

# Homoeopathy for the family

An introductory guide to  
the use of classical  
homoeopathic medicines  
in the treatment of  
common ailments and  
conditions



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## Introduction

This booklet has been prepared by the Homoeopathic Development Foundation as part of an information programme aimed at telling the general public more about homoeopathy and its value. In providing an easy-to-use guide to the treatment of common ailments and conditions the Foundation believes it is fulfilling a need felt by a growing number of people. The booklet deals only briefly with the background and development of homoeopathy but it is hoped that enough basic information is provided to stimulate your interest and to encourage you to look for more.

It must be emphasised that this publication should not be regarded as a substitute for expert advice from a homoeopathic doctor. Further, where symptoms persist beyond a reasonable period you should always consult a qualified doctor. Used as a handy household reference, however, the booklet will be found to be of real help in the treatment of those simple complaints which occur in the day-to-day life of every family. Equally, it may provide you with a first stepping-stone towards a wider understanding of this valuable and proven system of healing.

For many years homoeopathic medicines have been recognised as a safe and effective means of treating ailments, serious and minor. Indeed, the principle of homoeopathy—that like cures like—has been known from the time of the ancient Greeks.

Today it has been developed in many countries of the world to the point where it is formally accepted as a safe and effective alternative form of medical treatment. In Britain it has been favoured by various members of the Royal Family; it is recognised by Act of Parliament and all homoeopathic medicines are available on prescription under the National Health Service.

Homoeopathic medicines are:—

- ★ Widely recognised as a safe and effective alternative to conventional medicines.
- ★ In general use throughout the world.
- ★ Prepared to impeccable modern standards of quality from pure, natural sources.
- ★ Completely safe, even for babies and children.
- ★ Pleasant, sweet tasting.
- ★ Available on prescription under the National Health Service.

## What is homoeopathy?

Derived from the Greek word *Homoios*, meaning “like”, homoeopathy is the medical practice of treating like with like. That is to say, treating an illness with a substance that produces similar symptoms to those displayed by the person who is ill. Current medical opinion takes the view that the symptoms are a direct manifestation of the illness. Homoeopathy, by contrast, sees the symptoms as the body’s reaction against the illness as it attempts to overcome it, and seeks to stimulate and not suppress this reaction.

Homoeopathy is essentially a natural healing process, providing remedies to assist the patient to regain health by stimulating the body’s natural forces of recovery. *It concentrates on treating the patient, rather than the disease.*

One of the principles of homoeopathy is that people vary in their response to an illness according to their basic temperament. It follows, therefore, that a homoeopath does not automatically prescribe a specific remedy for a specific illness. Instead, he tries to determine the patient’s temperament and responses and so prescribe on a more individual basis. Patients suffering from the same diseases often require different remedies. On the other hand, another group of patients, with different diseases, may all benefit from the same remedy.

There are certain substances within homoeopathy known as “specifics”. These substances have a specific therapeutic action on certain ailments irrespective of the individuality of the person. A good example is the use of *Arnica* to treat bruises universally.

## How homoeopathy began

The principle of homoeopathy was known to Hippocrates, the fifth century Greek physician, and to the Swiss alchemist Paracelsus in the 16th century, both of whom recognised the role of nature as the curer of diseases.

In the 16th and 17th centuries, the principle *similia similibus curentur*, “let like be treated by like”, was often mentioned by physicians, but homoeopathy as it is practised today owes its establishment to one person –Dr. Samuel Hahnemann, the great German physician, scholar and chemist—in the late 18th and early 19th century. Appalled by the existing medical practices which he believed often did more harm than good, Hahnemann sought a method which would be safe, gentle and effective. He believed that human beings have a capacity for healing themselves and that the symptoms of disease reflect the individual’s struggle to overcome his illness. Thus the homoeopath’s task must be to discover and, if possible, remove the cause of the trouble and to stimulate the body’s natural healing power.

In his experiments, Hahnemann found that remedies obtained from animal, vegetable, mineral and, more rarely, biological materials were effective in extreme dilutions. This was especially apparent in the case of poisons, which often produced symptoms similar to those of certain illnesses and which, in very dilute doses, suggested themselves as remedies on the “like cure like” principle. Over a long period Hahnemann and his followers took small doses of various reputedly poisonous substances, carefully noting the symptoms they produced. These were called “provings”. Subsequently, patients suffering from similar symptoms were treated with these substances. The results were usually encouraging and often remarkable.

Hahnemann then worked to establish the smallest effective dose for he realised that this was the best way to avoid side effects. In so doing, he also found that the more the remedy was diluted, the more effective it became. By close observation and careful experiment, he established the three principles of homoeopathy:

- I A medicine which in large doses produces the symptoms of a disease will in small doses cure that disease.
- II By extreme dilution, the medicine’s curative properties are enhanced, and all the poisonous or undesirable side effects are lost.
- III Homoeopathic medicines are prescribed individually by the study of the whole person, according to basic temperament and responses.

The most common homoeopathic medicines are:

- |  |   |
|--|---|
| 1 Aconitum napellus ( <b>Aconite</b> )         | 19 Graphites ( <b>Graphites</b> )             |
| 2 Actaea racemosa ( <b>Actaea rac.</b> )       | 20 Hamamelis virginica ( <b>Hamamelis</b> )   |
| 3 Apis mellifica ( <b>Apis mel.</b> )          | 21 Hepar Sulphuris ( <b>Hepar Sulph.</b> )    |
| 4 Argentum Nitricum ( <b>Argent. Nit.</b> )    | 22 Hypericum perforatum ( <b>Hypericum</b> )  |
| 5 Arnica montana ( <b>Arnica</b> )             | 23 Ignatia amara ( <b>Ignatia</b> )           |
| 6 Arsenicum Album ( <b>Arsen. Alb.</b> )       | 24 Ipecacuanha ( <b>Ipecac.</b> )             |
| 7 Belladonna ( <b>Belladonna</b> )             | 25 Kalium Bichromicum ( <b>Kali Bich.</b> )   |
| 8 Bryonia alba ( <b>Bryonia</b> )              | 26 Kalium Phosphoricum ( <b>Kali. Phos.</b> ) |
| 9 Calcarea Carbonica ( <b>Calc. Carb.</b> )    | 27 Lycopodium clavatum ( <b>Lycopodium</b> )  |
| 10 Calcarea Fluorica ( <b>Calc. Fluor</b> )    | 28 Mercurius Solubilis ( <b>Merc. Sol.</b> )  |
| 11 Calcarea Phosphorica ( <b>Calc. Phos.</b> ) | 29 Natrum muriaticum ( <b>Nat. mur.</b> )     |
| 12 Cantharis vesicatoria ( <b>Cantharis</b> )  | 30 Nux vomica ( <b>Nux vom.</b> )             |
| 13 Carbo vegetabilis ( <b>Carbo veg.</b> )     | 31 Phosphorus ( <b>Phosphorus</b> )           |
| 14 Cuprum Metallicum ( <b>Cuprum Met.</b> )    | 32 Pulsatilla nigricans ( <b>Pulsatilla</b> ) |
| 15 Drosera rotundifolia ( <b>Drosera</b> )     | 33 Rhus toxicodendron ( <b>Rhus tox.</b> )    |
| 16 Euphrasia officinalis ( <b>Euphrasia</b> )  | 34 Ruta graveolens ( <b>Ruta grav.</b> )      |
| 17 Ferrum Phosphoricum ( <b>Ferr. Phos.</b> )  | 35 Sepia ( <b>Sepia</b> )                     |
| 18 Gelsemium sempervirens ( <b>Gelsemium</b> ) | 36 Silicea ( <b>Silicea</b> )                 |
|  | 37 Sulphur ( <b>Sulphur</b> )                 |
|  | 38 Thuja occidentalis ( <b>Thuja</b> )        |

