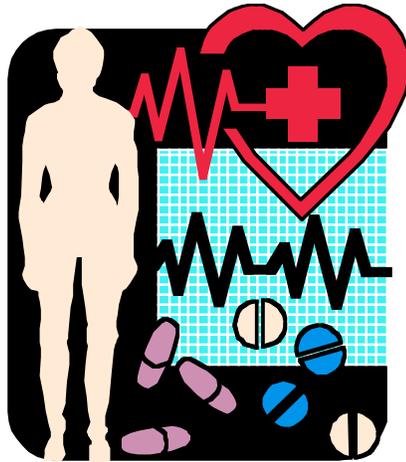


# HAHNEMANN COLLEGE FOR HEILKUNST

## PART IV: THERAPEUTICS

Now that you have studied the basic principles of homeopathy, you are ready to study certain situations in which you can apply the law of similars effectively and immediately.

As you will have learned from your earlier readings, there are two types of diseases and two approaches to treating them.





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## **SECTION A: TONIC VERSUS PATHIC PRESCRIBING**

### **TONIC FIRST**

The first, and the preferred approach in medicine, is to identify the cause.

In homeopathic medicine, this approach, called **direct or tonic prescribing**, immediately gives you the remedy that you require to remove the cause and cure the disease (and to remove the symptoms or condition associated with the cause). This is, as Dr. Hahnemann state, true causal prescribing.

In most cases, this direct or tonic approach will be sufficient and is what you should first seek to apply in your cases.

### **PATHIC IF NEEDED**

In some cases, the primary or tonic, disease may have given rise to a secondary (or pathic) disease. This secondary disease emerges out of the primary disease within the individual context of the patient's constitution.

If the secondary or pathic disease is acute (intense) enough, then it must be addressed first, particularly if the primary disease (original cause) cannot be identified. In other cases, the pathic disease remains, even when the tonic disease has been removed and must also be treated.

This gives us the second approach to disease, namely **the indirect or pathic prescribing**. Instead of being able to identify the cause, the physician must identify the disease by means of the particular symptoms of that disease in the patient. Hence the term pathic prescribing (symptoms = suffering = "pathos" in Greek).

### **DUAL PRESCRIBING**

Thus, you may face situations where you will have to prescribe both for the tonic and the pathic diseases in a patient for a given condition. You can prescribe for each separately or you can give both remedies at the same time if you can identify both diseases. This is called dual remedy prescribing. Generally, if the pathic disease is very intense, chances are that it will also need to be addressed even if you treat for the underlying tonic disease.

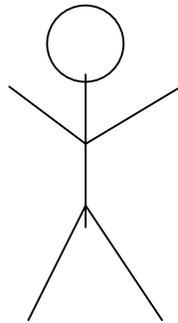
Let's look at a simple example.

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A child is exposed to measles. Measles is a fixed, tonic disease of infectious (pathogenic) origin. Once the diagnosis of measles is made, the remedy, which is *Morbillinum*, is also now known and can be given effectively, even prophylactically (*see section on Prevention*).

However, it may happen that the primary disease develops a secondary form, which becomes a disease in its own right. This will vary from child to child and can only be determined by examining the particular symptoms of the child. Given the intense nature of the infectious diseases, the degree of variability in the secondary or pathic diseases remains limited.

Thus, there are usually only a few main remedies that are likely to be used and the choice can be made by a simple differential diagnosis relying on the difference in the pattern of the symptoms of the disease in a given patient.



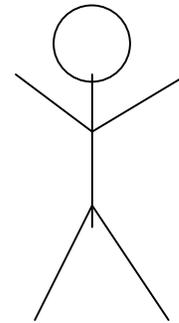
Patient A – Measles

Rx: *Morbillinum*

### Remaining Symptoms:

- Fever
- Not thirsty
- Worse night and morning
- Clingy and weepy

Rx: *Pulsatilla*



Patient B – Measles

Rx: *Morbillinum*

- Fever
- Thirsty
- Restless
- Irritable

Rx: *Rhus tox*

As you can see, the tonic approach to prescribing requires the study of the cause of disease and the knowledge of the constant relationship between a given tonic (fixed Wesen) disease and a given remedy for the tonic disease. This is based on the principle laid down by Dr. Hahnemann from close observation and clinical experience that "...a constant or fixed disease requires a constant or fixed medicine."

On the other hand, the pathic approach to prescribing requires the study of the expression of the disease in terms of the totality of characteristic symptoms of that disease in a given patient. Even though all disease has a

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cause, it is not always possible to detect the cause, that is, the tonic disease, and you must then deal with what is visible to perception, the pathic disease. As you can see, the pathic disease expression will vary amongst patients even where the tonic disease that gives rise to the pathic disease is the same.



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## **SECTION B: THREE AREAS FOR TONIC PRESCRIBING**

### **TONIC PRESCRIBING FOR TRAUMATA, INFECTIOUS DISEASES AND IATROGENIC DISEASES**

The treatment in this area is based on the fact that the situations you will most likely encounter are **constant** for everyone. Thus, the **remedy** for each situation is the **same** for **everyone** who experiences that situation (this is the law of similars at the level of the underlying or tonic disease). This makes the selection of the right remedy quite easy once you have learned which remedies treat a given situation.

Tonic traumatic diseases involve several jurisdictions. The main ones that we will focus on in this course are:



**Homogenic:** involving traumas of a physical or emotional nature, involving such things as accidents, bee stings, sunburn, cuts, scrapes, bruises on the physical side, or emotional traumas (involving typical traumas in the four areas of anxiety/fear, grief/loss, anger/resentment, jealousy/guilt).

It may seem strange to consider accidents of a physical nature as being a disease. Disease, as you have seen, involves a negative alteration or impingement of the generative side of our Living Power. In the case of the physical accidents you will encounter in first aid prescribing, the disease is in the form of a damage rather than an infection, or a dynamic affection rather than a dynamic infection. You may think that our natural healing power (the sustentive side of the Living Power) can eventually recover from accidents, which is true, but you should be aware that the damage to the generative power remains. This *cannot* be removed by our natural healing power. It can only be removed by medicine on the basis of the law of similar resonance.

When we have an accident, such as a whiplash or a concussion, we *will* heal, but we will have a lingering sense of malaise or of not being whole, what we call a “never been well since” feeling. This is the damage to the generative power that we feel. It is this feeling that is removed from our Living Power by the correct medicine, restoring us to our natural state of health once again.

The number of causes of accidents is relatively limited, so the number of remedies used in these situations are also limited, and they can be learned fairly quickly.

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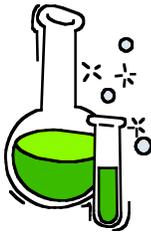
Many symptoms or conditions patients are suffering from have been caused by a particular or on-going emotional stress or trauma. An abusive relationship, whether at work, school or at home can traumatize us to the point of creating rashes, headaches, stomach-aches, digestive problems, etc. These can be readily and easily treated if they are of relatively recent origin (they can also be treated if they have occurred in the more distant past and are affecting the patient's health now, but this requires more in-depth understanding of homeopathy and Heilkunst as is provided in the HCH full diploma programs).



**Pathogenic:** this jurisdiction involves the mainly classic infectious diseases, plus newer viral ones that can now also be detected by laboratory methods, such as Epstein-Barr or Mononucleosis.

Once the disease agent (pathogen) is known, you can prescribe the remedy made from that agent (or from disease exudation of a patient suffering from the same disease). This provides a powerful potential ally in those emergency situations where a new pathogen has been detected or is suspected, but no allopathic medicine has yet been developed, as the homeopathic remedy can be produced almost immediately (if you follow the procedure given in the section on Dose and Potency, you will be able to make your own remedy or nosode, from disease discharge or from the isolated pathogen).

**Iatrogenic:** This jurisdiction needs little explanation. It is a fact that the disease effects (so-called side effects) of chemical drugs affect many patients. Treatment here can both help to protect the patient from further damage if he or she cannot cease taking the drugs they are already on (e.g., in the case of severe depression, severe breathing or heart disorders), or it can remove the disease effects of a drug they have taken in the recent past and the effects of which they may still be suffering.



Part of this jurisdiction includes adverse reactions to vaccinations. This course does not go into the issue of vaccinations per se (a separate Module of study is being developed on this aspect). However, it is a fact that a significant number of children suffer health effects, of a short or of a more chronic nature, following vaccinations. Tonic treatment of these vaccination-induced diseases can help to restore a child's health quickly and effectively.

**Case:** A child of 7 came in with asthmatic and allergic symptoms, and almost constant ear infections, flus and colds, which had been regularly treated with antibiotics. The antibiotics seemed to deal with the immediate

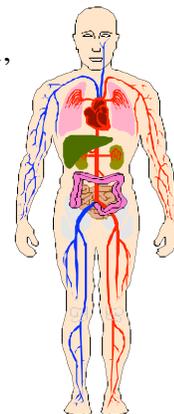
# HAHNEMANN COLLEGE FOR HEILKUNST

symptoms, but the overall state of health did not improve and even worsened. Systematic treatment eventually produced over a period of about six months an end to the ear-infections, colds and flus and an improvement in the asthmatic condition, plus a stronger state of overall health. The child returned after about six months with the same symptoms having returned, albeit at a more moderate level. Inquiry of the mother revealed that the child had had a DPTP/Hi(b) booster several months prior and that is when the return of the old symptoms began. A nosode made from the *DPTP/Hi(b)* vaccine in the 200C, 1M and 10M potencies, one dose in ascending order over three days found the child within several days back to his previous state of improved health, which has continued for years.

## PATHIC ACUTE CONDITIONS

The treatment in this area is based on the fact that the situations encountered are more **variable**. Thus, the **remedy** for a given situation, such as a cold, may be **different** for everyone, depending on the disease symptoms of the patient. This is pathic acute prescribing.

You will need to learn to take the symptoms of the disease and then match this disease image to the image of a remedy (this is the law of similars at the level of symptoms). You will be using as reference some basic books that provide you with the main remedies for each of the common domestic situations you may encounter, and how to distinguish between them based on the symptoms of the patient.





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## **SECTION C: SINGLE DISEASES (TRAUMATA)**

Below you find the most likely encountered *single* disease causes , with their specific (tonic) remedies. These diseases generally are named after the remedy that is used to treat them.

