

Keynotes of Materia Medica for Acute Conditions

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1. Aconitum napellus

Monkshood

Anxiety, restlessness, fear of death
Coldness; after cold, dry winds
Onset sudden
Numbness
Intensity of symptoms; intense thirst
Temperature, tachycardia, tension
Urine scanty, hot, painful
Music aggravates

Influenza, acute colds, earaches, fever, and any infectious disease with sudden onset, intense fear, after exposure to cold, dry winds, with elevated temperature, worse at night, headache, eye pains, anxiety. Child wakes up at night with croup. Effects of fright, fear. Foreign objects in eye.

2. Allium cepa

Onion

Acute, acrid watery mucous discharge from nose
Lachrymation with bland tears
Laryngitis

Cold, wet causes cough and colic
Eyes burn, like from smoke or onion
Polyps of nose; phlebitis after childbirth
Acute sudden onset after getting wet

Common cold. Hayfever. Onset with violent sneezing. Hayfever in August. Worse from warm room and evenings. Redness, burning, and excessive tearing of eyes. Copious watery, acrid nasal discharge corrodes nose and upper lip. Hoarseness, tickling in larynx. Better in open air.

3. Alumina

Oxide of Aluminum

Abnormal sense of time, hurried feeling
Low-spirited
Unable to pass stool
Menses exhausting
Inactive bowel movements
Nails brittle
Aggravation from eating potatoes

Chronic sluggishness with constipation in weak, thin persons or delicate children, lack of appetite, straining at bowel movement. Worse during full moon and new moon; after potatoes. Better in warm mild weather. Antidote to lead poisoning.

4. Antimonium crudum

Black Sulfide of Antimony

Angry when touched or looked at
Never satisfied, cross; sentimental mood
Tongue coated thick white
Cannot stand the heat of sun or cold bathing
Raw skin rashes, crusts, eczema
Urticaria (Hives); warts
Diarrhea alternating with constipation

Indigestion, with belching and vomiting. Gluttony. Excessively irritable, with white coated tongue. Watery lumpy stools. Hard warts on hands and feet. Vomiting, upset babies with loss of appetite. Bloating feeling, belching. Chapped lips, nose. Itching, burning at eyes, nose, mouth, vagina and anus. Harsh (rough) voice. Drowsy.

5. Antimonium tartaricum

Tartar Emetic

Apathetic, drowsy with seat
Nightly aggravation
Tongue coated white

Thirst for cold water
Averse to touch
Rattling of mucus in chest, nose
Trembling

Colds and coughs with paleness, profuse rattling mucus, unable to cough it up, drowning in own mucus. Bronchitis, pneumonia, asthma. Difficult breathing, weak, colicky, cold sweat. Babies or elderly with cold symptoms. Worse from sour foods, milk. Desire for acids, fruits.

6. Apis mellifica

Honey Bee

Awkward, apathetic, whining
Piercing pains, puffy, pink swellings
Intolerance of touch; inflammation
Sore, swollen, sensitive

Allergic reactions. Bee, wasp stings. Prevents anaphylactic shock (higher potency, use a 30C rather than a 6X). Hives, pink, soft swelling, sometimes all over body. Edema. Sore all over, itching, insect bites, allergies. Inimical to *Rhus Tox*. Antidoted by grains of salt.

7. Argenticum nitricum

Silver Nitrate

Apprehensive, nervous, impulsive
Red eyes; strained tired eyes from sewing
Gastric headaches with sense of expansion and pressure
Emaciated, exhausted, withered look
Nervous with diarrhea
Time passes too slowly
Ulcerative pain in stomach
Mental exhaustion

Needs sugar, sweets
Intolerance of heat
Trembling of affected parts

Conjunctivitis. Sore throat with sensation of splinter in throat. Headache with stomach trouble, from dancing or mental labor. Diarrhea from candy or sugar, looks like chopped spinach. Worse from exertion, anxiety and emotion.

8. **Arnica montana**

Mountain Daisy, Leopard's Bane

Accidents, bruises
Remedy *par excellence* for shock
Nothing is the matter with me
Injuries, impending infection
Coldness of body
After mental, physical strain

Shock. After head injuries. Lame, sore, bruised feeling, after falls, injuries, blows on head, surgery, etc. Effectively prevents shock and infection (in a higher potency, use a 30C rather than a 6X). After grief, loss, hemorrhaging. Hemorrhoids from childbirth. Bruised swellings.

9. **Arsenicum album**

White oxide of Metallic Arsenic

Anxiety
Restlessness
Smell and sight of food aggravates
Exhaustion
Nausea
Irritable weakness
Changes position and place continuously
Unquenchable thirst
Mucus discharge from nose

Food poisoning, diarrhea after excessive fruit, watermelons; spoiled meat. Pale, extremely restless, anxious with burning pains, better from hot drinks. Common cold; hayfever. Fluent, watery, burning coryza, stopped nose, sore throat, fast pulse. Chilly. Vomiting and diarrhea. Fear of death.

10. **Aurum metallicum**

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Gold

Averse to life

Utter self-condemnation and sense of worthlessness

Red faced

Ulcerated nose with rotten smell

Mental disorders

Suicidal, with disgust of life. Disordered sense of smell, vision, taste. Constipated, heart irregularities. High blood pressure. Lower (X) potencies for caries of nasal and mouth cavities. Blushes easily.

11. Baptisia tinctoria

Wild Indigo

Besotted look

Advanced influenza with fever

Pressure headache

Throat swollen without soreness

Inability to think

Septic fevers, with sense of suffocation

Indescribably sick feeling

Aching muscles, part of body sore from lying on it

Epidemic influenza and infectious diseases with fever. Blood poisoning. Preventive of typhus and malaria. Diarrhea, soreness, threatening mastoid (area behind ears) inflammation, pus-forming discharges. Soreness, heaviness and aching of muscles. Rapid prostration.