## General Instructions

1. When treating everyday ailments it is recommended that the 6th potency be used.
2. The suggested dose to be given is two tablets for adults or one tablet for a small child or infant.
3. The frequency of the dose should be:  
In acute conditions every hour for 6 doses, then 3 times a day between meals for 3 days.  
In chronic cases 3 times a day between meals until relief is obtained.  
Watch the response to each dose.  
When improvement is evident, increase the interval between doses, continue for two more days then STOP. Repeat only if the original symptoms recur.  
Stop dosing when the condition is cleared.
4. If after taking a remedy there is an aggravation of the symptoms, stop the medication; when the aggravation has passed, do not repeat the medication. Repeat the medication only if the original symptoms recur.
5. Keep the medicines in a cool, dark place and away from things that smell.
6. Medicines are best taken apart from food or drink. They should be dissolved on a clean tongue when the mouth is free from effects of tobacco or strongly flavoured toothpastes.
7. **For more serious conditions it is strongly recommended that a qualified homoeopathic physician be consulted.**

## Selecting the right medicine

Self-treatment with homoeopathic medicines is relatively straightforward. The medicines guide which follows is in two parts. The first part is an alphabetical list of symptoms and complaints and reference should be made to this first. The second part is a list of medicines. By cross reference between the two lists the appropriate medicine may be selected. Thus to select a remedy correctly:—

1. Consult the Index of Ailments to find the medicines recommended for your principal symptoms.
2. Study the description of the medicines in the List of Medicines.
3. Select the medicine which most closely matches your total symptoms picture and, where mentioned, the appearance and temperament.

The following example will show how this is done.

Consider a young lady, fair haired, blue eyed, of a gentle, emotional nature, suffering from catarrh. Looking under 'Catarrh' in the index of ailments she finds four medicines indicated namely, Calc. Fluor., Euphrasia, Kali. Bich. and Pulsatilla. On consulting the full medicine descriptions she soon discovers that Pulsatilla is the best choice for the following reasons:

It is the medicine which is suited to her appearance and temperament.

It describes her actual catarrh which gives a yellow green thick discharge.

She notices that there is an indication—'worse from eating rich or fatty food' and remembers that she too had experienced this.

This example is taken from real life and resulted in a complete cure of catarrh. It clearly illustrates the simple and logical method of selection. It should be understood that it isn't necessary to experience all the symptoms listed under a medicine for it to be the correct one.

If there is no improvement after about a week of using the medicine then stop taking it and make a second choice by selecting another medicine which closely matches your symptoms and temperament.

You will find, by experience, those medicines which help you; indeed, you may find that there is one medicine in particular that will always help you, regardless of any symptoms that you may be experiencing.

## Index of Ailments

Abdomen, painful	Where food lies like a stone in the stomach, feels better after resting Bloating after a light meal, much flatulence Flatulence and colic, after eating, or drinking alcohol	Bryonia Lycopodium Nux vom.
Abscesses	Unhealthy skin, very sensitive to touch Mouth abscesses When suppuration has taken place and is slow to clear	Hepar Sulph. Merc. Sol. Silicea
Acidity	From nervous anticipation of coming events Severe heartburn, after only a little food, worse from cold food and drink	Argent. Nit Lycopodium
Acne	In red – faced persons Many pustules In those with fair complexion With scarring In cases resistant to treatment	Belladonna Hepar Sulph. Pulsatilla Silicea Sulphur
Adenoids	Enlarged	Calc. Phos.
Appetite, excessive	Feeling of emptiness even after a meal Varies greatly to complete loss of appetite Even at night, but is easily satisfied	Calc. Carb. Ferr. Phos. Lycopodium
Appetite, loss of	Aversion to food. Hunger in the evening prevents sleep Continual craving, with loss of appetite	Ignatia Arsen. Alb.
Arthritis	With redness and much swelling If the joints are bruised When there is no relief from pain Where bone is affected Pains are variable and go from joint to joint	Apis mel. Arnica Bryonia Calc. Fluor Pulsatilla
Bad breath	With a bitter taste in the mouth on waking With a metallic taste in the mouth	Kali. Phos. Merc. Sol.
Bereavement	Where the death is sudden and the shock severe Prolonged mourning. Cannot get over the loss of a loved one	Aconite Ignatia
Bilious attack	Where the food lies like a stone in the stomach Sour taste and nausea after eating, especially after over eating	Bryonia Nux vom.

