

GV Keynotes 2024

MEHEDI



ABELMOSCHUS (Abel.)

MENTAL

Extreme fear of poisonous creatures such as insects, spiders, scorpions, snakes, flies etc.

Fear that something will happen.

Fear of staying alone at night.

Fear with palpitation.

AMBRA GRISEA (*Ambr.*)

TIMIDITY, CONSTIPATION

MENTAL

TIMIDITY, BASHFULNESS. Low self-confidence. *Fears the opinion of others.* Tries to please everyone, cannot say 'no'.

AVERSION TO PRESENCE OF STRANGERS DURING STOOL, unable to pass the stool in presence of others.

Difficult to follow a conversation. Having a conversation aggravates, causes irritability, anxiety, restlessness, trembling. *Ailments after embarrassment.*

Confusion, difficult concentration. Asks questions without waiting for an answer.

Jumping from one subject to another.

Difficult to be in touch with others. State as if in a dream.

That is why there's *anxiety in company or crowd, aversion to company, to presence of strangers, to smiling faces. Disgust at laughing of others.*

Weakness of memory, dullness, imbecility.

Dwelling on past occurrences.

PHYSICAL

CONSTIPATION, UNABLE TO PASS STOOL IN PRESENCE OF OTHERS.

Symptoms are aggravated in the presence of strangers, music, excitement.

Complaints from music: heat of head, cough, internal trembling, palpitation, back pain, ear pain, red face.

Prematurely old.

Metrorrhagia after stool, from passing hard stool.

One sided symptoms, perspiration, coldness, headache.

Eructations after coughing.

Numbness of extremities.

Symptoms come in the **morning 5-9a.m.**

MODALITIES

AGG.: *lying, evening, warm milk.*

AMEL.: cold drinks, continued motion.

ABROTANUM (Abrot.)

In our literature we find for Abrotanum the word “metastasis”, meaning not the metastatic cancer but the alternation of pathological conditions. Example are: swelling of testes after parotitis (mumps), a rheumatic condition or heart condition after suppression of diarrhea.

ALTERNATION OF PATHOLOGICAL CONDITIONS. ACTS ON GLANDS

MENTAL

Irritability and maliciousness.

Alternate moods with elements of hysteria.

PHYSICAL

Ailments after **suppression of discharges especially diarrhea**. Suppression of hemorrhoids.

Pathology conditions change rapidly.

Marasmus (Aeth., Nat-m., Calc.) in children especially of legs (Iod., Sanic., Tub.) and then progresses upwards (which is the reverse of Lyc and Natr-m.). Newborns fail to gain weight although they have good appetite. The face looks old, the infant looks like a little old person. (Bar-c., Iodine, Natr-m., Op., Sulph.)

Discharge from the umbilicus, especially in newborns.

MODALITIES

AMEL: Diarrhea.(Nat-s., Zinc.)

AGG : cold and humid weather.

ACONITUM NAPELLUS (*Acon.*)

All ailments acute or chronic are accompanied by fear of impending death and the feeling that death is imminent or near. Ailments that arise from fright that threatened the life of the person.

SUDDEN APPEARANCE OF SYMPTOMS. PANIC ATTACKS. FEAR OF IMPENDING DEATH.

MENTAL

AILMENTS FROM FRIGHT.

FEARS: DEATH (during labor, pregnancy, menses, heart symptoms), **predicts the time of death, presentiment of death.** OPEN SPACES, NARROW PLACES, TUNNELS, EARTHQUAKES, CROWDS, AIRPLANES, heart diseases, darkness.

PANIC ATTACKS accompanied by: *palpitations, red face, one sided numbness, faintness, restlessness, perspiration, trembling, vertigo, dyspnoea, fear of death.*
Between the attacks (paroxysms) is silent and generally calm and quiet.

PHYSICAL

Acute symptoms arise from **EXPOSURE TO DRY COLD AIR or WIND** (cough, eye inflammation, coryza, prosopalgia). From becoming cold during perspiration.

During fever the skin is dry and hot, intense nervous restlessness and tossing around, chills, with intense thirst for cold water, one cheek is red and hot and the other pale and cold.

Face bloated and red. Redness alternating with paleness.

Internal coldness felt in vessels.

Gastritis (stomach inflammation) after cold food and drinks.

Affections of heart, congestion, endocarditis, pericarditis. Heart affections with numbness on the left upper limb. Hypertrophy with tingling of fingers. Sensation as if the heart would cease.

MODALITIES

AGG.: COLD, DRY WEATHER, cold wind.

DES.: cold water, beer, wine.

AESCULUS HIPPOCASTANUM (*Aesc.*)

VENOUS CONGESTION - STASIS - SLOWING DOWN OF FUNCTIONS

MENTAL

MENTAL / EMOTIONAL STAGNATION. DULLNESS, HEAVINESS, CONFUSION.

Concentration difficult - unable to fix his attention. Wakes up in a dazed state, in total confusion, where he does not know where he is.

Irritable, loses temper easily. Fretful.

Sadness, despondency, gloomy during heat.

Attempts to escape from the windo (in delirium due to fever).

Desire for rest.

PHYSICAL

Everything is **SLOWED DOWN** (digestion, heart). **STASIS OF THE VENOUS SYSTEM, congestion of blood.** Varicose veins, veins in pharynx distended (pharynx varicosis).

HAEMORRHOIDS: blind, painful, burning, purplish.

Pain in sacrum or sciatica combined with haemorrhoids.

Stitching pains extend upward, to back and sacroiliac region.

Pain in rectum as if filled with needles, dry feeling.

PAIN IN SACRUM AND HIPS WHILE WALKING (Ign.).

Pain in sacrum when stooping and walking.

Sensation of internal fullness and external heaviness.

Sensation of **heat, dryness**, in throat, nose, rectum etc.

Wandering pains all over the body especially abdomen and head.

Headache as if head would burst.

Metallic taste.

MODALITIES

AGG.: motion of the affected part, walking, stooping, tea.

AETHUSA CYNAPIUM (*Aeth.*)

LOVES ANIMALS, INTOLERANCE TO MILK

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MENTAL

Reserved personality. Do not communicate their emotions and are loners.

LOVES ANIMALS esp. CATS. SYMPATHETIC TOWARDS ANIMALS.

Extraordinary communication skills with animals. Becomes animal protector.

Fear of death on falling asleep, fears on closing the eyes. Fear he will die if he goes to sleep.

*Delusions that mice are under a chair, that rats are running across the room.
delusions of seeing rats, cats, dogs.*

Fear of suffocation during night and especially in dark.

Fear of surgical operations.

Students cannot concentrate on their work (Pic-ac).

PHYSICAL

INTOLERANCE TO MILK. Indigestion, vomiting diarrhoea after milk.

(Mag-m., Nat-c., Lac-d., Sil.)

Eruption on tip of nose.

LIFE - THREATENING DIARRHOEA WITH VOMITING in children.

Vomiting curdled milk 1 h after a meal. Cholera infantum.

Weakness especially in children.

Hippocratic face, also in newborns.

MODALITIES

AGG.: 3:00 – 4:00 am.

DES.: wine.

AVERS.: milk, summer, bathing.

AGARICUS MUSCARIUS (*Agar.*)

Dependent, weak-willed individuals. Agaricus patients are frequently troubled by an extreme anxiety about their health that is centered on a tremendous fear of cancer. Neurological symptoms with twitching and even spasms.

TREMENDOUS FEAR OF CANCER. TWITCHING.

MENTAL

Hypochondriacal **ANXIETY ABOUT HEALTH**; particularly **FEAR OF CANCER**.

Weak willed and over-dependent on their doctor. Their anxiety about health and fear of cancer is such that *they torment everyone with their complaints.*

Thoughts of death- i.e. delusions he's in his grave.

PHYSICAL

TWITCHINGS, CONVULSIONS, CHOREA.

Pathological conditions such as meningitis, multiple sclerosis, Bell's palsy, delirium tremens.

Chorea may arise **after punishment, amel. during sleep and agg. from coition,**

< **COITION** (faintness, chorea, trembling, itching, convulsions, unconsciousness etc.).

Symptoms and pains appear diagonally, i.e. right shoulder and left hip.

COLDNESS is felt **IN SPOTS** on the body (**face, extremities, head etc.**).

Exaggerated motions. **Ataxia. Awkwardness. Stumbling when walking.** Drops things easily.

MODALITIES

AGG.: coition, eating, lying, motion.

AGNUS CASTUS (Agn.)

IMPOTENCY WITH DEPRESSION

MENTAL

Premature old age from abuse of sexual power, after sexual excesses.

DESPONDENT, GREAT ANXIETY AND DESPAIR ABOUT HEALTH.

Sexual melancholy. Discouraged with himself. Apathetic.

Presentiment of death, fears she will die soon. PREDICTS THE TIME of death. Sensation of death.

Weak memory. Dullness, sluggishness, difficulty of thinking and comprehending (especially after sexual excesses).

Difficult concentration. Absent-minded, forgetful, goes off and leaves purchases.

PHYSICAL

Low sexual vitality with corresponding mental depression and loss of nervous energy.

IMPOTENCY. SEXUAL ORGANS COLD, FLACCID AND RELAXED (even when excited). **Sexual desire is diminished.**

Testicles cold, swollen, hard and painful.

Absence or disappearance of milk in nursing women, often with sadness and fear that she will die soon.

Itching of the genitals.

Gnawing itching of skin. Itching of eyes. Pupils dilated.

Nausea with sensation as if intestines were pressing downwards.

Leucorrhoea, transparent, or yellow, staining linen.

History of repeated gonorrhoea.

MODALITIES

AGG.: motion, walking, warm.

AMEL.: pressure, open air.

ALLIUM CEPA (*All-c.*)

HAY FEVER. EXCORIATING DISCHARGE FROM NOSE, DULLNESS.

MENTAL

SLEEPINESS & DULLNESS.

Great dullness of mind < in afternoon.

Indifference, absent-minded. No perception of the surroundings, does not recognize his relatives, can urinate in front of everybody.

PHYSICAL

Acts on the upper respiratory system. The coryza can move quickly downwards developing pharyngitis, violent laryngitis.

Hay fever with copious, watery, excoriating discharge from nose causing redness around nose, in nose wings. *>open air.*

EXCORIATING DISCHARGE FROM NOSE WITH BLAND DISCHARGE FROM EYES.

Burning pain in eye, must rub.

Coryza from north east wind, from the odor of peaches, flowers.

Coryza extends from left to the right nostril.

Cough hacking, tickling, from irritation in larynx. Tearing pain, as if something were being torn. Grasps, supports the larynx while coughing. *>open air.*

Coryza with cough.

Hoarseness especially in spring.

Headache with coryza *> open air, closing eyes < warm room.*

Threadlike pains following nerves injuries. Pain after amputation.

Ailments move from left to right.

Phantom limb pains.

MODALITIES

AGG.: *evening, warm, warm room, cucumbers.*

AMEL.: *open air (Puls)*

DES.: **ONIONS ESP. RAW.**

ALOE SOCOTRINA (*Aloe*)

INVOLUNTARY STOOL, HAEMORRHOIDS, DIARRHOEA

MENTAL

Dissatisfied and angry with themselves esp. when the process of digestion begins.
Discontent > evening.

Imbecility. Aversion to mental work. Suited to indolent, weary people.
Active memory alternating with lassitude.

Cannot look at blood or a knife.

HYPOCHONDRIACAL PATIENTS. Consider life a burden in the morning and in the evening they are cheerful.

Cheerful, happy, mirth in the evening. Changeable mood.

PHYSICAL

INVOLUNTARY STOOL ON PASSING FLATUS, resulting in shame and irritability.

DIARRHOEA: 5 or 6 a.m. **driving them out of bed.** Jelly-like mucus in stool.
Gurgling before stool.

Haemorrhoids: external, strangulated, congested, large, like bunch of grapes, ameliorated by cold bathing.

In chronic **spastic colitis** pains extend from abdomen to different parts - to rectum, to thighs, from side of abdomen to the umbilicus, from the inguinal region to the knees, from hypochondria to chest.

Pain and mucus in rectum after stool.

Headache in forehead (esp. pressing), above eyes > cold applications.
Cutting pain around umbilicus <after stool.

Back pain alternating with headache or haemorrhoids.
Sensation of fullness. Plug sensation internally. Sensation in rectum as if a weight or plug were wedged between the pubis and coccyx.

MODALITIES

AGG.: eating.

AMEL.: open air, **COLD APPLICATIONS.**

ALUMINA (*Alum.*)

The patient is slow, as if confused, and cannot express his/her feelings. The mind is slow, dry, as if paralyzed and the patient has to make an effort to answer. There is also dryness and paralysis on the physical level manifesting in severe constipation, dry skin, paralytic states of muscles. It affects the central as well as the peripheral nervous system.

DRYNESS, SLOWNESS OF ALL LEVELS PROGRESSING TO A STATE OF PARALYSIS. CONSTIPATION

MENTAL

SLOWNESS, CONFUSION, DULLNESS OF MIND.

Cannot express himself, vague state of mind. Lack of discrimination. Answers slowly.

Confusion of identity, 'who am I?' Everything seems unreal.

Time passes very slowly.

Fear of knives, pins, injections. Cannot look at blood or knife. **Suicidal thoughts when seeing blood or a knife.**

PHYSICAL

Dryness of skin and mucus membranes.

SEVERE CONSTIPATION. INACTIVITY OF RECTUM, even soft stool requires great strain. No urging for many days, has to help mechanically (with the fingers).

Numbness of soles of feet, heaviness of legs, uncoordinated walking, ataxia.

Dryness of skin. Itching without eruption. Scratch until it bleeds.

Vertigo > rubbing or wiping the eyes. Vertigo with tendency to fall forward.

Aversion and aggravation from potatoes, craving for dry food.

Suitable for severe states of constipation, paralysis, Multiple Sclerosis, Alzheimer's disease.

MODALITIES

AGG.: potatoes, exertion, talking after.

AMEL.: open air, warm drinks, bathing.

DES.: dry food, tea, rice, starch, coal.

AVERS.: potatoes, beer, meat.

AMMONIUM CARBONICUM (*Am-c.*)

CIRCULATORY AND RESPIRATORY PROBLEMS

MENTAL

Obstinate. Irritable, unfriendly, malicious and abusive.

TIMID PEOPLE who remain in the background. Reserved people, **SULKY**.

Sad, morose and dissatisfied especially in cloudy and wet weather.

Difficult retaining thoughts, concentration difficult. Absent minded. Makes mistakes in calculating, speaking, writing, uses wrong words.

Wakes up startled or in a fright.

Talk in their sleep, revealing their thoughts, secrets they would not express while awake.

PHYSICAL

ASTHMATIC RESPIRATION FROM HEART COMPLAINTS.

Sensation of weakness in heart. Tumultuous, audible **PALPITATIONS** < motion. Patient feels *prostrated*; every movement produces violent almost **audible** palpitations.

Asthma < in warm room, with slight exertion. Becomes pale and must remain quiet.

< **slight exertion**, needs to make a tremendous effort to climb just a few steps.

Dyspnoea or arrested respiration when falling asleep or during sleep, must awaken to get breath.

Mucus in larynx and trachea. *Rattling cough.*

Face is **BLOATED**, pale, and **puffy**, much like the cortisone face.

Flabby, obese appearance.

Aversion to bathing or to anything wet on skin (sulph).

Acrid discharges (eye, nose, expectoration, menses, stool, leucorrhoea).

MODALITIES

AGG.: *bathing, eating, menses, wet cold.*

AMMONIUM MURIATICUM (*Am-m.*)

AFFECTIONS OF CIRCULATION, MUSCLES AND MUCOUS MEMBRANES

MENTAL

Reserved, timid and closed.
Aversion to certain persons. Silent grief.
Frightened easily on waking.

PHYSICAL

FEELING OF PULSATION in local parts, such as thumb, spermatic cords, glands, fingers, rectum etc.

FEELING OF TENSION in muscles, in thigh. Contraction of muscles and tendons esp. in leg, lower limbs, hip, heel as if they were short.

Tearing pain in extremities >lying. Tearing pain in toes.

Sciatica better lying down. Pain in lumbar region at night during sleep. Always feel tired and sore all over.

Frequent sneezing often without coryza. **Sneezing wakes him from sleep.** *Epistaxis after itching. Profuse acrid discharges.*

Obesity with fat body but thin legs.

Coldness like ice between the scapulae.

Usually the face is pale but gets red on excitement.

Weakness, diarrhoea, vomiting and nausea during menses. Dark, clotted menses.

Contracting pain in inguinal region that forces her to walk bent esp. during menses.

Prolapsus of uterus, has to walk bent.

"Ghost pains" in amputated limbs (All-c.).

MODALITIES

AGG.: *on first sitting down, sitting while, evening, lying on back or on the right side, rubbing, evening.*

AMEL.: *lying esp. on back, bathing, motion.*

AMYL NITRITE (AMYLENUM NITROSUM) (*Aml-n.*)

LOCAL FLUSHES OF HEAT AND ANXIETY

MENTAL

FLUSHES OF ANXIETY sudden and intense AND RESTLESSNESS.

Restlessness, nervousness, anxiety about health. Anxiety as if something will happen.

Jealousy.

PHYSICAL

Vasomotor nerves are affected **dilating all arterioles and capillaries.**

EXPLOSION OF SUDDEN AND INTENSE HEAT ON UPPER PART OF BODY. Craves open air.

Flushing, congestion of the face; heat and throbbing in head. These flushings are **LOCAL** with other areas cold.

Flushing heat with/ followed by drenching sweat esp. in head.

Palpitations. *Fluttering of chest after excitement. Throbbing head. Pulsation in ears (Bell.).*

Indicated in menopause/climaxis with anxiety, facial flushing.

Frequent and violent yawning which does not satisfy - ineffectual.

Constant unsatisfactory stretching. Convulsions just after delivery.

MODALITIES

AGG.: warm air, warm room.

AMEL.: *Open air.*

ANACARDIUM ORIENTALE (*Anac.*)

Great conflict, having two opposing wills in constant dilemma and not being able to take a decision. Heartless, characteristically cruel towards people and animals. Deep feeling of inferiority and low self-esteem. There are two types of Anacardium, the one is cruel and hanted and the other appears nice and sweet and helpless.

DUALITY-TWO OPPOSING WILLS, LACK OF SELF CONFIDENCE, CRUELTY

MENTAL

Severe mental and emotional disorders.

Two types: one is **cruel, unfeeling, malicious, sadistic** and the other is **helpless, hopeless, pleading, needy, insecure**.

Contradiction of will, sense of DUALITY. Thinks as if with **TWO WILLS**, one opposing the other.

GREAT LACK OF SELF - CONFIDENCE with inferiority complex.

DESIRE TO CURSE. Malicious, mischievous, wicked. Absence of any moral feelings.

Sudden loss of memory, as if mind has been blocked.

PHYSICAL

SENSATION OF A PLUG in various parts of the body i.e. head, chest, ear, eye, abdomen.

Constriction, SENSATION OF A BAND AROUND A SINGLE PART OF THE BODY such as in: head, knee, back etc.

Eruptions with intolerable **VOLUPTUOUS ITCHING** < warmth of bed.

The more he scratches the more he wants to scratch and the worse the itching becomes until driven to despair.

MODALITIES

AGG.: rubbing, lying on side, motion.

AMEL.: eating (while or after).

ANTHRACINUM (*Anthraci.*)

BLACKNESS ON EMOTIONAL AND PHYSICAL LEVEL

MENTAL

Silent suffering (grief), as if everything inside himself is kept in a “big black boil” (metaphorically speaking). *Cannot express oneself. Unable to feel or express emotions.*

Confusion of mind.

Weak memory for what has happened. *Cannot remember incidences in spite of the emotional trauma caused in life and health.*

Face is old looking.

Fear to go outdoors. Fear of death.

PHYSICAL

BOILS, ABSCESSSES, PUSTULES, ULCERS which are purple, BLACK, BURNING with EXTREME PAIN.

Black pustules on the lips. *Carbuncles. Gangrenous ulcer on leg. Black blisters on thigh.*

Burning pains.

Haemorrhages - thick, black, tar-like from any orifice.

Coldness in abdomen extending to knees. *Coldness in legs and back when dressing.*

Premature old age.

Aversion to coition. Sexual desire is diminished.

All discharges relieve constitutional symptoms.

MODALITIES

AVERS.: eggs esp. soft boiled.

ANTIMONIUM CRUDUM (*Ant-c.*)

EMOTIONAL, SENTIMENTAL, AFFECTIONS OF STOMACH. WHITE COATED TONGUE.

MENTAL

Capricious moaning but also sensitive children.
ROMANTIC & SENTIMENTAL, ESPECIALLY IN THE MOONLIGHT.
Emotionally immature.

Aversion to be looked at and to be touched especially in children. **Capricious.**
Children get irritable, moan, feel dissatisfied. **Cannot bear anyone coming near them.**

Ailments from grief, from disappointed love. *Sulky, sadness, loathing of life.*

Introvert.
Emotionally unbalanced. The stomach or entire digestive tract is affected by every emotion. Emotions are felt especially in the stomach.

PHYSICAL

Affections of **STOMACH** and digestion.

EMOTIONS ARE FELT IN STOMACH.
Nausea and vomiting < sour wine, bread, mother's milk.

Symptoms < **HEAT, WARMTH OF STOVE and FIRE.**

Gastric headache. Nausea during headache. Headache alternating with stomach pain.

Gastroesophageal reflux disease in lactating infants.

Milky, heavily coated white tongue.

Dry, hacking spasmodic cough, shaking of the whole body.

DESIRE for CUCUMBERS.

Symptoms change with the changes in the weather .

MODALITIES

AGG.: *sour wine and food, vinegar*, sun, bathing, warmth (warm stove, room, bed, becoming warm), *moonlight*.
AMEL.: open air.

ANTIMONIUM TARTARICUM (*Ant-t.*)

CATARRH OF THE LUNGS

MENTAL

AVERSION TO BEING TOUCHED.

Irritable and peevish, especially during acute phase of illness.

Child is fretful, peevish, whining, moaning, shrieking < being touched or looked at. Angry child that coughs when angry. Shrieking, shouting and screaming at night. Child clings to the mother (Bar-c).

Looks anxious and desperate.

Confusion of mind on waking.

Mental restlessness. Apathetic-easily annoyed, aversion to company.

Ailments after anger or vexation.

PHYSICAL

Affects mucous membranes especially: trachea, bronchi and lungs.

Serious inflammation of the lower respiratory tract (bronchitis, pneumonia, pleura-pneumonia). Indicated in *children or infants* and *old age* (when the patient doesn't have the force to expel the mucus).

GREAT ACCUMULATION OF MUCUS.

RATTLING RESPIRATION WITH NO EXPECTORATION. NO POWER TO EXPEL THE MUCUS. Expectoration ameliorates the dyspnoea.

Vomiting on coughing. Respiration is accelerated. Any disturbance increases the breathing and makes the patient feel that he is dying.

Filling up of chest that is suffocating the patient.

WEAKNESS, GREAT SLEEPINESS during /after coughing.

Weakness, profuse perspiration, lack of reaction.

Unconsciousness between attacks of cough.

Intense nausea, vomiting and weakness.

Face cold, cyanotic, pale, shrunken, covered with cold perspiration and a suffering expression. Bluish lips.

Toes and fingers are drawn inwards.

MODALITIES

AMEL.: expectoration, sitting,

DES: sour fruit.

AVERS.: milk.

APIS MELLIFICA (*Apis*)

People suffering from heat and who have sharp, stinging pains. People with strong emotions, passionate, jealous, sexually active and easily excited but also very awkward.

OEDEMATOUS SWELLING, STINGING PAIN, WORSE FROM HEAT

MENTAL

Ailments from **JEALOUSY**, rage, vexation. **Have a sharp, stinging tongue.**

Restlessness, busy, insanity.

Causeless weeping.

Irritable, dissatisfied. Discouraged.

Fear birds, pins, death.

Presentiment of death.

PHYSICAL

OEDEMATOUS, DROPSICAL SWELLING OF THE EXTREMITIES due to dysfunction of kidneys.

Swelling, inflammation of joints, especially ankles.

Puffy swelling of EYE LIDS, particularly **around and under the eyes, swelling of lips**, of hands and feet.

BURNING, STINGING pains (like a bee sting).

AWKWARDNESS, clumsiness, **drops things easily.**

Erysipelatous inflammation.

URTICARIA (face, extremities, back) *>cold applications <warmth, perspiration, night, exercise.*

Thirstless despite the heat and the burning.

Intermittent fever, with chill at 3 p.m. *and thirst.*

Relaxed anus. Sensation of open anus.

Cystitis with burning pain. Quincke's angioneurotic oedema. Allergic reactions.

MODALITIES

AGG.: HEAT.

AMEL.: COLD APPLICATIONS.

ARGENTUM METALLICUM (*Arg-met.*)

AFFECTIONS OF JOINTS, BONES AND CARTILAGES

MENTAL

Nervous sensitive person.

Prostration of mind from mental exhaustion, confused. Sudden loss of memory. **Indisposed to talk**, too tired to talk (Stann., Mur-ac., Sep., Ph-ac). Answers monosyllable.

Delusion that head would fall out of bed, that he's drunk, he would have apoplexy. Startled, as if electric shocks though the body.

Anxiety that clothes are too tight when walking out of doors.
Loquacity alternating with sadness. Sadness during menopause.

PHYSICAL

It acts upon the **JOINTS, BONES, CARTILAGES and LIGAMENTS**.
Tearing pains in bones and joints.

AFFECTIONS OF CARTILAGES: SWELLING, INDURATION, INFLAMMATION.
Loss of voice/hoarseness from overuse (e.g. speakers, singers).

Pain and rawness in trachea < **talking, coughing, singing**. *Expectoration is easy but thick, like starch, stringy and globular.*

Weakness. Face looks tired, older, worn out. Broken down nervous constitutions. No stamina to face stressful situations.
Palpitations > sighing.

Blepharitis. *Thickening of the eyelids with purulent discharge and photophobia. Pustules on margins of lids.*

Jerking of extremities, of muscles, esp. in sleep or on going to sleep. To the extent that they jump.

Affects the **testes/ovaries** esp. left ovary and right testes. *Pain in testes crushed, bruised, cramping esp. right. < when clothing touches the testes, walking, in bed.*

Weakness in chest, left sided < talking.

Back pain < on sitting.

Swelling on left side of face with heat and burning.

Cramping pain transversely across stomach.

MODALITIES

AGG.: touch, motion, lying.

ARGENTUM NITRICUM (*Arg-n.*)

Impulsive people, tend to speak out in an impulsive way, they have the impulse to do things that they could not, that are dangerous (such as: what will happen if I stick my finger in the plug? how will it feel falling from this bridge?). They have anxiety about their health, have many fears, are open and communicative reminding us of Phosphorus but the Arg-n. patients are more impulsive and warm blooded.

OPEN, IMPULSIVE, ANXIOUS

MENTAL

Extrovert, *superstitious*, impulsive with fears and great anxiety about health. (Phos.).

IMPULSIVENESS. *Impulse to jump from a height*, to do dangerous things such as sticking a finger in a plug. Speak out in an impulsive way.

FEARS of high places, of crossing bridges, that high buildings will fall upon him, of crowds, narrow/closed places, etc.

ANTICIPATORY ANXIETY leading to diarrhoea, frequent urination.

PHYSICAL

WARM BLOODED PATIENTS. Warm, sensation of heat, becoming heated aggravates.

DIARRHOEA related to anticipation, emotions, excitement, exalted imagination, mental exertion.

< *EATING SUGAR, drinking water. Retching, vomiting during diarrhoea.*

Loud and violent eructation which ameliorates the diarrhoea and the stomach distension. Loud flatus <eating sugar.

Abdomen distention accompanies most gastric ailments.

Acute granular conjunctivitis in one spot, *red, like raw beef with photophobia.*

Sensation of a splinter in throat when swallowing.

Chilly when uncovered, yet aggravated if wrapped up.

MODALITIES

AGG.: heat, SWEETS, excitement.

AMEL.: open air, cold applications.

DES.: SWEETS, SUGAR, SALT.

ARNICA MONTANA (Arn.)

Ailments after injuries is the central idea for Arnica esp. where we have haematomas. Arnica will absorb the haematoma even after many years. We must bear in mind that Arnica should not be given in open wounds which bleed.

The patient does not want to be approached or touched because of the fear of being hurt. We meet this in women who cannot have sexual intercourse due to their fear of penetration.

INJURIES WITH BRUISES

MENTAL

FEAR OF OTHERS APPROACHING THEM, BEING TOUCHED.

Fear of sudden death.

Says he's well when very sick, sends the doctor home.

Answers a question then returns quickly to stupor or falls asleep when answering.

Fear of penetration brings on *fear of coition* in women.

Fear that high walls and buildings will fall upon him.

PHYSICAL

AILMENTS from INJURY (even after years). Shock from injury.

After injuries with **BLUNT INSTRUMENTS** (not after laceration of skin or open wounds). Head injury with haematoma. *After sprains, strains, concussion, tooth filling.*

BLUENESS OF THE SKIN, EXTRAVASATION OF BLOOD. HAEMATOMAS.

SORE, bruised feeling.

The pain of the head is such that **the pillow feels too hard.**

Symmetrical eruptions.

Eructation and flatus have the **smell of spoiled eggs.**

Apoplexy, heart infarction.

MODALITIES

AGG.: jar, motion of affected part, exertion, touch.

AMEL.: cold bathing, lying, rubbing.

AVERS.: brandy, soup, sight of food.

ARSENICUM ALBUM (*Ars.*)

The Arsenicum patient feels insecure. He feels he doesn't have support, he's alone. This deep feeling of insecurity brings on many fears and anxieties such as the characteristic anxiety about health, the fear of death, the fear of poverty and of being alone. He is very fastidious; order makes him feel in control whereas untidiness and disorder make him anxious. The anxiety and fears are accompanied by restlessness and are aggravated at night.

WEAKNESS, RESTLESSNESS, ANXIETY, CHILLINESS. FOOD POISONING.

MENTAL

ANXIETY about **HEALTH** with **FEAR OF DEATH** <after midnight, being alone.
RESTLESS during anxiety. Acute diseases with anxiety about his health.

FASTIDIOUS, wants everything in order and very clean.
Selfish. Critical. Reproaches about others and about himself.

PHYSICAL

BURNING PAINS; the affected parts burn > *warm drinks, warm applications.*

CHILLY, lack of vital heat. Wants to be covered with many blankets.
Heat of head with coldness of body. Wants it exposed to open air.

Great thirst for small quantities often.
Diarrhoea after **FOOD POISONING**. *Great weakness from diarrhoea, after stool.*
Diarrhoea with vomiting. **GASTROINTESTINAL DISORDERS.**

Difficult respiration (asthma) is worse when lying; it's impossible to lie. Patient is unable to lie down for fear of suffocation.

Itching, must scratch until it bleeds.
Nausea, deathly <smell of food.

< **AFTER MIDNIGHT, 1-2 A.M.**

MODALITIES

AMEL.: warmth, warm applications, hot drinks, sun.
AGG.: after midnight, esp. 1-2 a.m., lying with head low, becoming cold, entering a cold place.
AVERS.: food, smell of food, oil.

AURUM ARSENICUM (*Aur-ar.*)

DEPRESSION WITH RESTLESSNESS ESPECIALLY AT NIGHT

MENTAL

DEPRESSION WITH RESTLESSNESS, particularly if the time of aggravation is during the night. Loathing of life.
Depression with suicidal thoughts and impulses. Suicidal disposition **during perspiration**. Sadness in the evening; from suppressed menses.

Angry about himself and others. he is *critical* of himself and constantly finds fault with others. **Anger that turns inwards**, becomes **self-destructive**.

Contradiction is intolerable and will anger them very much.

Hard individual, hard with himself and others. He is hard working, precise, **conscientious, but without many feelings**. His mental faculties are clear, but the **emotions are hardened**.

