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“JAI SHRI MATAJI”

In Sahaja yoga we have been enlightened by our Holy Divine Mother “Shri Adishakti Mataji –H.H. Shri Mataji Nirmala Deviji “that a **disease** is the manifestation of the “catches of negative forces” on the positive energy flowing through our chakras (energy centres) located on the subtle system of our body, thereby affecting our body adversely, and according to the catch on one or more chakras, we experience the symptoms of the disease.

(To know more about your own **self- ‘the inner being** ‘and to get your **self-realization for FREE as a pure divine bliss-** regardless of your creed, caste , religion and country-Please visit **www.sahajyoga.org**)

May Sakshat Shri Adishakti Mataji –H.H. Shri Mataji Nirmala Deviji - Sakshat Shri Dhanvantari – cure the patients with the grace of HER lotus feet.

With very best wishes,

“JAI SHRI MATAJI”

Dr .S.V.S. Malik
Bareilly
svsmalik@gmail.com
09837473093(Mobile)

PLEASE OBSERVE FOLLOWING GENERAL RULES :

- Take a medicine or Mixture of Medicines as a **SINGLE DOSE**
- Take Medicine in ½ - 01 cup or ½ glass of water (preferably lukewarm, OR plain but never in hot water)
- Take the medicines preferably in lukewarm water for better and quicker response
- Hold medicine in mouth for 5 minute before you drink it for better and quicker response
- Give a gap of 15 minutes or ½ or 1 hour gap between two medicines or group of medicines
- **NEVER TAKE MEDICINE(S) IN HOT WATER** as the medicinal effect will be lost
- **Prepare ONE DOSE** by mixing the given quantities of medicine(s) in ½ - 01 cup/glass of water
- **In Acute conditions** like fever, pain, burn etc.: Repeat the dose— Initially every ½ hour— then 1-2-3-4-6-8 hourly interval
- **In problems of less serious nature** like UTI : Repeat the dose – at 6-8 hourly interval, i.e., 4-3 doses/day

TIME SCHEDULE:

X (Repeat) 8 times a day (Empty Stomach (6 AM)–8AM–10AM–12Noon–3PM–5PM–7PM–9PM)

6 times a day (Empty Stomach (6 AM)–9AM–12Noon–3PM–6PM–Bed time)

4 times a day (Empty Stomach (6 AM)-----12 Noon-----6PM–Bed time)

3 times a day (Empty Stomach (6 AM)-----3PM-----Bed time)

Name of medicine	Company	Packing	Use
1. R-1	(Dr Reckeweg & Co., Germany)	Bottle of liquid 30ml	Pain, Swelling, Accident
2. R-84	(Dr Reckeweg & Co., Germany)	Bottle of liquid 30ml	Inhalent allergy
3. R-85	(Dr Reckeweg & Co., Germany)	Bottle of liquid 30ml	High B.P.
4. R-52	(Dr Reckeweg & Co., Germany)	Bottle of liquid 30ml	Nausea, Vomiting, travel sickness
5. Tonsiotren	(Dr Willmar Schwabe, Germany)	Bottle of 80 tabs	Tonsillitis
6. ADEL 24 (septosil)	(Adelmar Pharma GmbH, Germany)	Bottle of liquid 30ml	Tonsillitis, sore throat
7. Aconitum Pentarkan	(Dr Willmar Schwabe, India)	Bottle of 80 tabs	Fever, Pain, Swelling
8. Carduus Pentarkan	(Dr Willmar Schwabe, India)	Bottle of 80 tabs	Liver Tonic
9. Biofungin	(Dr Willmar Schwabe, Germany)	Bottle of liquid	General Tonic, Anaemia
10. VitaC15	(Dr Willmar Schwabe, Germany)	Bottle of liquid	General Tonic, Anaemia
11. Five Phos 6x	(Dr Willmar Schwabe, India)	Bottle of tabs	General Tonic, Anaemia
12. Kali mur 6x	(Dr Willmar Schwabe, India)	Bottle of tabs	Earache
13. Kali mur 30, 200	(Dr Willmar Schwabe, India)	Bottle of liquid 10/30ml	Earache
14. Biochemical No 21	(Dr Willmar Schwabe, India)	Bottle of liquid 30ml	Easy Dentition, Anaemia
15. Biochemic No 26	(Dr Willmar Schwabe, India)	Bottle of liquid 30ml	Easy Birth Compound
16. Arsenicum alb 200	(Dr Willmar Schwabe, India)	Bottle of liquid 30ml	Food poisoning, Vomiting
17. Podophyllum 1M	(Dr Willmar Schwabe, India)	Bottle of liquid 30ml	Food poisoning, Diarrhea
18. Symphoricarpus 30	(Dr Willmar Schwabe, India)	Bottle of liquid 30ml	Pregnancy nausea, Vomiting
19. Tabacum30	(Dr Willmar Schwabe, India)	Bottle of liquid 30ml	Pregnancy nausea, Vomiting
20. ADEL 1 (apo-Dolor)	(Adelmar Pharma GmbH, Germany)	Bottle of liquid 30ml	Headache, pain in body/legs
21. ADEL 5 (apo-Stom)	(Adelmar Pharma GmbH, Germany)	Bottle of liquid 30ml	Hyperacidity & Stomach problems
22. ADEL 7 (apo-Tuss)	(Adelmar Pharma GmbH, Germany)	Bottle of liquid 30ml	Cough, Cold, Bronchitis, Flu
23. ADEL 20 (Proaller)	(Adelmar Pharma GmbH, Germany)	Bottle of liquid 30ml	Nasal Allergy, Hay fever
24. ADEL 22 (Renelix)	(Adelmar Pharma GmbH, Germany)	Bottle of liquid 30ml	Kidney stone & UTI
25. ADEL 29 (Akutur)	(Adelmar Pharma GmbH, Germany)	Bottle of liquid 30ml	Urinary Tract Infection (UTI)
26. ADEL 23 (Ricura)	(Adelmar Pharma GmbH, Germany)	Bottle of liquid 30ml	Running nose, sneezing, sinusitis

MEDICINES FOR GENERAL AILMENTS

For treating pain, swelling, fever, cold exposure & earache:

Aconitum Pentarkan (Dr Willmar Schwabe, India) : 1-2 tablets as such OR preferably in $\frac{1}{4}$ cup of lukewarm water
Initially every $\frac{1}{2}$ hour, then 1-2-3-4 hourly interval

OR take

Aconite 30	(Dr Willmar Schwabe, India)	= 01 drop	} as a SINGLE DOSE X 8-6-4-3 times a day
Bryonia 30	(Dr Willmar Schwabe, India)	= 01 drop	
Belladonna 30	(Dr Willmar Schwabe, India)	= 01 drop	
Ferrum phos 30	(Dr Willmar Schwabe, India)	= 01 drop	
Gelsemium 30	(Dr Willmar Schwabe, India)	= 01 drop	

Prepare **ONE DOSE** by mixing the given quantities of above medicines in $\frac{1}{2}$ - 01 glass
of water and **Repeat 8-6-4-3 times a day**

Pain killers-cum-healers:

R 01 (Reckeweg No.-01) (Dr. Reckeweg & Co., Germany) = 15-20 drops } **as a SINGLE DOSE**
X 6-4 times a day

OR take

Adel 27- Inflammayer (Adel Pharma, Germany) = 15-20 drops } **as a SINGLE DOSE**
X 6-4 times a day

OR take

Aconitum Pentarkan (Dr Willmar Schwabe, India) : 1-2 tablets as such OR preferably in $\frac{1}{4}$ cup of lukewarm water
Initially every $\frac{1}{2}$ hour, then 1-2-3-4 hourly interval

OR take

Belladonna 30/200	(Dr Willmar Schwabe, India)	= 01drop	} as a SINGLE DOSE (internally/orally) X 6-4 times a day
Bellis Perennis 30	(Dr Willmar Schwabe, India)	= 01drop	
Mag phos 30	(Dr Willmar Schwabe, India)	= 01drop	
Mag phos 3x/6x	(Dr Willmar Schwabe, India)	= 2-4 tabs	
Hypericum 30	(Dr Willmar Schwabe, India)	= 01drop	
Hypericum 1x	(Dr Willmar Schwabe, India)	= 1-2 tabs	
Gelsemium30	(Dr Willmar Schwabe, India)	= 01drop	
Symphytum 30	(Dr Willmar Schwabe, India)	= 01drop	

For Local Massage of painful sites like joints/ area injured by blow in an accident

R-30 Universal Ointment (Dr. Reckeweg & Co., Germany)	} Apply Locally X 3-4 times a day
OR Use	
Adel 75 Inflammayer Ointment (Adel Pharma, Germany)	

To be massaged on affected parts

High B.P. (Headache, vertigo, Fatigue/weakness, Excessive thirst, Restlessness):

R-85 (High Blood Pressure Drops) (Dr. Reckeweg & Co., Germany) = 15-20 drops in $\frac{1}{4}$ cup of water
x 3-4 times a day

OR take

Adel-8 (co-HYPERT Drops) (Adelmar Pharma GmbH, Germany) = 15-20 drops **x 3-4 times a day**

OR take

Rauwolfia serpentina Q	(Dr Willmar Schwabe, India/ Germany) = 15-10 drops	} as a SINGLE DOSE x 3-4 times a day
Glonoin 30	(Dr Willmar Schwabe, India/ Germany) = 01 drop	
Belladonna 200	(Dr Willmar Schwabe, India/ Germany) = 01 drop	