Bites, animal	Seek medical treatment, but immediately take	Aconite	Catarrh	Head colds with thick yellow-green discharge	Calc. Fluor
Bladder, painful	Burning pains	Cantharis		Colds with watering eyes and streaming nose	Euphrasia
Body odour	Profuse, sour, sticky sweat, day and night, with skin very sensitive to the touch With perspiration which stains the clothes yellow Profuse sweat at night, chest, back, and thighs. Sweats while seated Where injuries tend to suppurate With unhealthy-looking skin and where feet are a particular problem Sweats only on uncovered parts, covered parts are dry	Hepar Sulph. Merc. Sol. Sepia Silicea Sulphur Thuja	Change of life	Thick yellow-green discharge With a stringy discharge	Pulsatilla Kali. Bich.
				In fair blue-eyed women In dark-haired women	Pulsatilla Sepia
			Chestiness	With a dry painful cough With hoarseness and loss of voice In those who take cold easily and often goes into the chest	Bryonia Phosphorus Sulphur
Boils	When there is much redness and heat When little injuries turn septic, develop into boils and are intolerably painful, the patient is chilly, the boil is hot When every little injury tends to suppurate. The patient is chilly, the boil is cold	Belladonna Hepar Sulph. Silicea	Chilblains	Intolerably itchy, swollen and stinging pain Itching, burning, bluish-red, and swollen. Unbearable in the heat of the bed For external use. Apply a thin smear of Tamus ointment	Apis mel. Pulsatilla
			Chilliness	For those who always hug the fire or radiator Cold hands When the chilliness is intense Especially in the evening	Arsen. Alb. Calc. Carb. Hepar Sulph. Sepia
Bone injuries	Fractures slow to heal, bones refuse to knit Recovery from all kinds of bone injuries is aided with	Calc. Phos. Ruta grav.	Claustrophobia	With great fear	Actaea rac.
Brain fag	Nervous breakdown, trembling of the body, worse from alcohol Mental prostration, dull, sluggish, and excitement causes diarrhoea From excessive mental effort From a dread of having to make any mental effort	Argent. Nit. Gelsemium Kali. Phos. Silicea	Colds	Of sudden onset after exposure to draughts or cold winds When the symptoms are influenza-like Sneeze colds. Nose runs like a tap	Aconite Gelsemium Nat. mur.
			Colic	With flatulence Better when 'doubled up' Better when lying still	Argent. Nit. Belladonna Bryonia
Bronchitis	With a rattling of mucous in the bronchial tubes With loss of voice or hoarseness	Ipecac. Phosphorus	Concentration	Cannot concentrate	Apis mel.
			Confusion	Associated with depression and despondency	Actaea rac.
Bruises	Treat with an Arnica ointment in conjunction with If skin is broken apply a thin smear of Calendula ointment	Arnica	Conjunctivitis	With headaches	Argent. Nit
			Constipation	With ineffectual urging Stool recedes when partly expelled With large painful stools	Nux vom. Silicea Sulphur
Bunions	See Chiropodist	Silicea	Coughs	Dry painful cough Sudden violent attacks With hoarseness and loss of voice	Bryonia Drosera Phosphorus
Burns	In all kinds of burns and scalds	Cantharis	Cramp	In calf muscles Especially in fingers, legs and toes	Arsen. Alb. Cuprum Met.
Carbuncle	When extremely painful to touch and cannot bear contact of the dressing Expulsion of poisons assisted by	Hepar Sulph. Silicea			

Croup	With spasmodic cough Which occurs after midnight Brought on by fright	Calc. Fluor Hepar Sulph. Ignatia	Eyelids, swollen Face flushed	Particularly lower eyelids With heat and throbbing On exertion or with a slight rise in temperature	Apis mel. Belladonna
Cuts	Use a natural healing ointment in conjunction with	Hypericum	Fat, excess	With excessive appetite Often accompanied by unhealthy skin In shy and emotional individuals	Ferr. Phos. Calc. Carb. Graphites Pulsatilla
Cystitis	Stinging pains when passing water With high temperature Frequent passing of water with burning pain With pink deposits in the urine When easily distressed by condition	Apis mel. Belladonna Cantharis Lycopodium Pulsatilla	Fear	Following a frightening incident Great fear to the point of terror Of crowds, death and impending misfortune Of darkness or thunderstorms	Aconite Arsen. Alb. Ferr. Phos. Phosphorus
Dandruff	With scaling of the scalp Moist dandruff	Graphites Sepia	Fear of coming events	Especially when appearing before an audience With a fear of failure. 'Examination nerves'	Argent. Nit. Gelsemium
Dentist, visit to	After extractions pain is reduced and healing assisted with	Arnica	Flatulence	From eating sweets, cheese, fats and salty foods Brings up large amount of wind	Argent. Nit. Carbo veg.
Depression	Associated with confusion and despondency In emotional individuals and bereavement Especially women who are easily depressed	Actaea rac. Ignatia Sepia	Fractures	Where they are slow to heal General medicine for fractures, dislocations and bone injuries	Calc. Phos. Ruta grav.
Diarrhoea	Brought on by excitement and worry about coming events Brought on by mild food poisoning Chronic, yellow, offensive, urgent stool, driving patient out of bed in the morning	Argent. Nit. Arsen. Alb. Sulphur	Giddiness	When looking up at a height or looking down from a height, and when over water, or from mental exertion From rush of blood to the head From exhaustion and weakness	Argent. Nit. Ferr. Phos. Kali. Phos.
Dyspepsia	Due to nervous excitement about coming events Much flatulence, in chilly persons, who like fresh air Heart burn after only a little food, with colic pains	Argent. Nit. Carbo veg. Lycopodium	Gout	With a fear of being touched Gouty enlargements of joints of the fingers With much pain	Arnica Calc. Fluor Lycopodium
Earache	With redness, heat and throbbing With discharge from ear With formation of pus Worse at night	Belladonna Graphites Hepar Sulph. Merc. Sol.	Gums	Swollen Gum-boil Inflamed and pyorrhoea Ulcers	Apis mel. Calc. Fluor Calc. Phos. Merc. Sol.
Eczema	Skin cracked and weeping Very sensitive to touch At the borders of the hair Much itching, uncontrollable desire to scratch, results in burning and smarting	Graphites Hepar Sulph. Nat. mur. Sulphur	Haemorrhoids	SEE PILES	
Exhaustion	Following physical effort After diarrhoea or sickness After mental effort	Arnica Arsen. Alb. Kali. Phos.	Hayfever	Burning watering eyes Symptoms better in the open air In chilly individuals, often worse on waking	Euphrasia Pulsatilla Silicea
Eyes, inflamed burning, watering	Unable to bear bright light	Euphrasia	Headache	With painful watering eyes and unable to bear bright light Pain lessened by bending head backwards With humming in the ears	Euphrasia Hypericum Kali. Phos.