### **CONTUSIONS, PHYSICAL TRAUMAS**

#### *Arnica* disease



*Arnica montana* is the primary remedy used for bruises and muscle damage, what Hahnemann called “contusion disease.” This can be any time there is a physical injury due to blunt trauma, or any physical violence perpetrated on the human being. It will appear as pain, muscular soreness, bruising and/or swelling, and *Arnica* will rapidly heal these

symptoms. This often is the first homeopathic remedy people learn of and use, and the first remedy that will win people’s hearts as they begin to see and understand the efficacy of homeopathic remedies.

*Arnica* may be used when people are “weekend warriors,” over-exerting themselves in activities for which they are not accustomed. This may be when someone works too hard planting their garden in the Spring, participates in a sport more enthusiastically than their body might be prepared for, or has an accident causing physical injury to the system.

While all of these are physical events, they have led to damage of the generative power, and that damage needs to be removed. Commonly, people may be inclined to just let the system heal on its own, but that does not remove the shock experienced by the generative power. This can lead to a lingering malaise and, although the single occurrence may not have been profound, the accumulation of these shocks to the system does have a price.

If you hold your arms outstretched, and are asked to hold a book, that is easily done. However, if to that is added a second book, then a third, and a fourth – over time you will not be able to withstand the weight, or the stress, and your arms will let the books drop. You may be familiar with the saying, “The straw that broke the camel’s back.”

Traumas or shocks to the system, whether physical, mental or emotional, will add up over time and cause a negative impact on your life energy. Envision a glass of water – each event in your life that diminishes your generative power will add a drop to that glass. Over time, your glass will overflow. It is often the case that we blame the most recent even for that overflow, but the fact is that the glass had to have been full for the glass to

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have overflowed! Using the correct remedies for the tonic diseases will remove the drops from the glass, a drop at a time, and using the correct remedy for the tonic disease in the immediacy of a situation will ensure that the drop is not added to the glass at all.

- ◆ In Clarke's *Dictionary of Practical Materia Medica*, he writes of *Arnica*:

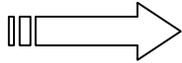
Growing on the mountains, *Arnica* may be said to possess a native affinity to the effects of falls.

- As its German name, *Fallkraut*, attests, its value as a vulnerary has been known from remote times.

- It may be said to be the traumatic *par excellence*.

- Trauma in all its varieties and effects, recent and remote, is met by *Arnica* as by no other single drug, and the provings bring out the appropriateness of the remedy in the symptoms it causes.

*Arnica* can be taken internally in potency, as a powder, granule or pellet, and also is available in creams, ointments and oils for external use directly on the contusion.



**NOTE:** *Arnica* should *not* be used externally in an area with broken skin, as the *Arnica* can cause a great deal of irritation in such cases.

## BURNS:

### *Urtica urens* disease

*Urtica urens*, or Stinging Nettle, is a remedy used in minor, first-degree burns, such as sunburn, where the skin is reddened and there is a sensation of heat and pain. The burned area may feel better with cold applications, however if we remember that in a simple burn Hahnemann recommended using the Law of Similars, and the most effective treatment is to slowly re-introduce the burn to a heat source.

It is important that the heat not be exactly the *same* as the intensity of the one that caused the burn, but *similar* (in the sense of less intense). The pain may intensify initially, but when you pull the burn away from the heat it will soon diminish, and will heal rapidly. And, as the pain from the burn improves, you have to reduce the amount of heat being applied.



- ◆ As Constantine Hering, a famous 19<sup>th</sup> Century homeopathic physician, wrote in the *Homeopathic Domestic Physician*:

### **Burns and scalds**

For a superficial burn or scald, the best remedy is to hold the part to the fire, and the worst to put it into cold water,

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or to apply to it other cooling things, such as potatoes, carrots, turnips, etc. It is well known that after the latter blisters and ulcers will always follow. The former, on the contrary, draws out the heat, that is to say, the effects of the burn disappear by the application of moderate heat. The application of dry heat, however, is not, at all times, practicable; particularly when the burnt or scalded surface is large, as in this case the heat cannot be applied equally to every part. For children the operation is too painful; and in burns when the skin is destroyed, or when the injury is in the face, it is also inapplicable. Other remedies, therefore, have to be used, which are of easier application, and of which the effect resembles that of heat. If the burn be of any considerable extent, the patient should be first wrapped in a blanket and placed near the fire, and warm brandy and water should be given; after warmth has returned, attention should be paid to the burnt parts.

- ◆ Roger Morrison, M.D., in his *Desktop Guide* says to use *Urtica* for:  
Minor burns, especially when the skin is unbroken and unblistered.  
Burning with itching sensation.  
Especially a remedy for scalds with hot or boiling water.

## ***Cantharis* disease**

In a more severe burn with blistering and tissue damage, as seen in second or third-degree burns, the remedy to use is *Cantharis vesicatoria*, or Spanish fly.

- ◆ Morrison's *Desktop Companion to Physical Pathology* says *Cantharis* is useful in:  
Serious burns; second and third degree burns.  
Horribly painful burning; better from cold applications.  
Patient cannot remove the cold pack for an instant.  
Given immediately it can prevent the skin from blistering.  
Burns to mucus membranes:  
Scalds to mouth and throat.  
Chemical or electric cauterizations.  
Local application of acid (i.e. for condyloma of genitals, etc.).  
Chemical burns.

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## *Phosphorus disease*

*Phosphorus*, the element, is the third remedy used in the tonic disease of burns, and this for extremely severe burns, including those from electricity and lightning. The remedy *Phos* is known to cure burning pains in every part of the body, and the burns of the element phosphorus are penetrating and intense.



- ◆ From Robin Murphy's *Lotus Materia Medica*:

**Phosphorus burns are among the most painful of all burns and the burning sensations of the poisonings are prominent also in the provings.**

## *Calendula disease*

*Calendula*, made from marigolds, is an amazing remedy that can be used both internally in potency and externally for any injuries to the skin. Since it is extremely healing to the skin, particularly broken skin (unlike *Arnica* when used externally), it should be applied liberally and often. When the skin has been damaged in any way, the brilliance of *Calendula's* healing is unsurpassed.

- ◆ Clarke's *Dictionary of Practical Materia Medica* says:

**The special kind of wounds indicating its use are lacerated wounds and suppurating wounds. It is the homoeopathic antiseptic it restores the vitality of an injured part, making it impregnable against the forces of putrefaction. Unlike *Arnica* it has no irritating property capable of producing erysipelas. It is therefore suitable to all cases of injury where the skin is broken.**

**Jahr, who was in Paris during the Coup d' Etat of 1849, treated a number of cases of gun-shot wounds with comminuted bones, and saved several limbs by means of *Calendula*. It prevented suppuration and pyaemia.**

*Calendula* is available for external use in ointment form (very soothing for broken skin), gel (with a bit of alcohol in the base, so it has an astringent quality), cream and in the mother tincture. Because tinctures are stored in alcohol, they can burn if you use them directly on the skin. It is best to dilute them in water, and to apply it with compresses or a cotton ball. One resourceful mother keeps a gallon jug of water with *Calendula* tincture in her car, which can be easily poured over wounds in an emergency.

To see *Calendula* in action is to see the generative power at its finest. One motorcycle injury resulted in serious abrasions, which were filled with dirt

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and dust, gravel and fabric. This was only lightly cleaned, to prevent further shock to the system and damage to the skin.

The *Calendula* ointment -- applied constantly and liberally -- and taken internally in potency, kept the external area clean and infection-free, while the skin healed (beginning within 24 hours of the accident) from the inside to the outside. Each day new, pink skin appeared, pushing out the debris, and within a few months the skin was totally healed, with no evidence of scarring!

## EMOTIONAL SHOCK WITH FEAR

### *Aconite* disease:

In many situations the patient might be shocked or frightened following the situation itself, or about their condition, or prognosis. *Aconite* is the main remedy to consider when this kind of shock to the emotional system is present, and it also is important to consider that the victim is not necessarily the only one present who might need the remedy for calming, those helping may need some support as well.

It is important to remember the fear, anxiety, and restlessness of *Aconite* disease, with a fear or anticipation of death, to the point where the patient may actually tell you when s/he is going to die.

### ◆ F. Vermuelen's *Synoptic Materia Medica I*:

Extreme RESTLESSNESS, and fear, FEAR of DEATH.  
TOSSING.

ATTACKS of panic/terror, unreasonable and unaccountable fear, and palpitation and tingling sensations throughout the body, but mainly the extremities. Often started after a frightful experience, e.g. car accident in a tunnel, or a strong fright, or being stuck in an elevator, although sometimes without a known causation [too far back in the past].

Sensation of PRESENTIMENT of DEATH; predicts the time [in most cases

during the first or second experience of a frightening situation, for instance, hyperventilation; after the first occurrence, and seeing that he didn't die, the patient is more used to the situation and is not so panic-stricken].

Fear in a CROWD, in narrow places [especially after a frightful experience].

Anxious expression during complaints.

Sequela [constitutional effects] of fear or fright [e.g. after witnessing an accident]. [Symptoms SINCE a certain moment or situation - especially fright.]

"With great nervous excitability, afraid to go out, to go into a crowd, to go where there is any excitement or many

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people and to cross the street."

Fear of death during pregnancy, especially during labor.

agg. NIGHT, especially around midnight.

AILMENTS AFTER exposure to dry, cold wind [North-East

wind]; draft of air; suppressed perspiration; mental

emotions; injury; surgical operations; intense heat; bad

news; having seen death before his eyes.

SUDDENNESS and ACUTENESS of complaints, very violent and frightening.

ACUTE PAINS and extreme restlessness and fear.

PAINS are INTOLERABLE, drive him crazy, shrieks with the pain.

Inflammation (anywhere), and intense restlessness and fear.

Pulse hard, quick, full.

## EMERGENCY EYE CONDITIONS:

### *Euphrasia* disease

*Euphrasia*'s botanical name is Eyebright, and with good reason. This is an excellent remedy for used whenever there is are symptoms in the eye that cause a burning discharge, with a bland discharge from the nose. It is important to note that if there has been a foreign substance in the eye, while the *Euph* will relieve the pain, you will still want to have a professional examine the eye to make sure all is well.