12. Belladonna

Deadly Nightshade

Boring, throbbing headache, red face

Eyes glaring, bright. Earache

Light unbearable

Lying down aggravates

Acute, sudden intense pains

Dilated pupils; dry, hot skin

Onset sudden, violent; oversensitivity

No thirst, no sweat with fever

Noise and touch unbearable

Acute feverish conditions

Headaches, "strep" throats, heat stroke, sunstroke. Scarlet fever. Rabies. Great children's remedy. Sore throat with sudden onset high fever, a red hot, dry face, no thirst, difficulty swallowing, aversion to or inability to drinking, responds remarkably to this remedy. Violence and suddenness of onset with characteristic bright eyes and dilated pupils resemble many childhood infections.

13. Bryonia alba

Wild Hops

Bursting headache, body aches, "bear"

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Rest ameliorates; right-sided complaints
Yellowish, pale face
Offended when approached
Nothing pleases him
Influenza with constipation, irritability
Aversion to heat, touch

Flu. Bronchitis. All symptoms worse from motion. Vertigo, headache, from motion, moving head. Aching pains all over, from least motion, cause patient to withdraw. Irritable with hard stools, very thirsty for large gulps of cold drinks. Scanty, dark urine. Cough, pneumonia, high fever, with slow onset. Worse from moving, heat; better from lying still, rest.

14. Cantharis

Spanish Fly

Constant urge to urinate, cystitis
Aggravation from water, coffee
Nightly burning of skin, soles of feet
Throat burns
Hydrophobia, can't stand drinking water
Acute burns with blister formation
Raw, burning pains
Irritation of bladder, urethra genitals
Shivering, shuddering; sunburns

Burns. Takes pain out of all kinds of burns, scalds. In severe burns first *Arnica* (for shock!) then *Cantharis*. Sunburns, first and second degree burns. Urinary, bladder and kidney infections with burning pains, intolerable, constant urging to urinate.

15. Carbo vegetabilis

Vegetable Charcoal

Collapse with desire for fresh air; colic with cold body; chronic complaints
Abdomen bloated; asthma in the aged
Reviver remedy after loss of vital fluids, after surgery
Bluish, pale face; breathing difficult, labored
Oxidation impaired in spite of adequate ventilation; impaired digestion

Vomiting

Collapse, after vomiting or bleeding; with cold breath, cold sweat, loss of voice. May save life; after surgeries, serious exhausting diseases. Known as the "great reviver". Never fully recovered from some disease. Colic, flatulent distension. Weakness, belching, likes to be fanned. After too much wine.

16. Chamomilla

German Chamomile

Colic in babies and children
Hysterical screaming and whining
Angry, irritable outbursts

Mental calmness and constipation contraindicate Chamomilla
One cheek red, the other pale
Middle ear infection
Intolerance of pain
Likes to be carried; cannot be calmed without carrying
Laryngitis
Averse to heat and cold wind

Teething. Colic. Very irritable children with temper tantrums or highly sensitive to pain (especially after exposure to cold wind) calm down miraculously from *Chamomilla*. Frantic with pain. Ear infections. Greenish diarrhea. Colic in babies, better from being carried, worse at night. Characteristic crack in middle of lower lip (*Hepar sulph*, *Pulsatilla*).

17. Cinchona officinalis (China)

Peruvian Bark

Colic with gas that won't go up or down
Hemorrhaging from nose or uterus
Indifference; intermittent, low-level fever
Nightly aggravation
Abdominal pain, better bending double

Bleeding with dark blood, ringing in ears, fainting, rapid heart beat, threatening collapse from loss of blood. Diarrhea. Fevers. Debility from exhausting diseases, after loss of fluids in diarrhea, vomiting, bleeding. Gas pains, especially after childbirth or surgery. Pale, exhausted look, sunken eyes, obstinate, feverish. Sensitive to noise. Nervous.

18. Cocculus indicus

Indian Cockle

Cramps and contractions of muscles
One-sided complaints
Can't go to sleep after night-watching
Concerned about health of others
Unmarried women have special affinity to this medicine
Light-haired females
Uterine cramps
Spasmodic yawning

Nurse's remedy. After stress, lack of sleep from getting up at night. One-sided paralysis of facial nerve. Bell's palsy. Cracking of vertebrae. Muscle contractions. Tetanus. Motion sickness. Vertigo from watching moving objects. Seizures after loss of sleep.

19. Coffea cruda

Coffee

Can't fall asleep
Oversensitive to pain, noise, smells and other sensory impressions
Flow of ideas
Fidgety, nervous
Effects of joy, surprise

Aggravation from good news

Unusually cheerful and excited. Hyperactivity in children. Insomnia with quick flow of ideas. Tachycardia (fast pulse). Too tired to go to sleep, especially after mental or physical exhaustion. After too much wine.

20. Colocynthis

Bitter Cucumber

Colic, better from firm pressure
Obstinate, when questioned
Lying on affected side ameliorates
Ovaries painful
Cramps during menses or during diarrhea

Agonizing cutting pain in abdomen; patient bending double. Menstrual pain; diarrhea from least amount of food or drink. Cramps in calves; pain in abdomen and from urinating. All pains relieved by firm pressure. Ailments from anger.

21. Cuprum metallicum

Copper

Convulsions; colic
Unintentional movements, twitches
Painful diarrhea; pale face
Rolling up of eyeballs

Metallic taste in mouth

All kinds of cramps, in chest and abdomen. Diarrhea with painful cramps, nausea and vomiting. Stammering speech. Seizures preceded by loss of vision with bluish face and lips. Spasms of muscle, cramps in calves. Asthmatic constriction of bronchial tubes, with bluish face.

