-year-old human resources manager. She had been diagnosed nine months before her consultation with a malignant melanoma on her left breast. The growth was removed, followed by another. She was worried about a melanoma on her right foot, and she also complained of a recurrent sore throat, premenstrual problems, and joint pain. On examination, she had tenderness in the left breast and lower abdomen, and a melanoma on the left foot.

PERSONAL DETAILS

Sheila had been insecure as a child despite a supportive family. She had a successful career, but her first husband had been violent. She was now remarried, but her husband had had a mild heart attack, and Sheila was angry that her new-found happiness was threatened. She was open, vital, friendly, and enthusiastic. Despite appearing confident, she needed reassurance. She was businesslike, competent, and thrived on the stress of a high-powered job.

FOOD PREFERENCES

Sheila had a good appetite. She craved sweet foods, especially before menstruation. She liked salt, the fat on meat, and acidic and spicy foods, but not vegetables. She had begun to modify her diet.

GENERAL DETAILS

Sheila felt worse after a bath and for being overheated, which made her skin itch. She was better for walking in the open air. Talking sometimes exhausted her.

PRESCRIPTION & FOLLOW-UP

Sheila was prescribed *Sulphur* and advised to reduce her workload and take beta-carotene and vitamin C. She also went on a variation of the Gerson diet. Within six months, she felt a lot better, her menstrual periods had improved, and the joint pain she had experienced had gone. The melanomas on her feet were noninvasive and surgery was not required. Sheila was also suffering from irritable bowel syndrome. Nutritional supplements helped, but symptoms returned if Sheila's work became too stressful. A year later, the *Sulphur* was repeated because of further menstrual problems, but five years on Sheila has had no further melanomas.

MIND & EMOTIONS

A great deal is already known about the location of certain mental functions in different areas of the brain. There remain many gaps in this knowledge, however, especially concerning the nature of the emotions and consciousness,

How the limbic system may work

The limbic system lies in the midbrain area. The word "limbic" means "border" or "boundary," and the limbic system forms the border between the higher, more complex, mental processes and emotional facilities of the cerebral cortex—the folded gray matter in the outer brain—and less complex centers of the brain, such as the hypothalamus, which control automatic body functions. Unlike less complex parts of the brain, where information received (see page 178) undergoes only rudimentary filtering, in higher areas of the brain, information from the peripheral nervous system is subjected to elaborate perception processes involving memory, decision-making, and other thought processes.

The limbic system plays a role in the expression of instinctive responses relating to survival, emotions, and the effects of mood on behavior, and the activities of what are known as neurotransmitters—a sort of chemical messenger. Some of these are mood enhancers, and a deficiency may contribute to depression.

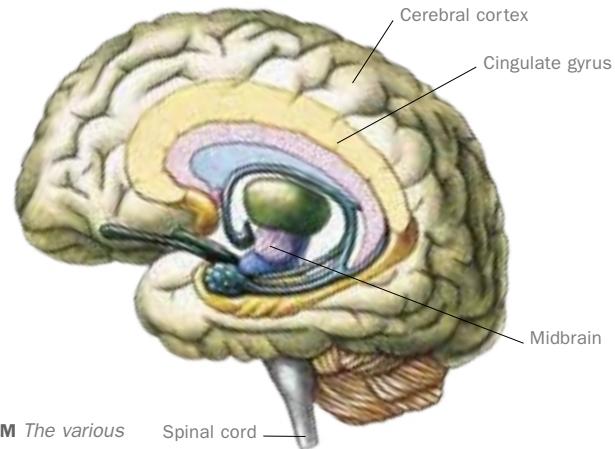
Complex interactions

The highly complex nature of interactions that take place in the brain, together with consciousness, higher emotions, and spiritual feelings, produce unique and complex patterns of behavior. The expression of grief, for example, differs greatly from individual to individual. It is therefore difficult to draw a line between balance and imbalance on mental or emotional levels. In addition, mental health is determined largely by what is acceptable or tolerable either to an individual or to the society in which they live. Many mental and emotional problems, such as phobias, are rooted in childhood experiences, and are affected by illnesses and stress. In tackling and solving mental and emotional problems, a person often has to recognize and come to terms with factors that make them what they are.

and the links between brain activity and psychiatric illness. The workings of the body, mental functions, and the expression of emotions are believed to be closely linked by a part of the brain known as the limbic system.

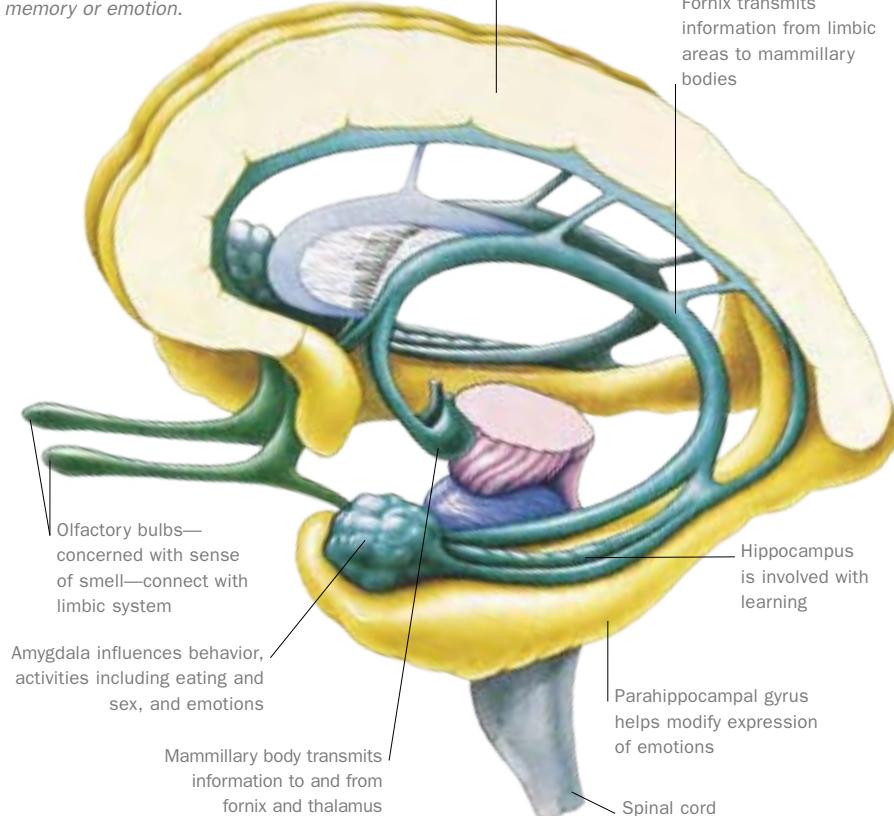
LOCATION OF THE LIMBIC SYSTEM

The limbic system forms a boundary between the cortical and midbrain areas such as the thalamus and mammillary bodies.



COMPONENTS OF THE LIMBIC SYSTEM

The various parts of this circular system are extremely important in the expression of human basic instincts, drives, and emotions. The links between the limbic system and sensory structures help to explain why a sense of smell can evoke a memory or emotion.



PHOBIAS

A phobia is a fear so disabling that it affects a person's ability to cope with everyday life. Minor phobias are extremely common, but most people learn either to keep them in check or to overcome their fears. Someone who is seriously phobic will be overtaken by an intense, irrational fear when confronted by the object of their phobia.

Symptoms

- Intense anxiety, even a panic attack, when faced with the object of the phobia.
- Possible depression.
- Possible obsessive-compulsive behavior in order to avoid the perceived harmful effects of the feared object.
- Possible attempt to relieve the anxiety by consuming alcohol or drugs.

Causes

A phobia may be the result of a personal past experience that was extremely unpleasant, or it may be "inherited"—from a parent, for example. It may be a fear that has been transferred from another object or set of circumstances, or dredged up from the collective unconscious—a term that is used to describe the collective memory of the human species. Occasionally, phobias can be due to organic disease such as epilepsy or to a brain tumor.

There are various types of phobias. These include a fear of animals such as dogs, mice, spiders, or snakes, or a fear of situations, such as enclosed spaces (claustrophobia), or open or public places (agoraphobia). Social phobias involve a dread of being in public, and anxiety about being observed by other people. They may lead ultimately to an inability to speak or perform in public, to eat out in a restaurant, or even, in severe cases, to use any public facilities at all.

Conventional care

If, on examination, no organic cause of a phobia is found, antianxiety drugs such as tranquilizers may be prescribed. More commonly, antidepressant drugs are given, especially the "new" selective serotonin reuptake inhibitors (SSRIs) such as Prozac. These drugs are often combined with some form of behavioral therapy. This may involve desensitization techniques, whereby the person is increasingly exposed to the object of fear while, at the same time, being instructed in relaxation techniques.

Homeopathic medicine

Just as a person's psychological state provides clues about remedies for physical conditions, with a condition such as phobia it is often the accompanying physical symptoms that indicate a specific constitutional remedy (see page 18). *Argentum nit.* is prescribed for multiple phobias associated with anxiety neuroses that originate in previous experiences. *Calc. carb.* may be used to treat fears of heights and open spaces; while *Calc. phos.* is often prescribed for phobias centered around school. *Phosphorus* is used for fears that develop into phobias when the sufferer spends too much time alone. Other constitutional remedies include *Aurum met.*, *Graphites*, *Ignatia*, *Lycopodium*, *Nat. carb.*, *Psorinum*, *Sepia*, and *Stramonium*.

Remedies given for specific symptoms include *Borax*, for fear of heights associated with a sensation of falling; *Sulphur*, when a fear of heights is associated with great giddiness; and *Gelsemium*, for a fear of appearing in public associated with weak limbs. *Anacardium or.* is used to treat the sensation of having a plug in the stomach, especially in performers; and *Aconite* is given for a fear of dying with palpitations.

Lifestyle

Particularly in the case of claustrophobia, agoraphobia, and some animal phobias, if the motivation is strong enough, it may be possible to desensitize oneself by very gradual exposure to the object of fear. It is advisable at the same time to learn simple breathing or relaxation techniques, or practice yoga, meditation, or tai chi. Breathing techniques are able to defuse anxiety when it threatens to overwhelm. Drugs and alcohol should not be used in an attempt to suppress fear since this may lead to dependence.

CAUTION

- If a person is feeling suicidal, contact their doctor or a counseling service immediately.
- If simple fear is greatly interfering with daily activities, consult a doctor.

CASE HISTORY

Maria, 24, was phobic about having contracted AIDS. She was unable to touch anything for fear of passing it to others and suffering unbearable guilt as a result. Maria's fears had been exacerbated after she terminated a pregnancy, causing her to feel extremely guilty.

PERSONAL DETAILS

Maria had been the victim of bullying at school. She had left university because of depression and agoraphobia. She was sensitive, lacked confidence, and felt detached from herself. She would decide on a course of action, but would then doubt that she could see it through. She had received psychiatric help.

FOOD PREFERENCES

Maria craved sweet foods, vinegar, and fat, particularly the fat on meat. She hated licorice, and avocados and bananas upset her digestion. She felt as though there was a plug at the end of her gullet.

GENERAL DETAILS

Maria felt generally unwell after studying or emotional stress. She disliked drafts and the open air—particularly if it was cold—and was sensitive to strong smells. She felt worse in the morning and evening, but better for eating and hot baths. She was prone to eczema on her wrists, and had lost more than 20 lb (9 kg) in weight over nine months.

PRESCRIPTION & FOLLOW-UP

Maria was given *Anacardium or.* and advised to write about the termination to release her suppressed feelings. One month later, she felt better and was less depressed. She was better able to make decisions, except before menstruation. She was given *Alumina* to take premenstrually. Soon after Maria went into dramatic decline, having learned that the father of the baby she had lost might move into the area. She felt angry, guilty, and hurt. *Anacardium or.* was repeated and, with behavioral therapy, she was able to overcome her phobia. It recurred briefly, but over the next few months, with *Lac can.* for fatigue and headaches that she had developed and repeat doses of *Anacardium or.*, Maria made a full recovery.

DEPRESSION

Medically speaking, depression is more than the sadness many people feel periodically. It combines despondency, hopelessness, apathy, and a lack of well-being, and can persist for some time. There may be physical symptoms. In parts of the developed world, one person in 25 feels depressed enough at some point in their life to seek professional help.

Symptoms

- Slow thinking, inability to concentrate, indecision, general lack of interest, and recurrent thoughts about death.
- Increase or decrease in appetite or weight, slowing down of movement, and loss of energy.

Causes

Depression may have an obvious external cause, such as the death of a loved one. It may follow a viral infection, childbirth, or be caused by chemical imbalances in the body. These may occur naturally—for example, due to an underactive thyroid gland—or result from taking prescribed drugs, such as the contraceptive pill or sleeping pills, or from drug or alcohol addiction. Periods of depression may alternate with impulsive, energetic behavior—a condition known as manic depression. There is an affliction called seasonal affective disorder (SAD), in which people become depressed in winter, possibly due to insufficient sunlight.

More often, however, depression is a spiritual problem, involving a negative attitude to life that leads to feelings of fear, anger, guilt, and frustration, possibly accompanied by a sense of persecution, loneliness, and hopelessness. Severely depressed people may become suicidal, or experience delusions. Long-term depression may result from childhood trauma such as the death of a parent.

Conventional care

Mild depression may be treated with antidepressant drugs, sometimes together with psychotherapy or psychoanalysis. Severe depression is still treated with electroconvulsive therapy (ECT), but only after all other methods have failed.

Homeopathic medicine

Most homeopathic practitioners treat depression constitutionally. Remedies are determined largely by an individual's symptoms (see page 18). It may be the case that if emotional problems are alleviated, physical problems come to the fore (see page

19). *Aurum met.* is associated with the kind of despair that might lead to suicide; while *Causticum* is indicated for a feeling of loss of control. *China* is prescribed for low spirits following menstruation or associated with neuralgic pain; and *Lachesis* is given for premenstrual or menopausal depression. *Nat. mur.* is used for depression associated with the suppression of grief. Other remedies prescribed constitutionally include *Arsen. alb.*, *Calc. carb.*, *Graphites*, *Lycopodium*, *Nat. carb.*, *Platina*, *Pulsatilla*, *Sepia*, *Sulphur*, and *Thuja*.

Specific remedies include *Ignatia*, when depression results from bereavement or the breakup of a relationship; or *Cadmium sulph.*, following a viral illness such as mononucleosis that produces a lack of energy. *Nux vomica* is used when there is great irritability, extreme chilliness, and overcriticism of others; while *Aconite* is often given for the sudden onset of depression following a fright or shock, and which is linked with a fear of death.

Lifestyle

If minor depression is brought on by overwork or stress, time-management techniques will provide for the prioritization of tasks and time out for relaxation and the pursuit of interests. A sense of isolation can be reduced by taking up an interest that involves meeting new people. Those often confined to the home should arrange to go out frequently. Mild depression can be helped by dietary changes, especially the elimination of caffeine and the inclusion of vitamin and mineral supplements. Some prescribed drugs may have depressive side-effects. It might be worth consulting a doctor with a view to changing the prescription.

CAUTION

- If symptoms of depression last for more than a month, consult a doctor.
- If a depressed person is talking about suicide, alert their doctor or a counseling service.

CASE HISTORY

Rosa, a 30-year-old Argentinian, had been depressed for about a year. The depression had started postpartum, but she attributed it initially to an exhausting house move six months before. She was tearful, anxious, and fearful that she might kill her children. She felt physically and mentally exhausted, was too depressed to answer the telephone, and felt she would never recover. She was taking antidepressant drugs.

PERSONAL DETAILS

At the age of 19, Rosa had married an Englishman and moved to England. She described herself as a very organized perfectionist. She was sensitive to those close to her to the extent of having prophetic dreams about them, particularly her children.

FOOD PREFERENCES

Rosa was often very thirsty and loved cold fruit juices and milk, ice cream, and salty and spicy foods. She disliked fruits, warm foods and drinks, coffee, onions, and tomatoes.

GENERAL DETAILS

Rosa could only sleep lying on the right side. She felt faint if she put her hands in cold water, and suffered indigestion and constipation. She had headaches before thunderstorms. She was better for catnaps and massage.

PRESCRIPTION & FOLLOW-UP

On the basis of her digestive problems and irrational fears, Rosa was given *Argentum nit.* Her digestion and energy levels improved, but she developed headaches, for which she was given *Bryonia*. She was put on a lacto-vegetarian diet and advised to have physiotherapy for muscle spasms in her neck. She stopped taking the antidepressants, but felt weepy and irritable. Over a few months she took doses of *Pulsatilla*, *Ammonium carb.*, *Coffea*, and *Phosphorus*, the last of which made her feel much better. On visiting Argentina she felt extremely well, but a significant decline on her return revealed great homesickness. *Phosphorus* revived her and she took a part-time job. A car accident and two stress-related illnesses set her back, but again she responded to *Phosphorus*, and is on the whole no longer depressed.

GRIEF

Grief is a perfectly natural reaction to the loss of a loved one, a pet, a job, a house, or anything in which a great amount of emotion has been invested. The grieving process has definite stages through which most individuals must pass in order to come to terms with their loss and resolve the situation satisfactorily.

Symptoms of stages

- Initial sense of unreality or numbness.
- Refusal to believe that the loss has occurred, with hallucinations of a loved one or the feeling that they are present. This can last for up to three months.
- Series of complex emotions such as guilt (for example, for not spending more time with the lost person) and anger (for example, with God for taking the person or with the doctors for not doing enough to save the deceased's life), leading to despair and depression, possibly associated with bowel upsets, mental disorders, and even a susceptibility to suicide.
- State of depression with a tendency to increase the use of drugs or alcohol, sleeping problems, general feelings of a lack of well-being, agitation, and tearfulness. Eventually, life becomes bearable, and even enjoyable, but the whole process may take up to two years or more. There is some evidence that the death of a partner may increase the chance of death in the bereaved.

Conventional care

Treatment of long-term depression may require the involvement of a psychiatrist, in conjunction with antidepressant drugs, psychotherapy, and counseling. Help may also be obtained from a variety of support groups and religious organizations.

Homeopathic medicine

Homeopathic remedies can help at each stage of the grieving process. If a person does not appear to be recovering, however, constitutional treatment may be necessary, the remedy depending upon individual symptoms (see page 18). *Aurum met.* is indicated for those who are grieving over the loss of a loved one or the failure of a business. *Causticum* is given for chronic, long-term grief and feelings akin to grief that are triggered by childbirth; *Ignatia* is used to treat the initial impact of grief; and *Phosphoric ac.* is used in the treatment of grief associated with great exhaustion. *Staphysagria* is indicated for suppressed grief that is linked to embarrassment or humiliation. Other

remedies prescribed constitutionally include *Lachesis*, *Nat. mur.*, and *Phosphorus*.

Remedies specifically for the early stages of grief include *Arnica*, when the grieving person wants to be left alone, insists they are all right, rejects physical comfort, and displays the reactions of a person in shock; *Aconite*, if there is great fear and the person is on the verge of collapse, having witnessed a violent death for example; and *Opium*, when the bereaved is literally numb with grief, and is very frightened by the death of their loved one. In the later stages of grief, *Nux vomica* is indicated when there is great anger and criticism of others, and *Pulsatilla* is prescribed for tearfulness at the slightest provocation, insomnia, and recurrent colds accompanied by yellow or green catarrh.

Lifestyle

The most important thing for a grieving person to do is to express their emotions. If they have difficulty talking about their problems, they should write down their thoughts, paint a picture, or use some other form of expression. Bottling up emotions may lead to chronic depression or lowered resistance to physical illnesses. Relaxation techniques or massage may also be of great benefit.

It is also important that someone who is grieving is kind to and patient with themselves. They may believe that life will never be the same again, but time does heal, and their anguish will lessen. If progress through the grieving process is slow, however, talking to a counselor who has received specific training in dealing with grief, such as those working for support groups, is advisable.

CAUTION

- If grief lasts for more than 18 months, seek professional help.
- If a depressed person is talking about suicide, alert their doctor or a counseling service.

CASE HISTORY

Celia was 54 and was seen after her daughter had drowned while on vacation in Italy. Celia was distraught. She described feeling terrified upon waking at the realization that her daughter was dead, and feared that she was losing her sanity. She had received a lot of support from her church and did not want to take conventional drugs.

PERSONAL DETAILS

It was impossible to assess Celia at first due to her appalling grief. Normally, she would not be seen to cry, would bottle up her feelings, and be reluctant to confide in others. She hated fuss, but became irritated if not shown any attention. Celia felt that she had to be strong for others in times of crisis. Her greatest fear was of her home being broken into.

FOOD PREFERENCES

Celia craved salty and acidic foods, and liked starchy foods, but nothing slimy, such as shellfish. She disliked rich foods, meats, and coffee.

GENERAL DETAILS

Celia felt better in the open air on cool days, but was exhausted by heat. She was worse if her eyes got tired, and was sensitive to noise.

PRESCRIPTION & FOLLOW-UP

Celia was treated with *Phosphoric ac.* A month later, she was still feeling guilty about her daughter's death and was given *Nat. mur.* This relieved the guilt, but Celia missed her daughter terribly. She tried several Bach remedies, and gradually improved until the anniversary of the death, when she developed cystitis. For this she was given *Pulsatilla*. Over several years she was treated homeopathically for a variety of ailments, including high blood pressure caused by the stress of caring for her granddaughter. *Nat. mur.* and relaxation therapy helped, but she also had to take hypotensive drugs. She was generally well until her son committed suicide 12 years after his sister's death. Celia sank into deep despair, angry that her family had been made to suffer so much. She was prescribed *Ignatia* and then *Nat. mur.* over four months, and was able to work through her anger and the depression that followed.





HOMEOPATHIC SELF-HELP



CHOOSING A REMEDY

Homeopathic remedies can be used effectively and safely by laypeople to treat many minor ailments and injuries. Careful observation enables a person to select a remedy to match their symptoms. While not necessarily providing an instant cure, a homeopathic remedy is believed to encourage the body's

self-healing mechanisms and nurture a sense of well-being, good energy levels, and a resistance to ill health. A remedy can be helped to work by adopting a lifestyle that will promote good health and a positive outlook.

Conducting self-prescription

A person must first decide whether or not it is safe to self-prescribe. Some symptoms (see Red-light symptoms, page 9) may be indicative of a serious ailment and require the immediate attention of a conventional doctor. If pharmaceutical drugs are already being taken, it may be necessary to consult a doctor before considering additional medication. Babies and small children, pregnant women, the elderly, and those with chronic medical conditions need careful consideration in terms of self-help treatment (see Safety issues, page 9).

Identifying symptoms

A diagnostic picture needs to be compiled in order to self-prescribe. A person must describe the characteristics of his or her symptoms (see right) or, if prescribing for someone else, make a note of what can be seen or heard, and what is reported by the patient. Some symptoms may

be associated with other manifestations of an ailment, or with a particular state of mind. A fever may develop after a person becomes wet and chilled, for example; a headache may follow a head injury; or diarrhea may be linked with anxiety.

Building symptom pictures

Armed with a "symptom picture," a person can proceed to the homeopathic directory (see pages 218–69) in which symptom descriptions can be compared and suitable remedies identified. Some symptoms are common to several ailments. A sore throat may be indicative of a cold, influenza, or laryngitis. It may be necessary, therefore, to study the symptom pictures of several ailments, comparing the accompanying physical symptoms and psychological symptoms listed. The remedy lists in the self-help section that follows are not



FORMS OF HOMEOPATHIC REMEDY Homeopathic remedies are available in different potencies (see page 28) and a variety of forms; from left to right, tablets, pilules, granules, and powder.

exhaustive, but are common examples of homeopathic treatment for minor ailments. It is not necessary to exhibit all the symptoms listed, nor to match all the better or worse factors, for a remedy to be suitable. One can be chosen on the basis of the main symptoms, the likely cause, and onset characteristics.

Types of remedy

Lactose tablets are the most common form of homeopathic remedy, although sucrose tablets are available for those who are lactose-intolerant. Dissolved under the tongue, a remedy enters the bloodstream directly. Remedies come in different forms (see below, left), and choice depends upon personal preference or aptitude for taking medication (see Administering remedies, page 271). Homeopathic mother tinctures can be diluted to make soothing solutions (see page 271), and ointments and creams can be applied directly. Biochemic tissue salts are minerals that are taken singly or in combination to treat common ailments. They can be used on their own or with other homeopathic remedies.

Promoting recovery

It is best to take only one homeopathic remedy at a time. Repeating the dosage relies on being able to assess whether or not a remedy has worked and symptoms have improved. It is also advisable to follow certain guidelines (see page 176). All remedies are best combined with good nutrition, a low-stress environment, exercise, and emotional and intellectual states that promote balanced body systems.

DIAGNOSTIC CHECKLIST

What are your most obvious physical symptoms?	EXAMPLES: pain, soreness, inflammation, skin eruption, itching, bleeding, nausea, vomiting, diarrhea, sore throat, cough, fever, fainting, dizziness, headache.
Are main symptoms accompanied by less acute symptoms?	EXAMPLES: perspiration, chilliness, great thirst, desire for or aversion to certain foods, loss of appetite, sensitivity to touch, weak limbs, coated tongue, swollen glands.
What are the characteristics of your symptoms?	EXAMPLES: location in the body, sudden or gradual onset, constant or intermittent occurrence, frequency of recurrence.
Do you have any psychological symptoms?	EXAMPLES: restlessness, irritability, anger, anxiety, tearfulness, self-pity, emotional oversensitivity, indifference, desire to be alone, irrational fears, desire for sympathy.
Are you aware of any obvious cause of the symptoms?	EXAMPLES: injury, viral infection, bacterial infection, exposure to extremes of temperature or strong wind, stress, anxiety, grief, overwork.
Do your symptoms get better or worse under certain conditions?	EXAMPLES: warmth or cold, fresh air, application of hot or cold compresses, sitting or standing, lying in a particular way, physical or mental exertion, emotional stress.

HELPING REMEDIES WORK

A homeopathic remedy helps the body heal itself. This self-healing can be encouraged, and future health and well-being promoted, by a series of measures put into place alongside the treatment (see below). The importance of a good, balanced diet and adequate exercise is obvious, but many other aspects of a person's life, such as how they combine work and play, whether or not they have a network of family and friends, and their general outlook on life, can help or hinder healing.

COMPLEMENTARY LIFESTYLE GUIDE



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.



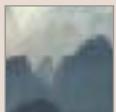
IMPROVING SURROUNDINGS

- 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.

NERVOUS SYSTEM

The nervous system is a huge and immensely complex structure (see page 178), with the brain as the control center. The brain contains up to 14 billion nerve cells and weighs about 3 lb (1.5 kg). It receives stimuli from inside and

outside the body, processes the information received, and then sends instructions in response to that information via the rest of the nervous system to various parts of the body. As a result of the complexity of the nervous system, nerve

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
HEADACHES A constant headache may be indicative of a serious ailment, but most headaches are due to anxiety, stress, physical tension, fatigue, stimulants, allergy, eye strain, or low blood sugar. Pain results from strain on the head or neck muscles or congestion (too much blood) in the blood vessels supplying them. SELF-HELP If pain is related to the neck, see a physiotherapist. CAUTION If a headache follows a head injury or if there is drowsiness, light intolerance, or vomiting, call 911. If there is a temperature of more than 100°F (38°C) with light intolerance, or a headache behind one eye with blurred vision, see a doctor within two hours. If a headache has lasted for several days, with nausea and vomiting, see a doctor within 12 hours.	Headache that comes on suddenly	<ul style="list-style-type: none"> Pain may feel like a tight band around the head Head may feel full and heavy as though the brain is being pushed out through the forehead Possible pulsating pain in the head and teeth Possible hot, bursting pain that is worse on the left side
MIGRAINES An intermittent, severe headache may be a migraine, which usually occurs on one side of the head, and is associated with nausea, vomiting, blurred vision or other visual disturbances such as zigzags, light intolerance, and sometimes tingling or numb arms. Symptoms are caused by the alternate constriction and swelling of arteries supplying the brain. Stress, low blood sugar, and food allergy are common triggers. Migraine affects women more than men, especially premenstrually. SELF-HELP Avoid stress and learn relaxation techniques (see page 217). Consult a dietician, or eliminate trigger foods such as chocolate, citrus fruits, and cheese from the diet for about four weeks. Reintroduce them and observe any changes in symptoms. If you smoke, stop. If you feel a migraine coming on, splash your face with cold water and lie down quietly for an hour. CAUTION Follow the same cautionary advice as for a headache (<i>above</i>).	Headache caused by drinking too much alcohol	<ul style="list-style-type: none"> Head may feel as though it has been beaten Dizziness Possible pain in the back of the head as though the skull is going to burst Possible violent, jerking pain or dull, shooting pain in the left side of the brain
SCIATICA This term describes pain that is transmitted along the sciatic nerve, the principal nerve in the leg and is connected to nerves in the pelvis and spine. Sciatica pain in the distribution of the sciatic nerve may be felt in the thigh or buttock and below the knee. It is usually referred pain from the nerve root or from an abnormal joint such as degeneration of a disk from osteoarthritis (see page 196) or from a prolapsed intervertebral disk, or from spinal stenosis. Sciatic pain is exacerbated by bending, sneezing, or coughing. SELF-HELP Osteopathy, physiotherapy, or acupuncture may relieve the condition. Rest the back well by lying flat on a fairly hard mattress with a firm pad 2–3 in (5–7 cm) thick beneath the head. Try placing a hot-water bottle on the affected area. Learn how to lift and carry heavy objects correctly. Swimming may be beneficial.	Headache that is worse on the right side of the head	<ul style="list-style-type: none"> Pain on the right side of the head Sensation as though the temples are being screwed into each other Pain made worse by concentration Possible dizziness
	Throbbing, blinding headache	<ul style="list-style-type: none"> Headache preceded by numbness and tingling in the lips, nose, and tongue Head feels stuffy, and as though the brain is being hit by tiny hammers, possibly with dizziness Pain over the eyes and on top of the head
	Headache with tearfulness	<ul style="list-style-type: none"> Head feels as though it is about to burst Pain starts in the right temple Possible weeping of the right eye Bruised sensation in the forehead
	Sciatica that is worse when sitting	<ul style="list-style-type: none"> Difficulty straightening the affected leg because of contractions of the hamstring Hip pain as though the tendons are too short Tearing pain along the front of the thigh Lopsided walking style
	Sciatica that is worse in cold, damp weather	<ul style="list-style-type: none"> Shooting pain down the right leg to the foot Possible numbness and weakness in the leg Muscles are contracted Cramplike pain in the hip
	Sciatica that is relieved by heat and movement	<ul style="list-style-type: none"> Tearing pain • Cramps in the calf Numbness and tingling in the leg Pain extends down the back of the affected leg when passing stools

cells are vulnerable to damage and have little capacity for self-repair. Disorders of the brain and nervous system range from slight nerve twinges to traumatic events such as a stroke (see page 187). Serious ailments require immediate conventional treatment, but there is a role for homeopathy's mind-and-body approach, especially during recuperation.

Homeopathic treatment will follow exploration of imbalances within the body, and analysis of constitutional type (see page 176). The prescribed remedies will treat the nervous system by calming the mind, thereby encouraging healing processes, as well as by addressing specific symptoms.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
<ul style="list-style-type: none"> Apprehension Fear of the future and of death Fear of crowds Restlessness and impatience Feeling of despair 	<ul style="list-style-type: none"> In fresh air For warmth For rest For perspiring 	<ul style="list-style-type: none"> In stuffy rooms For cold and drafts For a shock or fright For light or noise 	Aconite <i>(see page 32)</i> 30c every 10–15 minutes up to 6 doses
<ul style="list-style-type: none"> Mental dullness Extreme irritability Overcriticism of others 	<ul style="list-style-type: none"> For warmth For applying firm pressure to the head For washing the hair or applying cold compresses to the head For being alone in the evening 	<ul style="list-style-type: none"> In cold, dry, or windy weather Between 3 a.m. and 4 a.m. For taking stimulants For eating For physical or mental exertion For noise 	Nux vomica <i>(see page 63)</i> 6c every 10–15 minutes up to 6 doses
<ul style="list-style-type: none"> Lack of confidence Apprehension Memory appears to be failing Lack of concentration Sudden outbursts of anger 	<ul style="list-style-type: none"> For loosening tight clothing For movement In cool air For hot foods and drinks At night 	<ul style="list-style-type: none"> For wearing tight clothing For overeating In stuffy rooms Between 4 a.m. and 8 a.m. and 4 p.m. and 8 p.m. 	Lycopodium <i>(see page 59)</i> 6c every 15 minutes up to 10 doses after first signs
<ul style="list-style-type: none"> Rejection of sympathy Desire to be left alone Symptoms associated with grief Tendency to dwell on unpleasant memories 	<ul style="list-style-type: none"> In fresh air For applying cold compresses to the head For fasting For lying down 	<ul style="list-style-type: none"> For warmth For movement In stuffy rooms For grief 	Nat. mur. <i>(see page 92)</i> 6c every 15 minutes up to 10 doses after first signs
<ul style="list-style-type: none"> Tearfulness Timidity Desire for sympathy and reassurance 	<ul style="list-style-type: none"> In cold, fresh, open air For gentle movement For crying 	<ul style="list-style-type: none"> For warmth For rich or fatty foods In the evening During menstruation 	Pulsatilla <i>(see page 61)</i> 6c every 15 minutes up to 10 doses after first signs
<ul style="list-style-type: none"> Melancholia Apprehension Desire to cry but inability to do so Discontentment 	<ul style="list-style-type: none"> In the open air For rapid movement For bending over when walking When lying down For sleep 	<ul style="list-style-type: none"> For walking around Between 2 a.m. and 4 a.m. In the evening When sitting down 	Ammonium mur. <i>(see page 123)</i> 6c hourly up to 10 doses, or half-hourly if acute
<ul style="list-style-type: none"> Irritability Embarrassment Symptoms associated with anger, especially if suppressed Anguish but no desire to talk 	<ul style="list-style-type: none"> For applying firm pressure to the affected area For bending down For heat For rest or gentle movement 	<ul style="list-style-type: none"> In cold, wet weather For emotional stress When lying on the pain-free side At night 	Colocynthis <i>(see page 52)</i> 6c hourly up to 10 doses, or half-hourly if acute
<ul style="list-style-type: none"> Great restlessness Apprehension at night Anxiety, depression, hopelessness, and tearfulness 	<ul style="list-style-type: none"> For heat For continuous movement For rubbing the affected area For stretching the limbs 	<ul style="list-style-type: none"> For rest On moving for the first time after rest For cold and damp After midnight 	Rhus tox. <i>(see page 162)</i> 6c hourly up to 10 doses, or half-hourly if acute

THE EYES

The eyes supply the brain with information from the outside world—along with the other sensory organs (the ears, nose, tongue, and skin)—and are complex, delicate mechanisms. The cornea and lens in each eye focus incoming rays of light,

forming an image on the retina, a membrane covering the back of the inside of the eye. Millions of extremely sensitive nerve cells in the retina convert the image into suitable messages for transmission along the optic nerve to the brain.