Malicious in his conduct with others. Aurum arsenicum sexuality tends toward **deviations**, and they develop perverted desires. Sadism, etc. due to lack of feelings.

Despair that he will never be well.

Fear in the night, in a crowd; fear of death and of heart disease; fear of people, and when alone.

PHYSICAL

Cancerous affections, malignancies, **epithelioma**, caries of bone, cancer of mammae.

Induration in glands; cancerous induration.

Glands, the liver, etc. are hardened.

Convulsions; clonic spasms with consciousness; epileptiform, hysterical convulsions.

After-effects of syphilis e.g. chronic headaches.

Desire to lie down, but lying brings on great restlessness, and many symptoms are worse lying. Restlessness at night; anxious.

Persistent catarrh of bloody, purulent, offensive discharge.

MODALITIES

AGG.: winter, during and after eating, mental exertion, cold wet weather.

AMEL.: summer.

AURUM BROMATUM (*Aur-br.*)

DEEP DEPRESSION WITH ACNE

MENTAL

ENDOGENOUS DEEP DEPRESSION WITH ACNE.

Antisocial behavior. Feel **dissatisfied** with and suffocated by what they have.

Fears related to close contacts, estranged from society, withdrawn, eventually they do not to communicate the other sex. Eventually they become **indifferent to everything**. Tremendous weakness, almost exhaustion.

Dreams are vivid and often terrifying. **Nightmares and sleepwalk.**

Faintness where the patients do not lose awareness entirely; they feel as if they are leaving their body, and such a state could be accompanied by epilepsy.

PHYSICAL

ACNE.

Nervous affections of an *epileptiform character*, migraines, night terrors, *somnambulism* (sleepwalk).

Valvular diseases of the heart and cardiac hypertrophy.

Attacks of faintness with coldness and feeble pulse alternating with attacks of congestion and red face with palpitations.

AURUM IODATUM (*Aur-i.*)

AFFECTIONS OF HEART AND THYROID

MENTAL

RESTLESSNESS AND DEEP DEPRESSION.

Deep periodical depressions, during which time they lose their appetite, do not want to see anybody or communicate in any way with anyone.

Meticulous, over-conscientious about matters, even insignificant ones, overworking.
Constant anxiety, as if they have done something wrong, which is worse at night.
Timid and can break out into hysterical crying.

PHYSICAL

It is a remedy that primarily affects the **HEART AND THE THYROID**.

Hypertrophy of heart. Chronic pericarditis, valvular disease, arteriosclerosis.

Exophthalmic goitre. Enlarged thyroid with fast pulse and protruding eyes.

Pulmonary oedema.

Constriction felt in the heart region, oppression, **tumultuous palpitations** worse at night, aggravation from exertion, **ameliorated in the open air and aggravated by warmth** (Puls.).

Flushed face with cold extremities (Bell.).

Swollen, indurated, painful glands (<right-side). Indurated testes and ovaries.

Feeling of a band around organs or parts of the body (Plat., Anac.).

Cancer metastases to the bones with extreme pain and **restlessness**, when there is also **numbness**.

Right-sided sciatica where pain and numbness occur simultaneously (Gnaph., Coloc.).

MODALITIES

AGG.: *motion, physical exertion, warmth, night.*

AMEL.: *slow motion, open air.*

AURUM MURIATICUM NATRONATUM (*Aur-m-n.*)

ACTS ON FEMALE HORMONAL SYSTEM, FIBROIDS & TUMORS

MENTAL

Ailments from disappointed love. Depression.

Sensitive, refined people who are subject to many fears (Phos.).

Fear that something bad will happen at any moment.

Insecure people with strong sexual desires. Reserved, timid and rather closed people.

PHYSICAL

PRIMARILY AFFECTS THE SEXUAL-HORMONAL BALANCE IN WOMEN.

Increased sexual passions in women and if not satisfied increases the fibroids in uterus. Uterus becomes **HARDENED**, full of **FIBROIDS** and tumors, while at the same time the sexual desire diminishes and becomes deficient due to suppression most of the times.

Enormous **INDURATION OF AN OVARY**. **OSSIFIED** uterus. **Induration of one part, softening of another part of the uterus**. Scirrhus or carcinoma of breast or uterus.

Congestion and/or irritation of the uterus and ovaries, ulceration of the uterus, metritis, inflammation of the ovaries, profuse and premature menses, habitual abortion etc.

Pain in tibia >motion.

Ulcers inside the nose.

Periosteal induration, caries of bone on lower jaw.

Constipation (like Hydrastis), being accompanied with catarrh.

Nervous dyspepsia with a tendency to diarrhoea after eating.

MODALITIES

AGG.: *rest*, bending head to right, lying down, slight motion, walking, cold, wet weather, from October to spring (headache).

AMEL.: dry, warm weather.

AURUM MURIATICUM (*Aur-m.*)

HEART AFFECTIONS, SENTIMENTAL, SENSITIVE, DEPRESSION >WIND

MENTAL

Sentimental, passionate and romantic. *Delicate constitution, sensitive people who are deeply affected by grief, by insults, and mortification.*

Suicidal disposition from disappointed love. **DEPRESSION AMELIORATES IN OPEN AIR** but what really makes them feel better is strong **wind blowing in their face.**

Tormenting dreams of sadness.

Extremely *anxious person prone to palpitations.* Anxiety about health.

Feels really angry because he is sick. Angry when thinking of his complaints.

Preoccupation with death, and fear of death.

They suffer from intolerable and excessive *mental or physical restlessness*, which need to be relieved.

PHYSICAL

Combination of **heart affections, insomnia, sciatica, neuralgias and depression.**

HEART AFFECTIONS. **Oppression or pressing pain in the heart when ascending stairs.** *Fullness of the heart.* Endocarditis. Hypertrophy of the heart. **Palpitations** < walking rapidly, at night in bed, thinking of palpitations, ascending, excitement, exertion. Restlessness with palpitation.

Diabetes with *polyuria mostly during the night.* **Albuminous urine** from *dropsical states of heart disease, liver affections, during pregnancy, after scarlet fever.*

Haemorrhages from the uterus during climacteric period (menopause) and after. Congestion of chest after uterine haemorrhage.

Ulcers in mouth, penis, nose, lips, throat, gums, skin.

Catarrhal and glandular affections are marked. Inflammation and swelling of submaxillary and parotid glands.

Caries of the joints, of jaw, of nose, with boring and gnawing pains during night. Several bone symptoms and *pains worse at night.*

Fullness of the veins all over the body (*Vipera*).

Exertion and walking increase many symptoms. Palpitation, suffocation and pronounced weakness come from walking and exertion. Walking fast is impossible.

MODALITIES

AGG.: warm (*applications, room, air, becoming, bed*), walking rapidly, while sitting.

AMEL.: open air, walking slowly, slow motion, cold bathing.

ARUM TRIPHYLLUM (*Arum-t.*)

ITCHING OF NOSE & LIPS WITH MARKED DESIRE TO PICK THE DRIED AND CHAPPED LIPS

MENTAL

Biting nails, biting fingers. Delirium with picking of nose or lips.

Restlessness in bed, tossing around.

Absent-mindedness, weakness of memory, confusion in the morning, sadness and mental depression.

PHYSICAL

Main remedy for allergic disorders affecting the mucous membranes of the lips.

Mucous membranes of mouth, throat, and larynx are prominently affected.

Discharges are acrid, causing rawness and burning of parts (nose, mouth).

IRRESISTIBLE DESIRE TO BORE FINGERS INTO THE NOSTRILS (Cina).

Face looks red, lips are red, swollen, dry, chapped and have many bleeding cracks.

Scabs around the inside of the nostrils. **Peels off, picks scabs of dried and cracked skin, even if it is painful.**

Marked tingling and itching of nose & lips.

Hay fever, violent attacks of coryza with fluent discharge, **mainly left side.**

Headache from hot things, from becoming warm <hot drinks, warm food, warm room.

Hoarseness from overuse of voice, where there's changeable voice, voice becomes deep. Voice lost after exposure to northwest wind.

Swelling of glands.

Left sided symptoms.

Biting nails, so much that they bleed.

ASARUM EUROPÆUM (*Asar.*)

OVERSENSITIVITY OF NERVOUS SYSTEM

MENTAL

MENTAL OVEREXERTION. They cannot take the least pressure.

Cannot tolerate *any stress that excites them* e.g. strong light, strong noises, strong wind, any kind of violence.

SENSITIVITY TO NOISE, esp. **scratching on blackboard, silk, linen or paper.**

FEEL THAT THEIR MIND WILL DISINTEGRATE FROM NOISE. *The sensitivity is such that they imagine they're hearing noises.*

Nervous euphoria- nerves on edge. **Hysterical** laughing or crying. Nervous laughter. The idea of opposing states runs throughout Asarum. Absent-minded, confused, delusions that she'll become insane.

Child develops a constant sense of **hurriedness due to its mental inefficiency.**

Fidgety, wringing hands. Hysterically oversensitive children who have been *pushed too hard* to achieve.

Feeling of lightness as if floating (Lac-c).

Alcoholism.

PHYSICAL

OVERSENSITIVENESS OF NERVOUS SYSTEM esp. **auditory nerve.**

Painfully sensitive ears- sensation as if ears were plugged up with foreign substances.

Noise causes chills.

Deafness, eventually this over-reactive nerve breaks down.

Chill from any emotion, after excitement. Aversion to being touched, to coition, to any contact that *irritates the nervous system.*

Feels cold (lack of vital heat) but warm covering does not ameliorate.

Sensitive to all chemicals.

Pressure, tension and contractive sensation, feels whole body or single parts were being pressed together.

Eyes feel as if they are stuck in their sockets.

Strong desire for alcohol.

Nausea and vomiting during first months of pregnancy, stomach rejecting everything.

MODALITIES

AMEL.: bathing (face, the affected part), wet weather, vinegar, cold drinks.

AGG.: dry, cold weather, motion, wind, jar.

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ASTERIAS RUBENS (*Aster.*)

DISTURBANCE ON THE CIRCULATION - MALIGNANT TUMORS OF BREAST

MENTAL

EXCITEMENT, ANXIETY AT NIGHT. Fears evil, misfortune, fainting.
Fear of apoplexy at night, with the feeling as if the head would burst.

Excitement, restlessness at night.

Quarrelsome, esp. between 12:00-14:00.

Insanity during menopause, the patient has delusions that is under the control of strangers. Hears voices and answers.

Irritable, angry, impatient and explosive individual.

Cannot tolerate contradiction and is always ready to get into a fight. *Irritability before convulsions, convulsions from contradiction.*

They tend to weep from the slight emotion.
Prostration of mind. Aversion to work.

A restless, tired sensation in upper brain with mental exertion.

PHYSICAL

Strong action on the female organs and the hormonal system. Overstimulation of functions.

Disturbances of the circulation, with pulsations and congestion in head, uterus, chest, mammæ etc.

TUMOR/CANCER IN THE BREAST esp. LEFT with *nightly pains* and a **FEELING AS IF THE BREAST OR THE NIPPLE IS DRAWN BACK.**

Tumors in the uterus. Bearing down sensation (less intense than Sep. or Lil-t.).

Resembles Sepia, however Aster. has an overstimulation of the hormones, resulting in **excessive sexual desire**. The sexual desire is **violent** and seeks an outlet. **Insatiable**, not satisfied by sexual intercourse. **Nervous agitation with sexual thoughts.**

Epileptic fits or convulsions appear usually towards the afternoon or evening, **preceded by twitching over whole body** 2-3 days before the attack. **Great weakness and anxiety in upper part of abdomen** after the epileptic attacks.

Electric shocks in the brain with internal pressure. It powerfully affects the circulation in the head, producing symptoms of apoplexy.

Headache after mental exertion.
Increased general heat in the body, followed by coldness.

MODALITIES

AGG.: cold wet weather, heat, 14:00-15:00.

AMEL.: eating after.

DES.: cheese (esp. strong), tea.

AURUM METALLICUM (*Aur.*)

The patient is deeply depressed so much that he's thinking of committing suicide. The thought of death is an outlet to his despair and make him feel better. He is perfectionist, industrious, wants to be the first, to be in a high position, to be recognized. Once they lose these standards, once they face failure they feel they've lost everything, life has no meaning anymore and then they think of suicide esp. by jumping. Only praying to God can relieve them.

DEPRESSION WITH SUICIDAL DISPOSITION.

MENTAL

Ailments from grief, deception, business failure. They need to be on the top, on a high position. **Industrious, ambitious.**

Severe depression with **SUICIDAL DISPOSITION, RELIEVED BY THOUGHTS OF SUICIDE.** Desires death. Loathing of life, despair. Impulse to **JUMP** from a height, throwing himself from window. Even physical pains make him suicidal.

They feel that one thing that can keep them is God, so they start **PRAYING** for hours to feel relief.

Moaning in sleep.

Anxiety of conscience, feels as if guilty. Anxiety about his salvation, religious despair.

Delusions he is worthless, reproaches himself.

THE DEPRESSED MOOD GETS BETTER WITH MUSIC.

Insomnia, wakes up after a few hours of sleep in deep depression.

PHYSICAL

DESTRUCTIVE, SYPHILITIC PROCESSES.

Caries of bones. Pain in bones. Deformed teeth.

Severe heart affections.

Endocarditis.

Congenital heart defects. Congenital defects in general,

Ulcers.

Undescended testicles in young boys.

MODALITIES

AMEL.: EVENING, MUSIC (soft music, classical)

DES.: bread (esp. dry), alcoholic drinks, delicacies.

AVERS.: meat.

AURUM SULPHURATUM (*Aur-s.*)

IRRITABILITY OF THE NERVOUS SYSTEM, NODDING OF HEAD AND SENSITIVENESS TO TOUCH

MENTAL

INTROVERTED AND CRITICAL towards himself and esp. **towards others.**

Never satisfied with himself or others, his mood is usually **disagreeable.**

Constant state of irritation of the nervous system coupled with depression.

Sadness, loathing of life, desires death.

Moaning and lamenting. Argumentative.

Gloomy and anxious. **Anxiety of the conscience,** a deep anxiety or guilt, with fear and self-doubt.

Aversion to company. Desire for solitude. **Aversion to be touched.**

There is an **aggravation from coming into close contact with anybody.** As the pathology progresses they may become **irritable, irascible,** or sometimes violent.

Feeling of weak- mindedness and indolence with loss of initiative and dislike for doing anything.

Chronic complaints that date back to **prolonged grief.**

PHYSICAL

Irritability of nervous system resulting to CONSTANT NODDING OF HEAD (suggesting paralysis agitans) and **GREAT SENSITIVENESS TO TOUCH.**

Oversensitivity to pain. Complaints are predominantly right-sided.

Parkinson's disease.

Desire for open air but open air aggravates many symptoms.

Cancerous affections. **Ulcers.** Induration of glands. Pain in bones and glands. Soreness of nasal bone.

Bearing downward sensations in different parts.

Congestion of blood. Violent orgasm of blood in chest and head.

Paralysis of organs.

Staggering gait. Hysterical convulsions.

Mucous secretions much increased.

Pulsation in internal parts, in eye. The pulse is small, fast, irregular and weak.

Swelling of affected parts; of the glands.

BACILLINUM BURNETT (Bac.)

AFFECTIONS OF RESPIRATORY SYSTEM WITH GRINDING OF TEETH

MENTAL

Despondent, dissatisfied.
Fear of cats and dogs.

PHYSICAL

EMACIATION FROM TUBERCULOSIS. HISTORY OF TUBERCULOSIS OR FREQUENT CHEST AFFECTIONS.

Tubercular ulceration of intestines. Tabes mesenterica. Spinal tuberculosis, osteitis or caries of vertebræ, as a complication from lung tuberculosis. (Calc.)

Ailments after influenza. Recurrent lingering common colds.

Grinding of teeth.

Chest affections with copious muco-purulent bronchial secretion threatening to block lungs. (Ant-t)

Active exudative tuberculosis with excessive purulent expectoration, rapid emaciation, no appetite and copious night perspiration.

Chronic catarrhal conditions and enfeebled pulmonary circulation of old people.

Dyspnoea at night. Flat, narrow or hollow chest.

Allergic conditions, hay fever.

Chronic fatigue syndrome. Weakness that turns to exhaustion with the slightest cold or cough. Weakness with glandular swellings.

Restless legs at night in bed.

Rheumatoid arthritis. Iritis, gouty iritis

Eczematous condition of the margins of the eyelids, redness with small follicles of margins of lids, < night, early morning, cold air. (Tub)

Slow teething in children.

Ringworm. Pityriasis versicolor.

MODALITIES

DES.: vinegar, salt mustard.

AVERS.: chicken.

BAPTISIA TINCTORIA (*Bapt.*)

In Baptisia we see the disintegration of the body and mind.

The high fever and the offensiveness show the decomposition processes that take place internally. On the mental level the patient experiences this disintegration as a delusion that the body is scattered, its parts are separated. It's indicated in later stages of serious inflammatory processes.

DISINTEGRATION - OFFENSIVENESS - FEELS THE BODY IS SCATTERED

MENTAL

DELUSIONS HE IS SEPARATED OR SCATTERED (DUALITY).

Delusions-one part of body is talking, conversing to another (toe with thumb, legs).

Falls asleep in mid-sentence in semi-comatose states. Answers and returns to stupor quickly.

Dullness of mind. Great confusion. As if drunk, intoxicated.

Stupid, besotted expression of the face.

Aversion to mental work. Difficult concentration.

PHYSICAL

HIGH FEVER WITH DELIRIUM.

OFFENSIVE DISCHARGES, foul odor of body, offensive perspiration, urine, mouth etc.

STOOL VERY OFFENSIVE. Diarrhoea. Stool thin, dark, bloody.

PROSTRATION IS RAPID. Sudden weakness.

Dark red discoloration of gums.

Brown strip in center of tongue, feels burnt.

Feeling of soreness, heaviness and aching. Influenza with bruised pains, uncomfortable in any position, the bed feels too hard- yet feels too weak to move, feels sore and bruised.

Ulcers are rapid and painless as if numb, without sensation.

Head feels enlarged, heavy, numb.

Tongue is thick, swollen and speech incoherent, difficult.

Painless tonsillitis, sore throat, tonsils dark red, swollen. Putrid, **offensive** odor of mouth.

Can only swallow liquids. Difficult to swallow solids, food gags.

Sinking feeling in stomach. Thirsty, constant desire for water.

MODALITIES

AGG.: lying on painful side, beer.

AMEL.: lying on painless side.

BERBERIS VULGARIS (*Berb.*)

AFFECTIONS OF KIDNEYS, BLADDER AND BACK WITH RADIATING PAINS.

MENTAL

Fear of solitude.

Feels anxiety in different body positions.

Mentally and physically tired. Weakness of mind that is especially apparent in twilight.

Weakness of memory. Dullness of mind esp. on waking.

The patient sees terrifying apparitions at twilight, including ghosts or imaginary forms surrounding him.

Melancholy, sadness, apathy and inclination to weep. *Darkness aggravates.*

PHYSICAL

Acts on **KIDNEYS, BLADDER & LIVER**. Arthritic affections with urinary disturbances.

RADIATING PAINS from kidneys, renal region. **Kidney stones, colic.** *Kidney pain extending into thigh, calves, bladder, ureter, testes, hip, downward.*

Kidney pains <jar, pressure, motion.

Numbness in region of kidneys.

Cholecystitis and gallstone colic.

BACK PAIN EXTENDING TO or AROUND ABDOMEN, thighs esp. posterior portion.

WANDERING PAINS.

Burning pain in urethra >urination.

Stiffness, sore pains, heaviness of lower limbs, of extremities - as if beaten.

Anal fistula with radiating pains.

MODALITIES

AGG: *standing, motion (also sudden motion), walking, spoiled fish.*

BELLADONNA (*Bell.*)

In Belladonna we see intensity in the acute states as well as in the constitutional characteristics. Sudden appearance of acute symptoms with extreme intensity. Intense emotions in chronic cases. This intensity is expressed in violence and aggressiveness, so strong that even during sleep they are talking loudly and grind their teeth.

INTENSITY OF SYMPTOMS, REDNESS, HEAT, CONGESTION.

MENTAL

People with intense emotions.

Rage, violent, biting people or objects, pulls hair, spits, kicks, impulse to set things on fire. Delirium with congestion.

Many delusions. Oversensitive to light and shining objects.

Fears dogs, animals, imaginary things.

Talking in sleep.

PHYSICAL

Great intensity and sudden manifestation of symptoms.

HEAT OF HEAD or FACE WITH COLD EXTREMITIES esp. feet, in acute conditions.

High fevers with dry burning skin, redness of face, glassy eyes and cold extremities.

Ailments from sudden exposure to cold.

HEAT, CONGESTION and REDNESS of mucus membranes, of skin eruptions.

Flushing and congestion causes radiating heat of the head and cold extremities.

HEADACHES with pulsating, throbbing pain < JAR, light, touch. Must lie down.

Irritation of meninges resulting to grinding of teeth, convulsions.

Right sided.

MODALITIES

AGG.: jar, touch, motion, heat, sun, drafts, sun, stooping.

AMEL.: cold applications, dark room, lying down.

DES.: LEMONS, LEMONADE.

AVERS.: light, noise, sun.

BENZOIC ACID (*Benz-ac.*)

KIDNEY, HEART, JOINT AFFECTIONS - GOUT WITH OFFENSIVE URINE.

MENTAL

CLOSED PEOPLE. Prone to *dwell on past occurrences*. (Nat-m).

Depression. Grief. Deeply timid and reserved.

Fear that someone is behind him (Med.).

Fear of becoming deformed or of seeing any deformed person.

Forgetful of words when speaking, makes mistakes when writing, omits words.

PHYSICAL

Kidney affections. Predisposition to kidney stones.

Heart problems alternate with rheumatism.

RHEUMATIC PAINS ALTERNATE WITH SEDIMENT IN URINE.

Symptoms tend to fluctuate according to the fluctuation of urine. Asthma, heart affections, rheumatic pain, or joint pain alternate with sediment in urine. i.e. when the seat of the pathology is in the heart, the urine is clear.

GOUT, HIGH URIC ACID with rheumatic pain of joints. With swelling of joints. Joints crack and feel dry.

Arthritic nodosities in wrists, hands, finger joints.

Urine, copious, offensive, dark colored (like brandy).

Ailments from suppressed gonorrhoea (complaints mostly in the joints with a tendency to affect the heart).

Trembling in the left side of the lumbar region or in the loins.

Periodic asthma, especially in rheumatic persons. Asthma appears when the kidneys fail to eliminate properly and the urine is suppressed, scanty and strong smelling.

Chill before stool.

Perspiration while eating.

Trembling of lips, involuntary biting of lower lip.

Heat flushes in stomach.

Dribbling of urine in old men with enlarged prostate.

MODALITIES

AGG.: weather changes, drafts, uncovering.

AMEL.: heat and warm covering.

BORAX (*Borx.*)

FEAR OF DOWNWARD MOTION, APHTHAE

MENTAL

FEAR AND ANXIETY ON DOWNWARD MOTION, riding down hill.

STARTLES EASILY esp. at sneezing, hawking, from noise, from fright.

Sensitive nervous system. Oversensitive to noise. Fear or even diarrhoea from sudden noise.

Makes involuntary motions of the hands.

Fear of falling, of infections.

PHYSICAL

Affects **MUCOUS MEMBRANES**, causing catarrhal conditions.

Children or infants cry and scream before the urine passes. *Frequent urging to urinate, shrieking before urinating or before stool. Painful urging, the child cries.*

DESCENDING AGGRAVATES SYMPTOMS. *It causes fullness of head, impeded respiration, vertigo.*

APHTHAE of tongue, of mouth, genitalia, nipples. *Bleeding aphthae.*

Sleeplessness with heat in the head, 03:00-05:00 from heat.

Milk of chest is cheesy, thick and tastes bad.

*Sensation of cobweb on hands and face.
Wrinkled palate.*

Leucorrhoea between menses, like boiled starch, white as thick paste, burning. *Leucorrhoea with sensation of warm water flowing down.*

External trembling on sneezing, after sneezing.

Headaches at 10am (Nat-m.)

MODALITIES

AGG: DOWNWARD MOTION, DESCENDING, lying, warm, cold wet weather, fruit.

AMEL.: seashore, bathing, rising, pressure.

BOVISTA (*Bov.*)

ENLARGED SENSATION - ANXIETY - AWKWARDNESS

MENTAL

ANXIETY and inner **HURRIEDNESS**. Chaotic.

Everything is **EXAGGERATED: awkward** in speech and action- stammers, drops things, laughs and cries alternately. **Alternating mood**. Sub-manic states. **ENLARGED SENSATION**.

Absent minded - staring thoughtless, looking fixedly at one point.
Closed - cannot connect.

Sensitive, easily offended.

Anxiety about anything, not easy to define it.

PHYSICAL

Influences circulation, causing relaxation of capillary system.

ENLARGED, SWOLLEN FEELING IN HEAD AND HEART.

General puffiness- swelling. *Skin gets indented easily from pressure.*

Perspiration smells like onions.

Diarrhoea before or during menses. Menses flow **only at night**. Traces of menses between periods.

Herpes, esp. of the lower extremities.

Cannot bear tight clothing around abdomen, stomach, throat, chest.

Skin eruptions with excessive **itching**. *Tip of coccyx itches intolerably.*
Leucorrhoea before and after menses. *Thick leucorrhoea when walking.*

Numbness on the root of tongue.

Paralysis in right optic nerve.

Eructations before breakfast.

MODALITIES

DES.: *bread.*

BROMIUM (*Brom.*)

SWOLLEN LYMPH NODES - RESPIRATORY PROBLEMS

MENTAL

Hard, not flexible individuals. The mind loses its flexibility and becomes as immovable as a stone and quite unable to function.

Inability to 'eliminate', **keeps emotions inside.** Eventually becomes emotionless.
Sad, indifferent, discontented.

Sits alone in room without doing anything, staring in one direction without saying anything, without emotions, without thoughts. The patient is deeply despondent.

Delusions that strange persons are looking over their shoulder or that they would see someone on turning.

PHYSICAL

Affects respiratory tract especially larynx and trachea.
Worse when overheated. *Complaints come in the summer.*

ASTHMA < ON LEAVING THE SEA (as soon as they go ashore).

Hoarseness or tickling cough from being over-heated.
*Dyspnoea, cannot inspire deep enough, as if breathing through a sponge <dust. Much rattling of mucus during cough (Ant-t.).
Left sided tonsillitis or pharyngitis. Suffocative cough on swallowing.*

Swelling and **INDURATION OF GLANDS** with **stony hardness**, esp. on parotid and submaxillary glands. Hard and swollen thyroid gland.

Hardening or even tumors of the left testicle or ovaries.
Primarily a **left sided** remedy. *Symptoms go from left to right.*

Patient is weak and easily overheated, then sweats and becomes sensitive to drafts.

Sensation of cobweb on the face.
Migraine after milk.
Heaviness in occiput of head from heat of sun.
Chill on inspiring

MODALITIES

AGG.: dust, becoming heated.

BRYONIA ALBA (Bry.)

Main characteristic is aggravation from motion. Extreme irritability with a desire to be left alone.

WORSE FROM SLIGHTEST MOTION, DRYNESS WITH THIRST FOR LARGE QUANTITIES

MENTAL

Irritability.

Aversion to be spoken. Wants to be let alone (especially during acute diseases)

Anxiety about the future. Strong fear of poverty, anxiety about money matters, talks about business.

Delusions he is away from home.

PHYSICAL

All ailments are **WORSE FROM MOTION**; even with the slightest motion, such as inspiration, coughing, stepping. Pain takes away the breath.

>REST, PRESSURE, LYING ON THE PAINFUL SIDE.

Cough is painful, he has to hold the chest.

THIRSTY FOR LARGE QUANTITIES. Dryness of mouth with thirstlessness.

Dryness of mucous membranes (mouth, nose, throat, rectum, eye, lips).

Constipation, with very hard and dry stool; as if burned.

Headache on left side; over the left eye extending to occiput. <moving the eyes.

Sleeps on left side; but is aggravated on lying on left side in gall bladder or liver problems.

One of the main remedies for appendicitis.

Fainting from sitting up and rising from bed.

MODALITIES

AGG.: MOTION, coughing, breathing (inspiration), change of temperature.

AMEL.: rest, lying/ pressure on the painful side, lying, perspiration

DES.: warm milk.

BARYTA CARBONICA (*Bar-c.*)

The main trait of Baryta carbonica is immaturity.

Immature, timid, lacks self-confidence, depending on other people, needs protection. The mind is immature, cannot absorb easily, has a weak memory.

On the physical level we see a kind of dwarfishness too. We may see that one part of the body is underdeveloped as if it belongs to someone younger.

IMMATURITY (MENTAL, EMOTIONAL, PHYSICAL) - LACK OF SELF CONFIDENCE

MENTAL

IMMATURITY, LACK OF SELF CONFIDENCE. Suspicious, delusions that she's laughed at, criticized, that people are talking about her.

IRRESOLUTION cannot decide what to do on any serious project. Fear to take responsibility. Need to feel security.

Children are timid/shy, they fear people, hide behind the mother.

Usually keep their mouths open.

Memory weakness; FORGETFUL, absent-minded.

Concentration difficult. **Difficulty in comprehending especially in children.**

Used for physically or mentally retarded children and elderly senility.

PHYSICAL

DWARFISHNESS, ARRESTED DEVELOPMENT.

Atrophy, underdevelopment of single parts, e.g. uterus, glands, genitalia etc.

Swelling and indurations, or incipient suppuration of glands, especially cervical, parotid, inguinal and axillary.

Recurrent tonsillitis. Chronic hypertrophy, enlargement of tonsils is so much that causes dyspnoea. Suppuration of tonsils.

Baldness esp. in young people.

Biting nails.

Diseases of old people; senile enlargement of prostate, induration of testes; mental and physical weakness.

MODALITIES

AGG.: cold, becoming cold.

AVERS.: FRUIT, plums.

CACTUS GRANDIFLORUS (*Cact.*)

CONSTRICTION - CONGESTION - CONTRACTION

MENTAL

Shrieking from pain.

Delusion that she is caught in wires, that the body is wrapped.

Anxiety about health, reaches hypochondriasis. Despair of recovery. Desires to take large doses of medicine. Delusion he's about to die with rheumatism or heart disease.

Fear of death or that something will happen.

Delirium during sleep.

Mania during fever and heat.

Suspicious, mistrustful.

PHYSICAL

HEART AND CIRCULATION PROBLEMS: infarct, angina, etc. **WITH CONSTRICTIVE PAINS AND SWELLING OF LEFT HAND.**

Numbness or pains extend to the left arm, hand or even fingers.

Grasping sensation of heart, constriction of chest as if from an armor.

Severe, violent **CONSTRICTING PAINS** in which the patient cries out from pain. Pain as if from a steel hand, as if a wire that gets twisted tighter and tighter. Whole body feels caged. Constriction of vagina on touch and coition. Constriction and choking sensation in oesophagus . Facial pain < fasting.

Violent palpitation < lying on left side, menses.

Hæmorrhages with constriction sensation.

Headache with severe congestion, followed by epistaxis with redness of face. Hæmorrhage from anus with heart symptoms.

Severe dysmenorrhoea or metrorrhagia with clots. Pains as each clot is expelled with constricting pains.

MODALITIES

AGG.: at forenoon 11:00 and night 23:00, beginning of menses, lying on the left side.

AMEL.: slow, continued motion.

CALADIUM SEGUINUM (*Calad.*)

IMPOTENCY WITH INCREASED SEXUAL DESIRE

MENTAL

Amorous, lascivious with impotency. Symptoms from sexual excesses (ex. memory weakness).

DEPRESSION due to unsatisfied sexual desire. Sadness from masturbation. Lack of enthusiasm. Indifferent to everything. Eventually becomes indifferent to sex.