One side paralysis (Hemiplegia) of body following High B.P

Give medicines of **Group A** and **Group B** at 15 minute interval in $\frac{1}{4}$ cup of water

Initially 6 times a day	(Empty Stomach- <u>9AM</u> ---12 Noon ----- <u>3PM</u> -----6 PM ----- Bed time)
(After appreciable recovery) 4 times a day	(Empty Stomach -----12 Noon-----6PM -----Bed time)

Lachesis 200 (Dr Willmar Schwabe, India/Germany) = 02 drops in water **Daily Once** Empty stomach)

Group A:

Spigelia 30	(Dr Willmar Schwabe, India)	= 01 drop for left side paralysis	} as a SINGLE DOSE X 6-4 times a day
Sanguinaria 30	(Dr Willmar Schwabe, India)	= 01 drop for right side paralysis	
Aconitum Pentarkan	(Dr Willmar Schwabe, India)	= 02 tabs	

Group B:

Belladonna 30/200	(Dr Willmar Schwabe, India)	= 01drop	} as a SINGLE DOSE X 6-4 times a day
Mag phos 30	(Dr Willmar Schwabe, India)	= 01drop	
Mag phos 3x/6x	(Dr Willmar Schwabe, India)	= 4 tabs	
Hypericum 30	(Dr Willmar Schwabe, India)	= 01drop	
Hypericum 1x	(Dr Willmar Schwabe, India)	= 2 tabs	
Gelsemium30	(Dr Willmar Schwabe, India)	= 01drop	
Five Phos 6x	(Dr Willmar Schwabe, India)	= 4 tabs	

Depression and Anxiety (fear, palpitation, aversion to people, irritable mood):

Depression and Anxiety due to tension in students and ladies

Take following medicine(s) **as a SINGLE DOSE** in $\frac{1}{2}$ - 01 cup of water $\frac{1}{2}$ hour before meals

Alpha-TS	(Dr Willmar Schwabe, India) = 15-20 drops	} as a SINGLE DOSE X 3-4 times a day
Bacopa Monnieri 1x	(Dr Willmar Schwabe, India) = 02-01 tablets	
Hypericum perforatum 1x	(Dr Willmar Schwabe, India) = 02-01 tablets	

Depression and Anxiety due to menopause in ladies

Klimektolan (Dr Willmar Schwabe, India) = 15-20 drops **X 3-4 times a day**

Depression and Anxiety due to heart problems

Essentia aurea (Gold drops) (Dr Willmar Schwabe, India) = 15-20 drops **X 3-4 times a day**

You may also take following Tonic along with above group(s) at an interval of 1-2 hours

Vita C -15 (Dr. Reckeweg & Co., Germany) = 10 ml (1 Table spoon) **X 3-4 times a day**

Diabetes (Sugar in Urine):

(Frequent passage of urine, especially during night, Fatigue/weakness, Excessive thirst, Pain in body & leg muscles, restlessness, lack of sex desire(libido)/ decreased performance, retinitis, loss of eye sight:

R-40 (Diabetes Drops) (Dr. Reckeweg & Co., Germany) = 10-15 drops **as a SINGLE DOSE**
x 3-4 times a day

OR take

Adel-18 (Glucorect) (Adelmar Pharma GmbH, Germany) = 15-20 drops **as a SINGLE DOSE**
x 3-4 times a day

OR take

Syzygium jambolanum Q	(Dr Willmar Schwabe, India/ Germany) = 15-10 drops	} as a SINGLE DOSE x 3-4 times a day
Syzygium cumini Q	(Dr Willmar Schwabe, India/ Germany) = 15-10 drops	
Cephalendra indica Q	(Dr Willmar Schwabe, India/ Germany) = 15-10 drops	
Ginseng Q	(Dr Willmar Schwabe, India/ Germany) = 5-8 drops	
Acid phos Q	(Dr Willmar Schwabe, India/ Germany) = 5-8 drops	
Chionanthus Q	(Dr Willmar Schwabe, India/ Germany) = 5-8 drops	
Acid sulph 30	(Dr Willmar Schwabe, India/ Germany) = 01 drop	
Acid lacticum 30	(Dr Willmar Schwabe, India/ Germany) = 01 drop	
Allium cepa 30	(Dr Willmar Schwabe, India/ Germany) = 01 drop	

Tonic for Diabetics :

Acid phos 30	(Dr Willmar Schwabe, India/ Germany) = 1-2 drops	} as a SINGLE DOSE x 3-4 times a day
Ginseng Q	(Dr Willmar Schwabe, India/ Germany) = 1-2 drops	
Alfalfa Tonic for Diabetics	(Dr Willmar Schwabe, India/ Germany) = 1-2 teaspoonful	
Five Phos 6x	(Dr Willmar Schwabe, India/ Germany) = 4 tabs	

Thyroid Problem (Hyperthyroidism /Hypothyroidism) :

Goiter (swelling in throat), Fatigue/weakness, Palpitation, restlessness, Excessive weight gain or loss:

R-51 (Thyroid intoxication) (Dr. Reckeweg & Co., Germany) = 10-15 drops **as a SINGLE DOSE**
x 3-4 times a day

OR take

Adel-06 (apo-STRUM) (Adelmar Pharma GmbH, Germany) = 15-20 drops **as a SINGLE DOSE**
x 3-4 times a day

OR take

Craetagus Q	(Dr Willmar Schwabe, India/ Germany) = 5-8 drops	} as a SINGLE DOSE x 3-4 times a day
Hekla lava 3x/4x	(Dr Willmar Schwabe, India/ Germany) = 1 tablet	
Iodum/Jodatum 30	(Dr Willmar Schwabe, India/ Germany) = 01 drop	
Lapis albus 30	(Dr Willmar Schwabe, India/ Germany) = 01 drop	
Flor de Piedra30	(Dr Willmar Schwabe, India/ Germany) = 01 drop	
Calcarea fluor 30	(Dr Willmar Schwabe, India/ Germany) = 01 drop	
Magnesium carb 30	(Dr Willmar Schwabe, India/ Germany) = 01 drop	
Spartium scoparius 30	(Dr Willmar Schwabe, India/ Germany) = 01 drop	

HEART PROBLEMS :

For Heart & circulatory complaints in elderly people: Heart and circulatory complaints of nervous origin, or of organic origin, such as : Short of breath, Dyspnoea, Palpitation, Tachycardia, Disturbances of rhythm. Sharp chest pains and aches, Dizziness and faintness, feeling of tightness of chest etc.

Group A: Take following medicines as a **SINGLE DOSE** in $\frac{1}{2}$ - 01 cup of water $\frac{1}{2}$ hour before meals & Repeat **3-4 times a day** (before breakfast, lunch, dinner)

Neo Card-N (Gold Drops) (Adelmar Pharma, Germany) = 15-20 drops X **3-4 times a day**

OR Take

Essentia aurea (Gold drops) (Dr Willmar Schwabe, India) = 15-20 drops X **3-4 times a day**

In acute conditions, repeat every hour until improvement

Group B: Prevention & follow up of Treatment after a heart attack and for Angina, Weakness of heart muscles & irregular heart beats

ADEL 54 (Cangust) (Adelmar Pharma, Germany) = 15-20 drops X **3-4 times a day**

After a gap of $\frac{1}{2}$ hour give following medicine :

ADEL 43 (Cardionorma) (Adelmar Pharma, Germany) = 15-20 drops X **3-4 times a day**

You may also take following Tonic along with above group(s)

NERVINE AND GENERAL TONICS for fatigue, lack of appetite & increasing vitality:

Take following medicines as a **SINGLE DOSE** at 15 minute interval in $\frac{1}{2}$ - 01 cup of water $\frac{1}{2}$ hour before meals & Repeat **3-4 times a day** (before breakfast, lunch, dinner)

Vita C -15	(Dr. Reckeweg & Co., Germany)	= 10 ml (1 Table spoon)	} X 3-4 times a day
Biofungin	(Willmar Schwabe, Germany)	= 10 ml (1 Table spoon)	
Five Phos 6x	(Dr Willmar Schwabe, India)	= 04 tablets	

Liver Tonics for increasing appetite, digestibility and reducing skin problems:

CARDUUS PENTARKAN	(Dr Willmar Schwabe, India)	= 02 tabs	} as a SINGLE DOSE
Natrum sulph 6x	(Dr Willmar Schwabe, India)	= 04 tablets	

X **3-4 times a day**

OR **Jondilla** (Medisynth, India) = 10 ml (1 Table spoon) X **3times a day**

OR **Alpha-Liv** (Dr Willmar Schwabe, India) = 10 ml (1 Table spoon) X **3times a day**

DENGUE TREATMENT

1. Main Drug to check internal Hemorrhages

LACHESIS 200(WSI)-----1-2drops in little amount of water OR in 30 number sugar pills

Twice daily (Morning and Evening)

2. For controlling high fever (**NOT TO BE GIVEN WHEN FEVER IS NORMAL**) : Give 6-4 times

Initially, to be given 6 times a day (Morning-9am-12 noon-3 pm-6pm -Bed time)

On relief, to be given 4times a day (Morning -12 noon- -6pm -Bed time)

ACONITUM PENTARKAN TABS (WSI)

-2 tabs as a **SINGLE DOSE X 6-4 times a day**

3. For increasing platelets and to boost Haemopoitic (Blood forming) system: Give 8-6-4 times

Initially, to be given 6 times a day (Morning-9am-12 noon-3 pm-6pm -Bed time)

On relief, to be given 4times a day (Morning -12 noon- -6pm -Bed time)