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
EYE STRAIN Eye strain can be caused by overwork or by working in poor light. Stress, especially following an emotional upset, can weaken the eye muscles and cause eye strain. The condition may manifest itself as a tightness around the eyes, or as difficulty in focusing on long-distance objects after focusing on near ones. SELF-HELP Apply dry, cold compresses to the eyes or bathe them with a euphrasia solution (<i>see below</i>). Rest the eyes by placing the palms lightly against closed eyes, thus relaxing them, for a couple of minutes.	Eyes ache on movement	<ul style="list-style-type: none"> Dull, aching pain in the eyes when looking up, down, or sideways
	Burning eyes	<ul style="list-style-type: none"> Eyes burn and feel strained after a prolonged period of studying or reading Eyes feel hot and are red Possible headache
CONJUNCTIVITIS Inflammation of the conjunctiva results from infection (yellow discharge) or allergy (whites of the eyes are red and gritty). SELF-HELP Bathe the eyes with euphrasia solution (2 drops mother tincture added to a saltwater eyebath—1 tsp salt to ¾ cup boiled, cooled water). Rest the eyes, do not share a towel, and wash your hands after touching the eyes.	Swollen eyelids with burning discharge	<ul style="list-style-type: none"> Eyes water continuously, which irritates the skin on the cheeks beneath them Eyelids are swollen and burning Frequent need to blink Little blisters may form inside the eyelids Bland nasal discharge
STYES A stye is a small, pus-filled boil that forms at the base of an eyelash. It is caused by an infection and usually clears up by itself within about seven days, but it can be aggravated by tiredness. For recurrent styes, constitutional treatment (<i>see page 176</i>) is advisable. SELF-HELP Rest the eyes. Avoid touching the eyes, especially with dirty hands, and never squeeze a stye. If a stye persists, try hot-spoon bathing: wrap cotton batting around the handle of a wooden spoon, dip it into very hot water, then place the cotton against the stye. Repeat several times.	Inflamed eyes with itchy eyelids	<ul style="list-style-type: none"> Eyes are red and swollen Eyelids itch Small boils on the eyelids develop heads of pus
	Inflamed and painful eyes	<ul style="list-style-type: none"> Eyes are red, swollen, and painful Small boils on the eyelids develop heads of pus
TWITCHING EYELIDS The eyelids may twitch when there is no other bodily twitching or trembling. This usually indicates tiredness or tension. SELF-HELP Increase the amount of sleep you get and take naps if necessary. Learn relaxation or meditation techniques.	Twitching with anxiety about health	<ul style="list-style-type: none"> Spasmodic twitching of the eyelids Difficulty in reading because type seems to “swim” on the page Possible itching and burning of the eyelids
WATERING EYES Watering eyes are common in cold winds and drafts. If constant, this condition may be due to blocked tear ducts as a result of infection or injury to the bridge or sides of the nose. SELF-HELP Massage the sides of the nose to clear the tear ducts. CAUTION If discharge contains pus or if there is tenderness at the sides of the nose, see a doctor within 24 hours.	Watering due to infection of tear duct	<ul style="list-style-type: none"> Eyes water due to mild but persistent infection of the tear ducts that the body seems unable to overcome Lack of physical stamina

The front of the eye is protected by another membrane—the conjunctiva. The eyes are continuously bombarded with atmospheric particles, such as spores, bacteria, viruses, chemicals, and air pollutants, which may give rise to irritation or infection. Complaints in the eyes may be exacerbated by fluctuations in temperature,

stress, and fatigue, all of which weaken the ability of the body's immune system to fight infection. Homeopathic self-help remedies are particularly suitable for soothing tired, irritated, or infected eyes. Regular, standard eye tests are essential for maintaining healthy eyes and monitoring degeneration with age.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
<ul style="list-style-type: none"> • Aversion to sympathy and consolation • Symptoms possibly associated with stress, particularly after the loss of a loved one 	<ul style="list-style-type: none"> • In fresh air • For fasting • For applying cold compresses to the affected eye 	<ul style="list-style-type: none"> • In cold, thundery weather • In drafts or hot sun • By the sea • For physical or mental exertion • For emotional stress 	Nat. mur. <i>(see page 92)</i> 6c 4 times daily up to 7 days
<ul style="list-style-type: none"> • Depression • Lack of personal satisfaction • Criticism of others • Anxiety 	<ul style="list-style-type: none"> • For movement • For warmth • For gently massaging the eyes 	<ul style="list-style-type: none"> • In cold, damp weather • For rest • When lying down • For drinking alcohol 	Ruta <i>(see page 163)</i> 6c 4 times daily up to 7 days
<ul style="list-style-type: none"> • None apart from irritability due to discomfort of symptoms • Aversion to answering questions • Tendency to wake with a start 	<ul style="list-style-type: none"> • When the eyes are closed • For coffee 	<ul style="list-style-type: none"> • In the evening • Indoors • For warmth • For light • In warm, windy weather 	Euphrasia <i>(see page 142)</i> 6c hourly up to 10 doses
<ul style="list-style-type: none"> • Depression • Self-pity • Tearfulness 	<ul style="list-style-type: none"> • For applying cold compresses to the affected area 	<ul style="list-style-type: none"> • For rich, fatty foods • For hormonal changes such as those associated with puberty or pregnancy 	Pulsatilla <i>(see page 61)</i> 6c hourly up to 10 doses
<ul style="list-style-type: none"> • Feelings of resentment or anger, especially concerning a loved one 	<ul style="list-style-type: none"> • For resting the eyes • For applying cold compresses to the affected area 	<ul style="list-style-type: none"> • When the stye is touched • For the suppression of emotions, especially following a quarrel 	Staphisagria <i>(see page 54)</i> 6c hourly up to 10 doses
<ul style="list-style-type: none"> • Possible tension brought on by anxiety about health • Tendency to exaggerate small problems, even to the extent of fearing death • Overexcitement at night 	<ul style="list-style-type: none"> • When lying down • For sleep 	<ul style="list-style-type: none"> • Before thunderstorms • For sexual intercourse 	Agaricus <i>(see page 33)</i> 6c every 4 hours up to 6 doses
<ul style="list-style-type: none"> • Lack of confidence • Lack of mental stamina 	<ul style="list-style-type: none"> • For warmth • For applying warm compresses to the eyes • In summer 	<ul style="list-style-type: none"> • In cold air and drafts • In damp conditions • For applying gentle pressure to the eyes • For mental exertion 	Silica <i>(see page 97)</i> 6c 4 times daily up to 7 days

THE EARS

The ears are intricate sensory organs that provide details to the brain about the body's external experiences, as well as controlling balance. An ear has an outer, a middle, and an inner section, the first two being responsible for the

collection and relaying of sound waves, while the third interprets them. The external folds of the ear lead into the ear canal, at the end of which is a membrane—the eardrum—which vibrates according to variations in air

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
EARACHES Earaches can result from a buildup of wax in the ear or an infection of the outer, inner, or middle ear—after a cold, for example. They can worsen as a result of barotrauma (pressure damage) after flying, or if there is catarrh in the eustachian tube (<i>see below</i>). Earaches may also occur as a result of infection in the outer ear following ear piercing. The body's natural mechanisms for fighting infection may be impeded if the ears are exposed to extremes of temperature. SELF-HELP Hold a covered hot-water bottle against the affected ear. CAUTION If an earache is associated with fever or discharge, see a doctor immediately. Consult a doctor about all types of earaches in children.	Earache with sharp pain	<ul style="list-style-type: none"> • Acute, throbbing pain • Extreme sensitivity to touch
	Throbbing earache with redness	<ul style="list-style-type: none"> • Bright red ear • Throbbing pain • High fever • Dry mouth and throat • Wide, staring eyes
	Feeling of pressure behind the eardrum	<ul style="list-style-type: none"> • Pain resulting from pressure behind the eardrum pushing it out slightly
BLOCKAGE OF THE EUSTACHIAN TUBE The eustachian tube may become blocked by catarrh resulting from an infection of the upper respiratory tract, a middle ear or adenoid infection, or tonsillitis; by swollen adenoids (which cover the opening to the eustachian tube at the back of the nose); or due to barotrauma after flying. SELF-HELP To dislodge catarrh, inhale three drops of lemon juice up each nostril three times a day for five days, using a dropper. Do not do this if you are prone to nosebleeds. CAUTION If there is no improvement after seven days, consult a doctor within 48 hours.	Eustachian tube blockage with constricting feeling in the throat	<ul style="list-style-type: none"> • Glands in the throat may be swollen and hard • Painful, constricting feeling in the throat
	Eustachian tube blockage with coughing up of catarrh	<ul style="list-style-type: none"> • Deafness caused by the swelling of the eustachian tube • Cracking noise in the ear on blowing the nose or swallowing • Runny nose and coughing up of catarrh from the back of the throat
TINNITUS Tinnitus is a persistent noise in the ears, commonly ringing or roaring. It may be due to the presence of a foreign body in the ear canal, barotrauma after flying, or taking certain drugs, especially aspirin. It may be brought on by influenza or aging, and is an occupational hazard for those employed in noisy workplaces. The condition may be accompanied by deafness and giddiness, tenderness as a result of pressure on the nerves at the base of the skull, or headache. SELF-HELP Place two drops of pure almond oil in each ear once a week. Reduce the stress that may be generated by this disorder by means of relaxation techniques (<i>see page 217</i>). Tinnitus may be exacerbated by neck problems, in which case consult an osteopath or physiotherapist. CAUTION If you cannot identify the cause of noise or discomfort in the ears, consult a doctor within 48 hours.	Roaring in the ears with difficulty in hearing	<ul style="list-style-type: none"> • Possible deafness or muffled hearing and giddiness and nausea • Noises in the ear heard as music or the buzzing of insects
	Tinnitus with blocked feeling in the ears	<ul style="list-style-type: none"> • Singing or hissing noise resembling the sound of an aeolian harp • Ears feel blocked and tingly • Hearing is impaired
	Buzzing in the ears with dizziness	<ul style="list-style-type: none"> • Buzzing, especially in the left ear, sometimes accompanied by deafness and dizziness • Deafness accompanied by a severe headache and violent noise in the ears • Possible tenderness in the cervical or dorsal spine and pain in the head

pressure caused by sound waves. Beyond the eardrum is the middle ear, where a series of small bones transforms vibrations so that they can pass through the liquid in the inner ear. From here, information is transmitted along the auditory nerve to the brain. The eustachian tube links the middle ear to the back of the nose and maintains the same

air pressure on either side of the eardrum. The ears are susceptible to invasion by particles and microorganisms and are easily damaged, so any pain or other kind of discomfort should be investigated promptly. Homeopathic remedies can be of particular help in treating ailments linked to catarrh resulting from respiratory infections.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Extreme irritability and anger • Emotional oversensitivity • Sensitivity to even the slightest jarring of the body	• For warmth • For applying warm compresses to the head • When the head is warmly wrapped	• In cold air and drafts • On undressing when chilled • When the ear is touched • When lying on the affected side	Hepar sulph. (see page 84) 6c half-hourly until you see a doctor
• Restlessness and agitation that may be accompanied by hallucinations or violent outbursts • Sensitivity to heat, light, noise, or touch	• When standing or sitting upright • For applying cold compresses to the forehead	• When the head is chilled • For movement, jarring, noise, light, or pressure • When lying on the right side • At night	Belladonna (see page 39) 30c half-hourly until you see a doctor
• Tearfulness and self-pity • Desire for company • In small children, constant desire for cuddles	• For gentle movement • In fresh air • In cool, dry conditions	• In hot, stuffy conditions • In the evening • When lying on the left side • For prolonged standing	Pulsatilla (see page 61) 6c hourly up to 10 doses
• Restlessness and overexcitability • Desire to keep constantly busy • Obsessive checking to make sure things have not been forgotten	• In cold conditions • For emotional stress	• For heat • At night • For rest	Iodum (see page 86) 6c 4 times daily up to 7 days
• Irritability • Anger • Discontent	• For cold drinks • For gently rubbing the ear	• In fresh air • In drafts • When lying down at night • In damp conditions	Kali. mur. (see page 150) 6c 4 times daily up to 7 days
• None apart from irritability or depression due to discomfort of symptoms	• For applying heat, especially dry heat, to the ear	• When the ear is touched • For movement • At night • In cold air	Salicylic ac. (see page 120) 6c 3 times daily up to 14 days
• Irritability, anxiety, intolerance, and mood swings • Possible hallucinations	• In the open air	• After breakfast • For bathing	Carbon sulph. (see page 134) 6c 3 times daily up to 14 days
• Nervousness • Nominal aphasia (difficulty in naming objects) • Great anguish and fits of anxiety, despair, and melancholia	• For applying pressure to the ear • For yawning • When bending forward	• At precise, regular intervals • For cold • Between 10 a.m. and 11 a.m. • For touch • For movement	China sulph. (see page 136) 6c 3 times daily up to 14 days

RESPIRATORY SYSTEM

With every breath we take, spores, viruses, bacteria, and microscopic particles of dust, smoke, and chemical pollutants enter the body. The nose moistens, warms, and filters air before it is drawn into the airway and lungs

(see page 180). The respiratory system is therefore highly susceptible to the effects of atmospheric irritants. If the immune system is strong, it is able to ward off all but the most virulent infections. Colds, coughs, and influenza strike

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
HAY FEVER & ALLERGIC RHINITIS Seasonal airborne irritants such as grass, tree, and flower pollen cause the allergic reaction that is called hay fever. Mucous membranes lining the nose and eyes are mainly affected, but the ears, throat, and lungs may also become irritated. Symptoms include repeated sneezing, a runny nose, watering eyes, and itching of the eyes, nose, palate, and throat. Allergic rhinitis, or perennial rhinitis, is the name given to similar symptoms that occur year-round and are caused by other irritants, including dust mites and animal dander. SELF-HELP Avoid all known irritants. If symptoms are severe, try using air filters or ionizers in the home. Wear sunglasses and a hat when outdoors to shade your face. Eat lots of fresh, raw fruits and vegetables. Blow the nose gently; hard blowing may burst pollen grains in the nose and increase irritation. Rub a small dab of petroleum jelly inside each nostril a few times a day to prevent the nose from becoming dry and sore. Take combination H tissue salts (see page 216).	Hay fever with burning catarrh	<ul style="list-style-type: none"> Streaming, burning catarrh that may start in the left nostril and move to the right, and that makes the nostrils and upper lip sore Pain in the forehead Larynx feels as if it has hooks sticking in it Eyes stream with a bland discharge
	Hay fever with constant desire to sneeze	<ul style="list-style-type: none"> Thick, honey-colored catarrh follows 3 or 4 days of continuous, violent sneezing Nostrils are sore, red, and painful Burning throat and irritating cough
	Hay fever in which mainly the eyes are affected	<ul style="list-style-type: none"> Eyes are swollen and sensitive to bright light Thick, burning discharge from the eyes that irritates the skin on the cheeks beneath Bland catarrh from the nose Catarrh drips down the back of the throat
COLDS Colds are caused by viral infections of the respiratory tract. Early symptoms include a sore throat, watery catarrh, and sneezing. As a cold runs its course, the catarrh thickens and may become yellow in color. Colds are usually self-limiting, but a neglected cold may develop into a chest infection such as bronchitis (see page 228), or infection may spread to the ears (see page 222), sinuses (see page 226), throat (see page 226), or larynx (see page 228). Vulnerability to infection is increased by overwork and exhaustion, emotional stress—especially after a shock or a fright—and anxiety. SELF-HELP Rest and drink plenty of fluids, especially hot water mixed with fresh lemon juice and a little honey. Eat plenty of fresh fruits and vegetables, and get some fresh air. Take combination Q tissue salts (see page 216). CAUTION If there is pain in the throat, larynx, chest, sinuses, or ears, consult a doctor.	Cold that comes on slowly	<ul style="list-style-type: none"> Mouth feels hot Throat is inflamed Mild fever Nose may bleed
	Cold with irritability	<ul style="list-style-type: none"> Chilliness Runny nose by day, blocked nose by night Watering eyes and sneezing Headache Sore throat
	Early stages of a cold with sneezing	<ul style="list-style-type: none"> Violent sneezing and thin catarrh resembling the white of a raw egg Possible blocked nose Possible cold sores
INFLUENZA There are many different strains of the influenza virus, and the symptoms include fever, muscular aches and pains, headache, sore throat, and cough. Children, the elderly, smokers, and people with chronic diseases are the most likely to be seriously affected by it. SELF-HELP Rest and drink frequently, especially hot water mixed with fresh lemon juice and a little honey. Eat plenty of fresh fruits and vegetables, and take combination Q tissue salts (see page 216). CAUTION If fever persists for four days, see a doctor.	Influenza with weakness	<ul style="list-style-type: none"> Chills running up and down the spine Shakiness and trembling, mainly in the legs Bursting headache that is better for urinating Fever with lack of thirst and fatigue Sore throat
	Influenza with high fever	<ul style="list-style-type: none"> High fever that comes on suddenly Flushed face Bright red, sore throat Wide, staring eyes

easily when the immune system is weak, making the body vulnerable. Variations in the efficiency of the immune system explain why only some of the people exposed to a cold actually catch it. The immune system may be impaired by poor diet, overindulgence, exposure to cold or windy weather, or being chilled or overheated. In addition, the

body's defenses are weakened by overwork, exhaustion, anxiety, and stress. A weak system also increases the possibility of allergic reactions to atmospheric particles. Homeopathy addresses imbalances in the immune system rather than fighting infection. Allergies may require constitutional homeopathic treatment (see page 176).

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• None apart from irritability due to discomfort of symptoms	• In cool rooms • In fresh air • For bathing • For movement	• In warm rooms • In cold or damp weather • For warm foods and drinks	Allium cepa (see page 34) 6c as required up to 10 doses
• Restlessness • Anxiety and worry • Possible hyperactivity in children	• In the open air • For eating • For rest	• For sneezing • For warmth • In dry weather	Arsen. iod. (see page 126) 6c as required up to 10 doses
• None apart from irritability due to discomfort of symptoms	• When lying down in a darkened room • For coffee	• For warmth • In warm, windy weather • For bright light • Indoors • In the evening	Euphrasia (see page 142) 6c as required up to 10 doses
• Fear of losing touch with friends • Talkativeness • Excitability	• For applying cold compresses to the forehead • For gentle exercise • For lying down	• For jarring and touch • When lying on the right side • In fresh air and sun • Between 4 a.m. and 6 a.m. • When overheated but not perspiring	Ferrum phos. (see page 82) 6c every 2 hours up to 4 doses
• Irritability • Overcriticism of others	• For warmth • For sleep • For applying firm pressure and warm compresses to the nose • In the evening	• In dry, cold wind • In public places • Between 3 a.m. and 4 a.m. • For emotional stress • For spicy foods or stimulants	Nux vomica (see page 63) 6c every 2 hours up to 4 doses
• Desire to be left alone • Aversion to sympathy	• In fresh air • For fasting • For applying cold compresses to the sinuses	• At around 10 a.m. • In cold, thundery weather • For physical or mental exertion • In drafts, sea air, or hot sun • For noise, talking, or music	Nat. mur. (see page 92) 6c every 2 hours up to 4 doses
• Apprehension and worry about forthcoming events • Brain feels dull and drowsy	• In fresh air • For urinating • For applying hot compresses to the back of the head and top of the neck	• In the sun • In humid conditions • For emotional stress • In the early morning and late at night	Gelsemium (see page 144) 6c every 2 hours up to 10 doses
• Confusion and delirium • Horrible visions • Violent outbursts	• When standing or sitting up • In warm rooms	• For jarring and movement • At night • For noise and light • In hot sun • When lying on the right side	Belladonna (see page 39) 30c every 2 hours up to 10 doses

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
CATARRH Catarrh is the intermittent discharge of runny or viscous fluid, or mucus, from the nose. This may alternate with a stuffy, blocked-up feeling. Catarrh may be a symptom of an infection, such as a cold or influenza (see page 224), or sinusitis (see below). Alternatively, catarrh may be part of an allergic reaction to a number of things, including pollen or dust (see Hay fever, page 224), cigarette smoke, chemical pollution, gas or oil fires, central heating or air-conditioning systems, certain drugs, or cold and damp. These may cause irritation of the mucous membranes, which stimulates mucus production in an attempt to lubricate the membranes and remove the irritation. A cough (see page 228) may develop if catarrh drips down the back of the throat. SELF-HELP Drink plenty of fluids. Avoid eating dairy products, bread, and potatoes—which may increase mucus production—for a couple of weeks and make a note of any changes to symptoms. Take combination Q tissue salts (see page 216).	Thick, white catarrh Catarrh resembling the white of a raw egg Catarrh with constantly runny nose Catarrh with extreme sensitivity to strong smells	<ul style="list-style-type: none"> • Thick, white catarrh in the second stage of a cold after the initial inflammation of mucous membranes has subsided • Catarrh flows down the nose or the back of the throat <ul style="list-style-type: none"> • Watery catarrh may be so profuse that it is necessary to hold a handkerchief below the nose • Loss of smell and taste <ul style="list-style-type: none"> • Nose runs constantly with need to blow it all the time • Catarrh is yellow or green, watery, burning, thick, and stringy <ul style="list-style-type: none"> • Crusts and cracks inside the nostrils that make blowing the nose painful • Nose may bleed • Heightened sense of smell may make even the scent of flowers unbearable
SINUSITIS The sinuses are air-filled cavities in the bones around the nose. Sinusitis is inflammation of the mucous membranes lining the sinuses due to infection or allergy. The cavities may fill up with mucus, creating pressure that in turn causes pain. Symptoms include a blocked nose, general malaise, possibly a headache over one or both eyes, and tender cheeks with pain resembling a toothache. The condition is aggravated by stress. SELF-HELP Take care when blowing your nose: blow one nostril at a time. Humidify all rooms, and inhale steam. Rest, drink plenty of fluids, and take combination Q tissue salts (see page 216). Avoid eating dairy products, bread, and potatoes. If you smoke, stop. Do not use decongestants repeatedly. CAUTION If symptoms persist beyond 48 hours, consult a doctor. If you are in severe pain, see a doctor within 12 hours.	Sinusitis with stringy catarrh Sinusitis accompanied by tearfulness Sinusitis with facial tenderness	<ul style="list-style-type: none"> • Stringy, stretchy, greenish-yellow catarrh • Nose feels blocked, with loss of smell • Catarrh drips down the back of the throat • Violent sneezing <ul style="list-style-type: none"> • Pain above the eyes, in the right cheekbone, or on the right side of the face generally • Yellow catarrh • Nose feels blocked <ul style="list-style-type: none"> • Facial bones are tender, even to the slightest touch • Excessive yellow catarrh and sneezing • Chilliness
SORE THROAT A relatively mild irritation or a more serious infection, such as laryngitis (see page 228), may produce a sore throat. Soreness may affect the whole throat or specific areas such as the larynx, tonsils, adenoids, pharynx, or vocal chords. Symptoms include a dry mouth and throat, discomfort on swallowing, an unpleasant taste in the mouth, bad breath, fatigue, and fever. They may be made worse by cold and damp, overusing the voice, smoking, food allergy, being run down, or emotional stress. SELF-HELP Take garlic preparations. Drink plenty of fluids. Gargle with a solution of calendula and hypericum (see page 271). CAUTION If symptoms last for more than one week, or if loss of voice persists, see a doctor. If there is high fever, children should see a doctor within 12 hours, adults within 48 hours. If the tonsils are inflamed and accompanied by fever, see a doctor within 12 hours.	Acute, painful sore throat Raw, burning sore throat Soreness extending to the neck and ears	<ul style="list-style-type: none"> • Throat looks red and feels dry, rough, constricted, burning, and tingly • Extreme thirst, usually for warm drinks, but at infrequent intervals • Skin is dry and hot <ul style="list-style-type: none"> • Very painful throat with thick saliva and hoarse voice • Possible cold sores or urticaria (hives) • Desire for cold drinks <ul style="list-style-type: none"> • Unpleasant taste in the mouth • Pain on swallowing • Body feels alternately hot and cold due to fever • Exhaustion, weakness, and shakiness • Head is heavy and feels as though it is bound

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Dogmatism • Depression	• For cold drinks • For massage • For letting the hair down, literally	• In fresh air • In cold air and drafts • For fatty foods • During menstruation	Kali. mur. (see page 150) 6c 4 times daily up to 14 days
• Desire to be left alone • Dislike of sympathy	• For rest • In fresh air • For perspiring • For applying pressure to tender areas	• In sun and heat • Before menstruation • In damp conditions • For physical exertion	Nat. mur. (see page 92) 6c 4 times daily up to 14 days
• Depression • Irritability • Poor memory	• For applying pressure to the sinuses • In dry weather • For keeping the head warm	• After dinner • For inhaling cold air • For drug abuse	Hydrastis (see page 147) 6c 4 times daily up to 14 days
• Melancholia • Tendency to weep while listening to music • Timidity and indecisiveness • Poor short-term memory	• For sleep	• For cold or sweet foods, or seafood • During menstruation • On the left side of the face	Graphites (see page 83) 6c 4 times daily up to 14 days
• Dogmatism • Depression	• For applying warm compresses to the sinuses • On undressing when chilled	• For drinking beer • In the morning • In hot weather	Kali. bich. (see page 87) 6c every 2 hours up to 2 days
• Self-pity and tearfulness • Desire for sympathy and reassurance	• For crying and sympathy • With the hands above the head • For gentle exercise and fresh air • For cold drinks and applying cold compresses to the sinuses	• In stuffy rooms • In sun, heat, and extremes of temperature • For rich, fatty foods • When lying on the painful side	Pulsatilla (see page 61) 6c every 2 hours up to 2 days
• Irritability • Emotional sensitivity	• When sitting in warm surroundings • When the head is wrapped up	• In drafts • For touch • On undressing when chilled	Hepar sulph. (see page 84) 6c every 2 hours up to 2 days
• Extreme anxiety, even to the extent of fearing death, due to sudden onset and severity of symptoms	• For movement • For warmth • In the open air if not too cold	• In cold, windy weather • In warm rooms • On exposure to tobacco smoke • In the evening and at night • For music	Aconite (see page 32) 30c every 2 hours up to 10 doses
• Tendency to quarrel • Overcriticism of others	• In fresh air • For exercise • For stimulants • For warmth around the throat • When bending forward	• At night • In cold, damp weather • For rest	Dulcamara (see page 62) 6c every 12 hours up to 10 doses
• Depression • Irritability	• In fresh air • For drinking alcohol • For perspiring	• Early in the morning and late at night • In sun, fog, and damp • Before thunderstorms	Gelsemium (see page 144) 6c every 2 hours up to 10 doses

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
LARYNGITIS Laryngitis is hoarseness or loss of voice caused by inflammation of the larynx as a result of an allergy or infection. It may also be caused by continuous coughing, breathing through the mouth rather than the nose, exposure to cold, dry, winds, inhaling toxic fumes, heavy smoking, drinking too much alcohol, or vomiting. If you are inherently susceptible to throat conditions (see page 20), a fright or emotional shock may cause inflammation. Laryngitis can also be triggered by overuse of the voice, and is an occupational hazard for teachers and singers. SELF-HELP Do not smoke or drink alcohol, and avoid hot, smoky rooms. Rest the voice and increase your fluid intake. Gargle with a solution of calendula and hypericum (see page 271) every four hours. If you sing and loss of voice is a persistent problem, your voice may need retraining. Recurrent laryngitis may be the result of poor posture: the Alexander technique (see page 217) may be helpful. CAUTION If there is no improvement within a week to ten days, or if loss of voice persists, consult a doctor.	Laryngitis with high fever	<ul style="list-style-type: none"> • Hoarseness or loss of voice • Sudden onset of high temperature • Larynx very sensitive to touch and inhaled air
	Laryngitis with dry, tickly cough	<ul style="list-style-type: none"> • Throat feels dry and sore • Talking may be painful • Desire for cold drinks, which may be vomited when warmed in the stomach
	Dry, raw throat and violent cough	<ul style="list-style-type: none"> • Copious mucus drips down the back of the throat and makes talking difficult • Cough may be violent enough to cause leakage of urine • Loss of voice that is usually painful
COUGHS A cough is the body's attempt to expel an irritant from the respiratory tract. The lungs build up a pressure of air that is released suddenly in an attempt to dislodge the cause of irritation. A cough either produces mucus or is dry. Irritation of the lining of the airway may be caused by catarrh dripping down the back of the throat, smoking, or atmospheric particles. Coughing can also be triggered by a shock or fright. SELF-HELP Humidify all rooms. If you smoke, stop. Avoid dusty, smoky places and going out in cold, damp weather. Rest and drink a lot, especially hot water with fresh lemon juice and a little honey. If you are producing copious catarrh, avoid dairy products and starchy foods, which may increase mucus production. Try homeopathic or herbal over-the-counter cough mixtures. CAUTION If a cough is accompanied by breathing difficulties, fever, or chest pain, see a doctor. If it results from inhaling dust or fumes, and does not improve within two days, see a doctor.	Dry, irritating cough that comes on suddenly	<ul style="list-style-type: none"> • Dry, hollow-sounding, croaky cough • Great thirst • Possible rapid rise in temperature
	Cough with chest pain	<ul style="list-style-type: none"> • Bursting headache, aggravated by even the slightest cough, possibly with fever • Extreme thirst, usually for warm drinks, but at infrequent intervals • Whole body feels dehydrated
	Cough with thick, green catarrh	<ul style="list-style-type: none"> • Thick, green, bitter-tasting catarrh is coughed up, leaving an unpleasant taste in the mouth • Poor appetite • Tongue has a white coating • Green, bland catarrh may issue from the nose • Little or no thirst
BRONCHITIS Bronchitis is inflammation of the bronchi—the airways connecting the windpipe to the lungs (see page 180)—resulting in a cough (see above) that produces a lot of mucus. Other symptoms include fever, breathing difficulties, and wheezing. Bronchitis usually develops from a viral infection such as a cold or influenza, and is aggravated by atmospheric pollution, and by cold or damp air. SELF-HELP If you smoke, stop, and avoid smoky atmospheres. Try inhaling steam. If you have a bad attack, stay in bed for two or three days with a hot-water bottle placed on your chest, and drink plenty of hot drinks. Avoid eating refined carbohydrates. CAUTION If symptoms persist, see a doctor. If temperature rises above 102°F (39°C), if the mucus has blood in it, or if there are breathing difficulties, see a doctor within two hours.	Bronchitis that comes on suddenly after exposure to cold, dry air	<ul style="list-style-type: none"> • Sudden onset of symptoms • Dry, staccato cough • High fever • Chilling
	Bronchitis with desire for ice water	<ul style="list-style-type: none"> • Tight, dry, tickly cough • Frequent desire to drink ice water • Pale, anxious appearance
	Bronchitis with painful cough	<ul style="list-style-type: none"> • Dry, stabbing, painful cough • Headache that is worse for coughing • Chest pain that is relieved by supporting the elbows on the back of a chair • Great thirst

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
<ul style="list-style-type: none"> Anxiety, even to the extent of fearing death, due to sudden onset of symptoms Restlessness 	<ul style="list-style-type: none"> In fresh air For movement For warmth 	<ul style="list-style-type: none"> In warm rooms On exposure to tobacco smoke For music In the evening and at night 	Aconite <i>(see page 32)</i> 30c every 4 hours up to 10 doses
<ul style="list-style-type: none"> Strong desire for company and sympathy Irrational fears—for example, of darkness or thunderstorms 	<ul style="list-style-type: none"> For sleep For massage In fresh air For drinking 	<ul style="list-style-type: none"> For talking and laughing For hot foods and drinks When lying on the left or the painful side Between sunset and midnight 	Phosphorus <i>(see page 94)</i> 6c 4 times daily up to 7 days
<ul style="list-style-type: none"> Depression Extreme sensitivity to the suffering of others 	<ul style="list-style-type: none"> In warm, humid weather For cold drinks For gentle movement 	<ul style="list-style-type: none"> In the morning For sweet foods For coffee 	Causticum <i>(see page 79)</i> 6c 4 times daily up to 7 days
Extreme anxiety, even to the extent of fearing death	<ul style="list-style-type: none"> In fresh air For movement For warmth 	<ul style="list-style-type: none"> In warm rooms On exposure to tobacco smoke or pollen In the evening and at night In cold, hot, or windy weather 	Aconite <i>(see page 32)</i> 30c every 4 hours up to 10 doses
<ul style="list-style-type: none"> Irritability Desire to be at home even if already there Reluctance to move or speak Stress about financial problems 	<ul style="list-style-type: none"> In cool conditions For applying firm, cool pressure to the head and chest 	<ul style="list-style-type: none"> For movement and touch For bright light and noise For touch In the morning and at around 9 p.m. and 3 a.m. 	Bryonia <i>(see page 42)</i> 30c every 4 hours up to 10 doses
<ul style="list-style-type: none"> Tearfulness Self-pity In young children, constant desire for cuddles 	<ul style="list-style-type: none"> In fresh air For a good cry For applying cold compresses to the chest 	<ul style="list-style-type: none"> In the evening In warm, stuffy rooms 	Pulsatilla <i>(see page 61)</i> 30c every 4 hours up to 10 doses
<ul style="list-style-type: none"> Restlessness Anxiety, even to the extent of fearing death 	<ul style="list-style-type: none"> In fresh air For rest For warm perspiration 	<ul style="list-style-type: none"> In cold, dry wind For shock At night 	Aconite <i>(see page 32)</i> 30c every 4 hours up to 10 doses
<ul style="list-style-type: none"> Anxiety and fear, especially during thunderstorms Excitability Great desire for reassurance 	<ul style="list-style-type: none"> When lying on the right side For cold foods and drinks For massaging the chest 	<ul style="list-style-type: none"> For touch For warm foods In the evening In windy or cold weather During thunderstorms 	Phosphorus <i>(see page 94)</i> 6c every 4 hours up to 2 days
<ul style="list-style-type: none"> Extreme irritability Desire to be left alone Delirium and desire to be at home even if already there 	<ul style="list-style-type: none"> When lying on the painful side For applying pressure to the chest For rest and quiet In cool, open air 	<ul style="list-style-type: none"> When sitting up or stooping For the least movement or touch For coughing, breathing, becoming hot, or eating For stress 	Bryonia <i>(see page 42)</i> 30c every 4 hours up to 2 days

CIRCULATORY SYSTEM

The circulatory system transports blood around the body (see page 184), supplying body tissues with oxygen and nutrients. Circulatory disorders may arise if the heart is not capable of pumping properly, or if blood flow is disrupted

because arteries become clogged or less elastic, with the result that the heart has to work harder in order to circulate the blood. Arteries very often become less efficient with age. The circulation of blood is regulated by the autonomic

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
CHILBLAINS Chilblains are most common on the hands and feet, and occur when superficial blood vessels contract excessively because of an oversensitivity to cold. The skin becomes pale and numb, then red, swollen, and itchy. Eventually the skin may break. SELF-HELP Keep the hands and feet as warm and dry as possible, especially during cold, damp weather. Apply calendula ointment. Do not scratch the chilblains. Regular exercise will improve circulation, as will "windmilling" the arms.	Burning, itchy chilblains	<ul style="list-style-type: none"> • Skin in affected areas is red, prickly, and swollen • Intolerable itching • Burning pain in affected areas
CRAMPS A cramp is an acute pain that occurs when muscles go into spasm as a result of a shortage of oxygen or a build-up of lactic acid. Poor circulation reduces oxygen supply to the muscles, and may occur after prolonged sitting or standing, lying awkwardly, if the arteries narrow suddenly on being chilled, during pregnancy, or because of salt deficiency after vomiting or excessive perspiration. A build-up of lactic acid occurs after strenuous or unaccustomed exercise. SELF-HELP If cramps are worse at night, raise the foot of your bed by about 4 in (10 cm). As cramps come on, stretch the muscles and massage them to increase the blood supply.	Chilblains with swollen veins Severe cramps in the legs or feet Cramps from muscle fatigue	<ul style="list-style-type: none"> • Burning, throbbing pain in affected areas • Bluish inflammation • Biting, itching sensation if affected areas are scratched <ul style="list-style-type: none"> • Muscle twitching leading to violent muscle spasms in the toes, ankles, soles of the feet, and legs • Ankles are painfully heavy • Knees bend involuntarily when walking <ul style="list-style-type: none"> • Pain resembling bruising brought on by overexertion • Limbs feel as if they have been beaten • Heaviness in limbs
VARICOSE VEINS When the valves inside the veins start to fail, blood pools form, a condition known as varicose veins. They show up as twisted, purple lines, mainly affecting the legs, and may be hereditary, or the result of thrombosis (blood clot), obesity, or pregnancy. SELF-HELP Stand as little as possible and wear support tights. Sit with the feet raised above the level of the hips. CAUTION If the condition persists for three weeks, see a doctor. If a vein bursts and bleeds, bandage the leg tightly and keep it raised. See a doctor within two hours if the bleeding continues.	Varicose veins with sore, bruised feeling Varicose veins that are worse when sitting with legs hanging down	<ul style="list-style-type: none"> • Veins are inflamed, possibly with burning feeling • Veins are sore, swollen, and lumpy, and feel bruised and tender to the touch • Veins may bleed <ul style="list-style-type: none"> • Veins feel full • Chilliness • Veins smart and sting
RESTLESS LEGS This condition may be partly hereditary and partly nervous in origin, and is most common among the elderly and those who smoke, or if the leg muscles are overexerted and fatigued. It has been linked to diabetes, vitamin-B deficiency, excess caffeine, drug withdrawal, and food allergy. Symptoms are tickling, burning, or prickling sensations that are mainly in the lower legs and cause involuntary twitching or jerking. SELF-HELP Use a hot-water bottle in bed or wear warm socks. Cut out caffeine and eat plenty of fresh vegetables and fruits. Check for a food allergy if symptoms persist.	Restless legs that are better for continuous movement Feet that are restless even at night	<ul style="list-style-type: none"> • Tickling feeling, like ants moving around beneath the skin • Burning, prickling sensations in the legs • Legs feel wooden and dead <ul style="list-style-type: none"> • Trembling, twitching feet and restless legs, even when asleep • Restlessness that makes sleep difficult

nervous system (see page 178), and as such may be adversely affected by stress. As well as homeopathic self-help remedies for specific ailments, constitutional treatment (see page 176) may improve the body's general metabolic function, reduce stress, and maintain the health of other organs—for example, the liver—on which the functioning of the heart depends.

Circulatory disorders, especially heart disease, benefit most from a complete health program that, as well as homeopathic treatment, includes key dietary practices, an adequate amount of appropriate exercise and relaxation, and a lifestyle that avoids smoking, stress, overwork, and excesses of any kind.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Great anxiety based on fear that chilblains are a harbinger of more serious disease	• For slow movement • When warm in bed	• On exposure to cold and damp • In cold weather • Before thunderstorms	Agaricus (see page 33) 6c half-hourly up to 6 doses
• Possible tearfulness due to discomfort of symptoms • Desire for sympathy	• With the hands above the head • For gentle exercise • In cold, fresh air	• For heat • In extremes of temperature • In the evening and at night	Pulsatilla (see page 61) 6c half-hourly up to 6 doses
• Tendency to shriek shrilly • Violent tearfulness • Fearfulness	• For applying firm pressure to the affected area • For cold drinks • For perspiring	• For movement • For applying light pressure to the affected area • During sexual intercourse	Cuprum met. (see page 80) 6c 4 times daily up to 14 days
• Fear of being touched • Nervousness about pain • Oversensitivity to noise	• On starting to move • In clear, cold weather • When lying down	• For heat • For applying light pressure to the affected area • For prolonged movement	Arnica (see page 37) 6c 4 times daily up to 14 days
• Irritability • Anxiety at night • Lack of desire to work or study	• For rest • For lying down quietly • In winter	• For injury • For movement or jarring • For applying pressure to the affected area • In warm, humid weather	Hamamelis (see page 145) 30c twice daily up to 7 days
• Timidity and submissiveness • Tearfulness • Desire for reassurance and consolation	• In cold, fresh air • For applying cold compresses to the affected areas • When standing upright • When lying on the back	• For warmth • In the evening • During pregnancy	Pulsatilla (see page 61) 30c twice daily up to 7 days
• Mental restlessness • Inability to concentrate	• For continuous movement • For heat • For holding the legs	• For rest • On starting to move • In cold, damp weather	Rhus tox. (see page 162) 6c 4 times daily up to 14 days
• Mental hyperactivity • Intolerance of noise	• For movement • For applying firm pressure to the affected area • For massaging the legs	• For being exhausted • For noise • For touch • For being overheated	Zinc. met. (see page 101) 6c 4 times daily up to 14 days

THE MOUTH

Digestion begins in the mouth, where the digestive enzyme amylase, found in saliva, begins to break down carbohydrates. The teeth crush and chew food to break it up into smaller pieces, and the muscular tongue mixes it with

lubricating saliva and rolls it into a ball ready for swallowing. When food enters the mouth, it stimulates taste buds on the tongue. These send signals along nerves to taste centers in the brain, which in turn activate digestive secretions.