Weakness of memory. Very forgetful, absent-minded. Mental confusion, inability to perform intellectual work.

Anxiety about health, hypochondriacal anxiety. Very careful about health- refuses to take medicine, fear of infection, of catching contagious disease.

Fear of cutting himself while shaving.

Nervous excitement.

PHYSICAL

Special action on the genitalia of both sexes.

IMPOTENCE WITH SEXUAL DESIRE. Increased sexual desire without erection.

Flaccid penis with sexual desire and excitement (Lyc., Sel.). Penis is excited but relaxed.

Failing to ejaculate during coition.

They cannot perform the sexual act in a natural way and they seek other ways of satisfying the excessive desire.

Pruritus Vulvæ (voluptuous itching) in females, inducing masturbation and sleeplessness.

Coldness of single parts of the body (lower limbs, single parts).

Organism is **sensitive to smoking** and is aggravated by it.

A burning sensation, stays in the lungs for years after heavy smoking.

Sensitivity of the skin, crawling itching. **Sensation of cobweb or formication in face.** *Tension of skin, as if white of egg were dried in the face.* Violent itching on certain parts of the skin.

Insomnia. Sensitive to slightest noise, startles from sleep (Asar., Nux-v., Tarent.). Afraid to go to sleep. Sleep is disturbed. Sleeps for 3-4h and then wakes up and cannot sleep for 2-3 hours.

The perspiration attracts flies.

MODALITIES

AGG.: warmth, yet desires warm drinks.

AMEL.: perspiration.

CALCAREA CARBONICA (*Calc.*)

Typical Calcarea is responsible, hard-working and practical. She is a bit slow and she seeks stability and security. She has numerous fears like high places, dogs, rats but with a prevailing fear of insanity. She undertakes many responsibilities until finally she collapses from overworking. The practitioner should not get lost in the vast array of symptoms but should look for the main keynotes of the remedy. There is a general aggravation from cold and wet weather. The patient has cold feet that may have a slight clammy sweat. A tendency to be overweight, perspiration during sleep around the neck, desire for sweets and soft-boiled eggs.

CHILLY, FLABBY, WITH NUMEROUS FEARS. DESIRES EGGS AND SWEETS

MENTAL

MANY FEARS: HIGH PLACES, INSANITY, dogs, rats, death, disease, dark, ghosts, thunderstorms, accidents.

DESPAIR OF RECOVERY.

OBSTINATE.

Sensitive when hearing cruelties.

Religious affections in children. The child inquires about God, about the beyond etc.

PHYSICAL

CHILLY, sensitive to cold (lack of vital heat).

Cold extremities, esp. FEET (usually sleeps with socks or hot water bottle).

Profuse **PERSPIRATION DURING SLEEP** esp. on the **CERVICAL REGION**, chest and scalp.

Worse from exertion in general esp. the headache. **Out of breath (difficult, panting respiration) from ascending.**

OBESITY that produces flabbiness.

BRITTLE, SOFT NAILS.

Pains and swelling of the mammae before menses.

Slow, difficult dentition in children. Convulsions during dentition. Distended, enlarged abdomen in children.

A bit slow individuals. Sluggishness. Hypothyreodism. Constipation with no urging.

MODALITIES

DES.: SWEETS, EGGS (ESP. SOFT BOILED), milk, strange things (i.e. coal, indigestible), farinaceous food.

AVERS.: milk.

AGG.: exertion, cold, cold wet weather, draft of air.

AMEL.: warm dry weather, rising.

CALCAREA ARSENICOSA (*Calc-ar.*)

PALPITATIONS WITH COMPLAINTS

MENTAL

ANXIETY ABOUT MONEY MATTERS.

Fear of poverty. Avarice.

Restlessness in bed.

Peevish, grumbling, lamenting , bad tempered, inwardly discontented displeased with others and with themselves.

Anger brings palpitations, headaches.

Fear of earthquake.

Anxiety about his salvation and fear of the beyond. Anxiety in evening, at night, in bed, and during a chill.

Dullness. Difficult concentration.

PHYSICAL

It is indicated in cases of ***cancer of the pancreas***. This remedy relieves the burning pains of cancer of the pancreas and will cure where there is enough vitality left. Also indicated in malignant affections situated on the area of abdomen. Malignancy of the lymphatic glands, swelling of the inguinal and mesenteric glands.

It is indicated in cases where the ***kidneys*** have been affected (cardiac and hepatic affections, nephritic syndrome, Addison's disease, nephritis) and there is **strong, excessive albuminuria**. *Albuminous urine consecutive to heart disease*. Nephritis with great sensitivity in the kidney region.

Fatty degeneration of the organs. Enlargement of the liver and spleen in children.

PALPITATIONS AFTER EXERTION, EXCITEMENT, ANGER AND AFTER EPILEPSY.

Mentally and physically weak. Marked lassitude. Tremulous and paralytic weakness. Useful remedy in anæmia.

Perspiration after 03:00. A strange symptom is that the patient wakes up at this hour and feels mischievous.

Epilepsy with convulsions at night. *Epileptic aura can come with palpitation, vertigo, aphonia, congestion of head, pain in heart, loss of voice, urging to stool, pain in left hand.*

Complaints are worse from exertion that can cause faintness, palpitation, dyspnoea and weakness.

Chronic or suppressed malaria.

Vertigo as if floating.

MODALITIES

AGG.: *cold, 03:00, corn.*

DES.: **SOUP, liquid food, alcoholic drinks, cold drinks.**

AVERS.: **alcohol, cold drinks, corn meal.**

CALCAREA PHOSPHORICA (*Calc-p.*)

*The most prominent characteristic of Calc-p. is the **discontent** that is seen from children to adults. They don't feel well but cannot define what is wrong. The children moan all the time even in their sleep and drive the parents crazy. These patients need change, their only outlet is to travel.*

DISCONTENT, NEEDS CHANGE, SENSITIVE TO DAMP

MENTAL

DISCONTENT, COMPLAINING AND MOANING, esp. during sleep.

They don't know what is wrong. **ENNUI, DESIRES TO TRAVEL, TO CHANGE PLACES**. (Traveling ameliorates psychological complaints not physical like in Ign.).

Thinking of complaints aggravates.

Sighing, cannot take a satisfying breath (Ign.).

Mental dullness in adults and children. Mental exertion aggravates.

Duty bound. They press themselves to do their duty and they get headaches.

Ailments from bad news.

PHYSICAL

< **COLD AND WET WEATHER**, melting of the snow, drafts, exposure to cold air after perspiration.

Pain in cervical region < **DRAFT** of air.

Headaches after mental exertion esp. in school children.

SCOLIOSIS, curvature of spine.

Children: slow learning to walk and talk. Arrested development. Emaciation. Fontanelles remain open for long time.

Colic pains in abdomen, at every attempt to eat.

MODALITIES

AGG.: draft of air, exposure to damp, cold, *melting snow*; changeable weather; mental exertion.

AMEL.: summer; *warm, dry weather*.

DES.: **SMOKED MEAT**, bacon, strange, indigestible things.

CALCAREA SULPHURICA (*Calc-s.*)

In Calc-s. we see suppuration in physical and psychological levels. We see abscesses and discharges of pus and blood on the physical level and jealousy, nastiness and maliciousness on the mental/emotional levels.

PUS IN PHYSICAL AND PSYCHOLOGICAL LEVELS - ABSCESSES, DISCHARGING SUPPURATION

MENTAL

Great jealousy. Nasty and malicious.
Irritable, quarrelsome from jealousy.

Fear of birds.

PHYSICAL

TENDENCY TO SUPPURATION THAT DOES NOT HEAL. Pus continues for months or years. **CHRONIC ABSCESSSES.**

Purulent discharges. Discharge or pus is yellow and bloody. (nose, eye, ear, urethra, skin).

Crusty eruptions on face. ACNE vulgaris with the whole face covered with crusts.

Painful abscesses around rectum. **Fistulae** that discharge constantly yellowish purulent matter.

Otitis with yellow, purulent, bloody discharge. Suppuration of middle ear. Abscess in meatus.

MODALITIES

DES.: green, acid fruits.

AVERS.: meat.

CALENDULA (*Calen.*)

INJURIES, LACERATED WOUNDS

MENTAL

Fear that something bad is going to happen and this fear makes him/her restless.

Anxiety felt in abdomen before or during stool. Aggravation in general during chill becomes peevish, complaining a lot, becomes sleepy.

Bulimia. Great irritability during a chill.

PHYSICAL

Open, cut, **LACERATED** wounds, **RAGGED**, **SUPPURATED** where the pain is excessive and out of all proportion to injury.

OPEN WOUNDS that will not heal, ulcers etc. Suppurations, abscesses, sepsis and gangrene.

Lacerations in hand, nose. After injuries to **genitalia, head, eye.**

Injuries of muscles, tendons < moving the part and > by lying. *Sensitive to touch.*

After labor esp. caesarean. After operations. Calculi after bladder operation. Profuse gum bleeding after tooth extraction.

General **weakness after the injury** that may be much more debilitating than expected given the severity of wound. **Nausea** and other consequences after physical trauma (fever, chill, headache).

The injured part is worse on moving the part and relieved by lying perfectly still (Bry.).

Individual with low defenses, gets cold easily, gets tired easily, weak and frightened.

Great disposition to take cold especially in damp weather.

Chill is a marked feature with acute ailments.

Loss of hearing, deafness from cicatrice tissue on the tympanum. Hearing is affected in damp weather.

MODALITIES

AGG.: wet weather, motion.

AMEL.: rest.

CAULOPHYLLUM THALICTROIDES (*Caul.*)

FOR WOMEN DURING DIFFICULT CHILDBIRTH.

AFFECTIONS OF SMALL JOINTS

MENTAL

Irritability on abortion and prostration of mind after abortion.

Anxiety during pregnancy.

Nervous, excitable, easily displeased.

PHYSICAL

AFFECTIONS OF SMALL JOINTS.

Rheumatic pains in hand, fingers, wrist, ankle, thumb.

Pain in small joints esp. fingers > after menses.

Wandering, shifting pains of extremities.

WEAK LABOR PAINS, spasmodic, short, irregular, with thirst. Contractions may be spasmodic and long, needle-like pains in cervix.

Rigid opening of uterus during labor.

Complaints during pregnancy. Abortion from uterine debility.

Bitter vomiting before menses. Bitter taste at beginning of menses.

Internal trembling with weakness.

Spasmodic pains across lower abdomen extending to groins after long exhausting labor (Carb-v, Cocc.).

Pains during menses extending downwards, to thighs and feet.

Stiffness and pains better warmth.

MODALITIES

AGG.: cold, during menses, after midnight.

CAMPHORA OFFICINARUM (*Camph.*)

COLLAPSE - EXTREMELY COLD BUT WANTS TO BE UNCOVERED

MENTAL

Thinking of complaints ameliorates.

Anxiety during chill, anxiety in bed. Fears to be alone at night, desires company.

Shrieking, screaming, <before convulsions. Shrieking for help.

Puerperal insanity. Delirium. Tears things.

Desire to bite <during rage.

PHYSICAL

SKIN IS ICY COLD, YET wants to be UNCOVERED. Throws off all coverings (Carb-v., Sec., Med.). *Coldness of extremities, yet warm bed is unendurable.*

Wants to be uncovered with cold skin, but desires to be covered with heat and sweat.

Internal heat with external chill during fever.

Sudden collapse- weakness with chill and anxiety. Profound weakness. Sleep becomes comatose; can alternate with sleeplessness.

Sudden attacks of vomiting and diarrhoea with anxiety and restlessness.

Sensitive to cold air.

Cramps, convulsions with coldness and mental anguish. Face is anxious, distorted, bluish and cold.

Rashes from exposure to sunlight.

Pain > while thinking of it.

Ailments from suppressed sexual desire (Con., Puls., Apis).

MODALITIES

AGG.: suppressed perspiration, urine, cold air, exposure to sun, warm bed, warm wraps.

AMEL.: thinking of pain, open air, drinking cold water.

DES.: cold food without thirst.

CANNABIS INDICA (*Cann-i.*)

Usually these patients have a history of cannabis abuse or they can be so sensitive to cannabis that they can get ailments even after slight use. It activates (quick mind, many ideas, loquacity, theorizing) but also confuses the mind (gullible, no critical thinking, no discrimination) reaching to even delusional states. The clarity of mental faculties is affected for many years after stopping the use of cannabis. However we should remember that the abuse of cannabis can produce the picture of any remedy if the symptoms match.

DELUSIONS, CONFUSION, FEARS AS CONSEQUENCES FROM HASHISH USE

MENTAL

DELUSIONS: time passes too slowly, a few seconds seem ages.

Objects or distances are enlarged, he's out of the body etc. Sensation that single limbs are floating.

FEAR OF INSANITY, OF LOSING SELF-CONTROL. Panic attacks, with fear of death.

LOQUACITY. Theorizing.

CONFUSION. Fast mind with abundant ideas. Inability to recall any thought or event on account of other thoughts intrude and crowd around each other in his brain.

Very forgetful: *forgets words while speaking; begins a sentence, forgets what he's about to say, for what has just thought; thoughts are vanishing* while speaking, writing, reading.

Laughs immoderately and involuntary at trifles, at every word that is said.

Always asking questions.

PHYSICAL

Internal jerking, internal pulsation.

Sexual desire increased, violent.

Back pain on laughing.

Headache, as if head is opening and shutting.

Burning thirst and ravenous appetite.

MODALITIES

DES.: sweets.

CANTHARIS (*Canth.*)

This is an intense remedy. The idea is of fire esp. in genitourinary system. The inflammation is so intense that is life-threatening. The pains are intense, the sexuality is intense, the skin burns are severe.

INTENSITY OF SYMPTOMS ESPECIALLY OF GENITO-URINARY SYSTEM

MENTAL

Adulterous, erotic delirium, lascivious, nymphomania.

Rage esp. on sight of water. Disposition to contradiction, insolent esp. in the afternoon. Delirium with desire to bite. Maniacal delirium. Fear of mirrors and brilliant objects. Hydrophobia.

PHYSICAL

RAPID, INTENSE AND DESTRUCTIVE symptoms.

BURNING, CUTTING PAINS.

Affects the URINARY AND SEXUAL ORGANS.

Burning, cutting pain in neck of bladder extending through urethra. Urination is so painful so that he dances around the room in agony.

Frequent, constant urging to urinate, passing a few drops at a time (dribbling), sometimes mixed with blood.

Cystitis with violent burning pain during urination, the burning can be there before and/or after urination. Pain in bladder after few drops pass.

Nephritis. Kidney pain, tearing, cutting and burning. Contracting pain from kidneys down ureters to penis.

BURNS which have caused vesication. Gangrene from burns. Inflammation of the eye from burns.

Strong, excessive erections. Painful erections < at night.

Perspiration has the odor of urine.

Chill 15:00, lasting 12 hours.

MODALITIES

AGG.: coffee, bathing, pressure, touch, olive oil, bright objects, after urination.

AMEL.: lying, alcoholic drinks, perspiration.

CAPSICUM (*Caps.*)

HOMESICKNESS, THREATENED MASTOIDITIS

MENTAL

DEPRESSION AND NOSTALGIA (HOMESICKNESS) which can even reach suicidal states. Ailments from homesickness. Homesickness with sleeplessness, ennui, with red cheeks.

Prostration of mind.

Children obstinate, chilly and clumsy.

Desire to be alone, aversion to company.
Aversion to physical exertion.

PHYSICAL

Affects mucous membranes, and bones esp. **MASTOID**.
MASTOIDITIS.

Pain in distant parts on coughing, bladder, knees, legs, ears.

Flabbiness of skin, flabby feeling.

Pains are **burning and smarting** (as from cayenne pepper), worse with cold water. Burning, stinging and bleeding hæmorrhoids.

Offensive breath, pungent eructations during cough.
Pain in throat, head, ear, back, bladder etc. during cough.

Thirsty after stool, with shivering. Much thirst but drinking causes shivering.

Perforation of tympanum, cavity is filled with thick yellow pus.

Children dread open air, always chilly, clumsy, fat, dirty with aversion to work or think. General uncleanliness of the body, filthy skin.

Awkwardness.

Acute hearing during perspiration, during chill, during heat. Sensitive to noise during chill.

MODALITIES

DES.: pepper, alcohol, coffee.

CARBO ANIMALIS (*Carb-an.*)

BURNT-OUT WITH HOMESICKNESS

MENTAL

WEAK WILL DUE TO THE EXHAUSTION. Lack of reaction. Too weak to set limits, react to pressure or say no. Sympathetic.

HOMESICKNESS.

Buried in thought-meditative.

Keeps feelings inside. **Reserved.** Avoids conversation, indisposed to talk. Aversion to company.

Illusions of hearing- as if tone came from another direction, or another world.

Fear of heights. Fear of fainting. Fear of dark, aggravates on closing eyes.

PHYSICAL

Slow, hard, painful processes.

GREAT WEAKNESS < during menses.

Suitable to old persons of feeble constitution or low vitality. **Lack of reaction.** (Depleted vital energy all Carbo's).

SWOLLEN AND INDURATED LYMPH GLANDS.

Susceptible to **malignancies, cancerous affections** esp., stomach, uterus, glands, ovaries, testes, mammae, nose, tongue, eye, with **burning** pains.

Chill when lying on bed.

Headache, feels as if head would fly to pieces- must press it with hands. Head pain on vertex after wet weather.

Impaired hearing. Confusion of sounds. Cannot tell from what direction sound comes from.

Bluish discoloration of skin. Bluish face, bluish circles around eyes.

Coppery skin eruptions.

Indigestion. Flatulence. Eructations are acrid and foul.

Vertigo after shaving.

Pain in teeth, salty food amel.

Coldness in foot between 9-15h.

MODALITIES

AGG.: eating while, lying on side, evening.

CARCINOSINUM (Carc.)

The vulnerability and emotional oversensitivity are the characteristics of this remedy. The patient since early age is very proper, disciplined, yielding, wants to please everybody in order to gain appreciation and love from others. They're so sensitive that the impact of an even slight remark is disproportionate on them.

VERY SENSITIVE TO REPRIMANDS, PLEASING OTHERS, FAMILY HISTORY OF CANCER OR DIABETES

MENTAL

EASILY OFFENDED, OVERSENSITIVE TO CRITICISM AND REPRIMANDS. Fear of humiliation. SYMPATHETIC, YIELDING DISPOSITION.

Lack of self-confidence, **WANTS TO PLEASE EVERYBODY.**

Craving for affection.

Timid. Fastidious. Sentimental. Passionate.

History of suppression and guilty feelings. Sad but cannot weep. Silent grief.

Desires and ameliorated by dancing and music.

Loves the excitement of thunder storms and lightnings.

Anxiety about health. Fear of cancer.

Horrible things, **sad stories affect them profoundly.**

Children

1st type (usual): obedient, responsible, disciplined in order to please parents.

2nd type (rare): insensitive, dissatisfied, self-centered, misbehaving.

PHYSICAL

LACK OF REACTION, e.g. ABSENCE OF FEVER.

Past history of cancer or family history of cancer or diabetes. Complaints develop at the time of puberty.

Complexion is dark, earthy, "café au lait". Often the patient has *dark moles*.

Blueness of conjunctiva, esp. in children.

Insomnia. *Child must be rocked.* Sleepless from thoughts. Early waking at 4am.

Warm blooded and generally worse from heat.

Sexual desire increased, too frequent or early masturbation.

Sleeps in *knee-chest* position (Med.).

Frequent winking of the eyes.

Cough from a tickle in the throat. Cough < **yawning**, talking, laughing.

MODALITIES

AGG.: afternoon from 13:00-18:00 or esp. 17:00-18:00.

AMEL.: sea, seashore, evening, short sleep.

DES.: **chocolate**, salt, fat, fat ham, spicy foods, eggs, alcoholic drinks, cold drinks.

AVERS.: fat.

CARBO VEGETABILIS (*Carb-v.*)

The idea of Carbo vegetabilis is the emptiness that we see in all levels. The person feels that life is leaving him, he feels like an empty sac. The circulation is poor and produces weakness and faintness in both acute and chronic states.

EMPTINESS IN ALL LEVELS, POOR CIRCULATION - WEAKNESS, FAINTNESS WITH COLD PERSPIRATION AND DESIRE TO BE FANNED

MENTAL

The emptiness on the emotional level is manifested by **indifference, apathy, discouragement** and on the mental level by **slow thinking, dullness, weak memory, confusion, indecision.**

Before these states you may see irritability and anger. The patient is abrupt and critical.

Anxiety on closing the eyes, at evening in bed. Delirium in the dark.

PHYSICAL

Acts upon the **venous circulation**, esp. capillaries. **Poor circulation and imperfect oxygenation. Disintegration.** *Bad effects from exhausting illness (ex. measles, scarlet fever, intoxication) and loss of vital fluids. Used after anaesthesia to bring back the patient quickly. Last stages of disease.*

FAINTNESS on rising, on waking, on exertion. *Faintness with cold perspiration esp. on forehead, cold breath, cold tongue, cold face and general coldness of body.*

DESIRE TO BE FANNED.

Tympanitic distention of abdomen <eating, drinking, stool after >eructations, flatus. Indigestion <ice-cream.

Chilly. Waking from coldness of limbs. Always suffering from coryza.

Hæmorrhage from mucous membranes or orifices.

Gums are spongy, detached from teeth and bleed easily on sucking them or cleaning them.

Headache or constriction of head <pressure of hat. Head sensitive from walking in cold air.

Sensitive to tight clothing (esp. around stomach and abdomen)>loosening clothing.

MODALITIES

AGG.: warm wet weather, olive oil, pork, rich foods, butter and fat, eating while.

AMEL.: open air, loosening clothing, lying.

DES.: salt, sweets, coffee.

AVERS.: fat meat, salt, milk, meat.

CHAMOMILLA (*Cham.*)

Chamomilla patients are oversensitive people to an extreme degree. Oversensitivity and irritability run through the whole symptom picture. Chamomilla is very much indicated in children during the period of dentition.

EXCITABLE, REACTIVE NERVOUS SYSTEM, CAPRICIOUSNESS

MENTAL

GREAT IRRITABILITY <touched, spoken to, during pain, during dentition. Cannot bear to be looked at. Sends nurse out of the room.

CAPRICIOUSNESS. Rejecting the things he has been longing when offered.

CHILDREN WANT TO BE CARRIED AND ROCKED.

OVER-SENSITIVE to pain.

Common in children esp. during dentition.

PHYSICAL

AILMENTS FROM ANGER: pains in uterus, metrorrhagia, vomiting, convulsions, dyspnoea, metritis, asthma etc.

GREAT SENSITIVENESS TO PAIN. Pain is unbearable, drives to despair. Labor pains spasmodic and distressing, make her desperate.

REDNESS OF ONE CHEEK, PALENESS OF THE OTHER.

DENTITION with irritability.

Toothache < warm drinks or food, bed, warm room.

Stools hot, like chopped eggs & spinach, smelling like rotten eggs (esp. during dentition).

Hot sweat on head.

MODALITIES

AGG.: 09:00, touch or touching anything, lying on painless side, coffee, cold becoming.

AMEL.: coffee, after perspiration, cold.

DES.: cold drinks, bread.

AVERS.: warm drinks, beer, coffee, aversion to food after eating a little.

CHELIDONIUM MAJUS (*Chel.*)

GALL BLADDER AND LIVER AFFECTIONS

MENTAL

Powerful, domineering, dictatorial. Wants others to listen to her advice and likes to run others' lives.

PHYSICAL

GALL-BLADDER AND LIVER AFFECTIONS.

Gall-stones, cholecystitis.

PAIN IN RIGHT HYPOCHONDRIA EXTENDING TO BACK, TO THE INFERIOR ANGLE OF RIGHT SCAPULA < breathing, inspiring.

Right sided complaints. Eye or ear pain *extending to teeth*. Toothache extending to eyes. Headache <*right side, with lachrymation*.

Jaundice (also in newborns).

Constipation alternating with diarrhoea, like sheep's dung. *Constriction of rectum preventing the stool, alternating with itching*.

Stomach pain or umbilicus pain extending transversely across stomach or abdomen.

MODALITIES

AGG.: eating after.

AMEL.: eating after esp. noon, warm milk, warm drinks.

DES.: *cheese, warm drinks, strange things*.

AVERS.: *cheese*.

CHINA OFFICINALIS / CINCHONA OFFICINALIS (*Chin.*)

This is a touchy person. The nervous system is in a state of irritation. Touch aggravates them in the physical and emotional levels. They react badly with the least offence and they are aggravated by touch.

TOUCHY, AILMENTS AFTER LOSS OF VITAL FLUIDS, DISTENTION

MENTAL

TOUCHY, EASILY OFFENDED.
FEAR OF ANIMALS.

Great imagination. **Abundant ideas at evening or night.** They fantasize about all sorts of things and play the hero in these fantasies. **Mirth, liveliness at night esp. after midnight.**

Oversensitive to noise.

Dullness of mind or delirium after loss of fluids.

PHYSICAL

GALL BLADDER STONES.

AILMENTS FROM LOSS OF BLOOD, OF FLUIDS (emaciation, faintness, chorea, stomach pain, inflammation of lungs, diarrhoea).

DISTENTION OF ABDOMEN, tympanitic, with a lot of flatus, but passing flatus does not ameliorate. Worse after drinking, eating.

PERIODICITY. Periodic fever, headache, eye pain, face pain, diarrhoea etc.

Headache ameliorated with hard pressure.

Cold perspiration around nose, around mouth.

MODALITIES

AGG.: SLIGHT TOUCH, slight pressure, *fruit, milk.*

AMEL.: HARD PRESSURE.

DES.: sweets, spices, delicacies, highly seasoned food.

AVERS.: hot food, butter, fruit, beer.

CICUTA VIROSA (*Cic.*)

CONVULSIONS FROM INJURIES OF HEAD WITH FRIGHTFUL DISTORTIONS OF THE FACE

MENTAL

FRIGHTFUL DISTORTIONS OF THE FACE, DURING CONVULSIONS.

Convulsions with bizarre distortions.

Shrieking, screaming, shouting, fear before convulsions.

Childishness with strabismus. Foolish jesting.

Retardation esp. after head injury. Weakness of memory.

Aversion to company. Answers abruptly when spoken to.

Moaning and groaning during sleep.

Affected profoundly after hearing horrible things, by sad stories.

Delirium with singing and dancing. Dementia.

PHYSICAL

Affections of the nervous system. Indicated in epilepsy, mental retardation, trismus, tetanus and convulsions. Clenching of thumbs in epilepsy.

VIOLENT CONVULSIONS, WITH FRIGHTFUL DISTORTIONS OF FACE, with bizarre distortions.

OPISTHOTONOS. ARCHING OF THE BACK.

Head drawn backward, drawn sideways.

Convulsions after injuries esp. head.

Strabismus.

Vomiting during or alternating with convulsion.

Sudden jerks and spasms through head, stomach, extremities, forearms, fingers. Chorea.

Spinal chorea.

Eruptions on head, pustules which burn and run together, forming thick yellow, honey like scabs on the face or scalp.

MODALITIES

AGG.: tobacco smoke (Ign.), touch.

DES.: indigestible things - dirt, charcoal or chalk (Alum, Psor), cabbage.

CIMICIFUGA RACEMOSA (*Cimic.*)

CHRONIC HEADACHES AND RHEUMATIC COMPLAINTS

MENTAL

Incessant talking, loquacity changing from one subject to another. Loquacious delirium. Restlessness and uneasiness, difficult concentration, cannot fix attention. Jerky. Dullness with headache.

Delusion that heavy black clouds envelope her, that she's encaged in wires, that sees sheeps, rats.

Fear of insanity esp. in menopause. *Very suspicious, fear of being poisoned or murdered, of impending danger. Fear of death and rats.*

2nd stage: Depressed, gloomy, miserable, with frequent sighing.

PHYSICAL

Women's remedy. Complaints during the climacteric period. Cramp in uterus, bearing down pains, ovarian neuralgia.

Menses irregular, profuse or scanty. More pain the more the flow. *Congestion of head, restlessness, sadness from suppressed menses. Menses from suppressed emotions or suppressed cold. Unable to open the lids during menses. Tendency to abortion. After-effects of abortion. Nausea in pregnancy.*

Headache as if the vertex is pressing outward. Fullness in vertex with vertigo. Sore pain, sensitive to pressure. *Redness of eyes during headache. Pain from occiput extending to vertex, headache <opening and shutting or turning eyes, warm room, after sleep. >open air, pressure, tea.*

Rheumatic complaints. Rheumatic back pain, headache, toothache, chest pain, joint pain, facial pain, chorea. Stiffness of cervical region.

Gagging when drinking. Faint, sinking, empty feeling in stomach.

Pain extending from heart to left arm.

Mouth: gluey, viscid saliva. Trembling of tongue (Lach.).

MODALITIES

AGG.: cold (air, becoming), during menses, evening, motion, sudden change of weather.

AMEL.: open air.

CINA (*Cina*)

The irritation of the nervous system in Cina is such that they cannot have peace. We see the irritation in all levels. In the mental level there's irritability and capriciousness and on the physical level we see itching of the nose, grinding of teeth, convulsions. Imagine the irritation of an organism full of worms.

IRRITATION OF NERVOUS SYSTEM

MENTAL

EXTREME CAPRICIOUSNESS esp. in CHILDREN. Aversion to being TOUCHED, caressed, approached.

REJECTING EVERYTHING OFFERED. Striking, throws things away.

Shrieking on waking, during sleep, before convulsions.

Weeping when carried.

PHYSICAL

Nervous erethism.

MAINLY A REMEDY FOR WORMS.

CONVULSIONS FROM WORMS, *from anger. Convulsions of extensor muscles.*

Constantly **PICKING AND BORING AT THE NOSE.**

ITCHING of nose. **RUBS** the nose constantly.

Grinding of teeth during sleep.

Ravenous appetite soon after eating. *Capricious, changeable appetite. Appetite in unusual time.*

Sleeps in knee-chest position.

MODALITIES

AGG.: pressure, *pepper.*

AMEL.: lying on abdomen, motion.

DES.: *many things, cold drinks, bread*

AVERS.: *milk, mother's milk.*

COCCULUS INDICUS (*Cocc.*)

In Cocculus the vision is not adjusted as the person is moving. The accommodation of the eye is slow resulting to dizziness, headaches, vomiting and vertigo. They are very sensitive to loss of sleep.

AILMENTS FROM NIGHT - WATCHING OR LOSS OF SLEEP ESPECIALLY VERTIGO

MENTAL

AILMENTS FROM CARES ABOUT OTHERS.

ANXIETY from **LOSS OF SLEEP** and **NIGHT WATCHING**.

Slowness of perception. Dullness, answers slowly.

Profound sadness. Sits as if wrapped in deep, sad thoughts. Sentimental.

Intolerant of contradiction, easily offended.

Anxiety about health and health of relatives. Anxiety others for.

PHYSICAL

Disturbances of the sensorium and cerebrospinal axis. Slowness, slow reflexes, slow accommodation of eye. **NERVOUS WEAKNESS.**

AILMENTS FROM NIGHT-WATCHING.

VERTIGO FROM NIGHT-WATCHING < MOTION OF EYES, moving objects. Vertigo with tendency to fall sideways.

NAUSEA / VOMITING on motion, from riding in a carriage, car or train, from thought or smell of food, on becoming cold. **SEA-SICKNESS.**

The slowness of the nervous system can reach to the state of painless paralysis. Paralytic weakness, stiffness of extremities.

Paralysis of muscles.

Weakness esp. of lower limbs < during menses, riding in a car.

Unable to hold the head up from the weakness. Weakness of neck muscles with heaviness.

Sensation of hollowness or emptiness in head, chest and abdomen.

Cutting pain in uterus < motion, breath.

MODALITIES

AGG.: riding, rising, motion, walking in open air.

AMEL.: lying on side, lying in bed.

DES.: refreshing things, beer, mustard.

AVERS.: food, smell of food, sour, beer.