Headache (cont'd)	Hammering headache preceded by misty vision or zig-zag lights	Nat. mur.	Listless	And unsettled	Apis mel.
Heartburn	With stomach pain With acute burning sensation	Calc. Phos. Phosphorus	Liverishness	In early morning	Nux vom.
Hiccough	With acidity	Lycopodium	Lumbago	Very deep-seated With great restlessness	Calc. Fluor. Rhus tox.
Hoarseness	Following cold damp weather With laryngitis	Carbo veg. Phosphorus	Menstrual pain	With tenderness of the breasts With headache With depression When both sad and irritable Tearful and with painful breasts	Calc. Carb. Calc. Phos. Lycopodium Nat. mur. Pulsatilla
Horse-fly-bites	To help reduce swelling	Hypericum	Mental strain	From overwork and worry about the future	Argent. Nit.
Hot flushes	Especially of the face With sweating	Graphites Sepia	Migraine	Preceded by misty vision or zig-zag lights Beginning in the neck, coming over the head, and ending in one eye Blurred vision before headache	Nat. mur. Silicea Kali. Bich.
Housemaid's knee	With inflammation	Nat. mur.	Milk, aversion to	With a craving for eggs and sweets	Calc. Carb.
Hunger, excessive	Appetite varies greatly Even at night, but is easily satisfied	Ferr. Phos. Lycopodium	Mouth, taste in	Strong metallic slimy taste, with flow of saliva Sweetish metallic taste, saliva coppery Ulcers	Cuprum Met. Merc. Sol. Merc. Sol.
Incontinence	With stinging and burning Where there is liking for salty food	Apis mel. Nat. mur.	Muscular soreness	After violent exercise After prolonged exercise	Actaea rac. Arnica
Indigestion	Accompanied by much flatulence From nervous causes From over-eating	Carbo veg. Kali. Phos. Nux vom.	Nausea	With burning pains Nausea and sickness With vomiting after drinking alcohol With vomiting after over-eating	Arsen. Alb. Ipecac. Kali. Bich. Nux vom.
Insomnia	With much twisting and turning Overtiredness, bed feels hard Jerks on going to sleep, often with nightmares With sweating of the head during sleep Frequent yawning but can't sleep Limbs hot and must be placed outside bedclothes. Requires extra pillow	Aconite Arnica Belladonna Calc. Carb. Ignatia Sulphur	Neck, stiff	Pain often travels down back	Actaea rac.
Irritability	From jealousy, fright, anger or grief With impulsiveness Very ill-tempered and easily aggravated	Apis mel. Argent. Nit. Bryonia	'Nerves'	Due to worry about coming events Unable to cope with life With indigestion	Argent. Nit. Gelsemium Nux vom.
Itching	Itching scalp Skin, worse on getting warm Scratching pleasurable, but results in burning	Argent. Nit. Merc. Sol. Sulphur	Neuralgia	Pain disappears at night and returns next day With a flushed, hot and throbbing face	Actaea rac. Belladonna
Joints	Swollen Painful and rheumatic	Belladonna Rhus tox.	Nose	Nosebleeds, especially in children Running, with influenza-like symptoms Frequent nosebleeds Nose runs like a tap	Ferr. Phos. Gelsemium Hamamelis Nat. mur.
Laryngitis	With barking cough and tickling dry throat With a hard dry cough and loss of voice	Drosera Phosphorus	Overweight	With enlarged glands With a tendency to skin ailments	Calc. Carb. Graphites
Ligaments, painful	From over-exertion	Rhus tox.			
Light, intolerance to	With watering, stinging eyes	Euphrasia			
Lips, dry	With excessive thirst	Bryonia			

Overwork, effects from	When long hours have been worked with much mental strain When there is nervous exhaustion	Argent. Nit. Kali. Phos.	Scalds	Before blisters form, take	Cantharis
Pains, burning	As a result of insect stings Especially when passing water Feet burn in the bed. Burning, itching piles	Apis mel. Cantharis Sulphur	School phobia	In sensitive children	Gelsemium
Pains, shooting	Which are worse with any movement and in cold damp weather	Actaea rac.	Sciatica	Which is worse in cold damp weather and at night	Rhus tox.
Periods, irregularities with	See also Menstrual Pain Heavy periods Periods are too early and may be excessive In fair-haired, blue-eyed women. Periods are delayed, scanty, yet protracted In dark-haired women. Periods delayed	Actaea rac. Calc. Phos. Pulsatilla Sepia	Shingles	Where the scalp is affected	Rhus tox.
Piles	Bleeding, protruding and itching piles Which ooze dark blood Sensitive piles Protruding piles with stitching pains Itching piles With prolapse of the rectum	Calc. Fluor Hamamelis Hypericum Ignatia Nux vom. Ruta grav.	Shivering	But likes open window	Carbo veg.
Premenstrual Tension	With tenderness of the breasts With increase in weight With depression And irritable And quarrelsome And weepy And moody	Calc. Carb. Graphites Lycopodium Nat. mur. Nux vom. Pulsatilla Sepia	Sickness	With burning pains in the stomach Air sickness With abdominal cramp From coughing Where there is nausea Sickness and vomiting after drinking alcohol From over-eating	Arsen. Alb. Belladonna Cuprum Met. Drosera Ipecac. Kali. Bich. Nux vom.
Psoriasis	In intelligent, tidy individuals In cautious, indecisive individuals In over-sensitive individuals given to quick hasty speech In deep-thinking, independent individuals	Arsen. Alb. Graphites Hepar Sulph. Sulphur	Sinus affections	Catarrh with stringy discharge Tearing pain in head, from root of nose extending to forehead with nausea Pain begins at the back of the head and settles over the eyes	Kali. Bich. Nat. mur. Silicea
Restlessness	In those with acute imagination With debility and exhaustion With great apprehension at night	Aconite Arsen. Alb. Rhus tox.	Skin disorders	Irregular blotches Cracked weeping eczema Better for scratching Injuries tend to suppurate Itch, worse on getting warm Itching skin, scratching relieves, but results in burning	Argent. Nit. Graphites Calc. Carb. Hepar Sulph. Merc. Sol. Sulphur
Rheumatism	In back and neck In back and limbs With a fear of being touched Greatly aggravated by movement Use after Rhus tox. Worse on beginning to move, but improves with continued gentle movement With pain in tendons and muscles	Actaea rac. Apis mel. Arnica Bryonia Calc. Carb. Rhus tox. Ruta grav.	Sprains	Sprains accompanied by bruising Sprains of joints or tendons Sprains of wrists or ankles	Arnica Rhus tox. Ruta grav.
			Splinter, sensation of	At the back of the throat	Hepar Sulph.
			Stings (Insect)	Painful, bright red and swollen	Apis mel.
			Stomach upset	With sickness and burning pains	Arsen. Alb.
			Stomach, painful to touch	When food lies like a stone in the stomach	Bryonia
			Styes	With sticky discharge With burning sensation At onset take And warts	Graphites Phosphorus Pulsatilla Thuja
			Sunburn	With redness, heat and throbbing After a day in the sun, when a reaction is expected, take Where sweating causes cramps	Belladonna Cantharis Cuprum Met.