- ◆ C. Dunham said of *Euphrasia* in his *Lectures on Materia Medica*:

You will hardly hear of *Euphrasia* at the Eye Infirmary or at the hospitals, and yet you will there hear of no single remedy that will promptly and completely cure so many cases of catarrhal ophthalmia and of keratitis as *Euphrasia* will.

- ◆ W.A. Dewey said, in *Practical Homeopathic Therapeutics*:

One of our best remedies in eye affections; it has an inflammation of the lids, which appear red and injected, or perhaps ulcerated, with a profuse excoriating discharge, photophobia, cannot bear artificial light. Pustules near the border of the cornea. Reading or writing brings on pain in the eyes. Conjunctivitis, blisters and phlyctenules on the conjunctiva, blurred sight, acrid purulent discharge. Traumatic conjunctivitis. Rheumatic iritis, burning, stinging, shooting pains worse at night.

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Phlyctenular ophthalmias with excoriating discharge. It is especially useful in acute exacerbations of granular ophthalmia. Euphrasia and Ruta are very old remedies in eye affections.

"Purge with Euphrasy and Rue

The visual nerve, for he had much to see." - Milton.

Blurring of vision, relieved by winking thus wiping the eye is especially characteristic of Euphrasia.

## FOOD POISONINGS

### *Arsenicum* disease

*Arsenicum album*, made from arsenic, is the remedy to use when someone has been poisoned as a result of contaminated food or water.

*Arsenicum* is needed when there is severe nausea and diarrhea, and the abdominal pain can be burning, with cramping. The diarrhea can cause burning in the rectum. Food or drink can make the vomiting and/or the diarrhea worse. A unique feature of *Arsenicum*, called a keynote, is that although the pains are burning in nature the patient feels better with warmth, whether warm drinks or externally applied warmth, and will be worse with cold drinks or cold applications.

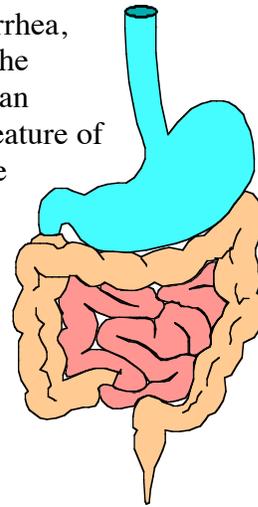
- ◆ E.B. Nash wrote of *Arsenicum* in *Regional Leaders*:

#### **Stomach**

- Unquenchable thirst; drinks often, but little at a time; the water disagrees.
- Vomiting immediately after eating or drinking.
- Intense heat and burning in stomach and pit of stomach.
- Vomiting and stool simultaneous.

#### **Abdomen**

- Violent burning pains with intolerable anguish.
- Cutting colic, griping and twisting, especially about the navel, as if the intestines were tied in a knot; flatulent; cold sweat, especially on forehead.



### *Carbo veg* disease

*Carbo vegetabilis*, or vegetable charcoal, is the remedy for the tonic disease of poisoning that has been caused by putrid fish or seafood, or rancid fats. There will be a great amount of flatulence, often incarcerated (unable to be expelled) and bloating and rumbling in the abdomen.



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- ◆ Clarke offers this in his *Dictionary of Practical Materia Medica*:

## Stomach

- Empty or bitter risings.
- Risings of food, and esp. of fat food.
- Sour risings, esp. after a meal.
- Hiccough after every movement.
- Nausea, esp. in the morning, after a meal, or at night.
- Heaviness, fulness, and tension in the stomach.
- Cramps in the stomach, contractive, or pressive and burning, with accumulation of flatus, and great sensitiveness of the epigastrium.
- Sensation of scraping and of trembling in the stomach.
- Colic, with the sensation of a burning pressure; much flatulence and sensitiveness of the pit of the stomach.
- Pressure at the pit of the stomach, as if the heart were going to be crushed, esp. in suckling women.

## Abdomen

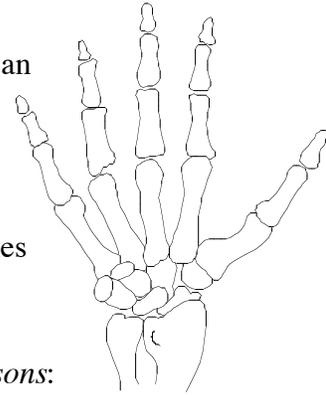
- Pain in the hypochondria like that of a bruise, and esp. in the hepatic region, chiefly when it is touched.
- Shooting pain under the ribs.
- Tension, pressure, and shootings in the hepatic region.
- Shootings in the spleen.
- Pressure of the clothes on the hypochondria.
- Pains in the umbilical region on its being touched.
- Heaviness, fullness, inflation and tension of the abdomen, with heat in the whole body.
- Colic, produced by the motion of a carriage.
- Pressure and cramps in the abdomen.
- Pain in the abdomen, as from lifting a weight, or from dislocation.
- Burning pain and great anguish in the abdomen.
- Pinching in the abdomen, coming from the left side and tending towards the right side, with sensation of paralytic weakness in the thigh.
- Much flatulency, esp. after a meal, and sometimes with sensation of torpor in the abdomen.
- Flatulent, cramp-like colic, even at night.
- Borborygmi and movements in the abdomen.
- Excessive discharge of flatus, of a putrid smell.
- Aggravation of the abdominal sufferings after eating the smallest portion of food.
- The pains in the abdomen are often accompanied by anxiety and tears.
- He cannot bear any tight clothing around his waist and abdomen.

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## FRACTURES:

### *Symphytum* disease

*Symphytum officianale*, or Comfrey, also called Knit-bone, is an amazing remedy that definitely knits bone. The natives, who used this in herbal form, used to say not to even *smell* this herb unless your bones were where you wanted them to be, because it would begin knitting them immediately! *Symph* is best used after a trip to the emergency room, after broken bones have been set, to speed their healing. *Symph* also is the main remedy for a blow to the orbit bone around the eye.



### ◆ H.C. Allen's *Keynotes and Characteristics with Comparisons*:

- Facilitates union of fractured bones (Cal. p.); lessens peculiar pricking pain; favors production of callus; when trouble is of nervous origin.
  - Irritability at point of fracture; periosteal pain after wounds have healed.
  - Mechanical injuries; blows, bruises, thrusts on the globe of the eye.
  - Pain in eye after a blow of an obtuse body; snow ball strikes the eye; infant thrusts its fist into its mother's eye (to soft tissues around the eye, Arn.).

## HEATSTROKE, SUNSTROKE:

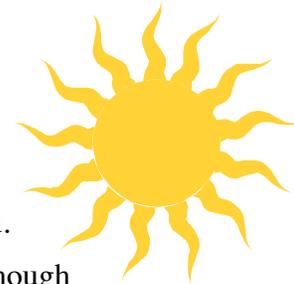
For acute symptoms of sunstroke or heatstroke (or heat prostration) two remedies will be most useful to have on hand.

In heatstroke the patient, after being in hot weather without enough hydration or salt/electrolytes over time, will become pale, cold and clammy, dizzy, with headache, nausea and muscle cramping.

Your first aid training will come in handy here, as you have your patient lie down in a shaded area and have them sip water to which a bit of salt has been added, if possible. Cool compresses can help (the law of opposites) and

In sunstroke, which is the more dynamic and potentially dangerous (life-threatening) condition, you will notice it comes on suddenly with a sudden rise in temperature, when the body's natural heat-regulating mechanism fails. The skin will be red, and it is hot. There may or may not be perspiration. The pulse is strong, and there can be confusion, convulsions or unconsciousness.

You will need to cool the patient immediately, moving them to a shaded area and removing clothing to lower the body temperature. Apply cold compresses or immerse them in cool water, if possible.



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The most similar disease will be the remedy made from the sun itself, called *Sol*.

But there may also be other similars that you will consider prescribing in this instance as well, including:

## ***Veratrum* disease**

*Veratrum album* is White Hellebore. It's picture figures prominently in the treatment of heat exhaustion.

- ◆ Pulford, *Materia Medica of Graphic Drug Pictures and Clinical Comments*:

Has coldness with all the symptoms and especially cold sweat on the forehead, is prostrated, relaxed, exhausted, cold, the discharges copious and watery, is cold to the fingertips and correspondingly blue and even purple, the face is pinched and sunken, is full of cramps, inclines to be violent and destructive, full of despair, hopeless, sits and broods in silence, has violent thirst for cold water and ice, the stomach becomes painfully distended from all fruits, has a gnawing hunger in spite of the nausea and vomiting, has an empty all-gone sense in the abdomen after stool, and even has burning while in a cold sweat.

## ***Cuprum* disease**

*Cuprum metallicum* is the metal copper, and it is invaluable in the treatment of the muscle cramping inherent in heat exhaustion. In at least one case, in an emergency situation where the remedy was not available, the muscle spasms were quieted by having the patient carefully suck on a copper penny!

- ◆ W.A. Dewey, *Practical Homeopathic Therapeutics*

Intense spasms and cramps mark this remedy; there is coldness of the surface of the body, dryness of the mouth, thirst, blueness of the skin, cramps of the muscles of the calves, violent pains in the epigastrium and ineffectual efforts to vomit. It has vomiting and purging nearly as great as *Veratrum*, but not the cold sweat.

Cramps are more prominent under *Cuprum* than any other remedy.

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## ***Belladonna* disease**

*Belladonna* is made from the Deadly Nightshade, and is well known for its keynote symptom of redness, sudden onset and heat, making it invaluable in heatstroke.

- ◆ M.L. Tyler, *Acute Conditions, Injuries*

Flushed. Brilliant eyes and cheeks. Pupils dilated. Dry, burning heat of skin, throat, face. Dry mouth and throat. Sore, dry, red. May be delirious. Early stages of INFLAMMATIONS. Jerking and twitching in sleep. Pains throbbing in character. Scarlet fever type of fevers, and SCARLET FEVER. Protects against scarlet fever. Palliative and abortive in early stages of all inflammations—visible parts red, hot, swollen and dry.

## ***Glonoine* disease**

We better know *Glonoinum* as Nitro-glycerine, and its bursting, explosive symptoms, with a violence unmatched in homeopathic remedies, which makes it an excellent match in cases of sunstroke.