COFFEA CRUDA (*Coff.*)

Oversensitive people, too sensitive to external impressions who get excessively excited and who suffer from insomnia. The Coffea patient has extreme alertness with all the senses under high tension especially the sense of hearing.

OVERSENSITIVITY OF NERVOUS SYSTEM, SLEEPLESSNESS

MENTAL

EXCITEMENT, OVER-SENSITIVITY, ACUTENESS.

Oversensitive to pain, to noise, to odors, to all external impressions. Fear of death from pain.

Ailments from excessive joy. Ecstasy.

Abundant ideas esp. evening and night. Rapid thoughts.

Active memory and concentration.

Quick to act.

PHYSICAL

Overexcitement of nervous system.

SLEEPLESSNESS from physical and mental excitement, from excessive joy, from thoughts, from same idea repeating.

Ailments from joy (diarrhoea, palpitation, catalepsy, metritis, headache, trembling).

ACUTE SENSES. Acute hearing, smell, taste, vision.

SENSITIVENESS TO PAIN, pains are felt **INTENSELY, ESP. WITH NOISE.** Painful sensitiveness of the skin.

Headache from noise, music, excessive joy. *Nervous headache.*

One-sided as from a nail. *Congestion of head after a surprise or excitement.*

Neuralgic toothache <warm food and drinks, external warmth > cold drinks.

MODALITIES

AGG.: noise, heat, touch, cold wind, wine.

AMEL.: sitting, open air, lying, sleep, warm.

AVERS.: coffee.

COLCHICUM AUTUMNALE (*Colch.*)

GOUT, NAUSEA AND FAINTNESS FROM ODORS

MENTAL

SENSITIVE TO ALL EXTERNAL IMPRESSIONS, LIGHT, ODORS, NOISE, RUDENESS. *Ailments from rudeness. Wildness in bright light, odors etc.*

Prostration of mind. Dissatisfied with everything.

Memory weakness. Forgetful esp. of words while speaking.

Absent minded. Says nothing when questioned.

Picks at bed clothes. Restlessness during pregnancy.

Unconsciousness during fever.

PHYSICAL

SENSITIVE TO ODORS.

NAUSEA ON LOOKING, SMELLING OR EVEN THINKING OF FOOD.

Craving for various things, but averse to them when smelling them.

Sensitive to odors esp. of cooking food, fish, eggs, broth. Nausea from smell of fish, eggs, soup. Fainting from odors of eggs and fish. Nausea during pregnancy.

Tympanitic abdominal distention < after eating. Obstructed flatulence.

GOUT. Gouty pain of joints, gouty inflammation of eyes, gouty heart.

Pain in joints <slight motion. Gouty pains in joints extend from left to right.

Paralytic pain in extremities.

Arthritic nodosities.

Urine like black ink, bloody, albuminous.

Electric like shocks esp. of extremities.

Icy coldness in stomach esp. with pain. Great prostration with internal coldness and tendency to collapse.

White stool with shreddy particles.

Complaints from suppressed perspiration (lameness or paralysis of extremities).

MODALITIES

AGG: smell or sight of food, odor of eggs, motion, cold wet weather, touch.

AMEL.: sitting, waking, lying.

AVERS.: smell of food, eggs, pork, fish, fat.

COLLINSONIA CANADENSIS (*Coll.*)

PORTAL, PELVIC CONGESTION, HAEMORRHOIDS, CONSTIPATION

MENTAL

Very excitable individuals. Ailments from emotional excitement.

FEELING OF ENLARGEMENT IN PHYSICAL PARTS (head, face, genital organs, anus). Delusions that parts -legs, hands etc. do not belong to her body.

Itching in the genitalia during pregnancy can be so strong as to cause delirium.

Palpitation brings on excitement.

Anxiety felt in stomach.

PHYSICAL

Try this remedy after bigger remedies have failed.

SYMPTOMS ALTERNATING OR CONCOMITANTS TO HAEMORRHOIDS.

Haemorrhoids and heart affections alternate. *Hemorrhoids and palpitation.* Severe constrictive heart pains but every time he has a stool, passes blood and during the oozing of the blood the pains are relieved.

Haemorrhoids and dysmenorrhoea.

Haemorrhoids and constipation.

Chronic, painful, bleeding haemorrhoids, especially in the latter months of pregnancy.

Obstinate constipation with flatulence and haemorrhoids. Constipation with inactivity of rectum. Ineffectual urging and straining. *Has to take cathartics which aggravate.*

Great uneasiness, weight, pressure and pain in the rectum. Prolapsus of rectum.

Feeling of swelling or actual swelling of parts. Head feels distended. Inflammations with swelling. Genitals are swollen and inflamed. Extreme soreness that does not allow her to work, lie down or sit.

Hysterical convulsions during menses.

Sleepiness during headache.

MODALITIES

AGG.: walking in the open air, slightest mental emotion or excitement of any kind.

COLOCYNTHIS (*Coloc.*)

COLICY PAINS >BENDING DOUBLE, SUPPRESSED ANGER

MENTAL

EXTREMELY IRRITABLE, becomes **ANGRY** when **QUESTIONED**. Throws things away.

Ailments after anger with **indignation**. *Ailments after mortification.*

Aversion to company even of intimate friends. Indisposed to talk, aversion to answer.

PHYSICAL

Used in acute affections of the **DIGESTIVE TRACT & INTESTINES**, with long lasting action on **NERVES**. Pains appear in the larger nerves.

AILMENTS AFTER VEXATION OR ANGER (*stomach pain, diarrhoea, cough, suppressed menses*).

PAIN IN ABDOMEN or STOMACH: cramping , cutting, tearing, like electric shock darting through the anus. > **BY BENDING DOUBLE**, lying on abdomen, pressure and warmth.

Cramping pain in umbilicus >bending forward.

Great remedy for babies with colics/cramps.

Back pain and headache get worse when lying on back.

Shooting pains extending down to sciatic nerve < right.

MODALITIES

AGG.: lying on painless side, cold (becoming, air, drinks, food), fruit, after eating, motion, potatoes, lying on back.

AMEL.: **DRAWING UP THE LOWER LIMBS**, pressure, warm applications, lying on painful side.

DES.: cold food and drinks without thirst, bread, beer.

CONIUM MACULATUM (Con.)

All processes take place gradually. Gradual development of tumors, gradual weakness with indurations, gradual loss of intellectual powers.

HARDNESS, TUMORS, AILMENTS FROM SUPPRESSED SEXUAL DESIRE. VERTIGO

MENTAL

AILMENTS FROM SUPPRESSED SEXUALITY.

Anxiety from suppressed sexual excess. Sadness after suppressed sexual desire. Hysteria after suppressed sexual excitement.

"Sclerosis" of brain: develops fixed ideas, becomes superstitious.

Sadness from masturbation, from suppressed menses, from continence, during perspiration, periodical sadness.

Materialistic, practical.

Aversion to mental work. No inclination for business or study, indifference, no interest in anything. Dreads being alone, yet aversion to company. Weep alone.

PHYSICAL

Affects nerves and muscles.

Bad affects from **SUPPRESSED SEXUAL DESIRE** or from sexual excess.

AFFECTION OF GLANDS: INDURATION, HARD SWELLING, ulcers, atrophy, itching, pain. especially after injury.

Affections of mammae, prostate, testes, ovaries, cervical, mesenteric, submaxillary.

Prostatitis, hardness, enlargement, swelling of prostate.

*Emission of prostatic fluid during lascivious thoughts, with every emotion. **Interrupted urination.** Urine flows better when standing.*

***Uterus:** induration, enlargement, cancer.*

VERTIGO as if bed turned about < turning in bed, moving the head quickly, motion of eyes, rising.

Paralysis of various parts of the body (extremities, optic nerve, lids, tongue, bladder). Painless paralysis of lower limbs. Trembling of limbs.

Cough hacking from dryness or tickling in larynx < lying, **must sit up.**

Perspiration during sleep, on beginning to sleep, even when closing the eyes. Waking from perspiration.

MODALITIES

AGG.: suppression of sexual desire, snow-air, rubbing, beginning of motion, lying on side, milk, cold food, walking fast, coition after, menses after.

AMEL.: continued motion, wine, touch, lying on back, open air.

DES.: coffee, salt, sour.

AVERS.: bread.

CROTALUS HORRIDUS (*Crot-h.*)

HAEMORRHAGIC DIATHESIS

MENTAL

Anger.

Delirium loquacious, muttering, maniacal <during fever, during convulsions.
Incoherent speech. Delirium during sepsis or from cerebral accidents.

Delusions is surrounded by enemy, is falling out of bed, of animals, of phantoms.
Dreams of the dead. Aversion to members of family. Suspicious.

Attempts to escape, springs out of bed. Anxiety with cold perspiration.

Melancholic, depressed and sluggish, seems half alive.

Dullness of mind and weak memory. *Forgets proper names, dates, words. But has active memory when suppressing the sexual desire.*

Disconnected answers with coldness of the skin and rapid pulse.

PHYSICAL

HAEMORRHAGES esp. **BLACK.** Haemorrhages from orifices of the body (nose, urethra, ear, bladder, anus etc.). Even perspiration is bloody.
Septic fever, septicaemia.

Stomach is so irritable that it is unable to retain anything. Vomits blood. Vomiting everything. Vomiting of bile < least motion, lying on right side or back.

Varicose veins as a network in skin esp. in nose. Mottled spots on chest.

Difficult respiration from constriction of larynx.

Tenesmus of bladder with vomiting, purging and micturition.

Yellow discoloration of skin, face and eyes.

Tongue swollen, fills the whole mouth.

Paralysis, hemiplegia of right side.

Headache from occiput extending into spine and arms.

Sudden attacks of cold perspiration.

MODALITIES

AGG.: beginning of sleep, exertion, bad meat.

DES.: pork, alcohol.

CROTON TIGLIUM (*Crot-t.*)

DIARRHOEA - INFLAMMATION OF THE NIPPLES IN NURSING WOMEN

MENTAL

ANXIETY AMELIORATED IN OPEN AIR.

Dullness, confusion of mind from beer, from bread.

Morose, dissatisfied, with aversion to work.

Fear with diarrhoea as if something will happen.

PHYSICAL

**DIARRHOEA with stool which is gushing
< IMMEDIATELY AFTER EATING OR DRINKING.**

*Rumbling and gurgling before and after stool. Copious stool at night.
Abdominal pain ameliorated by passing flatus.*

**Drawing pain in the nipples, as with a string when the child nurses.
PAIN IN NIPPLES <WHILE NURSING, TOUCH OF CLOTHING.**

Pain in eye drawing the eyeball backward.

*Eruptions start with redness and then itchy vesicles develop. There's a tendency the eruptions to be constantly renewed.
Eruptions about the eyes with vesicles. **Itching of scrotum.** Intense itching, but scratching is painful.*

Eruptions alternate with complaints like cough, rheumatic pains, diarrhoea, respiratory symptoms.

Sensation of a plug externally. Sensation in the rectum as if a plug were pressing out.

Pain in heart extending to back.

Pain in umbilicus extending downward, to anus.

Pustular eruption, especially on face and genitals with fearful itching, followed by painful burning.

MODALITIES

AGG.: bread, water, fruit.

CUPRUM METALLICUM (*Cupr.*)

In Cuprum, cramps are the main characteristic in all levels. The emotions are cramped, not released although they are passionate and sexual people. They hold back and then we see total frigidity. They don't allow themselves to feel so the intense feelings that they have are suppressed and end up to convulsions or cramps. On the physical level we see that again suppression of skin eruptions or discharges lead to cramps or even convulsions.

CRAMPS ON ALL LEVELS

MENTAL

CRAMPED EMOTIONS. Passionate people who don't express themselves.
Intense feelings that end up to convulsions or cramps. *The least emotions can induce a cramp.*

*Makes grimaces (like a facial cramp- as if they want to hide things).
Shrieking before convulsions.
Weeping during perspiration.*

PHYSICAL

SEVERE CRAMPS, mainly in LOWER LIMBS, calves and soles, making the person shriek from pain.

CONVULSIONS with CLENCHED THUMBS, cyanotic face and bluish lips.
*Convulsive constriction of chest.
Convulsions when eruptions fail to break out, from suppressed eruptions.
Convulsions from vexation.
Convulsions **begin in fingers and toes,** and spreading over entire body.*

Involuntary urination during convulsions.

Ailments from suppressed eruptions; suppression of foot sweat resulting in brain affections, spasms, convulsions, vomiting.

*Spasms of face.
Copper taste in the mouth.
Grayish discoloration of face. There's something unhealthy on their skin.
Paralysis of tongue; difficult, stammering speech.*

MODALITIES

AGG.: mental exertion, vomiting.

AMEL.: perspiration.

CAUSTICUM (*Caust.*)

The Causticum people are sensitive and easily affected by the environment. They develop very strong feelings about the suffering of others (especially the social suffering rather than the physical like Phosphorus). They get so angry with injustice that they can become activists, anarchists or even violent. The neurological system is mostly affected on this remedy.

SENSITIVE TO INJUSTICE, SYMPATHETIC, NEUROLOGICAL COMPLAINTS

MENTAL

SYMPATHETIC. CANNOT SUPPORT INJUSTICE. Strong sense of justice. Idealists. They rebel against authority, they are exhilarated with politics. *Can become anarchists or fanatics.*

*Sympathetic towards animals. They cannot see an animal suffering.
Oversensitive when hearing of cruelties.*

**Ailments from long lasting grief and sorrow.
Stammering < excitement, vexation.**

Weeping at trifles, spasmodic.

PHYSICAL

The nervous system is weak, in excitable state and predisposed to diseases.

GRADUAL PARALYSIS, paralysis of **SINGLE PARTS**, esp. *of right side.*
Paralysis with numbness of left side.
Facial paralysis esp. one-sided, after getting wet, after riding in the wind.

INVOLUNTARY URINATION when coughing, sneezing, blowing the nose due to the weakness of the sphincter of the urethra.

Sudden LOSS OF VOICE (HOARSENESS) due to the paralysis of the vocal cords, from overuse, from singing.

Sensation in throat as if there is mucus which he must swallow. **Constant disposition to swallow and to hawk. Ineffectual hawking.**

Pain as if the place is RAW.

Constipation: stool passes better *when person is standing*; hæmorrhoids prevent stool.
Ailments from suppressed eruptions, from anger or vexation.

MODALITIES

AGG.: dry, cold dry weather.

AMEL.: WET, warm wet weather, cold drinks.

DES.: SMOKED MEAT.

AVERS.: SWEETS.

DIGITALIS PURPUREA (*Dig.*)

BRADYCARDIA

MENTAL

FEAR OF DEATH FROM CARDIAC SYMPTOMS. FEAR HEART WILL STOP FROM MOTION. Fear of death while walking. Fear he will die if he goes to sleep.

Every shock strikes in the epigastrium.

Fearful apprehensiveness with sadness, extremely aggravated by music.

Remorse guilty feelings. Suspicious and mistrustful. Unsympathetic. Dull and lethargic. Indisposed to talk.

Anguish with nausea. Anxiety from motion. *Anxiety with great dread of future < about 6 p.m. with sadness and weeping which brings relief. Anxiety felt in stomach.*

Attempts to escape.

PHYSICAL

PULSE IS WEAK, IRREGULAR, INTERMITTENT, ABNORMALLY SLOW 40-45 beats/min. Pulse slower than the beat of the heart.

Weakness and dilatation of the myocardium. *Respiration is irregular, difficult, with deep sighing and constant desire to breathe deeply.*

The least motion causes violent palpitation and sensation as if the heart would cease on exertion (opposite to Gels.).

Sinking of strength, faintness with cold perspiration, coldness of skin and irregular respiration.

Jaundice with heart involvement. This remedy will be indicated in severe cases of jaundice where you have the nausea, the slow pulse and the fear that the heart will stop.

Weak feeling in stomach. Fullness after eating little. Discomfort, nausea even on sight or smell of food, better if stomach is empty. Tenderness of epigastrium.

Stitching pain at the neck of bladder, as if a straw was being thrust back and forth.

Blue tongue and lips. Blueness of eyelids.

Objects appear green and yellow. Yellow colors before the eyes.

After cold water or ice cream sharp pain in forehead and extend down the nose.

Vertigo with anxious sensation as though would faint. **Faintness and vomiting from motion.**

DIPHThERINUM (*Diph.*)

AILMENTS AFTER DIPHTHERIA OR VACCINATION FOR DIPHTHERIA.

MENTAL

The patient is weak, apathetic, greatly prostrated but restless, with no pain. Delirium with sopor. Lies in a semi-stupid condition. Weak and exhausted vitality.

PHYSICAL

AILMENTS AFTER DIPHTHERIA or VACCINATION FOR DIPHTHERIA.

Personal history of diphtheria. **Paralysis from diphtheria. Post diphtheritic paralysis of extremities.** Paralysis may have happened even many years after the infection or vaccination.

Catarrhal affections of the throat and respiratory mucous membranes.

Thick gray membrane, esp. on the left tonsil. Obstinate tonsillitis. **Dark red tonsils.**

Tongue swollen and very red.

Offensive mucous in throat, offensive discharge from nose, offensive breath.

Used in **tubercular patients** and for **glandular swellings.**

Swelling of tongue, tonsils, parotid gland, cervical gland.

Swallows without pain but fluids are vomited or returned by the nose.

MODALITIES

AMEL.: drinking cold drinks.

DIOSCOREA VILLOSA (*Dios.*)

ABDOMINAL PAINS BETTER WITH STRETCHING

MENTAL

CONFUSED AFTER STOOL, after coition.

Tired individuals who want to be quiet. Aversion to company and conversation. Has lost ambition.

Mind becomes more and more tired and eventually forgets words, makes mistakes in using words, in writing. Calls things by using the wrong words, ex. confusing left for right, etc.

Fear of people. Feels restless <night, yet walking ameliorates.

Anxiety after a stool. Anxiety on waking.

PHYSICAL

Severe cramping, gripping, cutting ABDOMINAL PAIN, as if the intestines are twisting >STRETCHING, BENDING BACKWARD.

Severe cases of colic not relieved by stool.

Pains shift to distant parts, fingers or toes. As these pains get stronger, the abdominal pains lessen.

Pains in liver extending to chest, arm, nipple. Pains in rectum extending to liver.

Pains in ureters extending to penis and testes.

Albuminous stool.

Haemorrhoids <morning.

Coldness of genitals esp. in evening.

Cramps in fingers during parturition.

Stomach pulsation while lying on back.

Gas and eructation after tea.

MODALITIES

AGG.: coition, night, stool, tea.

AMEL.: motion, walking, stretching.

DROSER ROTUNDIFOLIA (*Dros.*)

RESPIRATORY AFFECTIIONS

MENTAL

DELUSION HE IS PERSECUTED, he's pursued by enemies. Suspicious and mistrustful.

Fear of hearing bad news. Anxiety about the future. The anxiety comes mostly in the evening or at night on waking and is increased when alone. Can become suicidal anxiety. Suicidal thoughts by drowning.

Alternating mood.

Confusion of mind esp. during chill. Difficult concentration, restless esp. while reading.

PHYSICAL

Predominantly a cough remedy. Phthisis of larynx and trachea with rapid emaciation.

MARKED AFFECTS ON THE RESPIRATORY ORGANS. Well known for its relationship with pertussis.

DRYNESS AND IRRITATION OF THROAT OR LARYNX, PROVOKING COUGH.

COUGH tickling, dry, suffocative, hoarse, paroxysmal.

<LYING, AS SOON AS THE HEAD TOUCHES THE PILLOW, eating, drinking, after midnight, singing and laughing, warm room.

>holding the pit of stomach, open air.

Painful chest during cough, holds the chest with hands.

Vomiting from coughing. Epistaxis during cough.

Constricting pain in throat < talking > walking.

Salivation during heat.

Stitching pain in calf (<right), comes when sitting and > walking.

Burning pain at the corner of the mouth.

Frequent urging to urinate with very scanty urine, often passing only by a few drops.

Coldness of left side of face, with prickling, tingling, burning pain in the skin of the cheek, below the left eyelid.

MODALITIES

AGG.: lying, midnight after, undressing, warm (room, bed, becoming).

AMEL.: walking, motion, pressure, open air, cold.

AVERS.: to acids.

DULCAMARA (Dulc.)

RHEUMATIC AFFECTIONS & SKIN PROBLEMS, <COLD WET WEATHER

MENTAL

Domineering, dictatorial. *Quarrelsome and abusive without anger.*

They take care of others, they are loving, but in a domineering way. Anxiety for others.

Restless, cannot keep still.

Memory weakness for words. Uses the wrong words.

Confusion, dullness esp. from damp air.

Depression.

PHYSICAL

Complaints brought on or aggravated by DAMP, WET or COLD, DAMP, WET WEATHER or GETTING WET (*pain in back, extremities, abdomen, head, teeth, inflammation of eye, asthma, suppressed menses etc.*). *Urticaria from becoming wet. Diarrhoea after standing on damp ground. Catarrhal inflammation eyes from cold.*

PARALYSIS OF SINGLE PARTS from exposure to wet or from lying on damp ground. *Paralysis of upper limbs with icy coldness during rest. Parts feel icy cold.*

Brown crusts on head and face, with reddish borders (circumscribed), bleeding after scratched.

Chill from 07:00 to 09:00 morning, perceived by great thirst and pains.

MODALITIES

AGG.: COLD WET WEATHER, CHANGE OF WEATHER, cold (air, becoming, drinks, entering a cold place).

AMEL.: dry weather (esp. warm dry), hot bath, *motion, walking, discharges, warm.*

DES.: *ice cream and cold drinks during chill*, cold drinks.

AVERS.: coffee, food.

EQUISETUM HYEMALE (*Equis.*)

URINARY TRACT & BLADDER AFFECTIONS

MENTAL

Tired, restless and prostrated with aversion to mental work.

Prostration of mind, mental exhaustion, brain- fatigue.

Irritable, restless and yet prostrated. Don't like to be touched.

Disposition to frown.

PHYSICAL

A remedy for cystitis, enuresis and dysuria.

Very frequent urination but very little urine is voided (Nux-v.). **Desire to urinate increases as the quantity of urine diminishes.**

Pain in urethra after urination.

Retention of urine in old and tired people, after delivery. Fullness sensation in the bladder which prevents urination and it is relieved if they manage to urinate.

Paralysis of bladder in old people.

Involuntary urination at night (Rhus-t., Tub., Puls., Kreos., Bell.), without a tangible cause, especially in restless children.

Mucous sediment in urine.

EUPHRASIA OFFICINALIS (*Euphr.*)

AFFECTIONS OF EYES WITH ACRID LACHRYMATION

MENTAL

CONFUSION BETTER BY WASHING FACE.

Inclination to sit. Sad, general depression, weeping when lying down at night.
Buried and lost in thoughts.

PHYSICAL

Hay fever affecting mainly the eyes.

INFLAMMATION OF CONJUCTIVA.

RED, BURNING, LACHRYMATING EYES.

ACRID lachrymation and bland coryza.

Lachrymation in wind, in cold air, in open air.

Photophobia, with constant inclination to wink.

Burning and swelling of lids. Little blisters, vesicles on cornea.

Catarrhal headache with profuse discharge from eyes and nose. Catarrhal inflammation of eye from cold.

Heaviness of the head, dizziness worse when lying down, better in the open air, better with cold applications.

Cough only in daytime > lying, in bed at night. Cough with great lachrymation.

Tickling in air passages > lying amel.

Eye pain alternating with pain in abdomen.

Menses painful, late, scanty, flow lasts only an hour.

MODALITIES

AGG.: evening, sleep, sun, night.

AMEL.: bathing the affected part, rubbing, dark.

EUPATORIUM PERFOLIATUM (*Eup-per.*)

GENERALISED SORE MUSCULAR PAIN ESPECIALLY DURING INFLUENZA

MENTAL

Moans during chill or heat, with aching pain. Restlessness from pain, during chill or heat.

Fears suffering.

Delusion that he had walked a long distance.

Delusion that he would go out of his mind.

PHYSICAL

PAINS IN MUSCLES AND BONES.

BRUISED FEELING, AS IF BROKEN BONES ALL OVER THE BODY, worse on motion.

Excruciating back pain. Sensation as if wrist is broken. Painful soreness of eyeballs.

Influenza with high fever. High fever preceded by chills, esp. 7-9 a.m.

Cough from laryngeal tickling with *soreness of chest - must hold the chest.*

Head heavy must lift it with hands from the pillow.

All symptoms are ameliorated during perspiration except headache which gets worse.

Great thirst for cold drinks, esp. during a chill.

Vomiting of bile before, during and after chill.

Fever with shivering after drinking.

MODALITIES

AGG.: motion.

DES.: cold foods; ice cream.

FERRUM METALLICUM (*Ferr.*)

ANAEMIA - FALSE PLETHORA

MENTAL

SENSITIVE and excitable < on least contradiction.

IRRITABILITY to slight noises like crackling paper drive him to despair.

PHYSICAL

ANAEMIA - extreme paleness - **Red parts become white**, lips, face and tongue.

FALSE PLETHORA, looks healthy but are very weak. **Pale face that flushes easily**. *Face becomes red and flushed on least pain, emotion or exertion.*

SLOW MOTION, **WALKING SLOWLY** AMELIORATES complaints of pain, palpitations, dyspnoea.

Restless when keeping still, must keep the limbs moving. It seems that motion stimulates circulation.

Vertigo coming from disturbed circulation. **Vertigo when looking at running water.**

*Disturbance of the circulation with **irregularities in the heart function such as palpitations.***

*Vomiting immediately after eating, **esp. eggs** without nausea, < after midnight.*

Rheumatic pains of upper limbs, esp. shoulders appear during rest.

Irresistible desire to bend arm. Fear of being touched on affected joints.

Periodic headaches lasting 3-4 days during which there's nausea and vomiting on eating.

Menses too early, copious, protracted, pale, thin (thin with clots), with weakness.

Diarrhoea while eating or from drinking.

Epistaxis alternating with spitting of blood.

MODALITIES

AGG.: night, exertion, **EGGS**, eating, loss of vital fluids, cold, change of temperature to warm.

AMEL.: slow, **continued motion**, walking.

DES.: sweets, **tomatoes**, bread and butter, soup.

AVERS.: eggs.

FLUORICUM ACIDUM (*Fl-ac.*)

MENTAL

**DOMINEERING, MATERIALISTIC WITH STRONG SEXUAL DESIRE.
LASCIVIOUS THOUGHTS.**

**Egotism, focus on their pleasure, isolated from others, indifferent to loved ones.
Inability to realize responsibility.**

Hurriedness, rapid speech, rapid eating. Mistakes in spelling, putting right for left and vice versa.

**Anxiety. *Strong anxiety about health. Fear of cancer, of apoplexy.*
Fear of suffering, but endures it well.**

PHYSICAL

**VARICOSE VEINS, ulcers, ulcerations (of uterus) etc.
Indicated in **deep, destructive processes** such as bedsores.**

EXCESS SEXUAL DESIRE, PROMISCUITY. Increased desire with violent erections at night, during sleep. Swollen scrotum. Gangrene of scrotum.

***Sleepless, wakes after 3-4 hours with sexual thoughts.
Restlessness.***

***Coryza, copious watery discharge, "runs like a faucet".
Sudden watery discharge from eyes, nose and mouth.***

Falling of hair in spots, alopecia areata.

Early, rapid decay of teeth. Discoloration of teeth. Teeth feel warm. Fistula on gums with bloody, salty discharge.

Sensation of heat, generally < from heat, extremely warm blooded. Worse from both heat and cold. Feet feel hot and must be uncovered at night.

Diarrhoea from warm drinks. Bilious diarrhoea.

Corrugated and weak nails. Feeling as if a splinter under nails.

Tongue cracked in all directions.

Sensation as if air is blowing through eyes.

**Ulceration of uterus, copious and excoriating leucorrhoea.
Emptiness of abdomen *relieved by tight clothing.***

MODALITIES

AGG.: *summer, sensation of heat, fish, dry weather, warm wraps.*

AMEL.: *wet weather, bathing (esp. cold), walking in open air.*

DES.: *pungent, refreshing things, highly seasoned food, sour.*

AVERS.: warm drinks.

GELSEMIUM SEMPERVIRENS (*Gels.*)

In Gelsemium the weakness and trembling are the main characteristics. Those individuals are totally afraid, they are trembling psychologically and physically especially from anticipation or when they have to perform. The mind is weak and confused. The muscles feel also weak to a state of paralysis.

WEAKNESS & TREMBLING ON ALL LEVELS

MENTAL

COWARDICE.

TIMIDITY APPEARING IN PUBLIC, even in a small group.

AILMENTS FROM BAD NEWS, FROM ANTICIPATION.

Dullness of mind, difficulty of thinking > flow of urine.

PHYSICAL

Lack of muscular coordination- TREMBLING OF LOWER LIMBS.

AILMENTS FROM ANTICIPATION, FRIGHT, EXCITEMENT, BAD NEWS, GRIEF. DIARRHŒA from anticipation.

HEAVINESS OF LIDS, falling of lids esp. during headache, but can accompany any disease.

HEADACHE AMELIORATED BY URINATION.

Feeling as if HEART WOULD STOP BEATING, UNLESS HE'S CONSTANTLY ON THE MOVE.

Chilliness up and down the back.

Occipital vertigo with disturbances of vision (dim vision, obscuration or loss of vision). **Diplopia.**

MODALITIES

AGG.: fright, anger, physical exertion, wet weather.

AMEL.: *copious urination*, alcoholic drinks, stimulants, perspiration.

GLONOIN (Glon.)

AGGRAVATION FROM SUN AND HEAT, SUNSTROKE.

MENTAL

Confusion as if being intoxicated, forgets or does not recognize well-known streets, which side is his house. Makes mistakes in localities, does not recognize his relatives.

Mental symptoms from injuries to head.

Concentration difficult. Memory weakness. Time passes too slowly.

Depression. Desires death. Aversion to answering, desire to be silent. Aversion to husband, dislikes her children.

Delusions chin is too long, enlarged.

Fear of being poisoned. Attempts to escape, springs suddenly from bed.

Shrieking screaming, shouting in children. Striking after convulsions.

PHYSICAL

<SUN, HEAT.

CONGESTION OF BLOOD. FLUSHES OF HEAT UPWARDS esp. TO HEAD. Hypertension.

Heat in chest extending to head. Heat of face with headache, during palpitation.

PULSATIONS. Pulsating headache esp. forehead and temples.

HEADACHE /CONGESTION FROM EXPOSURE TO SUN. SUNSTROKE.

Cannot bear heat or sun on head, even artificial light. Bursting, pulsating headaches.

Heaviness of head as if it would burst.

Heat and burning of vertex. Heat on cervical region extending up.

Eyes staring during headache.

Headache instead of menses.

Enlarged feeling i.e. head, tongue. Brain feels large.

MODALITIES

AGG.: SUN, warm (stove, air, becoming, room, bed, wraps), wine, lying, motion.

AMEL.: cold, lying, pressure, sitting.

DES.: tobacco, cold drinks.

AVERS.: food.

GRAPHITES (*Graph.*)

SKIN ERUPTIONS, GLUEY DISCHARGES, OBESITY, THICK NAILS

MENTAL

Simple, practical, down to earth people.
Dullness, SLOWNESS, irresolution.
SENSITIVE TO MUSIC, WEeping FROM MUSIC.

Restless while sitting, or working.
Fear ameliorated by weeping.
Anxiety about trifles, trifles seem important.

PHYSICAL

Obese, sensitive individual with a lot of eruptions.

AILMENTS FROM SUPPRESSED ERUPTIONS esp. stomach problems.
DISCHARGES yellow, sticky, thick, honey-like, offensive (eruptions, ear, nose, urethra).

Crusty, scabby eruptions, cracks of skin, fissures. *Fissures in anus, corners of mouth etc.*
Moist, offensive, excoriating, painful eruptions. *Eczema esp. behind ears, around mouth.*

NAILS DESTORTED, BRITTLE, CRIPPLED, THICK AND HARD. Psoriasis of nails. Ingrowing toe nails.