Suppuration	With cracked skin When there is great sensitivity to the slightest touch	Graphites Hepar Sulph.	Urticaria	With burning and stinging After strenuous exercise Accompanied by indigestion	Apis mel. Nat. mur. Ruta grav.
Swallowing, difficulty in	With a sore throat and running nose	Gelsemium	Varicose veins	Medical advice must be sought should there be a tendency to ulceration, but to help alleviate this condition take	Hamamelis
Synovitis	Associated with sprains	Ruta grav.	Vertigo	With buzzing in the ears Worse when turning in bed With vomiting Worse when looking up. With nausea and tinnitus When walking in the open air With trembling With headache With nausea	Argent. Nit. Belladonna Bryonia Calc. Carb. Carbo veg. Drosera Gelsemium Nat. mur. Nux vom.
Tendons	Painful from over-exertion Painful from rheumatism	Rhus tox. Ruta grav.	Voice, loss of	With hoarseness From over-use of the voice With laryngitis	Carbo veg. Kali. Phos. Phosphorus
Thirst, absence of	With a swollen throat Even with a high temperature Even though the mouth may be dry	Apis mel. Gelsemium Pulsatilla	Vomiting	SEE SICKNESS	
Thirst	With a high temperature For cold drinks Due to the over-use of salt With dry mouth and throat. Desire for milk	Aconite Bryonia Nat. mur. Rhus tox.	Warts	Use a suitable external application, and take	Thuja
Throat, sore	Following exposure to dry winds Dry and burning With excess of saliva	Aconite Arsen. Alb. Merc. Sol.	Washday hands	From constant immersion in water	Sepia
Thrush (mouth)	With much mouth watering Where the lips are affected	Merc. Sol. Nat. mur.	Whitlow	With heat and throbbing With marked whiteness of skin Throbbing, worse at night When infection is slow to develop	Belladonna Calc. Fluor Hepar Sulph. Silicea
Tinnitus	Sensitive to least noise With vertigo and nausea Where catarrh makes-worse When noises are worse at night	Actaea rac. Carbo veg. Pulsatilla Sulphur	Wounds, lacerated	Where nerve endings have been affected	Hypericum
Tiredness	Following physical effort After diarrhoea or sickness After mental effort	Arnica Arsen. Alb. Kali. Phos.			
Tonsilitis	With much inflammation	Hepar Sulph.			
Toothache	Worse for cold air and drinks In poor teeth Worse from hot and cold, but better when cheek is rubbed	Calc. Carb. Calc. Fluor Merc. Sol.			
'Touchiness'	In absent-minded individuals As a result of fussing	Calc. Phos. Hepar Sulph.			
Travel sickness	With restlessness and fear Great sensitivity to least movement With the need to vomit Air sickness	Aconite Nux vom. Ipecac. Belladonna			
Urination, burning, painful	Before, during and after passing water	Cantharis			
Urination, constant urge to	Especially after drinking cold water	Cantharis			

# Homoeopathic Medicines

## Medicine/ Ailment or Condition

### (1) **Aconite (Aconitum napellus)**

Symptoms are sudden, violent and brief  
Exposure to draughts or a cold wind  
Dry suffocating cough  
Sore throat following exposure to cold dry winds  
High temperature with great thirst  
Great pain  
Bereavement  
Animal bites  
Travel sickness  
Anxiety, restlessness, fear, grief  
Insomnia

## Remarks

Symptoms worsen:  
at midnight  
when lying on affected side  
in a warm room  
in tobacco smoke  
in cold winds  
listening to music

Symptoms improve  
in the open air  
with bedclothes thrown off

### (2) **Actaea rac. (Actaea racemosa)**

Depression  
Headache  
Neuralgia  
Stiff neck  
Painful muscles following strenuous exercise  
Shooting pains  
Claustrophobia  
Tinnitus  
Heavy periods  
Rheumatic pains in back and neck

A marked symptom is a sense of depression, confusion and despondency.

Symptoms worsen:  
in cold and damp  
when moving

Symptoms improve:  
in warmth  
when eating  
headache improves in open air

### (3) **Apis mel. (Apis mellifica)**

Effects of insect stings  
Burning stinging pains  
Cystitis  
Swelling of lower eyelids  
Absence of thirst  
Arthritis

Apis mel. is indicated in cases where irritability and despondency result from fright, jealousy, anger or grief

## Medicine/ Ailment or Condition

### **Apis mel. (cont'd)**

Rheumatism  
Listless  
Cannot concentrate  
Swollen gums  
Incontinence  
Urticaria

## Remarks

Symptoms (mostly on the right side) worsen:  
during late afternoon  
after sleeping  
from heat  
when touched  
in closed and heated rooms

Symptoms improve:  
in open air  
from cold bathing

### (4) **Argent. Nit. (Argentum Nitricum)**

Acidity, dyspepsia  
Craving for sweet food, cheese, fats or salt followed by upset stomach with much flatulence  
Colic  
Headache  
Dizziness from overwork and mental strain  
Vertigo with buzzing in the ears  
Conjunctivitis  
Itching scalp  
Irregular blotches on skin

Suited to impulsive, irritable or nervous people who tend to worry about the uncertainties of the future  
Helpful when taken before a difficult undertaking (e.g. making a speech)

Symptoms worsen:  
in warmth  
after eating sweet foods  
from overwork  
with worry about the future

### (5) **Arnica (Arnica montana)**

Use after any injury  
Bruises  
Sprains  
Physical exhaustion following sustained exercise e.g. a day's gardening or a long walk  
Insomnia due to over-tiredness  
Muscles ache all over  
Bed feels too hard—constant desire to move to a soft part  
Cannot bear to be touched  
Great sensitivity to pain  
Gout, rheumatism with a fear of being touched

Symptoms worsen:  
from touch  
from motion  
in damp, cold conditions

Symptoms improve:  
when lying down  
with head low

**Medicine/  
Ailment or Condition**

**(6) Arsen. Alb. (Arsenicum Album)**

Restlessness  
Anxiety and fear  
Burning pains  
Throat dry and burning  
Burning pain in the stomach  
Thirst with the desire to sip little  
and often  
Food poisoning  
Cramps in calves  
Cannot bear the sight or smell of food  
Psoriasis

**Remarks**

Suited to excessively tidy,  
intelligent and precise  
individuals

Symptoms worsen:  
after midnight  
between 1 and 2 p.m.  
at the coast  
from cold and wet weather

Symptoms improve:  
by keeping warm, with cool  
air round the head

**(7) Belladonna (Atropa belladonna)**

Brightly flushed face  
Swollen joints  
Insomnia  
Vertigo  
Facial neuralgia  
Severe throbbing earache  
Throbbing headache  
Dry hacking cough  
Air sickness  
Acne  
Cystitis  
Whitlow  
Colic

Suited to lively cheerful  
individuals

Symptoms worsen:  
in the afternoon and at night  
from noise  
from touch  
when lying down

Symptoms improve:  
from warmth  
while sitting erect

**(8) Bryonia (Bryonia alba)**

Irritability  
Chestiness—colds often go down into the  
chest  
Dryness  
Dry painful cough, often violent  
Dry lips  
Thirst, especially for cold drinks  
Food lies like a stone in the stomach  
which is too painful to touch  
Sits with knees up  
Colic

Symptoms worsen:  
from any movement  
from warmth

**Medicine/  
Ailment or Condition**

**Bryonia (cont'd)**

Diarrhoea after eating over-ripe fruit  
Arthritis  
Vertigo

**Remarks**

Symptoms improve:  
from cold  
from cold food and drinks  
From pressure (except on  
the abdomen)  
from rest  
while lying on the painful  
side

**(9) Calc. Carb. (Calcarea Carbonica)**

Excessive appetite  
Overweight  
Dislikes milk  
Craving for eggs and sweets  
May feel generally better when  
constipated  
Tendency to feel the cold and to catch  
cold easily  
Cold hands  
Cracked skin in the winter  
Itching skin  
Profuse periods  
Period pains  
Premenstrual tension  
Toothache  
Vertigo  
Insomnia, with much sweating once asleep  
Use after Rhus tox. for rheumatism

Suited to quiet, shy,  
sensitive people who are  
subject to depression.  
Often a feeling of being  
looked at by everyone and a  
fear of being laughed at.  
Embarrassment when  
entering a room full of  
strangers.