FIVE PHOS 6X TABS (WSI)

-4 tabs

CAL PHOS 30 (WSI)

-1drop

FEERUM PHOS-30 (WSI)

-1drop

KALI PHOS 30(WSI)

-1drop

MAG PHOS 30 (WSI)

-1drop

NATRUM PHOS 30 (WSI)

-1 drop

as a **SINGLE DOSE**
X 8-6-4 times a day

4. For increasing vitality, taking care of fatigue and a support to Liver & spleen: take 6-4 times

Initially, to be given 6 times a day (Morning-9am-12 noon-3 pm-6pm -Bed time)

On relief, to be given 4times a day (Morning -12 noon- -6pm -Bed time)

CARDUUS PENTARKAN (WSI) for liver health

-2TABS

NATRUM SULPH 6X (WSI) for liver health

-4TABS

ADEL-34 (AILGENO) (Adel Pharma, Germany) for spleen health

- 15-20 drops

as a **SINGLE DOSE**
X 6-4 times a day

5. For taking care of fatigue and increasing vitality, : take 4 times (Half an hour before meal)

VITA C -15 TONIC - (Dr Reckeweg & Co., Germany)

EXCELLENT TONIC IN WEAKNESS

-1 tablespoon

(Nervine and TONIC for Convalescent stage-10ml as such or with water)

as a **SINGLE DOSE**
X 4-3 times a day

6. For checking severe bleeding (Give in severe cases only)

Following combination of medicines to be given as a **SINGLE DOSE**

Initially, to be given 6 times a day (Morning-9am-12 noon-3 pm-6pm -Bed time)

On relief, to be given 4times a day (Morning -12 noon- -6pm -Bed time)

MILLIPHOLIUM 30 (WSI)

-1drop

FICUS INDICA/RASIMOSA Q (WSI)

-15drops

HEMAMELIS 30 (WSI)

-1drop

THILEPSI BURSA PECTORIS Q (WSI)

-10-15 drops

as a **SINGLE DOSE**
X 6-4 times a day

JOINT PAINS (LOCOMOTOR SYSTEM)

Uric acid Diathesis (swelling & excruciating pain on movement of joints, especially the small joints involving fingers of hands and feet, wrists and knees; loss of weight bearing /lifting capacity of joints; Pains are especially increased on taking protein rich (dals like urd & kulth, Meat, milk, egg, dried fruits/ resins) and/or salt rich diets like leafy & root vegetables including cauliflour, ladyfinger, tomato; Tubers like arvi; Salad or Saag made up of spinach, broccoli, bathua, musturd; and milk/milk products like sweets) :

Berberis Pentarkan (Dr Willmar Schwabe, Germany) = 1-2tablets } **as a SINGLE DOSE**
X 3-4 times a day

Also follow strict diet regime:

1. Avoid taking / minimize protein and salt rich diets as mentioned above
2. Take fruits having plenty of water
3. Take light /easily digestible diet like bottle guard (lauki, torai), kheera, Moomg ki dal
4. Drink plenty of water and do light exercise

OR take

Berberis vulgaris Q	(Dr Willmar Schwabe, India)	= 15-10 drops	} as a SINGLE DOSE X 6-4 times a day drops
Urtica urens Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
Guaicum Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
Causticum 30	(Dr Willmar Schwabe, India)	= 01 drop	
Kalmia 30	(Dr Willmar Schwabe, India)	= 01 drop	
Ledum 30	(Dr Willmar Schwabe, India)	= 01 drop	
Colchicum 30	(Dr Willmar Schwabe, India)	= 01 drop	
Lycopodium 30	(Dr Willmar Schwabe, India)	= 01 drop	
Acid benz 30	(Dr Willmar Schwabe, India)	= 01 drop	

Also follow strict diet regime:

1. Avoid taking / minimize protein and salt rich diets as mentioned above
2. Take fruits having plenty of water
3. Take light /easily digestible diet like bottle gauard (lauki, torai), kheera, Moomg ki dal
4. Drink plenty of water and do light exercise

Rheumatoid Arthritis (swelling & excruciating pain on movement of all joints of the body , especially the fingers of hands and feet, wrists and knees; Joints get fixed and deformed in shape and slowly develops hardness and nodosities (knots), heart problem leading to palpitation & defects in heart valves) :

Adel-04 (Rheuma drops),	Adel Pharma, Germany	= 15-20 drops	} as a SINGLE DOSE X 4 times a day
Adel-26 (Oss- Regen drops),	Adel Pharma, Germany	= 15-20 drops	
Calcarea fluor 6x	(Dr Willmar Schwabe, Germany)	= 04 tablets	

For Local Massage

R-30 Universal Ointment (Dr. Reckeweg & Co., Germany)

OR Use

Adel 75 Inflammayer Ointment (Adel Pharma, Germany)

To be massaged on affected parts

} **Apply Locally**
X 3-4 times a day

Accident /Injury /Fracture (Pain killers-cum-healers) :

R 01 (Reckeweg No.-01) (Dr. Reckeweg & Co., Germany) = 15-20 drops

OR take

Adel 27- Inflammayer (Adel Pharma, Germany) = 15-20 drops

as a **SINGLE DOSE**
X **6-4 times a day**

as a **SINGLE DOSE**
X **6-4 times a day**

OR take

Aconitum Pentarkan (Dr Willmar Schwabe, India) : 1-2 tablets as such OR preferably in $\frac{1}{4}$ cup of lukewarm water
Initially every $\frac{1}{2}$ hour, then 1-2-3-4 hourly interval

OR take

Belladonna 30/200 (Dr Willmar Schwabe, India) = 01drop

Bellis Perennis 30 (Dr Willmar Schwabe, India) = 01drop

Mag phos 30 (Dr Willmar Schwabe, India) = 01drop

Mag phos 3x/6x (Dr Willmar Schwabe, India) = 2-4 tabs

Hypericum 30 (Dr Willmar Schwabe, India) = 01drop

Hypericum 1x (Dr Willmar Schwabe, India) = 1-2 tabs

Gelsemium30 (Dr Willmar Schwabe, India) = 01drop

Symphytum 30 (Dr Willmar Schwabe, India) = 01drop

as a **SINGLE DOSE (internally/orally)**
X **6-4 times a day**

For Local Massage of painful sites like joints/ area injured by blow in an accident

R-30 Universal Ointment (Dr. Reckeweg & Co., Germany)

OR Use

Adel 75 Inflammayer Ointment (Adel Pharma, Germany)

To be massaged on affected parts

Apply Locally
X **3-4 times a day**

FACE & SKIN

Pimples/ Acne problem (red eruptions on skin with yellow pus with hardness and pain)

Berberis aquifolium Q	(Dr Willmar Schwabe, India)	= 15-10 drops	} as a SINGLE DOSE (internally) X 6-4 times a day drops
Kali brom 30	(Dr Willmar Schwabe, India)	= 01 drop	
Asterias rubens 30	(Dr Willmar Schwabe, India)	= 01 drop	
Silicea 1M	(Dr Willmar Schwabe, India)	= 01 drop	
Echinacea augustifolia 30	(Dr Willmar Schwabe, India)	= 01 drop	
OR Echinacea augustifolia 1x	(Dr Willmar Schwabe, India)	= 1-2 tablets	

For Local Massage on pimples

Apply **Aquifolium cream** (Dr Willmar Schwabe, India)

} **Apply Locally**
X 1-3 times a day

OR take

Adel 12-Dercut (Adel Pharma, Germany) = 15-20 drops **as a SINGLE DOSE**
X 4-3 times a day

MOST IMP- TAKE FOLLOWING PRECAUTIONS:

Maintain a good level of Hygiene (cleanliness): Observe and practice following things especially

- 1. Avoid touching and squeezing pus from pimples as it would help spread the infection with fingers contaminated with pus** having the bacteria like *Staphylococcus*, *Streptococcus*, *E. coli* etc. which will infect the otherwise clean skin of the face in nearby area and make the pus in pimples.
- 2. Never have long nails as the dirt and faeces** (when one cleans the stool after passing the stool) **having bacteria, which get deposited deep in the core of nail** (at the junction of skin and nails).
 - a. It is almost impossible to clean and disinfect the filth** deposited at the junction of skin and nail, and it leads to repeated infection causing pimples in newer areas of face.
 - b. It is impossible to notice the deposition of this filth**, especially when ladies (as well as some fashionable men who try to copy the women for looking attractive outside) cover their nails with **Nail polish**.
 - c. This dirt and faeces is also ingested along with food**, especially when one prepare the salad or food or kneed the flour for making the dough for chapaties, thereby , leading to **auto-infection** of diseases like amoebiasis and food poisoning/infection.
- 3. Wash your hands** thoroughly with **any antiseptic soap (lifebuoy/ savlon/dettol) only**.
- 4. Disinfect your hands (sanitize) with sanitizer, e.g., Disinfect the hands and face with sanitizer, e.g., PURE HANDS (Himalaya) – an ayurvedic medicine, which is very good for disinfecting the contaminated hands as well as to check the spread of this contagious disease** (which spreads through contact of the infected skin/wound of the patient such as after touching the infected pimples); or inanimate objects called fomites (door handles, knobs, furniture, utensils, shoes etc.).
- 5. One may otherwise use LACTOCALAMINE lotion (allopathic medicine) as an emmolient (to soothe the skin and heal thepimples)**
- 6. Take special care under following conditions**