22. Drosera

Sundew

Deep hoarse voice with dry cough
Right face hot, left face cold
Overuse of voice, hoarse
Sore throat, laryngitis

Prevents and cures whooping cough during epidemics. Periodic fits of rapid, deep, barking, or choking, prolonged or incessant cough. May raise resistance against tuberculosis. Asthma from talking. Overall < lying down. Constriction in chest > pressure.

23. Euphrasia

Eye Bright

Eyes watery during common cold
Uncontrollable blinking.

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Profuse mucus discharge from nose with tears
Hawking up of mucus with cough and teary eyes
Reverse of Allium Cepa; Acrid tears, bland mucus

Conjunctivitis. Common cold, with red burning eyes, profuse nasal discharge. Influenza, whooping cough with tearing red eyes. Constipated. Worse from warmth and south winds.

24. Ferrum phosphoricum

Iron of Phosphate

Feverish
Early Stages of inflammatory conditions
Red cheeks, but pale face
Red eyes

People who are sensitive, weakly, anemic, blush easily
Hemorrhaging, especially from nose
Often right-sided symptoms
Soft, rapid pulse

In early stages of inflammations, especially of the respiratory tract: common cold, flu, bronchitis and pneumonia. Gradual onset of fever and throbbing headache. Headache better from cold applications. Raises blood hemoglobin.

25. Gelsemium

Yellow Jasmine

General Prostration
Emotional excitement, grief brings on ailments
Lethargic
Slow pulse, slow onset of symptoms
Eyelids heavy, droopy
Muscular weakness
Indifferent to his illness
Urine profuse, ameliorates headache
Motion aggravates

Influenza. Dull sluggish, indifferent, dizzy. Chills up and down back. Sensation of falling while lying in bed. Flushed face, headache, congested with watery discharge, slow onset of fever, heavy limbs, insomnia, aching pains with indifference and no thirst. Apprehension of impending event (surgery, performance, etc.)

26. Hepar sulphuris calcareum

Hahnemann's Calcium Sulphite

Hypersensitive to cold and drafts; hoarse
Extremely irritable
Puss-forming conditions, pimples
Abscesses
Rattling cough

Sore throat
Ulcerations on nose and lips
Lower lip has crack in middle

Colds, earaches, sore throats, coughs. Eye infections. Sweat in spite of feeling cold, with draft blowing on some part. Cold begins with sore throat, with splinter sensation and stitches to ear. Runny nose, later thick yellowish discharge, and loose, rattling cough. Never has recovered from the effects of some previous illness. Splinters (6x). Dental abscess.

27. Hypericum perforatum

St. John's Wort

Helpful in nerve injuries
Yields to being touched or approached
Pains shoot upwards from injury
Eye injury; splinters and puncture wounds
Relieves pain due to root canal or surgery
Injuries to brain, spine and tailbone
Cuts, especially jagged. Concussions
Urging during stool with hemorrhoids and pain
May prevent or cure tetanus

Tetanus prophylaxis. Puncture wounds in hands and feet. Injuries to toes, fingers. Spinal concussions and injuries to the tailbone. Worse from change of weather or in foggy weather. Effectively removes pain from dental work, dentition, or anywhere when pain shoots upwards, or radiates out the limbs. Works in conjunction with anesthetics.

28. Ignatia amara

St. Ignatius Bean

Introspective, sighing; hysterical
Grief, shock, disappointment
Nervousness
After stress
Tonsillitis; lump in throat from emotional causes
Inclination to sigh and yawn
Averse to normal routine

Psycho-somatic symptoms, especially in moody, oversensitive people. Changeable moods, contradictory symptoms. Acute grief or romantic disappointments. For emotional shock after recent death, accidents, disasters. Headaches from smoke.

29. Ipecacuanha

Ipecac Root

Irritable
Persistent nausea; profuse bleeding
Epistaxis (nosebleed)
Constant nausea
Acute vomiting
Colic with nausea

Vomiting, bleeding or fever with constant nausea. Morning sickness. Uterine hemorrhages, with bright red blood, from any cause. Pale, with bluish rings around eyes and weak pulse. Cold sweat with lack of thirst. Choking and vomiting from coughs.

30. Kali bichromicum

Potassium Bichromate

Kidney infections

Acute cold with obstruction of nose and sneezing

Loss of smell and tough greenish plugs in nose

Infection of sinuses with thick, greenish discharge

Bronchitis with sticky mucus

Inflamed throat with croupy cough

Cutting pain in lower back

Valuable in sinus headaches with blinding pain over nose, between eyes. Sub-acute inflammatory conditions, eye, and sinus infections, wherever thick, greenish, sticky mucus is found. Better from heat. Stopped nasal passages with greenish crust and plugs. Inflammation and pain of duodenum.

31. Lachesis mutus

Bushmaster Snake

Loquacity

Aggravation on waking from sleep

Collar feels too tight

Heat aggravates

External throat sensitive to touch

Symptoms move from left to right

Intensely rapid onset

Sensations of constriction

Left-sided infections, mastitis; ear; "strep" throat, with painful swallowing; choking sensation. Sore throat with pain from left to right. Flushes of heat, during menopause. Snake, spider bites, animal bites, poisoned wounds, blood poisoning, purplish streak extends up limb. Heat suffocation, general prostration.

32. Ledum palustre

Marsh Tea

Lack of body heat

Eruption like poison ivy

Dry mouth

Useful in puncture wounds and insect bites

May prevent tetanus

Tetanus prophylaxis. Has prevented (confirmed in studies) and cured tetanus. Puncture wounds. After animal bites; splinters; rusty nails. Antidotes spider poisons. Patient is cold to touch, yet feels worse from heat of bed.