Symptoms worsen:  
from cold  
in damp weather  
at night  
from standing

Symptoms improve:  
in dry weather  
from warmth (avoid sun)  
while lying on the painful  
side

**(10) Calc. Fluor. (Calcarea Fluorica)**

Head colds with thick greenish-yellow  
discharge  
Catarrh  
Cough with tiny lumps of tough mucus  
Croup  
Piles – bleeding, protruding, itching  
Varicose veins  
Whitlow  
Gum-boil  
Toothache  
Arthritis

Symptoms worsen:  
after rest  
from damp weather

Symptoms improve:  
after a little movement  
from warm applications

Medicine/ Ailment or Condition	Remarks
<b>(11) Calc. Phos. (Calcarea Phosphorica)</b> Headache from change of weather Severe stomach pain after eating Heartburn Fractures slow to heal Rheumatic pain Painful periods Cold hands and feet Enlarged adenoids Acne Inflamed gums and pyorrhoea	Helpful after grief  Symptoms worsen: from any change in the weather
<b>(12) Cantharis (Cantharis vesicatoria)</b> Burning pains Burns and scalds before blisters form Sunburn Burning pain in the bladder, before, during and after passing water Cystitis Urine scalds and is passed drop by drop Constant urge to pass water Gnat bites	Symptoms worsen: from touch while passing water after drinking cold water
<b>(13) Carbo Veg. (Carbo Vegetabilis)</b> Indigestion with excessive flatulence Mild food poisoning after eating fish Ailments following cold damp weather Shivering but likes open window Cold limbs at night Hoarseness Loss of voice Tinnitus with nausea and vertigo	Symptoms worsen: after eating fatty foods during warm damp weather in the evening and at night  Symptoms improve: on bringing up wind from cold
<b>(14) Cuprum Met. (Cuprum Metallicum)</b> Cramp in fingers, legs or toes Where sweating causes cramps Vomiting with abdominal cramps Nausea with stomach pain Spasmodic cough with shortness of breath Metallic taste in the mouth	Symptoms worsen: in the evening and at night in cold air after vomiting  Symptoms improve: after a cold drink while sweating

Medicine/ Ailment or Condition	Remarks
<b>(15) Drosera (Drosera rotundifolia)</b> Coughs Any cough with sudden violent attacks which may end in vomiting Deep hoarse barking cough with retching Constant tickling cough Vomiting from coughing Laryngitis with a dry throat making it an effort to talk Sensation of having a feather in the throat Vertigo	Symptoms worsen: from warmth after drinking while laughing when lying down after midnight
<b>(16) Euphrasia (Euphrasia officinalis)</b> Colds with watering eyes and streaming nose Inflamed eyes which sting and burn Conjunctivitis Inability to bear bright light Hayfever	Symptoms worsen: in the evening in bed when indoors from warmth in bright light  Symptoms improve: in dim light or darkness from cold applications
<b>(17) Ferr. Phos. (Ferrum Phosphoricum)</b> Fear Dizziness Nosebleeds Suitable for first stage of acute inflammation and early colds, especially when without very definite symptoms Appetite varies greatly from insatiable hunger to total loss Can be excited and talkative	Suited to people who are pale and of a delicate physique, who flush easily on exertion or with a slight rise in temperature. They prefer to be left alone, often hate noise and may feel inadequate  Symptoms worsen: at night from cold from touch  Symptoms improve: in summer from warmth from cold applications while slowly walking around

Medicine/ Ailment or Condition	Remarks	
<b>(18) Gelsemium (Gelsemium sempervirens)</b>		
Influenza	Suited to excitable people who suffer from “nerves”, have great difficulty in coping with life’s problems and by whom even the simplest tasks are anticipated with nervousness and worry	
Sneezing		
Sore throat		
Symptoms of flushing, aching trembling		
“Tight” headache		
Heavy eyes		
Shivering		
Weary with heavy aching muscles		
Absence of thirst even with high temperature		
Difficulty in swallowing		
Running nose		
Vertigo		
School phobia		
	Symptoms worsen: About 10 a.m. in hot rooms when exposed to the sun before thunderstorms on receiving bad news	
	Symptoms improve: in the open air after passing water	
<b>(19) Graphites (Graphites)</b>		
Unhealthy skin	Suited to individuals who are by nature extremely cautious and who find difficulty in making decisions	
Eczema		
Tendency for injuries to suppurate		
Cracked finger tips		
Overweight		
Constipation		
Tinnitus		
Earache		
Sinus trouble		
Styes		
Dandruff		
Hot flushes		
Pre-menstrual tension		
	Symptoms worsen: at night during and after periods in draughts	
	Symptoms improve: in the dark from wrapping up	
<b>(20) Hamamelis (Hamamelis virginica)</b>		
Varicose veins	Symptoms worsen: during the day from touch in warm moist air	
Nosebleeds		
Piles which ooze dark blood		
Tired feeling in arms and legs with painful muscles and joints		
Bruised soreness of affected parts		
Chilblains with a bluish colour		
		Symptoms improve: in the open air during periods of concentration

Medicine/ Ailment or Condition	Remarks	
<b>(21) Hepar Sulph. (Hepar Sulphuris)</b>		
Skin highly sensitive to touch (even clothing on affected parts is very painful)	Suited to accutely sensitive individuals of fair hair and complexion, who speak quickly, dislike fuss and prefer to be left alone	
Injuries tend to suppurate		
Eczema		
Acne		
Crack in the middle of the lower lip		
Whitlow		
Intense chilliness		
Croup		
Cough brought on by the least exposure to the cold air		
Wheezing		
Sensation of a splinter at the back of the throat		
Earache		
Tonsillitis		
	Symptoms worsen: in cold air when lying on the painful side when affected parts are touched	
	Symptoms improve: from warmth From wrapping up (especially the head) in damp wet weather	
<b>(22) Hypericum (Hypericum perforatum)</b>		
Very painful cuts and wounds	Symptoms worsen: from the cold and damp from touch in a closed room	
Lacerated wounds involving nerve endings		
Falls injuring spine, especially coccyx		
Headache with a floating sensation as a result of a fall		
Blows on fingers or toes		
Horse-fly bites		
Sensitive piles		
		Symptoms improve: while bending head backwards
<b>(23) Ignatia (Ignatia amara)</b>		
Fright		Suited to emotional and sensitive people who are easily moved to tears and who prefer to be left alone
Prolonged grief		
Piles which protrude easily with stitching pains in the rectum and which are better while walking		
Sore throat relieved by swallowing		
Croup		
Dislike of tobacco and tobacco smoke		
Piercing headache		
Insomnia with much yawning		