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
TOOTHACHES Often an indication of tooth decay, a toothache may also be a symptom of infection such as gum disease, an abscess (a pus-filled sac surrounding the root of a tooth), or sinusitis (<i>see page 226</i>). The pain may be sharp and shooting or dull and throbbing; it may be continuous, come in waves, or occur only when a decayed tooth comes into contact with sweet foods, or very hot or very cold foods. SELF-HELP Rub oil of cloves on the affected tooth and surrounding gums, except when taking a homeopathic remedy, in which case the oil may act as an antidote. CAUTION If a toothache is accompanied by fever and swelling of the gums or face, or if a tooth feels loose, see a dentist within 12 hours. If a tooth is sensitive to hot or cold, and to sweet foods and drinks, or if there is pain on biting, see a dentist within 48 hours.	Toothache with severe, shooting pain	<ul style="list-style-type: none"> Oversensitivity to agonizing pain that causes restlessness and thrashing around Pain makes sleeping difficult Jerking, tearing pain
	Toothache with unbearable pain	<ul style="list-style-type: none"> Agonizing pain Swollen, red cheek on the same side of the face as a decayed tooth In young children, symptoms may be associated with teething
	Toothache with throbbing pain	<ul style="list-style-type: none"> Gums and cheeks are swollen and hot and painful to the touch Shooting pains extend to the ear Waves of pain that increase in severity to become excruciating before subsiding
GINGIVITIS This condition causes the gums to bleed and become darker in color, swollen, and infected. Gingivitis usually occurs because of poor tooth-brushing, but it may be a side-effect of taking drugs, or be due to a vitamin deficiency, a serious blood disorder, or the immune system being weakened by stress. SELF-HELP Use a solution of calendula and hypericum (<i>see page 271</i>) as a mouthwash. CAUTION If the condition does not improve after three days, see a dentist.	Bleeding gums with halitosis	<ul style="list-style-type: none"> Gums are tender, spongy, and bleed easily Excessive production of saliva, which dribbles on to the pillow during sleep Teeth may feel loose
	Swollen, bleeding gums with ulcers	<ul style="list-style-type: none"> Taste of pus in the mouth Teeth are very sensitive to heat and cold Possible mouth ulcers or cold sores with cracks at the corner of the mouth
HALITOSIS Halitosis, or bad breath, can be caused by tooth decay, smoking, gingivitis (<i>see above</i>), indigestion (<i>see page 234</i>), tonsillitis, sinusitis (<i>see page 226</i>), or fasting. To test whether your breath smells, breathe into the cupped palms of your hands and inhale. SELF-HELP Avoid foods and drinks that leave a strong odor behind or cause indigestion. If you smoke, stop. Visit your dentist regularly and practice good oral hygiene.	Halitosis associated with tooth decay and gingivitis	<ul style="list-style-type: none"> Breath and sweat smell offensive Excessive production of saliva, which dribbles on to the pillow during sleep Tongue is yellow and thickly coated
MOUTH ULCERS Mouth ulcers are inflamed spots that can occur anywhere inside the mouth, and result from careless tooth-brushing, biting the mouth, eating hot foods, allergy, being run down, or stress. SELF-HELP Avoid spicy, sweet, or acidic foods. If you smoke, stop. Rinse the mouth with a warm saline solution (1 tsp salt to ¾ cup boiled, cooled water) several times a day. CAUTION If ulcers have not healed in three weeks, see a doctor.	Burning mouth ulcers	<ul style="list-style-type: none"> Mouth feels dry Smarting, burning soreness in ulcerated areas Metallic or bitter taste in the mouth Tongue is clean, dry, and red

Bacteria naturally present in the mouth feed on sugary food particles and combine with saliva to form plaque—a sticky coating on the teeth and gums. If unchecked, plaque eventually erodes tooth enamel. Problems with teeth and gums are common in developed countries, where the diet is rich in sugar. Many mouth problems can be prevented by

regular dental checkups, good oral hygiene, and a diet that includes fibrous, chewy, non-sugary foods that stimulate the production of saliva, which contains infection-fighting white blood cells. Homeopathic treatment includes soothing mouthwashes as well as standard remedies that depend on specific symptoms.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Oversensitivity to pain • Inability to relax • Hyperactive mind	• For ice-cold water in the mouth • For lying down • For sleep	• For heat • For hot foods • For noise	Coffea (see page 50) 6c 4 times daily up to 14 days
• Irritability • Irascibility • Desire to be left alone and not be bothered by anything	• For sympathy • In young children, for being carried around • For cold applications, such as ice on the tooth	• At night • For being angry • For warm foods and drinks • In cold air	Chamomilla (see page 46) 6c 4 times daily up to 14 days
• Possible violent outbursts, if the condition is severe and accompanied by fever	• For rest • For leaning the head against something • For bending backward	• For touch • For jarring • At night • In fresh air	Belladonna (see page 39) 30c every 5 minutes up to 10 doses
• Mental dullness • Hesitant speech • Slow comprehension • Lack of willpower or motivation	• For rest • When warmly dressed • In the morning	• In extremes of temperature • For perspiring at night • For stress • In drafts	Merc. sol. (see page 85) 6c every 4 hours up to 3 days
• Desire to be left alone • Aversion to sympathy and consolation	• In fresh air • For fasting • For rubbing the affected area	• For physical or mental exertion • For emotional stress • For warmth • In hot sun • For noise or jarring	Nat. mur. (see page 92) 6c every 4 hours up to 3 days
• Desire to be left alone • Aversion to sympathy and consolation • Restlessness	• For rest • When warmly dressed • For rubbing the gums	• For cold and extremes of temperature • For perspiring at night • For stress	Merc. sol. (see page 85) 6c 3 times daily up to 7 days
• Restlessness • Anxiety	• For a warm mouthwash • For applying warm compresses to the face • When lying with the head higher than the body	• For cold foods and drinks • In cold, dry, windy weather • Between midnight and 2 a.m. • For stress • For being run down	Arsen. alb. (see page 68) 6c 4 times daily up to 5 days

DIGESTIVE SYSTEM

Digestion is a complex process that starts with the chewing of food in the mouth and ends with the passing of waste from the rectum (see page 188). A healthy, efficient digestive system is essential for both physical and mental well-being,

but it can be upset by many factors. Some can be controlled, such as diet and, to a certain extent, emotional stress or allergy, and some cannot, like infection or inherited problems. Dietary discretion—what a person chooses to eat—

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
INDIGESTION Indigestion is a blanket term for a number of symptoms that include excessive burping, stomachaches, and heartburn (see below). It may be caused by the defective production or flow of digestive enzymes, fluids, or hormones, or by something more serious such as a peptic ulcer. Alternatively, it may result simply from eating too much, or eating the kinds of food that the digestive system finds difficult to process. Indigestion tends to worsen with stress and with age. SELF-HELP Practice some form of relaxation or meditation before you eat. Do not rush your food, and relax for at least 30 minutes after eating. Avoid coffee, tea, alcohol, carbonated drinks, smoking, and eating late at night. Avoid foods that may cause problems, such as citrus fruits, tomatoes, onions, beans, nuts, spices, bread, pork, and rich, fatty foods. Cut down on unrefined carbohydrates. CAUTION If you experience serious pain radiating toward the back, with or without vomiting, see a doctor within two hours. If you vomit blood, consult a doctor immediately.	Indigestion with excessive flatulence	<ul style="list-style-type: none"> Digestion seems to have slowed down Pain when eating even the plainest food Burning feeling in the stomach extending through to the back Craving for salty, acidic, or sweet foods and coffee, and aversion to meat or milk
	Indigestion with painful retching	<ul style="list-style-type: none"> Heartburn 30 minutes after eating, with a putrid taste in the mouth Craving for fatty, acidic, or spicy foods and alcohol, even though they upset the digestion
	Indigestion with nausea and/or vomiting	<ul style="list-style-type: none"> Indigestion two hours after eating, and especially in the evening Pounding heart Unpleasant taste in the mouth Feeling of pressure under the breastbone Possible headache around the eyes
HEARTBURN Heartburn is a common form of indigestion consisting of a burning pain in the stomach or the esophagus and the chest. It tends to worsen with age, and may be associated with a hiatus hernia (protrusion of the stomach through the opening in the diaphragm into the esophagus). It is exacerbated by stress, and by eating certain foods (see Indigestion, above). Eating too quickly, or eating too much, and swallowing air also aggravate the condition. Heartburn is very common during pregnancy, when digestive efficiency is impaired. SELF-HELP Try relaxation or meditation before you eat. Eat calmly, and relax for 30 minutes afterward. Avoid eating late, and do not eat foods that you know upset you. If you smoke, stop. Raise the head of your bed slightly. CAUTION If you have serious pain radiating toward the back, see a doctor within two hours. If you vomit blood, consult a doctor immediately.	Heartburn with desire for ice-cold water	<ul style="list-style-type: none"> Burning sensation in the chest Craving for ice-cold water that may be vomited as soon as it is warmed in the stomach Constant hunger Wakefulness and night hunger but eating produces no weight gain Desire for salt, ice cream, chocolate, fish, and cool drinks, and aversion to oysters, eggs, and meat
	Heartburn with craving for sweets	<ul style="list-style-type: none"> Burning sensation associated with hunger and weakness due to low blood-sugar levels (hypoglycemia) Strong craving for sweet, spicy, and fatty foods
HICCUPS Hiccups are caused by spasms of the diaphragm that produce a rush of air into the lungs. This causes the vocal cords to snap shut with a click. The spasms are caused by irritation of the diaphragm due to too much air in the stomach, laughing, being tickled, or emotional stress. SELF-HELP Traditional cures include holding the breath, breathing rapidly, breathing into a paper bag, having someone give you a shock, or squirting lemon juice down the back of the throat. Water with a little glucose may help infants.	Hiccups with belching	<ul style="list-style-type: none"> Hiccups an hour or two after eating a very rich meal Possible retching
	Hiccups associated with emotional stress	<ul style="list-style-type: none"> Hiccups after eating, drinking, or smoking

and eating habits have an obvious impact on digestion. Some foods are difficult to digest, and routines such as eating late may also cause problems. Minor ailments, such as indigestion, lend themselves to homeopathic self-help, especially if combined with dietary controls. Homeopathic remedies are concerned with improving the condition of the

digestive tract, by adjusting the number of beneficial bacteria; reducing irritation caused by some foods; improving waste elimination; and maintaining other organs involved in the digestive process, such as the liver. Some ailments, such as hemorrhoids, may need constitutional treatment (see page 176), especially if they recur.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Lack of mental energy • Lack of interest in life • Intransigence	• For burping • In cold, fresh air	• For overeating • For rich, fatty foods • For eating too late in the day • When lying down • In the evening • In warm, wet weather	Carbo veg. (see page 44) 30c every 10–15 minutes up to 7 doses
• Irritability • Agitation resulting from stress and lack of sleep • Criticism of others	• For warmth • For sleep • For applying firm pressure to the stomach • In the evening • For being alone	• For touch • For fatty, acidic, or spicy foods or alcohol • For stress • For lack of sleep • In cold, windy weather	Nux vomica (see page 63) 6c every 10–15 minutes up to 7 doses
• Tearfulness at the slightest provocation • Depression • Self-pity • Desire for sympathy	• For gentle exercise • For crying	• For rich, fatty foods • For emotional stress • For hormonal changes associated with menstruation or pregnancy • In the evening and at night • In hot, stuffy conditions	Pulsatilla (see page 61) 6c every 10–15 minutes up to 7 doses
• Anxiety about health • Irrational fear of the dark, being alone, death, and thunderstorms	• For cold foods and water • For sleep • For general body massage	• When lying on the back • For stress • For warm foods	Phosphorus (see page 94) 6c every 10–15 minutes up to 7 doses if acute
• Laziness and lack of mental energy • Melancholia • Hypochondria • Tendency to daydream • Indecision	• In the open air • For applying warm compresses to the stomach and lower chest • For warm drinks	• For bathing • For becoming overheated, especially in a warm room or in bed at night • When standing up	Sulphur (see page 99) 6c every 10–15 minutes up to 7 doses if acute
• Irritability • Fussiness • Lack of mental energy • Exhaustion from lack of sleep • Overcriticism	• For hot drinks • For loosening clothing	• For the pressure of clothing • For overindulgence • For food, drink, or drugs	Nux vomica (see page 63) 6c every 15 minutes up to 6 doses
• Moodiness • Oversensitivity • Lack of mental energy • Guilt • Sensitivity to noise	• For swallowing • For eating • For lying on the back	• For emotional stress • For smoking, eating, or drinking when upset	Ignatia (see page 57) 6c every 15 minutes up to 6 doses

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
NAUSEA & VOMITING Nausea, or the feeling of a need to vomit, is not necessarily followed by vomiting, the involuntary expulsion of the contents of the stomach, but the causes of the two are the same. Nausea and vomiting may be symptoms of digestive disorders caused by eating fatty foods, drinking too much alcohol, food poisoning, or infections such as gastroenteritis (see below). Stress, migraine, or the hormonal changes associated with menstruation or pregnancy (see page 262) may also trigger these conditions. Nausea and vomiting may also indicate more serious ailments, many of which are digestive disorders, such as a peptic ulcer (erosion of areas of the digestive tract by acidic gastric juices) or cancer of the stomach, but some of which are connected to the brain and nervous system. Self-help treatments are not appropriate in these cases. SELF-HELP Drink small amounts of cooled, boiled water frequently and avoid solid foods. If you smoke, stop. CAUTION If vomiting persists for more than 48 hours, or is accompanied by fever, see a doctor within two hours. If there is severe abdominal pain or blood in the vomit, seek medical help immediately. If you think you may have vomited prescribed drugs, consult a doctor.	Constant nausea	<ul style="list-style-type: none"> Constant nausea with salivation that is not relieved by vomiting Vomit may include green mucus Possible headaches, perspiration, and diarrhea Spasmodic abdominal pain Clean tongue
	Vomiting with great thirst	<ul style="list-style-type: none"> Craving for ice-cold drinks, which are then vomited when warmed in the stomach Burning pain in the pit of the stomach with retching and vomiting
	Nausea and vomiting with tearfulness	<ul style="list-style-type: none"> Nausea and vomiting may be accompanied by catarrh dripping down the back of the throat
	Nausea and vomiting with irritability	<ul style="list-style-type: none"> Vomiting two to three hours after eating Painful retching Sensation resembling a hangover Tendency to wake up at around 4 a.m. for a couple of hours
GASTROENTERITIS (GASTRIC FLU) This inflammation of the digestive tract is usually caused by a virus transmitted directly from person to person or via contaminated food and water. Symptoms of gastroenteritis vary in severity but usually pass within 48 hours. At worst, there is nausea, vomiting, diarrhea, abdominal pain, fever, and exhaustion. Infants and the elderly are most at risk because of the danger of dehydration. SELF-HELP Rest and drink plenty of fluids, preferably salted, cooled, boiled water (1 tsp salt and 8 tsp sugar to approximately 1 quart/liter of water), to prevent dehydration. Avoid drinking milk and eating any solid food until the stomach settles. Be meticulous about personal hygiene. CAUTION If symptoms persist for more than 48 hours, or if there is blood in the feces or a fever, see a doctor within two hours. If symptoms are accompanied by severe abdominal pain that lasts for more than an hour, consult a doctor immediately.	Vomiting and diarrhea at the same time	<ul style="list-style-type: none"> Vomiting with burning pain in the abdomen Diarrhea that causes soreness of the anus and stinging in the rectum Craving for cold drinks that may be vomited as soon as they are warmed in the stomach Chilliness
	Gastroenteritis with severe abdominal cramp	<ul style="list-style-type: none"> Colicky pains that are better when the body is bent double Possible diarrhea Pain relieved by passing gas
	Gastroenteritis with different types of stool	<ul style="list-style-type: none"> Rumbling, gurgling stomach Pressure under the breastbone after meals No two stools are alike in texture or color Possible vomiting
BLOATING & FLATULENCE Bloating and flatulence—a feeling of fullness in the stomach associated with burping or the passing of air out through the anus—may be due to constipation (see page 238) or intestinal dysbiosis (an overgrowth of bacteria or fungi in the intestine). The condition may be worse prior to menstruation, and is aggravated by anxiety, food intolerance, or swallowing air. SELF-HELP Avoid eating legumes, onions, cabbage, and nuts, and use cumin, aniseed, or ginger in your cooking.	Bloating after eating only small amounts of food	<ul style="list-style-type: none"> Hunger, but bloated feeling after only small amounts of food have been eaten Difficulty in passing stools without straining Main discomfort is on the right side of the abdomen, and is not relieved by passing wind
	Bloating and flatulence relieved by burping	<ul style="list-style-type: none"> All foods produce flatulence Burning sensation in the stomach Craving for salty, acidic, and sweet foods and coffee, and aversion to meat and milk

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• None marked, but possible tendency to be very hard to please	• In the open air • For rest	• In a moving car or when looking at moving objects • For movement • When lying down • For smelling food	Ipecac. (see page 45) 6c hourly up to 10 doses (mild); 6c every 15 minutes up to 10 doses (acute)
• Fear and anxiety • Great concern for others or complete indifference, even toward loved ones	• For sleep • For massage and relaxation • When lying on the right side	• For physical or mental exertion • For hot foods and drinks • Between sunset and midnight • When the hands are in cold water	Phosphorus (see page 94) 6c hourly up to 10 doses (mild); 6c every 15 minutes up to 10 doses (acute)
• Tearfulness • Self-pity • Great need for sympathy • Depression	• For crying and sympathy • For gentle exercise • In fresh air • For cold drinks • With the hands above the head	• For rich, fatty foods • In hot, stuffy rooms • In the sun • In the evening and at night	Pulsatilla (see page 61) 6c hourly up to 10 doses (mild); 6c every 15 minutes up to 10 doses (acute)
• Irritability • Overcriticism of others • Overactive brain when awake during the night	• For warmth • For sleep • For applying firm pressure to the abdomen	• For overindulgence • For cold • For noise • For stress	Nux vomica (see page 63) 6c every 15 minutes up to 10 doses
• Restlessness, fear, and anxiety • Despair of recovery • Irritability	• For warmth • For hot drinks	• At the sight and smell of food • Between midnight and 2 a.m. • For cold drinks • For alcohol	Arsen. alb. (see page 68) 6c hourly up to 10 doses
• Irritability and extreme sensitivity • Possible suppressed anger and indignation at real or imagined ill treatment	• When lying on one side with the knees pulled up to the chest • For warmth • For sleep • For coffee	• For eating or drinking • In cold, damp weather • At around 4 p.m.	Colocynthis (see page 52) 6c hourly up to 10 doses
• Depression and self-pity • Tearfulness and great desire for sympathy and consolation	• For crying and sympathy • In fresh air • For cold drinks	• In hot, stuffy rooms • In the evening and at night • For rich, fatty foods • For stress	Pulsatilla (see page 61) 6c hourly up to 10 doses
• Melancholia • Apprehension • Poor memory	• For hot foods and drinks • After midnight • In cool conditions	• For wearing tight clothing • For overeating • Between 4 p.m. and 8 p.m. • In stuffy rooms	Lycopodium (see page 59) 6c half-hourly up to 10 doses
• Lethargy, sluggishness, and indifference • Irritability with mood swings	• For burping • In fresh air • For cold	• For overeating • For rich, fatty foods • For eating too late in the day • In the evening • For lying down	Carbo veg. (see page 44) 6c half-hourly up to 10 doses

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
DIARRHEA Diarrhea is the frequent passing of watery or loose stools as a result of the failure of the large intestine to absorb water from undigested material. This may be the result of dietary or digestive problems, such as eating too many prunes or legumes, a lack of vitamin B or folic acid, too much vitamin D, food intolerance, parasites, or gastroenteritis (see page 236). Diarrhea may indicate a more serious condition, such as irritable bowel syndrome (see page 189), or be a reaction to certain drugs, anxiety, or stress. SELF-HELP Drink plenty of boiled, cooled water with a little honey in it or ice water to avoid dehydration. Progress to arrowroot, tapioca, semolina, or slippery elm food, then thin soups. A supplement of acidophilus, or eating live yogurt, is advisable if diarrhea follows taking certain drugs such as antibiotics. Avoid analgesics and vitamin E supplements. CAUTION If diarrhea continues for more than 48 hours, or if there is blood in the feces, see a doctor within two hours. Recurrent diarrhea may require constitutional homeopathic treatment (see page 176).	Diarrhea caused by food intolerance	<ul style="list-style-type: none"> Yellowish-green stools accompanied by severe flatulence Painful urination Tip of the tongue is red
	Diarrhea caused by nervous excitement	<ul style="list-style-type: none"> Diarrhea followed by severe flatulence Stools may be greenish in color Flatulence not relieved by burping Craving for salty, sweet, and cold foods
	Diarrhea after shock	<ul style="list-style-type: none"> Green, watery diarrhea resembling chopped spinach Possible nausea and perspiration Possible colicky pains or lack of pain
	Diarrhea after cold foods and drinks	<ul style="list-style-type: none"> Stools are scanty, odorless, and brown Stools burn the skin around the anus
CONSTIPATION Constipation is the difficult and/or infrequent passing of stools. It is commonly caused by a diet that includes too little fiber, but it can also result from a lack of exercise, stress, poor bowel training, taking certain drugs, and thyroid or liver problems. Chronic constipation may be due to the recurrent use of laxatives or drinking too much coffee or alcohol, and is viewed in homeopathy as a constitutional problem (see page 176). SELF-HELP Try eating plenty of raw vegetables before resorting to laxatives based on substances such as senna which, over a long period, may irritate the lining of the gut. Increase the amount of exercise you do and amount of fluid you drink. CAUTION If a marked change in bowel function is accompanied by a weight loss of more than 1 lb (0.5 kg) in a week, see a doctor within 48 hours. If there is any bleeding from the anus or blood in the stools, see a doctor within 12 hours. If no stools have been passed for several days despite self-help measures, especially if there is pain in the abdomen, see a doctor as soon as possible.	Dry, hard stools and dry mucous membranes	<ul style="list-style-type: none"> Stools are large, dry, hard, and burned-looking Headache and congested feeling Bloated abdomen Burning in the rectum after passing a stool Great thirst All mucous membranes are dry
	Constipation with strong urge to pass stools	<ul style="list-style-type: none"> Cramps and spasms in the anus resulting in a great urgency to pass a stool, but with increasing difficulty in doing so Great thirst
	Constipation with difficulty in passing even soft stools	<ul style="list-style-type: none"> No desire to open the bowels until the rectum is completely distended Difficulty in passing stools Stools may be soft and claylike or covered in mucus Sensation as though a stool has been coughed up and caught beneath the left rib cage
HEMORRHOIDS Hemorrhoids, or piles, are swollen veins in the lower rectum and around the anus, often due to constipation (see above), but also associated with hormonal problems, pregnancy, childbirth, the overuse of laxatives, and sitting on hard surfaces. SELF-HELP Try peony ointment or hamamelis suppositories. Include more fiber in your diet to avoid constipation. CAUTION If there is bleeding from the anus, do not assume that it is due to piles until other possible causes have been ruled out. If bleeding persists, see a doctor within 12 hours.	Hemorrhoids resembling a bunch of grapes	<ul style="list-style-type: none"> Itchy inflammation of the veins Sore, bruised feeling in the anus Hemorrhoids may bleed Hemorrhoids feel strained and rigid Great thirst
	Internal hemorrhoids with splinterlike pain	<ul style="list-style-type: none"> Internal hemorrhoids associated with constipation Dry, splinterlike sensation in the rectum Lumpy stools that cause stitching pain Hot, dry, itchy anus

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
<ul style="list-style-type: none"> Irritability due to discomfort of symptoms Anxiety about whether gas or stools will be passed 	<ul style="list-style-type: none"> For cold In fresh air For fasting 	<ul style="list-style-type: none"> In hot weather After eating or drinking Early in the morning 	Aloe <i>(see page 35)</i> 6c hourly up to 10 doses
Apprehension	<ul style="list-style-type: none"> In fresh air For cold 	<ul style="list-style-type: none"> For warmth For sweet foods At night 	Argentum nit. <i>(see page 74)</i> 6c half-hourly up to 10 doses
Great fear of death, even to the extent of predicting the time of death	For passing stools	<ul style="list-style-type: none"> On exposure to cold wind For overeating in summer 	Aconite <i>(see page 32)</i> 30c half-hourly up to 10 doses
<ul style="list-style-type: none"> Fear, particularly of having an incurable illness Restlessness Wakefulness between midnight and about 2 a.m. 	For frequent, small sips of warm drinks	<ul style="list-style-type: none"> For cold drinks, ice cream or freezer pops, and overripe fruits 	Arsen. alb. <i>(see page 68)</i> 6c half-hourly up to 10 doses
Irritability	<ul style="list-style-type: none"> For applying pressure to the head and abdomen For cold For being left alone and keeping quiet 	<ul style="list-style-type: none"> For overeating For rich, fatty foods For eating too late in the day 	Bryonia <i>(see page 42)</i> 30c every 2 hours up to 10 doses
<ul style="list-style-type: none"> Anger and irritability Extreme sensitivity to noise, touch, and pressure 	<ul style="list-style-type: none"> For heat For sleep In the evening 	<ul style="list-style-type: none"> For too much mental stimulation For touch and pressure For noise Early in the morning 	Nux vomica <i>(see page 63)</i> 6c every 2 hours up to 10 doses
<ul style="list-style-type: none"> Sense of urgency internally despite outward appearance of slowing down Feeling of foreboding Possible confusion Possible sense of unreality 	<ul style="list-style-type: none"> For stretching the body backward For standing up 	<ul style="list-style-type: none"> In cold weather For wine, vinegar, pepper, salt, and starchy foods 	Alumina <i>(see page 72)</i> 6c every 2 hours up to 10 doses
None apart from irritability due to discomfort of symptoms	For rest	<ul style="list-style-type: none"> For warmth For pressure on the affected area For movement 	Hamamelis <i>(see page 145)</i> 6c 4 times daily up to 5 days
<ul style="list-style-type: none"> Depression Irritability Difficulty in concentrating Confusion upon waking 	<ul style="list-style-type: none"> If the hemorrhoids bleed For kneeling In cool, open air 	<ul style="list-style-type: none"> In the morning For passing a stool For standing 	Aesculus <i>(see page 121)</i> 6c 4 times daily up to 5 days

THE SKIN

The skin accounts for 16 percent of the total weight of the human body and as such may be described as its largest organ. Stretched out flat, it would cover 15–20 square feet (2–2.6 square meters). It protects the internal organs of the

body from environmental impact and injury, and acts as a sensory organ, regulating body temperature and metabolism—for example, the control of bodily fluids and elimination of waste. The skin contains blood vessels, lymph vessels, and

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
MILD ACNE The term acne includes common blemishes such as blackheads (comedones), whiteheads (milia), and yellowheads (pustules). Acne is associated with high hormone levels—for example, at puberty—that increase production of sebum, the skin's oily secretion, leading to clogged pores. If pores become infected, pimples form. Acne may be exacerbated by taking certain drugs or by stress. If there is a firm swelling beneath the skin, treat as for boils (<i>see below</i>). SELF-HELP Sunlight in moderation and fresh air are beneficial. Avoid refined carbohydrates, chocolate, cheese, nuts, carbonated citrus drinks, and processed foods. Wash affected areas thoroughly twice a day. Do not scrub the skin, since this spreads infection, or pick pimples and risk scarring. Use commercial preparations sparingly. CAUTION If there is scarring or large, fluid-filled pimples (cysts), treat as for rosacea (<i>see page 193</i>). If pimples persist for 14 days, or are causing distress, see a doctor.	Itchy pimples on the face and shoulders Painful, pus-filled pimples Acne associated with hormonal imbalance, especially in adolescent girls	<ul style="list-style-type: none"> • Itchy pimples including blackheads and yellowheads with depressed centers • Tendency for scarring if the pimples are scratched • Fidgety feet and hands <ul style="list-style-type: none"> • Yellowheads that are extremely painful to the touch <ul style="list-style-type: none"> • Pimples occur during puberty • Associated with delayed or scanty menstruation in adolescent girls • Pimples are worse for eating rich, fatty foods
MILD ECZEMA Mild eczema is common, especially in children. The skin is inflamed and itchy, possibly with small pimples and scaly patches. If scratched, the skin may bleed. Eczema is commonly found in the flexures, such as the bend of an elbow, and on the face, but it can occur anywhere. It may be an allergic reaction to a variety of chemical irritants, plants, food, or metals, or it may be hereditary. Eczema may be exacerbated by stress, hormonal changes, or dietary factors. SELF-HELP Avoid known irritants. Use moisturizing ointments, preferably paraffin-based, to keep the skin soft. Use emulsifying ointments for washing rather than soap. Wear cotton next to the skin. Avoid potentially irritating foods, such as dairy products, one at a time for a month, and see if the condition improves. CAUTION If the skin produces a watery discharge, or becomes infected, creating a yellow discharge, or if irritation causes sleeplessness, treat as for severe eczema (<i>see page 194</i>).	Eczema with restlessness Dry eczema Eczema that is worst behind the ears	<ul style="list-style-type: none"> • Skin is dry and burning, but is aggravated by the application of cold compresses • Inability to sit still • Sleeplessness, especially after midnight <ul style="list-style-type: none"> • Skin is rough, red, and itchy • Possible diarrhea, especially early in the morning • Desire for salty, fatty, spicy, or sweet foods <ul style="list-style-type: none"> • Skin is rough, dry, and may be cracked • Eruptions are worst behind the ears and possibly on the palms of the hands • Face feels dry, as if covered by a cobweb
BOILS A boil is a firm swelling (nodule) beneath the skin caused by the infection of a hair follicle. Thick, white or yellow pus accumulates and comes to a head. Boils may be associated with illness, being run-down, fatigue, or stress. Recurrent boils may be due to an infection or they may be a symptom of diabetes. SELF-HELP Bathe a boil with a solution of hypericum and calendula (<i>see page 271</i>). Never squeeze a boil, and if it bursts, let it drain naturally. Avoid handling food after dealing with boils. CAUTION If boils recur, are accompanied by fever or severe pain, or do not heal within a week, consult a doctor.	Early stages of boil formation Later stages of boil when pus has formed	<ul style="list-style-type: none"> • Possible sudden onset of symptoms • Boil is round and hard • Skin around the boil is dry, inflamed, painful, and throbbing • Possible fever <ul style="list-style-type: none"> • Boil has a head of pus that is on the point of bursting • Boil is sensitive to the slightest touch

nerve endings that perform its sensory function, glands that manufacture sebum to keep the skin supple and waterproof, and follicles that produce hair and nails. Homeopathic practitioners tend to regard skin complaints as an outer manifestation of what is going on within the body, and look for underlying causes of skin eruptions. Stress,

poor diet, and allergies, as well as infections, may all cause outbreaks. Skin conditions may be aggravated by factors such as lack of exercise; eating sugary foods, refined carbohydrates, or other foods; caffeine and alcohol; constipation; the use of cosmetics; and contact irritants in the environment.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Restlessness • Nervousness • Suspicion • Feeling of helplessness	• For physical or mental exertion • In cold weather	• For hormonal changes such as those associated with puberty or menstruation • For emotional stress	Kali. brom. (see page 149) 6c 3 times daily up to 14 days
• Great irritability • Petulance • Tendency to lash out if the pimples are touched	• For heat • In damp weather • For eating	• When the pimples are touched, even lightly • For cold • When lying on the affected areas	Hepar sulph. (see page 84) 6c 3 times daily up to 14 days
• Tearfulness • Self-pity • Desire for sympathy	• For crying • In the open air • For applying cold compresses to the affected areas	• For rich, fatty foods • In warm, stuffy rooms • For hormonal changes such as those associated with puberty, menstruation, or pregnancy	Pulsatilla (see page 61) 6c 3 times daily up to 14 days
• Possible anxiety • Restlessness • Desire for reassurance	• For warmth • For applying warm compresses to the affected areas • For walking around	• For cold • Between midnight and 2 a.m. • For physical or mental exertion • For drinking milk	Arsen. alb. (see page 68) 6c 4 times daily up to 7 days
• Anxiety • Lack of mental energy • Overcriticism of others but tolerance of one's own failings	• In fresh air • For cold • For perspiring	• For washing • For becoming overheated • Early in the morning	Sulphur (see page 99) 6c 4 times daily up to 7 days
• Timidity • Indecisiveness • Possible anxiety and depression • Emotionalism	• For sleep • When wrapped up warmly • In fresh air	• For cold or sweet foods, or seafood • For hormonal changes associated with menstruation • In cold conditions • For scratching the skin	Graphites (see page 83) 6c 4 times daily up to 7 days
• None, unless multiple boils are accompanied by fever, in which case there may be delirium and hallucinations	• For applying pressure to the affected area • At night • For warmth	• For applying cold compresses to the affected area • In drafts • For touch	Belladonna (see page 39) 30c hourly up to 10 doses
• Possible extreme bad temper • Desire not to be touched, physically or emotionally	• For warmth • For applying warm compresses to the affected area • In damp weather	• In cold air and drafts • For even the lightest touch • When lying on the affected area	Hepar sulph. (see page 84) 6c hourly up to 10 doses

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
URTICARIA (HIVES) This condition consists of raised red patches—sometimes with paler centers—that itch intensely. It may be caused by food allergy, certain drugs, bites or stings, or heat, cold, or sunlight. Urticaria may also be a symptom of stress or leaky gut syndrome (see Allergy, page 206). SELF-HELP Take a cool shower or place a covered ice-pack on the affected area. Urtica ointment may relieve itchiness. CAUTION If the eyes, lips, or throat swell dramatically, call 911, and take <i>Apis 30c</i> every minute until help arrives.	Urticaria with swelling on the lips and eyelids	<ul style="list-style-type: none"> • Skin on the lips and eyelids is red, swollen, and burning • Throat may be swollen
COLD SORES Cold sores are blisters on and around the mouth caused by a virus. They are triggered by being run-down or by hot, cold, or windy weather. Accompanying symptoms include ulcers, inflamed gums, a furry tongue, and mild fever. SELF-HELP Avoid eating peanuts, chocolate, seeds, and cereals.	Urticaria with violently itchy blotches	<ul style="list-style-type: none"> • Burning sensation, especially on the hands • Itchy, red or pale, slightly raised blotches • Stinging spots on the skin
WARTS A wart is caused by a virus that causes cells to multiply rapidly, forming a raised lump. Warts on the feet (verrucas) tend to grow inward as a result of the pressure placed on them. SELF-HELP Cover a wart, but not the surrounding skin, with a fabric adhesive bandage. Drip thuja mother tincture on to it twice daily. Over-the-counter treatments can be used with homeopathic ones, except on facial warts. Keep treatments away from the eyes. CAUTION If the condition does not improve, and especially if a wart changes size or color, or if it itches or bleeds, consult a doctor.	Sores on the lips and around the mouth	<ul style="list-style-type: none"> • Mouth feels dry • Lips are swollen and burning, with pearl-like blisters • Blisters weep before becoming crusty • As blisters dry up, they may develop into deep, painful cracks
DANDRUFF Dandruff is characterized by a flaking scalp, which is sometimes itchy and red. It may be caused by seborrheic dermatitis, a form of eczema (see page 240). More rarely, it may be symptomatic of psoriasis (see page 195) or a fungal infection. SELF-HELP Reduce your intake of refined carbohydrates and animal fats. If the whole scalp itches, place a cold compress soaked in olive oil on the head overnight; wash off with a pure soap shampoo. If all else fails, use a shampoo containing selenium, but follow instructions carefully. Apply calendula ointment to itchy areas around the hair line.	Soft, fleshy, cauliflower-shaped warts	<ul style="list-style-type: none"> • Warts are found anywhere on the body, but especially on the back of the hand • Warts ooze or bleed easily • Restless sleep
HAIR LOSS Old hair is lost as new hair grows. Growth may slow sometimes so that hair is lost faster than it is replaced. Thinning often occurs with age, especially in men, and may be hereditary. Hair loss may be associated with thyroid problems, anemia, vitamin or mineral deficiency, stress or shock, or certain drugs. SELF-HELP Avoid processes such as dyeing or perming, and do not wash or condition the hair too frequently. Let the hair dry naturally. Scalp massage may help. Eat plenty of protein. CAUTION If the condition does not improve, or if there is no explanation for sudden hair loss, consult a doctor.	Warts mainly near the nails	<ul style="list-style-type: none"> • Warts appear on the fingers, near or even under the nails • Possible warts on the face and eyelids • Verrucas may be painful
	Dandruff with unbearable itching at night	<ul style="list-style-type: none"> • Scalp is dry, flaky, and very hot • Scalp is unbearably itchy at night • Round, bare patches of scalp show through the hair
	Dandruff with skin that burns when scratched	<ul style="list-style-type: none"> • Thick dandruff • Scratching, particularly at night, causes the skin to burn • Scalp becomes drier for washing the hair
	Premature balding or graying	<ul style="list-style-type: none"> • Great hair loss or graying of hair at a younger age than would normally be expected • Hair loss possibly associated with eczema on the scalp
	Hair loss due to hormonal changes	<ul style="list-style-type: none"> • Greater hair loss than usual following childbirth or during menopause • Possible chronic headaches

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Irritability and nervousness • Clumsiness and a tendency to drop things	• For undressing • For cool baths • In cold air	• For heat • In the late afternoon • For sleep • For touch • In stuffy rooms	Apis (see page 104) 30c hourly up to 10 doses
• None apart from irritability due to discomfort of symptoms	• When lying down • For gently massaging the affected area	• For touch • In cold, damp air • In water and snow • For scratching the skin	Urtica urens (see page 170) 6c hourly up to 10 doses
• Depression • Desire to be left alone • Aversion to consolation	• In fresh air • For fasting	• At around 10 a.m. • In cold, thundery weather • For warmth • In hot sun, sea air, or drafts • For noise, music, or talking • For jarring • For physical or mental exertion	Nat. mur. (see page 92) 6c 4 times daily up to 5 days
• Oversensitivity and vulnerability • Disturbing dreams	• For covering the affected area • For warmth	• For scratching or picking the wart • In cold, damp living conditions • After immunizations	Thuja (see page 64) 6c twice daily up to 3 weeks
• Pessimism and depression • Intense sympathy for people in distress or for animals • Emotionalism	• In damp conditions • For warmth • For cold drinks	• In cold air • For sweet foods • For coffee • For emotional stress	Causticum (see page 79) 6c twice daily up to 3 weeks
• Restlessness and anxiety, especially upon waking in the middle of the night	• For warmth on the head • For covering the head • For walking around	• For cold • For vegetables • For drinking milk	Arsen. alb. (see page 79) 6c 3 times daily up to 14 days
• Lack of mental energy • Lack of willpower • Overcriticism of others but tolerance of one's own failings	• For cold • For vegetables • For drinking milk	• For warmth • For washing • Early in the morning	Sulphur (see page 99) 6c 3 times daily up to 14 days
• Lack of self-confidence • Cowardice • Anger	• For relaxation or convalescence • For warm drinks	• For stress • After childbirth	Lycopodium (see page 59) 6c twice daily up to 4 weeks
• Tearfulness • Irritability • Indifference to loved ones • Aversion to sexual intercourse	• For applying hot compresses to the head • For bathing in cold water • For vigorous exercise	• Before menstruation • During pregnancy, after childbirth, or following a miscarriage • During the menopause	Sepia (see page 59) 6c twice daily up to 4 weeks

EMOTIONAL PROBLEMS

Homeopathy is well suited to the treatment of emotional problems. As a holistic form of medicine, it examines all aspects of an individual—physical, intellectual, and spiritual—and a practitioner does not separate these

elements when prescribing treatment. Homeopathic practitioners do not delineate where one ends and the other begins. The investigation of a person's experience on a number of levels is helpful in dealing with ailments that