33. **Lycopodium clavatum**

Club Moss

Lean intellectual, premature wrinkles
Yellowish gray complexion
Chronic and deep-seated diseases in the very young and very old
Obstinate and headstrong when sick
Pre-senility with memory loss for words and syllables
Otorrhea (discharge from ear) and deafness
Dryness of mucus membranes and skin
Indigestion, bloating and flatulence
Unable to maintain erection in males
Mostly right-sided complaints

Strep throat with pain from right to left. Constipation from traveling. Flatulence. Helpful in complaints involving gas with distention of abdomen. Early graying of hair. Men with self-assured appearance, lack of intimacy, distant, thrifty, conservative. Gout. Dryness of skin.

34. **Magnesia phosphorica**

Phosphate of Magnesia

Menstrual colic or cramps in abdomen
Affects right side
Getting uncovered aggravates pains

Passing gas, bending double, walking improves
Heat and pressure ameliorates
Oversensitive to drafts and cold
Spasms of muscles

Menstrual cramps > heat. Relieves neuralgic pains such as toothaches, facial pain after exposure to drafts. Great remedy for cramps of all kinds in any muscle or organ when heat improves. Right-sided sciatica.

35. **Mercurius solubilis**

Black Oxide of Mercury

Mental and physical weakness with perspiration
Exertion causes trembling
Rawness of nostrils, with yellowish green pus-sy mucus
Coated tongue shows imprints of teeth
Ulcers in mouth and throat sore, with increase in saliva
Runny, slimy diarrhea
Intense thirst; itchy sweat
Unable to lie on right side
Sensitive to heat and cold; chilly with profuse sweat covering body

Serious chronic diseases as well as acute ones respond to this remedy. Especially valuable in respiratory infections, with thirst, profuse perspiration, sore throat, swollen glands and chills.

Diphtheria. Grass-green diarrhea. Trembling of hands. Paralysis. Swollen sore throat, with salivation, must swallow constantly. Worse at night, from heat and from perspiration.

36. Nux vomica

Poison Nut

Nervous overstimulation
Unsuccessful urging during stool, vomiting and urination
Xtremely irritable

Vomiting, belching, indigestion
Overwrought, overindulging, hard-driving
Males with type A behavior
Impatient, ill-humored, irritable
Can't, even though he wants to ...
Abuse of coffee, alcohol, tobacco and other stimulants

“Hangover” remedy. Works hard, plays hard. Headache, dizzy, nauseous, retching, but can't vomit, oversensitive to light, noise, smells, tough. Constipated, with irritability, outbursts of anger. Retention of urine. Irritable after mental work. Early stages of cold with sore throat and stopped nose outdoors, runny nose indoors. Generic antidote to drugs and poisons.

37. Phosphorus

Phosphorus

Profuse bleeding; purpura
Hoarseness
Oversensitive, anxious
Sore throat from speaking
Painful laryngitis with loss of voice
Hepatitis
Oppressed feeling in chest
Rising causes dizziness
Unable to keep down cold drinks after they warm in the stomach
Sweaty at night

Bleeding from any orifice or cause. Bleeds easily with bright red blood. Hepatitis, prevention and treatment, and to prevent long-term effects. Anxious, anemic, artistically inclined people who are very outgoing, with friendly, sympathetic personality. Tall and slender. Sore throat of speakers. Feels well in spite of high fever. Nosebleed, bruising easily. Thirsty for cold drinks.

38. Pulsatilla nigriflora

Wind Flower

Peevish, weepy, cries easily
Uterine pains
Lids stick together in morning
Sensitive, sad, wants sympathy and consolation
Averse to the opposite sex or husband
Thick, yellowish nasal discharge
Irresolute, changeable moods

Loose, rattling cough in morning
Lying on painful side ameliorates
Affectionate, especially yielding, blond, blue-eyed females

Measles, mumps, chicken pox. "Ripe" colds, thick yellow discharge, earaches with external ear red, swollen. Prostatitis. Amiable temperament, needs affection and sympathy, open air. Prone to hayfever, asthma and other allergies. Aversion to fatty foods. Insomnia from recurring thought. Symptoms and mood ever changing. Dries up mother's milk after breast feeding.

39. Pyrogenium

Artificial Sepsin, Decomposed Lean Beef or Septic Pus

Pus-like, sweet taste in mouth
Yellowish-brownish, foul smelling discharges
Restless, with rapid pulse, out of all proportion to temperature
Offensive breath, dry tongue, with vomiting
Great Pain, especially on parts lain on
Extreme fevers
No bowel movement or peristalsis, or diarrhea

Serious infectious fevers and flu. Rapid pulse in the 140-170 per minute range. Bed feels too hard. Septic fevers with threatening heart failure. Pulse too fast for temperature or temperature too high for pulse. Stool hard like black balls. Bruised sore, bone pains, restless.

40. Rhus toxicodendron

Poison Ivy

Red, painful eyes with apprehension and sadness
Hot, painful joints
Urine scanty with painless diarrhea
Sore, dry throat; skin rash

Thirsty for milk
Overexertion brings on symptoms
Xtreme restlessness with continued change of position which ameliorates

Motion ameliorates symptoms of stiffness, soreness and painful joints. Sore throat with swollen glands and thirst, painful, red eyes, restlessness with itchy rash. Useful in hives, herpes, eczema. Parotitis. Rheumatoid arthritis. Swollen glands. 200C plus potency desensitizes against and treats poison ivy (also: Grindelia lotion). Inimical to *Apis*.

41. Ruta graveolens

Rue; Bitterwort

Red eyes, painful from sewing or reading- eye strain
Urging during stool and urination
Tendons, muscles and bones sore
Aching pains with lassitude and lame feeling

After *Arnica* in painful injuries involving strained tendons and muscles, sprains in ankles and other joints which feel as if bruised. Sciatica. "Dry Socket" (exposed nerve) after tooth extraction. Pulled tendons; back muscles; dislocated joints. Fractures. Eye strain.