- i. **Wash your hands** thoroughly with **any antiseptic soap (lifebuoy/ savlon/dettol) only**.
 - ii. **Wash your face immediately after coming from outdoors**, especially after travelling on a bike, cycle or by walk, when it has attracted the dust or dirt.
 - iii. before and after touching shoes/door handles/ furniture and other fomites etc.
 - iv. before and after touching the skin of the face or wounds of a patient
 - v. change the personal clothings, bed sheets, pillow covers, towels and handkerchiefs of the patients daily or frequently (every other day)
 - vi. **DISINFECT THE CLOTHINGS OF THE PATIENT BEFORE WASHING** ,e.i., personal bed sheets, pillow covers, towels and handkerchiefs of the patients) **by soaking them for at least 30-60 minutes** in either of the sanitizers like **Domex thick (preferably)**, which is sold as toilet cleaner. It releases chlorine when mixed with the water-2 capful in ½ bucket of water **But take care** that the concentrated solution of Domex may bleach the color of the coloured clothings; Otherwise use **Dettol/ Savlon** solution or **Lyzol solution**).
7. Take **liquid /easily digestible diet** (preferably), e.g., milk or tea with bournvita, proteinex etc.
 8. Take **plenty of fruit juice or fruits and vegetables**.
 9. Take **light food / easily digestible only** (moong ki dal, rice, rice gruel (maand), khichdi with curd, bottle guard (lauki, torai)

Specific & Deep Skin Problems - **Psoriasis, Pimples, Eczema** (dry or wet) - Itching,

Adel 12-Dercut (Adel Pharma, Germany) = 15-20 drops **as a SINGLE DOSE**
X **4-3 times a day**

OR take

Graphitis Pentarkan (Dr Willmar Schwabe, India) = 1-2 tablets **as a SINGLE DOSE**
(For Dry Eczema) X **4-3 times a day**

Specific & Deep Skin Problems–**Ring worm/ Fungal infection-** Itching, raised lesion having a boundary resembling a coin or a a ring)

Bacillinum 1M (Dr Willmar Schwabe, India/Germany) = 02 drops in water
(**Once week** Empty stomach)

Sulphur 30	(Dr Willmar Schwabe, India)	= 01 drop	}	as a SINGLE DOSE (internally) X 6-4 times a day drops
Tellurium 30	(Dr Willmar Schwabe, India)	= 01 drop		

For Local Massage on ringworm lesions

Apply Topi-Sulphur cream (Dr Willmar Schwabe, India)	}	Apply Locally X 3 times a day

MOST IMP- TAKE ABOVE EXPLAINED PRECAUTIONS FOR GENERAL& PERSONAL HYGIENE

Urticaria (Pitti) (Itching with raised eruption like after mosquito bites but NO FEVER)

Urtica urens Q	(Dr Willmar Schwabe, India) =	15-10 drops	} as a SINGLE DOSE (internally) X 6-4 times a day drops
Arsenicum alb 200	(Dr Willmar Schwabe, India) =	01 drop	
Natrum sulph 30	(Dr Willmar Schwabe, India) =	01 drop	
Natrum sulph 3x/6x	(Dr Willmar Schwabe, India) =	4 tablets (ready made)	

Most Important – Give medicines to kills and expel worms from the body (Deworming):

Chew 1 tablet of Zentel (Albendazole) daily at bed time for 03 nights (In adults & children more than 12 years)

Chew ½ tablet of Zentel (Albendazole) daily at bed time for 03 nights (In children 6-12 years)

Chew ¼ tablet of Zentel (Albendazole) daily at bed time for 03 nights (In children more than 3-6 years)

Give 2-5 ml of Zentel Syrup as a single dose (In adults & children more than 3-6 years)

Chicken pox / Measles (Fever, body ache and Itching with raised eruptions like red small pimples)

Variolinum 1 M	(Dr Willmar Schwabe, India) =	01-02 drops in water	} as a SINGLE DOSE PREVENTIVE ALSO (Once every Day Empty stomach)
(+) Morbillinum 1 M	(Dr Willmar Schwabe, India) =	01-02 drops in water	

Then give following medicines

Solanum xanthocarpum Q	(Dr Willmar Schwabe, India) =	15-10 drops SURE	} PREVENTIVE as a SINGLE DOSE (internally) X 6-4 times a day
Urtica urens Q	(Dr Willmar Schwabe, India) =	15-10 drops	
Malandrinum 30	(Dr Willmar Schwabe, India) =	01 drop	
Arsenicum alb 200	(Dr Willmar Schwabe, India) =	01 drop	
Natrum sulph 30	(Dr Willmar Schwabe, India) =	01 drop	
Rhus tox 30	(Dr Willmar Schwabe, India) =	01 drop	
Natrum sulph 3x/6x	(Dr Willmar Schwabe, India) =	4 tablets (ready made)	
Echinacea augustifolia 30	(Dr Willmar Schwabe, India) =	01 drop	
OR Echinacea augustifolia 1x	(Dr Willmar Schwabe, India) =	1-2 tablets (preferably)	

MOST IMP- TAKE FOLLOWING PRECAUTIONS:

(A). In case of Patient Attendants and Visitors:

- 1. NEVER enter the patient's room with shoes**, take them out before entering the room as it carries the pus forming bacteria like *Staphylococcus*, *Streptococcus*, *E. coli* etc. which will infect and make the pus in the otherwise clean wound created by the virus (pox virus) in this case.
- 2. Avoid bringing children and other visitors near the patient as the disease spreads through contact only**
- 3. Wash your hands thoroughly with any antiseptic soap (lifebuoy/ savlon/dettol) only.**
- 4. Disinfect your hands (sanitize) with sanitizer, e.g., e.g., PURE HANDS (Himalaya) – an ayurvedic medicine, which is very good for disinfecting the scabs as well as to prevent spread of this contagious disease** (which spreads through contact of the infected skin/scabs/ clothing of the patient; or inanimate objects called fomites (door handles, knobs, furniture, utensils, shoes etc.). Take special care **under following conditions**
 - before and after touching shoes/door handles/ furniture/
 - before and after touching the patient, or skin and wounds (scabs) of the patients or
 - before and after touching the cloths of the patient or
 - before and after touching the utensils used for giving medicine and food to patient

- v. change the personal clothings, bed sheets, pillow covers, towels and handkerchiefs of the patients daily or frequently (every other day) and
 - vi. **DISINFECT THE CLOTHINGS OF THE PATIENT BEFORE WASHING** ,e.i., personal bed sheets, pillow covers, towels and handkerchiefs of the patients) **by soaking them for at least 30-60 minutes** in either of the sanitizers like **Domex thick (preferably)**, which is sold as toilet cleaner. It releases chlorine when mixed with the water-2 capful in ½ bucket of water **But take care** that the concentrated solution of Domex may bleach the color of the coloured clothings; Otherwise use **Dettol/ Savlon** solution or **Lyzol solution**).
5. **Disinfect the floor by Mopping it frequently** (3-4 times a day) with floor disinfectants like Domex phenolic (preferably) / Lyzol / Phenyl solution.
 6. **Disinfect the inanimate objects** (fomites/ inert surfaces) such as door handles, knobs, furniture, utensils, shoes etc. **by mopping them frequently with disinfectants** like Domex phenolic (preferably) / Lyzol / Phenyl solution.
 7. **Change the cloths of the patient** frequently and **Disinfect them before washing**
 8. **Examine the wound for any yellow or white pus discharge**, and if found, clean it with medicated cotton, i.e., cotton soaked in homoeopathic medicine/antiseptic solution).
 - (i). Along with the homoeopathic medicines, you **may also start antibiotics** if is necessary to check / prevent any secondary infection, i.e., pus formation in the wound and fever.

(B). In case of Patient:

1. **Avoid use of any soap** for bath as the caustic present in it will lead to burning sensation
 2. **Avoid hard foods** (roti, bread), **hard/seed fruits** like Annar, Amrood
 3. **Maintain Strict hygiene (cleanliness) to prevent spread of the disease**
 4. **Give bath or Sponge the body with towel by using lukewarm water which has been boiled previously with NEEM leaves (*Azadirachta indica*) and has been cooled to become lukewarm**
 5. **Disinfect the hands and scabs (sanitize) with sanitizer, e.g., PURE HANDS (Himalaya) – an ayurvedic medicine, which is very good for disinfecting the scabs, preventing itching in scabs as well as the spread of this contagious disease.**
 6. **One may otherwise use CALADRYL or LACTOCALAMINE lotion (allopathic medicine) as an emmolient (to soothe the itching and heal the scabs)**
 7. Take **liquid /easily digestible diet** (preferably), e.g., milk or tea with bournvita, proteinex etc
 8. Take **fruit juice or soft fruits only** (Banana, cheeku, mango, strawberries, grapes)
 9. Take **light food only** (moong ki dal, rice, rice gruel (maand), khichdi with curd, bottle guard (lauki, torai)
- (ii). Examine for any yellow or white pus discharge, and if found, clean it with medicated cotton, i.e., cotton soaked in one of the following antiseptic solution
 - Homoeopathic medicine- **Calendula Q** (as such or mixing its 2 parts with 1 part of filter water)
 - (iii). Along with the homoeopathic medicines, you may also start antibiotics if is necessary to check / prevent any secondary infection, i.e., pus formation in the wound and fever.
1. Drink plenty of water, fruit juices and vegetables
 2. Also take vitamins (in the form of a syrup like A-Z)
 3. Take lemon (daily 2-3) in water or Celin tablets (200mg daily) as source of vitamin c to boost body immunity.