- ◆ J.H. Clarke, *Dictionary of Practical Materia Medica*

Cerebral congestions especially from exposure to sun or radiated heat; from mental excitement; at climax; face may be pale or congested even to dusky appearance. Sunstroke.

Mental confusion; familiar things seem strange; loses his way; after injuries, etc.

Throbbing pulsation all through head with every pulse beat; not painful.

Headaches; severe bursting or crushing pain, agg. noise, motion, jarring, stooping, touch of hat, having hair cut; sudden attacks; from heat of sun; in place of menses.

Congestion of heart; often alternating with rush of blood to head; angina pectoris with fluttering of heart and violent beating as if chest would burst open, laboured breathing; pains radiate in all directions even into arms.

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## HEMMORHAGE, BLEEDING, LOSS OF VITAL FLUIDS:



### *Ferrum phos* or *Phosphorus* disease:

The goal in profuse bleeding is to get it under control as rapidly as possible. *Ferrum phosphoricum*, or Iron phosphate, can help with the coagulation of the blood, which will slow or stop the blood loss. (*Phos* also will work in these kinds of situations).

- ◆ P.S. Kamthan wrote in *The Haemorrhage Controller*:

Dr Hughes says: "Ferr Phos. as long ago recommended by Dr Copper, has often served my turn and never disappointed me."

### *China* disease

When there has been a great deal of loss of bodily fluids, and the patient is extremely weak, the remedy to use for this tonic disease is the first one that Dr. Hahnemann proved, *China*, made from Cinchona bark or Quinine.

- ◆ W. A. Dewey, *Practical Homeopathic Therapeutics*:

Cinchona is the chief remedy for anaemia resulting from loss of fluids, as in lactation or haemorrhage, or from all exhausting discharges, such as menstrual flow, long-lasting diarrhea, and sexual excesses and loss of semen.



## INSECT OR ANIMAL BITES OR STINGS, AND PUNCTURE WOUNDS:

### *Apis* disease:

We use the remedy *Apis mellifica*, which has been made from the honey-bee, whenever there has been an insect or animal (urchins, jellyfish) sting, particularly when the pain is itself stinging and the system reacts with swelling (looking as if filled with water) and tightness of the surrounding tissue. The skin will feel hypersensitive to even the lightest touch, and the pain will increase when heat is applied, and diminish with cold applications.

- ◆ In Boericke's *Pocket Manual of Materia Medica*, he writes that *Apis*:

Acts on cellular tissues causing oedema of skin and mucous membranes.

The very characteristic effects of the sting of the bee furnish unerring indications for its employment in disease.

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Swelling or puffing up of various parts, oedema, red rosy hue, stinging pains, soreness, intolerance of heat, and slightest touch, and afternoon aggravation are some of the general guiding symptoms.

Erysipelatous inflammations, dropsical effusions and anasarca, acute, inflammation of kidneys, and other parenchymatous tissues are characteristic pathological states corresponding to *Apis*.

*Apis* acts especially on outer parts, skin, coatings of inner organs, serous membranes.

It produces serous inflammation with effusion, membranes of brain, heart, pleuritic effusion, etc.

Extreme sensitiveness to touch and general soreness is marked.

*Apis* also may be useful in situations where there may not have been a sting, but where the reactions are reminiscent of those following a sting, such as swelling, acute sensitivity and intolerance of heat. This might be seen in an anaphylactic reaction to an allergen or a food to which someone is sensitive, where the throat or eyes might swell, or following an injury where an ankle or knee would swell and become hot. A burning and stinging sore throat will respond to *Apis*, particularly if there is swelling and redness worse from heat, as will some urinary tract infections, if they have that stinging pain on urination.

## ***Ledum* disease:**

*Ledum palustre*, or Marsh Tea, is of primary importance in puncture wounds, also it also is known for its ability to speed the absorption of the old blood in a black eye. The area around the wound will be cold, yet the patient will prefer cold applications, which bring relief. *Ledum* also is a phenomenal remedy for the effects after the bites of some insects, particularly mosquitoes, black flies and horseflies.

- ◆ W.H. Schwartz writes, in *Homoeopathic Medical Treatment of Wounds and Injuries*:

The leading remedy for a shiner (blow around eye). Takes out the blue. Poison stings of insects resulting in coldness of parts and relief by applying ice water.

Injuries to nerves from sharp pointed things (like *Hypericum*) before inflammation begins. After inflammation sets in give *Hypericum*. When *Arnica* fails to relieve soreness of injuries the choice of medicines lies between *Ruta*, *Hypericum* and *Ledum*. *Ruta* especially when periosteum is involved. *Hypericum* with much inflammation, and *Ledum* when parts become cold with desire for cold applications. *Ledum* is routinely used by many physicians for all punctured wounds, but after inflammation arises the choice of remedies is between

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*Apis*, with its stinging pains and *Hypericum* when shooting pains or red streaks run up the limb. Much soreness calls for *Ledum* or, if neuralgic, *Hyp*.

## ***Lachesis* disease:**

*Lachesis muta* is the Bushmaster snake, and its venom is the most useful remedy to use for a serious bite from an animal, particularly a snake, or where there has been venom or a toxin introduced into the system. It is also a brilliant remedy (along with *Ledum* and *Hypericum*) for the symptoms of “cat scratch fever,” which is a condition that results from a bacterial infection following a scratch from a cat that may have recently been to the litter box.



When someone needs *Lach* they will have blue or purplish inflammation, and the inflamed area will be hypersensitive to touch, even the touch of clothing. If there is bleeding it may be difficult to stop, or it will not coagulate. There may be a desire for open air, but extremes of temperature will make them uncomfortable.

### ◆ Phatak, *Materia Medica of Homeopathic Medicines*

- Like other snake poisons it decomposes BLOOD; affects the HEART AND CIRCULATION.
- NERVES become very sensitive esp. CUTANEOUS and VASO-MOTOR.
- Excessive sensitiveness of the surface with intolerance of touch or constriction; intense nervous irritability, restless, tossing, moving.
- Intensively rapid onset of the disease with great prostration.
- Malignant or septic states; diphtheria; gangrene, diabetic; traumatic; senile; carbuncle, erysipelas come under its influence.
- HAEMORRHAGES; are thin, containing dark particles like charred straw; vicarious, nose bleed, bloody urine etc.
- Small wounds bleed much.
- Blueness; of the affected parts; of hands.

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## MUSCLE STRAIN AND POISON IVY

### *Rhus-tox* disease:

*Rhus toxicodendron* is made from Poison Ivy, and is the remedy for the tonic disease of joint pain that is worse from initial motion, and better from continued motion. The sensation has been compared to the motion of a rusty gate – where it is tight when it first starts to move, but then loosens up as the motion continues, only to get tight and painful again once the patient has been sitting for a while. They are restless with the pain, constantly changing positions and moving. Sprained pains, felt in the joints.



◆ W.H. Burt, *Characteristic Materia Medica*

Probably no remedy is more useful in rheumatism, than *Rhus toxicodendron*.

◆ C.G.Raue, *Diseases of Children*

The pathogenesis of *Rhus toxicodendron* clearly indicates that it has a wider range of usefulness in rheumatism than any other remedy. Its selective affinity not only for the joints and fibrous tissues, but its decided action upon the respiratory tract, the nervous system, the circulatory system and the skin, stamp it as the remedy par excellence for any affection to which we may see fit to prefix the term "rheumatic," in the absence of strong, specific indications for other remedies. It is true, the symptoms of *Rhus tox.* are not so markedly localized as those of *Bryonia*, *Phytolacca* or *Spigelia*, being most suitable to that class of rheumatic disturbances designated "diffuse, non-circumscribed rheumatism," but nevertheless it may prove of use in any form, providing its leading indications are present. They are: "Drawing, tearing pains in fibrous tissues, joints, and sheaths of nerves, attended with a sense of lameness and formication in the affected parts; with or without swelling and redness; caused by exposure to wet, damp weather, to rain, by bathing or a strain; WORSE during rest and when commencing to move; BETTER from continue motion and dry, warm, external applications; great restlessness."  
(C. G. R.)

## MUSHROOM POISONING, FROSTBITE:

### *Agaricus* disease:

*Agaricus muscaris* is the remedy for the tonic disease of frostbite and chilblains, with the skin itching, burning, red and swollen. It has as a symptom a sensation of being pierced by icy needles.



### ◆ Boericke write of *Agaricus* in his *Materia Medica*:

- Burning, itching, redness, and swelling, as from frostbites.
- Pimples, hard, like flea-bites.
- Miliary eruption, with intolerable itching and burning.
- Chilblains.
- Angioneurotic oedema; rosacea.
- Swollen veins with cold skin.
- Circumscribed erythematous, papular and pustular and oedematous lesions.

*Agaricus* also is the remedy for the tonic disease of poisonings from mushrooms. These may be found in foods that have been cooked at home or in restaurants, ingested by unwitting hikers or intentionally eaten, as in the case of “magic mushrooms.” This mushroom itself is the one most often used in art, with its scarlet red top with white dots of warts, and a white border.

The gastric disturbances will come on several hours after ingestion, and begin with bloating, flatulence and distension of the stomach. There can be empty eructations with a taste of rotten eggs or apples, and sharp pains in the area of the liver. There may be nausea, diarrhea with flatus, and an icy coldness all over the body with a sensation of needle-like pains.

### ◆ S.R. Phatak’s *Materia Medica* says of *Agaricus*:

#### ***Stomach***

- Always thirsty.
- Eructation; empty, tasting of apples; or of rotten eggs.
- Eructations, alternating with hiccough.
- As of a lump in epigastrium.
- Gastric disturbances, with sharp pain in liver region.
- Vomiting; bitter, with prostration, with stitches in rectum and groins.

#### ***Abdomen***

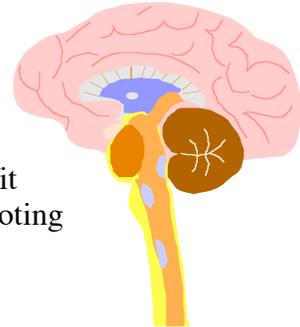
- Rumbling and fermenting in bowels.
- Profuse inodorous flatus.
- Diarrhea, with much foetid garlicky odour flatus.
- Diarrhea, of children, with grass green bilious stools.
- Flatus hot.
- Sensation of writhing in.
- Stitch, in the splenic region; in runners.