42. Sambucus nigra

Elder Berry

Sniffles, with stopped nose in sweaty, irritable babies

Awakens suddenly, near suffocation

Morning sweats

Bloated, swollen skin

Respiratory infections with perspiration, dry common colds with stopped nose, especially in children, call for this remedy (*Ant-t.*). Agitated, irritable. Worse during rest at night. Kidney infection. Asthma in children. Child awakes suddenly, sits up, turns blue.

43. Silicea

Silica

Suppurative (pus-forming) conditions. Expels foreign bodies such as splinters

Ill effects of vaccination

Lack of grit, moral as well as physical; faint-hearted personality

Intolerant of alcohol

Chronic conditions

Abscesses and crippled fingernails

Better from fresh air, closing eyes, uncovering. Diseases of back, bones, cartilages, tendons. Chronic swollen glands. Pimples. Especially in sensitive, yielding females (*Chronic Puls.*).

44. Spongia tosta

Roasted Sponge

Suffocating sensation with difficult breathing

Painful cough; croup

Oppressed feeling in chest

Nose dry, stopped up

General dryness of all air passages

Inhaling causes loud barking cough

Anxiety at night

Remedy for croup (after *Acon.*). Sensation of plug in throat. Wakes up fearfully with a cough that sounds like a saw driven through a board. Hoarse, sore burning throat. Exhaustion. Heart palpitations. Inflammation of testicles.

45. Staphysagria

Stavesacre

Sensitive, snappish; to pain, touch, insults, criticism

Teeth painful

Always angry; anger and indignation

Pain of surgery, cuts, dental work

Honor; pride injured

Suppressed anger, after wounded pride, indignation, mortification, insults. Pain after surgery, tooth extraction, lacerations. Effects of sexual excesses. Frequency of urine, with urging and pain after urinating. "Honeymoon cystitis".

46. Sulphur

Sulphur

Selfish, no regard for others

Unwilling to answer; unkempt, untidy

Lazy, loafing

Philosophizes, surrounded by chaos

Hypoglycemic, faint feeling around an hour before regular meal

Uncomfortable standing, bathing, or drinking water

Red orifices; eyelids, lips, nose, anus

Diarrhea, alternating with constipation. Diarrhea drives out of bed in morning. Skin disorders, eczema. Itching. Generic antidote to chemicals. Most broad acting of remedies. Useful in red-cheeked healthy subjects with high regard for themselves, their ideas, and their possessions. Burning of palms and soles. Better in dry, mild weather. Worse from heat or bathing. When well-selected remedies fail to act. After failure to recover fully from cold, flu or fever.

47. Symphytum officinale

Comfrey; Knitbone

Stimulates healing of bone

Yield to touch because of tenderness

Mends fractured bones

Pain in eyes and head; eye injuries

Helpful when joints and tendons don't heal after *Arnica* and *Ruta*

Best remedy for relieving pain and healing of eye injuries. Stimulates cell growth especially of ulcerated surfaces. Aids in healing of wounds, stomach ulcers, bone fractures, etc. Topically as tincture for ulcers and sores.

48. Tabacum

Tobacco

Travel sickness from car, boat and plane with vertigo and nausea

Asthma and breathing difficulties

Bluish pale face with faint feeling

Angina, palpitation and dilation caused by shock and violent physical exertion

Colicky pain in kidney, ureter, primarily on left

Motion sickness. Deadly nausea. Better from fresh air, closing eyes, uncovering. Useful in heart palpitations from lying on left side. Many complaints from traveling affecting equilibrium, circulation, respiration and digestion. Diarrhea and constipation.

49. Veratrum album

White Hellebore

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Vomiting with coldness and collapse
Extremely pale, chilly with cramps in arms and legs
Rapid, weak pulse
Apathetic and indifferent with clammy sweat on forehead
Thirsty, but vomits every sip

Collapse. Convulsions. Heat stroke. Dysentery. Profuse vomiting with cramps, chilliness, clammy sweat and weakness. After surgery (post-surgical shock), injuries and heat exhaustion. Hungry and thirsty but can't keep down anything. Craves ice, salt.

Principles of Healing

1. Law of Similars

A substance which can cause a certain group of symptoms in a healthy person, can cure a sick person who has a similar combination of symptoms. Remedies are given if there is a basic similarity between the appearance of the patient and the description of the drug in the *materia medica*.

2. Law of Proving

Remedies must be tested ("proven" – from the German Prüfung) on both healthy and sick individuals to be included in the *Materia Medica*. The *Materia Medica* is a record of symptoms that have been caused by medicines during proving on healthy persons, and of sicknesses that have been cured by it.

3. Law of Potentization

For a substance to become a medicine rather than a poison, it must be diluted. Even substances that are so highly diluted that there is very little of it left in the solution, can be effective as medicines. In order to preserve the qualities of the original substance during the manufacturing process, the medicine is diluted in steps rather than all at once, resulting in progressively lower concentrations with each step. Between each step the solution is shaken (succussed) vigorously. This process of diluting and succussing is called potentization. The degree of dilution is called the potency. The potency is indicated by C, X or Q (LM) symbols, which refer to the hundredth, tenth, or fifty thousandth (quinquagintamillesimal) degree of dilution. The number before the C, X or Q (i.e. 200C) indicates the number of steps of dilution.

4. Law of the Minimum Dose

The smallest amount of medicine or *minimum dose* that can cause a healing response in the sick person is the correct therapeutic dose.

5. Law of the Single Remedy

All provings were performed with one substance at a time. It is not known what combinations of symptoms would have been produced if several substances had been given simultaneously. Since we

must rely on the information obtained during the provings to select a proper remedy and because of the possibility of drug interaction, *only one remedy must be given at any one time.*

6. Hering's Law

Cure proceeds from above downward, from within outward, from the most important organs to the least important ones and in the reverse order of appearance of symptoms.