Burn with fire or hot surfaces :

Cantharis Q	(Dr Willmar Schwabe, India)	= 15-10 drops	}	as a SINGLE DOSE (internally) X 6-4 times a day drops
Urtica urens Q	(Dr Willmar Schwabe, India)	= 15-10 drops		
Causticum30	(Dr Willmar Schwabe, India)	= 01 drop		

Also, apply following mixture of medicines locally at burn sites injured in the accident

Cantharis Q	(Dr Willmar Schwabe, India)	= 15-10 drops	}	X Mix with filter water in 1:3 ratio & Apply Locally with cotton or as spray on the affected part, Use frequently or preferably put a cotton soaked with medicine
Urtica urens Q	(Dr Willmar Schwabe, India)	= 15-10 drops		
Calendula Q	(Dr Willmar Schwabe, India)	= 45-50 drops		
Causticum30	(Dr Willmar Schwabe, India)	= 01 drop		

Please do it immediately:

1. Put the burnt body part under water for 10-15 minutes, preferably under running filter water (in order to minimize the infection) to reduce the burning pain, minimize damage done by the burn and, to rehydrate the tissue
2. In case of burn with any chemical like acid or caustic soda, thoroughly wash the wound with water to remove the irritant.
3. **Never use** medicines like 'Burnol' or 'Sliverex', as these are of no use and leave a scar (dead tissue /blemish) at the site of burn permanently while homoeopathic medicines give instant relief from the burning and pain, and more importantly, these do not allow scar formation and helps to grow natural skin

Dressing of the burn wound:

1. Clean and disinfect the blister with above solution (Preferably) of dilute antiseptic solution (5-10%) solution of savlon(preferably as its is non-irritant)
2. Puncture the blister at its lowest point with a sterilized needle of a syringe / simple needle after cleaning it with savlon/ dettol solution or passing it through a flame.
3. Squeeze out also the fluid of blisters by gently pressing the blister with a cotton soaked in above solution of medicines or antiseptic solution
4. Remove the dead and burnt skin with the help of a clean and disinfected scissor
5. Apply the **diluted mixture of medicines with cotton or as spray** on the affected part
6. Use **sterilized potato peel** as a dressing bandage over burn wound (**Best dressing material**) as the inner surface of the potato peel (skin) has the starch which helps to grow new tissue (granulation tissue) at burn site, protects the new tissue from getting dried and from any infection from outside; and most importantly, does not sticks (clings) to the tissue.
7. To prepare **sterilized potato peel**
 - (iv). Take 2-4 large potato (depending upon the requirement) and wash it well
 - (v). Pressure cook the washed potatoes thoroughly
 - (vi). Wash your hand first with lifebuoy/ savlon/ dettol soap and then disinfect them with an antiseptic solution(5-10% solution of savlon (preferably as its is non-irritant)
 - (vii). Wash a stainless or glass plate first with lifebuoy/ savlon/ dettol soap and then disinfect it with an antiseptic solution

- (viii). Peel the potato peel (skin)
- (ix). Apply a thin layer of soframycin ointment on the inner surface of the peel, i.e., surface covering the pulp of potato
- (x). Apply **with cotton or as spray the diluted mixture of homoeopathic medicines** on the affected part
- (xi). Cover the burnt area with the medicated potato peel
- (xii). Take a sterilized cotton bandage and wrap around a piece of sterilized cotton
- (xiii). Place this sterilized cotton bandage over the medicated potato peel
- (xiv). Fix the sterilized cotton bandage in place by using a meditape (adhesive tape)
- (xv). Initially, change the bandage daily, and then on every alternate day.
- (xvi). In case, the bandage / cotton/ potato peel clings to some part of the wound, Don't detach forcibly by pulling it as it may damage the tissue and lead to the bleeding from wound. Instead, spray or apply with cotton **the diluted mixture of homoeopathic medicines** on the potato peel or cotton bandage, wait for 5-10 minutes and allow to make the wound moist , and then only remove it gently.
- (xvii). Examine for any yellow or white pus discharge, and if found, clean it with medicated cotton, i.e., cotton soaked in homoeopathic medicine/antiseptic solution).
- (xviii). Along with the homoeopathic medicines, you may also start antibiotics if is necessary to check / prevent any secondary infection, i.e., pus formation in the wound and fever.

8. Drink plenty of water, fruit juices and vegetables

9. Also take vitamins (in the form of a syrup like A-Z)

10. Take lemon (daily 2-3) in water or Celin tablets (200mg daily) as source of vitamin c to boost body immunity.

11. **Also following medicines for increasing vitality (immunity) to fight the infection & speed up healing :**

Echinacea augustifolia 30	(Dr Willmar Schwabe, India)	= 01drop	} as a SINGLE DOSE X 3-4 times a day
OR Echinacea augustifolia 1x	(Dr Willmar Schwabe, India)	= 1-2 tablets	
Five Phos 6x	(Dr Willmar Schwabe, India)	= 2-4 tablets	
Natrum sulph 6x	(Dr Willmar Schwabe, India)	= 04 tablets	

EYES, EAR, NOSE, TEETH & THROAT

Eye Flu (Redness & Pain in eye, Excessive tear flow, Gluing of eye with yellow sticky discharge)

Argentum nirticum 30/200 (Dr Willmar Schwabe, India) = 01-02 drops X **4-3 times a day**

Use locally: Alternately or along with the above group

I-tone Eye drops – Ayurvedic medicine (Dey's) **Locally** (Instill 2 drops in each ear) X **3-4 times**

Eye Allergy (Excessive tear flow from eye, Gluing of eye with sticky clear bland discharge)

Euphrasia 30/200 (Dr Willmar Schwabe, India) = 01-02 drops X **6-4-3 times a day**

OR take

Adel 20- Proaller (Adel Pharma, Germany) = 15-20 drops **as a SINGLE DOSE**
X **4-3 times a day**

Nasal Allergy (Excessive sneezing, Running nose, Headache, Hair fall/ graying)

Adel 20- Proaller (Adel Pharma, Germany) = 15-20 drops **as a SINGLE DOSE**
X **4-3 times a day**

OR take

Asthma/ Nasal Allergy / Sinusitis

Ocimum sanctumQ	(Dr Willmar Schwabe, India)	= 15-10 drops	as a SINGLE DOSE X 6-4 times a day
Azadiracta indica Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
Yerba santa Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
Ammi visnaga Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
Solanum xanthocarpumQ	(Dr Willmar Schwabe, India)	= 15-10 drops	
Arsenicum alb 200	(Dr Willmar Schwabe, India)	= 01 drop	
Kali bichrom 200	(Dr Willmar Schwabe, India)	= 01 drop	
Luffa bindal 30	(Dr Willmar Schwabe, India)	= 01 drop	
Luffa operculata30	(Dr Willmar Schwabe, India)	= 01 drop	
Luffa inflata 30	(Dr Willmar Schwabe, India)	= 01 drops	
Kali phos 30	(Dr Willmar Schwabe, India)	= 01 drop	
Hydrastis 30	(Dr Willmar Schwabe, India)	= 01 drop	
Pothos 30	(Dr Willmar Schwabe, India)	= 01 drop	
Kali mur 30	(Dr Willmar Schwabe, India)	= 01 drop	
Influenzinum30	(Dr Willmar Schwabe, India)	= 01 drop	
Echinacea augustifolia 30	(Dr Willmar Schwabe, India)	= 01drops	
OR Echinacea1x (preferably)	(Dr Willmar Schwabe, India)	= 1-2 tablets	

Earache/ swelling/ Infection in inner ear leading to vertigo and pain in ear:

Aconitum Pentarkan (Dr Willmar Schwabe, India) : 1-2 tablets as such OR preferably in $\frac{1}{4}$ cup of lukewarm water
Initially every $\frac{1}{2}$ hour, then 1-2-3-4 hourly interval

OR Take / Alternately with above group

Aconite 30	(Dr Willmar Schwabe, India)	= 01 drop	} as a SINGLE DOSE X 8-6-4-3 times a day
Bryonia 30	(Dr Willmar Schwabe, India)	= 01 drop	
Belladonna 30	(Dr Willmar Schwabe, India)	= 01 drop	
Ferrum phos 30	(Dr Willmar Schwabe, India)	= 01 drop	
Gelsemium 30	(Dr Willmar Schwabe, India)	= 01 drop	
Kali mur 30	(Dr Willmar Schwabe, India)	= 01 drop	
Myristica 200/1M	(Dr Willmar Schwabe, India)	= 01 drop	
Kali mur 3x/6x	(Dr Willmar Schwabe, India)	= 04 tabs	

Prepare **ONE DOSE** by mixing the given quantities of above medicines in $\frac{1}{2}$ - 01 glass of water and **Repeat 8-6-4-3 times a day**

Mullein oil (Dr Willmar Schwabe, India/ Germany)
To be massaged on affected parts

Locally (Instill 2 drops in each ear)
X **3-4 times a day**

Toothache (pain in tooth):

Plantago Q	(Dr Willmar Schwabe, India)	= 15-10 drops	} as a SINGLE DOSE (internally) X 6-4 times a day drops
Kreosotum Q	(Dr Willmar Schwabe, India)	= 05-08 drops	
Acid fluor 30	(Dr Willmar Schwabe, India)	= 01-02 drops	
Plantago Q	(Dr Willmar Schwabe, India)	= 15-10 drops	} X Mix with filter water in 1:3 ratio & Apply Locally with cotton or as spray on the affected part, Use frequently or preferably put a cotton soaked with medicine
Kreosotum Q	(Dr Willmar Schwabe, India)	= 05-08 drops	
Acid fluor 30	(Dr Willmar Schwabe, India)	= 01-02 drops	