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## NERVE TRAUMA:

### *Hypericum* disease:

*Hypericum perforatum*, or St. John's Wort, is used for any damage to the central nervous system, from a fall that injures the coccyx to having your finger caught in a door. Any injury to an area that is rich in nerve endings will benefit from *Hypericum*, which will remove its disease, with its shooting pain and write hypersensitivity.



◆ Dr. Boericke's *Materia Medica* extols its virtues as:

The great remedy for injuries to nerves, especially of fingers, toes and nails.

- \* Crushed fingers, especially tips.
- \* Excessive painfulness is a guiding symptom to its use.
- \* Prevents lockjaw.
- \* Punctured wounds.
- \* Relieves pain after operations.
- \* Quite supersedes the use of Morphia after operations. (Helmuth.)
- \* Spasms after every injury.
- \* Coccydynia.
- \* Injured nerves from bites of animals.
- \* Tetanus.
- \* Neuritis, tingling, burning and numbness.

## OVEREATING, OVER-INDULGENCE:

### *Nux vomica* disease:

*Nux vomica*, or Poison Nut, is well known for its ability to cure the results of staying too long, and enjoying yourself too well, at the party. For dietary indiscretions, hangovers from too much alcohol, and wishing you would either die, vomit or be able to have a successful bowel movement to re-stabilise yourself, *Nux-v* is invaluable. It also helps to clear the effects of chemical drugs in the system, so is useful following the use of any allopathic medications or exposure to chemicals of any kind.

The mental state of *Nux-v* is worth noting – the person who needs *Nux-v* is hypersensitive to all external impressions – light, noise, odors and music, simple conversation will annoy and upset them, and their tempers will be short.

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◆ Dr. H.C. Allen, *Keynotes and Characteristics with Comparisons:*

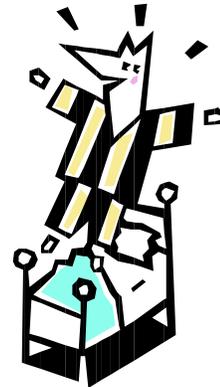
- Bad effects of : coffee, tobacco, alcoholic stimulants; highly spiced or seasoned food; over-eating (Ant. c.); long-continued mental over-exertion; sedentary habits; loss of sleep (Coc., Colch., Nit. ac.); aromatic or patent medicine; sitting on cold stones, especially in warm weather.

- One of the best remedies with which to commence treatment of cases that have been drugged by mixtures, bitters, vegetable pills, nostrums or quack remedies, especially aromatic or "hot medicines, " but only if symptoms correspond.

## SEPTICEMIA, INFECTIONS:

### *Pyrogenium* disease:

In cases of extreme sepsis, where the infection is rampant in the body, *Pyrogenium*, made from either infected pus or meat that was left to rot in the sun for a few weeks, is the remedy for this tonic disease. The patient has a constant restlessness, and the discharges are putrid, cadaveric. The fever is extreme, the pulse rapid and sweating brings no relief.



◆ Boericke's *Pocket Manual of Materia Medica* states:

Pyrogen is the great remedy for septic states, with intense restlessness.

"In septic fevers, especially puerperal, Pyrogen has demonstrated its great value as a homoeopathic dynamic antiseptic.

" (H.C. Allen.) Hectic, typhoid, typhus, ptomaine poisoning, diphtheria, dissecting wounds, sewer-gas poisoning, chronic malaria, after-effects of miscarriage, all these conditions at times may present symptoms calling for this unique medicine.

Great pain and violent burning in abscesses.

Chronic complaints that date back to septic conditions.

Threatening heart failure in zymotic and septic fevers.

Influenza, typhoid symptoms.

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## SLEEP-DEPRIVATION:

### *Cocculus* disease:

*Cocculus indicus*, or Indian Cockle, is the remedy for the tonic disease of sleep deprivation, often termed, “ailments from night watching.” Every new parent knows the lack of sleep that a nursing newborn can bring, or how fatiguing it is when you are kept up at night caring for a sick child, or the lost sleep when caring for an elderly parent. *Cocculus* is restorative, and will cure the exhaustion, dullness and numbness.



### ◆ D. Borland writes in his book *Homeopathy in Practice*:

For instance, a mother who has been looking after a sick child and has had no sleep for a couple of nights, or a businessman who has been through a crisis, or round about examination time in people who are studying hard and getting too little sleep.

*Cocculus* people will often say that they feel dead tired, exhausted, and rather giddy.

They have a peculiar sensation of the head being empty and numb, followed immediately by a sensation as if it would burst with pain, as if the skull were opening and shutting.

It is aggravated by sleep; after having a little sleep they always waken with the headache much worse.

It is greatly aggravated by any stimulant such as coffee, alcohol and especially tobacco.

## TENDON AND LIGAMENT TRAUMA (SPRAINS):

### *Ruta* disease:

*Ruta graveolens*, made from the plant Rue, is used as a remedy in the tonic disease of overstrain of tendons and ligaments, from the legs of a runner to the eyes of a researcher. It has helped cure carpal tunnel syndrome, making surgical intervention unnecessary.

### ◆ W. A. Dewey wrote in *Practical Homeopathic Therapeutics*:

Old sprains, bruised pains in bones, joints and cartilages, bruised feeling. One of the best remedies both locally and internally in sprains of the ankles and wrists. It is to tendons, bursae and joints what *Arnica* is to muscles and soft parts. Inflamed ganglia on wrist, strains of tendons with weakness, loss of motion, and aggravation by change of weather, and by damp weather are additional indications.

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Is also a most valuable remedy for affections of the eyes  
from overwork, where every tissue of the eye is irritable.  
Eyes burn, feel hot like balls of fire.

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## **SECTION D: COMPLEX DISEASES (TRAUMATA)**

These diseases are complex in that they are made up of concordant diseases, or diseases that occur more or less within a very short time frame. In these cases, you will need to give the remedy that best treats each disease, thus producing a complex prescription. While you could give the several remedies needed to treat the complex trauma one after the other, you may also combine them to the same effect, which is often more practical. This is called a concordant prescription (because you are treating a concordant disease, that is, several shocks occurring at roughly the same time).

Some of the most useful remedies for use in complex diseases are:

### **HEAD INJURIES, WHIPLASH:**

#### ***Natrum sulphuricum, Arnica and Hypericum***

*Natrum sulphuricum*, made from Sodium Sulfate, along with *Arnica*, are the remedies for the tonic disease of concussions and blows to the head.

*Nat-s* is a pre-eminent “never-been-well-since” remedy for this type of traumatic situation.

- ◆ Dr. Morrison writes in his *Desktop Guide to Physical Pathology*:

Homeopathy can stimulate recovery from concussion in an extraordinary way. Even chronic sequelae of head injuries can respond to treatment. In one case I know, a man who was blinded during a head injury 15 years earlier had a return of sight after taking *Arnica* for a sprained ankle.

#### ***Arnica:***

The first remedy generally needed following a concussion.

"Says he is well." Following an injury, the patient denies there is any problem. Feels he doesn't wish to be examined and prodded or has an instinctive reaction to deny the injury.

Patient comes in and out of stupor.

Answers the question correctly then sleeps again.

Perseveration after head injury.

Skull fractures followed by meningitis.

Convulsion following head injury.

Face hot and body cold following injury.

Nearly always has marked bruising or large hematoma along with the injury.



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## ***Natrum sulph:***

Chronic mental changes after concussion.  
Personality changes after concussion (e.g. irritable, confused).  
Depression and even suicidal thoughts after concussion.  
Convulsion following head injury. Petit mal after injury.  
Vertigo after head injury.  
Chronic headache following head injury.  
Marked photophobia.  
Tinnitus following head injury.

## **IN A MUSCULAR STRAIN OR SPRAIN:**

*Arnica, Rhus-t, Ruta*

## **IN A SURGICAL INTERVENTION:**

*Arnica, Staphysagria, Nux-v, Phos*

## **SEPTIC CONDITIONS:**

*Pyrogenium, Arsenicum*

## **ABSCESSED TOOTH:**

*Pyrogenium, Silica, Hepar sulph*

## **FOLLOWING DENTAL WORK WITH INJECTIONS:**

*Arnica, Ledum, Nux-v, Hypericum, Staphysagria*

## **CRUSHED FINGERS OR DAMAGE TO THE SPINE OR COCCYX:**

*Arnica, Hypericum*

## **COMPOUND FRACTURES:**

*Arnica, Ledum, Hypericum, Ferrum phos or Phos* (if there is bleeding),  
and *Symphytum* **only** when the bone has been set.

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## STUDY EXERCISES – PART III, SECTIONS C AND D: SINGLE AND COMPLEX DISEASES



1. Provide the correct (**tonic**) **remedy** or (if there is not just **one** tonic disease ) the remedies for the following shocks or first-aid situations:

Contusion  
(bruise) \_\_\_\_\_

Concussion \_\_\_\_\_

Sunstroke \_\_\_\_\_

Damage to nerves \_\_\_\_\_

Broken bones \_\_\_\_\_

Damage to Tendons/Ligaments (Sprains) \_\_\_\_\_

Damage to Muscles (Strains) \_\_\_\_\_

Puncture wounds \_\_\_\_\_

Mushroom poisoning or frostbite \_\_\_\_\_

Fluid Loss \_\_\_\_\_

Sleep deprivation \_\_\_\_\_

Burns \_\_\_\_\_

Insect Bites \_\_\_\_\_

Cuts and scrapes \_\_\_\_\_

Puncture Wounds \_\_\_\_\_

Fall down stairs \_\_\_\_\_

Broken bone \_\_\_\_\_

Dilation & Curettage \_\_\_\_\_

Whiplash \_\_\_\_\_

Surgery \_\_\_\_\_

Tooth Extraction \_\_\_\_\_



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## **SECTION E: PATHIC PRESCRIBING, OR HAHNEMANN'S "SO-CALLED ACUTE DISEASES"**

In considering the pathic diseases, it is most important to remember that they fall into two categories:

The first are acute flare-ups of an underlying chronic problems, and

The second are actual acute conditions that involve the diseases of *variable* wesen, which is where you will prescribe on the symptoms.