Hearing is impaired. Chronic gluey, offensive discharge from ears. Abscess of ear which discharges often (every two weeks).
Impaired hearing > noise.

Photophobia.
Numbness on various parts of the body. *Numbness or empty feeling in head.*

Callosities of palms and soles.
High sexual desire or lack of interest. Ailments from sexual excesses.

Chilly persons with lack of vital heat.

MODALITIES

AGG.: becoming cold, sweets, cold food or drinks.
AMEL.: warm drinks, perspiration, lying.
DES.: CHICKEN.
AVERS.: SALT, SWEETS, FISH, meat, warm food.

HELLEBORUS NIGER (*Hell.*)

DESPAIR, AGONY, TREMENDOUS ANXIETY with ROLLING OF THE HEAD

MENTAL

DULLNESS, STUPEFACTION (SENSORIAL DEPRESSION) nothing is seen or heard distinctly. ABSORBED IN THOUGHTS. Answers slowly, reflects long before answering. Weakness of memory. Forgets what he has just read, said, heard or done. Irresolution.

He is in DESPAIR and EXTREME ANXIETY and seeks help.
Breathing ameliorates the anxiety.

PHYSICAL

Ailments after meningitis, encephalitis, concussion, apoplexy, fright, grief, suppressed eruptions.

Meningitis, encephalitis with stupefaction.

ROLLING OF HEAD FROM SIDE TO SIDE, chewing motion of jaw, constant motion of lips without speaking, bores head in pillow, VACANT expression, brain cry (“cri encephalique”).

Urine is dark red, almost black, scanty, coffee ground sediment.
Stool with colorless, transparent, tenacious mucus.

Chill beginning in arms. Internal chill esp. on lying down.

Wrinkled eyebrows.

MODALITIES

AGG.: 16:00 - 20:00 p.m., cold air, evening, vegetables.

AVERS.: apples.

HELONIAS DIOICA (*Helon.*)

CONSCIOUS OF UTERUS, FLUSHES OF HEAT WITH MOTION

MENTAL

Exertion, occupation ameliorates symptoms. Thinking of complaints aggravates.

Irritable, cannot endure the least contradiction esp. *in diabetes*.

Critical.

Profound melancholy. Sadness on seeing others happy.

PHYSICAL

The woman is CONSCIOUS OF THE UTERUS, feels the uterus moves. Atony of the uterus. Prolapsus <after delivery. *Ailments from abortion*.

FLUSHES OF HEAT WITH MOTION.

Weakness, aching, dragging in the sacrum and pelvis with prostration.

Sensation of cool wind in calves.

Copious menses from motion.

Soreness of mammae esp. the nipples <during menses.

Itching of female genitalia during menses. Cheesy deposits.

Sugar in urine. Albuminous with increased specific gravity <during pregnancy.

Sore pain in kidney with heaviness. Heat, burning pain in the kidneys.

Sleepiness during pregnancy and during abortion.

Pain and weight in back, tired and weak.

Inflammation of mouth in nursing women.

MODALITIES

AGG.: during pregnancy, during menses, open air.

HAMAMELIS VIRGINICA (*Ham.*)

AFFECTIONS OF CIRCULATION, VARICOSE VEINS

MENTAL

ANGER, IRRITABILITY. *Aversion to company, to being spoken to.*
Gloomy, depressed.

Aversion to work. Absorbed, buried in thoughts. Thinking constantly of his ailments.

Abundant of ideas in the morning after a night of restless sleep.

Forgetful esp. of words while speaking.

PHYSICAL

The main pathology of this remedy centers on the circulation with extraordinary weakness of the veins.

Venous congestion and hæmorrhages.

VARICOSE VEINS in any part of the body. **Painful, sore, bleeding, stinging, inflamed.**

Passive hæmorrhages from any part. Hæmorrhage from suppressed menses. *Vomiting black blood instead of menses or from suppressed menses.*

Epistaxis combined with varicosities or hæmorrhoids.

*Bruised soreness of affected parts. Sore pain in eyes. **Eyes feel as if forced out.***

*Menses dark, copious with soreness in abdomen. **Metrorrhagia** occurring between menstrual periods.*

Stitching pain in testes extending to stomach.

MODALITIES

AGG.: touch, 15:00, exertion, milk.

HEPAR SULPHURIS CALCAREUM (*Hep.*)

Abusive because of his need to protect himself from others.

OVERSENSITIVE AND ABUSIVE

MENTAL

OVERSENSITIVITY TO PAIN. Fears bees, wasps that sting. They panic and flee. **Fears suffering.**

Irritable. The slightest cause irritates him. Impulses to kill for slight offenses, or wants to **set things on fire.** Very **abusive, angry, impolite.** Violent from pain.

PHYSICAL

Extremely **SENSITIVE TO COLD AIR OR THE SLIGHTEST DRAFT.** Must be **wrapped up** even to the face.

Uncovering, exposure to cold, becoming cold or even touching cold things aggravates all complaints. Croupy, choking cough when any part of the body is uncovered.

Warmth, wrapping up, warm drinks ameliorate all complaints. Throat pain, stitching, as from splinter when swallowing > **warm drinks, covering the throat.**

STITCHING, SPLINTER LIKE PAINS.

Suppurations. The slightest inflammation or injury causes suppuration.

Glands swell and suppurate.

Discharges are offensive, fetid, smelling like old cheese.

Boils, acne, abscesses where the skin is very sensitive to touch and to cold air. There's even intolerance of clothing.

MODALITIES

AGG.: cold, air draft, uncovering, change of temperature, cold drinks.

AMEL.: warmth, wrapping up, warm drinks, damp weather.

DES.: vinegar, sour food, pungent things, highly seasoned food, alcohol.

AVERS.: strong cheese, pungent things.

HYDRASTIS CANADENSIS (*Hydr.*)

VISCID, ROPY DISCHARGES

MENTAL

Suited to people that are old, weak, easily tired persons with emaciation, depressed, sure of death and desires it.

Irritability. Curses his mother, throws food or medicine across room.

Weakness of memory for what is about to do, say, what has happened.

Sadness, loathing of life, aversion going out, desires death.

PHYSICAL

Acts on the mucus membranes producing increased VISCID, THICK YELLOW, ROPY SECRETIONS/ DISCHARGES (Kali-bi).
Discharges, catarrh from ear, larynx, throat, eye, nose, bladder, chest, urethra.

Catarrhal conditions *esp. of the upper respiratory tract. SINUSITIS.*

Post-nasal catarrh. Yellow and thick post-nasal discharge. *Constant inclination to blow the nose.*

Bronchitis in old, exhausted persons. *Cough > lying, < inhaling cold air.*

Leucorrhœa ropy, thick, purulent.

Action on the liver is marked: cirrhosis, atrophy, congestion, enlargement of liver.

Constipation with ineffectual urging <pregnancy, after abuse of drugs.

Headache connected with constipation.

Tongue indented, flabby, yellow white. Sensation as if the mouth is enlarged. Inflammation of mouth in nursing women.

Cancerous ulcers of the skin. *Ulcers are burning, sensitive, deep, bleeding when touched. Cracks between toes.*

Periodical faintness every day with cold perspiration.

MODALITIES

AGG.: *after emissions.*

AMEL.: milk.

AVERS.: food, vegetables.

HYDROPHOBINUM / LYSSIN (*Lyss.*)

VIOLENT TEMPER & FEAR OF WATER

MENTAL

VIOLENT, IMPATIENT TEMPER, impelled to do reckless things, desire to throw child out of the window.

RUDE, ABUSIVE, BITES AND STRIKES. (Reminds Stram. but Lyss. has more verbal violence). Rapid, hasty speech. **Spitting.**

FEARS: water, narrow places, crowd, bright objects, mirrors, animals, being alone, something bad will happen

Anticipatory anxiety.

Feelings of being **tormented**, esp. by someone on whom he depends.

Sympathetic. They can paralyze when they see suffering.

PHYSICAL

Affects the nervous system, throat, and sexual organs.

Acute senses- noise, light, odors.

Bitter taste in mouth at night, spitting constantly.

Convulsions and spasms brought on by DAZZLING light or sight of RUNNING WATER. Convulsions from strong odors, noises, light.

Cannot bear heat of the sun.

Difficult swallowing. Gagging on swallowing water, pills

Chocking feeling in the throat during agoraphobia.

Bluish discoloration of the wounds.

Eruclatations amel. gastric problems.

MODALITIES

AGG.: hearing or seeing running water, exposure to sun, dust, drafts.

AMEL.: bending backwards; gentle rubbing, hot water bathing.

DES.: strange things during pregnancy, salt, chocolate.

AVERS.: drinks, water, apples.

HYOSCYAMUS NIGER (*Hyos.*)

Hyoscyamus has jealousy, envy. This jealousy is not simple. The patient has a desire to attack and kill in a cold and calculating way. They can become paranoid that other people are plotting to harm them. The sexuality is perverted, they touch their genitals all the time (esp. children) and they masturbate quite a lot. Another perversion is that they like to talk about feces or even play with them. The shameless is characteristic. We see a tendency to expose their nudity. They are going around the house naked, they leave the toilet door open, or they can become exhibitionists.

JEALOUSY, SUSPICIOUSNESS, TOUCHING GENITALS, SHAMELESSNESS

MENTAL

JEALOUS. Ailments from jealousy. **Desire to kill, sudden impulse.** Desire to attack.

SUSPICIOUS that he will be poisoned, that there is some plot against him.

SHAMELESS, exposing the person. **Obscene behavior.** **EXHIBITS HIS GENITALS.** Takes off the clothes very easily, wants to be naked.

Lascivious. Nymphomania. Perversions.

PLAYING WITH FECES, URINE, AND THINGS THAT NAUSEATE. Talks about feces urine, genitalia, with no shame but rather with pleasure. Passes his feces on the floor.

OBSESSIVE behavior, persistent thoughts. Counting all the time one, two, three, one two three etc. Repeating words etc.

Loquacity. Delirium where he's loquacious, maniacal, raging, violent, mutters.

Hasty, incoherent speech. Grimaces of face.

Fear of water.

PHYSICAL

HANDLES HIS GENITALIA. Lies in bed with hands between thighs.

Restless hands, **PICKING AT BEDCLOTHES.**

Twitching, jerking, spasms, convulsions.

Ringling noises in ear before epileptic fit. Grinding during epilepsy.

Cough, constant, spasmodic, dry <lying down.

MODALITIES

AVERS.: *water, drinks, tomatoes.*

HYPERICUM PERFORATUM (*Hyper.*)

INJURIES TO PERIPHERAL NERVES

MENTAL

MENTAL SYMPTOMS FROM HEAD INJURIES: depression, prostration, dullness.

Oversensitive to pain.

Delusions that hears the voice of dead people.

Mistakes in writing, omits letters.

PHYSICAL

INJURIES OF NERVES WITH GREAT PAIN.

Constitutional effects from wounds.

Injuries of parts rich in nerves, esp. fingertips, toes and coccyx, spine, nails, eye, head. *Concussion of the spine, brain. Injuries to dental nerves.*

Lacerated, crushed finger tips. Lacerated tongue. Laceration of hands.

Bad effects from falls or blows upon head or coccyx. Bruised coccyx after labor, after a fall or injury.

Asthmatic respiration after injury to spine.

Pain shooting upwards, along nerve.

Pain appears suddenly and disappears gradually. Phantom pains (pain after amputation).

Prevents lockjaw, tetanic convulsions, tetanic rigidity.

Headache extending to zygoma, to cheek. Head, sensation as if being lifted up high into the air.

Bunions and corns with excruciating pain.

Pain in gums after extraction of teeth.

MODALITIES

AGG.: cold (air, becoming), foggy weather.

DES.: warm drinks.

IGNATIA AMARA (Ign.)

Ailments from grief is the central idea of Ignatia. Grief, especially when concerning romantic relationships, usually results to the characteristic sighing and oppression of chest. They are disappointed, want to be alone and have aversion to consolation. The mood alternates. They may develop hysterical symptoms and behavior. The aversion to fruits is a confirmatory symptom.

SILENT GRIEF, SIGHING, HYSTERICAL SYMPTOMS

MENTAL

High expectations, idealistic, sentimental, easily disappointed. **Romantic idealism.**

DISAPPOINTED LOVE LEADING TO SILENT GRIEF (divorce, separation, death, rejection).

SIGHING, CHEST OPPRESSION, LUMP IN THE THROAT AFTER GRIEF esp. when trying to express emotions. **Aversion to consolation.**
Aversion to company.

Highly sensitive persons, excitable **HYSTERICAL.**

Changeable moods, erratic, inconstant, paradoxical symptoms. **Irritable**, intolerant to contradiction. *Irritable when consoled.*

PHYSICAL

AILMENTS FROM GRIEF.

Esp. in nervous system causing cramps, spasmodic effects, chorea, convulsions.
Stomach pain or indigestion, menses problems.

Paradoxical symptoms e.g. stinging pain in throat when not swallowing, cough aggravated by coughing.

Jerking of extremities on falling asleep.
Cannot bear smoke of tobacco.

Stitching pain in rectum that extends upward.
Biting the cheek when talking or chewing.

MODALITIES

AGG.: sweets, tobacco.

AVERS.: FRUITS, whiskey, wine.

IODIUM (*Iod.*)

The word for Iodum is overactivity. The body is burning literally and metaphorically. It burns its energy quickly. These patients are very restless, must move all the time. They eat but are lean or even emaciated, the body burns the calories so quickly that they feel hungry all the time. They cannot go on if they don't eat, they feel ameliorated by eating. They are one of the warmest remedies, they burn. On the mental level we see this overactivity too. The mind is so active as to become obsessive and compulsive.

RESTLESS & WORSE FROM HEAT

MENTAL

OVERACTIVITY ON ALL LEVELS. RESTLESSNESS, cannot sit down. Must move constantly, impulse to run. Hurried. Anxiety during work.

Feel they have forgotten something. Goes off and leaves purchases.

COMPULSIVE NEUROSIS. Checking twice. Ritualistic behaviour.

Physical exertion ameliorates.

Anxiety when hungry.

PHYSICAL

HYPERTHYROIDISM. Protrusion of eyes (exophthalmus). Goitre painful, exophthalmic.

EMACIATION. *Eats a lot but still loses weight. Ravenous appetite with emaciation or marasmus. Ravenous appetite soon after eating.*

Hard swelling, induration of glands. *Atrophy of testes/ovaries/mammæ.*

Weakness from heat, perspiration, hunger, ascending.

Violent palpitation <exertion.

MODALITIES

AGG.: WARMTH, becoming warm.

AMEL.: WHILE EATING OR AFTER EATING, *motion, cold, open air, exertion.*

IPECACUANHA (*Ip.*)

VOMITING AND NAUSEA

MENTAL

Capricious, contemptuous, critical.

Restless in bed.

Ailments after anger, from suppressed anger.

PHYSICAL

COMPLAINTS ASSOCIATED WITH NAUSEA AND VOMITING.

Nausea with profuse saliva. Nausea during fever, gastric disturbances, abdominal pain.

Suffocative, choking cough <19:00. **Vomiting while coughing.** *Bluish discoloration of face during cough. Sneezing before cough. Child becomes stiff and blue in face. Stiffness of facial muscles during cough.*

HAEMORRHAGE FROM ALL ORIFICES OF THE BODY THAT IS COMING IN GUSHES AND IS ACCOMPANIED BY NAUSEA.

Sensation that the stomach is relaxed, is hanging down.

Pain in umbilicus extending to uterus.

MODALITIES

AGG.: veal, vomiting, fruit, pork, rich foods, cold dry weather, becoming cold.

AMEL.: wet weather, open air.

DES.: delicacies, sweets.

AVERS.: smell of food.

IPOMIA PURPUREA (*Ipom.*)

For the passage of stone from kidney to bladder :
with severe cutting pain in ureters (<left side) radiating from renal region. Pains excite nausea.

KALI ARSENICOSUM (*Kali-ar.*)

TREMENDOUS FEAR OF HEART DISEASE

MENTAL

Tremendous **ANXIETY about health** (Ars.) esp. **HEART DISEASE**. Hysterical "heart attacks". Fear of death when alone. **Restless esp. at night**.

Sudden fear and panic attacks of the worst type, the patient feels he is going to die. Fear that something will happen, like a catastrophe concerning life and death. **Desires company**.

Rigid, closed, critical, matter of fact, quarrelsome, discontented, jealous.

Indifferent to everything and depressed at later stages.

Aversion to answering questions, or refuses to.

Delusion head is enlarged.

PHYSICAL

Tendency toward malignancy. Tumors, skin cancer.

CHRONIC ECZEMA, PSORIASIS, and other SKIN DISEASES.

ASTHMA <02:00-03:00

HEAD FEELS LARGE.

SENSATION TONGUE IS ENLARGED. Burning and numbness of tongue.

Swelling of lower lids. *Protrusion of eyes.*

Chilly, worse from cold. Cold extremities.

Itching < in cold air, undressing, becoming warm.

MODALITIES

AGG.: **night, cold** (entering a cold place, becoming cold, uncovering, cold air), cold drinks when heated.

KALI BICHROMICUM (*Kali-bi.*)

In this remedy stickiness is the main idea. The mind, the emotions and the discharges are stuck. Sticky thoughts, sticky pus, sticky discharges, sticky vomiting. The pains do not move, they are stuck in a spot.

SINUSITIS- STRINGY, THICK DISCHARGES

MENTAL

STICKY THOUGHTS. Fixed ideas.

NARROW-MINDED. Emotionally closed and anti-social. Misanthropy, avoids human society. *General loathing, loathing life.*

Aversion to mental work.

PHYSICAL

Affects mucous membranes of air passages. *Sluggish reaction in many conditions, ulcers and inflammations.*

MUCUS AND DISCHARGES ARE YELLOW, VISCID, STICKY, STRINGY, can be drawn in long strings.

Catarrh extending to *frontal sinuses. Postnasal catarrh. Catarrhal inflammation of eyes, catarrhal headache. SINUSITIS with pain in the root of nose. Sinusitis with profuse discharge.*

Crusts, scabs inside the nose.

Rattling respiration, chest full of mucus. Rattling cough.

Expectoration difficult, stringy, ropy, adhering to throat, teeth and lips.

Pains in **SMALL SPOTS,** wandering from one point to another, **appear and disappear suddenly.** Diagonal pains.

Sensation of hair on tongue, palate, throat.

Profuse perspiration esp. while sitting quietly.

Gastric symptoms alternating with rheumatic symptoms or pulmonary troubles. Eruptions alternating with rheumatic pains.

Cracking in joints. Rheumatic pains in fingers.

Tongue is red and glistening.

MODALITIES

AGG.: beer, summer, after 02:00, motion.

AMEL.: warmth, warmth of bed, pressure.

DES.: beer, sweets.

AVERS.: water, meat.

KALI BROMATUM (*Kali-br.*)

MENTAL

Profound melancholic delusions.

Paranoia. *Fear to walk past certain corners. Fear of being poisoned, spoken to. **Terror at night.*** Tremendous anxiety states. Restlessness. *Frightful dreams* (Stram.). *Shrieking in sleep.*

Religious affections. Despair of salvation. Religious depression.

DELUSIONS *he's the object of God's vengeance, that he is singled out for divine vengeance, that he's persecuted, that he's pursued by the police or by enemies. Sees phantoms at night, sees dead persons, hears voices.*

Loss of memory together with loss of sexual power.

Amnesic aphasia. Answers slowly, also in monosyllables.

PHYSICAL

Useful in DISTURBANCES OF NERVOUS SYSTEM like epilepsy, numbness and anaesthesia, convulsions etc.

Restless hands, wringing of the hands, busy twitching of fingers.

Trembling - externally and internally - when something is to be done.

Sciatica comes and goes suddenly.

Walks up and down the room without being able to do anything.

Acne of face. Indolent, painful pustules. Psoriasis.

Persistent hiccough.

Ailments from sexual excess or unsatisfied desire (sterility, restless sleep).

Ovarian pain during sexual desire. Cystic tumors of ovaries. Uterine fibroids. Subinvolution.

Sexual desire increased < menses. Impotency after sexual excesses in males.

MODALITIES

AGG.: lying, warm, beer, after 02:00, sexual excesses.

AMEL.: eating after.

KALI CARBONICUM (*Kali-c.*)

SERIOUS, RIGID, DUTY-BOUND, COMPLAINTS <02:00-04:00

MENTAL

RIGID, INFLEXIBLE, DUTY BOUND.

Aversion to being touched. *Startled, frightened easily <when touched.*

Fear of impending disease. Of being alone.

Irritable, shrieking at trifles.

PHYSICAL

COMPLAINTS <02:00-04:00 a.m.

RESPIRATION ASTHMATIC / DIFFICULT, COUGH.

< 2 - 4 a.m., LYING, lying with the head low.

> LEANING FORWARD, sitting with head bent forward on knees.

BAG-LIKE SWELLING AROUND, UNDER and esp. ABOVE THE EYES.

SLEEPLESSNESS after midnight. Wakes up 2 or 3 a.m. and remains awake.

Sleep is light and unrefreshing, thinks he has not slept at all.

Worse from coition. Weak eyes after coition.

Back pain and sciatica worse turning in bed, almost impossible. Back pain extending to glutei muscles and thighs or hips. < night at 03:00, before, during and after menses, during labor, or walking. Back pain at 03:00a.m., driving him out of bed, must get up and walk. Has to sit bent, must walk bent.

General weakness <after coition, after emissions, mental exertion.

MODALITIES

DES.: *sugar, sweets, sour.*

AVERS.: *bread, meat.*

AGG.: 02:00 - 04:00 a.m., COLD (air, becoming), **drafts of air**, cold dry weather, emissions, touch, drinking cold drinks in hot weather or when heated.

AMEL.: *warm (bed, stove, bathing, applications).*

KALI SULPHURICUM (*Kali-s.*)

COUGH WITH RATTLING

MENTAL

Timid, lack of self confidence.
Irritable.

PHYSICAL

Warm blooded, worse from heat. **Better from cold and cold air** (Puls).

RATTLING in chest, esp. in children.

Asthma worse evening, night, < **warm room**, > open air.

Bronchitis with loose rattling cough, with thick yellow expectoration.

Snoring.

Otitis with yellowish discharge.

Epithelioma, esp of the NOSE.

MODALITIES

AMEL.: cold air.

AGG.: warmth.

DES.: sweets, cold food.

AVERS.: EGGS.

KALMIA LATIFOLIA (*Kalm.*)

RHEUMATIC AFFECTIONS ESPECIALLY OF HEART

MENTAL

Excitement in the morning.
Thoughts rapid and quick. Anxiety about future.
Fear of evil.
Memory weakness.
Averse to being spoken to.

PHYSICAL

Rheumatic remedy.

PROMINENT ACTION ON THE HEART.

Gouty heart. Fatty degeneration of heart. Rheumatic endocarditis. Affection of the heart after rheumatism. Pain in heart alternating with rheumatism.

Stitching pain in heart extending to left hand, to left scapula. Paroxysmal anxiety in heart region. Hypertrophy of heart.

Palpitation < bending forward. Arrested respiration during pains.

Rheumatic inflammation of iris, inflammation of retina, of cornea, sclera.

Eye pain on motion, on turning sideways. Stiffness of eyeballs and muscles about the eyes. Eye pain increases till noon and ceases in the evening, sunrise until sunset.

Pain in the pit of stomach < bending forward, > sitting erect.

Facial pain often with numbness esp. right sided <after suppressed eruption, exposure to cold. Come and go with sun.

Wandering pains.

Pains in extremities and head *extend downward* with numbness (Acon., Cham., Plat.).

Sudden, severe, acute arthritis < night, motion.

Pain in tongue when talking < left side.

MODALITIES

AGG.: exposure to sun, ascending, motion, cold, exertion.

AMEL.: lying on back.

KREOSOTUM (*Kreos.*)

EXCORIATION OF MUCUS MEMBRANES WITH ACRID DISCHARGES.

MENTAL

Irritable and peevish. Irritable infants and children. Capriciousness in children. Irritability during headache.

Restless at evening and night, from 18:00 till 06:00. Must move constantly <before menses.

Anxiety and fear at thought of coition in women. Aversion to coition.

Oversensitive to music. Music causes excitement, weeping, sadness.

Absent-minded. Confusion of mind. Anxiety with fear.

PHYSICAL

EXCORIATION AND INFLAMMATION OF THE MUCUS / SEROUS MEMBRANES.

LEUCORRHEA yellow, putrid, burning, and acrid. Stains linen, causes itching. < pregnancy, between menses, before menses.

Headache extending to teeth or teeth pain extending to head. Headache < before or during menses, lying on side.

Voluptuous itching of vagina. Soreness. Cancer of vagina. Itching, biting between labia. *Pains from coccyx, back and abdomen extend to rectum and vagina.*

Metrorrhagia after coition, with dark blood, black. Metrorrhagia during third month of pregnancy.

Menses intermittent, excoriating and offensive. *Suppressed menses on walking.*

Hæmorrhages and abnormal, profuse bleeding from wounds, gums, ulcers, chest, rectum, mucus membranes.

Teeth decay, premature caries in children. **Difficult dentition.**

Gums inflamed, spongy, soft, bleed or ulcerate easily.

Mouth offensive, esp. from inflamed gums or decayed teeth.

Reopening of old ulcers esp. when partly healed.

Urine copious, offensive, brown, acrid with white sediment, brown, acrid.

External pulsation < music, excitement > motion.

MODALITIES

AGG.: cold food, cold (bathing, becoming, air), after menses, 18:00- 06:00.

AMEL.: motion.

DES.: *smoked food*, meat, alcoholic drinks.

LAC CANINUM (*Lac-c.*)

SYMPTOMS ALTERNATE SIDES, FEAR OF SNAKES

MENTAL

FEAR OF SNAKES. Has hallucinations or dreams about them.

Fear of fainting, death, falling, impending diseases.

Very forgetful, absent-minded. Goes off and leaves purchases.

Delusions is swimming in the air.

Low confidence.

PHYSICAL

SYMPTOMS APPEAR IN ALTERNATING SIDES.

Vertigo with feeling as if he's not touching the bed, as if floating, as if gliding and feet did not touch the ground.

Shining, glazed appearance of throat.

White, pearly membrane in throat esp. when alternating sides.

Migratory diphtheria. Post diphtheritic paralysis.

Sore throats and cough are apt to begin and end with menstruation.

Food does not taste salty enough, it only tastes natural.

Desires **PEPPER.**

MODALITIES

AGG.: warm (wraps, bed), beginning of sleep.

AMEL.: bathing, cold.

DES.: **pepper**, salt, spices, highly seasoned food, warm drinks, whisky.

LACHESIS (*Lach.*)

The Lachesis patient is passionate with strong emotions, jealous. We see hypertension, hypersexuality, loquacity. Any constriction or suppression is intolerable. Often the patient experiences choking, suffocative feeling in the throat, intolerance to tight clothing. There's the need to bring out, to release the emotions or the discharges (on the physical level) in order for the patient to be ameliorated.

LOQUACITY, JEALOUSY, FEAR OF SNAKES

MENTAL

JEALOUSY, ailments from jealousy. Delirium from jealousy. Envy.
LOQUACITY. Changing from one subject to another.
FEAR OF SNAKES. Dreams of snakes.

Premenstrual syndrome. Sadness before menses. >beginning of menses, during menses.

Mental symptoms are worse on waking in the morning. (anxiety, confusion, dullness, forsaken feeling, sadness, loathing).

Religious affections, religious despair.

PHYSICAL

Left sided complaints usually, where the heart is involved. Sciatica is right sided.

Complaints may go from LEFT TO RIGHT.
PAINS COME IN WAVES.

Symptoms (dysmenorrhoea, back pain, head pain and mental symptoms etc.)
< **BEFORE MENSES** > **BEGINNING OF MENSES**, when flow begins.

Affections of ovaries (induration, pains, tumors, swelling, abscess, inflammation, cysts etc.). Ovarian complaints are worse around menses (*before, during, after*).

Constriction on various parts of the body esp. throat.

THROAT IS SENSITIVE TO SLIGHTEST TOUCH. CANNOT TOLERATE CLOTHING AROUND THROAT.

Arrested respiration on going to sleep, or during sleep that makes her jump with terror of suffocation. *Difficult respiration <touching the larynx, exertion of hands and arms.*

Impossible to lie on left side. *Palpitations worse lying on left side.*

Heat flushes esp. in face during climaxis. *Heat flushes with perspiration.*

Slight pressure aggravates but hard pressure ameliorates.

Unrefreshing sleep.

Skin has bluish, red, purple discoloration (eruptions, boils, ulcers, swelling).

MODALITIES

AGG.: touch, on waking, suppressed discharges, sleep (*before, during, after, beginning of*), lying on left side, warm wet weather, change of temperature from cold to warm, spring, autumn.

AMEL.: BEGINNING OF MENSES, DISCHARGES, loosening clothing, hard pressure.

LEDUM PALUSTRE (*Led.*)

PAINFUL ARTHRITIC NODOSITIES, GOUT >COLD APPLICATIONS

MENTAL

Restless, must move constantly.
Aversion to company. Dread of men. Misanthropy, hatred.
Morose, malicious.

PHYSICAL

RHEUMATIC COMPLAINTS. Painful ARTHRITIC NODOSITIES.

GOUT. The toe is red, swollen, painful.

Rheumatic pain in extremities **ascending upward.**
Rheumatic pain in right hip and left shoulder.
Inflammation of periosteum.

PAINS > COLD APPLICATIONS although there is coldness of affected part.
< warm, warmth of bed, night.

For penetrating wounds, stings and bites with swelling.

Tetanus where the injured parts become cold and spasms begin in the wound.

Skin eruptions > cold applications <warmth.

MODALITIES

AGG.: *warm wraps* or bed, motion, walking.
AMEL.: **COLD APPLICATIONS,** *cold bathing.*

LILIUM TIGRINUM (*Lil-t.*)

CONFLICT BETWEEN MORALITY AND SEXUALITY

MENTAL

STRONG RELIGIOUS AND SEXUAL FEELINGS leading to **INNER CONFLICT**.

Religious despair alternating with sexual excitement.

SUPPRESSION OF SEXUAL DESIRE (e.g. by keeping busy).

Irritable, nasty, snappish. Depression of spirits.

Hurried. Nervous.

Conscientious, duty-bound, domineering people.

Anxious about disease. Anxiety about salvation. Fear of evil.
Constant inclination to weep.

PHYSICAL

Main action upon the venous circulation of the heart and female organs.

Increased sexual desire. Nymphomania.

Prolapsus of uterus.

BEARING DOWN AS IF EVERYTHING WOULD COME OUT

< standing, >crossing limbs, pressing vulva.

Flow of menses *only during motion.*

Frequent urging to urinate. Feeling of congestion in chest if urination is postponed.

Alternating symptoms (pain in uterus with pain in heart or chest, mental symptoms alternate with physical, alternating sides in headache).

Tottering. Can't walk straight or on uneven ground.

Pressure in the rectum during stool.

MODALITIES

AGG.: sexual excitement, suppression of sexual desire, heat, pressure, evening standing, warm room, after menses, after coition.

AMEL.: pressure, open air, motion.

DES.: meat.

LOBELIA INFLATA (*Lob.*)

NERVOUS DYSPNOEA WITH ANXIETY

MENTAL

Anxiety about health. Fears cancer. Panics - they can leave the theater, the cinema.

PHYSICAL

DYSPNOEA < anxiety, vexation, cold air, labor, exertion, suppressed menses, warm food, lying down, walking rapidly.

Sensation as if heart would cease.

Deathly nausea with vertigo and vomiting, esp. after hot food. *Nausea with salivation. Morning sickness.*

Stomach emptiness, sinking extending to heart.

Vomiting with cold sweat on face.

Useful in emphysema.