Tonsillitis swelling/ Infection in throat / tonsils leading to pain in tonsil, throat and ear on swallowing:

Tonsiotren (Dr Willmar Schwabe, Germany) = 01-02 tabs X **6-4 times a day** for 1-2months

OR Take

Silicea 1M / CM	(Dr Willmar Schwabe, India)	= 01 drop	} as a SINGLE DOSE X 4-3 times a day
Myristica 200/1M	(Dr Willmar Schwabe, India)	= 01 drop	
Bryonia 30	(Dr Willmar Schwabe, India)	= 01 drop	
Belladonna 200	(Dr Willmar Schwabe, India)	= 01 drop	
Ferrum phos 30	(Dr Willmar Schwabe, India)	= 01 drop	
Gelsemium 30	(Dr Willmar Schwabe, India)	= 01 drop	

UPPER RESPIRATORY TRACT

Sinusitis (Headache, Yellowish discharge from nose, sneezing, Hair fall/ graying)

Adel 23 – Ricura (Adel Pharma, Germany) = 15-20 drops as a **SINGLE DOSE**
X **4-3 times a day**

OR take

Ocimum sanctumQ	(Dr Willmar Schwabe, India)	= 15-10 drops	<div style="font-size: 4em;">}</div> as a SINGLE DOSE X 6-4 times a day
Azadiracta indica Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
Ammi visnaga Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
Solanum xanthocarpumQ	(Dr Willmar Schwabe, India)	= 15-10 drops	
Arsenicum alb 200	(Dr Willmar Schwabe, India)	= 01 drop	
Kali bichrom 200	(Dr Willmar Schwabe, India)	= 01 drop	
Luffa bindal 30	(Dr Willmar Schwabe, India)	= 01 drop	
Luffa operculata30	(Dr Willmar Schwabe, India)	= 01 drop	
Luffa inflata 30	(Dr Willmar Schwabe, India)	= 01 drops	
Kali phos 30	(Dr Willmar Schwabe, India)	= 01 drop	
Hydrastis 30	(Dr Willmar Schwabe, India)	= 01 drop	
Pothos 30	(Dr Willmar Schwabe, India)	= 01 drop	
Kali mur 30	(Dr Willmar Schwabe, India)	= 01 drop	
Influenzinum30	(Dr Willmar Schwabe, India)	= 01 drop	
Echinacea augustifolia 30	(Dr Willmar Schwabe, India)	= 01drops	
OR Echinacea1x (preferably)	(Dr Willmar Schwabe, India)	= 1-2 tablets	

Viral fever (influenza) in cold/rainy weather: Fever, Sneezing, Sore throat, Pain in body & leg muscles, restlessness, initially with or without cough & subsequently with dry irritating cough)

Take following group as a single dose

Solanum xanthocarpum Q	(Dr Willmar Schwabe, India) =	15-10 drops-	<div style="font-size: 4em;">}</div> Main Remedy, preventive also as a SINGLE DOSE X 8-6-4-3 times a day
Ocimum sanctum Q	(Dr Willmar Schwabe, India)=	15-10 drops	
Yerba santaQ	(Dr Willmar Schwabe, India)=	15-10 drops	
Ammi visnaga Q	(Dr Willmar Schwabe, India)=	15-10 drops	
Gingiber / Zingiber Q	(Dr Willmar Schwabe, India)=	05-08 drops	
Natrum salicylicum 30/200	(Dr Willmar Schwabe, India)=	01drop	
Corallium 30	(Dr Willmar Schwabe, India)=	01drop	
Coccus cacti 30	(Dr Willmar Schwabe, India)=	01drop	
Echinacea augustifolia 30	(Dr Willmar Schwabe, India)=	01drop	
OR Echinacea 1x (preferably)	(Dr Willmar Schwabe, India)=	1-2 tablet -	
			Main Remedy, for boosting defense

Alternately, May give Aconitum Pentarkan (2-1 tablets at 1hr interval) for quicker relief

Tonsillitis swelling/ Infection in throat / tonsils leading to pain in tonsil, throat and ear on swallowing:

Tonsiotren (Dr Willmar Schwabe, Germany) = 01-02 tabs X **6-4 times a day** for 1-2months

OR Take

Silicea 1M / CM	(Dr Willmar Schwabe, India)	= 01 drop	} as a SINGLE DOSE X 4-3 times a day
Myristica 200/1M	(Dr Willmar Schwabe, India)	= 01 drop	
Bryonia 30	(Dr Willmar Schwabe, India)	= 01 drop	
Belladonna 200	(Dr Willmar Schwabe, India)	= 01 drop	
Ferrum phos 30	(Dr Willmar Schwabe, India)	= 01 drop	
Gelsemium 30	(Dr Willmar Schwabe, India)	= 01 drop	

Cervical Spondylitis Pain and stiffness in neck & head leading to numbness and pain in hand & finger tips; sometimes with vertigo :

Acid phos 30	(Dr Willmar Schwabe, India)	= 01 drop	} as a SINGLE DOSE X 4-3 times a day
Chelidonium 30	(Dr Willmar Schwabe, India)	= 01 drop	
Gelsemium 30	(Dr Willmar Schwabe, India)	= 01 drop	
Belladonna 30	(Dr Willmar Schwabe, India)	= 01 drops	
Kali phos 30	(Dr Willmar Schwabe, India)	= 01 drop	
Calcarea fluor 30	(Dr Willmar Schwabe, India)	= 01 drop	
Calcarea phos 30	(Dr Willmar Schwabe, India)	= 01 drop	
Lachnanthes 30	(Dr Willmar Schwabe, India)	= 01 drop	
Cimicifuga 30	(Dr Willmar Schwabe, India)	= 01 drop	
Five phos 3x/6x	(Dr Willmar Schwabe, India)	= 04 tabs	
Calcarea fluor 3x/6x	(Dr Willmar Schwabe, India)	= 04 tabs	

OR take

SPONDYL-T (REPL,India) = 15-20 drops in ¼ cup of water **as a SINGLE DOSE X 4-3 times a day**

LOWER RESPIRATORY TRACT

COUGH & COLD: (Wet/dry irritating Cough, hoarseness and burning in chest Pain in chest & upper abdomen body muscles, restlessness, with or without fever, Sneezing):

Take following group as a single dose
as a **SINGLE DOSE**

Antimony tartaricum 30	(Dr Willmar Schwabe, India)=	01drop
Belladonna 30/200	(Dr Willmar Schwabe, India)=	01drop
Bryonia 30/200	(Dr Willmar Schwabe, India)=	01drop
Cinnaberis 30	(Dr Willmar Schwabe, India)=	01drop
Cactus 30	(Dr Willmar Schwabe, India)=	01drop
Corallium 30	(Dr Willmar Schwabe, India)=	01drop
Coccus cacti 30	(Dr Willmar Schwabe, India)=	01drop
Echinacea augustifolia 30	(Dr Willmar Schwabe, India)=	01drop
OR Echinacea 1x (preferably)	(Dr Willmar Schwabe, India)=	1-2 tablet -
Gelsemium 30	(Dr Willmar Schwabe, India)=	01drop
Hydrastis 30	(Dr Willmar Schwabe, India)=	01drop
Ipecac 30	(Dr Willmar Schwabe, India)=	01drop
Ferrum phos 30	(Dr Willmar Schwabe, India)=	01drop
Natrum salicylicum 30/200	(Dr Willmar Schwabe, India)=	01drop
Natrum sulph 30	(Dr Willmar Schwabe, India)=	01drop
Pothos 30	(Dr Willmar Schwabe, India)=	01drop
Spongia 30	(Dr Willmar Schwabe, India)=	01drop

Main Remedy, for boosting defense

X 8-6-4-3 times a day

(+) Solanum xanthocarpum Q	(Dr Willmar Schwabe, India) =	15-10 drops
(+) Ocimum sanctum Q	(Dr Willmar Schwabe, India)=	15-10 drops
(+) Yerba santa Q	(Dr Willmar Schwabe, India)=	15-10 drops
(+) Ammi visnaga Q	(Dr Willmar Schwabe, India)=	15-10 drops
(+) Ginger / Zingiber Q	(Dr Willmar Schwabe, India)=	05-08 drops

as a **SINGLE DOSE**

OR **Apo-TUSS (adel-07)** (Adel Pharma, Germany) = 15-20 drops in water X 6- 4times a day

Alternately, better if give

Arsenicum alb 200 (Dr Willmar Schwabe, India)= 01drop as a **SINGLE DOSE** X 4times a day
(+) Aconitum Pentarkan (2-1 tablets at 1hr interval) for quicker relief

HOMOEOPATHIC COUGH SYRUPS: To be taken as such OR preferably in lukewarm water

Alpha-Coff	(Dr Willmar Schwabe, India)	=	01-02 table spoonful X 6- 4times a day
OR Kofeez	(Beck & Koll, India)	=	01-02 table spoonful X 6- 4times a day
OR Wheezel Cough Mixture	(Wheezel, India)=		01-02 table spoonful X 6- 4times a day
OR Bronchi Pertu	(Adel Pharma, Germany)	=	01-02 table spoonful X 6- 4times a day

AYURVEDIC COUGH SYRUPS: To be taken as such OR preferably in hot /boiling water

OR Koflet Cough Syrup	(Himalaya, India) =	01-02 table spoonful X 6- 4times a day
OR Kasamirta Cough Syrup	(Himalaya, India) =	01-02 table spoonful X 6- 4times a day