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
INSOMNIA Insomnia describes a persistent pattern of intermittent sleep that leaves the sufferer feeling tired and unrefreshed. It may occur simply because the bedroom is too hot or airless, or because of having to get up during the night to urinate. It is more likely to be the result of being unwell or of pain—to which oversensitivity may develop—or of disturbed sleep patterns and exhaustion caused by regular sleep deprivation. Insomnia can also be caused by an excess of caffeine or alcohol, food allergy, overexcitement, stress, shock, anxiety (see below), or depression (see page 212). SELF-HELP Increase the amount of exercise you take during the day, and avoid eating late in the evening. Stop work or any other activity an hour before bedtime. Drink a relaxing herbal tea or hot milk, take a warm bath, and read something light and entertaining. With all the homeopathic remedies suggested, take the dose for ten consecutive nights (unless normal sleeping patterns are restored), and repeat the dose if you wake up during the night and cannot get back to sleep. CAUTION If there is no improvement within three weeks, consult a doctor.	Insomnia with inability to relax	<ul style="list-style-type: none"> Sudden onset of insomnia Sleep occurs eventually but is fitful Oversensitivity to light, smell, noise, and touch Headache resembling a nail being driven into the head
	Insomnia with irritability	<ul style="list-style-type: none"> Wakefulness between 3 a.m. and 4 a.m., then more settled sleep just before it is time to get up Craving for stimulants, especially coffee during the day and alcohol in the evening Constipation with ineffectual urging
	Insomnia with great fear	<ul style="list-style-type: none"> Sudden onset of insomnia Fitful sleep associated with acute pain caused by injury, surgery, or exposure to biting wind Numbness in the limbs
	Insomnia with fear of never sleeping again	<ul style="list-style-type: none"> Continuous yawning but inability to get to sleep Lump in the throat
IRRITABILITY & ANGER These emotions are often a response to events that are perceived to be physically or psychologically threatening. They can be brought on by overindulgence, overwork, or exhaustion, or they may be associated with digestive ailments and, in men, premature ejaculation or impotence. Such feelings may lead to depression. Physical manifestations include an increased pulse rate, fluttering feelings in the stomach, and tense muscles. SELF-HELP Get more exercise and practice relaxation techniques, meditation, or movement therapy such as tai chi (see page 217). Assertiveness training may help to overcome feelings of insecurity.	Irritability with overcritical attitude	<ul style="list-style-type: none"> Sensitivity to the cold Desire for alcohol and fatty or spicy foods
	Anger with insecurity	<ul style="list-style-type: none"> Craving for sweet foods Feeling of hunger but full after a few bites
ANXIETY Anxiety, or worry, consists of both an emotional and a physical imbalance, and tends to be provoked by overwork, stress, fear, or insecurity. It may be accompanied by an increased pulse rate, clammy skin, irregular sleep patterns, and appetite disturbance. SELF-HELP Avoid stressful situations and caffeine. Practice relaxation techniques or meditation (see page 217). CAUTION If you are feeling very anxious, with no obvious cause, see a doctor. If anxiety is accompanied by serious chest pains, call 911.	Anxiety with restlessness	<ul style="list-style-type: none"> Physical restlessness Chilliness • Exhaustion Possible craving for fatty foods Possible burning pains Desire for small sips of fluid
	Anxiety relieved by reassurance	<ul style="list-style-type: none"> Strong craving for cold drinks and ice cream Burning feeling in the hands and up the back, particularly between the shoulder blades Palpitations

reveal both a physical and a mental imbalance. Many emotional problems have their origins in stressful situations, exhaustion and overwork, dietary overindulgence or allergy, or fears and insecurities. By focusing on the response of the vital force of the body (see page 18) to external problems, homeopathy can

stimulate a person's ability to cope with and modify those problems, at least in the short term. Homeopathic treatment for emotional problems is best combined in the long term with dietary changes, regular exercise, relaxation techniques or movement therapies, and stress management in order to maximize the benefits of treatment.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Overactive mind • Variety of emotions that are often brought on by news received	• For warmth • When lying down • For sucking ice	• For taking sleeping pills • For strong smells • For noise • In fresh air • In cold conditions	Coffea (see page 50) 30c hourly before bed for 10 nights
• Possible nightmares • Irritability and oversensitivity • Overcriticism of others	• When lying on either side • When sitting • For warmth • In the evening	• When lying on the back • For overeating, especially spicy foods • In cold, windy weather • For noise	Nux vomica (see page 63) 30c hourly before bed for 10 nights
• Nervousness and restlessness • Great fear of death, even to the extent of predicting the time of death • Possible nightmares	• In fresh air • For warm perspiration	• In warm rooms • On exposure to tobacco smoke • For loud music	Aconite (see page 32) 30c hourly before bed for 10 nights
• Growing apprehension about going to bed • Rapid changes of mood • Possible nightmares	• For eating • For urinating • For walking around	• In fresh air • For cold • For coffee or alcohol	Ignatia (see page 57) 30c hourly before bed for 10 nights
• Anger that comes on quickly • Awkwardness and intractability • Overcriticism of others	• For warmth • For sleep • In the evening	• For cold • For noise • For overeating • At around 4 a.m.	Nux vomica (see page 63) 30c half-hourly up to 10 doses
• Lack of self-confidence • Cowardice • Anger, possibly with violent outbursts at infrequent intervals	• For sympathy • In cool conditions • For hot foods and drinks • After midnight	• In stuffy rooms • For wearing tight clothing • For overeating • Between 4 p.m. and 8 p.m.	Lycopodium (see page 59) 30c half-hourly up to 10 doses
• Mental restlessness • Great insecurity • Anguish and preoccupation with death (worse for being alone) • Fastidiousness masking anxiety	• For warmth • For warm foods and drinks • For being in company	• For cold • Between midnight and 2 a.m. • For physical or mental exertion	Arsen. alb. (see page 68) 30c every 2 hours up to 10 doses if acute
• Great nervousness • Great sensitivity, affection, and sympathy toward others • Fear and anxiety, especially in the dark and during thunder	• For eating • For sleep, even catnaps • For general massage	• When lying on the back or side • For stress • Before and during thunderstorms • For warm foods	Phosphorus (see page 94) 30c every 2 hours up to 10 doses if acute

CHILDREN'S HEALTH

Babyhood lasts from birth to one year old, a period of extremely rapid growth. The birth weight of a baby can double within six months and triple within a year. By one year, most babies can stand. Childhood as a stage of human

development extends roughly from one to twelve years old. During this period the immune system flexes its muscles, so to speak, in readiness for puberty and adulthood. Illnesses contracted in childhood help to provide the body

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
COLIC Colic is believed to be spasm of the intestines that causes a baby to scream, pull up its legs, and turn red. Colic occurs at about three months of age, usually in the evening, and for several hours. It may be aggravated by the mother's tension or her diet (if she is breast-feeding), or by the baby gulping milk or swallowing air. SELF-HELP If breast-feeding, avoiding foods such as citrus fruits, strong spices, caffeine, legumes, and cows'-milk products may be helpful. If bottle-feeding, enlarge the nipple hole. CAUTION If the baby vomits or has diarrhea, see a doctor within 12 hours. If the baby is pale and limp, call 911.	Colic with knees pulled up to the chest	<ul style="list-style-type: none"> Knees pulled up to the chest in response to sharp stomach pains Great distress
	Colic with crying relieved by warmth	<ul style="list-style-type: none"> Sudden onset of griping or shooting pains in the stomach that come in waves due to flatulence Bloated abdomen Pains are not relieved by burping Great distress
DIAPER RASH A baby's buttocks, genitals, and even thighs may become red and sore due to contact with soiled diapers. This is caused by irritating chemicals released from urine and feces, or in the detergent used to wash nondisposable diapers. The rash may develop into candidiasis as a secondary infection, especially if a baby or breast-feeding mother is taking antibiotics. SELF-HELP Wash the baby's bottom with a solution of calendula and hypericum, dry well, and apply calendula cream. Change the baby's diapers frequently. CAUTION If the condition does not improve, consult a doctor.	Dry rash on a baby with sensitive skin	<ul style="list-style-type: none"> Skin is generally dry and sensitive Skin in the diaper area is dry, red, scaly, and irritated Desire to scratch as soon as a diaper is removed
	Intensely itchy rash with blisters	<ul style="list-style-type: none"> Redness and blisters in the diaper area Extremely itchy skin Desire to scratch as soon as a diaper is removed
TEETHING Teething describes the discomfort that may arise during the eruption from the gums of a baby's milk teeth. This usually starts at the age of about six months and continues until approximately the end of the child's third year. Symptoms include sore gums, irritability, and upset stomach. SELF-HELP Combination R tissue salts (see page 216) may be given throughout the teething period. CAUTION If there is a high fever (see page 248) do not assume that it is a symptom of the teething, and consult a doctor.	Teething with irritability and anger	<ul style="list-style-type: none"> Acutely inflamed gums that are sore when touched Diarrhea One cheek appears hot and red while the other is pale
	Teething with sudden pain and flushed face	<ul style="list-style-type: none"> Face is hot and flushed Staring eyes Mouth is hot and dry Gums are painful and inflamed
TEMPER TANTRUMS A young child has outbursts of anger, shouting, and crying when thwarted. The causes may be emotional tension within the family, a lack of parental affection, inconsistent disciplining by parents, which may produce insecurity, or simply a child testing the boundaries. Tantrums are exacerbated by teething, allergy, or digestive ailments. SELF-HELP Discipline a child consistently, and avoid arguments. Give the child plenty of attention except during a tantrum, when unacceptable behavior is best ignored. Distract the child from the undesirable behavior. CAUTION If problems persist, ask a doctor about family therapy.	Temper tantrums in a child with threadworms	<ul style="list-style-type: none"> Itching of the rectum and anus (tiny, white threadworms may be detected on adhesive tape placed across the anus first thing in the morning) Grinding teeth during sleep
	Child is impossible to please	<ul style="list-style-type: none"> One cheek may be red if the child is teething Stools may be green, watery, and smell like rotten eggs Possible convulsive symptoms in extreme cases, with child going into spasms of rage

with the resistance to, and ultimately immunity against, many diseases in later life. Parents often prefer to treat their children with gentle, natural products to reduce the risk of side-effects, resorting to conventional drugs only when a child's immune system is unable to cope with extremely serious ailments. Unless there is a congenital, genetic

disability, a child's immune system should respond well to homeopathic treatment. In most cases, a child's vital force (see page 18) will enable him or her to deal with many common threats to childhood health. Homeopathic remedies are easily administered to children (see page 216), and can help them bounce back to health quickly and efficiently.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Irritability • Anger	• For applying firm pressure to the stomach • For warmth • For sleep • For releasing wind	• At around 4 p.m. • In cold drafts • If the mother is stressed • For being fed	Colocynthis (see page 52) 6c every 5 minutes up to 10 doses
• Irritability and restlessness • Nervous appearance	• For warmth • For warm baths • For applying light pressure to the stomach	• In cold air • At night • For touch • When lying on the right side	Mag. phos. (see page 90) 6c every 5 minutes up to 10 doses
• Irritability • Dislike of being put to bed	• In fresh air • When warm and dry	• For wearing too much clothing • For being washed • For being too warm	Sulphur (see page 99) 6c 4 times daily up to 5 days
• Great restlessness • Agitation	• For changing position • When warm and dry	• For being undressed • For getting wet • In drafts	Rhus tox. (see page 162) 6c 4 times daily up to 5 days
• Great restlessness • Anger • Oversensitivity to pain	• For being carried • For applying cold compresses to the face	• When angry • For heat • In fresh air • At night, from 9 p.m. onward	Chamomilla (see page 46) 30c half-hourly up to 10 doses, or more often if acute
• Restlessness • Tendency to lash out	• For warmth • For resting in bed	• For jarring and movement • For light and noise • For applying pressure to the gums • When lying down and at night	Belladonna (see page 39) 30c half-hourly up to 10 doses, or more often if acute
• Irritability, anger, and aggression • Rejection of all attempts to please	• When lying on the stomach • For being carried over a parent's shoulder	• For touch • For being looked at • During a full moon • In the presence of strangers	Cina (see page 38) 30c daily up to 7 days
• Extreme irritability • Oversensitivity to pain • Dislike of being talked to or touched	• For being carried • For perspiring • In mild weather	• When teething • At night • After breakfast • For being talked to • For touch	Chamomilla (see page 46) 30c daily up to 7 days

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
SLEEPLESSNESS Newborn babies need about 16 hours of sleep, 2-year-olds 12 hours, 6-year-olds 10 hours, and 12-year-olds 9 hours. Sleeplessness in babies may be due to being hot or cold, hunger, a dirty diaper, teething (see page 246), colic (see page 246), or too much stimulation. In older children it may be caused by being hot or cold, irregular bedtimes, caffeine in carbonated drinks, other food allergy, noise, stress, or anxiety. Nightmares may result from watching television or videos. SELF-HELP Keep a baby's or young child's room at 64–68°F (16–20°C). Establish a bedtime routine: bath, last feeding, then bed, at the same time every day, and avoid overstimulation. If a child wakes frequently during the night and becomes overtired, bring bedtime forward by 15 minutes every 3 nights until the child sleeps through. Maintain this bedtime, and then gradually put it back by 15-minute intervals. Look for the underlying causes of sleeplessness. Do not punish a child by sending him or her to a bedroom, which will acquire bad associations. CAUTION If the problem persists, consult a doctor.	Anger and irritability that prevents sleep	<ul style="list-style-type: none"> Eyes are half-open when asleep Moaning during sleep Legs are wide apart when asleep
	Sleeplessness after shock	<ul style="list-style-type: none"> Possible dizziness, numbness, flushing, and fainting Wakefulness any time between midnight and 4 a.m. Possible feeling of paralysis anywhere in the body
	Early waking	<ul style="list-style-type: none"> Wakefulness in the early morning with a desire to play Possible association with teething or pain Overtiredness
BED-WETTING (NOCTURNAL ENURESIS) By the end of their second year, most children have a degree of bladder control. Daytime control is usually achieved between 18 months and 3 years of age; nighttime control may take another year. About 10 percent of 4- to 5-year-olds wet the bed regularly. Primary bed-wetting means a child has never been dry at night. This may be due to immaturity of the nervous system or to psychological reasons—for example, a child's diapers may not have been changed often enough, so that he or she did not learn what it felt like to be dry. Secondary bed-wetting means a child was dry for a time but then starts to wet the bed again—because of emotional stress, for example. SELF-HELP With primary bed-wetting, encourage a child of 7 or over to take control—by changing soiled sheets, for example. CAUTION If there is a burning sensation on passing urine with secondary bed-wetting, see a doctor within 48 hours.	Bed-wetting while dreaming	<ul style="list-style-type: none"> Urination while dreaming Urination in first stage of sleep as a habit Symptoms especially associated with children who feel the cold easily
	Bed-wetting soon after falling asleep	<ul style="list-style-type: none"> Urination soon after falling asleep Possible association with coughing fits
	Bed-wetting during deep sleep	<ul style="list-style-type: none"> Reluctance to go to sleep unless soothed Deep sleep prevents child from waking in time to get to a toilet Urination during dreams and in the early part of the night
FEVER A rise in body temperature above 98°F (37°C) usually indicates that the body is fighting infection. In young children, however, before the temperature regulation mechanism has matured, temperature may rise simply because the child is overheated. Other symptoms of fever include restlessness and hot skin. SELF-HELP Remove the child's clothes and sponge him or her all over with tepid water. Open the windows or use a fan to cool the air. Provide plenty of fluids. If the child's temperature rises above 102°F (39°C), or if there is a history of febrile convulsions (seizures induced by high temperature), give children's acetaminophen. CAUTION If the child suffers a febrile convolution—abnormal breathing and limb movements, rolling eyes, and a loss of consciousness—try to lower the child's temperature and consult a doctor. If the child is unconscious for more than five minutes, call 911 . If fever is accompanied by symptoms of meningitis (inflammation of the membranes around the brain)—severe headache, nausea and vomiting, abnormal drowsiness, oversensitivity to light, a stiff neck, and a rash that does not fade when pressure is applied— call 911 .	Sudden rise in temperature after exposure to cold	<ul style="list-style-type: none"> Sudden onset of fever Pale face Great thirst Shivers, especially after exposure to cold, dry wind, even though temperature is raised
	Sudden rise in temperature with burning, hot skin	<ul style="list-style-type: none"> Sudden onset of violent fever, with pounding pulse Skin is dry and hot Face is flushed Staring eyes
	Fever with exhaustion	<ul style="list-style-type: none"> Body feels cold but skin is hot and dry Thirst for small sips of water Exhaustion Burning pains in the limbs Cold sweats

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Anger • Refusal to be calmed unless carried around	• For being carried • In warm, wet weather • For not eating snacks before bedtime	• For being overheated • In cold, windy weather • For burping • At night, from 9 p.m. onward	Chamomilla (see page 46) 30c half-hourly from 1 hour before bedtime up to 10 doses
• Fear of death on waking from sleep • Anxiety • Restlessness	• For rest • For being in quiet surroundings • For reassurance	• For a shock or fright • On exposure to cold, dry winds • At night	Aconite (see page 32) 30c half-hourly from 1 hour before bedtime up to 10 doses
• Overexcitement • Agitation and nervous tension	• For warmth • When lying down	• For too much excitement • For sleeping in a draft • For noise • For cold • For strong smells	Coffea (see page 50) 30c half-hourly from 1 hour before bedtime up to 10 doses
• Possible nightmares • Indolence • Displeasure	• For catnaps	• When lying on the right side • For movement • When lying on a full bladder • For touch	Equisetum (see page 142) 6c once before bed up to 14 nights
• Excitability • Oversensitivity	• In warm, damp weather • For being in a warm bed	• In cold, dry weather • Between 3 a.m. and 4 a.m. • For physical or mental exertion	Causticum (see page 79) 6c once before bed up to 14 nights
• Excitability • Restlessness • Irritability • Peevishness	• For warmth • For being cuddled • For movement	• When teething • For cold • When lying down • For touch	Kreosotum (see page 151) 6c once before bed up to 14 nights
• Restlessness • Tearfulness	• In fresh air • For sleeping	• In warm rooms • On exposure to tobacco smoke • At around midnight	Aconite (see page 32) 30c hourly up to 10 doses
• Delirium with unusual noises and jerky movements	• When standing or sitting upright • For warmth	• For jarring and movement • For light and noise • For applying pressure to painful areas • When lying on the right side • At night	Belladonna (see page 39) 30c hourly up to 10 doses
• Restlessness • Anxiety • Stupor or delirium	• Head is better for cold but extremities are better for heat • In the open air • For applying warm, dry compresses all over the body	• Between midnight and 2 a.m. • For physical exertion • For cold drinks and foods	Arsen. alb. (see page 68) 6c hourly up to 10 doses

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
GLUE EAR Recurrent infections may result in overactivity of the mucous membrane lining the middle ear and inadequate drainage via the eustachian tube. This results in a build-up of sticky fluid and the poor transmission of sounds, hence reduced hearing. Glue ear may also be due to allergy. The insertion of a grommet (a small tube passed through the eardrum) may be necessary to drain the fluid and aerate the middle ear. SELF-HELP If symptoms persist, investigate the possibility of allergy to food or atmospheric irritants. If a child is catarrhal, eliminate dairy products from the diet, but only for one month. CAUTION If deafness persists, see a doctor within a month.	Glue ear with swollen neck glands	<ul style="list-style-type: none"> Possible discharge of mucus from the ear Pain or congested feeling in the ear Swollen neck glands Head sweats Possible association with exposure to drafts
	Glue ear with thick, stringy mucus	<ul style="list-style-type: none"> Catarrh drips down the back of the throat from the sinuses Pain or congested feeling in the ear Dull ache or boring pain in the bridge of the nose Tendency to produce catarrh
TONSILLITIS The tonsils are two sacs of lymphatic tissue at the back of the throat that form part of the body's immune system (see page 204). They often become infected, especially during childhood. Symptoms include sore or painful throat, fever, and general malaise. The tonsils look bright red at first, then become covered with a slimy, whitish coating. The glands in the neck may become enlarged. SELF-HELP Encourage the child to rest, drink plenty of fluids, and take garlic preparations. Apply alternate hot and cold compresses around the neck. Gargling with sage tea may soothe the soreness or pain in the throat. CAUTION If symptoms persist for more than 48 hours, see a doctor. If temperature rises above 102°F (39°C), see a doctor within 12 hours.	Tonsillitis with red face, high fever, and delirium	<ul style="list-style-type: none"> Throat is sore and tender and neck feels stiff Right tonsil is often the worse affected Spasms of pain in the throat on moving High fever, red face, and dilated pupils Tongue has a strawberry-like appearance
	Tonsillitis with sensation as though a fish bone is stuck in the throat	<ul style="list-style-type: none"> Stabbing pain in the throat Unpleasant-smelling breath Hoarseness or loss of voice Yellow mucus is coughed up Tenderness and swelling of the neck glands Chilliness
	Tonsillitis with dribbling of saliva onto the pillow	<ul style="list-style-type: none"> Throat is dark red, sore, and swollen Copious saliva that burns when swallowed Tongue feels swollen and has a yellow coating Unpleasant-smelling breath Copious, offensive-smelling perspiration
CROUP Resulting from an infection of the larynx, epiglottis, or trachea, or from an obstruction of the airway, croup causes a sudden narrowing of the larynx, which produces hoarseness, wheezing, stridor (grunting while breathing), and a distinctive, barking cough. SELF-HELP Humidify the bedroom or, during a coughing fit, put the child in a bathroom with all hot faucets on. Stay with the child. CAUTION If there is fever, call a doctor within two hours. If stridor is acute with no sign of infection and there are breathing difficulties, call 911.	Croup that comes on suddenly	<ul style="list-style-type: none"> Sudden coughing and breathlessness Cough is hollow-sounding and resembles barking Possible great thirst
	Persistent croup	<ul style="list-style-type: none"> Dry, harsh, barking cough Constriction and dryness in throat Cough resembling a saw going through wood
WHOOPING COUGH This highly infectious, bacterial illness is serious in young children, and is occasionally fatal in babies. The incubation period is 1–2 weeks. A child is most infectious during the first week, and may remain infectious for up to three weeks. A fever is followed by spasmodic coughing characterized by a whooping noise. Complications include pneumonia and brain damage. CAUTION If you suspect that a child has contracted whooping cough, see a doctor within 48 hours. Antibiotics can minimize severity, but follow up with an acidophilic supplement, such as live yogurt, to reestablish beneficial intestinal bacteria. If a child turns blue during coughing, see a doctor within two hours.	Whooping cough with vomiting	<ul style="list-style-type: none"> Throat is dry and tickly Cough is so violent that the child vomits and can scarcely catch its breath between bouts Child clutches its stomach in pain from coughing Chilliness
	Whooping cough that is worse after midnight	<ul style="list-style-type: none"> Dry, hacking cough that starts at around 3 a.m. Chilliness Exhaustion Eyelids are puffy, especially the upper eyelids

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
<ul style="list-style-type: none"> Anxiety and insecurity Many fears, including concern about death and dying Possible nightmares 	<ul style="list-style-type: none"> When slightly constipated When lying on the affected side In dry weather 	<ul style="list-style-type: none"> For physical or mental exertion Between 2 a.m. and 3 a.m. In cold, raw wind 	Calc. carb. <i>(see page 77)</i> 6c 3 times daily up to 14 days
<ul style="list-style-type: none"> Irritability Despondency 	<ul style="list-style-type: none"> For warmth For movement For vomiting 	<ul style="list-style-type: none"> In the morning In hot weather In spring 	Kali. bich. <i>(see page 87)</i> 6c 3 times daily up to 14 days
<ul style="list-style-type: none"> Possible delirium with hallucinations about fantastic shapes or scary things 	<ul style="list-style-type: none"> When standing or sitting upright For warmth For resting in bed 	<ul style="list-style-type: none"> If the head becomes chilled For slight jarring or movement For light and noise At night 	Belladonna <i>(see page 39)</i> 30c every 2 hours up to 10 doses
<ul style="list-style-type: none"> Touchiness and oversensitivity Unreasonableness and tendency to lash out 	<ul style="list-style-type: none"> For eating For warmth When the neck is warmly wrapped 	<ul style="list-style-type: none"> In cold air and drafts For undressing For touching the throat When lying on the affected side 	Hepar sulph. <i>(see page 84)</i> 6c every 2 hours up to 10 doses
<ul style="list-style-type: none"> Irritability and emotionalism Shyness and tendency to be withdrawn Oversensitivity to emotions 	<ul style="list-style-type: none"> For rest When warmly dressed 	<ul style="list-style-type: none"> In extremes of temperature For perspiring At night When lying on the right side 	Merc. sol. <i>(see page 85)</i> 6c every 2 hours up to 10 doses
<ul style="list-style-type: none"> Great fear caused by sudden onset and nature of symptoms Restlessness in bed 	<ul style="list-style-type: none"> In fresh air For humidity For warm perspiration 	<ul style="list-style-type: none"> On exposure to cold, dry winds On exposure to tobacco smoke At night 	Aconite <i>(see page 32)</i> 30c right away, then half an hour later if child is awake
<ul style="list-style-type: none"> Waking at night in great fear Alternating moods 	<ul style="list-style-type: none"> For bending forward For warm food and drinks 	<ul style="list-style-type: none"> On swallowing, talking, and coughing For dry, cold wind For exertion and motion Midnight–2 a.m. 	Spongia <i>(see page 85)</i> 6c hourly up to 6 doses
<ul style="list-style-type: none"> Restlessness Suspicion Anxiety Anger that develops easily 	<ul style="list-style-type: none"> For applying pressure to the chest In the open air For walking When sitting up in bed For keeping quiet 	<ul style="list-style-type: none"> After midnight When lying on the left side For warmth For talking and laughing 	Drosera <i>(see page 141)</i> 6c once after every coughing bout up to 2 days
<ul style="list-style-type: none"> Dislike of being alone Fear of the dark and ghosts Anxiety Irritability Jumpiness 	<ul style="list-style-type: none"> For warmth When sitting with the elbows on the knees In the open air 	<ul style="list-style-type: none"> For cold and drafts Between 2 a.m. and 3 a.m. For physical or mental exertion 	Kali. carb. <i>(see page 88)</i> 6c once after every coughing bout up to 2 days

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
CHICKEN POX This highly infectious, viral disease is spread in droplets of mucus expelled in coughs and sneezes from an infected child or an adult with shingles. Incubation is 13–17 days. Symptoms are a slight fever for 24 hours, followed by the eruption of a rash and a worsening of the fever. Clusters of small, red, itchy spots evolve into fluid-filled blisters, which heal in 6–10 days. A child is infectious from just before the onset of fever until all the spots heal. Scratched spots may become infected and leave pockmarks. Most children recover completely, but the virus may lie dormant and be triggered in adulthood as shingles. SELF-HELP To soothe the spots, rub in honey or vitamin E cream on unbroken skin, dab on baking soda solution (1 tsp soda to ¾ cup water), or take an oatmeal herbal bath. CAUTION If you suspect that your child has chicken pox, consult a doctor within 24 hours. If the temperature is still high two days after the rash appears, or if the child seems very ill and chesty, see a doctor within two hours because of a risk of pneumonia.	First stage of chicken pox Chicken pox with restlessness	<ul style="list-style-type: none"> • Sudden rise in temperature • Hot, flushed face, with cold extremities (fingers, hands, toes, and feet) • Possible staring eyes • Sensitivity to noise and light <ul style="list-style-type: none"> • Extremely itchy rash • Fever • Restlessness • Headache that develops from a stiff neck
MEASLES A highly infectious, viral disease, measles is spread in droplets of mucus expelled in coughs and sneezes. The incubation period is about ten days, after which the first symptoms develop—an inflamed throat, runny nose, dry cough, red and watering eyes, and fever. After 3–4 days, dark red spots appear, which may join up to form blotches. A child is infectious from the first symptoms until five days after the rash develops. Complications include acute middle-ear infection, bronchitis (see page 228), encephalitis (inflammation of the brain), and febrile convulsions. SELF-HELP Give the child plenty of water and a light diet until the runny nose and the cough clear up. Treat as for fever (see page 248). Bathe the eyes with a saline solution (1 tsp salt to ¾ cup boiled, cooled water). CAUTION If fever persists, or if the child feels ill after the rash begins to fade or has an earache, see a doctor within 12 hours.	Chicken pox with lack of thirst during fever First stage of measles with lack of thirst during fever	<ul style="list-style-type: none"> • Lack of thirst despite high temperature • Typical rash • Thick, bland, yellow discharge from the nose • Chilliness but a desire for fresh air <ul style="list-style-type: none"> • Lack of thirst despite high temperature • Oversensitivity to light • Dry cough at night with mucus coughed up in the morning, and thick, green catarrh by day • Nausea, vomiting, or diarrhea • Tiny, raised white spots in the mouth
MUMPS A viral infection of certain salivary glands (the parotids in front of the ear and the submandibulars in the lower jaw), mumps is spread by droplets of mucus expelled in coughs and sneezes. The incubation period is 2–3 weeks and a child may be infectious for a week before the symptoms appear. These include fever, headache, and pain in front of the ears as the glands become swollen. The swelling subsides within ten days, during which time a child is still infectious. Complications may include meningitis or inflammation of the pancreas, ovaries, or testes. Rarely, the effect of this disorder on the reproductive organs results in sterility. SELF-HELP Avoid acidic drinks, such as citrus fruit juices, since these will stimulate the salivary glands, causing pain. CAUTION If there is a severe headache, oversensitivity to light, confusion, drowsiness, or any other symptoms of meningitis, see a doctor within two hours. If the testicles or ovaries are painful, see a doctor within 12 hours.	Second stage of measles with dry, hacking cough Second stage of measles with a rash that is slow to disappear Mumps with sudden onset of fever and flushed face	<ul style="list-style-type: none"> • Rash appears slowly • Fever • Great but infrequent thirst • Dry, hacking cough • Headache that is worse for coughing <ul style="list-style-type: none"> • Rash disappears very slowly • Spots turn purple • Increased appetite • Great desire for sweet foods <ul style="list-style-type: none"> • Sudden rise in temperature • Hot, flushed face • Parotid gland on the right side is worse affected • Wide, staring eyes
	Mumps with pain in the ears on swallowing	<ul style="list-style-type: none"> • Pain on swallowing that extends from the throat to the ears • Submandibular glands are swollen and as hard as stones • Restlessness and a desire to move, but movement makes the symptoms worse
	Mumps with perspiration and dribbling when asleep	<ul style="list-style-type: none"> • Glands on the right are the worse affected • Offensive-smelling and unpleasant-tasting saliva that dribbles onto the pillow during sleep • Offensive-smelling, copious perspiration • Tongue is swollen, with tooth imprints

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Possible hallucinations and delirium	<ul style="list-style-type: none"> When lying on the front For bending backward In a darkened room For being lightly covered 	<ul style="list-style-type: none"> In sunlight For jarring For stooping When lying with the head lower than the body For heat 	Belladonna <i>(see page 39)</i> 30c every 2 hours up to 10 doses
• Great restlessness	<ul style="list-style-type: none"> For changing position For continuous movement For warmth In dry air For applying hot compresses, especially to the head 	<ul style="list-style-type: none"> For rest and when first moving In cold and wet conditions In drafts, even if only small areas of the body are exposed 	Rhus tox. <i>(see page 162)</i> 6c every 2 hours up to 10 doses
• Tearfulness and a tendency to cling to an adult • Self-pity • Great desire for attention and comfort	<ul style="list-style-type: none"> In the open air For applying cold compresses to the itchy areas For gentle movement 	<ul style="list-style-type: none"> In hot rooms For warmth At twilight and in the early evening 	Pulsatilla <i>(see page 61)</i> 6c every 2 hours up to 10 doses
• Great tearfulness and misery • Desire for plenty of sympathy	<ul style="list-style-type: none"> For crying and sympathy With the hands above the head For gentle movement In fresh air For applying cold compresses to the rash 	<ul style="list-style-type: none"> For heat In extremes of temperature When lying on the painful side In the evening and at night 	Pulsatilla <i>(see page 61)</i> 6c every 2 hours up to 10 doses
• Great irritability • Reluctance to be moved	<ul style="list-style-type: none"> For rest In cool air For applying cold compresses to the rash 	<ul style="list-style-type: none"> For noise and bright light In the morning and at around 9 p.m. and 3 a.m. For the slightest movement 	Bryonia <i>(see page 42)</i> 30c every 4 hours up to 10 doses
• Irritability • Anxiety	<ul style="list-style-type: none"> In the open air For applying warm compresses to the rash 	<ul style="list-style-type: none"> For baths For becoming overheated For physical or mental exertion 	Sulphur <i>(see page 99)</i> 6c every 4 hours up to 10 doses
• Possible hallucinations and delirium	<ul style="list-style-type: none"> When lying on the front For applying pressure to the affected glands 	<ul style="list-style-type: none"> In sunlight • For jarring When stooping When lying with the head lower than the body For heat 	Belladonna <i>(see page 39)</i> 30c every 4 hours up to 10 doses
• Tearfulness at night • Indifference • Confusion when sitting up	<ul style="list-style-type: none"> For cold drinks For rest For warmth 	<ul style="list-style-type: none"> For getting out of bed For walking around For swallowing 	Phytolacca <i>(see page 159)</i> 6c every 4 hours up to 10 doses
• Irritability and emotionalism, or shyness and introversion • Emotional oversensitivity	<ul style="list-style-type: none"> For rest When warmly dressed In the morning 	<ul style="list-style-type: none"> In extremes of temperature For perspiring At night When lying on the right side 	Merc. sol. <i>(see page 85)</i> 6c every 4 hours up to 10 doses

HEALTH IN ADOLESCENCE

Adolescence describes the transition from childhood to adulthood, and is ushered in by hormonal changes that occur at about 10 or 11 years of age in girls and a year or so later in boys. Height and weight are gained during

adolescence, but more significant is the progression to sexual maturity. In boys, this takes the form of an enlargement of the genitals and the larynx, and the appearance of body hair; in girls, it involves the development of breasts and body

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
INFECTIOUS MONONUCLEOSIS This viral infection is spread by personal contact. It starts like influenza, with fever, sore throat, headache, and general aches and pains. Within a day or two the lymph glands, especially those in the throat, become swollen and painful and the tonsils enlarged and dirty-looking. There may be a rash, and—in rare cases—jaundice. Although symptoms usually wear off in two or three weeks, full recovery may take longer and lethargy may last for months. Stress, such as that generated by overworking for exams or the breakup of a relationship, may increase susceptibility to mononucleosis. SELF-HELP Rest in bed until acute symptoms abate, after which avoid strenuous exercise and do only 75 percent of what you are capable of doing, both physically and mentally, until recovery is complete. CAUTION See a doctor for a blood test to confirm the diagnosis.	Mononucleosis with enlarged tonsils and ulcers	<ul style="list-style-type: none"> Tonsils are swollen and purple, with weeping ulcers, and swallowing is difficult Tongue is cracked and parched, and teeth have a brown coating Great physical exhaustion Possible headache and muscular pain
BODY ODOR Sweat glands in the groin and underarms become functional at about 15 or 16 in girls and a year or two later in boys. Most anxiety about body odor occurs as a result of the unfamiliar smell rather than an excess of perspiration. The odor becomes offensive when bacteria breed in the stale sweat. Perspiration may be increased by stress and during menstruation in girls. SELF-HELP Wash thoroughly every day using alkaline soap, which will discourage the proliferation of bacteria. CAUTION If symptoms persist, consult a doctor.	Mononucleosis with offensive perspiration	<ul style="list-style-type: none"> Throat is dark red, sore, and swollen Saliva burns the throat on swallowing Tongue feels swollen and is yellow-coated with tooth imprints Offensive-smelling breath Copious, smelly perspiration
EXAM NERVES This describes a state of extreme anxiety about taking exams that almost amounts to a phobia (see page 211). Psychological symptoms include a feeling of panic and an inability to concentrate. Physical symptoms include diarrhea, nausea, vomiting, and headache. The condition may be exacerbated by other problems—for example, difficulty in studying at home or pressure to achieve high grades. Constitutional homeopathic treatment (see page 176) may be required. SELF-HELP Time management is the key to controlling anxiety. Start studying well in advance; draw up a timetable that divides subjects into manageable units and covers all topics adequately; and always include time out. Also, make sure that you get enough rest. Remedies should be taken on the day of the exam but also for some days before whenever symptoms appear. CAUTION If symptoms persist, consult a doctor.	Mononucleosis with pain on swallowing food and hot drinks	<ul style="list-style-type: none"> Tonsils are dark red Shooting pain up to the ears on swallowing Swallowing food and hot drinks is especially painful
	Body odor in overweight people who feel the cold easily	<ul style="list-style-type: none"> Perspiration smells sour Perspiration on the back of the head during sleep that wets the pillow Profuse perspiration in the morning Profuse perspiration for only moderate exertion
	Body odor from perspiring in hot and cold conditions	<ul style="list-style-type: none"> Copious, unpleasant-smelling perspiration Perspiration occurs in both hot and cold conditions Possible large amounts of saliva
	Exam nerves with diarrhea	<ul style="list-style-type: none"> Diarrhea and possibly nausea and vomiting before an exam • Watery stools Diarrhea accompanied by copious gas Diarrhea immediately after eating or drinking
	Exam nerves with inability to remember anything	<ul style="list-style-type: none"> Sensation as though there is a plug or lump somewhere, usually in the throat or rectum Sensation as though a weight were pressing down on the shoulders Possible worsening of eczema in sufferers
	Exam nerves with weak, wobbly legs	<ul style="list-style-type: none"> Limbs feel weak and wobbly Possible aches and pains resembling the onset of influenza

hair, and the onset of menstrual periods. Emotionally and intellectually, adolescence is a time of great change as a teenager veers between dependence and independence, and peers very often become more important role models than parents. Many of the disorders encountered during adolescence result from the great hormonal changes that

take place at this stage of life. Ailments may be exacerbated by emotional, academic, and peer-group pressures, and may require long-term, constitutional homeopathic treatment in some cases (see page 176). Homeopathic remedies and other self-help measures can help address bodily imbalances in the short term.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
<ul style="list-style-type: none"> Mental dullness and apparent stupidity Confusion Great anxiety or depression, with constant sighing 	<ul style="list-style-type: none"> For hot drinks When lying on the right side 	<ul style="list-style-type: none"> For sitting up At the sight of food For movement 	Ailanthus <i>(see page 122)</i> 6c every 4 hours up to 10 doses
<ul style="list-style-type: none"> Irritability and emotionalism or shyness and introversion Emotional oversensitivity 	<ul style="list-style-type: none"> For rest When warmly dressed In the morning 	<ul style="list-style-type: none"> In extremes of temperature For perspiring At night When lying on the right side 	Merc. sol. <i>(see page 85)</i> 6c every 4 hours up to 10 doses
<ul style="list-style-type: none"> Restlessness Indifference to life Fear of dying 	<ul style="list-style-type: none"> When lying on the stomach For rest For warmth 	<ul style="list-style-type: none"> For getting out of bed For movement For swallowing For hot foods and drinks During the hours of darkness 	Phytolacca <i>(see page 159)</i> 6c every 4 hours up to 10 doses
<ul style="list-style-type: none"> Depression Apprehension Forgetfulness Concern about appearing insane to others 	<ul style="list-style-type: none"> In dry weather In the morning After breakfast 	<ul style="list-style-type: none"> For cold For mainly physical but also mental exertion For stress For drinking milk 	Calc. carb. <i>(see page 77)</i> 6c hourly up to 10 doses
<ul style="list-style-type: none"> Irritability and emotionalism Shyness and introversion Emotional oversensitivity 	<ul style="list-style-type: none"> For rest When warmly dressed In the morning 	<ul style="list-style-type: none"> In extremes of temperature For perspiring At night When lying on the right side 	Merc. sol. <i>(see page 85)</i> 6c hourly up to 10 doses
<ul style="list-style-type: none"> Fear of failure Lack of self-confidence Self-doubt that undermines concentration 	<ul style="list-style-type: none"> In cold air For washing the face in cold water For sitting For burping 	<ul style="list-style-type: none"> For eating sugar For eating cold foods In crowds 	Argentum nit. <i>(see page 74)</i> 6c hourly up to 10 doses before an exam
<ul style="list-style-type: none"> Lack of self-confidence Internal conflict that undermines concentration and the retention of information 	<ul style="list-style-type: none"> For eating For heat For hot baths 	<ul style="list-style-type: none"> For emotional stress In the evening up until midnight For mental exertion 	Anacardium occ. <i>(see page 124)</i> 6c hourly up to 10 doses before an exam
<ul style="list-style-type: none"> Fear of having to perform Virtual paralysis with fear when thinking about an exam despite great efforts to study 	<ul style="list-style-type: none"> For urinating For perspiring With the eyes closed 	<ul style="list-style-type: none"> For emotional stress In humid weather For smoking tobacco 	Gelsemium <i>(see page 144)</i> 6c hourly up to 10 doses before an exam

WOMEN'S HEALTH

The average woman ovulates about 400 times between puberty and the menopause, usually at intervals of around 28 days. If an egg is fertilized, pregnancy follows; if not, the lining of the uterus is shed during menstruation. The

functioning of the female reproductive system (see page 198) is controlled by the pituitary gland, which in turn takes its orders from the hypothalamus in the brain. A variety of disturbances and imbalances in the body may modify the