Prickling in skin.

MODALITIES

AGG: cold bathing and drafts, suppressed menses; tea; change of temperature.

AMEL: beer.

DES.: coffee, fat, sweets.

LYCOPODIUM CLAVATUM (Lyc.)

COWARDICE WITH GASTROINTESTINAL DISTENTION

The central idea of Lycopodium is cowardice. The patient has feelings of inferiority that tries to hide, showing a facet of being sociable and friendly. The cowardice is apparent when confronted with someone superior but at the same time they are hard and dictatorial with the ones they consider inferior to them. On the physical level they often suffer from gastrointestinal complaints with distention.

MENTAL

DICTATORIAL towards their inferiors or family BUT AT THE SAME TIME COWARD AND TIMID.

Ailments from egotism. Intolerant to contradiction.

BOASTER, haughty. LIKES TO SHOW OFF, but inside he feels insecure, weak.

LOW SELF-CONFIDENCE that they try to hide. COWARDICE. Fear of responsibility, of undertaking anything. The idea of marriage seems unendurable.

Timidity appearing in public. They don't believe in themselves, they fear the opinion of others, that is why they weep when thanked.

FEARS people, dark, ghosts, being alone in the house, tunnels. Fears his position in society.

Weak memory (for names, words, for what has read).

Makes mistakes in writing (transposes letter, omitting words or letters, confounding letters), in speaking, in calculating, in spelling.

PHYSICAL

Liver affections.

Right sided remedy. Ailments go from right side to left.

SYMPTOMS < 16:00-20:00, ON WAKING IN THE MORNING.

DISTENSION OF ABDOMEN

> flatus, eructations.

<16:00-20:00, after eating, after stool.

Eating increases the appetite, increases the hunger. Ravenous appetite soon after eating.

Increased appetite with stomach pain, in gastralgia, with diarrhoea, with marasmus, with headache.

Easy satiety. Fullness after eating little.

UNREFRESHING SLEEP.

Impotency, penis is relaxed when excited. Incomplete erection during coition.

Ejaculation too quick or failing during coition.

One foot hot, the other cold.

Heels are cracked.

Fan-like motion of nostrils especially during an acute disease.

Sleeps on right side, impossible on left (Lach., Phos.).

MODALITIES

Agg.: 16:00-20:00, onions, eating after, cold, cold food, change of temperature from cold to warm, oysters, cabbage.

Amel.: after midnight, sweets, loosening clothing, warm bed, motion, cold.

Des.: SWEETS, WARM DRINKS, olives, oysters.

Avers.: cold drinks, beans, peas, bread.

MAGNESIA CARBONICA (*Mag-c.*)

GASTROINTESTINAL COMPLAINTS WITH ACIDITY

MENTAL

FORSAKEN FEELING, feels he's not loved by parents or friends.

Irritability in children.

PHYSICAL

GASTROINTESTINAL DISORDERS WITH MARKED ACIDITY.

SOURNESS: *perspiration, taste, eructation, stool, menses, expectoration, vomiting.*

Menses are more copious at night or when lying or only during sleep and cease while walking. Flow comes only after the pain. Coryza before and during menses.

< MILK (indigestion, eructations, stomach pain, diarrhoea, abdomen pain).

Unrefreshing sleep.

Neuralgic pains. Trigeminal neuralgia <left side, lying, night, rest, sitting >walking, motion, pressure, jar, open air.

Abdomen distention <night, soup, eating after > passing flatus.

Stool is frothy, watery with green scum. Lienteric stool in children.

MODALITIES

AGG.: *during menses, pregnancy, evening, cabbage, night, lying after.*

AMEL.: *open air, walking, motion.*

DES.: *meat (esp. in children), bread and butter.*

AVERS.: *vegetables, artichokes, fruit.*

MAGNESIA MURIATICA (*Mag-m.*)

PACIFISTS, WEAKNESS OF LIVER, <MILK

MENTAL

PACIFIST, INTOLERANT OF AGGRESSION, TRY TO RESOLVE CONFLICTS.

Restlessness, anxiety at evening in bed, on closing the eyes at night.

Unconsciousness after eating, while lying.

PHYSICAL

LIVER AFFECTIONS (inflammation, jaundice, enlarged liver).

UNREFRESHING SLEEP esp. in the morning.

< MILK. *Diarrhœa, stomach/abdomen pain, indigestion.*
Undigested stool after milk.

Periodic headache every six weeks, with vomiting and thirst. Eructations during headache. Thirsty during headache.

Constipation during dentition.

They feel old. They have an old looking expression in the face.

Adapted to diseases of women; spasmodic and hysterical complaints.

MODALITIES

AGG.: MILK, *bathing in the sea, seashore.*

AMEL.: pressure, open air, motion.

DES.: indistinct - does not know what desires, vegetables, sweets.

AVERS.: MILK.

MAGNESIA PHOSPHORICA (*Mag-p.*)

CRAMPING, NEURALGIC PAINS >WARMTH, PRESSURE

MENTAL

*Tearful, convulsive weeping.
Dullness, irritability with headache.*

*Complaining. Lamenting about her pains.
Aversion to mental work.*

PHYSICAL

Acts on nerves and muscles.

PAINS, CRAMPS, CONVULSIONS AND SPASMODIC EFFECTS
> PRESSURE, WARMTH.

*Pains are drawing, cutting, shooting, stitching. Sudden like "Lightening in coming and going". **Wandering pains.** Radiating pains from abdomen.*

Cramps of fingers in musicians (playing piano or violin).

Neuralgic toothache > warm drinks, external warmth.

*Flatulent cramping pain (colic), forcing the patient to bend double > by **WARM APPLICATIONS** and rubbing.*

Right sided remedy.

MODALITIES

AGG.: Cold (air, drinks, bathing, becoming), uncovering, lying on right side, touch.

AMEL.: WARM (APPLICATIONS, BATHING, STOVE, HOT BATH), pressure, rubbing.

MANCINELLA (*Manc.*)

FEAR OF DEVIL, OF INSANITY

MENTAL

FEARS EVIL SPIRITS, GHOSTS, BEING TAKEN BY THE DEVIL.

This brings FEAR OF INSANITY. Delusions that she will become insane.

Afraid to pronounce the word 'devil'.

Superstitious (Arg-n., Con., Rhus-t., Stram.).

Obsessive thoughts. Fear of their own thoughts. Have to restrain them.

Praying, hoping God will help them.

Sexual thoughts, obsessions. Perverse fancies; can't put them aside.

PHYSICAL

Allergies, postnasal catarrh.

Constricting pain in throat < speaking, swallowing, drinking.

Dysphagia from constriction of oesophagus. *Spasms when drinking.* Clothing aggravates the throat symptoms. Constriction, oppression in the chest > expectoration.

Flushes of heat in stomach extending upwards.

Cramping pain in abdomen after drinking water.

Vesicular, desquamating eruptions in feet. Yellow vesicles in face.

Shocks in cervical region < on waking.

Palpitations < evening, turning in bed.

Bloody taste after sleep.

MODALITIES

AGG.: heat, puberty, climaxis.

AMEL.: motion.

DES.: *strange things*, salt.

MERCURIUS CORROSIVUS (*Merc-c.*)

VIOLENCE OF SYMPTOMS, INTENSE BURNING, RAPID SPREAD

MENTAL

Impulsive, violent and active in movements.

Startled from sleep, or on falling asleep.

Dullness, memory weakness, stupefaction.

Anxious and restless.

PHYSICAL

BURNING: discharges, urine, urethral discharge, aphthae, pains.
All discharges are acrid, excoriating, causing burning.

Feeling of constriction and **internal burning** in rectum, neck of bladder.

TENESMUS of bladder and rectum. **Continuous urging for stool and urination.**
Only few drops of urine are coming out. Urine **hot, burning, passed drop by drop**, albuminous and bloody.
Little stool is coming out with **burning and blood**. Remedy par excellence for ulcerative colitis.

Conjunctivitis painful and severe. With acrid lachrymation. Specific for syphilitic iritis.

Gingivitis, with swelling, bleeding and burning pains.

Salivation.

Sweats from every motion.

Throat intensely inflamed, burning <on pressure. Spasmodic constriction of throat compelling him to retch and swallow constantly.

*Swelling of throat, cervical and submaxillary glands.
Cracks and swelling of nipples.*

MODALITIES

AGG.: NIGHT pressure, lying on the side, exertion, after urination.

AMEL.: rest, lying on back, motion.

DES.: cold drinks, sour food.

AVERS.: hot or warm food.

MERCURIUS SOLUBILIS (*Merc.*)

INTROVERT WITH OFFENSIVE BREATH, METALLIC TASTE, SALIVATION

MENTALS

INTROVERT, FEELS THREATENED

Aggressive- impulse to kill, to do violent things.

STAMMERING, mild, not violent.

Impolite, contrary, reproaches others, aversion to his family, discontented.

PHYSICAL

EXCESSIVE SALIVATION, wets the pillow during sleep.

METALLIC TASTE IN THE MOUTH.

OFFENSIVE BREATH.

WHITE TONGUE. Tongue swollen, flabby, indented.

Complaints of mucous membranes, excoriation (burn like fire).

Aphthae. Gums are bleeding.

PROFUSE PERSPIRATION with every complaint <night.

Perspiration gives no relief. All symptoms are aggravated during or after perspiration.

PAINS WORSE AT NIGHT.

*Worse both extremes of temperature, **heat and cold.***

Great weakness and trembling from slight exertion.

MODALITIES

AGG.: night, perspiration, touch, heat and cold, lying on right side, warm air.

AMEL.: sleep, falling asleep, cold, sour food.

DES.: bread and butter, cold drinks, liquids, lemons.

AVERS.: brandy, strong cheese, *butter*.

MEDORRHINUM (*Med.*)

The Medorrhinum persons are passionate with everything they do. They are passionate with their relationships, their beliefs, their interests. They are very sexual. They enjoy sex as long as the passion lasts. They enjoy the sea and are markedly ameliorated in the sea. There's usually a history of venereal disease or early heart disease in the patient's or his parents' history.

PASSIONATE, LOVES SEA, HISTORY OF VENEREAL DISEASE

MENTAL

Passionate, hypersexual. EXHILARATION AT NIGHT.

Powerful, extrovert, passionate people, egotistical. They put passion in whatever they do, they enjoy relationships, but you can also get the opposite type who is very introverted, not able to express themselves.

Fear that somebody is behind him.

Rapid thoughts. Hurried.

PHYSICAL

PERSONAL OR FAMILY HISTORY OF VENEREAL DISEASE (SUCH AS GONORRHOEA), OF HEART AFFECTIONS IN YOUNG AGE.

Gonorrhoeal discharge. Urethritis. Condylomata. Herpetic eruptions in genitals.
RED RASH IN THE GENITALIA OF NEWBORNS.

GENERAL AMELIORATION IN THE SEA.
General amelioration in the evening.

Warm blooded. HOT FEET, uncovers them at night.
Painful soles, cannot walk on beach pebbles easily.

Sleeps on abdomen or in knee-chest position.
Asthmatic respiration > in knee-chest position.

Constant disposition to hawk due to mucus stuck in throat.

Increased sexual desire.

MODALITIES

AMEL.: SEA (bathing, seashore), EVENING, *lying on abdomen.*

AGG.: cold wet weather, becoming cold.

DES.: SOUR, oranges. ACID, GREEN OR UNRIPE FRUITS. Salt, fat, ice, sweets, alcoholic drinks (esp. sweet).

AVERS.: aubergine.

MELILOTUS ALBA (*Meli.*)

CONGESTION AND HAEMORRHAGES

MENTAL

Psychosis, mania, insanity, delusions. Religious affections.

Delusions that everyone is possessed by devils, that everyone is looking at her, that he's pursued by police or enemies, that he's about to be arrested.

Wants to run and hide. Thinks that everyone is looking at her.

Inability to study, weak memory.

Omits words and letters in writing.

PHYSICAL

CONGESTION. Full feeling internally. Internal and external pulsation.

Blood vessels get overfilled with the sensation as if they are going to burst, which they actually do resulting to haemorrhages, epistaxis, congestion of head, of ovaries, of face.

Violent throbbing headaches with congestion, red, bluish face.

Fullness all over head. **Headaches > with epistaxis, menstrual flow,** profuse urination (Gels), application of vinegar. *Black spots before the eyes, cold feet, red face, vomiting during headache.*

Dysmenorrhoea. Menses scanty, intermit, with nausea and bearing down, sticking pain in external parts.

MODALITIES

AMEL.: changing position, walking, open air.

AGG.: motion, change of weather, wet weather.

MENYANTHES (*Meny.*)

A REMEDY FOR CERTAIN HEADACHES, INTERMITTENT FEVER

MENTAL

Confusion > open air.
Discontent. Restlessness.
Forsaken feeling.
Fear of being alone with headaches.
Dwells on disagreeable occurrences (Nat-m.).
Anxiety about heart.

PHYSICAL

Headaches: as if weight on vertex pressing down, **better pressing hard** with hand in the same direction, better stooping (lgn., Cina), worse ascending (Calc.).
Cold hands and feet (Calc., Sep.), cold tip of nose, tension in root of nose.
Coldness of abdomen.
Icy cold toes and fingers extending to knees and elbows.
Fever: Cold stage predominates. Coldness of the tip of the nose.
Thirstless.
Twitchings. Diabetes.

MODALITIES

AGG.: rest and lying down, evening.
AMEL.: hard pressure with hands (China), motion.

MEZEREUM (*Mez.*)

THICK, CRUSTY, DISCHARGING ERUPTIONS

MENTAL

ANXIETY, FEAR FELT AND ARISING IN STOMACH (Calc., Kali-c.).

Empty feeling, as if something was going to happen.

Anxiety when alone.

Confusion of mind from interruption, knows not where he is, cannot distinguish objects around him. *Vanishing thoughts while speaking.*

Causeless anger.

Apathy, indifference, everything seems dead to him.

PHYSICAL

ERUPTIONS: THICK, CRUSTY, discharging WHITE PUS BENEATH (esp. scalp).

Ailments from suppressed eruptions (Graph., Sulph., Zinc.)

Eczema on back of hand with itchy vesicles.

Chilly, aggravated by cold - '*cold to the bone*'. Affected parts become cold.

Internal burning with external violent, burning itching in spots. Skin burning from perspiration.

Produces violent, burning, stitching pains in the muscles.

Sudden pains followed by chilliness, numbness and soreness.

Burning in urethra at close of urination with mucous. Discharge from urethra.

MODALITIES

DES.: FAT, HAM, bacon.

AVERS.: milk.

AGG.: evening, touch, cold, bathing.

AMEL.: eating while, open air.

MURIATICUM ACIDUM (*Mur-ac.*)

This remedy is exhausted on the physical level. The exhaustion is such that they cannot support the body. They slide down in bed, the lower jaw is hanging down. The organs are collapsing, the rectum is prolapsed with haemorrhoids. The mind is also so tired and weak, that they are sad and indifferent to everything.

MENTAL WEAKNESS

MENTAL

WEAKNESS, WEARINESS - feels too weak to live on his own.

Indifference and sadness due to exhaustion. Taciturn. Introvert.

Persistent loud moaning. Muttering.

Restlessness.

PHYSICAL

Affinity to blood and muscles esp. *heart and mucous membranes.*

GREAT DEBILITY AND WEAKNESS dropping down of lower jaw, slides down in bed.

Muscular prostration from blood poisoning going onto paralysis. *Toxic paralysis.*

HÆMORRHOIDS, bluish, sensitive, painful < touch.

Offensive secretions, breath, flatus, stool and body odor.

Vertigo comes on moving eyes and lying on right side.

Tongue, dry, stiff and paralyzed.

Urine passes slowly, feeble stream. Involuntary stool while urinating.

Burning, tearing pains.

MODALITIES

AGG.: bathing in sea, seashore, standing.

AMEL.: touch, pressure, rubbing, motion.

DES.: alcohol.

AVERS.: meat (also agg.).

MYRISTICA SEBIFERA (*Myris.*)

PANARITIUM - WHITLOW, FELON, INFLAMMATION OF THE FINGER AROUND THE NAIL

PHYSICALS

WHITLOWS, PANARITIUM, FELON (inflammation around the nail of finger or toe)

Inflammation and infection of the skin and subcutaneous tissue.

Inflammation around the fingernails with swelling and pus accompanied by swelling of the phalanges.

NATRUM CARBONICUM (*Nat-c.*)

In this remedy the sensitivity is prominent in all levels. They are sensitive like all Natrums but they have a characteristic sensitivity to the presence of other people. They can perceive the 'aura' of people and sometimes they find it intolerable to stay around certain persons. They cannot explain it logically, it's rather an intuitive reaction. They are very refined people who are moved by music, they are very giving people who like to take care of others, putting themselves second. Physically we see strong sensitivity to certain foods (milk) and to sun.

AFFECTIONS OF STOMACH, INTOLERANCE TO SUN, AVERSION TO MILK

MENTAL

AVERSION TO CERTAIN PERSONS. SENSITIVE TO CERTAIN IMPRESSIONS. Sensitive to music.

Depression from errors of diet.

PHYSICAL

THE STOMACH IS MAINLY AFFECTED (indigestion, pain, nausea etc.).

Stomach pain <touch. Nausea in warm room. INDIGESTION.

Indigestion from farinaceous food.

AVERSION TO AND AGGRAVATION FROM MILK (*disordered stomach, flatulence, diarrhoea, stomach pain, vomiting*).

WORSE FROM EXPOSURE TO SUN (weakness, headache, confusion, vertigo, fever, head heaviness). SUNSTROKE.

Great weakness caused by summer heat.

Mental exertion causes or aggravates vertigo, headache, weakness, coldness of feet, asthmatic respiration etc.

MODALITIES

AGG.: SUN, heat, milk, mental exertion, cold drinks in hot weather or when heated, summer.

AMEL.: pressure, rubbing, eating after.

DES.: beer, sweets, cold drinks, potatoes.

AVERS.: MILK.

NATRUM MURIATICUM (*Nat-m.*)

The characteristic of Nat-m. is the fear of rejection, of being ridiculed. They are very sensitive and vulnerable, so if they get hurt they close up, keeping their sorrow inside and eventually become hard, with no emotions to the extent that they cannot cry. The fear of being ridiculed prevents them from doing things. If they cry they'll be alone to avoid the ridicule to others. They are proper and perfectionists. The grief leaves scars on them, they change and become closed and mistrustful. They think of the grief for a long time after, cannot overcome it.

INTROVERTED, VULNERABLE, AILMENTS FROM GRIEF

MENTAL

Emotional vulnerability makes her reserved and oversensitive.

AILMENTS FROM GRIEF, FROM DISAPPOINTED LOVE.

Silent grief. Dwells on past, disagreeable circumstances. Cannot weep though sad.

Aversion to company. **CONSOLATION AGGRAVATES.** Prefers to be alone.

Presence of people is intolerable during urination. Cannot urinate.

Avoids being hurt at all cost. *Fear of rejection. Fear of being ridiculed.*

Fear of robbers.

Hysterical weeping. Weeping alternating with laughing. Laughing immoderately, at unsuitable times.

Uncontrollable emotions, falls in love with unsuitable persons.

PHYSICAL

SALT desire. **FAT** aversion. **SUN** aversion.

Headache from sun. Photosensitivity.

HEADACHE esp. hammering < 10:00-15:00.

HERPES ABOUT LIPS.

Sleeplessness from grief or thoughts of past disagreeable occurrences. Sleeplessness after waking.

Back pain >pressure, esp. lying on the back with firm pressure.

Sleeps on left side.

MODALITIES

AGG.: *warm* (air, bed, stove, room, becoming), farinaceous food, seashore.

AMEL.: perspiration, cold, lying, pressure.

DES.: **SALT**, fish, salty fish, bitter food and drinks, black pepper.

AVERS.: **FAT**, slimy food, chicken.

NATRUM SULPHURICUM (*Nat-s.*)

WORSE IN WARM WET WEATHER - CHEERFUL AFTER STOOL

MENTAL

Loathing life, **SUICIDAL THOUGHTS** by shooting but restrains himself because of grief given to relatives.

CHEERFUL AFTER STOOL.

Mental symptoms **AFTER INJURIES TO HEAD OR SPINE** (confusion, dullness, sadness, insanity).

Fastidious, too much sense of duty.

PHYSICAL

<WET WEATHER.

Feels every change in weather from dry to wet.

Difficult, asthmatic respiration, < 04:00 to 05:00, <wet, damp weather.

Diarrhoea with loud flatus, on rising and moving about.
Diarrhoea from sudden joy, after rich food, during jaundice.

HIP JOINT DISEASE <LEFT (almost a specific remedy).

Liver and gall bladder affections (inflammation, swelling, enlargement, atrophy, congestion, gall stones, etc.).

Warts. Condylomata red and soft.

Ailments after head injuries (headache, vertigo, mental symptoms).

Photophobia during headache.

MODALITIES

AGG.: wet weather esp. warm, farinaceous food, fruits, vegetables, potatoes.

AMEL.: after stool, diarrhoea, open air.

DES.: cold drinks, salty fish, ice, beer.

AVERS.: *sour milk and yoghurt*, beer, bread.

NITRICUM ACIDUM (*Nit-ac.*)

The Nit-ac. patient is miserable, in a state of constant dissatisfaction. They are never pleased by anything. They become nihilistic to the point that life is meaningless.

The characteristic on the physical level is the sluggish circulation, the splinter-like pains and the offensiveness of the discharges.

MISERABLE, ANXIOUS WITH STITCHING PAINS AND OFFENSIVE DISCHARGES

MENTAL

ANXIETY ABOUT HEALTH.

Fear of impending disease, cancer, death. Hypochondriacal anxiety.

Unforgiving, bears a grudge. Unmoved by apologies.

NIHILISTIC. Irritable, sad, cursing. Never cheerful. *Suicidal disposition.*

PHYSICAL

STITCHING, SPLINTER-LIKE PAINS. Their special seat of action is where mucous membranes and skin meet.

OFFENSIVE DISCHARGES. URINE SMELLS LIKE HORSE'S URINE.

Offensive perspiration. Excoriating perspiration of feet that destroy the socks.

UNREFRESHING SLEEP. *Waking at 2 a.m.*

CRACKS about lips, corners of mouth. **Fissured tongue.**

Cracking in jaw when chewing, in joints, in ankle or knee while walking.

Warts.

Chilly.

MODALITIES

DES.: *FAT, salt, indigestible things, earth, chalk, clay.*

AVERS.: *cheese esp. strong, eggs.*

AGG.: *milk, eating, jar, after stool, after coition.*

AMEL.: *riding, loosening clothing, lying, wet weather.*

NUX MOSCHATA (*Nux-m.*)

DRYNESS & SLEEPINESS

MENTAL

DULLNESS, CONFUSION AND SLEEPINESS.

STATE AS IF IN A DREAM. Clairvoyance.

Weakness or loss of memory, lack of concentration, abstraction of mind. Confusion when walking in the open air.

Does not recognize, forgets well known streets. Makes mistakes in localities, uses the wrong words. Vanishing thoughts while reading, speaking or writing.

Periodical attacks of short lasting absent-mindedness.

Delusions he's three persons, of being double, of floating in the air, that everything is strange.

Hysteria. Changeable mood esp. during heat. Weeping alternating with laughter.

Stupefaction < menses, pregnancy.

PHYSICAL

GREAT DRYNESS OF MUCOUS MEMBRANES esp. MOUTH, EYES.

Dryness of mouth with thirstlessness <during menses, evening, night.

Tongue so dry that adheres to roof of mouth.

They sip water only to moist the mouth, they can even spit it afterwards. *Sensation of dryness when mouth is moist.*

Indicated in *Sjogren's syndrome*.

OVERPOWERING SLEEPINESS (Op.). Narcolepsy.

Disposition to FAINT from sight of blood, pains, hysteria, during palpitations, during stool etc.

Anxious, accelerated respiration during headache.

Sensation of fullness in stomach during pregnancy.

Irregular, late, copious menses. *Menses during pregnancy. Suppressed menses from exertion, from chill, from getting wet.*

Constipation, soft but difficult stool, has to help mechanically.

Tendency to abortion.

MODALITIES

AGG: change of weather, wet weather, lying on painful side, uncovering, cold (air, becoming), open air.

AMEL.: warm (bed, drinks, stove, weather), lying on painless side, pressure, walking.

NUX VOMICA (*Nux-v.*)

The central idea in this remedy is the irritation of the nervous system. The individual is excited, impatient, quick to act and very irritable. It is often used in states of exhaustion from over-working, where the nervous system cannot tolerate the slightest stimulus. The noise, the light, the traffic, every little stress is intolerable. The irritability is found and is a leading characteristic during acute diseases.

On the physical level, this over excitability manifests in twitching, jerking, headaches but primarily in the sensitivity of the stomach.

OVEREXCITABILITY OF NERVOUS SYSTEM, IRRITABILITY

MENTAL

ANGRY, IRRITABLE, IMPATIENT, quarrelsome.

Easily offended. May become violent. Sudden impulse to kill even for a slight offense. Sudden impulse to throw the child out of the window or into fire. Desires to kill the husband.

Critical.

Increased ambition, competitive, industrious.

Jealous. Ailments from jealousy.

Fastidious, wants things in certain place

Oversensitive to external impressions: *noise, music, odor, light.*

PHYSICAL

STOMACH AFFECTIONS: gastritis, indigestion, duodenal ulcers, sensation of stone after eating.

CHILLY, easily susceptible to drafts <uncovering.

CONSTIPATION. Constipation from portal stasis. **INEFFECTUAL URGING.**

Urging to urinate with urging to stool.

Cystitis with frequent or constant urging which is ineffectual, only passes a few drops. Sudden urging to urinate, must hasten or urine will escape.

SLEEPLESSNESS from excitement, after mental strain, from thoughts.

Sleeplessness after 3 - 4 a.m.

Increased sexual desire.

Photophobia (esp. in morning).

MODALITIES

AGG.: cold, drafts, undressing, touch, alcohol, coffee, tobacco.

AMEL.: warm (drinks, stove, bed, applications), lying, loosening the clothing.

DES.: stimulants, brandy, *spices, fat*, beer, earth/chalk/clay/lime, charcoal, highly seasoned food.

OPIUM (*Op.*)

The keyword for Opium is the sleepiness. The opiates in the brain of these patients are so much increased that promote sleep very easily leading even to narcolepsy. The opiates not only make the patient sleepy but make them blissful. They are so blissful that they don't feel the pain of their complaints, they don't realize the seriousness of their condition. Sleepiness and other symptoms can come after a frightening experience.

SLEEPINESS, BLISSFULNESS

MENTAL

AILMENTS FROM FRIGHT - convulsions, chorea, neurological disturbances etc.
Sleepy expression of the face. *Somnambulism*.

Indifference to suffering. CHEERFUL AND HAPPY during sickness, during fever. Does not complain, wants nothing, and seems to be in bliss though very sick. **Says he's well when sick.**

Abundant ideas, vivid imagination. Ailments from excessive joy.

PHYSICAL

OVERPOWERING SLEEPINESS, NARCOLEPSY. Falls asleep while talking, sitting, etc. Falls into a heavy stupid sleep.

PAINLESSNESS of usually painful complaints.

Snoring, *respiration is arrested, difficult, slow <during sleep.*

SEVERE CONSTIPATION. Constipation of newborns. Inactivity of rectum. Stool recedes. Stool like black balls.
Diarrhoea alternating with constipation. *Involuntary stool after fright. Diarrhoea from emotions, excitement, fright, joy.*

Obesity.

MODALITIES

AGG.: during and after sleep, wine, warmth.

DES.: brandy, alcohol.

PALLADIUM (*Pall.*)

GREAT NEED FOR APPROVAL

MENTAL

Tremendous emotional insecurity with strong emotions that cannot be expressed.

GREAT NEED FOR APPROVAL AND FLATTERY. WANTS TO PLEASE.

Longing for the good opinion of others.

Easily offended, easily hurt, esp. if ignored by others. Wounded pride, feels everything is said on purpose to wound her dignity. *Takes everything in bad part. Delusions he's neglected, not appreciated, insulted. Ailments from mortification.*

Excited in company but feels exhausted afterwards.

PHYSICAL

Convulsive movements due to emotional pressure and lack of expression, ticks. Twitching of face. The main remedy for TURRETTE'S SYNDROM.

AFFECTIONS OF OVARIES. Ovarian cysts and tumors. *Pains and swelling in the region of the right ovary > flexing thigh, rubbing, pressure.*

Ovaritis. Enlargement of right ovary.

Prolapsus of uterus.

Lying on the left side ameliorates the pains (abdomen, ovaries, chest, uterus).

Headache across the top of the head from ear to ear.

Sensation as if something is hanging from the throat.

As if he had grown taller.

MODALITIES

AGG.: after menses.

AMEL.: *rubbing, lying on the left side.*

PETROLEUM (*Petr.*)

DRY SKIN, NAUSEA

MENTAL

THINKS HE IS DOUBLE OR SOMEBODY ELSE IS LYING NEXT TO HIM.

Feels that death is near and has to settle his affairs (presentiment of death).

Depression with dim vision.

Loss of memory, confusion. Does not recognize well known streets.

Excited, irritable after coition.

PHYSICAL

Affects the skin and the mucus membranes.

SKIN: DRY, CRACKED, DIRTY, HARD, ROUGH, THICKENED, raw. Wounds heal slowly.

ERUPTIONS, usually with painful cracks. Eczema, psoriasis, herpes. <winter.
Itching of skin, must scratch until is raw.

DRY SKIN with INCREASED MUCUS SECRETIONS.
Diarrhoea during skin eruptions.

Sea-sickness, car-sickness.
Falling out of hair.

Weakness, stomach emptiness, hunger after stool or during diarrhoea.
Ravenous hunger, frequently awakened by it at night.

Burning sensation is marked.

MODALITIES

AGG.: cabbage, flatulent food (beans and peas), after coition, eating after.

AMEL.: summer.

DES.: brandy, beer.

AVERS.: fat, meat.

PHOSPHORICUM ACIDUM (*Ph-ac.*)

The characteristic of this remedy is the great weakness which begins on the emotional level and gradually progresses to the mental and physical levels. The most usual cause is grief which progresses to such depth that freezes the individual. The patient becomes apathetic and indifferent that nothing can excite them. They stare at the wall with an empty look. They don't care if they live or die.

The falling of hair and the desire for juicy things are confirmatory symptoms for a Ph-ac. case.

INDIFFERENCE, APATHY, AILMENTS FROM GRIEF

MENTAL

Weakness on the emotional plane progressing to the physical and mental planes.

AILMENTS FROM GRIEF. *Ailments from grief, disappointment. Prostrated and stupefied with grief. Silent grief.*

INDIFFERENCE TO EVERYTHING, APATHY.

Memory weakness, dullness. Has to reflect long before answering. Forgetful of words while speaking.

PHYSICAL

WEAKNESS AND LASSITUDE <after emissions, after eating, exertion, morning.

Faintness from loss of fluids.

AILMENTS FROM GRIEF: *falling of hair, headache, diarrhoea, palpitations etc.*

Copious stool. Yellow stool.

Diarrhoea without weakness, after food, after taking a cold in the summer, from weather changes, after becoming cold, after anticipation, after grief.

Seminal emissions at night (nocturnal) < with stool, during erection, after coition or onanism. Too quick ejaculation.

Urine milky, curdled-like, cloudy, albuminous.

Diabetes, sugar in urine.

Pale, sickly color of face.

Ailments in young when growing too fast with a lot of acute diseases, growing pains.

MODALITIES

AGG.: *after perspiration, becoming cold, eating, emissions, evening.*

AMEL.: *after sleep, motion.*

DES.: **JUICY, REFRESHING THINGS.** *Fruits, tonics, cold drinks.*

AVERS.: *bread.*

PHOSPHORUS (*Phos.*)

DIFFUSION IN ALL LEVELS

MENTAL

OPEN AND IMPRESSIONABLE.