UPPER ABDOMEN

Stomach Problems: Acidity, Eructations /Belching, Nausea, Vomiting, Oral blisters, Gastric ulcer)

Adel 5 -ApoStom (Adel Pharma, Germany) = 10-20 drops as a **SINGLE DOSE** X **6-4 times a day**

OR take

Gastrobin (Adel Pharma, Germany) = 10-20 drops as a **SINGLE DOSE** X **6-4 times a day**

OR take

Alpha-Acid (for Acidity, heartburn) (Dr Willmar Schwabe, India) = **2 tablets** as a **SINGLE DOSE**
X **4-3 times a day**

OR take

Acid nitricum 30	(Dr Willmar Schwabe, India)	= 01 drop	} as a SINGLE DOSE X 6-4 times a day
Carbo veg 30	(Dr Willmar Schwabe, India)	= 01 drop	
Capsicum30	(Dr Willmar Schwabe, India)	= 01 drops	
Borax 30	(Dr Willmar Schwabe, India)	= 01 drop	
Capsicum 30	(Dr Willmar Schwabe, India)	= 01 drop	
Robinia 30	(Dr Willmar Schwabe, India)	= 01 drop	
Iris versicularis 30	(Dr Willmar Schwabe, India)	= 01 drop	
Arsenicum alb 30	(Dr Willmar Schwabe, India)	= 01 drop	

LOWER ABDOMEN

Intestinal Infections (Food poisoning leading to diarrhea, cramps in abdomen, :

Adel 49-apoENTERIT	(Adel Pharma, Germany)	= 10-20 drops	} as a SINGLE DOSE X 4-3 times a day
Adel 32-OPSONAT	(Adel Pharma, Germany)	= 10-20 drops	
Echinacea Angustifolia 1x	(Dr Willmar Schwabe, India)	= 02 tablets	

OR take

Alpha-DP (Digestive Problems) (Dr Willmar Schwabe, India)	= 2 tablets	} as a SINGLE DOSE X 4-3 times a day

OR take

Vertum alb 1M /CM (Dr Willmar Schwabe, India) **Single dose (One time dose)**

Take 01-2 drops in $\frac{1}{2}$ - $\frac{1}{4}$ cup of water

Followed by following mixture as a SINGLE DOSE, which is to be repeated 6-4 times a day

Echinacea august Q	(Dr Willmar Schwabe, India)	= 15-10 drops	} as a SINGLE DOSE X 6-4 times a day
OR Echinacea1x	(Dr Willmar Schwabe, India)	= 1-2 tablets	
Baptisia Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
OukabakaQ	(Dr Willmar Schwabe, India)	= 15-10 drops	
Arsenicum alb 200	(Dr Willmar Schwabe, India)	= 01 drop	
Podophyllum 1M	(Dr Willmar Schwabe, India)	= 01 drop	
Acid nitricum 30	(Dr Willmar Schwabe, India)	= 01 drop	
Carbo veg 30	(Dr Willmar Schwabe, India)	= 01 drop	
Capsicum30	(Dr Willmar Schwabe, India)	= 01 drops	
Carum carvi	(Dr Willmar Schwabe, India)	= 01 drop	
Capsicum 30	(Dr Willmar Schwabe, India)	= 01 drop	
Robinia 30	(Dr Willmar Schwabe, India)	= 01 drop	
Iris versicularis 30	(Dr Willmar Schwabe, India)	= 01 drop	

Later on, when there is much mucus in faeces with cramps (which is due to **Amoebiasis**),
Replace Arsenicum alb 200 with **Croton tiglium 30/200** = 01 drop X **6-4 times a day**

BACKACHE (Lumbago) pain in lower portion of back due to spodylitic changes or slipped disc

Colocynth 200	(Dr Willmar Schwabe, India)	= 01 drop	} as a SINGLE DOSE X repeat at 15 minute interval 3-4 times (especially during Acute Severe Pain)
Rhus tox 200	(Dr Willmar Schwabe, India)	= 01 drop	
± (preferably with or without above medicines)			} as a SINGLE DOSE X 4-3 times a day
Adel- 27	(Adel Pharma, Germany)	= 10-20 drops	

Then Start Taking Medicines prescribed in this Booklet for Cervical Spodylitis

OR take

Backache (No.-18) (REPL, India) = 05-15 drops as a **SINGLE DOSE** X **4-3 times a day**

URINARY TRACT

Urinary Tract Infection (UTI): Burning sensation and pain in urethra, frequent urination, fever

Lycopodium 1M (WSI) – Take 01-2 drops in ½ - 01 cup of water, **once every 4th Day** (Empty Stomach)

Take following medicines of **Group A (preferably)** OR **Group B by mixing** in ½ - 01 glass of water
Initially, up to 1 week : 6 times a day (Empty Stomach 6 AM–9AM–12Noon–3PM–6PM–Bed time)
On relief, up to 1-½ Month: 4 times a day (Empty Stomach 6 AM–12Noon–6PM–Bed time)

Group A : Urinary Tract Infection(UTI) /Kidney Stone (Renal Calculi)/ Haematuria (blood in urine)

Cantharis Q	(Dr Willmar Schwabe, India)	= 15-10 drops	} as a SINGLE DOSE X 6-4 times a day
Berberis vulgaris Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
Solidago virgaurea Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
Zingiber Q	(Dr Willmar Schwabe, India)	= 07-05 drops	
Acid nitricum 30	(Dr Willmar Schwabe, India)	= 01 drop	
Acid benz 30	(Dr Willmar Schwabe, India)	= 01 drop	
Terebinth 30	(Dr Willmar Schwabe, India)	= 01 drop	
Clematis recta 30	Dr Willmar Schwabe, India)	= 01 drop	
Coccus cacti 30	(Dr Willmar Schwabe, India)	= 01 drop	
Colchicum 30	(Dr Willmar Schwabe, India)	= 01 drop	

Prepare **ONE DOSE** by mixing the given quantities of above medicines in ½ - 01 glass of water and Repeat **6-4 times a day**

OR take

Group B: For Kidney Stone (Renal Calculi)/ Urinary Tract Infection (UTI)

Adel 22- Renelix (Adel Pharma, Germany)	= 15-20 drops	} as a SINGLE DOSE X 6-4 times a day
Adel 28- Akutur (Adel Pharma, Germany)	= 15-20 drops	

Prepare **ONE DOSE** by mixing the given quantities of above medicines in ½ cup of water and Repeat **6-4 times a day**

PRECAUTIONS FOR PREVENTING UTI:

1. **Use in the TOILET, any liquid antiseptic soap** (Lifebuoy/Dettol/Savlon but not any luxury scented soap like Santoor/ Dove/Cinthol/Fem) to wash your anal area after defecation
2. After getting fresh (passage of stool) wash your anal region with any of the above indicated antiseptic soap after leaving the soap in place **for a minimum of 02 minutes**
3. **Drink plenty of water** (4-6 glasses in winter / 8-10 glasses in summers) to flush out any infection
4. **Maintain good general and pelvic hygiene**
 - i. take bath daily or as frequently as possible,
 - ii. Always use antiseptic soap instead of luxury soap which do not provide any protection against germs
 - iii. change your under garments daily/ frequently,
 - iv. **wash your private body parts thoroughly** with water and /or mild antiseptic soap so as to clean the bad smelling discharges/secretions/deposits, like white deposit (smegma) under the prepuce (skin of penis) in males/ female genitalia (labia majora/ labia minora)
 - v. **In case of females, always change the napkins within 4 hours**, regardless of less / inconsistent bleeding (especially during early/late parts of periods)

RECTUM / ANUS

Bleeding/painful piles with Intestinal Infections

Adel 02- apoHAM (Adel Pharma, Germany)	= 10-20 drops	} as a SINGLE DOSE X 4-3 times a day
Adel 56- HABIFAC (Adel Pharma, Germany)	= 10-20 drops	

Bleeding/painful piles with fresh or dark clotted blood

R- 13- Haemorrhoidal drops (Dr reckeweg & co., Germany) = 15-20 drops **X 4-3 times a day**
OR

Adel 02- apoHAM (Adel Pharma, Germany) = 10-20 drops **X 4-3 times a day**

OR take

Piles off (GHL, India) –Clinically found effective = As per directions **X 4-3 times a day**

OR take

Ficus indica/racemosa Q (Dr Willmar Schwabe, India)	= 15-10 drops	} Primarily to check bleeding as a SINGLE DOSE X 4-3 times a day
Thlaspi bursa pectoris Q (Dr Willmar Schwabe, India)	= 15-10 drops	
Hamamelis virg Q (Dr Willmar Schwabe, India)	= 15-10 drops	
Millifolium Q (Dr Willmar Schwabe, India)	= 15-10 drops	
Plantago major Q (Dr Willmar Schwabe, India)	= 15-10 drops	

± (preferably with or without above medicines)

Acid nitricum 30 (Dr Willmar Schwabe, India)	= 01 drop	} To relieve pain, swelling & burning as a SINGLE DOSE X 4-3 times a day
Aesculus hipp 30 (Dr Willmar Schwabe, India)	= 01 drop	
Gelsemium 30 (Dr Willmar Schwabe, India)	= 01 drop	
Acid mur 30 (Dr Willmar Schwabe, India)	= 01 drop	
Aloe 30 (Dr Willmar Schwabe, India)	= 01 drop	
Belladonna 30 (Dr Willmar Schwabe, India)	= 01 drops	
Sedum acre 30 (Dr Willmar Schwabe, India)	= 01 drop	
Ignatia 30 (Dr Willmar Schwabe, India)	= 01 drop	
Collinsonia canadensis30 (Dr Willmar Schwabe, India)	= 01 drop	
Anacardium30 (Dr Willmar Schwabe, India)	= 01 drop	
Melilotus officinalis 30 (Dr Willmar Schwabe, India)	= 01 drop	