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
PREMENSTRUAL SYNDROME (PMS) PMS affects 75 percent of women to some degree over several days preceding a menstrual period, and includes physiological and psychological symptoms. Many women continue to lead more or less normal lives despite feeling glum and irritable, but in ten percent of cases symptoms are seriously debilitating. Physical symptoms include tender, swollen breasts and abdomen, fluid retention, and minor period-type pains. PMS may be exacerbated by hormonal or nutritional imbalance, stress, overwork, allergy, and psychological factors such as depression. SELF-HELP Avoid salty or fatty foods, junk foods, sugar, tea, coffee, and alcohol. Eat regular, small, protein-rich snacks, but reduce meat intake. Take 30 minutes of outdoor exercise daily and practice relaxation techniques (see page 217) or meditation. If you smoke, stop. Pace yourself in order to avoid stress. CAUTION If symptoms persist, consult a doctor.	PMS with apathy, irritability, and tearfulness	<ul style="list-style-type: none"> • Greasy skin, possibly with acne • Craving for salty or sweet foods • Weariness, especially in the morning • Sensation as though the uterus is falling out • Possible sinus problems, sore throat, and flushes
	PMS with swollen, tender breasts	<ul style="list-style-type: none"> • Fluid retention that exacerbates any weight problem • Lack of energy • Swollen, tender breasts and painful joints • Possible vaginal discharge or thrush
	PMS with self-pity	<ul style="list-style-type: none"> • Craving for sweet foods • Bloated stomach • Swollen face, especially upper eyelids • Headaches, nausea, and dizziness • Yellowish vaginal discharge
PAINFUL PERIODS (DYSMENORRHEA) Discomfort is common during the first few days of a menstrual period. Symptoms include a dull ache in the lower back or abdomen, or severe abdominal cramps. Pain may be exacerbated by stress, but may improve after childbirth or once a woman reaches her thirties. Sudden pain after years of pain-free periods may indicate pelvic infection, endometriosis (formation of cysts in the pelvic cavity from bleeding fragments of uterus lining) or fibroids (see page 199). The use of intrauterine devices or coming off the contraceptive pill can also result in painful menstruation. SELF-HELP Eat plenty of raw fruits and vegetables. Get plenty of exercise and lose weight if you need to. Between periods, take the occasional short, cold bath; during the week before a period, take a long, hot bath every other night. A physiotherapist or osteopath may be able to relieve associated back pain. CAUTION If periods are consistently more painful, see a doctor.	Abdominal pain with depression and self-pity	<ul style="list-style-type: none"> • Cramps in the uterus causing nausea or vomiting • Tenderness in the abdomen • Tearing pain in the lower abdomen • Possible migraine or diarrhea • Blood flow includes clots or is very scanty
	Abdominal pain with irritability, tearfulness, and indifference	<ul style="list-style-type: none"> • Sharp, piercing pain in the lower abdomen • Sensation as though the uterus is falling out • Cramps possibly accompanied by migraine, acne, weakness, perspiration, and fainting
	Abdominal pain soothed by heat and pressure	<ul style="list-style-type: none"> • Colicky, spasmodic pain • Blood flow includes clots • Dark, stringy, and tarry blood flow • Period starts ahead of schedule
ABSENT PERIODS (AMENORRHEA) The absence of periods may be permanent or temporary. If periods have not started by the age of 16 (primary amenorrhea), the cause is delayed puberty. If menstruation is established but periods suddenly stop (secondary amenorrhea), this may be due to anorexia or great weight loss, or excessive exercise (especially if the diet is vegetarian). Amenorrhea can also be caused by stress, travel (particularly long-haul flights), shock, emotional stress, coming off the contraceptive pill, or hormonal imbalance. Rarely, it is due to displacement of the uterus, (if it is tilted backward). Periods may also be delayed after childbirth. CAUTION If periods are absent for more than 9 months, consult a doctor.	Periods stop abruptly after a shock	<ul style="list-style-type: none"> • Feeling of heaviness and aching pain in the ovaries • Sharp, shooting pain in the uterus • Abdomen is inflated and sensitive • Vagina is hot, dry, and sensitive
	Periods stop after emotional stress	<ul style="list-style-type: none"> • Possibly no symptoms specifically related to the reproductive organs • Possible lump in the throat • Possible headache resembling a nail being driven into the head

brain's influence over the pituitary gland, thus upsetting hormone levels, which many women believe are responsible for their psychological as well as physiological problems. A holistic view of the workings of the female body is well suited to the application of homeopathic principles, and there is much anecdotal evidence of homeopathy's success

in treating women's complaints. Homeopathic remedies can provide an attractive alternative to conventional treatments such as hormone replacement therapy (HRT)—which may have unpleasant side-effects—and are particularly suitable for the treatment of recurring ailments associated with the reproductive cycle.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
<ul style="list-style-type: none"> • Irritability and tearfulness • Difficulty in concentrating • Desire to get away from it all • Fits of anger and screaming • Reduction in sex drive 	<ul style="list-style-type: none"> • For eating • For sleep • For vigorous exercise • For heat 	<ul style="list-style-type: none"> • For cold • On exposure to tobacco smoke • For mental exertion • In the early morning and early evening 	Sepia <i>(see page 112)</i> 30c twice daily up to 3 days, starting 1 day before PMS due
<ul style="list-style-type: none"> • Irritability and tearfulness • Depression • Indifference • Difficulty in concentrating 	<ul style="list-style-type: none"> • In the morning • When slightly constipated 	<ul style="list-style-type: none"> • In drafts • In cold, damp, windy weather • For overexertion • Between 2 a.m. and 3 a.m. 	Calc. carb. <i>(see page 77)</i> 30c twice daily up to 3 days, starting 1 day before PMS due
<ul style="list-style-type: none"> • Self-pity and depression • Sudden tearfulness • Apprehension about the future • Anxiety in crowded places 	<ul style="list-style-type: none"> • For crying • For sympathy • For exercise • In fresh air • For cold drinks 	<ul style="list-style-type: none"> • For warmth • In the sun • For rich, fatty foods • In the evening and at night 	Pulsatilla <i>(see page 61)</i> 30c twice daily up to 3 days, starting 1 day before PMS due
<ul style="list-style-type: none"> • Self-pity and great tearfulness at the slightest provocation • Desire for comfort and reassurance • Depression 	<ul style="list-style-type: none"> • For crying and sympathy • With the hands above the head • For gentle exercise • In fresh air • For cold drinks 	<ul style="list-style-type: none"> • For heat • In extremes of temperature • For rich, fatty foods • When lying on the painful area • In the evening and at night 	Pulsatilla <i>(see page 61)</i> 30c hourly up to 10 doses
<ul style="list-style-type: none"> • Irritability and tearfulness • Desire to be left alone • Indifference to loved ones 	<ul style="list-style-type: none"> • When lying on the right side with knees pulled up to the chest • For eating, sleeping, and exercise • For applying hot compresses to the abdomen 	<ul style="list-style-type: none"> • For cold • On exposure to tobacco smoke • For mental exertion • In the early morning and between 4 p.m. and 6 p.m. 	Sepia <i>(see page 112)</i> 30c hourly up to 10 doses
<ul style="list-style-type: none"> • Irritability, anxiety, and oversensitivity • Fixation about pain • Possible fear of thunderstorms and of darkness 	<ul style="list-style-type: none"> • For warmth • For hot baths • For applying pressure to the abdomen • When bending double 	<ul style="list-style-type: none"> • In cold air and drafts • For being uncovered • At night • For being exhausted • For movement 	Mag. phos. <i>(see page 90)</i> 30c hourly up to 10 doses
<ul style="list-style-type: none"> • Great fear and anxiety • Nervousness and panic in fear of death, even to the extent of predicting the time of death 	<ul style="list-style-type: none"> • In fresh air • For rest • For warm perspiration • For bending double 	<ul style="list-style-type: none"> • In warm rooms • On exposure to tobacco smoke • In the evening and at night • In dry, cold wind 	Aconite <i>(see page 32)</i> 30c twice daily up to 14 days
<ul style="list-style-type: none"> • Suppression of emotions with fear of showing feelings at inappropriate times • Mood swings between laughter and tearfulness • Possible hysteria 	<ul style="list-style-type: none"> • For eating • For urinating • For heat 	<ul style="list-style-type: none"> • In fresh air and cold conditions • For wearing too much clothing • For coffee or alcohol • For strong smells • On exposure to tobacco smoke • In the morning 	Ignatia <i>(see page 57)</i> 30c twice daily up to 14 days

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
HEAVY PERIODS (MENORRHAGIA) Heavy periods are defined as those with profuse bleeding, or flooding, which quickly soaks through any sanitary protection and may include large clots of blood, or bleeding that continues for more than seven days. They may be due to pelvic infection, hormonal imbalance, fibroids (see page 199), endometriosis (formation of cysts in the pelvic cavity from bleeding fragments of uterus lining), stress, overwork, or approaching menopause (see below). The use of intrauterine devices can also increase menstrual blood flow. SELF-HELP Reduce your intake of tea, coffee, alcohol, milk, and dairy products, and eat plenty of raw vegetables. Take 30 minutes of moderate exercise every day but avoid overexertion. CAUTION If your menstrual cycle is regular but the flow is heavier than usual or exhibits some other change, consult a doctor. If you have had sexual intercourse regularly and a period is late and heavier than usual, see a doctor within 12 hours.	Heavy periods in overweight women	<ul style="list-style-type: none"> • Fluid retention that exacerbates a weight problem • Possible backache, perspiration, and clumsiness • Blood is bright red • Possible abdominal cramps • Periods are irregular
	Heavy periods with apathy and indifference	<ul style="list-style-type: none"> • Severe abdominal cramps • Itchy vaginal discharge • Sweating during menstruation • Visual disturbances, such as spots or flashes • Periods are irregular
	Heavy periods with nervous excitement	<ul style="list-style-type: none"> • Blood flow includes dark clots • Intermittent bleeding • Abdominal cramps • Headache, dizziness, and fainting • Very pale face
MENOPAUSE Menopause is the cessation of menstruation that occurs in women between the ages of 45 and 55. It should not be considered an ailment but rather a fact of physical and emotional life that some women adjust to better than others. Symptoms occur as a result of diminishing hormone production by the ovaries, and include hot flashes, vaginal dryness, aches and pains, dizziness, loss of appetite, weariness, chilliness, and palpitations. Psychological symptoms include tearfulness, irritability, anxiety, nervousness, depression, and insomnia. Menopausal symptoms may be exacerbated by stress. Counterbalancing the reduction in hormone production is the basis of conventional treatment—hormone replacement therapy (HRT). Homeopathy does not view menopause simply in terms of hormones, but adopts a more holistic approach to body imbalances that may have existed for a long time. Constitutional treatment (see page 176) may be required. SELF-HELP Avoid tea, coffee, alcohol, and spicy foods, and eat little and often. Cotton underwear, lightweight clothes, and cool showers or baths will reduce the impact of hot flashes. Do moderate exercise and practice deep breathing (see page 217) or yoga. Ease vaginal dryness with calendula ointment, and increase lubrication during sexual intercourse with a vaginal lubricant. CAUTION If there is any bleeding six months beyond the last period, or prolonged spotting between periods, consult a doctor.	Inability to cope during menopause	<ul style="list-style-type: none"> • Headache that is worse on the left side • Perspiration on the face and back of the neck during sleep • Craving for sweet foods • Swollen finger joints
	Menopause with hot flashes, perspiration, and fainting	<ul style="list-style-type: none"> • Sensation as though there is a kettle boiling inside the body that is relieved by perspiring • Headache that is worse on the left side • Dizziness and fainting • Hot flushing of the face • Constricted feeling in the throat and abdomen
	Loss of libido during menopause	<ul style="list-style-type: none"> • Heavy, irregular periods leading into menopause • Possible candidiasis • Vaginal dryness causing pain during sexual intercourse
	Menopause with hot flashes in warm conditions	<ul style="list-style-type: none"> • Hot flashes if in a hot room or a room full of people • Tendency to put on weight easily • Headaches and migraines that are worse on the left side • Craving for sweet foods
BREAST PAIN General tenderness in the breast is common before a period. Localized pain may be due to an abscess or a lump. Abscesses may develop from mastitis (see page 201), while lumps may be caused by fibroadenosis (thickening of breast tissue), benign growths, or cancer. SELF-HELP If breast-feeding, bathe the breast in hot water. If breast pain has other causes, reduce intake of animal fats, tea, and caffeine, and substitute oily fish for meat and dairy products. CAUTION If you are breast-feeding and have breast pain, especially if it is accompanied by a fever, see a doctor within 24 hours. If the nipple or breast changes, or if a hard, tender area develops, see a doctor immediately.	Breast is tender even when lightly touched	<ul style="list-style-type: none"> • Breast is tender to the slightest touch • Breast is swollen • Stitchlike pain in the nipple • Desire to press the breast hard with the hands • Legs feel heavy • Possible reduction in sex drive
	Breast is hard and inflamed	<ul style="list-style-type: none"> • Breast is hard and inflamed, and feels as though there might be an abscess forming • Discomfort on the slightest movement • Possible bursting headache • Great but infrequent thirst • Possible constipation

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
<ul style="list-style-type: none"> Confusion and difficulty in concentrating Anxiety about symptoms having been noticed by others Fear of insanity 	<ul style="list-style-type: none"> In the morning When slightly constipated 	<ul style="list-style-type: none"> In drafts In cold, damp, windy weather For exercise Between 2 a.m. and 3 a.m. For stress and overexertion 	Calc. carb. <i>(see page 77)</i> 30c 3 times daily up to 14 days
<ul style="list-style-type: none"> Tearfulness and irritability Indifference even to loved ones General apathy 	<ul style="list-style-type: none"> For eating and sleep For exercise For applying hot compresses to the lower abdomen 	<ul style="list-style-type: none"> For cold On exposure to tobacco smoke For mental exertion or stress In the early morning and evening 	Sepia <i>(see page 112)</i> 30c 3 times daily up to 14 days
<ul style="list-style-type: none"> Irritability Oversensitivity Fear of domesticated animals Mood swings and depression 	<ul style="list-style-type: none"> For applying firm pressure to the abdomen For loosening clothing When bending double When lying down 	<ul style="list-style-type: none"> For touch and jarring For noise In cold drafts For mental exertion At night 	China <i>(see page 49)</i> 30c 3 times daily up to 14 days
<ul style="list-style-type: none"> Feeling of being unable to cope Confusion Anxiety about symptoms having been noticed by others Claustrophobia 	<ul style="list-style-type: none"> In dry weather After breakfast For rubbing the affected joints 	<ul style="list-style-type: none"> In cold, raw air For cold baths For physical or mental exertion For the pressure of clothing For sexual intercourse 	Calc. carb. <i>(see page 77)</i> 30c twice daily up to 7 days
<ul style="list-style-type: none"> Poor memory Difficulty in concentrating Overexcitement with great talkativeness Confusion Jealousy 	<ul style="list-style-type: none"> In the open air For cold drinks For loosening clothing For eating 	<ul style="list-style-type: none"> Upon waking In the summer and in the sun For swallowing liquids For the pressure of clothing For hot drinks or alcohol 	Lachesis <i>(see page 109)</i> 30c twice daily up to 7 days
<ul style="list-style-type: none"> Irritability Tearfulness Apathy and indifference Difficulty in concentrating 	<ul style="list-style-type: none"> For sleep For cold baths For strenuous walking in the open air For being warm in bed 	<ul style="list-style-type: none"> For cold For sexual intercourse In the early morning and evening Before thunderstorms 	Sepia <i>(see page 112)</i> 30c twice daily up to 7 days
<ul style="list-style-type: none"> Poor memory Depression Irritability 	<ul style="list-style-type: none"> In the open air For perspiring For gentle walking 	<ul style="list-style-type: none"> For hot baths For physical or mental overexertion For becoming hot in bed For drinking alcohol 	Sulphur <i>(see page 99)</i> 30c twice daily up to 7 days
<ul style="list-style-type: none"> Depression Confusion Mental dullness and fatigue Anxiety, hysteria, or sadness associated with grief 	<ul style="list-style-type: none"> For fasting For expressing emotion With the arms hanging down 	<ul style="list-style-type: none"> When lying down For turning over in bed For cold 	Conium <i>(see page 51)</i> 6c every 4 hours up to 5 days
<ul style="list-style-type: none"> Irritability Desire to be alone Great concern about financial problems 	<ul style="list-style-type: none"> In cool air For applying firm, cold pressure to the breast 	<ul style="list-style-type: none"> For the slightest movement In the morning and at around 9 p.m. and 3 a.m. In cold, dry, windy weather 	Bryonia <i>(see page 42)</i> 6c every 4 hours up to 5 days

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
CYSTITIS This term is used generally to describe increased frequency of urination with pain, but cystitis proper is inflammation of the bladder due to infection from the bowel. It may be accompanied by fever and a burning sensation when urinating. Cystitis mainly affects women; the female urethra is short and easily invaded by germs. The condition may be exacerbated by stress, antibiotics, contraceptives, poor diet, food allergy, poor personal hygiene, tights or underwear, and sexual intercourse. SELF-HELP Increase the alkalinity of the urine by drinking 10 fl oz (300 ml) of cold water every 20 minutes. Avoid tea, coffee, and alcohol. Cystitis may be aggravated by some foods, such as asparagus, beets, citrus fruits, strawberries, milk, ice cream, spicy foods, and junk foods. Never suppress the urge to urinate, and be scrupulous about personal hygiene. Avoid using tampons, douches, and perfumed bath products. Use lubrication during sexual intercourse. Urinate after intercourse. CAUTION If there is pain in the kidneys or blood in the urine, or if an attack lasts for more than 48 hours, see a doctor.	Cystitis with cutting, burning pains	<ul style="list-style-type: none"> Burning, cutting pains in the lower abdomen Constant urge to urinate and a sensation as though the bladder cannot be emptied properly Only small amounts of urine are passed Aching in the small of the back
	Cystitis with irritability	<ul style="list-style-type: none"> Only small amounts of urine are passed despite frequent urging Chilliness
	Cystitis with a feeling of resentment	<ul style="list-style-type: none"> Sensation as though a drop of urine is constantly trickling through the urethra Possible association with surgery to the urinary tract or other vaginal invasion, including sexual intercourse
VAGINAL THRUSH Thrush is caused by a fungus, <i>Candida albicans</i> . Symptoms include itchiness or soreness of the vagina and vulva, discharge, and frequent urination. Acidifying, infection-fighting bacteria that occur naturally in the vagina can be destroyed by antibiotics, contraceptives, vaginal deodorants, and medicated douches. Thrush is aggravated by stress, overwork, hormonal imbalance, pregnancy, and wearing tight clothes. SELF-HELP Avoid all potential irritants. Scrub underwear with unsalted detergent before washing it. Use lubrication and condoms during sexual intercourse. Allow air to reach the vagina as often as possible. Avoid sugar and yeast. Follow antibiotics with an acidophilic supplement (such as live yogurt). Douche the vagina three times a day with 5 oz (150 g) natural live yogurt diluted in 1½ quarts (liters) of boiled, cooled water or a weak solution of fresh lemon juice or vinegar (1 tbsp) and water (10 fl oz/300 ml). Acidifying preparations are available over the counter. CAUTION If symptoms persist, consult a doctor.	Thrush with itching in the vulva that is worse before menstruation	<ul style="list-style-type: none"> Itching of the vagina and vulva that is worse after urination and before menstruation Possible vaginal warts Possible chronic headache or increased appetite
	Thrush with discharge that is worse after sexual intercourse	<ul style="list-style-type: none"> Itching of the vagina and vulva White, offensive-smelling discharge that is worse after sexual intercourse Soreness and burning in the vagina Possible ulceration of the labia
	Thrush with itching in the rectum	<ul style="list-style-type: none"> Itching in the rectum and around the anus Offensive-smelling, yellow or white vaginal discharge Vaginal pain during sexual intercourse Alternating constipation and diarrhea Flatulence
VAGINISMUS This is an unusual condition in which the muscles surrounding the entrance of the vagina go into spasm. This makes sexual intercourse, medical examination of the vagina, or the use of tampons painful or even impossible. The spasms may be accompanied by arching of the back and straightening and drawing together of the legs. Vaginismus usually occurs in women who are anxious about penetration of the vagina as a result of a previous medical condition or examination, trauma such as sexual abuse, or psychological factors such as fear or guilt associated with sexual intercourse. SELF-HELP Practice relaxation techniques (see page 217), meditation, or yoga before any vaginal invasion. CAUTION If symptoms persist, consult a doctor for referral to a gynaecologist or a psychosexual therapist.	Extreme sensitivity of the vagina and the vulva	<ul style="list-style-type: none"> Oversensitivity of the vagina and vulva Increased sexual desire despite symptoms Possible retention of urine Constipation that is accompanied by colicky abdominal pains
	Vaginismus after medical examination	<ul style="list-style-type: none"> Extreme sensitivity of the vagina and vulva Possible irritation of the bladder
	Vaginismus secondary to grief	<ul style="list-style-type: none"> Vaginismus is spasmodic and erratic Itching of the vulva that extends into the vagina Possible association with a lump in the throat

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Anger or extreme irritability • Possible fear of mirrors and other reflective surfaces	• For warmth • For gentle massage • At night and in the morning	• For movement • For drinking coffee or cold water • In the afternoon	Cantharis (see page 105) 30c half-hourly up to 10 doses
• Irritability • Great criticism of others • Desire to be left alone	• For warmth • For sleep • For applying pressure to the bladder • For washing • In the evening	• In cold, windy weather • For noise • For eating, especially spicy foods • For taking stimulants • Between 3 a.m. and 4 a.m.	Nux vomica (see page 63) 6c half-hourly up to 10 doses
• Resentment • Anger	• For warmth • For a good night's sleep	• For applying pressure to the bladder • For not drinking enough fluids	Staphisagria (see page 54) 30c half-hourly up to 10 doses
• Anxiety, especially that brought on by overwork and stress • Depression	• In the morning • When slightly constipated	• Before and after menstruation • For applying heat to the vulva • During pregnancy • In cold, damp, windy weather • For physical or mental exertion	Calc. carb. (see page 77) 6c 6 times daily up to 5 days
• Tearfulness • Irritability • Indifference toward loved ones • Aversion to sexual intercourse	• For eating • For sleep • For exercise • For applying heat to the vulva	• For cold • On exposure to tobacco smoke • For being overtired • Between 2 a.m. and 3 a.m., and in the early morning and evening	Sepia (see page 112) 6c 6 times daily up to 5 days
• Stress • Obstinacy and irritability • Anxiety and hypochondria	• In fresh air • For dry warmth • For walking	• For prolonged standing • For wearing too much clothing • For cold and damp • For washing • For being too warm in bed • For alcohol	Sulphur (see page 99) 6c 6 times daily up to 5 days
• Selfishness and self-indulgence • Loss of memory and slow perception • Tendency to malinger	• For massaging the vagina • For applying firm pressure to the muscles at the tops of the thighs • For stretching the legs	• For exertion • For being in company • For excitement	Plumbum met. (see page 96) 30c twice daily up to 5 days
• Resentment and suppressed anger	• For warmth • For rest • For applying firm pressure to the muscles at the tops of the thighs	• For emotional stress or quarreling • For sexual excess or masturbation • For operative investigation	Staphisagria (see page 54) 30c twice daily up to 5 days
• Association with grief, introspection, and the suppression of emotions	• For changing position • For warmth • For urinating	• For emotional stress • For consolation • For the slightest touch	Ignatia (see page 75) 30c twice daily up to 5 days

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
MORNING SICKNESS Nausea and vomiting are fairly common during pregnancy, especially a first pregnancy. It is thought that changing hormone levels during pregnancy activate the vomiting center in the brain. Women often experience nausea and vomiting during the second and third months of pregnancy, although not necessarily only in the mornings. Symptoms usually wear off by about 14 to 16 weeks, although a few women vomit excessively (hyperemesis), which can cause dehydration and chemical imbalances in the body. This condition may, in the worst cases, require hospitalization. SELF-HELP Eat small, frequent meals and avoid fatty foods. If there is sickness immediately upon waking, eat a cracker before getting out of bed. The use of fresh ginger in cooking may also help. An acupressure band, available from drugstores, worn around the wrist may also be effective. Get plenty of rest. CAUTION If you are vomiting after most meals, consult a doctor.	Nausea with a thickly coated tongue	<ul style="list-style-type: none"> • Nausea that is worse in the morning • Vomiting of small amounts of food with mucus • Retching spasms • Dry mouth and thickly coated tongue • Craving for fresh, fatty, spicy, or acidic foods and aversion to bread, meat, coffee, and tobacco
	Nausea that is worse in the evening	<ul style="list-style-type: none"> • Nausea that is worse during the early evening but wears off during the night • Dry mouth but lack of thirst • Digestion is upset by rich, fatty foods • Pressure under the breastbone after meals • Craving for sweet foods
	Constant nausea with a clean tongue	<ul style="list-style-type: none"> • Nausea is not relieved by vomiting • Tongue feels clean rather than coated • Profuse saliva • Lack of thirst • Possible fainting
LABOR PAINS Pain is experienced in childbirth as result of contractions of the uterus that move the baby down the birth canal during labor. For most women labor is a painful business; for some it is excruciating. This may be because they have great sensitivity to pain or because the fetus is positioned in such a way that the uterus has to work harder than is usual in order to push the baby out. Labor pains may be exacerbated by exhaustion, fear, anxiety, and sometimes anger. Homeopathic treatment aims to calm the emotions as well as to relieve pain and exhaustion. SELF-HELP Learn psycho-prophylactic techniques (preventative measures that combine positive thinking and constructive breathing) at prenatal classes. These may help you to restore a feeling of control in what can be a frightening situation. If you are extremely sensitive to pain, learn other relaxation techniques and consider acupuncture or hypnotherapy.	Labor pains with oversensitivity to pain	<ul style="list-style-type: none"> • Contractions that seem so painful they cause involuntary screaming and crying
	Labor pains with great irritability	<ul style="list-style-type: none"> • Ineffectual contractions • Pain extending into the rectum with a frequent urge to pass gas, urine, or stools • Pain that causes spasms of the cervix, which does not dilate properly
	Labor pains with a constant need for comfort and sympathy	<ul style="list-style-type: none"> • Labor progresses slowly • Chilliness
BREAST-FEEDING PROBLEMS Several problems may arise during breast-feeding. The breasts may be too full for the baby to be able to latch on to a nipple properly. Expressing milk before a feeding may solve this problem. The milk may be too watery or have a taste that the baby does not like. This may be due to the mother's insubstantial diet, anxiety, exhaustion, or to strong-tasting foods that she has eaten. Pain as the baby suckles may be due to inflammation of the breast tissue (see <i>Mastitis</i> , page 201), an abscess, or cracked nipples. SELF-HELP Bathe sore and cracked nipples after each feed with a solution of calendula and hypericum (10 drops of mother tinctures to 10 fl oz/300 ml boiled, cooled water). Do not use soap. Clean and dry the nipples thoroughly and apply hypericum or calendula ointment. Leave them exposed to the air regularly. Wear breast shields during pregnancy to draw out inverted nipples. CAUTION If there is engorgement or hardness, breast pain, fever, and tender glands under the arms, see a doctor within 12 hours.	Throbbing, inflamed breasts	<ul style="list-style-type: none"> • Engorgement or hardness of the breasts with red streaks on the skin • Breasts feel heavy • Hot, dry skin • Possible mastitis or breast abscess
	Pain when the baby suckles, causing anger in the mother	<ul style="list-style-type: none"> • Inflamed nipples that are very tender to the touch • Great pain as the baby suckles
	Engorged breasts	<ul style="list-style-type: none"> • Milk is of poor quality • Baby has difficulty latching on to a nipple • Breasts are so full that they cause great discomfort • Possible chilliness or perspiration, especially if the mother is overweight

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Irritability that is worse in the morning • Overcriticism of others	• For warmth • For applying firm pressure to the stomach • For washing or applying wet compresses to the stomach • In the evening	• In cold, windy weather • For spicy foods • For taking stimulants • For stress • Between 3 a.m. and 4 a.m.	Nux vomica (see page 63) 6c every 2 hours up to 3 days
• Tearfulness • Great desire for support and reassurance • Self-pity	• For cold drinks or applying cold compresses to the stomach • For sympathy and crying • With the hands above the head • For gentle exercise • In fresh air	• In hot, stuffy rooms • In the evening • For rich, fatty foods • When lying on the left side	Pulsatilla (see page 61) 6c every 2 hours up to 3 days
• Irritability and contempt • Great desire for something but it is not known exactly what	• In fresh air	• For bending forward • For movement • For warmth • When lying down • For stress caused by embarrassment	Ipecac. (see page 45) 6c every 2 hours up to 3 days
• Nervousness and restlessness between contractions • Tearfulness and despair	• For warmth • When lying down • For sucking ice	• For emotional excitement • For strong smells and noise • In fresh air • For cold • At night	Coffea (see page 50) 30c every 5 minutes up to 10 doses
• Irritability • Impatience • Great criticism of others	• For warmth • For applying firm pressure or wet compresses to the abdomen • In the evening • For being left alone	• For cold • For noise • For taking stimulants • For eating • For stress	Nux vomica (see page 63) 30c every 5 minutes up to 10 doses
• Restlessness • Tendency to cry at the least provocation • Great need for comfort and reassurance	• For crying and sympathy • With the hands above the head • For gentle movement • In fresh air • For applying cold compresses to the abdomen	• For heat • In extremes of temperature • When lying on the painful side • In the evening and at night	Pulsatilla (see page 61) 30c every 5 minutes up to 10 doses
• Possible delirium with wide, staring eyes if temperature is very high	• When standing or sitting upright • In warm rooms • For applying warm compresses to the breasts	• For jarring, noise, or movement • For applying pressure to the breasts • When lying down, especially on the right side	Belladonna (see page 39) 30c hourly up to 10 doses
• Anger • Spitefulness and rudeness • Great tendency to complain	• For applying cold compresses to the breasts • For perspiring	• For heat • At night	Chamomilla (see page 46) 30c every 4 hours up to 6 doses
• Worry about new responsibilities • Anxiety causing forgetfulness and apprehension • Anxiety about symptoms having been observed	• When lying down • For massaging the breasts • After breakfast	• For drinking milk • For physical or mental exertion • For climbing stairs • In cold rooms • For bathing	Calc. carb. (see page 77) 30c 4 times daily up to 3 days

MEN'S HEALTH

Medically speaking, men are less complicated than women. The most troublesome of their problems that are suitable for self-help are usually the result of infections. The urethra in the male is much longer than that in the female, and

therefore tends to be less susceptible to invasion by germs. Men thus experience fewer problems with urinary control and infection than women. However, because the urethra is connected to the testes, epididymes, and prostate gland,

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
ERECTILE DYSFUNCTION Problems with erection may result from physical causes, for example injury or surgery to the genitals or spine; from chronic illnesses such as diabetes; from nervous disorders; or from taking drugs, either medically prescribed or recreational, or alcohol. Erectile dysfunction may also occur because of tiredness, or a lack of appropriate stimulation. Most physical problems occur because there is an insufficient supply of blood to the penis. The stresses of modern life or anxiety about sexual intercourse may further inhibit the ability to initiate or sustain an erection. SELF-HELP To reduce the psychological problems that may accompany erectile dysfunction, try to maintain a relaxed state of mind when making love. Forget about penetrative sexual intercourse for a while and concentrate on giving and receiving pleasure in areas of the body other than the genitals. CAUTION If symptoms persist, see a doctor.	Erectile dysfunction in anticipation of failure	<ul style="list-style-type: none"> Penis remains cold and small Possible premature ejaculation if erection does occur Great desire for sweet foods
	Erectile dysfunction caused by bruising	<ul style="list-style-type: none"> Penis is bruised as a result of injury Penis feels sore and tender to the touch Possible premature ejaculation if erection does occur
	Erectile dysfunction caused by sexual excess	<ul style="list-style-type: none"> Erection is not firm enough for penetration General weakness and nervous exhaustion Penis remains cold and small Possible premature ejaculation if erection does occur
HYDROCELE A soft, painless swelling of the scrotum, hydrocele is due to a build-up of excess fluid in the sheath surrounding the testes. It may be precipitated by injury, and is common in older men, although in most cases the cause is unknown. The condition may be congenital. The swelling may be caused by inflammation, infection, or, very occasionally, a tumor. Usually hydrocele is just monitored, but fluid may need to be drained off should the swelling become too great. CAUTION If symptoms persist beyond a month, see a doctor.	Hydrocele following injury	<ul style="list-style-type: none"> Bruising with painful swelling of the scrotum and testicle Swelling may be filled with blood
	Hydrocele with an aching testicle	<ul style="list-style-type: none"> Testicle aches during thundery weather Association with orchitis (inflammation of a testicle) Right testicle is the one usually affected
BALANITIS This swelling and soreness of the foreskin may result from the friction of underwear, or from irritation caused by condoms or contraceptive creams. It may be associated with herpes or diabetes. SELF-HELP Bathe the foreskin and head of the penis (glans) in a solution of hypericum and calendula (see page 271) every four hours, then apply calendula ointment. CAUTION If symptoms persist for five days, see a doctor.	Balanitis with inflammation of the foreskin and glans	<ul style="list-style-type: none"> Inner surface of the foreskin is irritated and inflamed Possible itching Possible discharge of offensive-smelling pus Possible ulceration
THRUSH Often transmitted from an infected partner, this fungal infection <i>albicans</i> yeast grows under the foreskin, causing inflammation. SELF-HELP Bathe the penis in a solution of hypericum and calendula (see page 271) four times daily. Apply calendula ointment. CAUTION If symptoms persist beyond 14 days, see a doctor. Make sure that your partner also goes for treatment.	Thrush with inflammation and discharge	<ul style="list-style-type: none"> Inner surface of the foreskin is inflamed and itchy Head of the penis is red, with a raised rash that is itchy Possible itchy, smelly discharge from the penis

any kidney, bladder, or urethral infection can spread easily to the reproductive system (see page 198). Disorders of that system are the subject of this section. Men's sexual activity can be extended into later life by following a lifestyle that promotes general good health, including a balanced diet, sufficient exercise, and effective stress control. Men may

be reluctant to seek medical help for their ailments, especially those concerning the reproductive system. Many conditions are, however, easily treated if diagnosed early, and respond well to homeopathy. Neglect, on the other hand, can lead to complications that threaten fertility, sexual function, or even life.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• High sex drive but lack of self-confidence and expectation of failure to achieve or sustain an erection	• For loosening clothing • For warm drinks • For urinating	• For wearing tight clothing • In very hot rooms • For overeating	Lycopodium (see page 59) 30c twice daily up to 5 days
• Desire to be left alone • Denial that there is a problem • Refusal to get medical help • Fear of being touched	• For bathing in cold water • For adopting a sexual position that avoids putting pressure on the bruised area	• For touch • For further injury or bruising • For sexual excesses	Arnica (see page 37) 30c twice daily up to 5 days
• Anxiety about health • Fear of death • Increase in sexual thoughts despite decline in sexual function	• For applying firm pressure to the penis • For rest • For ejaculating	• For touch • For sprain or injury • For sexual excesses	Agnus castus (see page 173) 30c twice daily up to 5 days
• Desire to be left alone • Denial that there is a problem • Refusal to get medical help	• For bathing in cold water • For adopting a sexual position that avoids putting pressure on the bruised area	• For touch • For movement • For lying for too long on one side	Arnica (see page 37) 30c 3 times daily up to 3 weeks
• Nervousness • Fear of thunderstorms and great sensitivity to approaching storms	• For heat • For continuous movement • For lying in bed with the legs pulled up to the chest	• Before thunderstorms • In windy weather • For rest, standing, and upon starting to move	Rhododendron (see page 162) 6c 3 times daily up to 3 weeks
• Restlessness at night • Loss of willpower • Indifference • Suspicion	• In moderate temperatures • For rest • For scratching the affected area • In the morning	• At night • For perspiring • For overheating • In cold air and drafts	Merc. sol. (see page 85) 6c every 4 hours up to 5 days
• Restlessness at night • Loss of willpower • Indifference • Suspicion	• In moderate temperatures • For rest • For scratching the affected area • In the morning	• At night • For perspiring • For getting overheated or too cold • For urinating	Merc. sol. (see page 85) 6c 4 times daily up to 14 days

HEALTH IN LATER LIFE

As people get older, they appreciate that health is something more than just the good fortune to have a body in proper working order. Maintaining health into later life has to do with genetic makeup, how a person has lived life so far, their

current lifestyle, and their relationships with family, friends, and with the community, on whom they may increasingly depend if health deteriorates and energy levels fall. Health and well-being in later life can be planned for,

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
DIZZINESS In later life, dizziness is commonly due to postural hypotension (low blood pressure on standing or sitting) or drugs. It may be exacerbated by osteoarthritis (see page 196). More seriously, dizziness may be indicative of Parkinson's disease (degeneration of nerve centers coordinating movement), cervical spondylosis (bony outgrowths on neck vertebrae restricting blood supply to the brain), or arteriosclerosis (hardening and narrowing of arteries, especially those supplying the brain). These conditions affect balance. Mild, early symptoms may respond to self-help remedies. SELF-HELP Stay physically active and maintain a good diet. Minimize the risk of falls in the home by, for example, securing floor coverings and fitting handrails on stairs. CAUTION If there is no improvement within two weeks, see a doctor. If dizziness increases rapidly, see a doctor within 24 hours. If dizziness causes a fall, see a doctor within two hours.	Dizziness after a fall or injury	<ul style="list-style-type: none"> Dizziness on standing up from a sitting or lying position Dizziness better for lying down Head movement creates a sensation as though everything is turning with it
	Dizziness with nausea	<ul style="list-style-type: none"> Dizziness is worse for movement and is associated with nausea Oversensitivity to noise that makes the dizziness worse Chilliness
	Dizziness that is worse in cold weather	<ul style="list-style-type: none"> Dizziness with a tendency to fall forward and sideways Sensation as though the head is being compressed
CONFUSION Confusion is characterized by an inability to organize thoughts coherently and poor short-term memory. Elderly people are prone to confusion resulting from infection, alcohol, or drugs. Chronic confusion may be due to dementia (see below). Sudden onset may indicate a serious condition, such as hypothermia (fall in body temperature to less than 95°F/35°C), a stroke (see page 187), a brain tumor, or hypoglycemia (abnormally low blood-sugar levels). SELF-HELP Make sure that the diet is balanced. Try using the breathing techniques used in yoga to reduce stress. CAUTION If there is no improvement within three weeks, see a doctor. If there is acute confusion, see a doctor within 12 hours.	Confusion with suspicion	<ul style="list-style-type: none"> General slowing down of physical activity so that tasks take a long time to complete Weakness after eating Tendency to lose weight even when eating well
	Confusion with delusions	<ul style="list-style-type: none"> Weakness when walking Noises in the head that resemble explosions Spasms in the neck or the bladder when urinating Sensation as though the head is separated from the body
SENILE DEMENTIA A general decline in mental ability is caused by the progressive loss of function of brain cells. This occurs if arteries supplying blood to the brain become blocked, or as a result of a number of conditions, including Alzheimer's disease and stroke (see page 187). One of the first symptoms is a deterioration in short-term memory so that it becomes increasingly difficult to follow conversations or to read. As the condition progresses, there is a gradual loss of interest in previously enjoyed pursuits, as well as mood swings. There may be a loss of social or sexual inhibitions. Diagnosis needs care, since a deteriorating mental state may be due to a variety of medical conditions, dietary deficiencies, the use of alcohol or drugs, or depression. SELF-HELP The diet should be balanced between proteins and carbohydrates, and include plenty of fresh fruits and vegetables. CAUTION If symptoms persist beyond a month, see a doctor.	Senile dementia in people who were once intellectually sharp	<ul style="list-style-type: none"> Weakness and fatigue Possible early stages of an enlarged prostate gland in men Slowing down of all movements Craving for sweet foods
	Senile dementia with suspicion	<ul style="list-style-type: none"> Susceptibility to digestive problems such as bloating, excessive flatulence, and constipation Fullness after eating only small amounts of food
	Senile dementia in highly-strung people	<ul style="list-style-type: none"> Generally thin and withered appearance Numbness and tingling in the fingers and toes Burning pains, especially in the stomach Desire for salt and ice-cold drinks

as with any foreseeable situation, and the better the plan, the easier life will be. Bodily systems may ultimately fail because of inherited weaknesses, but to what extent they fail and how quickly they do so will also depend on nutrition, level of exercise, lifestyle, and attitudes to life. Constitutional homeopathic treatment (see page 176) aims to establish

a holistic approach to correcting imbalances in body systems, and maintaining a sense of vitality and well-being in a person as they get older. Homeopathic remedies are particularly well suited to aging bodies that may be less able than young ones to metabolize conventional drugs with speed and efficiency.