**Medicine/  
Ailment or Condition**

**(24) Ipecac. (Ipecacuanha)**

Any illness where there is nausea and sickness  
Travel sickness  
Bronchitis  
Rattling of mucus in the bronchial tubes with nausea and sickness

**Remarks**

Symptoms worsen:  
periodically  
while lying down

**(25) Kali. Bich. (Kalium Bichromicum)**

Complaints brought on by a change to hot weather  
Catarrh with a stringy discharge  
Sinus troubles  
Hard cough with stringy sputum or in plugs  
Sore throat  
Migraine – blurred vision before headache  
Pains move rapidly from place to place  
Nausea and vomiting after alcohol

Symptoms worsen:  
in the morning  
from alcohol  
during hot weather

Symptoms improve:  
from heat

**(26) Kali. Phos. (Kalium Phosphoricum)**

Mental tiredness from overwork  
Nervous exhaustion  
Nervous indigestion  
Indigestion following a “working lunch”  
Exhaustion following long periods of preparation for examinations  
Headache with humming in the ears following mental effort  
Loss of voice or hoarseness after over-exertion and constant use of the voice  
Giddiness from exhaustion and weakness  
Dry tongue in the morning

Symptoms worsen:  
from noise  
from mental exertion

Symptoms improve:  
during gentle movement  
from warmth  
after nourishment

**(27) Lycopodium (Lycopodium clavatum)**

Irritability  
Dislike of exercise  
Fear of failure  
Preference to be alone (but with somebody near)  
Excessive hunger even at night but which is easily satisfied  
Craving for sweet foods even though they cause indigestion

Suited to people who are intense, conscientious and of keen intellect but who nevertheless feel insecure. They cannot endure contradiction but seek argument

**Medicine/  
Ailment or Condition**

**Lycopodium (cont'd)**

Coldness in one foot (usually the right) while the other is warm  
Pains which go from left to right  
Dislike of cold weather but the better for it  
Cystitis  
Period pain  
Premenstrual tension  
Gout  
Hiccough with acidity

**Remarks**

Symptoms (mostly on the right side) worsen:  
between 4 and 6 p.m.  
in stuffy rooms  
from cold  
from noise  
  
Symptoms improve:  
after warm drinks  
on loosening clothing around the abdomen  
in fresh air

**(28) Merc. Sol. (Mercurius Solubilis)**

Feverish head cold (with weakness and trembling)  
Sore throat with excessive saliva  
Tongue flabby and indented  
Metallic taste in mouth  
Mouth ulcers  
Thrush (mouth)  
Thirst  
Toothache  
Abscesses  
Earache  
Diarrhoea with straining  
Itching skin

Symptoms worsen:  
at night  
in a warm room  
in bed  
during wet or changeable weather

**(29) Nat. Mur. (Natrium Muriaticum)**

Sneezy colds  
Nose runs like a tap (treat quickly at the onset)  
Sinus  
Eczema  
Thrush (mouth)  
Urticaria  
Incontinence  
Vertigo  
Menstrual pain when both sad and irritable  
Premenstrual tension  
Migraine  
Housemaid’s knee  
Thirst  
Dislike of bread  
Use of a lot of salt on food  
Exhaustion

Suited to those of a pale complexion and oily skin who tend to feel insecure, worry about the future and are easily moved to tears. They are irritable and quarrelsome, do not wish to be ignored but dislike consolation  
  
Symptoms worsen:  
in mid-morning  
near the coast  
while lying down



**Medicine/  
Ailment or Condition**

Nat. Mur. (cont'd)

**(30) Nux vom. (Nux vomica)**

'Nerves'  
Nervous indigestion  
Over-sensitive to noise, odours, light, music  
Trifling ailments unbearable  
Ill effects of over-eating or drinking  
Early morning liverishness  
Travel sickness  
Fussiness about food, liking for fatty foods  
Indigestion  
Dislike of coffee and tobacco smoke  
Pain, like a stone in the stomach, two to three hours after eating  
Constipation with ineffectual urging  
Itching piles  
Stuffy colds  
Raw throat  
Vertigo  
Premenstrual tension

**(31) Phosphorus (Phosphorus)**

Bronchitis  
Cough  
Hoarseness, laryngitis, loss of voice  
Craving for cold food and drink (e.g. ices and cold water) which is vomited as soon as it becomes warmed by the stomach  
Vomiting  
Heartburn  
Fear of darkness or thunderstorms  
Styes  
Painful jaw

**Remarks**

Symptoms improve:  
in the open air  
while lying on the right side  
with cold bathing

Suited to thin dark people  
who are inclined to be  
impatient and irritable

Symptoms worsen:  
between 3 and 4 a.m.  
from cold

Symptoms improve:  
in the evening  
from being covered  
from warmth

Suited to people who are  
usually tall and slender with  
a delicate skin and fair or red  
hair. They are physically and  
mentally hypersensitive and  
are often young people who  
are growing rapidly

Symptoms worsen:  
in the evening  
while lying on the left side  
after warm food and drink

Symptoms improve:  
while lying on the right side  
after cold food  
in the open air

**Medicine/  
Ailment or Condition**

**(32) Pulsatilla (Pulsatilla nigricans)**

Catarrh (yellow-green thick discharge)  
Hayfever  
Styes (especially on upper lids)  
Change of life  
Menstrual pain  
Premenstrual tension  
Periods suppressed or delayed  
Periods scanty yet protracted  
Cystitis  
Acne  
Tinnitus  
Arthritis  
Rapid change in symptoms – from feeling well to feeling miserable  
Pains shift rapidly  
Aversion to fat or greasy food  
Absence of thirst (even in fever) though the mouth may be dry

**Remarks**

Suited to persons with fair  
hair, blue eyes and fair or  
pale complexion (often  
with pink patches). They  
are affectionate, easily  
moved to laughter or tears,  
shy, never obstinate but  
like and seek sympathy.  
They are sensitive to re-  
primand and tend to put  
on fat easily. They dislike  
extremes of weather

Symptoms worsen:  
in the evening  
from heat  
after eating rich foods  
from sudden chilling when  
hot

Symptoms improve:  
in the open air  
from cold applications  
after cold food and drinks  
while lying on the painful  
side

**(33) Rhus tox. (Rhus toxicodendron)**

Effects of over-exertion, strain  
operations etc.  
Strains of joints or tendons  
Rheumatism, lumbago, sciatica  
Pain in ligaments  
Shingles  
Thirst  
Tickling cough  
Tongue with red triangular tip  
Restlessness

Symptoms worsen:  
on beginning to move \*  
from cold and wet  
during rest  
after midnight