7. Other Guidelines

- In order to select the correct remedy from the symptoms of the patient, the general *likes* and *dislikes* and *peculiar symptoms* are most important.
Second come the *mental* and *emotional* characteristics.
Third come the *general physical symptoms*.
Then come the *particular physical symptoms*.
Of least importance are the *pathological symptoms*.
The *diagnosis* of the disease is of no importance.
- General symptoms are referred to by the patient as "I feel..."
Particular symptoms are described with the words "My ... feels..."
Pathological symptoms are recognized when the patient says "I have..."
Diagnosis when he says "My doctor thinks I have..."
- The most unusual and peculiar symptoms are the most helpful in selecting a remedy.
- The remedy must cover the patient; the patient need not cover the remedy.
- When a remedy needs to be repeated, one pellet should be diluted in a solution of *distilled water* and alcohol (remember to let it dissolve first), and the remedy solution bottle should be succussed 10 times before each dose. In most instances, with the exception of anaphylactic reactions, shock, etc., a pellet dissolved in water should be given.
- Repeat the remedy at intervals (length of time will depend on severity of symptoms) until improvement sets in, then stop. If the condition worsens again after improvement, repeat one time. If no response after several doses, change to the correct remedy.
- After 10 doses of one remedy in liquid solution, the potency will need to be raised.
If using an X potency:
 - Firmly shake contents of bottle out leaving only residue (about 1 drop of original liquid)
 - Add 9 drops of distilled water to bottle
 - Succuss bottle 10 times
 - Fill the bottle back up with distilled water and alcohol, succuss 10 more times and take your dose
 - You have now raised the potency by 1 X (i.e. if starting with 6X, you now have 7X)
If using a C potency:
 - Firmly shake contents of bottle out leaving only residue (about 1 drop of original liquid)

- Add 99 drops of distilled water to bottle
- Succuss bottle 100 times
- Fill the bottle back up with distilled water and alcohol, succuss 10 more times and take your dose
- You have now raised the potency by 1 C (i.e. if starting with 6C, you now have 7C)

Basic Principles and Definitions

1. **Medicine:** The use of medicinal substances (medicines; drugs; remedies) to treat disease.
2. **Drug:** any substance that causes health effects, symptoms or signs of a disease in the healthy organism. A substance that is toxic when given in a large enough dose (thus pharmakon [Gr]: drug; poison).
3. **Specificity of Drug Action:** Each drug causes specific health effects and symptoms in all living organisms that are distinct from that caused by any other drug.
4. **Dose-Specific Bi-Phasal Action of Drugs:** If a drug inhibits a function in a moderate dose, it will stimulate that same function in a minute dose.
5. **Dual Action of Drugs:** The primary action of a drug is a chemical interaction with the body; it's secondary action is the body's adaptive response to the primary action, usually opposite in nature to the primary action, and triggered by bio-electromagnetic signals.
6. **Law of Opposites:** A drug causing opposite symptoms to a disease will suppress that disease if administered in a sufficiently high dose.
7. **Law of Similars:** A drug causing similar symptoms to a disease will cure that disease if administered in the minimum dose.
8. **Drug Side effects:** The totality of health effects and symptoms- the drug disease- induced by a drug.
9. **Minimum Dose:** The dose small enough to cure a disease without causing side effects.
10. **Potentization:** When, during dilution of a drug in water or alcohol, the mixture is agitated or shaken, the drug imparts to the liquid solution its nuclear magnetic resonant image.
11. **Potentized Drug:** If, during the process of potentization, a drug is diluted beyond Avogadro's number, then the active principle of the drug is it's nuclear magnetic resonant image.
12. **Avogadro's Number:** a dilution of 6.0221415×10^{23} . The theory that any substance, diluted beyond this point, should have no molecules of the original substance left in the dilution.
13. **Simillimum:** The drug causing the most similar drug disease - the one most likely to cure.
14. **Individualization:** The selection of a remedy, dose and potency suitable for a given patient, taking into consideration her/his symptoms, sensitivity and susceptibility.
15. **Single Drug:** The administration of a single pure drug at any one time without admixtures of other drugs or adjuvants.

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16. **Natural Disease:** The adaptive and defensive response of the living organism to a physical or biological threat, characterized by specific health effects and symptoms, and triggered by disease specific bio-electromagnetic signals, to restore health.
17. **Homeopathic Treatment:** The use of a nuclear magnetic signal from a similar drug disease to amplify the natural bio-electromagnetic disease signal to accelerate, intensify and complete the recovery.

WHAT INTERFERES WITH HOMEOPATHIC TREATMENT? WHAT ANTIDOTES THEIR EFFECTS?

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Homeopathic remedies are energetic fields. Their action is sometimes accidentally canceled out by chemical or physiological influences in our environment. This is of particular importance when a remedy is taken for acute or symptomatic treatment. Remedies for chronic conditions usually continue to act even though the patient is exposed to an interfering factor, if not removed though, eventually the remedy will stop acting. When a remedy is antidoted, another dose of the remedy will resume its effect.

Homeopaths take advantage of the interference effect by prescribing an antidotal remedy or substance, such as coffee or camphor, in case of severe aggravation during treatment.