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Denial that there is a problem • Desire to be left alone • Refusal to get medical help	• For lying down, especially with the head lower than the body • In the open air • For bathing in cold water • For sitting up straight	• For injury • For touch • For sleep • For getting up	Arnica (see page 37) 6c every 8 hours up to 14 days
• Nervousness • Nervous exhaustion after long suffering • Concern that time is passing too quickly	• For rest • For drinking warm water	• For noise • For touch • With the eyes closed • For the slightest movement	Theridion (see page 169) 6c every 8 hours up to 14 days
• Association with a deep sense of grief • Failing memory necessitating the double-checking of everything	• For cold drinks • For gentle movement • For warmth	• In dry, cold wind • For stooping	Causticum (see page 79) 6c every 8 hours up to 14 days
• Tasks are carried out thoughtlessly • Lack of confidence and a concern about being mocked • Suspicion of strangers and unfamiliar places	• For walking in the open air • For being alone	• For being in company • For cold • After meals	Baryta carb. (see page 76) 6c twice daily up to 3 weeks
• Overexcitement and heightened awareness of sensations • Possible out-of-body experiences • Fear of the dark and of demons • Laughter at anything • Forgetfulness	• In the open air • For bathing in cold water • For rest	• In the dark • For physical or mental exertion • For coffee	Cannabis ind. (see page 43) 6c twice daily up to 3 weeks
• Lack of confidence as memory and concentration begin to fail • Fear of being alone	• For warm drinks • For loosening clothing • In the open air	• For the pressure of clothing • For warmth • Between 4 p.m. and 8 p.m. • For overeating	Lycopodium (see page 59) 30c twice daily up to 14 days
• Failing memory leading to odd actions, thoughts, and perceptions • Suspicion that everyone is mocking, leading to a lack of self-confidence and desire to be alone	• For walking in the open air • For being alone • For wrapping up warmly	• For being in company • For cold • For stress	Baryta carb. (see page 76) 30c twice daily up to 14 days
• Agitation and apprehension • Fear of the dark and being alone • Failing memory leading to constant worry about others	• For sleep, even catnaps • For massage • For eating	• When lying down • For emotional stress • For warm foods • For mental exertion	Phosphorous (see page 94) 30c twice daily up to 14 days

DISORDER	SPECIFIC AILMENT	PHYSICAL SYMPTOMS
NEURALGIA Nerve pain may occur anywhere in the body but is most commonly associated with nerves providing sensation to the face, mouth, nose, upper eyelids, sinuses, and scalp. Neuralgia consists of a severe, shooting pain on one side of the face that lasts for seconds or minutes. The pain may be linked to infection of the sinuses, ears, or teeth, but often the cause is unknown. It may be referred pain, which is felt in a different area from the location of infection, for example, but in an area that is served by a different branch of the same nerve. Nerves are very sensitive, and neuralgia can be triggered by touch, pressure, chewing, or drafts. It is common in people over 70, in whom it may result from nerve damage. SELF-HELP Hold a covered hot-water bottle against the affected area. Try breathing techniques (see page 217) to relax the muscles and hence relieve pressure on the nerves. CAUTION If there is no improvement within two weeks, consult a doctor.	Neuralgia in the ear Neuralgia with burning pains Neuralgia on the left side of the face Itchy skin that is worse for washing Dirty-looking skin Oily skin with excessive perspiration	<ul style="list-style-type: none"> Intense, shooting pains Tearing pain above the left ear, then the right Numbness of outer ear and reduced hearing first on the left side, then on the right Sensation of pressure on the top of the head Possible shivers up the back and left side <ul style="list-style-type: none"> Burning pains in the head Restlessness Exhaustion <ul style="list-style-type: none"> Violent, tearing pain on the left side Twitching facial muscles on the left side Dark red cheek Possible redness and watering of the left eye Painfully stiff shoulders and neck <ul style="list-style-type: none"> Dry, scaly, itchy skin Burning pains after scratching and washing the affected areas Diarrhea in the morning <ul style="list-style-type: none"> Skin eruption with great itching that induces scratching until the skin is raw Oily, dirty-looking skin Possible distinctive, unpleasant body odor <ul style="list-style-type: none"> Profuse, offensive-smelling perspiration Skin is oily and constantly moist Intolerable itching
SKIN PROBLEMS With age, the skin loses elasticity and plumpness. It becomes thin, and tiny blood vessels that are nearer the surface as a result are easily damaged. This causes bruising and discoloration, which commonly occur on the backs of the hands, forearms, and lower legs. The discoloration fades but never disappears. The skin may develop pigmented patches, possibly due to faulty fat metabolism. Itchy skin is common with age, and is often due to dryness, eczema (see page 240), or dermatitis (inflammation of the skin). SELF-HELP Extra vitamin C and the application of arnica ointment may lessen bruising, while extra vitamin E may help to reduce the impact of pigmented patches. CAUTION If a pigmented patch that is more than $\frac{1}{3}$ in (1 cm) in diameter becomes larger, inflamed, or encrusted, develops an irregular, notched outline or a dark area within it, or itches, oozes, or bleeds, consult a doctor.	Frequent urination day and night Frequent urination that is worse at 4 a.m. Frequent urination with constipation	<ul style="list-style-type: none"> Stress incontinence Frequent urination during first stage of sleep Frequent urination due to overdistention of the bladder following urine retention Only small amounts of urine are passed due to paralysis of muscles in the neck of the bladder <ul style="list-style-type: none"> Strongest urge to urinate is at around 4 a.m. Possible difficulty in starting a stream of urine Possible pain in the small of the back <ul style="list-style-type: none"> Frequent urge to urinate or to pass stools if constipated Possible ineffectual urge to urinate Sensation as though there is more urine to pass even immediately after urination Possible cramps in the bladder Chilliness
INCONTINENCE & FREQUENT URINATION Incontinence is not an inevitable feature of aging, and is often secondary to a urinary infection such as cystitis, constipation, an enlarged prostate or irritation of the vulva, or the use of drugs. It can also occur after a stroke or problems with the spinal cord. Stress incontinence—a leakage of urine when laughing, coughing, or sneezing as a result of weak pelvic floor muscles—is chiefly a women's complaint. Associated with advanced senile dementia (see page 266), incontinence may be more a question of attitude than physical disability. It is often worse for cold, overexcitement, or anxiety. The most common causes of frequent urination are diuretic drugs prescribed for high blood pressure, and drinking tea, coffee, or alcohol. SELF-HELP Avoid drinking large amounts, and pass urine regularly. Yoga or osteopathy may help to relax or reposition muscles in the lower spinal area. Exercises for the pelvic floor muscles will strengthen them. CAUTION If symptoms persist for more than three days, or if frequent urination is associated with great thirst, see a doctor.		

PSYCHOLOGICAL SYMPTOMS	SYMPTOMS BETTER	SYMPTOMS WORSE	REMEDY & DOSAGE
• Irritability • Despondency	• For taking deep breaths • On rising from a sitting position • For movement	• In drafts • For changes in temperature • Twice a day at the same times • For touch, talking, sneezing, or biting hard • For stooping or walking	Verbascum (see page 171) 6c 4 times daily up to 14 days
• Great anxiety • Fear that recovery is unlikely and that death is a possibility • Fear of cancer	• For applying cold compresses to the affected area • For lying in a semi-reclined position • For heat	• Between midnight and 2 a.m. • For physical or mental exertion • For cold drinks	Arsen. alb. (see page 68) 6c 4 times daily up to 14 days
• Fear of pointed objects • Possible association with long-term grief • Nervous agitation	• For applying cold compresses to the affected area • For rest • For applying pressure to the affected area	• For touch or jarring • For stooping or turning the eyes • For movement • On exposure to tobacco smoke • For sexual intercourse	Spigelia (see page 167) 6c 4 times daily up to 14 days
• Impatience • Bad temper • Lack of interest in personal appearance	• For cold • For applying cold compresses to the affected area	• For washing • When warm in bed • For wearing woolen clothing	Sulphur (see page 99) 6c 4 times daily up to 14 days
• Fear that recovery is unlikely • Feeling of having been forsaken • Possible suicidal tendency	• When lying down • For eating • For profuse perspiration	• For cold • For coffee • For washing	Psorinum (see page 111) 6c 4 times daily up to 14 days
• Loss of memory and willpower • Nervous confusion and a tendency to stutter	• For being neither too hot nor too cold • For rest • For scratching the affected area	• At night • For perspiring • For becoming overheated • In drafts or cold conditions	Merc. sol. (see page 85) 6c 4 times daily up to 14 days
• Possible association with long-term grief • Failing memory necessitates the double-checking of everything • Sympathy for others' suffering	• For cold drinks • For washing • For being warm in bed	• In dry, cold, raw winds and drafts • At 3 a.m., 4 a.m., or in the evening	Causticum (see page 79) 6c every 4 hours up to 3 days
• Irritability • Anxiety and fear when left alone • Oversensitivity to noise	• For warmth • For movement • When sitting with the elbows on the knees	• In cold air and drafts • In winter • For coffee	Kali. carb. (see page 88) 6c every 4 hours up to 3 days
• Irritability • Tendency to be quarrelsome, find fault with others, and blame others • Oversensitivity to noise and light	• For rest • For passing stools or gas • For warmth	• In the early morning • For stress and overindulgence • For being angry • For noise, light, and touch	Nux vomica (see page 63) 6c every 4 hours up to 3 days

FIRST AID

The aims of first aid are to save life, limit injury, ease pain and anxiety, and summon the most appropriate help available. All first-aid methods, whether they are associated with conventional medicine or complementary therapies, are based on a common-

sense approach to dealing with a serious accident or a minor scrape. Homeopathic remedies can help to relieve pain, to allay anxiety and fear, and to facilitate healing. They can be used in conjunction with any other medication.

Identifying priorities in an emergency

The most important things to do in an emergency are to keep a clear head and not to panic, to determine what the priorities are, and to act decisively and promptly. Ideally, at least one person in every household should be trained in first-aid procedures. Only once the priorities listed below have been identified should homeopathic remedies be given.

Assessing serious conditions

Make sure that you, the victim, and your surroundings are safe. Very gently shake the victim by both shoulders—without moving the neck in case of head or neck injuries—and ask a question or give a command. If there is no response, proceed with the ABC of resuscitation.

A-airway Make sure that the victim's airway is open by gently tilting the head back (see right).

B-breathing See if the chest is rising and falling, and listen and feel for breathing against your ear. If the person is not breathing, call 911 immediately. Begin mouth-to-mouth resuscitation if you have been trained to do so.

C-circulation Look for signs of circulation such as breathing, coughing, or movement. Do this quickly and for no longer than 10 seconds. If there is neither circulation nor breathing, administer cardiopulmonary resuscitation (CPR), but only if you have been trained in the correct first-aid methods.

OPENING THE AIRWAY Gently tilt back the forehead and lift the jaw. Pick out any obvious obstructions in the mouth.



Unconsciousness

If a victim is unconscious, and you have already checked their airway, breathing, and circulation (see Assessing serious conditions, left) and you do not suspect serious head or spinal injuries, carefully maneuver them into a safe position (see right) and call the emergency services. Do not leave an unconscious person unattended. Check their airway, breathing, and pulse every five minutes. Make sure that they are kept warm, but that they do not become overheated.

Bach Rescue Remedy. Drip 2 drops into the victim's mouth every 10 minutes until help arrives.

Bleeding

Check any open wounds to see if there is bleeding. If there is, apply a sterile pad and, if possible, a bandage. If there is a profuse flow of blood from the wound, call the emergency services. Place a sterile pad over the wound



A SAFE POSITION

Carefully place an unconscious casualty in the position below. This will ensure that the body will be propped in a stable position. The head is slightly lower than the body, reducing the risks of vomit being inhaled (since liquids can drain from the mouth) or the tongue being swallowed.



Leg prevents casualty from rolling onto front, inhibiting breathing
Head tilted back to keep airway open

and apply firm pressure to the area until the bleeding stops or medical help arrives.

Arnica 30c every 10 minutes until the shock of injury wears off or until medical help arrives, then every 8 hours for up to 4 days.

Burns

Cool all small burns in cold water for up to 10 minutes, then cover with plastic wrap or a burn dressing. If neither is available, use a non-fluffy, clean dressing. If burns extend over an area larger than the palm of a hand, call the emergency services and carefully cover the affected parts with plastic wrap. Do not attempt to remove any pieces of clothing that may have adhered to burned skin. Do not burst blisters or apply lotion, cream, or gel to the wounds. If the victim is conscious, administer sips of water to minimize fluid loss.

Arnica 30c 3 doses only, then **Cantharis 30c** up to 6 doses or, if the burn continues to sting, **Urtica urens 6c** up to 6 doses.

Fractures

Evidence of a fracture includes pain, an inability to move the affected part, visible deformity, swelling, bruising, and shock. Try

to immobilize the affected part to prevent further damage and blood loss. Bandage an arm against the chest or one leg to the other, for example. Pad out the bandages above and below the fracture so that clothes and blankets do not exert pressure on it. If the fracture is open, apply padding to each side of the bone, then cover the whole area with a sterile dressing. Apply pressure to the padding to help slow the bleeding. Call the emergency services or take the victim to hospital if the injury affects the upper limb. **Arnica 30c** every 10 minutes until the shock of injury wears off, then every 8 hours up to 4 days. **Symphytum 6c** taken subsequently every 8 hours up to 3 weeks will promote healing of the bone.

Choking

The airway may be obstructed by food, the tongue, vomit, or a foreign object, causing coughing, crying, and breathing difficulties. Check the mouth and remove any obvious obstruction. Encourage the victim to cough. If the victim cannot cough, breathe, or speak, stand behind him and wrap your arms around his waist, under his breastbone. Make a fist with one hand and hold it in your other hand. Pull sharply upward and inward five times. Repeat the slaps and pulls three times and then call 911. If the victim stops breathing, be prepared to do cardiopulmonary resuscitation (CPR).

Aconite 30c every 10 minutes until the shock of this traumatic event wears off.

Drowning

The priorities for a victim of drowning are to call 911 and then start basic life support (see Assessing serious conditions, *opposite*).

Electric shock

If someone has suffered an electric shock, turn off the circuit breaker or use a broom handle or dry clothing to separate the victim from the power source. Keep them away from water, which conducts electricity. Call 911 and start basic life support (see Assessing serious conditions, *opposite*). Look for any wounds. Lay a conscious person on their back, raise the legs slightly, and tilt the head to one side with the chin up. Place an unconscious victim in a safe position (*see opposite*), and cover them.

Aconite 30c every minute up to 10 doses if the victim is fearful or restless. If they are yawning, desperate for air, or turning blue,

Carbo veg. 30c every minute up to 10 doses.

ASSEMBLING A FIRST-AID KIT

Many homeopathic pharmacies sell basic homeopathic first-aid kits containing between 12 and 18 remedies. These represent a good start, but check the contents before buying one to ensure that it includes the remedies that you need (*see below*). You may be able to exchange some remedies for others. For acute first-aid complaints, you will need remedies with a 30c potency; for less acute ailments, 6c potency. (Pregnant women should not take *Apis* of lower potency than 30c.)

STORING A FIRST-AID KIT

All first-aid items should be kept together, preferably in a sturdy box, and stored in a cool, dry place. Kept like this, homeopathic remedies will retain their strength for years. Every adult member of a household should know where the first-aid kit is kept, and have easy access to it, and it should always be placed well beyond the reach of young children.

BASIC REMEDIES

These remedies for common minor injuries and illnesses make a good start-up selection, which can be added to gradually. Dosages are suitable for adults, children, and babies.

- Aconite 30c
- Apis 30c
- Arnica 6c, 30c
- Bryonia 30c
- Cantharis 6c, 30c
- Carbo veg. 30c
- Euphrasia 6c
- Hypericum 30c
- Ledum 6c
- Nux vomica 6c
- Phosphorus 6c
- Rhus tox. 6c
- Ruta 6c
- Silica 6c
- Symphytum 6c
- Urtica urens 6c

MOTHER TINCTURES

Tinctures are used in solution for cleaning around wounds—usually 10 drops of tincture to 1½ quarts (liters) cooled, boiled water. Euphrasia in a saline solution—1 tsp salt to ¾ cup cooled, boiled water—is used for bathing eyes.

- Arnica
- Calendula
- Euphrasia
- Hypericum

ADMINISTERING REMEDIES

Homeopathic remedies can be given in the same way to babies, children, and adults. Placed under the tongue, tablets or pilules dissolve quickly. For babies and small children, however, remedies made up on granules or powder may be preferable. They dissolve almost instantly and cannot be spat out. Alternatively, pilules can be crushed between two spoons.

The basic homeopathic remedies are easy and safe to take if a person is incapacitated by anxiety, fear, or restlessness, and creams, ointments, and solutions are both soothing and non-abrasive when applied to open wounds.

Homeopathic products can be used in conjunction with those of other medicinal therapies, such as herbal tinctures and creams. Aloe vera, for example, is very good for sunburn, while Bach Flower Remedies can be used to treat anxiety, fear, or restlessness.

CREAMS & OINTMENTS

Homeopathic creams and ointments protect against infection, soothe pain, and promote healing. Creams are absorbed more quickly and are less greasy than ointments. Arnica should not be applied to broken skin; only sterile creams and ointments should be applied to skin that is broken.

- Arnica cream
- Calendula cream
- Calendula ointment
- Hypericum ointment
- Urtica ointment

BASIC EQUIPMENT

A first-aid kit should include a variety of sizes and shapes of bandages and adhesive dressings, dressings such as sterile pads and gauze, sterile eye pads, scissors, tweezers, and safety pins.

- Sterile gauze and pads
- Crepe roller bandage
- Butterfly strips
- Triangular bandage
- Adhesive dressings
- Scissors and tweezers
- Safety pins

AILMENT	PHYSICAL SYMPTOMS	REMEDY & DOSAGE
MINOR CUTS & GRAZES Cuts and grazes break the skin, allowing blood to get out and infection to get in. Surrounding and underlying tissue may also be torn and bruised. ESSENTIAL TREATMENT Clean the wound by rinsing it under running water. Pat dry and cover with sterile gauze. Clean around the wound with a solution of calendula and hypericum (see page 271). Apply an adhesive dressing. CAUTION If the wound becomes more painful or develops pus, seek medical help.	<ul style="list-style-type: none"> Cuts and grazes surrounded by moderate to severe bruising 	Arnica <i>(see page 37)</i> 30c every 2 hours for 6 doses, then 3 times daily up to 3 days
	<ul style="list-style-type: none"> Cuts and grazes that feel numb and cold but are better for applying cold compresses 	Ledum <i>(see page 152)</i> 6c every 2 hours for 6 doses, then 3 times daily up to 3 days
	<ul style="list-style-type: none"> Damage to the nerve, with shooting pains 	Hypericum <i>(see page 148)</i> 30c every 2 hours up to 3 days
ANIMAL BITES A bite can result in a puncture wound that produces little blood to wash away foreign objects or bacteria. If the wound is deep, the tissue beneath may be damaged. Snake bites may have two puncture holes, with inflammation and localized pain. If the snake is poisonous, other parts of the body may be affected. Damage to the nervous system may cause headache, vomiting, faintness, and breathing difficulties. ESSENTIAL TREATMENT With all bites except venomous snake bites, hold the wound under running water for at least five minutes. Bathe with a solution of calendula and hypericum (see page 271). Pat dry with a sterile pad, cover with a dressing, and go to the hospital. With a venomous snake bite, immobilize the victim immediately and completely, and call 911 . Apply a bandage firmly above the bite, then bandage the entire limb upward to deter the spread of venom in the body. If the head of a tick is buried in the skin, make sure that the whole body is removed using sterilized tweezers. CAUTION Seek medical help for all animal and snake bites.	<ul style="list-style-type: none"> Bite associated with swelling, bruising, or pain 	Arnica <i>(see page 37)</i> 30c every 5 minutes up to 10 doses
	<ul style="list-style-type: none"> Area surrounding the site of a bite has bluish purple appearance 	Lachesis <i>(see page 152)</i> 6c every 8 hours up to 3 days
	<ul style="list-style-type: none"> Site of a bite is hot, red, and swollen 	Crotalus <i>(see page 104)</i> 30c every 15 minutes up to 6 doses
STINGS Many insect stings cause little more than local problems unless the victim has a severe allergic reaction (anaphylactic shock: see page 206). There may be swelling, pain, and—because the skin is broken—infection. In some regions of the world, however, the stings of certain insects, fish, and jellyfish may induce breathing difficulties or a loss of consciousness (see page 270), or may even be fatal. ESSENTIAL TREATMENT Remove a stinger by brushing it off with a fingernail or credit card and bathe the area with a calendula solution (see page 271). Do not suck out the poison. If a stinger cannot be removed, seek medical help. If a spine from a marine creature has entered the foot, immerse in as hot water as is bearable for at least 30 minutes. Take the victim to the hospital to have the spines removed. CAUTION If a sting is in the mouth or throat, rinse with ice-cold water to prevent swelling and possible breathing difficulties, and go to the hospital immediately. If a sting produces a severe reaction, call 911 immediately.	<ul style="list-style-type: none"> Sting associated with swelling, bruising, or pain 	Arnica <i>(see page 37)</i> 30c every 5 minutes up to 10 doses
	<ul style="list-style-type: none"> Site of a sting feels cold and numb and is better for cold compresses 	Ledum <i>(see page 152)</i> 6c every 8 hours up to 3 days
	<ul style="list-style-type: none"> Site of a sting is hot, red, and swollen 	Apis <i>(see page 104)</i> 30c every 15 minutes up to 6 doses

AILMENT	PHYSICAL SYMPTOMS	REMEDY & DOSAGE
MINOR BURNS & SCALDS Burns are caused by heat, friction, or chemicals. Scalds are caused by hot liquids. ESSENTIAL TREATMENT Avoid touching the wound. Hold the affected area under cold, running water for up to ten minutes to reduce pain and swelling, and then cover with plastic wrap or a sterile burn dressing if available (see page 270). CAUTION If the burned area is larger than the palm of a hand, seek medical help immediately.	<ul style="list-style-type: none"> • Immediate shock of injury 	Arnica <i>(see page 37)</i> 30c every 15 minutes up to 3 doses
	<ul style="list-style-type: none"> • Blistering and searing or smarting pain that is better for the application of cold compresses to the wound 	Cantharis <i>(see page 105)</i> 30c every 15 minutes up to 6 doses
	<ul style="list-style-type: none"> • Burn or scald that continues to sting 	Urtica urens <i>(see page 170)</i> 6c every 15 minutes up to 10 doses
BLISTERS These are bubbles containing the serum from blood. They form beneath the surface of the skin in response to friction, burns, or scalds. ESSENTIAL TREATMENT Bathe with a solution of calendula and hypericum (see page 271), and then leave exposed to the air. CAUTION Never burst a blister. If a blister is larger than 1 in (2.5 cm), seek medical help.	<ul style="list-style-type: none"> • Blister burns and itches, and is better for applying cold compresses 	Cantharis <i>(see page 105)</i> 6c 4 times daily until pain wears off
	<ul style="list-style-type: none"> • Blister is red, swollen, and extremely itchy 	Rhus tox. <i>(see page 162)</i> 6c 4 times daily until pain wears off
SPRAINS & STRAINS Sprains affect ligaments at a joint and strains affect muscles. Both are caused by overstretching, which leads to swelling, stiffness, and pain when the joint is used. ESSENTIAL TREATMENT Support the injury in the most comfortable, raised position. Apply arnica cream and, if the affected part of the body permits, bandage firmly. Keep the injury raised and at rest. If there is swelling, apply cold compresses soaked in arnica solution (see page 271) or apply a covered ice pack. CAUTION If pain and swelling persist for more than a few hours, seek medical help.	<ul style="list-style-type: none"> • Pain, swelling, and stiffness immediately after injury 	Arnica <i>(see page 37)</i> 30c half-hourly up to 10 doses
	<ul style="list-style-type: none"> • Pain and stiffness continues 	Ruta <i>(see page 163)</i> 6c 4 times daily until pain and stiffness wear off
BRUISING A bruise is created when the smallest blood vessels—the capillaries—are broken. Blood seeps into the surrounding tissue but soon clots and seals the damaged area, thus preventing further leakage. ESSENTIAL TREATMENT If the skin is unbroken, apply arnica cream. If the bruise is very painful and swollen, apply a covered ice pack or a cloth soaked in ice-cold water on it for ten minutes. Never apply an ice pack directly on to the skin. CAUTION If a bruise has not faded after one week, or the amount of bruising is disproportionately large for the injury, or bruising appears for no reason, seek medical help.	<ul style="list-style-type: none"> • Bruising after damage to surface tissue 	Arnica <i>(see page 37)</i> 30c every 10–15 minutes up to 10 doses
	<ul style="list-style-type: none"> • Bruising deep in a muscle, such as the quadriceps or hamstring, as a result of a sports injury 	Bellis <i>(see page 129)</i> 30c every 10–15 minutes up to 10 doses

AILMENT	PHYSICAL SYMPTOMS	REMEDY & DOSAGE
SPLINTERS Splinters are small pieces of wood or metal that puncture the skin. The main risk is from infection, including tetanus. ESSENTIAL TREATMENT If the splinter is protruding, remove it carefully with tweezers. If a splinter is embedded or difficult to dislodge, do not attempt to remove it. Instead, pad around it and seek medical help. CAUTION If the wound develops pus, seek medical help.	• Pain and tenderness remaining after a splinter has been removed, or because tiny fragments of splinter remain under the skin	Silica (see page 97) 6c 4 times daily up to 14 days
NOSEBLEEDS A nosebleed is the loss of blood from the membrane lining the inside of the nose, usually occurring only on one side. Nosebleeds are common in childhood, and are usually minor and easily stopped. They may be caused by trauma to the nose or by the weakening of blood vessels as a result of blowing the nose too hard. ESSENTIAL TREATMENT Lean over a bowl and pinch the lower part of the nose for at least ten minutes, then gradually release. If the bleeding has not stopped, repeat. CAUTION If bleeding has not responded to self-help measures within 20 minutes, or nosebleeds keep recurring, seek medical help. If the nose bleeds following a head injury, call 911 immediately.	• Nosebleed following injury	Arnica (see page 37) 6c every 2 minutes up to 10 doses
	• Nosebleed following violent nose blowing	Phosphorus (see page 94) 6c every 2 minutes up to 10 doses
	• Blood is very bright red and nosebleed is accompanied by nausea	Ipecac. (see page 45) 6c every 2 minutes up to 10 doses
MINOR EYE & EAR INJURIES Both the surface of the eye and the outer ear canal are very delicate, and can easily be damaged by injury or the entry of a foreign object. ESSENTIAL TREATMENT Gently wash away any dust or grit from an injured eye with cold water. Bathe the eye with a solution of calendula and hypericum (see page 271). If there is pain after the removal of a foreign object, bathe the eye with euphrasia solution (see page 271) every four hours. If there is a foreign object in the ear, such as a bee or other insect, wash out the ear with a tepid solution of calendula and hypericum. CAUTION For serious eye injuries, always seek medical help. If a chemical has entered an eye, or there has been a penetrating wound, call 911. If an object is stuck in the ear and does not float out easily when the ear is washed out, see a doctor as soon as possible. Do not insert anything into the ear.	• Black eye or bruising around an eye immediately after an injury	Arnica (see page 37) 6c every 2 hours up to 4 doses
	• Black eye with persistent pain that is better for applying a cold compress or an ice pack	Ledum (see page 152) 6c every 2 hours up to 10 doses
	• Persistent pain after removing a foreign object from an eye	Euphrasia (see page 142) 6c every 2 hours up to 3 doses
	• Persistent pain after removing a foreign object from an ear	Hypericum (see page 148) 30c half-hourly up to 10 doses
	• Postoperative pain when a foreign object has been surgically removed from an ear	Arnica (see page 37) 30c every 4 hours up to 6 doses

AILMENT	PHYSICAL SYMPTOMS	REMEDY & DOSAGE
FAINTING Fainting is due to the temporary disruption of blood flow to the brain. It may be brought on by pain, hunger, or emotional stress. It should be differentiated from shock, which, particularly if it is caused by internal bleeding, may resemble a faint, especially if there is no obvious loss of blood. ESSENTIAL TREATMENT A person who has fainted but is breathing normally should be placed in a safe position (see page 270) to keep the airway open. To prevent fainting—if there is nausea and unsteadiness, and the complexion is unusually pale—lie down and take deep breaths. Raise the feet to increase blood flow to the brain. Loosen tight clothing and increase ventilation in the room. CAUTION If a faint lasts for more than a few minutes, consider the possibility that the victim might be in shock and, if necessary, call 911.	<ul style="list-style-type: none"> Fainting due to intense emotion 	Ignatia (see page 57) 6c every 5 minutes up to 10 doses
	<ul style="list-style-type: none"> Fainting due to a fright or shock, particularly after witnessing an accident 	Aconite (see page 32) 30c every 5 minutes up to 10 doses
	<ul style="list-style-type: none"> Fainting due to overexcitement 	Coffea (see page 50) 6c every 5 minutes up to 10 doses
	<ul style="list-style-type: none"> Fainting in hot, stuffy surroundings 	Pulsatilla (see page 61) 6c every 5 minutes up to 10 doses
	<ul style="list-style-type: none"> Fainting at the sight of blood 	Nux vomica (see page 63) 6c every 5 minutes up to 10 doses
TRAVEL SICKNESS This ailment occurs when the balance mechanism in the inner ear is upset by motion, especially while reading or focusing on stationary objects. Travel sickness is most common among children. ESSENTIAL TREATMENT Avoid eating greasy foods and overeating before traveling. To prevent travel sickness, begin taking the appropriate remedy one hour before starting a journey. If there is vomiting, sip water frequently to avoid dehydration. If possible, increase ventilation in the vehicle in which you are traveling. CAUTION People with insulin-dependent diabetes should be observed for hypoglycemia (see page 191) and given glucose or a sugary drink if necessary.	<ul style="list-style-type: none"> Nausea and chilliness Giddiness and fainting Sensation as though there is a tight band around the head Worse for tobacco smoke 	Tabacum (see page 158) 6c every 15 minutes up to 10 doses
	<ul style="list-style-type: none"> Giddiness and exhaustion with desire to lie down Sight of food induces nausea and increased salivation 	Cocculus (see page 124) 6c every 15 minutes up to 10 doses
	<ul style="list-style-type: none"> Headache at the back of the eyes or over one eye Chilliness and constipation Worse for tobacco smoke, eating, and coffee 	Nux vomica (see page 63) 6c every 15 minutes up to 10 doses
HEAT EXHAUSTION This occurs in hot and humid climatic conditions and is caused by excessive fluid loss from the body. ESSENTIAL TREATMENT Lie down in a cool place. If possible, direct the flow of air from an electric fan on to your body or lie beneath a wet sheet to cool down. Sip water or other clear liquids frequently to prevent dehydration. CAUTION If the body temperature continues to rise, call 911.	<ul style="list-style-type: none"> Heat exhaustion accompanied by nausea and a severe headache that is worse for the slightest movement 	Bryonia (see page 42) 30c every 5 minutes up to 10 doses
	<ul style="list-style-type: none"> Heat exhaustion accompanied by a throbbing, bursting headache, sweaty skin, and a hot face 	Glonoinum (see page 170) 30c every 5 minutes up to 10 doses

A-Z QUICK REFERENCE

This quick-reference guide to the 322 remedies described in this book summarizes the possible key benefits of each remedy. It refers you to the appropriate page in the *Materia Medica* for more detailed information, as well as to other parts of the book where this remedy is recommended. Unlike the rest of the book, in this guide the entries are arranged in alphabetical order by the commonly used, homeopathic names of the remedies, enabling you quickly to locate details on the remedies you will find in health-food stores and drugstores.

ABIES NIG. *Resina piceae*

Key uses

- Indigestion, with a knotted sensation and stomach pains after eating
- Hiatus hernia, gastritis, peptic ulcer

See *Materia Medica* page 162

ACETIC AC. *Acidum aceticum*

Key uses

- Breathlessness
- Diabetes
- Fainting
- Hemorrhaging
- Postoperative exhaustion
- Severe burning pains and tenderness in the stomach
- Water retention

See *Materia Medica* pages 118–19

ABROTANUM *Artemisia abrotanum*

Key uses

- Chest symptoms that develop after skin eruptions have failed to come out
- Emaciation and debilitation of the lower limbs, possibly in children who fail to thrive, or due to polio
- Heart disease following the suppression of rheumatic symptoms
- Mumps transferred from the parotid glands to the testes

See *Materia Medica* page 126

ACONITE *Aconitum napellus*

Key uses

- Acute respiratory infections
- Eye and ear infections
- Fear, shock, and anxiety
- Problems in labor

See *Materia Medica* page 32

See also pages 183, 186, 187, 196, 211, 212, 213, 218–219, 226–27, 228–29, 238–39, 244–45, 248–49, 250–51, 256–57, 271, 275

ABIES CAN. *Abies canadensis*

Key uses

- Digestive disorders associated with inflamed mucous membranes in the stomach and poor absorption of food
- Palpitations caused by nausea, bloating, and severe burning pain in the abdomen

See *Materia Medica* page 118

ABSINTHIUM *Artemisia absinthium*

Key uses

- Fits, seizures, and epilepsy in children
- Nervousness in children
- Terrible dreams and insomnia in children
- Trembling, grimacing, and unsteadiness, possibly linked to alcoholism
- Vertigo in children

See *Materia Medica* pages 126–27

ACTAEA SPIC. *Actaea spicata*

Key uses

- Rheumatoid arthritis with pain that may be severe enough to make the limbs feel paralyzed
- Rheumatism of the small joints of the hands and wrists

See *Materia Medica* page 120

ADONIS*Adonis vernalis***Key uses**

- Asthma
- Headaches
- Heart degeneration, perhaps following a bout of severe influenza or rheumatic fever
- Edema

See Materia Medica page 121**AESCULUS***Aesculus hippocastanum***Key uses**

- Dry, rough, burning throat
- Hemorrhoids
- Varicose veins
- Pain in the small of the back

See Materia Medica page 121**See also** pages 238–39**AETHUSA***Aethusa cynapium***Key uses**

- Anxiety with associated diarrhea
- Confused state of mind with scattered thoughts
- Marked dullness and sluggish mental state
- Milk intolerance in children

See Materia Medica page 121**AGARICUS***Agaricus muscarius***Key uses**

- Alcoholism
- Chilblains
- Chorea
- Nervous system disorders
- Parkinson's disease

See Materia Medica page 33**See also** pages 179, 186, 220–21, 230–31**AGNUS CASTUS***Vitex agnus-castus***Key uses**

- Fatigue
- Impotence
- Loss of libido
- Postpartum depression
- Premature ejaculation

See Materia Medica page 173**See also** pages 203, 264–65**AGRAPHIS***Agraphis nutans***Key uses**

- Ear, nose, and throat infections linked to catarrh and deafness, chills that develop after exposure to cold winds, and swelling of the adenoids and tonsils

See Materia Medica page 122**AILANTHUS***Ailanthus altissima***Key uses**

- Fevers with great weakness and congestion of the blood
- Mononucleosis, with swollen tonsils and neck glands

See Materia Medica page 122**See also** pages 254–55**ALFALFA***Medicago sativa***Key uses**

- Anorexia
- Cancer
- Chronic fatigue syndrome
- Insomnia
- Malnutrition and weight loss
- Nervous indigestion

See Materia Medica page 154**ALLIUM CEPA***Allium cepa***Key uses**

- Allergies
- Catarrh
- Eye irritation
- Hay fever and allergic rhinitis
- Neuralgic pains
- Throat and chest infections

See Materia Medica page 34**See also** pages 207, 224–25

ALLIUM SAT.

Allium sativum

Key uses

- Indigestion caused by a rich diet or by dietary change
- Tearing pains in the hip area and abdomen

See Materia Medica page 122

ALUMINA

Aluminum oxydatum

Key uses

- Appetite disorders
- Constipation
- Dementia
- Fatigue
- Nervous disorders
- Alzheimer's disease

See Materia Medica page 72
See also pages 238–39

AMMONIUM CARB.

Ammonium carbonicum

Key uses

- Fatigue
- Poor circulation
- Respiratory illnesses
- Scarlet fever
- Skin conditions

See Materia Medica page 73

ALOE

Aloe ferox 'Miller'

Key uses

- Diarrhea
- Hemorrhoids
- Headaches
- Hepatitis
- Involuntary stool

See Materia Medica page 35
See also pages 238–39

AMBROSIA

Ambrosia artemisiaefolia

Key uses

- Hay fever, possibly involving eyes that water, smart, burn, and itch, a congested nose or head, watery catarrh, sneezing, or nosebleeds, wheezy coughs, asthmatic irritations, or whooping cough, and diarrhea

See Materia Medica page 123

ALUMEN

Aluminum potassium sulphuricum

Key uses

- Bleeding hemorrhoids
- Bowel problems, especially in the elderly
- Deep anal ache
- Dysentery and bloody diarrhea
- Painful ulceration in the rectum
- Paralytic, sluggish muscle weakness
- Severe constipation, possibly due to uterine or rectal cancer

See Materia Medica page 123

AMMONIUM BROM.

Ammonium bromatum

Key uses

- Coughs
- Epilepsy
- Neuralgic headaches
- Ovarian problems
- Sore eyes

See Materia Medica page 123

AMYL NIT.

Amylium nitrosum

Key uses

- Heart symptoms, such as chest pains and feelings of oppression
- Hot flashes in conjunction with sunstroke, heart problems, or menopause

See Materia Medica page 124

AMMONIUM MUR.

Ammonium chloratum

Key uses

- Enlarged glands
- Inflammatory eye conditions
- Liver complaints
- Menstrual disorders
- Respiratory disorders, such as congested nose, sneezing, reduced sense of smell, sore throat, hoarseness, and thick, slimy mucus
- Sciatica and joint pains

See Materia Medica page 123
See also pages 218–19

ANACARDIUM OCC.

Anacardium occidentale

Key uses

- Exam nerves and phobias
- Leprosy
- Muscle complaints
- Skin eruptions
- Warts

See Materia Medica page 124
See also pages 254–55

ANACARDIUM OR.