*Because the variability among these conditions is not so great, you can easily learn a small number of remedy groups to use for each of these conditions. There are perhaps six to ten remedies that will work well in 80% of the cases you encounter in each condition category.*

Basically, you will learn how to do a simple differential diagnosis of the remedies in the particular category. You will look at each of the various indications of each remedy in a group, and what distinguishes or makes them characteristic. That is what will allow you to choose one remedy over the another.

Understand that if it is not a true acute that you are treating, but rather an intensification of an underlying chronic problem, or it is related to a particular but a seemingly hidden cause, the remedies for these pathic diseases will not work well, or will not work for long.

An example of this is in a cough. One patient, a little boy, had a serious cough for many weeks, that did not respond to any of the seemingly well-indicated cough remedies. His constitution was one that had a particular sensitivity in the lungs (*Phosphorus*), but his constitutional remedy did not remove the cough.

On closer questioning, it was revealed that his cough had begun two weeks earlier, when he had watched his sister get hit by a car. He was given the remedy for a past severe shock or fright (*Opium*) and his cough resolved. So, you might have prescribed any number of homeopathic remedies, and even resorted to allopathic cough suppressants and syrups, but his cough was not a simple acute.

Another example of a seeming acute condition that might not respond to well-indicated remedies is a person who manifests with symptoms of a cold in the Spring. This is not an unusual occurrence for someone with an underlying inherited miasm of Sycosis, so in this case it is a flare-up of that inherited miasm, and not an actual acute disease.

One tip-off that you are dealing with one or the other situation is that the symptom picture does not clearly match any of the remedies in the *materia medica*, or if you give the well-indicated remedy and the acute doesn't resolve. In that case you need to either seek professional homeopathic

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help, or you need to consider expanding your study of homeopathy and Heilkunst so you are prepared to more deeply treat these conditions.

## INFECTIOUS DISEASES - GENERAL

The key to the treatment of infectious diseases is the identification of the pathogen or of the disease itself. Once the pathogen or disease is identified, you can then prescribe the tonic (specific) remedy for that disease. Remember that infectious diseases are generally fixed or constant diseases and have a specific (tonic) remedy that applies to each of them.

Generally, the infectious diseases that you will likely encounter on a regular basis are few today given the prevalence of vaccinations. However, the various childhood diseases can still be found in children, and even some adults due to persistent outbreaks and also the varying effectiveness of the vaccinations used. We commonly encounter whooping cough, measles, and chickenpox in our practice. There is also a risk of others, such as diphtheria, returning.

In addition, there are influenzas and colds, plus mononucleosis and herpes (simplex and genitalia).

In each case, you will be given the remedy used for the tonic disease, plus the main remedies for the pathic disease that may also be needed, depending on the stage of the disease. If the disease is caught at an early stage, the remedy for the tonic disease acts most effectively, but once the infection is in full swing, then you are likely to require a remedy to also annihilate the pathic disease.

**NOTE: When reading the symptoms of these remedies, keep in mind that these symbols have special meanings –**

*> means better for, or ameliorated by*

*< means worse for, or aggravated by*

## CHILDHOOD INFECTIOUS ILLNESSES



### CHICKENPOX

Chickenpox is a viral infection that is communicable to those who are susceptible. It starts with a slight fever, loss of appetite, and sometimes a headache and backache. In a few days small red spots begin to appear (usually on the trunk and limbs), and in a few hours they form blisters. When the blisters break a scab will form, and this process can be itchy or painful for the child.

The incubation period for chickenpox is two to three weeks, and it is most contagious for about two weeks, from about the second day after the rash

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appears. No medical treatment is necessary in an uncomplicated case, but rest and hydration ought to be encouraged.

The most important thing you can do for a child who is battling the chickenpox, or Varicella, virus is to make sure s/he is comfortable. If there is fever (and there ought to be, because the fever is necessary to push the virus onto the surface of the skin) the child needs to be allowed to rest in bed. They ought to have a light diet of simple and basic (preferably natural) foods. If there is a lot of itching, cornstarch can be used as a dusting powder, and oatmeal baths can be soothing as well (a cup of oatmeal put into a old sock, which is tied at the end, so the oatmeal can be dabbed on the itchy spots).

## **Remedy for the Tonic Disease – *Varicellinum***

This is the nosode made from the chickenpox virus.

*Calendula* ointment can be soothing as well, or *Calendula* tincture can be added to the bathwater. *Aconite* is often a very useful remedy in the initial stages of the virus, and other remedies for pathic diseases are listed below.

## **Remedies for the Pathic Disease:**

### ***Pulsatilla*:**

While *Pulsatilla* does have skin symptoms, you will recognize the need for it more by the mental and emotional state of the patient. When a child needs *Puls* they will be very needy, clingy and weepy. They might not want to be left alone, may not know what will make them happier or more comfortable, and may exhaust their parents because they may just need to be held and loved through this disease. They usually have little thirst, and the symptoms get worse toward evening and in the morning on waking.

Their skin may be itchy or pricking, and again the symptoms will be worse in the evening. The itching can be made worse by the heat of the bed, and scratching will only make it itch more.

**Key symptoms: weepy, whiny, needy, clingy, thirstless, < evening, < on waking**

### ***Rhus tox*:**

This is one of the chief remedies for chickenpox when there is intense itching and burning of the skin. It has been known to arrest the progress of the virus if it is given in the first stage of the disease, or it can shorten its intensity and duration. If you remember that *Rhus tox* comes from poison ivy, then its similarity to, and usefulness in, chickenpox will be obvious.

*Rhus-t* has extreme restlessness, and the patient will be continually changing position to get comfortable. There may be fearfulness at night,

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and the child cannot remain in bed. A key symptom of *Rhus-t* that may be present is a coated tongue with a red triangular space at the tip. There may also be pain and stiffness in the joints.

**Key symptoms: restless, itching, burning, fearful, coated tongue often with red tip**

## ***Sulphur:***

As *the* pre-eminent remedy for the skin, *Sulphur* will have a use in the chickenpox infection. You will consider *Sulph* when there is intense itching and burning of the eruptions and the child has great tendency to scratch. (Often the itchiness is described as “voluptuous,” in that it feels really good to scratch, at first, but then it will eventually cause pain, and may even bleed.)

*Sulph* is also well known as a remedy that will help in skin symptoms when other remedies (that may have seemed better indicated) have failed to act.

**Key symptoms: redness, itching and burning, > scratching (voluptuous itching), scratch until it bleeds, thirst**

## ***Antimonium crudum:***

*Antimonium crudum* is the remedy you will consider when there is a lot of pain accompanying the eruptions. If you can touch one of the eruptions and pain shoots through the patient’s body, *Ant-c* is your remedy. (One patient asked, every time the pellet of *Ant-c* touched her tongue, “Where did the pain go?!”) There may be a thickly coated white tongue, and fever.

The patient may be very irritable and fretful, and may not want to be touched or looked at. If the eruptions are on the fauces, the palate and the corners of mouth, this remedy will be helpful. *Ant-c* has been known to be useful in cases of cough and bronchitis remaining after the chickenpox virus has resolved.

**Key symptoms: sharp pain when eruptions are touched, white tongue, irritability, < touch**

## **MEASLES**

Measles is an infectious viral condition that starts with a slight fever, fatigue and pain in the head and back. The eyes may be red and sensitive to light. By the third or fourth day the fever will rise, usually reaching 103-104F, and a rash of small pink spots will appear at the hairline and behind the ears. There also can be small white spots inside the mouth. The

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rash will spread down the body in about a day and a half, when the pink spots can join together and look like a large, flat rash. They will fade in three to four days, but measles is contagious for about a week, starting from about three to four days *before* the rash appears.



When a child has measles, they need to be put in bed in a well-ventilated room that has been darkened just a bit (because sometimes photophobia is one of the symptoms of the disease). The rash can be soothed with *Calendula* ointment or *Calendula* cream. If there are eye symptoms, *Euphrasia* in potency or in an eye wash (a few drops or a pellet of *Euph* in good water) will prove useful. As in chickenpox, the diet ought to be kept simple, natural and nutritious.

It is essential that the rash come to the surface so that the virus can be expressed and so it does not go deeper into the system. If it does not, or if it stalls, warm applications or a warm bath can be useful.

## **Remedy for the Tonic Disease: *Morbillinum***

In the homeopathic *materia medica* this remedy, the nosode prepared from the measles virus, is well known in its successful treatment for the virus.

Because the measles virus has a great affinity for the mucous membranes, eyes and ears, *Morb* may be as useful as any other remedy in treating the symptoms of the disease. It has been reported that the use of *Morb* (tonic) and *Bell* (the chief remedy for the pathic disease) will handle this virus well as long as it is a relatively uncomplicated case.

## **Remedies for the Pathic Diseases:**

### ***Pulsatilla*:**

As you will have read in the section on chickenpox, the mental and emotional symptoms (and lack of thirst) will often be your main indications that *Pulsatilla* is going to be a useful remedy. In measles it often is indicated at a later stage of the disease when the catarrhal (mucosal discharge) symptoms predominate.



The cough will be dry at night, more aggravating, but loosens in the daytime, and the discharges of *Puls* are usually yellow to yellow-green. The eyes may be sticky (particularly after sleep) and the discharge is purulent. There may be a tendency to earaches.

There may be dryness of the lips with the usual *Puls* symptom of thirstlessness, and the child may lick them constantly to moisten them.

**Key symptoms: weepy, whiny, needy, clingy, thirstless, < evening, < on waking**

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## *Aconite:*

*Aconite*, along with *Belladonna*, can be useful in the beginning stages of all of the childhood diseases. It has been reported that, if given in time, it will control the disease enough so there won't be a need to use any other remedies for the pathic diseases. It ought to be one of your first considerations, and you will need to consider if *Acon* or *Bell* is more appropriate in your case.

**Key symptoms: anxiety, fear (even of death), thirst, high fever, alert**

## *Belladonna:*

*Belladonna* is one of the main remedies used in the beginning stages of the inflammatory process. In measles it is indicated when the throat is red and sore, with pricking pains (especially on swallowing, and often more prominently on the right side). The fever will be high, and there can be a barking or spasmodic cough, which may be worse around midnight. Convulsions may occur at the time the rash erupts onto the skin. This *Bell* is very useful in the beginning stages of measles when the child is restless and has a throbbing headache, flushed face and red eyes that are hypersensitive to light.