Anal Fissure based on colonoscopy: Severe Pain in rectum/anus during defaecation(passing stool), which may last for many hours after the act, with or without bleeding , oozing of fluid from rectum/ anus

Take following medicines (Empty Stomach) as a **SINGLE DOSE**, once every 4th day,
½ - 01hour before group A & B medicines

Lycopodium 1M (WSI) – Take 01-2 drops in ½ - 01 cup of water, **once every 4th Day**
X
Natrum mur 200 (WSI) – Take 01-2 drops in ½ - 01 cup of water, **once every 4th Day**
X

Take following medicines (Empty Stomach) as a **SINGLE DOSE** once every 4th day

Daily: Take medicines of **Group A & B** in ½ - 01 cup of water (plain or lukewarm)

Repeat medicines 4 times a day (4 doses /day)
(Empty Stomach- 12 Noon-6 PM – Bed time) with a gap of ½ - 01hour

Group A: For Intestinal Infections leading to bleeding/painful piles or anal fissure

Take following mixture as a **SINGLE DOSE**, which is to be repeated 4 times a day

Echinacea 1x	(Dr Willmar Schwabe, India)	= 1-2 tablets	} as a SINGLE DOSE X 4 times a day
Baptisia Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
Oukabaka Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
Peonia Q	(Dr Willmar Schwabe, India)	= 15-10 drops	
Podophyllum 1M	(Dr Willmar Schwabe, India)	= 01 drop	
Acid nitricum 30	(Dr Willmar Schwabe, India)	= 01 drop	
Carbo veg 30	(Dr Willmar Schwabe, India)	= 01 drop	
Capsicum30	(Dr Willmar Schwabe, India)	= 01 drops	
Carum carvi	(Dr Willmar Schwabe, India)	= 01 drop	
Capsicum 30	(Dr Willmar Schwabe, India)	= 01 drop	
Aesculus30	(Dr Willmar Schwabe, India)	= 01 drop	
Aloe 30	(Dr Willmar Schwabe, India)	= 01 drop	

Group B: For checking Intestinal Infections (Lower abdomen Infections)

Adel 49-apoENTERIT (Adel Pharma, Germany)	= 15 drops	} as a SINGLE DOSE X 4 times a day
Adel 56- HABIFAC (Adel Pharma, Germany)	= 10-20 drops	

- Totally stop/ Avoid taking spicy and oily food and white bread (Dabalroti)
- Take plenty of water and fruits to avoid constipation

FEMALE SEXUAL (GYNAECOLOGICAL) PROBLEMS

Tonics for females for uterine health and menstruation problems (monthly periods related problems)-like painful periods ,excessive bleeding or no periods, leucorrhoea etc.

Mensol (HAPDCO, India) = 10 ml (1 Table spoon) X **3 times a day**

OR take

R-50 (Dr. Reckeweg & Co., Germany) = 15-20 drops X **4 times a day**

Tonics for females for lack of sex desire (libido), Impotence etc.

Agnus castus Pentarkan (Dr Willmar Schwabe, India) = 02 tablets X **4 times a day**

Menstruation problems –Dysmenorrhea (painful periods)

R-75 (Dr. Reckeweg & Co., Germany) = 15-20 drops X **4 times a day**

OR take

R-28 (Dr. Reckeweg & Co., Germany) = 15-20 drops X **4 times a day**

Menstruation problems –Menorrhagia (Excessive/heavy/profuse bleeding in periods)

Millifolium Pentarkan (Dr Willmar Schwabe, India) = 02 tablets X **4 times a day**

OR take

Millifolium 30	(Dr Willmar Schwabe, India) = 01drop	} as a SINGLE DOSE X 3-4 times a day
Hemammelis Q	(Dr Willmar Schwabe, India) = 10-15drops	
Ficus indica/ racemosa Q	(Dr Willmar Schwabe, India) = 10-15drops	
Thlaspi bursa pectoris Q	(Dr Willmar Schwabe, India) = 10-15drops	
Five Phos 6x	(Dr Willmar Schwabe, India) = 2-4 tablets	

Menstruation problems –Menorrhagia during Menopause

Klimektolan (Dr Willmar Schwabe, India) = 02 tablets X **3-4 times a day**

Menstruation problems –Amnorrhoea (Suppressed bleeding in periods or Absence of bleeding)

R-28 (Dr. Reckeweg & Co., Germany) = 15-20 drops X **4 times a day**

OR take

Agnus castus Pentarkan (Dr Willmar Schwabe, India) = 02 tablets X **4 times a day**

Leucorrhoea (Excessive white or yellowish discharge from vagina due to poor hygiene or infection or poor uterine health) leading pain and discomfort in pelvic region in females i.e., Pelvic Inflammatory Diseases (PID) and menstruation problems

Adel 15- Fluofin	(Adel Pharma, Germany) = 15-20 drops	} as a SINGLE DOSE X 4 times a day
Biochemic No. 13	(Dr Willmar Schwabe, India) = 04 tablets	

OR take

Agnus castus Pentarkan	(Dr Willmar Schwabe, India) = 02 tablets	} as a SINGLE DOSE X 4 times a day
Biochemic No. 13	(Dr Willmar Schwabe, India) = 04 tablets	

OR take

Alumina 30

(Dr Willmar Schwabe, India = 01drop

Hydrastis 30

(Dr Willmar Schwabe, India = 01drop

Biochemic No. 17

(Dr Willmar Schwabe, India) = 04 tablets



as a **SINGLE DOSE**
X 4 times a day

MALE SEXUAL (ANDROLOGICAL) PROBLEMS

Tonics for males for lack of sex desire (libido), Impotence or early ejaculation problems etc.

Damiapant (Dr Willmar Schwabe, India) = 10-20 drops in water X **3-4 times a day**

TONICS / MEDICINES FOR GROWTH, VITALITY, VIGOUR, RECOVERY FROM ILLNESS

GENERAL TONIC for increasing vitality & growth of children and adults:

Echinacea augustifolia 30	(Dr Willmar Schwabe, India)	= 01 drop	} as a SINGLE DOSE X 3-4 times a day
OR Echinacea augustifolia 1x	(Dr Willmar Schwabe, India)	= 1-2 tablets	
Five Phos 6x	(Dr Willmar Schwabe, India)	= 2-4 tablets	
Natrum sulph 6x	(Dr Willmar Schwabe, India)	= 04 tablets	

NERVINE AND GENERAL TONICS for fatigue, lack of appetite & increasing vitality:

Take following medicines as a **SINGLE DOSE** at 15 minute interval in $\frac{1}{2}$ - 01 cup of water
 $\frac{1}{2}$ hour before meals & Repeat **3-4 times a day** (before breakfast, lunch, dinner)

Vita C -15	(Dr. Reckeweg & Co., Germany)	= 10 ml (1 Table spoon)	} X 3-4 times a day
Biofungin	(Willmar Schwabe, Germany)	= 10 ml (1 Table spoon)	
Five Phos 6x	(Dr Willmar Schwabe, India)	= 04 tablets	

NERVINE TONICS for Depression and Anxiety (fear, palpitation, aversion to people, irritable mood):

Depression and Anxiety **due to tension** in students and ladies

Take following medicine(s) as a **SINGLE DOSE** in $\frac{1}{2}$ - 01 cup of water $\frac{1}{2}$ hour before meals

Alpha-TS	(Dr Willmar Schwabe, India)	= 15-20 drops	} as a SINGLE DOSE X 3-4 times a day
Bacopa Monnieri 1x	(Dr Willmar Schwabe, India)	= 02-01 tablets	
Hypericum perforatum 1x	(Dr Willmar Schwabe, India)	= 02-01 tablets	

Depression and Anxiety **due to menopause** in ladies

Klimektolan	(Dr Willmar Schwabe, India)	= 15-20 drops	X 3-4 times a day
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Depression and Anxiety **due to heart problems**

Essentia aurea (Gold drops)	(Dr Willmar Schwabe, India)	= 15-20 drops	X 3-4 times a day
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You may also take following Tonic along with above group(s) at an interval of 1-2 hours

Vita C -15	(Dr. Reckeweg & Co., Germany)	= 10 ml (1 Table spoon)	X 3-4 times a day
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Liver Tonics for increasing appetite, digestibility and reducing skin problems:

CARDUUS PENTARKAN	(Dr Willmar Schwabe, India)	= 02 tabs	} as a SINGLE DOSE X 3-4 times a day
Natrum sulph 6x	(Dr Willmar Schwabe, India)	= 04 tablets	

OR **Jondilla** (Medisynth, India) = 10 ml (1 Table spoon) X **3times a day**

OR **Alpha-Liv** (Dr Willmar Schwabe, India) = 10 ml (1 Table spoon) X **3times a day**

Tonic for Diabetics :

Acid phos 30	(Dr Willmar Schwabe, India/ Germany)	= 1-2 drops	} as a SINGLE DOSE x 3-4 times a day
Ginseng Q	(Dr Willmar Schwabe, India/ Germany)	= 1-2 drops	
Alfalfa Tonic for Diabetics	(Dr Willmar Schwabe, India/ Germany)	= 1-2 teaspoonful	
Five Phos 6x	(Dr Willmar Schwabe, India/ Germany)	= 4 tabs	