Anacardium orientale

Key uses

- Chest pains
- Digestive disorders
- Low self-esteem
- Psychological problems
- Skin conditions

See Materia Medica page 36
See also page 211

ANANTHEUM

Vetiveria zizianoides

Key uses

- Hard, glandular swellings, especially in the neck
- Itchy skin eruptions, notably on the scalp and eyebrows
- Neuralgic headaches
- Skin disorders

See Materia Medica page 172

ANGUSTURA

Galipea officinalis

Key uses

- Nervous system disorders
- Rheumatic conditions

See Materia Medica page 144

ANHALONIUM

Anhalonium lewinii

Key uses

- Hallucinations with blurred or multicolored vision disturbances
- Lack of coordination, possibly with muscle tremors, nausea, faintness, giddiness, and neuralgic pains and facial paralysis
- Mental exhaustion
- Migraines and other headaches

See Materia Medica page 124

ANTIMONIUM CRUD.

Stibium sulphuratum nigrum

Key uses

- Digestive disorders
- Gout
- Skin and nail conditions
- Skin infections with a rash
- Toothaches

See Materia Medica page 98

ANTIMONIUM TART.

Tartarus stibiatus

Key uses

- Chicken pox
- Headaches
- Nausea
- Respiratory illnesses with rattling chest
- Skin conditions
- Whooping cough

See Materia Medica page 100
See also page 181

APIS

Apis mellifica

Key uses

- Bites and stings
- Cystitis
- Fever
- Inflammation of the eyes, lips, mouth, or throat
- Edema
- Urticaria

See Materia Medica page 104
See also pages 185, 186, 196, 202, 207, 242–43

APOCYNUM

Apocynum cannabinum

Key uses

- Edema associated with diseased organs, and possibly linked with Hodgkin's lymphoma or Bright's disease

See Materia Medica page 124

ARANEA DIADEMA

Araneus diadematus

Key uses

- Nervous system disorders accompanied by coldness, susceptibility to damp, and numbness

See Materia Medica page 125

ARNICA

Arnica montana

Key uses

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

See Materia Medica page 37

See also pages 185, 187, 201, 213, 230–31, 264–65, 266–67, 271

ARTEMISIA

Artemisia vulgaris

Key uses

- Chorea
- Epilepsy
- Fits and seizures, including petit mal in children
- Nervous disorders, triggered by bad news, grief, or a blow to the head
- Sleepwalking

See Materia Medica page 127

ARGENTUM MET.

Argentum metallicum

Key uses

- Arthritis
- Bleeding between menstrual periods or heavy menopausal hemorrhaging
- Joint and bone disorders associated with the connective tissues, especially the cartilage
- Men's reproductive system disorders
- Ovarian pain, possibly due to cysts or tumors

See Materia Medica pages 125–26

ARSEN. ALB.

Acidum arsenicosum

Key uses

- Digestive disorders
- Eye inflammation
- Food poisoning
- Headaches
- Respiratory illnesses
- Raynaud's syndrome

See Materia Medica page 68

See also pages 181, 182, 183, 185, 189, 190, 193, 194, 195, 200, 205, 207, 209, 212, 232–33, 236–37, 238–39, 240–41, 242–43, 244–45, 248–49, 268–69

ARUM MAC.

Arum maculatum

Key uses

- Respiratory tract problems, such as asthma, profuse catarrh, violent cough, and nasal polyps

See Materia Medica page 127

ARGENTUM NIT.

Argentum nitricum

Key uses

- Anxiety and phobias
- Digestive problems
- Irritable bowel syndrome
- Multiple sclerosis
- Nervous disorders

See Materia Medica page 74

See also pages 179, 185, 186, 189, 191, 202, 211, 238–39, 254–55

ARSEN. IOD.

Arsenicum iodatum

Key uses

- Asthma
- Hay fever
- Influenza
- Hyperactivity

See Materia Medica page 126

See also pages 224–25

ARUM TRIPH.

Arisaema triphyllum

Key uses

- Allergic skin reactions
- Eczema
- Hay fever
- Scarlet fever

See Materia Medica page 126

See also page 207

ARUNDO*Arundo mauritanica***Key uses**

- Allergies, especially hay fever, catarrhal inflammation, and extreme itching inside the nose
- Blepharitis
- Wet coughs with breathlessness

See Materia Medica page 127**See also** page 207**ASCLEPIAS TUB.**
*Asclepias tuberosa***Key uses**

- Catarrh
- Respiratory inflammation, such as bronchitis, influenza, pleurisy, or other feverish conditions with a painful, dry, hacking cough
- Rheumatic pain in the muscles and joints

See Materia Medica page 128**AURUM MET.**
*Aurum metallicum***Key uses**

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

See Materia Medica page 75**See also** pages 185, 186, 187, 197, 203, 211, 212, 213**ASAFOETIDA***Ferula assa-foetida***Key uses**

- Digestive disorders
- Nervous twitching
- Sensation of a lump rising from the stomach

See Materia Medica page 143**ASTACUS**
*Astacus fluviatilis***Key uses**

- Enlarged and inflamed glands, especially in children and the elderly
- Inflammation in the liver area
- Urticaria, particularly if the rash is accompanied by cramps and pain

See Materia Medica page 128**AURUM MUR.**
*Aurum chloratum***Key uses**

- Cancer
- Fibroids
- Edema, with a feeling of congestion in the liver, kidneys, and genitals
- Heart conditions, such as palpitations and a sense of constriction in the chest

See Materia Medica page 128**See also** pages 199, 209**ASARUM***Asarum europaeum***Key uses**

- Alcoholism
- Aversion to sexual intercourse
- Digestive problems, possibly associated with anorexia
- Nervous hypersensitivity and edgy, hysterical behavior
- Severe insomnia

See Materia Medica page 127**ASTERIAS**
*Asterias rubens***Key uses**

- Circulatory disorders, such as strokes
- Hard, swollen glands in the armpits
- High libido in women, causing restless sleep, erotic dreams, bad temper, and weepiness
- Left-sided symptoms, especially in women
- Obstinate constipation, especially during menopause
- Sharp breast pains at night

See Materia Medica page 128**AVENA**
*Avena sativa***Key uses**

- Chronic insomnia
- Great weakness
- Low libido
- Male impotence, possibly linked with excessive sexual activity
- Nervous exhaustion

See Materia Medica page 129

BACILLINUM

Bacillus pulmo

Key uses

- Respiratory problems, such as shortness of breath, hacking coughs, purulent mucus, asthma, and sharp pains in the heart area
- Skin conditions, such as eczema, pimples, ringworm, alopecia areata, and a susceptibility to fungal skin infections
- Tuberculosis and pneumonia

See Materia Medica page 129

See also pages 182, 183

BARYTA CARB.

Barium carbonicum

Key uses

- Anxiety and phobias
- Growth disorders in children
- Impotence
- Problems of the elderly
- Respiratory illnesses
- Swollen tonsils

See Materia Medica page 76

See also pages 187, 202, 266–67

BELLIS

Bellis perennis

Key uses

- Muscle strain, sprains, and bruises
- Pain during pregnancy or after miscarriage or surgery
- Prolonged pain after injury
- Tumors on the sites of old injuries
- Varicose veins and congestion of the veins

See Materia Medica page 129

See also page 273

BADIAGA

Spongilla fluviatilis

Key uses

- Hard, swollen glands in the neck and breast
- Profuse mucus in the respiratory system, with copious catarrh, possibly due to influenza or hay fever
- Sneezing brought on by coughing

See Materia Medica page 167

BARYTA MUR.

Barium chloratum

Key uses

- Acutely swollen glands
- Mental disability in children with delayed development
- Nervous system disorders, such as seizures
- Retardation in elderly people
- Severe eczema
- Strokes

See Materia Medica page 129

See also page 194

BENZOIC AC.

Acidum benzoicum

Key uses

- Cracking joints, possibly linked to gout
- Frothy, white stools
- Strong-smelling urine and incontinence at night
- Wandering pains

See Materia Medica page 119

BAPTISIA

Baptisia tinctoria

Key uses

- Acute fever
- Intestinal infections
- Septic conditions
- Throat infections

See Materia Medica page 40

BELLADONNA

Atropa belladonna

Key uses

- Acute fever and pain
- Headaches and migraines
- Menstrual pain
- Sore throat and dry cough

See Materia Medica page 39

See also pages 193, 196, 201, 205, 222–23, 224–25, 232–33, 240–41, 246–47, 248–49, 250–51, 252–53, 262–63

BERBERIS

Berberis vulgaris

Key uses

- Cystitis with offensive smell
- Gallbladder problems
- Joint pain
- Kidney disorders
- Lower back pain

See Materia Medica page 41

BISMUTH MET.

Bismuthum metallicum

Key uses

- Violent abdominal pains, possibly with burning and ulceration in the stomach, bowels, and throat, accompanied by belching and flatulence

See Materia Medica page 130

BOTHROPS

Bothrops lanceolatus

Key uses

- Bruising
- Hemorrhaging of thin blood that will not clot
- Severe premenstrual syndrome

See Materia Medica page 130

BUFO

Bufo bufo

Key uses

- Extremely high sex drive, frequent masturbation, poorly developed sexual relationships, and sexual depravity
- Seizures
- Skin problems, such as blisters and itching, burning pustules

See Materia Medica pages 130–31

BORAX

Natrum tetraboracicum

Key uses

- Cold sores on the lips
- Painful ulcers in the mouth or on the tongue
- Ulceration in the gastrointestinal tract

See Materia Medica page 157

See also page 211

BROMUM

Bromum

Key uses

- Disorders of the thyroid, ovary, or left testicle
- Respiratory problems, such as colds

See Materia Medica page 130

See also page 209

CACTUS GRAND.

Selenicereus grandiflorus

Key uses

- Constriction of the muscle fibers in general
- Heart conditions, especially pain triggered by angina
- Painful feeling of the body being caged and twisted

See Materia Medica page 165

See also page 185

BORIC AC.

Acidum boricum

Key uses

- Dizziness
- Eyes that are prone to swelling and conjunctivitis
- Headaches accompanied by nausea
- Heavy, nauseous feeling in the stomach
- Putrefying wounds
- Skin eruptions

See Materia Medica page 119

BRYONIA

Bryonia alba

Key uses

- Breast problems
- Colds and influenza
- Constipation
- Dry cough
- Headaches
- Joint pain

See Materia Medica page 42

See also pages 183, 196, 197, 201, 228–29, 238–39, 252–53, 258–59, 275

CADMIUM MET.

Cadmium metallicum

Key uses

- Colitis
- Constipation
- Great fatigue
- Hemorrhoids
- Hernias in the diaphragm
- Painful abdominal bloating

See Materia Medica page 131

CADMIUM SULPH.

Cadmium sulphuricum

Key uses

- Stomach problems accompanied by sharp, cutting abdominal pains, severe nausea, and vomiting
- Bell's palsy

See Materia Medica page 131

See also page 212

CALC. FLUOR.

Calcium fluoratum

Key uses

- Bone malnutrition and deformity
- Brittle teeth
- Enlarged or varicose veins
- Hard lumps that develop on the skull and jaw
- Swollen, inflamed joints
- Tumors and growths

See Materia Medica pages 131–32

See also page 209

CALC. SIL.

Calcium silicatum

Key uses

- Boils, warts, or abscesses
- Lack of confidence
- Severe acne or acne rosacea

See Materia Medica page 132

CALADIUM

Caladium seguinum

Key uses

- Debilitation, forgetfulness, nervousness, and restlessness, perhaps following a feverish illness
- Impotence

See Materia Medica page 131

CALC. IOD.

Calcium iodatum

Key uses

- Adenoid complaints
- Enlarged tonsils
- Fibroids
- Thyroid enlargement during puberty

See Materia Medica page 132

See also page 199

CALC. SULPH.

Calcium sulphuricum

Key uses

- Mucous-membrane discharges, especially thick, yellow-colored catarrh or lumpy mucus with a cough
- Suppurating, yellow discharges of pus in wounds and other skin conditions, such as eczema and acne, as well as the glands and bones

See Materia Medica page 132

CALC. CARB.

Calcium carbonicum
Hahnemann

Key uses

- Anxiety and phobias
- Bone, joint, and dental problems
- Digestive disorders
- Headaches
- Women's health
- Recurrent colds and ear infections

See Materia Medica page 77

See also pages 181, 182, 183, 186, 194, 196, 199, 201, 202, 205, 207, 211, 212, 250–51, 254–55, 256–57, 258–59, 260–61, 262–63

CALC. PHOS.

Calcium phosphoricum

Key uses

- Bone and joint conditions
- Digestive disorders
- Fatigue
- Growth disorders
- Head pain
- Teething

See Materia Medica page 78

See also pages 193, 197, 201, 211

CALENDULA

Calendula officinalis

Key uses

- Bleeding in the gums after a tooth extraction
- Cuts and broken skin
- Eczema
- Leg and varicose ulcers
- Postoperative wounds
- Ruptured muscles or tendons
- Torn perineal tissues following childbirth

See Materia Medica page 132

CAMPHORA

Cinnamomum camphora

Key uses

- Cholera
- Colds with chills and sneezing
- Light-sensitive rashes

See Materia Medica pages 136–37

CANTHARIS

Cantharis vesicatoria

Key uses

- Blisters
- Burns and scalds
- Excessive libido
- Gastritis, diarrhea, and dysentery
- Insect bites and stings
- Irritable bowel syndrome
- Severe cystitis
- Ulcerative colitis

See Materia Medica page 105

See also pages 189, 190, 260–61, 273

CARBO VEG.

Carbo vegetabilis

Key uses

- Breathing problems
- Chronic fatigue syndrome
- Fatigue
- Indigestion and flatulence
- Poor circulation

See Materia Medica page 44

See also pages 189, 193, 200, 205, 234–35, 236–37

CANNABIS IND.

Cannabis sativa 'Indica'

Key uses

- Disordered mental state
- Headaches
- Pain or paralysis in the legs
- Urinary tract infections

See Materia Medica page 43

See also pages 266–67

CANNABIS SAT.

Cannabis sativa

Key uses

- Reproductive system disorders, such as discharges from or narrowing of the urethra, inflammation of the penis, or acute gonorrhea
- Urinary tract disorders, such as infections and cystitis

See Materia Medica page 133

CAPSICUM

Capsicum annuum
var. *annuum*

Key uses

- Infections that tend to cause discharges
- Low vitality, perhaps in the elderly or those debilitated by alcoholism or prostate conditions
- Raw, burning throat
- Homesickness

See Materia Medica page 133

See also page 202

CARBO AN.

Carbo animalis

Key uses

- Cancer
- Great fatigue
- Poor circulation with blue extremities
- Swollen, painful veins

See Materia Medica page 133

See also page 209

CARBON SULPH.

Carbonium sulphuratum

Key uses

- Chronic sciatic pain and twitching
- Digestive upsets
- Loss of sensation
- Progressive loss of vision
- Recurrent breathing difficulties
- Skin irritation
- Tinnitus

See Materia Medica page 134

See also pages 222–23

CARBOLIC AC.

Acidum carbolicum

Key uses

- Constipation with foul breath
- Diarrhea, dysentery, or cholera
- Increased urine production
- Malignant or septic wounds
- Sudden, burning, pricking, stinging pains, and collapse—for example, due to anaphylactic shock after a bee sting
- Vomiting due to sea sickness, pregnancy, or cancer

See Materia Medica page 119

CARCINOSIN

Carcinosinum

Key uses

- Abdominal pain
- Chronic fatigue syndrome
- Insomnia
- Respiratory illnesses
- Skin growths and blemishes

See Materia Medica page 106

See also page 207

CAULOPHYLLUM

Caulophyllum thalictroides

Key uses

- Rheumatic pains affecting the small joints, particularly in conjunction with menstruation or uterine problems
- Uterine disorders, such as excessive bleeding and lack of uterine muscle tone

See Materia Medica page 134

CEDRON

Simarouba cedron

Key uses

- Neuralgic pains and other nervous system conditions, such as spasms or tics
- Recurrent fevers, such as those associated with malaria
- Severe headaches or migraines

See Materia Medica page 166

CARDUUS

Silybum marianum

Key uses

- Acute or chronic liver problems
- Gallbladder pain
- Gallstone colic
- Lung conditions, such as asthma
- Severe abdominal and liver pain

See Materia Medica page 166

CASTOREUM

Castoreum

Key uses

- Chronic fatigue syndrome in women
- Nervousness in conjunction with profuse sweating
- Sudden spasms of abdominal pain

See Materia Medica page 134

CAUSTICUM

Causticum Hahnemannii

Key uses

- Cough
- Multiple sclerosis
- Skin conditions
- Sore throat and laryngitis
- Tremors and paralysis
- Urinary disorders

See Materia Medica page 79

See also pages 179, 196, 197, 201, 203, 205, 212, 213, 228–29, 242–43, 248–49, 266–67, 268–69

CEANOOTHUS

Ceanothus americanus

Key uses

- Lethargy, with swelling, tenderness, and pain in the spleen
- Nervous excitement with chilliness
- Serious blood or lymph disorders, such as leukemia or Hodgkin's disease

See Materia Medica page 134

CENCHRIS

Akgistrodon contortrix

Key uses

- Breathlessness
- Congestion in the blood vessels
- Fear of rape, pins and pointed objects, going to sleep, and sudden death
- Mental and physical restlessness

See Materia Medica page 122

CHAMOMILLA

Chamomilla recutita

Key uses

- Colic and diarrhea
- Fever
- Irritability
- Menstrual and labor pains
- Toothaches, teething, and earaches

See Materia Medica page 46

See also pages 232–33, 246–47, 248–49, 262–63

CHELIDONIUM

Chelidonium majus

Key uses

- Gallstones
- Headaches
- Hepatitis
- Pneumonia
- Shoulder pain

See Materia Medica page 47

CHINA

Cinchona officinalis

Key uses

- Digestive disorders
- Exhaustion due to illness
- Fever and headaches
- Insomnia

See Materia Medica page 49

See also pages 186, 189, 205,

212, 258–59

CHIONANTHUS

Chionanthus virginicus

Key uses

- Biliary colic
- Gallstones
- Headaches, especially those associated with nervous tension or menstruation, or accompanied by digestive upsets
- Jaundice
- Liver pain accompanied by colic, cramps, vomiting, and intestinal discomfort

See Materia Medica page 136

CHENOPODIUM

Chenopodium ambrosioides
var. *anthelminticum*

Key uses

- Effects of strokes, particularly those involving right-sided paralysis
- Right-sided migraines

See Materia Medica page 135

CHINA ARS.

Chininum arsenicosum

Key uses

- Asthma, with a sensation of suffocation, oppressed breathing, or anxiety
- Great fatigue, perhaps following chronic fatigue syndrome, or a serious illness such as malaria, or a debilitating epileptic attack

See Materia Medica page 135

CHOCOLATE

Chocolatum

Key uses

- Fear of cars, accidents, illness, dogs, or being attacked
- Feelings of estrangement
- Great clumsiness and heaviness in the limbs, and constriction in the chest or head associated with nervous disorders
- Withdrawal and antisocial behavior

See Materia Medica page 136

CHIMAPHILA

Chimaphila umbellata

Key uses

- Men's complaints, such as enlarged prostate, urine retention, and a feeling that there is a ball in the pelvis
- Urinary tract disorders, such as painful urination, obstructed urine flow, and cystitis with blood in the urine

See Materia Medica page 135

See also page 202

CHINA SULPH.

Chininum sulphuricum

Key uses

- Heavy, aching limbs
- Joint pains
- Recurrent fever, possibly due to malaria
- Severe head pain
- Sinking sensations when lying down
- Tender, sensitive spine
- Tinnitus

See Materia Medica page 136

See also pages 222–23

CICUTA

Cicuta virosa

Key uses

- Nervous system problems, such as stuttering, hiccups, sudden, strong jerks, or spasms
- Petit mal fits, epilepsy, or violent convulsions
- Skin disorders, often involving pustules that leave yellowish scabs, such as impetigo or eczema

See Materia Medica page 136

See also page 194

CIMEX

Acanthia lectularia

Key uses

- Anxiety, especially after a chill or drinking alcohol, and possibly followed by a fever
- Joint or muscle ache

See Materia Medica page 118

CINNABARIS

Hydrargyrum sulphuratum rubrum

Key uses

- Genital and rectal ulceration and warts
- Headaches, inflamed eyes, catarrh, and sore throat
- Painful menstruation, pregnancy, or labor
- Pimples, pustules, and skin eruptions

See Materia Medica page 147

COCA

Erythroxylum coca

Key uses

- Altitude sickness
- Breathlessness or asthma

See Materia Medica page 142

CIMICIFUGA

Cimicifuga racemosa

Key uses

- Depression
- Head and neck pain
- Menopause
- Menstrual problems
- Pregnancy

See Materia Medica page 48

CISTUS

Cistus canadensis

Key uses

- Allergic rhinitis
- Frequent colds
- Glandular swelling and hardening, especially in the neck
- Sinusitis, chronic or recurrent
- Tonsillitis
- Upper respiratory tract infections

See Materia Medica page 137

COCCULUS

Anamirta cocculus

Key uses

- Agitation
- Hypersensitivity to touch
- Muscle weakness, spasms in the legs, and gradual paralysis
- Sea- and travel-sickness, nausea, and vomiting
- Vertigo and dizziness

See Materia Medica page 124

See also page 275

CINA

Artemisia cina

Key uses

- Coughs and colds
- Intestinal worms
- Sleep problems
- Temper tantrums
- Twitching muscles

See Materia Medica page 38

See also pages 246–47

CLEMATIS

Clematis recta

Key uses

- Abnormal urine flow
- Moist, itchy pustules on the back of the head or skull
- Skin complaints
- Swollen glands, especially of prostate, testes, ovaries, or breasts
- Urethral inflammation

See Materia Medica page 137

COCCUS CACTI

Dactylopius coccus

Key uses

- Asthma
- Spasmodic coughing, especially whooping cough
- Urinary problems with pain in the kidneys

See Materia Medica page 140

COFFEA

Coffea cruda

Key uses

- Hot flashes during menopause
- Headaches
- Insomnia
- Overexcitement
- Palpitations
- Toothaches

See Materia Medica page 50

See also pages 232–33, 244–45, 248–49, 262–63, 275

COLOCYNTHIS

Cucumis colocynthis

Key uses

- Colic
- Diarrhea
- Facial neuralgia
- Menstrual problems
- Neuralgic pains

See Materia Medica page 52

See also pages 189, 190, 218–19, 236–37, 246–47

CONVALLARIA

Convallaria majalis

Key uses

- Heart disorders with symptoms that include fluttery or noisy heartbeats, palpitations, poor circulation, and water retention
- Soreness of the uterus in conjunction with heart palpitations

See Materia Medica page 138

COLCHICUM

Colchicum autumnale

Key uses

- Joint-membrane problems, especially in the small joints
- Muscle tissue disorders
- Nausea with colicky pains and painful distension of the abdomen
- Oversensitivity to external stimuli
- Rheumatoid arthritis
- Ulcerative colitis

See Materia Medica page 137

See also pages 190, 197

COMOCLADIA

Comocladia dentata

Key uses

- Nerve sensitivity
- Skin problems, such as extreme itching, burning, inflammation, and blistering

See Materia Medica page 138

COPAIVA

Copaifera officinalis

Key uses

- Colds
- Chronic bronchitis
- Gonorrhea
- Leucorrhea
- Urethritis

See Materia Medica page 138

COLLINSONIA

Collinsonia canadensis

Key uses

- Hemorrhoids
- Labor or pregnancy problems, such as itchy vulva during pregnancy, or diarrhea after labor
- Menstrual pain
- Pelvic aches

See Materia Medica page 137

CONIUM

Conium maculatum

Key uses

- Cysts, tumors, and cancer
- Enlarged prostate
- Nervous disorders
- Sexual problems
- Swollen breasts

See Materia Medica page 51

See also pages 186, 201, 202, 203, 209, 258–59

CORALLIUM

Corallium rubrum

Key uses

- Whooping and spasmodic coughs, accompanied by violent paroxysms, exhaustion, a smothering sensation, and the bringing up of blood

See Materia Medica pages 138–39

CRATAEGUS

Crataegus laevigata

Key uses

- Palpitations, possibly accompanied by fainting and collapse
- Pulse that is fast, feeble, and intermittent
- Rapid heartbeat
- Weak heart
- Hypertension

See Materia Medica page 139

CROTALUS CASC.

Crotalus durissus terrificus

Key uses

- Sensations of constriction, which is sometimes felt as a band around the throat or abdomen
- Urticaria

See Materia Medica page 139

CUPRUM ARS.

Cuprum arsenicosum

Key uses

- Irregular or weak heart function
- Poor kidney function
- Prolonged fluid loss—for example, after injury or an operation

See Materia Medica page 140

CROCUS

Crocus sativus

Key uses

- Hemorrhaging, such as nosebleeds or uterine bleeding
- Nervous excitement with rapidly alternating moods and hysterical behavior

See Materia Medica page 139

CROTON

Croton tiglium

Key uses

- Allergic skin conditions with extreme itching, such as eczema on the scrotum, or blistering rashes on the scrotum and penis
- Digestive problems, such as nausea and urgent diarrhea immediately after eating or drinking
- Headaches

See Materia Medica page 139

CUPRUM MET.

Cuprum metallicum

Key uses

- Abdominal cramps
- Asthma
- Convulsions and epilepsy
- Coughs
- Exhaustion

See Materia Medica page 80

See also pages 230–31

CROTALUS

Crotalus horridus horridus

Key uses

- Bleeding
- Cancer
- Delirium
- Heart disorders
- Strokes
- Throat infections

See Materia Medica page 107

See also page 209

CUBEBA

Piper cubeba

Key uses

- Cystitis
- Gonorrhea
- Mucous membrane inflammation, particularly in the urinary tract
- Prostatitis

See Materia Medica page 160

CURARE

Strychnos toxifera

Key uses

- Heaviness
- Numbness
- Piercing pains
- Progressive muscular paralysis and impaired reflex action
- Weakness

See Materia Medica page 168

CYCLAMEN*Cyclamen europaeum***Key uses**

- Extreme indigestion that is aggravated by eating fats
- Menstrual problems

See Materia Medica page 140**DROSERA***Drosera rotundifolia***Key uses**

- Behavioral problems, especially in children
- Deep, violent, spasmodic coughs, especially whooping cough
- Growing pains in children, such as stiff ankles and pains in the joints and bones

See Materia Medica page 141**See also** pages 250–51**ELAPS***Micrurus corallinus***Key uses**

- Hemorrhaging or other discharges characterized by black blood
- Right-sided paralysis after a stroke

See Materia Medica page 155**DIGITALIS***Digitalis purpurea***Key uses**

- Heart and circulatory disorders
- Liver problems, especially in conjunction with heart problems

See Materia Medica pages 140–41**See also** page 186**DULCAMARA***Solanum dulcamara***Key uses**

- Colds and coughs
- Diarrhea
- Hay fever and asthma
- Head and facial pain
- Joint pain
- Skin conditions

See Materia Medica page 62**See also** pages 194, 226–27**EQUISETUM***Equisetum hyemale***Key uses**

- Bed-wetting in children during nightmares or other dreams
- Painful irritation of the bladder

See Materia Medica page 142**See also** pages 248–49**DIOSCOREA***Dioscorea villosa***Key uses**

- Neuralgic and colicky pains, especially in the gastrointestinal system
- Renal colic, in men, associated with kidney stones, sharp pains radiating down the testicles and legs, and cold, clammy perspiration

See Materia Medica page 141**ECHINACEA***Echinacea angustifolia***Key uses**

- Abscesses, boils, and carbuncles
- Animal and insect bites and stings
- Cancer
- Diphtheria
- Septicemia
- Swollen glands

See Materia Medica page 141**EUPATORIUM PER.***Eupatorium perfoliatum***Key uses**

- Influenza or malarial fever accompanied by pain in the limbs

See Materia Medica page 142

EUPHORBIUM

Euphorbia resinifera 'Berger'

Key uses

- Burning pain in the bones with a weak and dislocated feeling in the limbs, and sharp, cramping pains and weakness in the joints
- Itching, burning skin, possibly with warts, slow-healing ulcers, or yellow blistering due to erysipelas

See Materia Medica page 142

FERRUM MET.

Ferrum metallicum

Key uses

- Anemia
- Back and joint pain
- Circulatory problems
- Digestive disorders
- Headaches
- Severe fatigue

See Materia Medica page 81

FRAXINUS

Fraxinus americana

Key uses

- Fibroids and other tumors
- Heavy, painful menstruation
- Uterine problems, such as a uterus that is relaxed in tone or prolapsed

See Materia Medica page 143
See also page 199

EUPHRASIA

Euphrasia officinalis

Key uses

- Colds
- Conjunctivitis
- Eye problems after an injury
- Hay fever
- Irritation in the eyes with a heightened sensitivity to light

See Materia Medica pages 142–43

See also pages 220–21, 224–25

FERRUM PHOS.

Ferrum phosphoricum

Key uses

- Colds
- Digestive disorders
- Earaches
- Fever
- Poor circulation
- Raynaud's disease
- Respiratory illnesses
- Urogenital problems

See Materia Medica page 82

See also pages 224–25

GELSEMIUM

Gelsemium sempervirens

Key uses

- Acute influenza and sore throat
- Hay fever
- Paralysis, linked with phobias, exam nerves, stage fright, and other anticipatory terrors

See Materia Medica page 144

See also pages 211, 224–25, 226–27, 254–55

FAGOPYRUM

Fagopyrum esculentum

Key uses

- Eczema and itching skin
- Heart complaints associated with visibly pulsing arteries

See Materia Medica page 143

FLUORIC AC.

Acidum hydrofluoricum

Key uses

- Alopecia
- Bone conditions
- Discharges from the ears and nose
- Nail conditions
- Sexual problems
- Tooth decay
- Varicose veins

See Materia Medica page 69

See also page 209

GLONOINUM

Trinitrum

Key uses

- Heat exhaustion
- High blood pressure, especially in the elderly
- Menopausal hot flashes
- Severe headaches, accompanied by great confusion and a compulsion to hold the head and squeeze it

See Materia Medica page 170

See also page 275

GNAPHALIUM

Gnaphalium polycephalum

Key uses

- Foul-smelling diarrhea with colic
- Intense sciatic pain alternating with or followed by numbness
- Joint pains and rheumatic complaints
- Lumbago with numbness and heaviness in the affected area
- Scanty menstrual periods

See Materia Medica page 144

GRANATUM

Punica granatum

Key uses

- Expulsion of tapeworms

See Materia Medica pages 160–61

GRAPHITES

Graphites

Key uses

- Anxiety and shyness
- Digestive disorders
- Erectile problems
- Eye, ear, and nose conditions
- Menstrual problems
- Skin and nail conditions

See Materia Medica page 83

See also pages 194, 195, 200, 201, 211, 212, 226–27, 240–41

GRATIOLA

Gratiola officinalis

Key uses

- Gastrointestinal problems, such as cramps in the pit of the stomach
- High sex drive, frequent masturbation, and nymphomania
- Migraines
- Sciatica

See Materia Medica pages 144–45

GUAIACUM

Guaiacum officinale

Key uses

- Arthritic or rheumatic joint pains, especially in the wrists
- Arthritic pains associated with swelling, tension, and tautness in the muscles that is better for cold
- Growing pains

See Materia Medica page 145

HAMAMELIS

Hamamelis virginiana

Key uses

- Hemorrhaging, such as heavy menstrual periods or nosebleeds
- Hemorrhoids
- Varicose veins

See Materia Medica page 145

See also pages 230–31, 238–39

HEKLA

Hekla lava

Key uses

- Bone disorders, such as exostosis and osteitis
- Glandular swellings, especially in the neck
- Osteosarcoma and sarcoma, especially in the jaw, head, or legs
- Toothaches

See Materia Medica page 145

See also page 209

HELLEBORUS

Helleborus niger

Key uses

- Brain inflammation
- Depression
- Digestive disorders
- Headaches
- Nervous system disorders

See Materia Medica page 55

HELONIAS

Chamaelirium luteum

Key uses

- Edema following uterine prolapse
- Suppressed menstruation
- Women's problems accompanied by severe fatigue

See Materia Medica page 135

HEPAR SULPH.

Hepar sulphuris calcareum

Key uses

- Colds and catarrh
- Coughs and croup
- Digestive disorders
- Skin conditions
- Sore throat
- Oversensitivity

See *Materia Medica* page 84

See also pages 194, 222–23, 226–27, 240–41, 250–51

HYOSCYAMUS

Hyoscyamus niger

Key uses

- Behavioral problems
- Coughs
- Delirium
- Paranoia
- Hypersexuality

See *Materia Medica* page 56

See also page 187

IODUM

Iodium

Key uses

- Blockages in the eustachian tube
- Coughs
- Eating disorders
- Heat intolerance
- Overactive metabolism
- Prostate problems
- Respiratory illnesses
- Rheumatoid arthritis

See *Materia Medica* page 86

See also pages 197, 202, 222–23

HYDRASTIS

Hydrastis canadensis

Key uses

- Abnormal taste in the mouth
- Cancers of the liver, colon, or breast
- Catarrh
- Sinusitis
- Sore throat
- Stomach problems

See *Materia Medica* pages 147–48

See also pages 226–27

HYPERICUM

Hypericum perforatum

Key uses

- Injuries or wounds that feel more painful than they appear
- Nervous pains in phantom limbs after amputation
- Pain relief following operations, accidents, puncture wounds, and animal bites
- Tetanus prevention
- Toothaches or discomfort after dental treatment

See *Materia Medica* page 148

IPECAC.

Cephaelis ipecacuanha

Key uses

- Asthma
- Coughs and wheezing
- Gynecological problems
- Migraines
- Morning sickness
- Nausea and vomiting

See *Materia Medica* page 45

See also pages 181, 236–37, 262–63

HYDROCOTYLE

Centella asiatica

Key uses

- Excessive skin thickening, swelling, and distortion, like that occurring in elephantiasis
- Leprosy with no ulceration
- Lupus
- Psoriasis with thickening and hardening of the affected area

See *Materia Medica* pages 134–35

IGNATIA

Ignatia amara

Key uses

- Absent periods
- Digestive disorders
- Grief and distress
- Headaches
- Insomnia
- Phobias and fainting
- Sore throat

See *Materia Medica* page 57

See also pages 211, 212, 213, 234–35, 244–45, 256–57, 260–61, 275

IRIDIUM MET.

Iridium metallicum

Key uses

- Exhaustion and anemia following a bout of illness
- Lameness or partial paralysis, particularly in the elderly
- Muscle pain and stiffness, with tender, swollen joints
- Neuralgic and sciatic nerve pains
- Suppurating abscesses in the armpits

See *Materia Medica* page 148

IRIS*Iris versicolor***Key uses**

- Digestive disorders, such as nausea, severe diarrhea, and cholera
- Headaches and migraines

See Materia Medica page 148**JUNIPER***Juniperus communis***Key uses**

- Menstrual pain
- Uterine muscle stimulant
- Water retention, possibly with advanced kidney disease

See Materia Medica pages 148–49**KALI. ARS.***Kalium arsenicosum***Key uses**

- Asthma
- Chronic skin conditions, such as eczema, psoriasis, acne, or ulcers
- Skin cancer
- Varicose veins on legs that have become ulcerous
- Anxiety about health

See Materia Medica page 149**KALI. BICH.***Kalium bichromicum***Key uses**

- Catarrh and sinusitis
- Glue ear
- Headaches
- Indigestion
- Joint pains
- Rheumatoid arthritis
- Skin conditions
- Sore throat, coughs, and croup

See Materia Medica page 87**See also** pages 197, 226–27, 250–51**KALI. BROM.***Kalium bromatum***Key uses**

- Excessive sexual needs or impotence in men
- Ovarian cysts, tumors, or fibroids
- Psychosis, mania, paranoia, autism, or retardation
- Skin complaints, such as rosacea
- Stroke, epilepsy, or other seizures

See Materia Medica page 149**See also** pages 193, 240–41**KALI. CARB.***Kalium carbonicum***Key uses**

- Asthma
- Coughs, whooping cough, and colds
- Incontinence
- Insomnia
- Joint or back pains, and osteoarthritis
- Kidney disorders
- Palpitations

See Materia Medica page 88**See also** pages 181, 186, 196, 205, 250–51, 268–69**KALI. IOD.***Kalium iodatum***Key uses**

- Chronic catarrh or recurring sinusitis
- Copious and watery discharges, possibly with chronic allergic rhinitis
- Swellings, abscesses, or atrophy of the glands

See Materia Medica page 150**KALI. MUR.***Kalium chloratum***Key uses**

- Blockages of the eustachian tube
- Cancer
- Chronic catarrh, nasal congestion, and nosebleeds
- Earaches in or behind the ears
- Inflamed membranes or joints
- Sore throat
- Tonsillitis or swollen throat glands

See Materia Medica page 150**See also** pages 209, 222–23, 226–27**KALI. NIT.***Kalium nitricum***Key uses**

- Asthma, croup, or bronchitis
- Nasal polyps, chronic irritation, catarrh, and sinusitis

See Materia Medica page 150

KALI. PHOS.

Kalium phosphoricum

Key uses

- Abnormal discharges
- Back pain
- Chronic fatigue syndrome
- Excess perspiration
- Hunger pains
- Insomnia

See Materia Medica page 89

KALI. SULPH.

Kalium sulphuricum

Key uses

- Asthma
- Chronic catarrh, or mucus in the nose, larynx, bronchi, or ears
- Skin conditions, such as eczema, psoriasis, ringworm, glue ear, polyps, oily skin problems, and skin cancer

See Materia Medica pages 150–51

KALMIA

Kalmia latifolia

Key uses

- General muscle pain
- Heart disease
- Severe, sharp neuralgic pains in the muscles and joints

See Materia Medica page 151

KREOSOTUM

Kreosotum

Key uses

- Bleeding between menstrual cycles
- Candidiasis
- Disorders of the mucous membranes, especially in the vagina, cervix, and uterus
- Offensive-smelling menstrual flows that burn the skin and cause itching and swelling
- Nausea in pregnancy

See Materia Medica page 151

See also pages 200, 248–49

LAC CAN.

Lac caninum

Key uses

- Breast problems
- Hypersensitivity
- Phobias
- Throat infections
- Vaginal bleeding and discharge

See Materia Medica page 108

LAC DEFL.

Lac vaccinum defloratum

Key uses

- Anemia and weakness following chronic disease
- Chronic liver disease
- Diabetes
- Headaches, especially those associated with menstruation
- Water retention related to heart disease

See Materia Medica page 151

LACHESIS

Lachesis muta

Key uses

- Heart disorders
- Poor circulation and varicose veins
- Sore throat
- Spasms and tremors
- Women's health
- Jealousy
- Phobias

See Materia Medica page 109

See also pages 179, 186, 193, 199, 201, 212, 213, 258–59

LACHNANTHES

Lachnanthes tinctoria

Key uses

- Circulatory system disorders related to the head and chest
- Right-sided headaches accompanied by great chilliness
- Tuberculosis

See Materia Medica page 151

LATHYRUS

Lathyrus sativus

Key uses

- Multiple sclerosis
- Pain in the lower back
- Total loss of sexual function
- Tremors
- Urinary incontinence
- Weakness and heaviness in the aftermath of influenza and other viral illnesses

See Materia Medica page 151

LATRODECTUS MAC.