**Key symptoms: redness, dilated pupils, throbbing or pulsating pain, high fever, can be delirious**

## *Rhus tox:*

Read the details of *Rhus tox* in the chickenpox section, as they will be similar in measles.

**Key symptoms: restless, itching, burning, fearful, coated tongue often with red tip**

## SCARLATINA, SCARLET FEVER:



Scarlet fever, which is quite rare, is caused by a streptococcus infection, and is so named from the color of the rash that will cover the body of those who contract it. The initial symptoms are vomiting, headache, swollen lymph nodes in the neck and a fever between 101-105F. The rash will fade in about a week, on its own.

**Remedy for the Tonic Disease: *Scarlatinum***

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## Remedies for the Pathic Diseases:

### *Belladonna:*

This is the remedy that Hahnemann used as the prophylaxis for scarlet fever. It can keep those exposed to the virus from contracting it, and it can shorten the duration and intensity if the virus is already in the system. It ought to be, after the tonic *Scarlatinum*, the first remedy you consider in a case of scarlet fever.

*Belladonna* is useful when the patient has a high fever, with delirium. S/he may start suddenly in sleep, and have bright, glistening eyes with dilated pupils. The tongue may be coated white, with red edges and the papillae will be red through the coating. The throat will be red and swollen. The skin will be hot and there may be perspiration.

**Key symptoms: redness, dilated pupils, throbbing or pulsating pain, high fever**

### *Aconite:*

*Aconite* is useful when there is high fever with great restlessness and anxiety. The patient may whine and moan, and talk irrationally. Their mouth and throat may be dry, as will the skin, and their pharynx and tonsils may be deep red. *Acon* is worthy of consideration, but more often than not the symptoms of scarlet fever better match *Belladonna*.

**Key symptoms: anxiety, fear (even of death), thirst**

### *Rhus tox:*

This remedy is useful if the rash is not smooth and diffuse, and there is prostration, with great restlessness (a keynote of *Rhus-t*). The temperature may be high, and the patient may be sleepy. The skin can become dusky with the development of miliary vesicles, and the cervical glands may be swollen, and the throat may be ulcerated.

**Key symptoms: restless, itching, burning, fearful, coated tongue often with red tip, can desire milk**

### *Sulphur:*

*Sulphur* may be useful when there is intense redness of entire body, where the patient looks like a “boiled lobster,” and the skin is hot and dry with burning.

**Key symptoms: redness, itching and burning, > scratching (voluptuous itching), scratch until it bleeds, thirst**

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## *Lachesis:*

This remedy can be useful in the initial stages of this disease when there is dullness and drowsiness, with aching in the eyes and the back of the head. The throat will be red and feel swollen, and the patient will feel chilly, with chills down the spine.

**Key symptoms: red to purple-red throat, < pressure, warmth of bed or warm rooms, < on waking (sleep into the aggravation, which can wake them)**

## WHOOPING COUGH

See the section on *Coughs and Colds*, but give serious consideration to the remedies: *Drosera*, *Rumex*, *Ipecac*, *Antimonium tart* and *Pertussinum*.

**Remedy for the Tonic Disease: *Pertussinum***

## INFLUENZA

**Remedy for the Tonic Disease: *Influenzinum***

This remedy is a nosode, made from the influenza virus. It can be used in any case of the flu, and also can be used prophylactically to prevent the flu. The flu can take on any number of manifestations in everyone it touches, and *Influenzinum* is one remedy that has the potential to help cure or shorten the duration of the flu symptoms in almost everyone.



**Remedy for the Tonic Disease: *Anas barbarae*, or *Oscillococtinum***

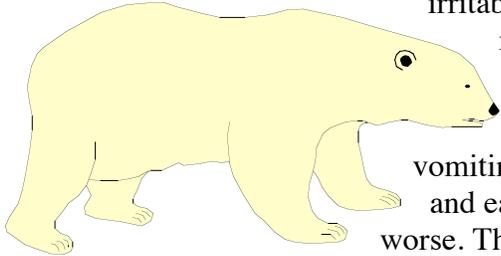
This remedy suits influenza especially in the earlier stages. There may be a bursting headache with muscle aches. The patient may be anxious, pale and chilly, and sensitive to changes in temperature or weather. There may be discharges from the eyes and nose, with bronchial congestion. There may be ear pain as well. When used at the beginning stages of the flu it often is possible to abort or shorten its course.

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## Remedies for the Pathic Diseases:

### *Bryonia:*

*Bryonia* has as its main keynote a phenomenal sensitivity to movement of any kind. This may come as the easily anticipated and recognized aversion to moving in the bed, and pain on movement, but will carry over into a dread of company (because that would mean a need to move the eyes, or the mouth and brain to converse or to answer questions), and their extreme irritability will tend to drive away company at any rate! They are known as the “bear.”



Even raising the head from the pillow will cause faintness, nausea and sometimes vomiting. They will lie still, may have a headache, and eating and talking will make the symptoms worse. The mouth can be very dry and the tongue coated white down the middle, although the edges may be clean. With the intermittent fever there is chill mixed with heat, and during the chill the head is hot, the cheeks deep red, and there is a thirst for large quantities of water.

The mucous membranes are dry, and the lips are dry and cracked. The cough also will be dry and hacking, and can be so painful that the patient has to hold their chest for support. *Bry* has a slow onset, and is worse from warmth and warm rooms, and better for cool rooms and open air.

**Key symptoms: < movement, grouchy, irritable, < company, dryness of mucous membranes, < warmth/warm rooms, > cool rooms/open air**

### *Gelsemium:*

The patient who needs *Gelsemium* will exhibit the classic symptoms of the flu. They will have extreme weakness and achiness, even to the point where their limbs tremble. They may be dizzy, and find thought difficult. Their head will feel heavy, with dull and bruised pain. Their eyelids will droop, they will look and feel drowsy, and their pupils may be dilated. They will have a stuffy nose, with inflamed throat. They will feel cold on the slightest change in the weather or temperature. Their mouth will be dry, yet they will be thirstless and they will want to swallow frequently. Their tongue may be coated yellowish-white. They will have chills that run up and down their spine, and although motion is not painful for them they will tend to lie still because of their overwhelming weakness.

**Key symptoms: drowsy, droopy, dull, weak, dry yet thirstless, chilly**

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## TEETHING

### *Chamomilla:*

*Chamomilla* is one of the major remedies for the relief of pain in teething infants. *Cham* will be recognized by its extreme hypersensitivity to pain, and it has been said that calmness contraindicates *Cham*.



The pain of *Cham* can be made worse by taking anything warm into the mouth. It is often worse at night, and the child will be virtually inconsolable from the pain. *Cham* may exhibit an irritable temper, and will not quite know what they want. They may ask to be carried, and when being carried they will kick and fuss and want to be put down. They may want something, and when it is given to them they will refuse it. Of course, putting them down won't make them any happier. They may have round, red circles on their cheeks, and loose bowels or diarrhea that is greenish. Their tongue may be coated a dirty white or yellow, and the gums may be swollen and hot.

**Key symptoms: irritable, inconsolable, < anger, touch, > being carried or rocked, cold applications**

### *Calcarea carb*

This remedy is less known as an acute remedy for teething troubles in children as a remedy that is useful if the child is constitutionally a *Calcarea*. *Calcs* are known for having difficult and/or delayed dentition, with the teeth taking forever to erupt and there being a tough struggle over many months for them to finally appear.

**Key symptoms: stubbornness, fearful, < cold, damp, exertion, > warmth, lying down**

### *Coffea*

Because this remedy is made from coffee there will be the kind of excitability that would be produced in a coffee state (that is, if someone had indulged in too much coffee). The child will have an acute sensitivity to pain, similar to *Cham*. It is worthy of consideration when the child will not sleep and is difficult to console.

**Key symptoms: hypersensitivity to pain and stimuli (light, noise, touch), restless, sleepless**

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## *Kreosotum*

*Kreosotum* is another remedy that can be useful to keep in mind in extremely difficult dentition, where the child will not sleep from the pain. The gums may be swollen, red and have a spongy consistency.

Key symptoms: < cold or open air, spongy red gums, > warmth

## COLDS AND COUGHS

Your first line of defense is a good offense – use Vitamin C, plenty of fluids and rest. A lot of cold symptoms are not necessarily colds. Often they are more of a cleansing of the system, an elimination. Many “colds” appear at the change of seasons, when we change gears internally and externally. For example, when winter is ending and we are heading into spring and summer, we leave the soups and root vegetables and head into salads and fruits. Our systems will go through a natural cleansing at that time. If the system is depleted or challenged by stress, that cleansing can become stalled or get stuck.



Regimen often is sufficient to jumpstart that process. Also, when a grief or loss has occurred prior to the appearance of the “cold,” you will want to give particular attention to the remedies that have an etiology of grief.

### **Remedy for the Tonic Disease: *Anas barbarae*, or *Oscilloccinum***

People liken this remedy to chicken soup for its benefits in the treatment of influenza, especially in the earlier stages. When you consider that it is made from the liver of a duck, perhaps this makes sense.

*Anas barbarae* is useful prophylactically when people are susceptible to influenza. There may be bursting headaches and muscle aches, and sensitivity to changes in the barometric pressure. It can help deal with eye and nasal catarrh, bronchial congestion and otitis.

**Key symptoms: used in initial stages of respiratory infections**

### **Remedies for the Pathic Diseases:**

#### *Aconite*:

Known for its effectiveness in the initial stages of any acute inflammatory process, *Aconite* is one of the first remedies to be considered in symptoms of a cold. Its symptoms often come on after exposure to cold, dry winds. It is of great use when the seasons change and children are playing outside without their coats, as the sun slowly sets and the temperatures drop. They will then awaken from sleep with a burning fever, restlessness and thus will begin the cold.

There may be violent sneezing, and a runny nose with stuffiness. The stuffiness may feel better in open air, and worse with talking. There may

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be a discharge from the nose that feels like warm water dripping, which may be more profuse in the mornings. There may be a cough that feels as though there is a tickle in the larynx, and it may be short and dry and worse at night.