There are specific substances that can antidote a given remedy. You will be given instructions on any additional substances to avoid while under homeopathic treatment. The following substances are known to counteract treatment. This is not a complete list:

1. **Coffee** - caffeinated or decaffeinated (Teas and caffeinated drinks will not antidote treatment)
2. **Mint** - of ANY KIND! (**peppermint, wintergreen, spearmint, lemon mint, etc.**) Found in ALL commercial toothpaste, mouthwashes, gum, tea, etc. And be careful with “natural” products. While we love them, many of them contain mint and other antidotal ingredients ☹
3. **Camphor** - found in nail polishes, some poison ivy lotions, vapor rubs, medications, etc.
4. **Other strong odors** including **menthol, eucalyptus\ eucalyptol, thymol, tea tree** (be careful as many of these are found in products such as mouthwashes, vapor rubs, shampoos, cosmetics, etc), **ammonia, chlorine bleach, scented cleaning solutions** (like “Pinesol”, “Tilex”, “Windex”, and so on)...
5. **Perfumes/Colognes** including **air-fresheners, scented candles, scented lotions, laundry detergents, dryer sheets, etc-** since ingredient lists for these products are still “proprietary” information, anything is/could be in them. The fact is, we don’t know. What we know is that people who wear fragrances during treatment show slower improvement of symptoms.
6. **Chamomile** - sometimes found in shampoo, conditioners, deodorants, soaps, lotions, teas, etc.
7. **Airplane trips** (although remedies in pellet form seem to be OK after a flight)
8. **Ultrasound, X-rays, CAT/PET scans, MRI’s-** any invasive or imaging procedure can antidote remedies.
9. **Microwaves, cell phones, cordless phones wireless devices, satellite systems,** etc. - we have seen in our practice that clients who continually use their cell phones, live in close proximity to cell phone towers, use wireless devices and/or who have cordless phones in their homes show much slower improvement of symptoms. This not only costs you more money, but deeply and adversely effects your health, whether you are aware of it or not.
10. **Electrical, electromagnetic and magnetic fields** (keep at least 6 feet away)

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11. **Dental drilling** and other **high speed vibrations** (such as **Ultrasonic/Electric toothbrushes**)
12. **Conventional medical drugs** that suppress symptoms, such as prednisone or NSAIDs.
13. Megavitamins and mega-minerals
14. Stress, trauma, and major illness
15. Acupuncture, Polarity, Reiki treatment
16. Certain other homeopathic remedies

Treatment is more easily antidoted in some people than in others. The duration of exposure, the magnitude and frequency of the field, radiation or vibration are all variants in whether or not the treatment is antidoted. When in doubt about the antidotal effects of specific substances or of other homeopathic remedies, consult your homeopath.

The most important thing you can do is to **be aware of your surroundings** and **READ LABELS**.

HOW TO MAKE YOUR HOMEOPATHIC REMEDIES

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Either:

- 1.) The appropriate remedy pellets have been placed into an empty, labeled bottle. All you have to do is add the liquid yourself.
- 2.) If you are making a remedy from a vial or you receive pellets in little envelopes, remember, **it only takes one pellet to make a remedy!** (more than one pellet in the bottle is ok too!)

YOU WILL NEED TO HAVE THE FOLLOWING 2 ITEMS ON HAND:

- **WATER: DISTILLED, PURIFIED OR SPRING**

Do **NOT** use tap or mineral water, well water, water from hot springs or mineral baths. The minerals and substances contained in them (like sulphur) can cause reactions or even antidote your remedy. Only multi-stage filters purify water (not a Britta or Pur, etc.)

- **190 PROOF ALCOHOL**

Typically this is sold under the name “Everclear” and can be purchased at your local ABC or liquor store. In some states, the highest proof available is 150 and this is fine, too. This is used as a preservative in order to keep your remedies fresh for longer than one week. “Preserved” remedies can be stored for up to 6 months and sometimes longer if properly stored.

If you are having trouble finding grain alcohol in your area you may also use any clear liquor such as gin, vodka, etc. as long as it is 100 proof or higher. In this case, you will need to use 50% alcohol/ 50% water.

USE THE FOLLOWING METHOD TO FILL YOUR BOTTLES:

1. We recommend that make the remedies as needed, in other words, only make the remedies you are currently taking.
2. **Add at least 10% Alcohol (or more if you prefer)** to the bottom of the bottle. For the sake of ease, you can use **1 tsp** which is 33% of a ½ oz bottle (The more alcohol, the less likely to mold!)- but if you are taking a “drop” dose, you may want to use only 10% alcohol . If you want to fill your bottle with 100% alcohol, that is OK, too. Just make sure that you don’t enjoy taking your remedies too much ☺ For children or those sensitive to alcohol, you can reduce or eliminate the alcohol, although the remedies will not last as long and will tend to grow mold or sour (especially in the summer). If you see something floating in the remedy, you will need to discard it and make a new one.
3. **Fill the rest with water.** (it doesn’t matter how much you add or even if you have to take a little bit out)
4. **Add the date** to the label.
5. **Let the pellet(s) dissolve**, succuss (hit on palm of hand) several times and then take as directed.

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HOW TO TAKE YOUR REMEDIES

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Store remedies in a cool, dry place. **Keep liquid remedies away** from ALL electrical equipment and appliances (including but not limited to **cell phones, TV, refrig, alarm clocks, cordless phones**, etc), strong odors, magnets, prolonged exposure to direct sunlight, and temperature extremes. **Liquid remedies will be antidoted on plane trips!** (Please see the “What Interferes With Homeopathic Treatment/Antidotes” handout for further details.)

FOR BEST RESULTS: Always take remedies in a clean mouth. Try to wait at least **15 minutes** before or after eating to take a remedy. This is a suggestion and not a rule!

****Please find out what your dose is. It will depend on your sensitivity and may need to be adjusted. It is generally safe to assume that if you are not told otherwise, you can start with drop dosing.****

FOR ALL DOSES, please follow the following 6 steps:

1. **Succuss** the bottle (strike the bottle firmly against the palm of your hand) **ten times** before each dose.
2. **Do not touch** the bottle rim, mouth or inside of the cap or dropper (but if it happens, it's probably going to be OK, as long as you didn't have lotion or anything else on your hands at the time.)
3. **Wait at least two hours between doses (for best results) unless otherwise indicated.**
4. **For Q potencies***:** the duration of taking one potency is either for 10 doses or 10 days- WHICHEVER comes first. If you miss a dose or 2 and have passed the 10th day from the day you began the potency, do NOT make up the doses but move on to the next higher potency. The effects of Q potencies are cumulative for up to 6 months. Individual sensitivities may change these directions.
5. **For C potencies***:** In an acute situation: typically, the instructions are to take up to 10 doses and then repotentize (see instructions). For clearing remedies: take 3 doses daily for three days, or take a total of 9 doses as you can fit them in (no more than 3 per day). For occasional dosing with a C potency: you may find you can take more than 10 doses before you repotentize the remedy since the duration of the remedy is short. Individual sensitivities may change these directions.
6. **For X potencies***:** Most people can take up to 20 or 30 doses before they go to the next higher potency or repotentize the remedy. Individual sensitivities may change these directions.