Latroductus mactans

Key uses

- Heart problems, especially angina
- Restlessness, especially associated with acute angina attacks

See Materia Medica page 152

See also page 185

LITHIUM CARB.

Lithium carbonicum

Key uses

- Arthritic conditions
- Bones and muscles that are sore
- Distorted, swollen, sore, tender, and red joints
- Gout
- Hip pain
- Stiff limbs

See Materia Medica page 152

LYCOPodium

Lycopodium clavatum

Key uses

- Anxiety
- Chest infections
- Digestive disorders
- Urogenital problems

See Materia Medica page 59

See also pages 182, 191, 195, 196, 197, 200, 202, 203, 209, 211, 212, 218–19, 236–37, 242–43, 244–45, 264–65, 266–67

LEDUM

Ledum palustre

Key uses

- Black eyes and other eye injuries
- Bleeding into the eye chamber after an iridectomy
- Cuts and grazes
- Insect stings
- Open wounds, especially severe ones with bruising, puffy, purplish skin
- Rheumatic pains

See Materia Medica page 152

See also page 196

LOBELIA

Lobelia inflata

Key uses

- Breathlessness and asthma accompanied by great anxiety
- Nausea with giddiness
- Vomiting with profuse perspiration

See Materia Medica page 152

LILIUM

Lilium tigrinum

Key uses

- Depression
- Heart problems, such as angina
- Urinary disorders
- Women's health

See Materia Medica page 58

See also page 185

LUPULUS

Humulus lupulus

Key uses

- Burning in the urethra
- Delirium associated with drunkenness
- Greasy, clammy, profuse perspiration
- Hangovers with nausea, dizziness, and headaches
- Overexcitability
- Rheumatic pains
- Twitching, nervous tremors

See Materia Medica page 146

LYSSIN

Lyssin hydrophobinum

Key uses

- Choking sensation when swallowing, with profuse saliva
- Excessive sexual energy
- Fear, irritability, and a desire to pass stools or urinate, triggered by sight or sound of running water
- Nervous system, throat, and sexual organ disorders, such as uterine prolapse
- Pain during sexual intercourse

See Materia Medica page 153

LYCOPUS

Lycopus virginicus

Key uses

- Overactivity of the thyroid gland, especially during menopause
- Respiratory complaints in conjunction with heart problems
- Weak heart, erratic pulse, or heart disease

See Materia Medica page 153

MAG. CARB.

Magnesium carbonicum

Key uses

- Acidity in the digestive system
- Constipation
- Diarrhea
- Exhaustion or chronic fatigue syndrome with swollen glands, lax muscles, and susceptibility to hernias
- Sensitivity to, and fear of, violence

See Materia Medica page 153

MAG. SULPH.

Magnesium sulphuricum

Key uses

- Dry skin
- Exhaustion or chronic fatigue
- Nausea
- Sleep problems
- Urinary disorders, possibly with digestive, skin, or menstrual problems and awkward limb movements

See Materia Medica page 154

MANDRAGORA

Mandragora officinarum

Key uses

- Abdominal pain
- Congestive headaches
- Limbs that feel heavy, bruised, or sore
- Sciatica

See Materia Medica page 154

MAG. MUR.

Magnesium chloratum

Key uses

- Children who are prone to digestive problems and whose parents regularly argue
- Chronic fatigue syndrome
- Digestive complaints, such as nausea, indigestion, and constipation
- Restlessness in bed
- Swollen glands

See Materia Medica page 153

MALANDRINUM

Malandrinum

Key uses

- Antidote to any adverse effects of a smallpox vaccination
- Dry, scaly, itchy skin with cracks or fissures
- Greasy, pustular eruptions
- Rough, unhealthy-looking skin

See Materia Medica page 154

MANGANUM MET.

Manganum metallicum

Key uses

- Earaches
- Extremely sensitive bones, especially in children
- Great sensitivity to noise and wind
- Temporary reduction in hearing
- Tinnitus

See Materia Medica page 154

MAG. PHOS.

Magnesium phosphoricum

Key uses

- Abdominal, menstrual, and other cramps
- Colic
- Earaches
- Headaches
- Neuralgia
- Toothaches

See Materia Medica page 90
See also pages 246–47, 256–57

MANCINELLA

Hippomane mancinella

Key uses

- Confused feelings about sexuality connected with fear of being possessed by evil spirits
- Fear of insanity and loss of mind control
- Obsessive behavior, even leading to a psychological breakdown
- Skin problems, such as dermatitis

See Materia Medica page 145

MEDORRHINUM

Medorrhinum

Key uses

- Genital warts and herpes
- Rhinitis, sinusitis, and asthma
- Testicular pain
- Urinary tract infections
- Women's health
- Aggression
- Peptic ulcer

See Materia Medica page 110
See also pages 197, 200

MELILOTUS

Melilotus officinalis

Key uses

- Circulatory problems
- Throbbing headaches

See Materia Medica pages 154–55

MERC. DULC.

Hydrargyrum chloratum

Key uses

- Agitation
- Apprehension
- Catarrhal inflammation in the ears and eustachian tube, leading to deafness and glue ear
- Restlessness

See Materia Medica page 146

MERC. SOL.

Hydrargyrum metallicum

Key uses

- Catarrh and colds
- Eye and ear infections
- Fever
- Mouth and throat conditions
- Osteoarthritis
- Thrush

See Materia Medica page 85

See also pages 196, 200, 232–33, 250–51, 252–53, 254–55, 264–65, 268–69

MERC. CORR.

Hydrargyrum bichloratum

Key uses

- Anxiety and restlessness
- Colitis
- Delirium and stupor during illness
- Dysentery
- Swollen glands
- Throat complaints, such as ulcerated tonsils

See Materia Medica page 146

See also page 190

MERC. CYAN.

Hydrargyrum cyanatum

Key uses

- Acute infectious diseases with rapidly sinking strength and a tendency to hemorrhage
- Throat and mouth conditions, such as diphtheria and tonsillitis

See Materia Medica pages 146–47

MERC. IOD. FLAV.

Hydrargyrum iodatum
flavatum

Key uses

- Ear infections affecting the right side
- Right-sided complaints, especially throat infections such as pharyngitis and tonsillitis

See Materia Medica page 147

MERC. IOD. RUBER.

Hydrargyrum biiodatum

Key uses

- Ulcerated sore throat with swollen glands and stiff muscles in the neck and throat, especially on the left side

See Materia Medica page 146

MERC. SULPH.

Hydrargyrum sulphas

Key uses

- Digestive disorders, sometimes combined with respiratory complaints
- Respiratory difficulties, such as pain in the chest and rapid breathing

See Materia Medica page 147

MEZEREUM

Daphne mezereum

Key uses

- Anxiety-related digestive system disorders
- Neuralgic pains around the teeth or face, and pains in the long bones
- Shingles affecting the chest
- Suppurating skin complaints, such as eczema and psoriasis, particularly affecting the scalp

See Materia Medica page 140

See also page 194

MILLEFOLIUM

Achillea millefolium

Key uses

- Bleeding from injuries, internal bleeding, or menstrual irregularities
- Congestion in the ears, eyes, nose, and chest
- Profuse, painful uterine bleeding following childbirth or an abortion
- Severe colicky pain, diarrhea, or painful varicose veins, during pregnancy
- Sore nipples and suppressed breast milk after childbirth

See Materia Medica page 118

MURIATIC AC.

Acidum hydrochloricum

Key uses

- Chronic fatigue syndrome
- Weakness or physical collapse after feverish illness, such as mononucleosis or typhoid

See Materia Medica page 119

NAT. ARS.

Natrum arsenicum

Key uses

- Complaints associated with the chest, involving breathlessness, a dry, hacking cough, great sensitivity to smoke or dust, and restlessness

See Materia Medica page 156

MOSCHUS

Moschus moschiferus

Key uses

- Fainting triggered by the slightest excitement or by eating, menstruation, or heart disease
- General coldness or a chill in a specific area of the body
- Heightened physical and mental tension, which may cause spasms, twitches, and seizures in the muscles
- Hiccups

See Materia Medica page 155

MYGALE LAS.

Mygale lasiodora

Key uses

- Chorea
- Twitching, convulsive movements, possibly accompanied by nausea, dimmed vision, and heart palpitations

See Materia Medica page 156

NAT. CARB.

Natrum carbonicum

Key uses

- Colds, catarrh, and headaches
- Depression
- Digestive disorders
- Exhaustion
- Infertility
- Phobias
- Skin conditions and allergies

See Materia Medica page 91

See also pages 203, 207, 211, 212

MUREX

Murex purpurea

Key uses

- Digestive problems in women
- Intense premenstrual and menstrual pain
- Painful breasts, perhaps developing benign tumors

See Materia Medica page 155

NAJA

Naja naja

Key uses

- Angina
- Erratic pulse
- Valvular lesions
- Violent palpitations

See Materia Medica page 156

NAT. FLUOR.

Natrum fluoricum

Key uses

- Aversion to sour-tasting things
- Cold sweats in the armpits
- Desire for alcohol
- Right-sided complaints

See Materia Medica page 156

NAT. MUR.

Natrum chloratum

Key uses

- Colds and catarrh
- Digestive disorders
- Headaches and migraines
- Mouth and throat conditions
- Skin conditions
- Women's health

See *Materia Medica* page 92

See also pages 179, 186, 196, 205, 207, 212, 213, 218–19, 220–21, 224–25, 226–27, 232–33, 242–43

NAT. PHOS.

Natrum phosphoricum

Key uses

- Digestive disorders characterized by excess acidity and sour discharges
- Failure to thrive, in bottle-fed babies

See *Materia Medica* pages 156–57

NAT. SULPH.

Natrum sulphuricum

Key uses

- Asthma
- Headaches due to injury or those accompanied by increased salivation or strong intolerance to light
- Liver conditions, such as hepatitis and gallstones, colicky abdominal pains, and jaundice
- Severe or suicidal depression
- Diarrhea with sudden urge in the morning

See *Materia Medica* page 157

NITRIC AC.

Acidum nitricum

Key uses

- Anal fissures
- Cancer
- Candidiasis
- Catarrh
- Hemorrhoids
- Mouth ulcers
- Skin conditions
- Warts

See *Materia Medica* page 70

See also pages 200, 209

NUX MOSCH.

Myristica fragrans

Key uses

- Chronic constipation with fullness and bloating in the abdomen
- Confusion, dizziness, and fainting
- Dry tongue that sticks to the roof of the mouth
- Great drowsiness
- Loss of coordination
- Unquenchable thirst

See *Materia Medica* page 156

NUX VOMICA

Strychnos nux-vomica

Key uses

- Asthma
- Colds and influenza
- Cystitis
- Digestive disorders
- Headaches
- Irritability and insomnia
- Menstrual or pregnancy problems

See *Materia Medica* page 63

See also pages 186, 187, 189, 190, 200, 202, 207, 212, 213, 218–19, 224–25, 234–35, 236–37, 238–39, 244–45, 260–61, 262–63, 268–69, 275

OLEANDER

Nerium oleander

Key uses

- Cradle cap
- Dandruff
- Eczema
- Psoriasis

See *Materia Medica* page 157

See also page 194

ONOSMODIUM

Onosmodium virginianum

Key uses

- Exhaustion, characterized by trembling, a sensation of heaviness, and lack of coordination, and possibly combined with diminished or absent sexual desire
- Eye strain

See *Materia Medica* page 158

OPIUM

Papaver somniferum

Key uses

- Constipation
- Delirium tremens
- Grief
- Insomnia and narcolepsy
- Post-stroke paralysis
- Shock and injury

See *Materia Medica* page 60

See also pages 187, 213

ORIGANUM

Origanum majorana

Key uses

- Women's sexual problems involving an obsession with sexual thoughts, restlessness, and swollen, itchy, and painful breasts

See Materia Medica page 158

PALLADIUM MET.

Palladium metallicum

Key uses

- Abdominal infections
- Head and limb pains accompanied by irritability and impatience
- Ovarian pains and cysts, especially in the right side of the body
- Prolapsed or displaced uterus
- Sprained limbs
- Tired, cold, or tense limbs

See Materia Medica page 158

PASSIFLORA

Passiflora incarnata

Key uses

- Alcoholism
- Insomnia accompanied by hemorrhoids, pain in the coccyx, or discomfort during or just before menstruation
- Screaming children
- Whooping cough

See Materia Medica page 159

OXALIC AC.

Acidum oxalicum

Key uses

- Angina with palpitations that are worse for lying down
- Pain in the spermatic cord
- Throbbing, crushing pain in the testes

See Materia Medica page 120

PANAX GINSENG

Panax pseudoginseng

Key uses

- Fatigue as a result of excessive sexual intercourse
- Paralytic weakness
- Rheumatic pain
- Sciatica

See Materia Medica page 159

PETROLEUM

Petroleum rectificatum

Key uses

- Chilblains
- Diarrhea and nausea
- Eczema and psoriasis
- Migraines
- Travel sickness

See Materia Medica page 93

See also page 195

PAEONIA

Paeonia officinalis

Key uses

- Nightmares, especially those involving ghosts
- Rectal and anal problems, such as fissures and hemorrhoids

See Materia Medica page 158

PAREIRA

Pareira brava

Key uses

- Kidney colic
- Prostate disorders, such as enlarged prostate glands
- Severe pain in the penis
- Urinary disorders involving painful urination, and severe pains on the left side of the lower back, and in the penis

See Materia Medica page 159

PHOSPHORIC AC.

Acidum phosphoricum

Key uses

- Chronic fatigue syndrome
- Diabetes
- Diarrhea
- Exam nerves
- Exhaustion
- Grief or shock
- Growing pains
- Headaches

See Materia Medica page 71

See also pages 191, 205, 213

PHOSPHORUS

Phosphorus

Key uses

- Bleeding
- Burning pains
- Digestive disorders
- Palpitations
- Poor circulation
- Respiratory illnesses
- Phobias

See Materia Medica page 94

See also pages 179, 181, 182, 183, 186, 190, 191, 199, 209, 211, 213, 228–29, 234–35, 236–37, 244–45, 266–67

PHYTOLACCA

Phytolacca americana

Key uses

- Breast problems
- Inflamed neck glands and tonsils
- Mononucleosis
- Mumps
- Psoriasis
- Dental pain

See Materia Medica page 159

See also pages 195, 201, 252–53, 254–55

PICRIC AC.

Acidum picrinicum

Key uses

- Indifference with mental and physical fatigue, which may develop into actual paralysis

See Materia Medica page 120

PLANTAGO

Plantago major

Key uses

- Bed-wetting problems
- Earaches
- Toothaches

See Materia Medica page 160

PLATINA

Platinum metallicum

Key uses

- Depression
- Head and facial pains
- Menstrual problems
- Numbness and cramps
- Oversensitivity of the female genitalia

See Materia Medica page 95

See also page 212

PLUMBUM MET.

Plumbum metallicum

Key uses

- Constipation
- Diabetes
- Dupuytren's contracture
- Multiple sclerosis
- Muscle weakness
- Neurological conditions
- Vaginismus

See Materia Medica page 96

See also pages 179, 191, 260–61

PODOPHYLLUM

Podophyllum peltatum

Key uses

- Abdominal cramps
- Diarrhea
- Gastroenteritis
- Liver problems
- Ovarian pain

See Materia Medica page 160

PSORINUM

Psorinum

Key uses

- Depression
- Diarrhea
- Ear and eye infections
- Phobias
- Respiratory illnesses
- Skin problems, such as rosacea and severe eczema

See Materia Medica page 111

See also pages 193, 194, 211, 268–69

PULSATILLA

Pulsatilla pratensis subsp. *Nigricans*

Key uses

- Colds and coughs
- Digestive disorders
- Eye infections
- Sinusitis
- Women's health

See Materia Medica page 61

See also pages 183, 189, 196, 201, 202, 207, 212, 213, 218–19, 220–21, 222–23, 226–27, 228–29, 230–31, 234–35, 236–37, 240–41, 252–53, 256–57, 262–63, 275

PYROGEN.

Pyrogenium

Key uses

- Fevers—for example, during menstruation
- Genital tract infections following childbirth or an abortion
- Infections
- Influenza
- Pelvic infections in women
- Septic states, such as abscesses that never fully heal

See Materia Medica page 161

RANUNCULUS BULB.

Ranunculus bulbosus

Key uses

- Muscle, joint, and skin problems, possibly occurring simultaneously
- Herpes zoster (shingles)

See Materia Medica page 161

RHODODENDRON

Rhododendron chrysanthum

Key uses

- Hydrocele
- Joint problems, such as gout, arthritis, or rheumatic pain

See Materia Medica page 162
See also pages 264–65

QUERCUS

Quercus robur

Key uses

- Acute alcohol poisoning
- Chronic spleen disorders, such as an enlarged spleen due to recurrent malaria or alcoholism
- Recurrent gout
- Reduction in alcoholic intake

See Materia Medica page 161

RAPHANUS

Raphanus sativus var. niger

Key uses

- Extreme abdominal distension
- Postoperative pain

See Materia Medica page 162

RHUS TOX.

Rhus toxicodendron

Key uses

- Musculoskeletal problems, such as cramps, sprains, strains, restless legs, rheumatic or arthritic pain, and sciatica
- Skin conditions, such as chicken pox, shingles, herpes, rosacea, eczema, and diaper rash
- Skin eruptions with blisters

See Materia Medica pages 162–63
See also pages 187, 193, 194, 197, 218–19, 230–31, 246–47, 252–53, 273

RADIUM BROM.

Radium bromatum

Key uses

- Acute rheumatic pains
- Conditions arising from radiation poisoning or treatment, such as ulcers from X-ray burns
- Neuralgic pains
- Psoriasis, eczema, dermatitis, acne rosacea, nevi, or moles
- Skin cancer

See Materia Medica page 161

RHEUM

Rheum officinale

Key uses

- Chronic diarrhea, with yellow or green, frothy or fermented stools that are sour-smelling
- Colicky pain, often accompanied by shivering and an urge to pass stools
- Nausea
- Teething

See Materia Medica page 162

RHUS VEN.

Rhus venenata

Key uses

- Flaking, itching skin, possibly with patches of thickening or hardening, and a tendency for the skin to crack

See Materia Medica page 163

RICINUS*Ricinus communis***Key uses**

- Diarrhea, especially in children
- Nausea and profuse vomiting

See Materia Medica page 163**SABADILLA***Schoenocaulon officinale***Key uses**

- Inflammation of the respiratory mucous membranes, possibly due to hay fever, asthma, tonsillitis, or a cold

See Materia Medica page 164**SALICYLIC AC.***Acidum salicylicum***Key uses**

- Ear problems, especially tinnitus, vertigo, and progressive deafness
- Severe headaches
- Ulceration on the mucous membranes, such as mouth ulcers
- Weakness

See Materia Medica page 120**See also** pages 222–23**RUMEX CRISPUS***Rumex crispus***Key uses**

- Asthma
- Whooping cough, dry, tickling coughs, croup, or other hard, hacking coughs

See Materia Medica page 163**SABAL***Serenoa repens***Key uses**

- Genitourinary disorders, such as frequent urination, urine retention due to prostate enlargement, gonorrhea, or inflammation of the seminal tube
- Sexual and general fatigue

See Materia Medica page 166**See also** page 202**SAMBUCUS***Sambucus nigra***Key uses**

- Asthma
- Bronchitis
- Croup
- Whooping cough

See Materia Medica page 164**RUTA***Ruta graveolens***Key uses**

- Chronic arthritis
- Eyestrain
- Sprains and strains, especially repetitive strain injuries
- Stiff, sore lower back or sciatica

See Materia Medica pages 163–64**See also** pages 220–21, 273**SABINA***Juniperus sabina***Key uses**

- Genital warts
- Infertility
- Itching, burning external genitalia
- Phimosis, swelling of the upper penis, and gonorrhea
- Uterine problems, such as pale red, clotting hemorrhages

See Materia Medica page 149**See also** page 203**SANGUINARIA***Sanguinaria canadensis***Key uses**

- Asthma
- Hay fever
- Migraine

See Materia Medica page 164

SANICULA

Aqua sanicula

Key uses

- Digestive symptoms involving bloating, sour belches, and an urge to pass stools after eating
- Low vitality due to slow digestion and undernourishment
- Menstrual disorders and vaginitis

See Materia Medica page 125

SCUTELLARIA

Scutellaria laterifolia

Key uses

- Chronic fatigue syndrome
- Headaches with possible dizziness, twitching muscles, and sensitivity to light
- Nervous exhaustion, possibly as a result of illness, continuous, tiring work, or overstudying

See Materia Medica page 165

SENECIO

Senecio aureus

Key uses

- Appetite loss
- Bleeding in congested or inflamed kidneys
- Bleeding in the lungs or the throat
- Excitability
- Insomnia
- Menstrual problems
- Nosebleeds

See Materia Medica page 165

SARSAPARILLA

Smilax officinalis

Key uses

- Urinary tract problems, such as cystitis characterized by a constant urge to urinate, pain as urination ends, and possibly blood in the urine

See Materia Medica page 166

SECALE

Secale cornutum

Key uses

- Flows of watery blood between menstrual periods
- Hypercontraction of the muscles in the uterus
- Menstrual cramps
- Puerperal sepsis
- Uterine bleeding
- Weak contractions during labor
- Circulatory problems

See Materia Medica page 165

SCORPION

Scorpio europaeus

Key uses

- Great fears, especially those of driving and of accidents, rooted in the abdomen and possibly with sharp cramps below the ribs

See Materia Medica page 164

SELENIUM MET.

Selenium metallicum

Key uses

- Chronic fatigue syndrome
- Great weakness, especially if the body temperature increases
- Multiple sclerosis

See Materia Medica page 165
See also page 202

SEPIA

Sepia officinalis

Key uses

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

See Materia Medica page 112
See also pages 186, 195, 196, 199, 203, 211, 212, 242–43, 256–57, 258–59, 260–61

SENEGA

Polygala senega

Key uses

- Chest and catarrhal conditions, such as bronchitis, tuberculosis (especially in the elderly), and coughs

See Materia Medica page 160

SILICA

Silicea terra

Key uses

- Coughs
- Diabetes
- Digestive disorders
- Ear, nose, and throat problems
- Headaches
- Skin, tooth, nail, and bone conditions

See *Materia Medica* page 97

See also pages 191, 193, 196, 199, 201, 209, 220–21

SPIGELIA

Spigelia anthelmia

Key uses

- Headaches or migraines
- Heart murmurs or valve disorders
- Neuralgic or rheumatic pains
- Palpitations
- Rheumatic heart disease or angina
- Sinus infections

See *Materia Medica* page 167

See also pages 185, 197, 268–69

STANNUM MET.

Stannum metallicum

Key uses

- Exhaustion after chronic respiratory problems
- Nervous system disorders
- Serious respiratory infections, such as bronchitis or pneumonia

See *Materia Medica* page 167

SINAPIS

Brassica nigra

Key uses

- Catarrh
- Colds
- Hay fever
- Intense sneezing
- Pharyngitis
- Sweating

See *Materia Medica* page 130

SOLIDAGO

Solidago virgaurea

Key uses

- Fibroids
- Kidneys that feel distended, sore, aching, and tender

See *Materia Medica* pages 166–67

SPONGIA

Euspongia officinalis

Key uses

- Heart complaints involving palpitations and great exhaustion
- Upper respiratory tract infections
- Croup

See *Materia Medica* page 143

SQUILLA

Urginea maritima var. rubra

Key uses

- Chronic respiratory conditions, such as bronchitis (in the elderly), pleurisy, coughs, and asthma
- Measles in children

See *Materia Medica* page 170

STAPHISAGRIA

Delphinium staphisagria

Key uses

- Grief
- Headaches and toothaches
- Insomnia
- Joint pains
- Skin conditions, such as psoriasis
- Styes
- Urogenital problems, such as cystitis

See *Materia Medica* page 54

See also pages 195, 213, 220–21, 260–61

STICTA

Lobaria pulmonaria

Key uses

- Chronic catarrh that is difficult to expel and causes stuffiness, a dull, heavy feeling in the head, and a dry, tickly throat
- Pneumonia
- Respiratory problems associated with hay fever or other allergic reactions, influenza, or bronchitis

See *Materia Medica* page 152

STRAMONIUM

Datura stramonium

Key uses

- Asthma
- Bronchitis
- Chorea
- Fever
- Phobias
- Violence and mania

See Materia Medica page 53

See also page 211

STRONTIUM CARB.

Strontium carbonicum

Key uses

- Acute conditions following an operation or injury, such as fainting, exhaustion, chills, violent palpitations, and collapse
- Heart conditions, including angina, phlebitis, and terrible pains in the muscles and bones

See Materia Medica page 167

SULPHUR

Sulphur

Key uses

- Digestive disorders
- Men's health
- Respiratory illnesses
- Skin conditions
- Women's health

See Materia Medica page 99

See also pages 186, 190, 194, 195, 196, 201, 202, 207, 211, 212, 234–35, 240–41, 242–43, 246–47, 252–53, 258–59, 260–61, 268–69

SULPHUR IOD.

Strontium carbonicum

Key uses

- Chronic, itchy skin complaints, such as weeping eczema, acne, boils, pustules, urticaria, and lichen planus

See Materia Medica page 168

SULPHURIC AC.

Acidum sulphuricum

Key uses

- Diabetes
- Extreme fatigue following an injury, concussion, or operation, especially if healing is slow

See Materia Medica page 120

SYMPHYTUM

Symphytum officinale

Key uses

- Abscesses in the psoas muscle
- Eye injuries
- Malignant bone tumors on the face
- Pricking pain from old injuries to the bone, cartilage, and periosteum
- Sprains and fractured or badly set bones

See Materia Medica page 168

SYPHILINUM

Syphilinum

Key uses

- Asthma
- Constipation
- Eye inflammation
- Headaches
- Menstrual problems and miscarriages
- Obsessive-compulsive behavior
- Ulcers

See Materia Medica page 113

TABACUM

Nicotiana tabacum

Key uses

- Acute digestive upsets, especially during pregnancy or chemotherapy
- Diarrhea or habitual constipation with rectal paralysis or spasms
- Severe nausea
- Travel-sickness

See Materia Medica page 158

See also page 275

TARAXACUM

Taraxacum officinale

Key uses

- Digestive disorders
- Gallbladder inflammation
- Gallstones
- Headaches associated with gastric problems
- Urinary problems

See Materia Medica page 168

TARENTULA

Tarentula hispanica

Key uses

- Angina and heart disorders
- Cystitis
- Diabetes
- Mood swings
- Multiple sclerosis
- Restless limbs and chorea
- Women's health

See Materia Medica page 114

See also pages 179, 191

TARENTULA CUB.

Tarentula cubensis

Key uses

- Acute infections, such as diphtheria
- Pain relief during a slow death
- Septic conditions, such as carbuncles, septicemia, painful abscesses, ulcers, and gangrene
- Severe coughs, such as whooping cough, if there is great prostration
- Slow-developing fever

See Materia Medica pages 168–69

TELLURIUM MET.

Tellurium metallicum

Key uses

- Back pains
- Eye and ear infections
- Skin conditions, such as psoriasis, ringworm, herpes, and eczema on the eyelids and behind the ears

See Materia Medica page 169

TEREBINTHUM

Terebinthina laricina

Key uses

- Burning pain and bleeding of the mucous membranes
- Inflammation of the urinary tract or kidneys, accompanied by hemorrhaging, water retention, and edema in the hands and feet

See Materia Medica page 169

TEUCRIUM MARUM

Teucrium marum

Key uses

- Fibroids in the uterus
- Fibrous tumors on the eyelids
- Gonorrhea
- Intestinal worms
- Polyps of the nose, ears, vagina, and rectum

See Materia Medica page 169

THEA

Camellia sinensis

Key uses

- Extreme forms of behavior in children and adults, including irritability, mental restlessness, violent impulses, and psychiatric problems
- Indigestion
- Insomnia
- Overactive nervous system
- Palpitations or other heart problems

See Materia Medica page 133

THERIDION

Theridion curassavicum

Key uses

- Acute sensitivity of the bones, nerves, and spine
- Diabetes
- Vertigo

See Materia Medica page 169

See also pages 191, 266–67

THLASPI

Capsella bursa-pastoris

Key uses

- Fibroids
- Hemorrhaging, especially during pregnancy, causing great pain
- Nosebleeds during pregnancy
- Violent cramping in the uterus, associated with hemorrhaging, between menstrual periods, during pregnancy, following labor, or after a miscarriage or abortion

See Materia Medica page 133

THUJA

Thuja occidentalis

Key uses

- Catarrh and sinusitis
- Headaches
- Menstrual problems
- Skin conditions
- Urogenital problems
- Depression

See Materia Medica page 64

See also pages 202, 212, 242–43

TUBERCULINUM

Tuberculinum Koch

Key uses

- Allergies
- Arthritic pains
- Colds
- Coughs and acute bronchitis
- Hay fever
- Neurotic behavior

See Materia Medica page 115

See also page 207

URANIUM NIT.

Uranium nitricum

Key uses

- Diabetes with water retention and increased urination
- Digestive disorders, such as indigestion, bloating, and abdominal gas
- High blood pressure
- Kidney inflammation
- Liver problems

See Materia Medica page 170

See also page 191

URTICA URENS

Urtica urens

Key uses

- Blistering, burning, stinging, red rashes caused by insect bites, stings, shellfish, and plants
- Burned, blistered skin
- Urticaria

See Materia Medica page 170

See also pages 242–43, 273

USTILAGO

Ustilago zaeae

Key uses

- Slow, congestive bleeding following miscarriage or labor
- Women's problems, such as uterine fibroids

See Materia Medica page 171

UVA URSI

Arctostaphylos uva-ursi

Key uses

- Chronic bladder irritation
- Digestive, respiratory, or childbirth symptoms
- Enlarged prostate gland accompanying a urinary disorder
- Inflammation and stones in the kidneys

See Materia Medica page 125

VALERIANA

Valeriana officinalis

Key uses

- Neuralgic pains, rapid pulse, and blood congestion in the head

See Materia Medica page 171

VERATRUM ALB.

Veratrum album

Key uses

- Collapse
- Diarrhea
- Emotional problems
- Vomiting and nausea
- Weakness and fainting

See Materia Medica page 65

VERATRUM VIR.

Veratrum viride

Key uses

- Asthma
- Intense fever
- Manic behavior
- Pleurisy
- Pneumonia
- Puerperal fever

See Materia Medica page 171

VERBASCUM

Verbascum thapsiforme

Key uses

- Coughs
- Irritation and inflammation of the bladder, ears, or respiratory tract
- Neuralgic pains in the face and teeth
- Painful colds

See Materia Medica page 171

See also pages 268–69

VESPA

Vespa crabro

Key uses

- Constipation
- Disorders of the female reproductive organs
- Mucous membrane problems
- Premenstrual depression
- Red, swollen skin complaints, such as boils, itchy bumps, weals, and lentil-shaped spots
- Stinging, burning pains

See *Materia Medica* page 171

VIOLA TRI.

Viola tricolor

Key uses

- Obstinate skin problems, such as impetigo, rashes, eczema, rosacea, and pustular eruptions
- Urinary problems, such as sharp pains in the urethra and bed-wetting at night

See *Materia Medica* page 172

See also page 193

WYETHIA

Wyethia helenoides

Key uses

- Hay fever, with itching in the ears, palate, and the back of the nose, a scalding sensation in the mouth, and violent sneezing

See *Materia Medica* page 173

See also page 207

VIBURNUM

Viburnum opulus

Key uses

- False labor
- Painful menstruation
- Pains following labor
- Recurrent miscarriage
- Threatened abortion

See *Materia Medica* page 172

VIPERA

Vipera berus

Key uses

- Phlebitis
- Recurrent nosebleeds
- Varicose veins

See *Materia Medica* page 172

ZINC. MET.

Zincum metallicum

Key uses

- Eczema and viral skin infections
- Headaches
- Nervous exhaustion
- Twitching limbs, such as restless legs
- Urogenital problems

See *Materia Medica* page 101

See also pages 230–31

VINCA

Vinca minor

Key uses

- Burning leg ulcers
- Cradle cap
- Excessive menstrual flow
- Itchy, burning skin
- Warm scalp with foul-smelling eruptions and corrosive itching
- Weeping eczema

See *Materia Medica* page 172

VISCUM ALB.

Viscum album

Key uses

- Generalized tremors and uncontrollable jerking after a fright
- Neuralgic pains, especially headaches
- Seizures, including petit mal and epilepsy that may be accompanied by breathing problems
- Tearing joint pains

See *Materia Medica* pages 172–73

ZINGIBER

Zingiber officinale

Key uses

- Asthma
- Digestive disorders, including nausea, vomiting, and colicky pain in the abdomen, with chronic excess mucus production in the intestine

See *Materia Medica* page 173

HOW TO FIND A PRACTITIONER

Licensing requirements for homeopaths vary widely from state to state and province to province, and practitioners may or may not be medically trained. A number of different organizations offer certification indicating that the practitioner has reached a certain level of competence (*see Useful Addresses, opposite*).

Personal recommendation can be an effective way of choosing a homeopathic practitioner. It is often best to seek the advice of relatives, friends, and colleagues who have visited a homeopath. You can also ask your family doctor to refer you to a homeopath. It may help if the homeopath then writes to your family doctor outlining the homeopathic treatment planned, and it is always recommended that you continue under the care of your family doctor.

Homeopaths should freely provide information about their services, training, professional insurance, experience with treating your condition, and expected course of treatment. If you are not at ease with the philosophy and practice of a particular homeopath, you should feel free to find a different practitioner. A good homeopath should aim to establish a rapport based upon trust and empathy.

USEFUL ADDRESSES

United States

Organizations

The following organizations can help you find a homeopathic practitioner in a particular area:

Council for Homeopathic Certification
PMB 187
16915 SE 272nd Street, Ste. #100
Covington, WA 98042
(866) 242-3399
<http://www.homeopathicdirectory.com>

Homeopathic Academy of Naturopathic Physicians
P.O. Box 8341
Covington, WA 98042
(253) 630-3338
<http://www.hanp.net>

North American Society of Homeopaths
P.O. Box 450039
Sunrise, FL 33345-0039
(206) 720-7000
<http://www.homeopathy.org>

Suppliers of homeopathic remedies

Weleda, Inc.
1 Closter Road, P.O. Box 675
Palisades, NY 10964
(800) 241-1030
<http://usa.weleda.com>

BHI/Heel
Albuquerque, NM
<http://HeelUSA.com>

All Natural Health
Seaford Plaza 3830 Sunrise Highway
Seaford, NY 11783
(866) 785-1462
<http://www.allnaturalusa.com>

Nature's Way Products
1375 Mountain Springs Parkway
Springville, UT 84663
(801) 489-1500
<http://www.naturesway.com>

Hahnemann Laboratories, Inc.
1940 Fourth Street
San Rafael, CA 94901
(888) 427-6422
<http://www.hahnemannlabs.com>

WALA/Raphael Pharmacy
4003 Bridge
Fair Oaks, CA 95628
(916) 962-1099

Boiron Homeopathy
Boiron Borneman, Inc.
6 Campus Boulevard, Building A
Newtown Square, PA 19073
(610) 325-7464
<http://www.boiron.com>

Hylands Standard Homeopathics
Atlantis Herbs
P.O. Box 873
Evergreen, CO 80437
<http://atlantisherbals.com>

Biochemic tissue salts & combination remedies

Hylands Standard Homeopathics
Atlantis Herbs
P.O. Box 873
Evergreen, CO 80437
<http://atlantisherbals.com>

Bach flower remedies

Nelson Bach USA Ltd.
100 Research Drive
Wilmington, MA 01887
<http://www.nelsonbach.com>

Veterinary homeopathy

American Holistic Veterinary Medical Association
2218 Old Emmorton Road
Bel Air, MD 21015
(410) 569-0795
<http://www.ahvma.org>

Canada

Organizations

The Canadian Academy of Homeopathy
1173 boul. du Mont-Royal
Outremont, QC H2V 2H6
(514) 279-6629
<http://www.homeopathy.ca>

Homeopathic College of Canada
280 Eglinton Avenue East
Toronto, ON M4P 1L4
(416) 481-8816
<http://www.homeopathy.edu>

Homeopathic Medical Council of Canada
20 Eglinton Avenue East
Suite 340
Toronto, ON M4P 1A9
(416) 638-4622
<http://www.hmcc.ca>

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ACKNOWLEDGMENTS

Author's acknowledgments

First and foremost I am deeply indebted to Serena Scrine R. S. Hom. for all her help in writing this book. She has gone far beyond her original role as researcher, helping to shape the book from the outset. Without her energy, encouragement, and vision, I am sure this book would not have turned out so well.

I am most grateful to John Morgan of Helios Pharmacy and to the British Homoeopathic Association, particularly Enid Segall, who so kindly helped me through the nomenclature crisis.

I would also like to thank Barbara Lockie for her understanding, support, and research, and David, Kirsty, Alistair, and Sandy for their research and encouragement.

Thanks also go to Dennis and Mary Thompson for their extensive research on herbal medicine and aromatherapy oils; David Warkentin and his team for MacRepertory and Reference Works, which have proved invaluable in the writing of this book; Minerva Books for reference works; and Dragon's Health Club in Guildford for advice on physical fitness and exercise.

In addition, I would like to thank the practice staff for all their help and support, including Pat Web, Chris Donne, Claire Lindsay, Lesley Holloway, Marjorie Edmonds, and Kate Sarama, who kept everything ticking over and helped with the odd bit of typing. Thanks also to Gail Hart for her magnificent slaving over a hot word processor.

Finally, thanks to my agents Lutyens and Rubinstein and everyone at Dorling Kindersley, especially Stephanie Farrow and Jude Garlick.

Publishers' acknowledgments

Dorling Kindersley would like to thank Janice Anderson, Salima Hirani, Lucy Hurst, and Christa Weil for editorial assistance; Penelope Cream for proofreading the manuscript; and Sue Bosanko for the index. Many thanks to John Dinsdale, Phil Gilderdale, Laura Jackson, Anne Renel, Marga Ruiz, and Rachana Shah for design assistance; Nicola Cox for DTP assistance; and Sarah Young for the remedy illustrations. Dorling Kindersley would like to thank Anna Grapes and Jamie Robinson for picture research and all at the DK picture library, particularly Neale Chamberlaine. Thanks to Peter Anderson, Andy Crawford, Steve Gorton, and Ian O'Leary for photography.

Special thanks to Olivia Forsey, Salima Hirani, Andrew Krag, and Bridget Roseberry for modeling.

Dorling Kindersley is particularly grateful to the following for their expert help, advice, and knowledge: Dr. Viv Armstrong; Michael Bate (Weleda (UK) Ltd., Derby); Eamonn Byrne (School of Horticulture, Kew); Dr. Sue Davidson; Maurice and Janet Elliott (Old Hall Plants, Suffolk); Kate Haywood (Royal Horticultural Society, Wisley); and Tony Pinkus (Ainsworths Pharmacy, London).

Many thanks also to the following for their kind help in supplying or obtaining equipment, plants, or materials for photography: Barwinnock Herbs (Ayrshire); Bob and Liz Farrow; John Hamer; Jeff Hope (Torz & Macatonia, London); Christopher Jackson; Anthony Lymon Dixon (Arne Herbs, Bristol); Tim Pitt; Jane Seppings (Winter Flora Ltd., Suffolk); and Richard Tayler.

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