OVER-SENSITIVE TO EXTERNAL IMPRESSIONS. Startles easily.

SYMPATHETIC. Naive, easily trusting.

ANXIETY, becomes “free-floating” with no identifiable cause, *fear that something will happen*. Anxiety others for. Strong anxiety about health esp. relatives. - easily reassured by the doctor.

FEARS: thunderstorms, dark, being alone, something will happen, death, heart disease.

Desires company.

PHYSICAL

HÆMORRHAGES. Menses copious, bright red. Epistaxis.

UNQUENCHABLE THIRST esp. FOR COLD DRINKS, experiences burning pains internally, relieved by cold things. *As soon as the water (or other liquids) becomes warm in the stomach it is thrown up.*

Nausea and vomiting when putting hands in warm water.

All sorts of affections of the respiratory tract. Pneumonia < left side.

Left sided, cannot sleep on left side.

Sexual desire increased.

Chilly. Coldness of extremities. Feet icy cold. Coldness of knees esp. at night.

Hoarseness. Lost voice, painless or with painful raw feeling of throat.

Burning pain in spots along the spine, between the scapula.

MODALITIES

AGG.: cold, twilight, lying on left side, warm food, garlic, salt, change of weather.

AMEL.: cold drinks, short sleep, rubbing, warm bath of head, eating.

DES.: COLD DRINKS, ICE-CREAM, SALT, CHOCOLATE, sweets, fish.

AVERS.: warm food and drinks, fish, oysters.

PHYSOSTIGMA (*Phys.*)

EYE COMPLAINTS, NEUROLOGICAL CONDITIONS

MENTAL

Intense mental activity (Cann-i., Coff.), cannot stop thinking.
Cannot concentrate the mind.

PHYSICAL

Heaviness of lids (Gels.).

Night blindness; *myopia*.

Twitching lids.

Eye strain (Ruta, Onos., Nat-m.).

Contractions of pupils.

Defective accommodation; astigmatism.

Glaucoma.

Floating spots. Flashes.

Profuse lachrymation. Photophobia.

Could not get his will into his muscles.

Muscle spasms and cramps.

Numbness of distal extremities.

Dread of cold water.

Sudden jerking of extremities on falling asleep.

MODALITIES

AGG: Cold, draft.

PHYTOLACCA DECANDRA (*Phyt.*)

CONSTANT INCLINATION TO CLENCH THE TEETH - AFFECTIONS OF MAMMAE

MENTAL

Wants to be naked during delirium. Shamelessness, exposes the person.

Sadness, indifference and apathy. Desires to be killed. Aversion to mental work, to business. Refuses to eat.

Weeping during menses.

Delusions as if snakes all around her.

Sensitive to pain.

Desire to bite.

PHYSICAL

Affects bones, glands and the throat. **Most symptoms are in the glands esp. breast, parotids and tonsils.** Glandular swellings with heat and inflammation.

AFFECTIONS OF MAMMAE. *Pain in left mammae extending to the whole body. Inflammation, induration, fistulous openings, ulceration, nodules, cancer etc. Pain in mammae while nursing the child.*

Pain in nipples radiating to the whole body <while nursing.

CONSTANT INCLINATION TO CLENCH FIRMLY THE TEETH esp. DURING SLEEP.

Painful dentition or teeth pain > clenching the gums and teeth, biting on to something hard. Clenching or biting teeth ameliorates.

Pain in throat feels as if it is burning like a hot ball.

Throat pain > cold drinks and < warm drinks.

Tip of tongue is fiery-red with smarting pain. Pain in root of tongue on swallowing or on putting the tongue out.

Tonsillitis with marked pain, swelling, enlargement and dark red discoloration of tonsils. Ulcers of tonsils. Inflammation of tonsils, pharynx or root of the tongue < on the right side.

Stitching pain in ears on swallowing.

Aching, soreness, restlessness, prostration.

Pain in forehead extending backward. Headache <rain.

Abundant hot lachrymation with cough or during coryza.

Pains fly like electric shocks, shooting, shifting, wandering.

MODALITIES

AGG.: wet weather, cold weather, night, sleep after, motion.

AMEL.: open air, biting teeth together.

PICRICUM ACIDUM (*Pic-ac.*)

MENTAL EXHAUSTION

MENTAL

PROSTRATION OF MIND. Begins on the **mental level** and works through emotions to physical plane. Exhaustion comes suddenly.
BRAIN FATIGUE. Dullness, **CANNOT CONCENTRATE**, cannot think long - mind is stopped. Paralytic state of mind. Imbecility.

Indifference. Lacks will power to undertake anything.

PHYSICAL

WEARINESS- progressing from weariness to paralysis. Sleep does not refresh. **Heaviness of limbs** <while walking, after exertion.
Numbness.
Burning pain along the spine with great weakness < mental and physical exertion.

Pain in posterior part of lower limbs.
Excessive sexual desire, easy erections, easy excitement. Lasciviousness.

Occipital headache. Bursting headaches.
Oily looking yellowish skin. Jaundice with itching.

MODALITIES

AGG: physical and mental exertion, emissions, warm, wet weather.
AMEL: lying, rest, bathing, bandaging.

PLATINUM METALLICUM (*Plat.*)

In Platina we see excessive sexuality to the point of nymphomania. We see the inflated, enlarged ego which usually takes two directions: if the sexuality is suppressed, the person is mentally inflated and shows egotism, pride and haughtiness to the pathological extent that they can feel they're someone important (king, queen) or if the sexuality is expressed and released we don't see the haughtiness so much.
On the physical level there is predisposition to enlargements and tumors of the genital system.

HAUGHTY, HYPERSEXUAL, EGOTISTICAL

MENTAL

HAUGHTY, CONTEMPTUOUS, PROUD. Superiority complex. Looking down upon people. **EGOTISM.** Desires grandeur. They want to have impressive look.

NYPHOMANIA. Lascivious. Religious affections alternate with sexual excitement. Disposition to **MASTURBATION.**

DELUSIONS; DISORDERED SENSE OF PROPORTION- Things appear smaller. *People seem physically and mentally inferior.* Humility and lowness of others while he's great.

Delusions she's a noble, does not belong to her own family.

This delusion extends to body. *Fancies herself very tall.* Taller than others or she looks down to others from a higher place. Everything in the room are diminished while she's tall.

You will see this mental picture esp. when the sexuality is suppressed. Mental symptoms alternate with sexual hyperactivity.

Ailments from grief- disappointments in love/sexual sphere.

FEARS: death (esp. when they get symptoms such as numbness), *disease, ghosts (thinks he's conversing with ghosts), something will happen to her husband, fear of being hanged, of knives.*

Desire to kill, the husband.

Aversion to, even hatred of children. The world is bad to have children.

Mental symptoms alternate with physical symptoms.

PHYSICAL

EXCESSIVE, VIOLENT SEXUAL DESIRE that can lead to involuntary orgasms or even convulsions.

Cramp-like pains.

NUMBNESS of parts especially *face (cheek, about mouth). In coccyx while sitting. Numbness in spots.*

Fear that face is distorted (Bell's Palsy).

BANDAGED SENSATION, *sensation of a band* around affected part.

Feeling of contraction or constriction in umbilicus. Pain in umbilicus extending to back.

Malignancy, tumors in uterus, ovaries, testes, external genitalia.

Menses dark clotted, offensive with bearing down pain.

Loud eructations in stomach while fasting.

Sensitiveness of genitalia. Painfully sensitive genitals.

Sticky discharges.

MODALITIES

AGG.: lying.

AMEL.: motion, walking, wet weather.

AVERS.: meat esp. during menses.

PLUMBUM METALLICUM (*Plb.*)

ARTERIOSCLEROSIS

-

MENTAL

Suitable to people that are '**bon viveur**', have the best of everything. Materialistic. Amorous.

SLUGGISHNESS OF MENTAL FUNCTIONS.

SLOWNESS of perceiving external impressions, comprehension, answering.

WEAKNESS OF MEMORY – esp. for words, for expressing oneself.

Apathetic, boredom.

Fear of being poisoned.

Sadness with anxiety.

Desire to do self-destructive things.

PHYSICAL

SLOWING DOWN OF ALL FUNCTIONS.

Affects the **TENDONS**, muscles, nerves and spinal cord. **Contraction of tendons and muscles, esp. flexor muscles of hand.** Cannot abduct the finger. **DUPUYTREN'S CONTRACTURE.**

TREMBLING of muscles (hand, tongue, upper and lower limbs etc.).

Tremulous weakness, Parkinson's disease, arteriosclerosis.

Emaciation of affected part. Atrophy of muscles. Sunken cheeks, face and eyes.

RETRACTION OF ABDOMEN, SENSATION AS IF ABDOMEN WAS DRAWN BY A STRING TO THE SPINE.

Radiating pains to all parts of body esp. stomach and abdomen.

Distinct blue line along the margin of gums.

CONSTIPATION - stools hard, lumpy, black like balls, like sheep's dung.

MODALITIES

AGG.: fish.

AMEL.: pressure, rubbing,

DES.: fried food, salt, sweets, bread.

PODOPHYLLUM (*Pod.*)

ACUTE PROFUSE SPUTTERING, GUSHING DIARRHOEAS

MENTAL

Delirious loquacity during chill and fever.

Melancholia, sadness.

Moaning in sleep, during cough.

PHYSICAL

Profuse diarrhoea. FORCIBLE, EXPLOSIVE, SPUTTERING STOOL.

The diarrhoea soils the whole toilet bowl.

Offensive stool. If the diarrhoea is not offensive, forget Podophyllum (Kent).

Thin, liquid stool, pouring out. Involuntary stool on passing flatus.

Stool with meal-like sediment, like chalk lumps.

Diarrhoea < 04:00, after sour fruit, sour milk, drinking water, oysters, after bathing.

>warm applications, lying esp. on the right side.

Prolapsus of rectum during or after stool. *Prolapsus and dragging down of uterus, ovaries, rectum.*

Gurgling before stool. Faintness after diarrhoea, weakness from diarrhoea.

Alternating diarrhoea with constipation, alternating diarrhoea with headache.

Periodical diarrhoea.

The liver is out of order, bitter taste in the mouth, vomits bile. Pain in liver >rubbing.

The tongue is yellow, as if mustard were spread upon it and indented.

Right sided remedy.

MODALITIES

AGG.: *yoghurt, oysters, fruit, exertion, eating, warm air, midnight after (03:00, 04:00. 05:00).*

PSORINUM (*Psor.*)

CHILLY, DIRTY, DESPERATE WITH ITCHING ERUPTIONS

MENTALS

ANXIETY ABOUT FUTURE. INSECURE.

FEELS HOPELESS, DESPERATE.

Anxious about health, DESPAIR OF RECOVERY.

Fear of being alone, *of business failure, of poverty.*

Forsaken feeling.

Religious despair.

Fears busy streets.

PHYSICAL

LACK OF VITAL REACTION.

CHILLY. Wears hat or overcoat in hot weather. Great sensitiveness to **cold air** or change of weather.

OFFENSIVENESS. Skin **DIRTY**-as if never washed, greasy.

Profuse and offensive perspiration.

Acts on skin esp. **fold**s. Eruptions with offensive discharges. Driven to despair with **ITCH <wool, night.**

Feels **unusually well before an attack of symptoms esp. faintness.**

Always hungry during headache > **eating**. Increased appetite at night.

Dyspnoea > lying down on the back with arms outstretched < sitting up.

MODALITIES

AGG.: cold air, change of temperature or of weather, warm bed, suppression of discharges, eruptions, perspiration.

AMEL.: warm wet weather, perspiration, bathing, lying, constipation, summer.

DES.: alcohol.

AVERS.: pork.

PULSATILLA (NIGRICANS) PRATENSIS (*Puls.*)

In this remedy we see that the main characteristic is the changeability. The physical symptoms are changing, the nature of the discharges is changeable, the pains are wandering. On the mental level we see indecision, the mood is alternating. The Pulsatilla individual is soft, yielding and insecure. She usually relies on other people and needs their attention and reassurance. She's sensitive, weeps very easily and is ameliorated by consolation and affection.

CHANGEABILITY

MENTAL

Malleable and changeable.

MILD, YIELDING, GENTLE, SOFT AND TIMID.

WEEPS EASILY.

> CONSOLATION AND AFFECTION.

Forsaken feeling.

Fears: INSANITY, dark and dogs.

PHYSICAL

CHANGING AND WANDERING SYMPTOMS. Wandering pains.

Menses change color every month, pains in body move from one place to the other.

WARM BLOODED < HEAT. Complaints are aggravated in heat.

> OPEN AIR, cold applications.

THIRSTLESSNESS with all complaints.

Hot feet, uncovers them at night.

Sensation of cold water poured down the back.

Sleeps on the back, arms raised over the head, or on the abdomen.

Styes esp. upper lid.

Mucus discharges are increased, bland, thick, yellowish-green < warm room.

MODALITIES

AGG.: fat, pork, rich food, heat.

AMEL.: open air, cold applications, walking.

DES.: *butter*, cold food, creamy things, cheese, ice cream, hard-boiled eggs, sweets.

AVERS.: **FATS**, pork, *butter*, warm food and drinks.

PYROGENIUM (*Pyrog.*)

SEPTIC CONDITIONS WHERE PULSE IS DISPROPORTIONATE TO THE TEMPERATURE

MENTAL

GREAT RESTLESSNESS, tossing about in bed.

Loquacious. Rapid thoughts. Thinks and talks faster than ever before *during fever*.

Delusions as if crowded with arms and legs, that the body covered the whole bed, that someone is in bed with him, that self seems too large.

PHYSICAL

Pyrogenium is a remedy for **SEPTIC** conditions (peritonitis, septicemia, last stages of tuberculosis).

FEVER septic, puerperal, hectic, zymotic, typhoid, intermittent.

The **PULSE RATE** is **ACCELERATED, DISPROPORTIONATE TO THE TEMPERATURE, or the reverse, e.g. high fever with not so high heart or low fever with high heart rate.**

SORE, bruised, aching pains. Bed feels too hard. Aching through the whole body, extremities and bones esp. during chill.

>motion, warmth, walking. Must move to relieve the soreness of the part.

CHILL of the bones and extremities. *Chill beginning between the scapula and followed by coldness of bones.*

Tongue red, smooth and glistening. Red stripe in center of tongue.

Lochia thin, acrid, offensive, suppressed esp. from cold.

*Sweetish, putrid taste in the mouth.
Offensive, putrid stool like black balls.*

VERY AWARE OF THE HEART throbbing.

MODALITIES

AGG.: cold (weather, becoming, touching cold things), bad meat.

AMEL.: motion, walking.

RATANHIA (*Rat.*)

SYMPTOMS OF THE RECTUM

MENTAL

Compulsive neurosis. Superstitions and compulsions of religious nature.

Compulsive in general or concerning their rectal hygiene.

PHYSICAL

Acts on RECTUM, eyes and teeth.

Haemorrhoids. *Protrude after stool.*

Fissures of anus with constriction.

Excruciating burning and long-lasting pains in the rectum after stool, which can be difficult or even diarrhoea.

AS IF SPLINTERS OR GLASS WERE IN RECTUM (Aesculus, Nitric acid). This causes a great sensitivity and anal fissures. Better with warm applications.

Important concomitant is bursting headache during straining during stool: Pain in the middle of the forehead, as if brain would fall out.

Pin worms.

Pterygium of the eye: inflammation of the whole eye, when a membrane extends to the pupil.

Burning pains. Eyelids feel stiff (Kalmia).

Toothache in pregnant women, who have to get out of bed at night (Magnesia Carbonica).

Sensation as if coldness rushed out of painful molars. Feel elongated. Worse lying down.

MODALITIES

AGG: night, touch, exertion.

RANUNCULUS BULBOSUS (*Ran-b.*)

AFFECTS THE NERVES AND MUSCLES, ESPECIALLY CHEST MUSCLES

MENTALS

Closed, careful, rigid people. Intellectual properness, wants to do everything 'decently', even sex. *However they have aversion to responsibility, they have no ambition, out of sense of weakness. Difficult concentration. Dullness from mental exertion. Depression, desire to die.*

Irritability alternating with care, with cowardice.

Fear of ghosts in evening, fear of being alone.
Oversensitive.

PHYSICAL

PAIN IN CHEST, *in costal cartilages, in short ribs, in shoulders. Rheumatic pains.*

Muscular pains <change of weather, damp, deep inspiration, turning in bed, touch, stretching the arms, standing lying on painful side, after herpes zoster.
Burning pain in shoulder, in small spots.

Herpes zoster in chest, in back. Eruptions transparent, crusty, vesicular.

Coldness of chest, of sternum <walking in open air, breathing cold air.

Eye pains. Smarting pain in eyes as from smoke.

Headache in forehead above eyes <right. Enlarged sensation of head.

Bad effects of alcohol. Hiccough after alcohol.

MODALITIES

AGG.: alcohol, cold (becoming, air, entering a cold place), change of weather or of temperature, wet or cold wet weather, drafts, motion.

AMEL.: standing, walking.

RHEUM (*Rheum*)

SOUR ODOR OF PERSPIRATION AND DISCHARGES - MAINLY IN CHILDREN AND INFANTS WITH DIARRHOEA AND DURING DENTITION

MENTAL

Restlessness, with desire to weep. *The child is demanding impatiently for many things*, cries and dislikes even its favorite playthings.
SCREAMING OF CHILDREN WITH URGING AND SOUR STOOLS.

State as if half asleep. Unable to collect his thoughts for long after waking.

PHYSICAL

SOUR ODOR OF PERSPIRATION AND DISCHARGES.

Sour perspiration of scalp and face, especially during sleep.

Excessive perspiration from slight motion. Easily tired.

Heaviness of entire body, after sleep, as after deep sleep.

Worse at night, sleeplessness and screaming.

Shivering with stool.

Tendency to frown (Lyc, Nux-v).

Difficult dentition (Cham).

Colic and diarrhoea during dentition.

Colic worse uncovering of an arm or leg; better by doubling up (Coloc).

Profuse sour sweat on scalp (Calc.).

Good appetite, but stool soon becomes repulsive. Fullness as if eating too much.

Desire for stool after a meal.

MODALITIES

AGG: uncovering, eating, moving about.

RHODODENDRON (*Rhod.*)

COMPLAINTS < DAMP, BEFORE/DURING STORM

MENTAL

SYMPTOMS < BEFORE OR DURING THUNDER STORM.

Faintness, confusion, excitement before a storm. **Fear of storms.**

Forgetful of words while speaking. Omitting words when writing.

Anxiety on entering a house.

PHYSICAL

AGGRAVATION BEFORE STORMS, WIND AND COLD WET WEATHER (Rhus-t.).

Rheumatic-gouty drawing and tearing pains in all limbs < at rest, > motion.

Pain in heels.

Orchitis. Epididymitis.

PAIN IN TESTICLE, may be described as CRUSHED < RIGHT SIDE, > motion.

EXTENDING TO ABDOMEN.

Facial pains >moving the lower jaw.

Sleeps on back with feet crossed - sleeplessness unless they lie in this position.

Rapidly shifting, paralytic pains.

MODALITIES

AGG.: approach of storm, during storm, change of weather, weather cold wet, foggy, windy.

AMEL.: motion.

RHUS TOXICODENDRON (*Rhus-t.*)

RESTLESSNESS, AGGRAVATED BY KEEPING STILL

MENTAL

EXTREME RESTLESSNESS. Stiff, unable to relax.
Anxious and sad.

SUPERSTITIOUS. Compulsive, ritualistic behavior.

Anxiety about his children, about business.
Delusions that he was about to be poisoned.

PHYSICAL

STIFFNESS of muscles, of joints. Ailments from straining muscles or tendons, over-lifting, stretching, sprains. **LUMBAGO.**

< REST, BEGINNING TO MOVE AFTER REST
> MOTION, WARMTH

Restlessness in bed - must change position to obtain momentary relief from pain.

Tongue - triangular red tip.

Cracking in joints, in jaw, in cervical region.
Skin eruptions > warm bathing.
Vertigo with tendency to fall on rising from bed.
Herpetic eruptions with much burning, itching and stinging > warm bathing.

MODALITIES

AGG.: cold, damp, wet weather, beginning of motion, lying, uncovering.

AMEL.: MOTION (*walking, motion of affected part,*) exertion, change of position, warm applications, hot bath, warm dry weather.

DES.: MILK ESP. COLD.

AVERS.: soup.

RUMEX CRISPUS (*Rumex*)

AFFECTIONS OF RESPIRATORY SYSTEM < COLD

PHYSICAL

COUGH constant, tickling, croupy, hoarse, whooping, hacking, paroxysmal.

< **inhaling cold air, going from warm to cold, irregular breathing, touching the larynx, eating, bending head backward.**

> **covering up mouth so the inhaled air is warmed, drinking, turning from left to right side.**

Early morning **diarrhoea**, driving patient out of bed, wakes with urging at 06:00 till noon, but often accompanied by the typical cough.
Rumbling in the abdomen.

Emptiness of stomach <talking. Eructations on waking, after coughing, evening. Heaviness after eating.

Itching of skin when undressing, in cold air, when uncovered.

Lump in oesophagus, descending when swallowing, going back up after.

MODALITIES

AGG.: open air, cold (air, becoming, cold food), bathing, after eating.

AMEL.: warm bed.

RUTA GRAVEOLENS (*Ruta*)

AFFECTIONS OF FIBROUS TISSUES, TENDONS, JOINTS, PERIOSTEUM

MENTAL

PANIC, with fear of death ESP. DURING HEAT OR ON ENTERING A HOT ROOM.
Restlessness during fever, changes position frequently.

Sluggish, slow mind. Dissatisfied.
Aversion to company except when in panic where they need to feel secure.

Fear of evil, of water.
Anxious, irritable and rigid persons.

PHYSICAL

INJURIES TO FIBROUS TISSUE, JOINTS, BONES, TENDONS AND PERIOSTEUM. Bursitis, ganglion.

The affected parts are **bruised and sore with restlessness.**
Stiffness of the body. **Bruised** painful feeling on the parts lain on.

ACHING, BURNING PAIN IN EYES. AS IF STRAINED, like balls of fire *<fine work, reading, sewing.*
Dim vision on straining the eyes. Headache or vertigo from reading.

Paralysis of the bladder after over-distension or forcible retention.
Intense feeling of weariness.

Back pain < inspiration >lying down.
Arthritic pains < cold and damp.
Skin- yellow discoloration in spots.
Prolapse of rectum, before or during stool, on stooping.

MODALITIES

AGG.: exertion, cold, wet weather, exertion, lying on painful side, motion, using voice, 10 a.m., going up and downstairs.
AMEL: lying on painless side, rubbing, walking, motion, hard pressure; coughing; expectoration; rapid motion; bending double.

SABADILLA (*Sabad.*)

HAY FEVER, HAY ASTHMA WITH SNEEZING

MENTAL

Erroneous ideas as to the state of his body.

Delusions that parts of the body are DEFORMED, e.g. feel that the body is shrunken, that parts are shrunken. Delusions she's pregnant. Feels like there is a worm in the mouth, pharynx.

Imagines herself sick. Hypochondriac. Delusions that he has incurable disease.

Fear of death, evil, water.

PHYSICAL

Hay fever, hay asthma.

Affects the upper respiratory track with characteristic PAROXYSMAL SNEEZING with epistaxis and excessive lachrymation. Coryza > warm room.

Chilly. Warm room, warm bed, warm drinks, stove ameliorate.

Headache from mental exertion or putting too eager attention into anything. Pain in vertex on coughing.

Sensation of a lump, foreign body in the throat, or sensation something hanging there like a bundle of hair with a desire to swallow or hawk it.

Dry throat and cough. *Sore throat in left side extending to right ear.*

Worms in children. Convulsions from worms. Vomiting worms.

Formication in the anus. Itching in the ear alternating with itching in anus.

Restlessness of legs during heat.

Sore, bruised pains in spots.

Heat in head and face with chilliness in hands and feet.

MODALITIES

AGG.: *cold, cold drinks, beginning of motion, wine, lying.*

AMEL.: *walking, open air, warm drinks, warm bed, motion, wet weather.*

DES.: *raw onion, lemons, warm food and drinks, buttermilk.*

AVERS.: *wine, onion, garlic, sour fruit and acids, meat.*

SABINA (*Sabin.*)

METRRRHAGIA WITH BIG CLOTS

MENTAL

Closed, feels forsaken, sad and melancholic < consolation.

Oversensitive to music, sadness from music. Music is intolerable, it goes through the bones. **Oversensitive to slightest noise.**

Crying or speaking about their emotions is difficult. Non communicative, indisposed to talk. Desire to be alone. The **INTENSITY IS EXPRESSED AT NIGHT** where they **cry and talk during sleep.**

Confusion. Tired, looks for the bed.

PHYSICAL

HORMONAL IMBALANCE resulting to **excessive sexual desire, uterine complaints (polypus, myoma etc.), metrorrhagia, dysmenorrhoea, abortions.**

HAEMORRHAGES - (menses, metrorrhagia) **always PROFUSE with BIG CLOTS.**

Metrorrhagia gushing, in paroxysms, during and after labor, between menstrual periods. Metrorrhagia worse with motion but better walking.

PAIN IN THE LUMBAR / SACRAL REGION EXTENDING TO THE PUBIS - in nearly all pathology.

Pain in uterus extending back to groin.

Sexual desire greatly increased- insatiable, violent sexual desire < during metrorrhagia.

Miscarriages esp. in the 3rd month.

Pain in thigh esp. on the anterior part <walking. Arthritic pain in joints.

MODALITIES

AGG.: motion, touch, warmth (warm room, bed), change of temperature.

AMEL.: open air, cold.

DES.: juicy, refreshing things, lemonade.

SANGUINARIA CANADENSIS (*Sang.*)

COMPLAINTS ESPECIALLY HEADACHES > VOMITING

MENTAL

Delusions that people around her are talking rapidly.

LASSITUDE, indisposed to move or make any mental effort.

Delusion she was in some vehicle which was moving and jarring her, begs others to hold her.

Desires to be held.

Oversensitive to noise.

Irritable, morose.

PHYSICAL

Right - sided remedy affecting the head, liver, chest and right deltoid.

VOMITING AND NAUSEA accompany complaints. VOMITING AMELIORATES.

HEADACHE > VOMITING, sleep, passing flatus or eructation.

Headache starts from right occipital protuberance and extend to the eye.

Periodic headaches often every 7 days. *Photophobia during headache.*

PERIARTHRITIS OF SHOULDER JOINT < right arm and shoulder. Cannot raise the arm < AT NIGHT.

All arthritic complaints aggravated by wet weather.

Right-sided coryza (*Ars.*)

Sensitive to odors. Odors induce nausea, aggravate the hay fever.

Heat and burning of palms and soles. **Uncovers the feet** in bed at night.

Congestion of blood to head, chest and abdomen. Flushes of heat and general pulsations.

Redness of ears. Circumscribed red cheeks.

Cough > eructation, flatus, vomiting.

Pain at the root of the nose.

MODALITIES

AGG: *lying, stormy weather*, motion of affected part.

AMEL.: **vomiting**, *lying on back.*

DES.: *highly seasoned, pungent things, spices.*

AVERS.: butter.

SAMBUCUS NIGRA (*Samb.*)

RESPIRATORY AFFECTIONS WITH EXCESSIVE PERSPIRATION

MENTAL

Suffocative attacks of asthma after fright.

Mental symptoms during perspiration (confusion, restlessness, starting, unconsciousness, anxiety).

Fear and anxiety during suffocative attacks.

PHYSICAL

Mostly a children's remedy.

Perspiration in bed before sleep and after waking. **Perspiration of the affected parts only while awake. AS SOON AS HE GOES TO BED THE PERSPIRATION STOPS AND THE SKIN BECOMES DRY AND BURNING.** Dry heat during sleep, profuse perspiration on waking. *Perspiration with aversion to uncovering. General sweat except the head.*

Wakes up after a few hours of sleep with dyspnea and profuse perspiration. The child wakes nearly suffocated, he cannot exhale the air.

Asthma, dyspnoea worse at night. Frequent attacks of dyspnoea or asthma at night, esp. after midnight, must spring out of bed. Bluish face in asthma.

Dry nose completely obstructed with suffocative feeling. Because of obstruction infants have difficulty in breastfeeding.

Kidney problems with asthmatic attacks. Kidney problems with oedematous, dropsical swelling of extremities. Coldness of feet and hands with heat of the body. Cough with excessive mucus in the larynx.

MODALITIES

AGG.: *lying, uncovering, after midnight, beginning of motion, change of position.*

AMEL.: *continued motion, walking, perspiration, motion of the affected part.*

SANICULA AQUA (*Sanic.*)

FISHY ODOR OF DISCHARGES

MENTAL

Irritable, peevish, restless, stubborn children.

Mental weakness, difficult concentration, unable to complete tasks.
Changing occupation constantly. Desire to travel.

Fears something will happen, dark, robbers, downward motion.

Aversion of being touched.

Desire for light.

PHYSICAL

OFFENSIVE DISCHARGES, ESPECIALLY WITH FISH-BRINE ODOR OR LIKE ROTTEN CHEESE (urine, leucorrhoea, stool, expectoration, breath etc.).

Odor of mouth like fish-brine before asthmatic attack. Vaginitis with fish-brine odor of genitalia.

Perspiration of scalp, especially the cervical region during sleep.

***Burning pain in mouth, protrudes the tongue in order to cool it.
Ulcers under tongue.***

Acne especially around the chin.

Pain in shoulder esp. on putting arm behind him.

Constipation, stool may recede and has to help mechanically.
Light colored stool, white. No desire unless a large accumulation.

Abdomen enlarged and flabby.

Feet burning, especially soles, with inclination to uncover them.

Offensive perspiration of feet.

Ulceration on margin of eyelids.

Lachrymation in wind or from cold application.

MODALITIES

AGG.: 21:00-24:00, jar, warm room, drafts.

AMEL.: open air, loosening clothes.

DES: fat ham, bacon, salt, soft boiled eggs, cold milk.

SECALE CORNUTUM (Sec.)

ACTS MAINLY ON THE CIRCULATION

MENTAL

Shameless, exposes the person. Wants to be naked.

Raging, violent, muttering, maniacal delirium.

Restlessness. Discouraged and anxious. Apathy. Suicidal disposition to throw himself from a height.

Senility. Confusion of mind.

PHYSICAL

Hot remedy. Aggravated by warmth both generally and locally.

Although he is hot and does not want covers, the skin feels cold to touch.

Icy coldness with sweat and blueness but cannot bear to be covered, desires to uncover.

Chill and coldness of extremities but uncovering ameliorates.

GANGRENE of any part of the body esp. distal parts of extremities (foot, toes, hand, fingers). *Senile gangrene. Gangrenous swelling ulcers, eruptions, vesicles.*

Gangrene of foot with burning, tearing pains.

Claudication. *Cramps in legs while walking or from exertion.*

Formication in thigh, fingers, hand, lower limbs, foot.

Haemorrhagic tendency (hematuria, epistaxis, purpura, metrorrhagia).

Epistaxis in young women, drunkards, old people. Dark, black blood, thin or clotted epistaxis. Often offensive.

MODALITIES

AGG.: warm (stove, wraps, air, room, bed, becoming), touch, motion.

AMEL.: cold, open air, vomiting.

SILICEA (*Sil.*)

CHILLY BUT PERSPIRES, SENSITIVE, REFINED

MENTAL

SENSITIVE, REFINED, TIMID, yielding, reserved but obstinate.

Prostration of mind. Lack of mental stamina. Difficult concentration.

Weakness of memory for mental labor. Fear of literary work. Dread of work.

Timidity appearing in public. Fear that their mind won't be able to withstand the stress of appearing in public.

Undertakes nothing due to fear he will fail.

Fear of pointed objects, esp. INJECTIONS, PINS.

PHYSICAL

Develops tumors, fibromas, breast cysts, swollen glands, warts which are usually hard. Caries of bones and spine. Scoliosis. Curvatures. Hip joint disease.