Symptoms improve:  
during warm weather  
with gentle movement  
from warm applications

\* Pain increases on  
beginning to move but tends  
to diminish if a gentle  
movement is maintained

**Medicine/  
Ailment or Condition**

**(34) Ruta grav. (Ruta graveolens)**  
Injuries to bones - bruised bones, fractures dislocations  
Sprains of wrists and ankles  
Pains as if bruised  
Rheumatism with pain in tendons and muscles  
Eye strain – eyes burning and aching  
Synovitis  
Urticaria  
Piles with prolapse of the rectum

**(35) Sepia (Sepia)**  
Indifference to loved ones  
Sadness and fear of being left alone  
All-gone sensation in the middle of the morning  
Sensitive to the cold  
Premenstrual tension  
Periods suppressed or delayed  
Change of life  
Hot sweats  
Dandruff  
Wash-day hands

**(36) Silicea (Silicea)**  
Physical and mental debility due to over-exertion or to over-use of the mind  
Boils, carbuncles, abscesses, acne  
Bunions  
Whitlow  
Helps the expulsion of foreign bodies e.g. thorns and splinters  
Constipation – stool recedes when partly expelled  
Migraine  
Chronic headache beginning in the neck, coming over the head and ending in one eye  
Hayfever  
Sinus trouble

**Remarks**

Symptoms worsen:  
from cold  
during wet weather  
while lying down

Suited to people who are easily depressed, particularly women, and who are likely to harbour real or imaginary fears. They have little interest in work or recreation

Symptoms worsen:  
in the afternoon and evening  
from cold  
before thunder  
from tobacco smoke

Symptoms improve:  
in a warm bed  
from hot applications

Suited to persons of light complexion, fine skin and pale face who find mental effort difficult. They have difficulty facing up to people and problems and prefer not to have responsibility. Despite a dread of work they have nevertheless excellent working ability

Symptoms worsen:  
from cold  
from being uncovered  
in cold weather  
in approaching winter

**Medicine/  
Ailment or Condition**

**(37) Sulphur (Sulphur)**  
Unhealthy looking skin  
Tendency to skin diseases  
Itching skin – scratching pleasurable but results in burning  
Acne  
Burning and itching piles  
Tendency to sweat easily  
Body odour  
Orifices of body red (e.g. lips)  
Burning pains  
Feet must be placed outside bedclothes to cool  
Insomnia  
Tinnitus  
Mid-morning hunger  
Large appetite for highly seasoned, spicy and fatty foods  
Liking for sweets  
Aggravation from milk  
Diarrhoea – driven from bed in the morning  
Constipation with large painful stools  
Lack of energy (regained quickly at the prospect of pleasurable activity)  
Tendency to become exhausted quickly  
Tendency to catch cold easily which often goes into the chest

**(38) Thuja (Thuja occidentalis)**  
Warty growths  
Styes  
Pain, which may be accompanied with the frequent passing of water  
Morning headaches  
Inability to take food in the morning

**Remarks**

Suited to deep thinking people who have a nervous yet independent nature

Symptoms worsen:  
from cold  
from dampness  
at the coast

Symptoms improve:  
from warmth  
in fresh air

Suited to dark-haired, dark-skinned people with strong, sometimes inflexible minds

Symptoms worsen:  
from cold  
in damp air  
in bed  
at 3 a.m. and 3 p.m.

Symptoms improve:  
while drawing up a limb

# Medicines and their indications for childrens ailments

## **Aconite**

For the child who catches cold on getting wet.

Hot, dry skin. Feverish thirst for cold water.

Restless tossing at night

Give this medicine in the early stages before the condition becomes well established.

## **Arnica**

This is a most useful medicine for dealing with the bumps and bruises of childhood. It is especially helpful if the child is shocked after some little mishap. Arnica ointment applied externally is also helpful in clearing up a bruised surface. The medicine can be given before and after visiting the dentist to assist the natural healing process.

## **Arsen Alb**

For the child who is over-tired and irritable even after the least exertion.

Stummy pains from eating fruit, shell fish, rich and oily foods; mild food poisoning. The condition is usually worse around midnight, with

restlessness and peevishness.

## **Belladonna**

The child suffers a sudden attack of symptoms which usually include hot and red skin with flushed face. The attack is often violent and there may be great excitement with vomiting or a severe headache. Use if the child has taken too much sun.

## **Bryonia**

In contrast to Belladonna, symptoms usually come on gradually. The child may be irritable and dislike being lifted or carried. Hard, dry cough with stitching pains in the chest, made worse by movement. Thirst.

## **Cantharis**

There is a constant urge to pass water but the child usually cries from the pain. Mouth and throat may appear red and inflamed and liquids are swallowed with difficulty. Give when the mouth is burned from taking food which is too hot.

## **Calc Phos**

For pale-faced, thin lanky children. The infant wants to suckle all the time and vomit easily. Headache of children at time of puberty.

## **Chamomilla Teething granules**

This is the medicine for fractious teething infants, best given in granule form. The child whines and wants many things, but immediately throws them away, and is only pacified with constant petting.

## **Drosera**

May be used where the child has rapidly recurring fits of coughing and possibly retching and vomiting.

## **Gelsemium**

The remedy for influenza. The symptoms are well-known: shivering with cold which may alternate with heat; aching all over. Diarrhoea from emotional excitement. Examination 'funk' in older children.

## **Hepar Sulph**

The Hepar Sulph. child is over-sensitive and easily takes offence at the slightest thing. A very chilly child who must keep warm although he will easily perspire. Useful with splinter-like pains, especially the sensation of a bone stuck in the throat. Unhealthy skin, cuts and grazes tend to suppurate.

## **Hypericum**

Use this remedy if the child jams its fingers in the door; it helps healing and relieves pain. If bitten or scratched by an animal, useful to give before going to the doctor. Arnica should also be given.

## **Merc. Sol**

A useful remedy for toothache. However, the child must always be taken to the dentist. For bad breath and where the child complains of nasty taste in the mouth. Mouth ulcers.

## **Nux vom**

This is the remedy to give after the birthday party, when the child has over-eaten and indulged in rich food. He will be very irritable, with possibly a sour taste and nausea, and may complain of tummy pains. This could be followed by a period of constipation, when this remedy will help.

## **Phosphorus**

For the excitable child who is easily startled. Persistent bleeding after tooth extraction. Cough from tickle in throat, worse from cold air, laughing or talking. Nosebleeds.

## **Pulsatilla**

For the child with a mild, gentle, yielding disposition, easily moved to tears. Fears dark and ghosts. Likes to be fussed over and caressed. Useful for styes. If your child fits this description of temperament use the remedy first no matter the ailment.

## **Rhus tox**

This is for the child who plays out in the rain and complains the next day of pains. After moving about he may feel better. These symptoms may also result from a visit to the swimming baths.