*****If different directions are given during your appointment they should always supercede these directions!**

DROP DOSE: One dose [unless otherwise indicated (see below)] is five (5) drops from the dropper (1/2 oz. bottle); or one teaspoon from a 3-5 oz bottle or cup.

OLFACTORY DOSE: One dose would be to open the bottle and hold it under your nose. Inhale once (just like you were sniffing a flower).

DOSAGE CUPS: use 3 to 5 oz. paper cups and plastic spoons. If you are VERY sensitive, wear vinyl gloves and be careful not to touch or inhale the contents.

**** you can use reusable cups and spoons but they WILL NEED to be dish-washed or boiled to remove the remedy- handwashing will not do it and you may expose yourself or someone else to a dose this way!****

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- Fill the cups with distilled/purified water. Put five drops into the first cup and stir ten times. Take a spoonful from the first cup, add it to the second cup, and stir ten times. Continue in this manner to the indicated number of cups is made.
- After you finished preparing the last cup to the specified dilution, take an olfactory dose from that cup. Prepare the specified dilution from the original bottle each time you take a dose.

IF YOU EXPERIENCE A REACTION TO A REMEDY, at the appropriate time and after the reaction has completely subsided, take another *more diluted* dose of the remedy. If you have a very strong reaction that does not subside (rare), do not take any more doses, and call your homeopath (Manfred Mueller 828-626-4093).

How to repotentize a remedy:

Please read through carefully before beginning the process.

First, the rules and guidelines:

1. You will only want to repotentize a solution one or two times before you will need to start over from the original pellets (i.e. if you start with 30C potency from pellets, you can repotentize it to a 31C and maybe to a 32C after that. To make a 33C, you will have to start at 30C and go all the way to 33C). The remedy loses its effectiveness the more it is repotentized...

2. Label, Label, Label, Count, Count, Count!

To Repotentize a remedy (Plussing a remedy):

1. (cheating version) Take one drop from original solution and place it into a new bottle. If you are using the same bottle as the original solution (which you can do), shake it out hard which should leave 1 drop in the bottle.

Or, place one pellet into a cup of water, once dissolved stir it 10x. Place one drop of this solution into a bottle.

For a C Potency:

2. Fill the bottle with 99 drops of distilled water
3. Succuss the bottle 100 times.
4. You now have potentized the remedy by 1C. Go to step 5 or 6 below.

For an X Potency:

2. Fill the bottle with 9 drops of distilled water
3. Succuss the bottle 10 times.
4. You now have potentized the remedy by 1X. Go to step 5 or 6 or 8 below.

To use the remedy from the bottle:

5. Fill the bottle with more water and alcohol, re-label and date the new remedy and take as directed

Or to make your own pellets:

6. Get a small glass, jar or Dixie cup and cover the bottom with neutral pellets. Place **one drop only** of the prepared solution onto the neutral pellets and shake vigorously to coat each pellet. Pour pellets onto a paper towel to dry.
7. Once dry, place into a sealable, airtight jar/container and label (i.e. if you started with 6C and plussed solution 1 time, these pellets will be 7C)

For More Plussing:

8. Again, dump the solution from the bottle, shaking hard, leaving 1 drop.
9. Add 99 drops of water for a C potency, 9 drops of water for an X.
10. Succuss 100 times for C, 10 times for X
11. You now have potentized the remedy another 1C or 1X.

Either

12. Repeat until you have the desired potency

Or

13. Fill the bottle with more water and alcohol, re-label and date the new remedy and take as directed

Or

Go to step 6 above to make pellets

Neutral pellets can be purchased through Homeopathic Associates for \$10/oz.

TIPS FOR RECYCLING QUANTITIES OF USED BOTTLES

(If you don't have a dishwasher, you'll need these instructions!)

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YOU'LL NEED:

- **rubber gloves**
- bowl, bucket, or container for soaking
- large pot
- **distilled water**
- tongs
- paper towels
- box or basket to dry bottles in
- **extra container for "dirty" stoppers and parts** (dishwashable or only used for this task)

TO CLEAN:

1. Before emptying, soak the closed bottles in water for about 15 minutes. This will loosen the labels so you can peel them off.
2. Using gloves, open and pour out contents, placing bottles in pot and stoppers in a container.
3. Cover bottles with distilled water and boil for 20 minutes (covering the pot with a lid helps to boil faster and reduce water vaporization)
4. Meanwhile, using gloves, pull apart stoppers into 3 parts.

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5. Add stopper and parts to boiling water for last 5 minutes.

TO DRY:

1. After boiling, remove bottles using tongs (they will be hot!). Remove them while hot as the heat will help them dry faster. To dry, place bottles upside down in a box or basket lined with paper towels.
2. Gather stopper tubes and remove excess water from inside. Place them upright in a cup lined with paper towels to dry (like pencils in a cup).
3. Squeeze water from the rubber tops. Put them all upright onto paper towels to let the remaining moisture drip down.
4. Be careful to reassemble stoppers properly or they will leak.

Cleaning all your bottles at once will save you a LOT of time in the long run.

Have fun! Get your children to help! Call your neighbors! Have a bottle washing party!