SENSITIVE TO COLD. General aggravation when becoming cold, esp. the head or feet. > wrapping up or covering.

Tendency to take cold.

PERSPIRATION - offensive acrid esp. feet.

CONSTIPATION, stool is hard, rectal muscles inactive. Stool **RECEDES**.

Nails are brittle, white spots on nails. **Ingrowing toenails.**

Stricture, inflammation of lachrymal duct.

Sensation of hair on the tongue.

Unhealthy tendency to suppuration. Discharges cheesy, offensive, purulent, thick.

Headache with violent and stitching pains.

Headache when head or feet get cold, from cold air, from becoming cold> wrapping up or binding up the head. Pain in the forehead associated with chronic coryza from sinuses. Inflammation of sinuses.

Children with large heads, open fontanelles, distended hot and hard abdomen, slow in walking and wasted in the body esp. legs.

Removes foreign bodies.

Stopped sensation in ear. Otitis media with impaired hearing.

Ulcers inside the nose.

Indicated in injuries of the coccyx. Coccygodynia after a fall <pressure, touch, rising.

Sensation of a stone pressing in breast.

MODALITIES

AGG.: COLD (becoming cold, touching cold things, part of the body becoming cold), air draft, suppression of perspiration esp. of the feet, mental exertion, pressure, full moon.

AMEL.: warmth (warm stove, bed, applications) esp. to head, copious urination, warm wet weather.

DES.: cold food and drinks, fried eggs, fat, ice-cream, indigestible things like lime, earth, chalk, sand, etc.

AVERS.: mother's milk, meat, cheese, salt, warm food, fat.

SELENIUM (Sel.)

IMPOTENCY, PROSTATE AFFECTIONS WITH EMISSION OF SEMEN DURING STOOL

MENTAL

Mental prostration, confusion, irritability esp. after emissions.

Weakness of memory, cannot concentrate. Dreads work.

Aversion to company and intimate friends.

Lascivious but impotent.

Dipsomania before menses.

PHYSICAL

Prostate affections. Inflammation, induration, swelling, enlargement of prostate esp. senile.

EMISSION OF PROSTATIC FLUID OR SEMEN DURING STOOL, during walking or sitting, during sleep.

Dribbling of urine after stool and urine.

Prematurely old - specific parts of the body seem old (e.g. sexual organs, thighs).

Falling of hair from different parts of the body (genitalia, eye, head).

Weakness is often sudden and is worse after emissions, in warmth, heat, warm weather, exertion, coition, after fever.

Sexual dreams with nocturnal emissions, wakes from the dream with incomplete erection.

Constipation with difficult, unsatisfactory stool and ineffectual urging.

During the night he thinks of business of the day.

MODALITIES

AGG.: emissions, tea, alcohol, heat, sun, drafts, lemonade, salt, sweets.

AMEL.: half-asleep, standing, wine, haemorrhages.

DES.: alcohol esp. before menses, coffee.

AVERS.: salt.

SEPIA (*Sep.*)

The word to describe Sepia is stagnation. The emotions are still and stagnant. There is indifference and detachment which lead to the characteristic aversion to coition, the irritability towards the husband and the aversion to the family. The physical exertion and dancing seem to stimulate the patient. The leucorrhoea and the aversion to sex are the main characteristics on the physical level.

STAGNATION OF EMOTIONS, AVERSION TO COITION, DETACHEMENT

MENTAL

STILLNESS of emotions and mind, **DETACHED**.

INDIFFERENCE to loved ones. *Aversion to company, ameliorated when alone. Aversion to husband, to members of family, to going out.*

Great sadness and weeping <consolation. Life has no joy.

Feels stimulation and amelioration through **DANCING, PHYSICAL EXERTION**, fast walking.

Anger and irritability <after coition, consolation, exertion, when spoken to.

Spiteful, malicious, critical of others.

Happy during thunders and lightning.

Fear of poverty.

PHYSICAL

Affects venous circulation and female pelvic organs.

LEUCORRHOEA esp. in young girls.

DIMINISHED SEXUAL DESIRE. AVERSION TO COITION.

Pain in vagina during coition. Dryness of vagina.

Prolapsus of uterus, pressure and **bearing down sensation**, as if everything would protrude from pelvis <standing, > crossing legs.

Ball sensation in inner parts.

Crack in middle of lower lip. Fever blisters on lips.

Sensation of 'emptiness', **all gone feeling in stomach >eating.**

Nausea during pregnancy.

Falling of hair.

Involuntary urination when laughing.

Yellow discoloration of face, *yellow saddle across upper part of cheeks.*

Tendency to abortion.

Headache < over the left eye > motion.

Faints easily- when kneeling, with heat and then coldness.

MODALITIES

AGG.: cold (entering a cold place, becoming cold, cold bathing, cold wind), **after sexual excesses, after coition, pregnancy, morning, evening, perspiration after**, kneeling, stooping, loss of fluids, left side, seashore, 14:00-16:00.

AMEL.: **PHYSICAL EXERTION, motion, crossing limbs, warmth** (bed, applications), *evening*, pressure, cold drinks.

DES.: *vinegar, sweets, alcohol.*

AVERS.: meat, *smell of food*, salt, bread, fat.

SARSAPARILLA (*Sars.*)

MAINLY FOR URINARY TRACK INFECTIONS

MENTAL

Mental depression caused by the pains. Weeping before and during micturition. Changeable mood, alternating. Excitable, industrious during heat.

PHYSICAL

CYSTITIS WITH PAIN IN THE BLADDER and URETHRA AT THE CLOSE OF THE URINATION.

Frequent urging to urinate. Ineffectual urging. Last part of urine is bloody with violent pain in the bladder. Burning pain after urination. Can only pass urine while standing, dribbling while sitting but passes freely when standing. Chills spread from the bladder. Coldness of back after urinating.

Sediment in urine.

Deep, bloody, burning cracks on bends of hands, fingers, thumb, feet.
Itching eruptions on the lids of eyes.

Retraction of nipples.

MODALITIES

AGG.: vomiting, bathing, motion of affected part, sexual excitement, bread, getting wet, night.

AMEL.: loosening clothing, haemorrhage, cold, standing.

DES.: juicy, refreshing things.

SPIGELIA ANTHELMIA (*Spig.*)

NEURALGIA

MENTAL

FEAR OF INJECTIONS, PINS.

Delusions floating in air.

Restless and anxious. Easily offended.

Weak memory. Buried in thought, absorbed.

PHYSICAL

Affects the nerves: trifacial nerves, heart, eyes, teeth, left side.

PAINS: *neuralgic, burning, like hot needles, jerking, tearing, stitching, extending to other parts.*

HEART AFFECTIONS COMBINED WITH EYE COMPLAINTS.

Violent, audible palpitations < bending chest forward.

Angina pectoris < least motion, lying on left side, deep inspiration. Pain extends to back.

Eye: Glaucoma, **intolerable pressing pain in eyeballs <left.**

Sensation of enlargement. As if eye is too large for the orbit.

Body sensitive to touch. Touched part feels chilly.

MODALITIES

AGG.: smoke and tobacco, motion, cold, walking, dry weather, cold wet weather.

AMEL.: bathing- also the affected part, wet weather, lying (esp. right side), while eating, loosening the clothing.

DES.: Warm drinks, alcohol.

AVERS.: Coffee.

SPONGIA TOSTA (*Spong.*)

RESPIRATORY AND HEART PROBLEMS

MENTAL

Weeping during heat.

Frightened easily at night, startled from sleep. Fear on waking.

Weeping, suicidal disposition during perspiration.

Terrified anxious expression of face.

*Irresistible desire to sing, followed by sadness.
Anxiety about the future. Tired, loathing of life. Fear of death.
Despondent about loss of sexual power.*

PHYSICAL

DRYNESS OF MUCOUS MEMBRANES (nose, larynx, throat, mouth).
Dryness of air passages "DRY AS A HORN".

Awakens in a fright and with dyspnoea, AS IF BREATHING THROUGH A SPONGE.

COUGH - dry, barking, rasping, whistling, "like a saw driven through a pine board". > eating warm food, warm drinks.

Heart: Combination of **respiratory and heart problems**. Alternating or concomitant states (*dyspnoea during pain in heart, during rheumatism of heart, during palpitation*).
Pain in heart < lying with the head low, >lying on right side.

*Heat of face after motion.
Throat pain <sweets.
Rushing of blood to legs.*

Glands are easily affected, indurations.

MODALITIES

AGG.: motion, cold (becoming, air, wind, weather, entering a cold place), *lying*, after sleep, exertion, undressing.
AMEL: *warm food and drinks, eating*, loosening clothing, wet weather.

STANNUM METALLICUM (*Stann.*)

The essence of this remedy is the weakness. The patient feels weak, exhausted esp. in chest. The dyspnoea from slight motion is characteristic. The physical weakness makes him hopeless and despondent. There's a particular affinity to respiratory system.

EXHAUSTION - RESPIRATORY PROBLEMS

MENTAL

MISERABLE, DISCOURAGED, HOPELESS AND DESPONDENT from the weakness.

No energy to react to external stimuli- feels like crying all the time but aggravates her. Aversion to company, misanthropy.

PHYSICAL

WEAKNESS, WEARINESS, LASSITUDE, EXHAUSTION.

Strong affinity to respiratory system.

Deep and chronic, DYSPNOEA from slightest motion.

WEAKNESS IN CHEST < talking, so weak that is impeding speech.

Eyes are burning from weakness.

Skin is copper colored.

Sleeps on back with crossed legs (right over left).

Stomach pain on coughing.

MODALITIES

AGG.: motion, physical exertion, lying on side, cold.

AMEL.: lying (in bed, on abdomen, on back) , walking rapidly, warm bed, loosening clothing.

STAPHISAGRIA (*Staph.*)

The idea of this remedy is the suppression. The patients suppress their feelings, esp. anger. They are yielding, soft, very sensitive and lack self-confidence. They don't stand up for themselves. The aggravation from siesta and the development of styes are confirmatory symptoms for this remedy.

SUPPRESSION OF EMOTIONS

MENTAL

SUPPRESSION OF EMOTIONS esp. centering on romantic relationships.

GREAT INDIGNATION- about things done by others or by himself.

Suppresses anger but can go to the other extreme and lose control- **Violent outbursts where they throw things.**

Yielding, sweet and sensitive. **Very vulnerable, easily offended, sensitive to rudeness, to external impressions.**

PHYSICAL

Development of **hard dead tumors**, chronic indurations of various kinds.

Affects the nervous system producing chorea, convulsions, jerking, trembling or paralysis from suppressed emotions, from indignation, anger, vexation.

Ailments from grief: psoriasis, chorea, stomach pain, falling hair, headache.

STYES - small hardened spots of induration which do not go away with time.

Excessive sexual desire, sexual thoughts leading to MASTURBATION- bad effects from onanism (indifference after onanism). Sexual excesses, however when confronted with actual situation they become impotent or frigid.

AGGRAVATION FROM AFTERNOON SLEEP.

Honeymoon cystitis. Urging to urinate or dysuria in newly married women.

Injuries from post-surgical operations, stinging, smarting pains like **cutting** of a knife. Cuts, stinging in wounds. Wounds heal slowly.

Toothache during menses, teeth turn black, **DECAY** on edges.

MODALITIES

AGG.: AFTERNOON SLEEP (**SIESTA**), emissions, coition, milk, tobacco, exertion, onanism, after sexual excesses, after emotions, touch.

AMEL.: breakfast, lying, rest, warm.

DES.: sugar, rice, liquid food.

AVERS.: fat, milk, solid food.

STRAMONIUM (*Stram.*)

In Stramonium the words to remember are aggressiveness and violence. They can become so violent as to kill. There is a dark element in these patients and it's interesting here to mention the extreme fear of darkness. They have fear of tunnels, of closed or narrow places, of water, of shining surfaces. These patients (esp. the children) can get into a Stramonium state after a frightening experience. They get terrible nightmares where they wake up in terror, with eyes wide open, but not recognizing anyone. They need some time to get out of the nightmare and come to their senses. Their physical symptoms are also aggressive. Their convulsions are aggressive, their stammering is aggressive, the grimaces are aggressive.

AGGRESSIVENESS, VIOLENCE, FEARS

MENTAL

AILMENTS FROM FRIGHT.

FEARS: DARK, WATER, DOGS, TUNNELS, ANIMALS, BEING ALONE esp. at night. Fear of shining objects, mirrors, brilliant objects, surface of water. Fear of VIOLENCE, of being injured. Anxiety, fear from the noise of running water.

Strong fears at night. Terror at night. Nightmares. *Child wakes up in terror, with so vivid nightmare that knows no one around. Shrieking in sleep.*

Wild look in the eyes. Desires light and company.

VIOLENT FITS OF ANGER, out of control. Mania, rage. They get destructive, malicious. Striking, biting, shrieking, cursing, breaking things, attacking others. Rage at sight of water.

Delirium wild, violent with open eyes, loquacity, desire to bite.

PHYSICAL

AILMENTS FROM FRIGHT (twitching, chorea, convulsions, cough, palpitations).

Violent STAMMERING. Has to exert himself long before uttering a word.

Vomiting as soon as he's raising the head.

Heat, congestion of face with cold hands and feet. Congestion of head.

TWITCHING of foot, of single muscles or groups of muscles esp. upper part of body. *Twitching of one side, paralysis of the other.*

Painlessness of usually painful complaints.

Cough: barking, deep-sounding, sonorous, croupy. Jerking of lower limbs on coughing while sitting.

Spasmodic openness of eye. Protrusion of eye, brilliant, pupils are widely dilated.

Ailments from suppressed secretions and excretions, discharges, perspiration (convulsions, insanity).

Difficult, impossible swallowing.

MODALITIES

AGG.: DARK, sleep after or during, bright objects, alcohol, cellars.

AMEL.: lying after, sun, vinegar.

DES.: sweets, sour.

AVERS.: water, cold drinks, milk.

SULPHUR (*Sulph.*)

Sulphur produces such a huge variety of symptoms that it is difficult to find one word to describe it. However we can say that there are some characteristic tendencies that run through the remedy. The redness, burning, congestion, aggravation from warmth and offensiveness are very characteristic traits of Sulphur. On the mental level we see the selfishness and criticism in most cases. The desire for fat and the heat on soles are confirmatory symptoms.

CRITICAL, SELFISH, UNTIDY - WARM BLOODED, DESIRES SWEETS & FAT

MENTAL

Philosophical, intellectual type: reclusive, looking for truth behind things. **Theorizing.**

Practical type: over enthusiasm, practical idealist, social, extroverted. Hopeful dreamers.

SELFISH, CRITICAL, HAUGHTY. EGOTISM. Thinks himself better.

Lazy. Untidy. Aversion, dread of bathing. Indifferent about his appearance, dirty, smelling but at the same time **easily disgusted.**

Fear and vertigo in high places. Fear of contamination, infection.

Nervous temperament, hurried and irritable.

PHYSICAL

BURNING PAINS AND SENSATIONS. CONGESTIONS OF SINGLE PARTS, head, face, ovaries, uterus, genitalia, nose, eyes, rectum, liver. All orifices of the body are **very red.**

Constant heat on vertex. Burning soles at night. UNCOVERS FEET.

Burning pain in foot but sole to cold touch.

Offensive odor of body in spite of washing. Aversion to odors of others, loves his own.

Weak empty feeling in stomach 11a.m. > eating.

Diarrhoea, driving out of bed early in the morning.

Conjunctivitis with burning pain, itching and pain as from "sand in the eyes" > cold applications, cold bathing.

MODALITIES

AGG.: warm (wraps, room, bed, air, becoming, touching warm things), **bathing, standing, evening, night, left side.**

AMEL.: motion of affected part, motion, cold, lying (also on right side), rubbing.

DES.: SWEETS, FAT, cold drinks, highly seasoned food, raw, spices, alcohol.

AVERS.: EGGS, sour, fish, olives, chicken, strong cheese.

SULPHURIC ACID (*Sul-ac.*)

HURRIEDNESS WITH EXHAUSTION

MENTAL

HURRIEDNESS. *Cannot do things fast enough. Everybody must hurry. So hurried that he does things out of order.*

Impatient, feels there's not enough time to get things done, things move too slowly.
Hasty speech.

Fretful and irritable over the slightest cause.

Prostration of mind after an injury.
Changeable mood during perspiration.

PHYSICAL

Sensation of **weakness in the abdomen.**

APHTHÆ *on the tongue , inside of cheeks and whole gastro-intestinal tract* which are painful, often *periodical.*

SENSITIVE TO SMOKE, FUMES, SMOG, STRONG ODORS (asthma).

Sensation as if the brain is loose in the forehead.

Bluish or black spots in skin, esp. face, extremities.

Sourness of the body and stomach (Hep., Mag-c., Rheum)

Diarrhœa very **foul, offensive , from unripe fruit and oysters,** after the slightest indiscretion in eating.

Yellow, saffron-like, stringy stool.
Eructation like spoiled eggs.

Profuse, acrid or stringy discharges.

Bruising and ecchymosis. *Follows Arn. in acute injuries.*

Pains increase gradually and end suddenly.

As if a blunt plug being driven in.
Pains felt during sleep, disappear on waking.

MODALITIES

AGG.: SMOG, SMOKE, becoming cold, oysters.

AMEL.: air, walking fast.

DES.: brandy, fruit, alcohol, sweets.

AVERS.: water (*unless alcohol is added*), coffee.

SYMPHYTUM OFFICINALE (*Symph.*)

PROMOTES THE REPAIR OF BROKEN BONES ESPECIALLY WHEN THEY HEAL SLOWLY.

PHYSICAL

Injuries, fractures of bones. Brittle bones. **HELPS THE SLOW REPAIR OF BROKEN BONES**, lessens peculiar bone pain, favors production of callous.

Mechanical injuries to **EYES**, from a **BLUNT INSTRUMENT** causing sore, bruised pain.

Inflammation of periosteum.

Injuries to cartilages with excessive pain.

SYPHILINUM (*Syph.*)

DESTRUCTIVE PROCESSES ON ALL LEVELS

MENTAL

ANXIETY ABOUT HEALTH.

FEAR OF INFECTION, of contagious disease, of syphilis. DISGUST.
Delusions that he's dirty. DESIRES TO WASH HER HANDS.

Compulsive checking.

HOPELESS, DESPAIR OF RECOVERY, DEPRESSION.

Great irritability during headache.
Weakness of memory, cannot remember names or dates.

Erosion of the *emotional level* the patient may have a feeling to let everything crash down around him. On the *mental level* we see a breakdown into insanity.

PHYSICAL

Affects mucous membranes, nerves and bones.

DESTRUCTIVE, SYPHILITIC PROCESSES on all levels.

Syphilitic eruptions and inflammations. Ulcers. Abscesses. Caries of bones. Distortion of facial features e.g. ulcers in palate (cleft palate). Teeth are dwarfed, loose, feel sticky. Curvature of spine.

Bone pains < warmth of bed, > cold applications. ***Back pain from sunset to sunrise.***

ALL SYMPTOMS < NIGHT (sunset to sunrise) esp. 02:00 - 04:00.

Headache, with pain in the bones of head, worse at night.

Strong desire for ALCOHOL esp. liquers. Alcoholism.

Sleeplessness after midnight.

Back pain after urinating.
Salivation during sleep.
Acne.

MODALITIES

AGG.: night, 02:00 to 04:00.

DES.: alcoholic drinks.

AVERS.: meat.

TABACUM (*Tab.*)

NAUSEA, ICY COLDNESS, SWEAT

PHYSICAL

SEASICKNESS, terrible faint, **sinking feeling at pit of stomach**, *better in fresh cold air* and by **uncovering the abdomen**.

Deathly nausea with or without vomiting. The patient is *clammy, cold and pale*.

Nausea of pregnancy, with spitting.

The nausea is worse when opening the eyes.

Prostration and relaxation of entire muscular system, with free secretions.

Sensation as if stomach were hanging down.

Vertigo on opening eye's.

Atherosclerosis, high blood pressure, esp. in tobacco users.

Constipation, esp. in tobacco users.

Hiccough after cough.

Desire for tobacco.

MODALITIES

AGG.: opening eye's, evening, extremes of heat and cold.

AMEL.: **uncovering abdomen**, fresh open air.

TARENTULA HISPANICA (*Tarent.*)

Tarentula is a remedy with excess energy. They are restless, quick in their motions, impatient, do many things together. They feel better when they listen to loud, rhythmical music and when dancing. All symptoms are ameliorated with dancing. The energy is so much that the sexuality is increased to the point of nymphomania. When they get angry they get intense too, they can become violent. In later stages of pathology they can become manic-depressive or develop insanity with rage.

EXCESS ENERGY - RESTLESSNESS - HURRIEDNESS

MENTAL

HYPERACTIVE, RESTLESSNESS. Does many things at the same time.
Impatient, impulsive, cunning.

MUSIC (esp. loud and rhythmic) AMELIORATES PHYSICAL AND MENTAL SYMPTOMS.

DES. DANCING which also ameliorates.

Sexual mania, erotic delirium. Lascivious hysteria.

Anger, rage. Violent, destructive, tears or breaks things. Insanity with increased strength. Desire to attack others. Rage is such that has to be chained.

Manic-depressive states.

PHYSICAL

Affects nerves which are highly strung. Symptoms appear suddenly with violence.

Excess energy is channeled through: RESTLESSNESS, HURRIEDNESS, INCREASED SEXUAL DESIRE. Hurry in movements, while walking.
Restlessness of lower limbs >motion. Restlessness of extremities >music.

Relieved by RHYTHMIC activity, dancing up and down.

Vomiting after going to bed.

Constipation with no urging and awful anxiety.

Dyspnoea with heart and ovarian troubles.

Abscesses, boils are a 'bluish color' and burning pain.

MODALITIES

AGG.: cold drinks, becoming cold, cold wet weather, exertion, coition.

AMEL.: motion, walking slowly, physical exertion, dancing.

DES.: sand, highly seasoned food, salt, cold drinks.

AVERS.: meat.

TEREBINTHINA (*Ter.*)

NEPHRITIS AND URINARY TRACK DISORDERS ESPECIALLY WITH SMOKE COLOURED URINE, HAEMORRHAGES

MENTAL

Unconsciousness after stool.

Muttering, maniacal delirium. Delirium during fever.

Delusions is floating in the air. Fear of apoplexy.

PHYSICAL

Haemorrhagic tendency. Purpura haemorrhagica. Ecchymosis on skin. Haemoptysis.

Severe urinary track infections, pyelonephritis or nephritis with characteristic **burning pain** over the kidneys.

Bladder pain, cutting or burning, which is ameliorated when walking in the open air.

BLOODY, BLACK, SMOKE- COLOURED URINE.

Sweetish odor of urine, odor like violets.

Sediment like coffee grounds.

Pelvic peritonitis from metritis; nephritis from exposure to cold rains, with scanty, high colored urine.

Smooth, shining, red tongue, as if deprived of papillae.

Capillary bronchitis (bronchiolitis) in children, with extreme drowsiness and scanty bloody urine.

MODALITIES

DES.: dry rice, bitter drinks.

THUJA OCCIDENTALIS (*Thuja*)

SECRETIVE - TENDENCY TO GROWTHS

MENTAL

RESERVED. Secretive. Manipulative.

Delusions that the body is brittle, is delicate, that she's made of glass, that animals are in abdomen, that soul and body were separated.

Lack of self-confidence, delusions he's worthless.

Dullness <morning.

PHYSICAL

OVERGROWTHS: WARTS, CONDYLOMATA, *tumors, fibroids, cysts.*

Used for treating bad effects of vaccination esp. smallpox.

Ailments from suppressed gonorrhoea (rheumatic pains of joints, prostatitis, eye inflammation etc.). Urethritis. Forked stream of urine.

Sensation that something is alive in the abdomen.

Coryza during stool. Strong tendency to **catarrhs**. Leucorrhœa, nasal, urethral.

Perspiration is oily, of sweetish odor, offensive.

Headache as from a nail. Begins in forehead over left eye then occiput.

DREAMS OF FALLING

Constipation, stools recedes.

Fingernails and toe-nails are brittle, crumbling, distorted, corrugated.

MODALITIES

AGG: ONIONS, uncovering, tea, night, 3 p.m. & 3 a.m., wet weather.

AMEL: touch, perspiration, lying on back, coryza, rubbing.

DES.: ONIONS (raw), garlic, tea.

AVERS.: onions, garlic, tea.

TUBERCULINUM BOVINUM (*Tub.*)

Romantic and unfulfilled. Enthusiastic but soon bored, they need change in their life. They cannot stick in one place, with one person, with one job, hence their love of travelling.

Tuberculinum is a remedy that is very often indicated when there is a history of tuberculosis in the patient or his/her family. The grinding of teeth during sleep is a strong indication for this remedy.

PASSIONATE, EXCITED, DESIRING CHANGE - GRINDING OF TEETH

MENTAL

**PASSIONATE, ROMANTIC, UNFULFILLED “COSMOPOLITAN” PATIENTS.
DISCONTENT, NEEDS CHANGE AND EXCITEMENT. DESIRES TRAVELLING.**

Moaning and groaning.

CHILDREN: Hyperactivity. Behavior disorders.

Obstinate, disobedient, **destructive** children. **Malicious** behavior.

Temper tantrums. Striking, breaks things.

Compulsive and ritualistic behavior. Constant belief that something has been forgotten. Tormenting persistent thoughts during the night.

Fear of cats, dogs. Disgust with cats and furry animals.

Contradictory characteristics, mania and melancholia, insomnia and sleepiness.

Anxiety at night. Fear something will happen. Irritable esp. on waking.

Shrieking in sleep, esp. before menses.

Loquacity during fever.

PHYSICAL

FAMILY HISTORY OF TUBERCULOSIS.

Tendency to take cold. FREQUENT COLDS AND INFLUENZAS esp. CHEST COLDS, BRONCHITIS OR PNEUMONIA.

GRINDING OF TEETH DURING SLEEP.

Weak, depleted constitutions. Emaciated despite eating heavily.

Night sweats.

Allergy to cats. Allergy to milk.

Generally worse in wet weather, before storms or any change in weather. Better in mountains, esp. in pine forests.

Periodicity of symptoms.

Induration of glands. Glands hard, knotty like ropes < cervical, inguinal.

MODALITIES

AGG.: change of weather, wet weather, cold (air, bathing, entering a cold place), change of temperature from cold to warm, seashore.

AMEL.: in pine forest, warm and dry weather, *walking fast*, in the mountain, open air.

DES.: pork, ham, bacon, **SMOKED MEAT, COLD MILK, fat ham, bananas, ice cream.**

AVERS.: food, meat, milk.

VALERIANA (*Valer.*)

HYSTERIA, ARTHRITIC PAINS, WANDERING SYMPTOMS

MENTAL

Animated, anxious, irritable, restless patients with changeable mood.

ACTS HYSTERICALLY. Weeping alternating with laughter.

Over sensitiveness of all senses.

Mental symptoms alternating with physical.

Cheerful in evening, mirth, hilarity.

Various delusions she is someone other person, he's poor, people are beside him, is away from home, floating in air.

Fear on entering a room. Fear ameliorated in open air.

Restlessness at night, open air amel.

Mental symptoms are worse in darkness.

PHYSICAL

RHEUMATIC AND NEUROLOGICAL SYMPTOMS.

Sensation as if a thread were hanging in the throat.

Stitching pain in heels when sitting >walking.

Sciatica < standing, stretching the leg, sitting, hanging down the limb.

Slimy taste in the morning on waking.

Pressing pain in forehead alternates with stitching pain.

Child vomits curdled milk, in large lumps after nursing.

Diarrhoea, with lumps of coagulated milk, with violent screaming in children.

Jerking pains in the upper and lower limbs >walking. Jerking internal and external.

MODALITIES

AGG.: after motion, sitting, standing, evening.

AMEL.: walking, motion, ascending.

VERATRUM ALBUM (*Verat.*)

The prominent characteristic of this remedy is the overactivity, mental and physical. There's an exaggeration in all levels. On the mental level we see a restless, overactive and overstimulated mind. The mental abilities are over developed. We see too clever children, with skills beyond their age. These people can impress you with their knowledge and acuteness of mind. On the physical level, there is restlessness in chronic as well as in acute states.

RESTLESSNESS - MENTAL & PHYSICAL

MENTAL

MENTAL OVER-STIMULATION. Unhealthy acuteness of mind, precocity.

CONFUSION AS TO HIS IDENTITY. *Religious delusion he is Christ or a person that has to save the world. Delusions he's a great person. Feel they must protect the weak.*

RELIGIOUS AFFECTIONS. Religious delirium. *Praying. Preaching. Religious despair. Anxiety about salvation. Doubtful of the soul's welfare.*

Despair of social position. Never happy with social position, feel they deserve better. Brooding < evening.

Violent. *Mania with desire to tear things. Erotic, puerperal insanity. Delirium with loquacity, with open eyes, raging.*

PHYSICAL

RESTLESSNESS - go up and down. The moment the mind is working, the restlessness becomes more and more. Restlessness in chronic as well as in acute states.

CHILLY (esp. during the acute state). Internal chill, coldness in blood-vessels. Chill as if coldness in the bones.

Cold perspiration (forehead, feet, face, hand). <during menses, during stool, fainting.

Great thirst for COLD DRINKS with ice.

Vomiting / diarrhoea- violent vomiting and profuse diarrhoea with coldness and cold perspiration. Vomiting during diarrhoea. *Rocket vomiting. Collapse from vomiting.*

Rapid sinking of vital forces- complete prostration and collapse. Faints easily.

MODALITIES

AGG.: fruit, cold, pears, raw food, potatoes, warm (becoming, wraps, room, sensation of heat), during menses.

AMEL.: continued motion, after perspiration, walking.

DES.: sour, salt, salt and lemon, unripe fruit, ice, cold drinks, cucumber, herring, sardines.

ZINCUM METALLICUM (*Zinc*)

Hyperactivity is the word for Zincum and we observe this mostly in feet and mind. We see constant motion of the feet, twitching, spasms, jerking. Usually the moment they go to sleep there is an electrical stimulation that comes out in the lower extremities and they jerk. On the mental level there's restlessness too. The brain is overstimulated but not in the way that Verat. and Coffea is. In Zincum the over activity causes a kind of dissatisfaction. It's one of the main remedies for dissatisfaction and complaining.

HYPERACTIVITY OF NERVOUS SYSTEM

MENTAL

RESTLESSNESS. HYPERACTIVE. Active concentration. - 'Brain fog' from over study.

Mental dullness. Repeats question first before answering. Understands question only after repetition.

Moaning, complaining, esp. of not being treated well by others. Torments everyone with his complaints.

*Delusions devil is after her < during menses. Delusions is about to be arrested.
Sees devils, phantoms.*

Sensitive to noise, to voices. Indisposed to talk.

PHYSICAL

OVERACTIVITY OF NERVOUS SYSTEM (esp. nerve endings are affected).

RESTLESSNESS of extremities esp. **FEET**- in bed or while sitting.

Jerking of extremities during sleep.

Twitching, facial spasms, convulsions, epilepsy *esp. after suppression of eruptions <after exposure to sun. Convulsions when eruptions fail to break out.*

Convulsions during dentition with pale face.

Ailments from suppressed eruptions: mania, comatose sleep, neurological complaints, convulsions, unconsciousness, chorea, scabies.

Strong sexual desire < before menses, > by the flow.

Defective vitality- lack of reaction. Too weak to develop menstrual function, to expectorate, to urinate, to comprehend.

Burning whole length of spine < sitting > walking.

Expectoration bloody with dry cough in the morning before menses.

Intolerance to wine, however craves stimulants.

MODALITIES

AGG.: sitting, sleep during, after eating, after breakfast, drinking wine, after vaccination.

AMEL.: rubbing, eating while, motion, wet weather, walking, open air, during menses.

AVERS.: veal, fish, sweets.