Because of its affinity as a remedy for shock or fear, *Acon* is one of the principle remedies to use in croup (the classic triad for croup is *ASH*, or *Aconite*, *Spongia*, *Hepar* – in that order) where calming the terror often allows the patient to recover. Its cough can be convulsive, hoarse or croaking, and there can be (or can feel like) a worry of constriction of the larynx and suffocation.

The cough may be worse after eating or drinking, when lying down, in the evening or night and from tobacco smoke. *If the symptoms have come on after vexation or shock and fright, Acon is unsurpassed.*

**Key symptoms: anxiety, fear (even of death), thirst, initial stages of colds, < exposure to cold, dry wind, < shock or fright**

## *Allium cepa:*

If you consider that this remedy is made from an onion (red onion) then you can well imagine the symptoms that it cures. It excels in colds where there is a profuse watery and burning discharge from the nose that



excoriates the nose and upper lip. The patient will sneeze, and the eyes also may run, but the discharge will be more bland than that of the nose. All discharges will be worse in the morning. There may be violent sneezing, and the patient also may suffer from hayfever, particularly in August, and be sensitive to the aroma of flowers and peaches. *Allium cepa* is one of the major remedies to consider in helping someone with their hayfever symptoms.

**Key symptoms: bland, watery discharge from eyes, burning discharge from nose, sneezing, < morning.**

## *Antimonium tart:*

This remedy is indicated when you can hear the mucous rattling in the chest. The symptoms come on slowly, and *Ant-t* is usually used in the later stages of a cough, or even in pneumonia. You almost have a desire to cough out the mucous for the patient, it is so extreme, and it is not that it would be difficult to raise, but the patient is so weak that they cannot. The skin can be pale or even bluish, and the patient is exhausted.

**Key symptoms: rattling mucous audible on coughing or inspiration, slow onset, late stages of illness, weakness and exhaustion**

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## *Arsenicum:*

The symptoms of *Arsenicum* include prostration with a great deal of restlessness. Any pains will be burning in nature. There may be violent sneezing with great dryness in the nostrils. There will be fluent coryza with a stopped nose, and burning in the nostrils. There can be a sensation of dryness and burning in the larynx, and a very dry cough, mostly in the evening after lying down, or at night. The patient may need to sleep sitting up for some degree of comfort with the exhausting cough. The patient will have thirst, but will only take small sips. The symptoms of *Ars* generally are worse around or after midnight.

The mental and emotional state of *Ars* is worthy of note. An *Ars* patient may be exhausted with the suffering, but will find the energy to complain, and often you will notice that the things around them have been organized. The tissues will be thrown neatly into the trash can, the bedding may be smoothed, the magazines or books stacked beside them. This desire for neatness can lead you to recognize the need for *Ars*.

**Key symptoms: burning pain, restlessness, thirsty for small sips, critical and fault-finding, fastidious**

## *Belladonna:*

For its use in early stages of a cold or influenza, *see the section on Fevers*.

## *Euphrasia:*

Because of its affinity in symptoms relating to the eyes, *Euphrasia* is of importance when the focus of the cold symptoms is in the eyes. There will be an aching, gnawing sensation in the eyes with inflammation and redness. There can be a profuse and corrosive flow of tears, which is worse in the wind. The eyelids can be swollen and they may stick together. The eyes may smart and feel as if there is sand in them, and it will be worse with a bright light. The eyes can feel compressed, and the patient may be photophobic, which is worse in daylight.

There is a cough that feels as if there is mucus in the chest that is difficult to detach, with stitches under the sternum that are worse when inspiring. The cough can be loose during the day and dry at night.

**Key symptoms: burning discharge from the eyes, < wind, redness, sensation of sand in eyes, bland discharge from nose.**

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## *Ferrum phos:*

*Ferrum phos* is useful in the first stages of any inflammatory process, and more information is available in the section on Fevers.

## *Ipecac:*

This remedy is indicated when the cold symptoms spread down from the head into the chest very quickly, and the cough feels suffocative. The cough is wet and the lungs are rattling and sound full of mucous. There can be paroxysms of coughing ending in retching, gagging or vomiting. (Even a dry cough can benefit from *Ipec* if it has the gagging or vomiting.) The cough of *Ipec* is similar to that of *Ant-t*, but *Ant-t* is much more debilitated and weak. In bronchitis or the bronchiolitis of infants breathing out is more difficult than breathing in.

**Key symptoms: wet cough coming in spasms ending in vomiting,  
< warm room, irritable, sudden onset often following a head cold**

## *Kali-bichromicum:*

When we think of *Kali-bi* we consider first its action on the nasal passages. The nose can be painfully dry, with a burning sensation and stopped up, with a painful pressure in the nasal bones, extending into the frontal sinuses (that is better with pressure). The symptoms are worse in warm air and much better in cool air. The patient may sneeze in the mornings, and have fluent coryza that is worse in the evening or in open air, and obstructed in the morning. The discharge can be excoriating, burning the nose and lips, and there may be a discharge of mucus streaked with light-colored blood. Sometimes there is a profuse secretion from the right nostril with a spot in the right lachrymal bone that is swollen and throbbing. The nose is stuffed up and the patient's speech sounds nasal. There is a sensation of a hard substance that will make the patient want to blow the nose, but there is no discharge. The mucous is thick and tenacious, and often is green. There will be a loss of smell.

There will be a heaviness of the upper eyelids on waking (which may be stuck together with yellow matter), and the eyelids can be dry, burning, itchy, inflamed and swollen. There may be photophobia and a burning lachrymation.

There can be a violent itching and tickling in the ears, with redness and heat externally.

**Key symptoms: thick, gluey, stringy, yellow to green nasal discharges,  
< from cold and hot weather**

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## *Natrum muriaticum:*

Because *Natrum muriaticum* is the remedy for the tonic disease of grief and loss, often it helps those suffering from cold symptoms if there has been a lot of loss in their lives.

*Nat-m* is a remedy that has a great deal of sneezing, itching, and sometimes burning in the eyes. The eyes can be inflamed, teary (especially in the morning when the tearing can be corrosive), and there can be a sensation of sand under the lids. The eyelids can be red or ulcerated. There will be a loss of smell or taste, with obstruction and dryness of the nose. There will be profuse coryza with a discharge like egg white that is worse in the open air or wind and paroxysms of sneezing. The lips can be chapped with cracks at the corners of the mouth. The eyes will tear and it will be worse outside or in wind. There can be numbness and insensibility of one side of the nose, and burning on the inside of the nose with scabs inside. There is a loss of smell and taste.

**Key symptoms: often come on following grief, colds that start with sneezing, loss of smell or taste, dryness of skin and mucous membranes, cracked lips and/or corners of mouth**

## *Drosera:*

*Drosera* is a cough remedy par excellence. It has as symptoms a tingling in the larynx or a sensation as if there is a feather tickling the larynx, which excites the cough. There is dryness and roughness, with hoarseness. The cough comes on mostly at night, as soon as the head touches the pillow, and it is dry and spasmodic with retching. There can be an accumulation of slimy matter that is alternately hard and soft, and it will be yellowish, greyish or greenish.

The cough is fatiguing as in whooping cough, with attacks every one to three hours, with barking cough that chokes the breathing. It is caused by a tickling or dryness in the throat, and there can be wheezing respiration, attacks of suffocation, blueness of the face, bleeding from the nose and mouth, and anxiety. The cough can be excited by laughter, singing, drinking, weeping or other emotions. The symptoms are worse lying down, and after midnight, or from heat, drinking or singing.

**Key symptoms: cough from tingling or sensation of feather in throat, < night when head touches pillow, spasmodic cough with vomiting (as in whooping cough)**

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## *Nux vomica:*

*Nux-v* has hoarseness and painful roughness of the larynx and chest, which is worse in the morning or in bed, or in the evening. There can be an accumulation of tenacious mucous, headache, shivering and constipation.

The cough can be dry, exhausting, and sometimes spasmodic, that is excited by a sensation of tickling and itching, or of roughness and scraping in throat. It can become more loose and moist when walking in open air. Symptoms are worse in the morning or in bed at night, and is aggravated by exertion, cold air, eating and drinking, from smoking, becoming cold and from acidic foods. The cough can make the head feel as if it would burst.

**Key symptoms:** < stimuli (noise, smell, light), dry and itchy nose alternating stuffed and runny (stuffy at night and indoors, runny during the day and in warm rooms)

See also *Nux-v* in the section on *Hayfever*.

## *Phosphorus:*

*Phosphorus* is known for its hoarseness and scraping in throat, even to the point where the patient can only speak in a whisper. There are stitches, soreness, roughness, and dryness in the larynx, with burning pain. There is dryness in the trachea and chest, and the cough can be excited by a tickling and itching in chest, worse at night and preventing sleep. The cough may be triggered or exacerbated by going from a warm room into the cold, by reading or by laughing. The cough may cause a sensation as if the head would burst.

*Phos* is excellent to consider in cases of chronic pneumonia, with a paroxysmal cough with smarting in the chest that brings up purulent and salty expectoration (particularly in the morning and evening), which can be rust-colored or streaked with blood.

**Key symptoms:** → company, < going from warm to cold, by talking, reading or laughing, with a painful chest; expectoration streaked with blood; chilly

## *Pulsatilla:*

The *Pulsatilla* cough will have attacks of constriction in larynx, mostly at night when lying down. The cough will be triggered on getting warm, and the person needing *Puls* feels better when they are outside, or in fresh air. The cough, which is short and dry, will come on waking from sleep, will ameliorate while sitting up in bed and return when the patient lies down again.



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If the cough is moist the expectoration will be tenacious and thick with yellow to greenish mucous of a bitter, salty or putrid taste. The pattern of the cough, with *Puls*'s usual alternation of symptoms, is that it may be loose, with expectoration in the morning and the day, but without expectoration in the evening and night.

**Key symptoms: *Puls*, like *Phos*, likes company when they are sick, to the extent that they may be whiny or clingy; thirstless, and better for open air**

## *Rumex:*

The *Rumex* cough has hoarseness that is aggravated in the evenings, or loss of voice, which can come on after exposure to cold. There can be tenacious mucus in larynx, with the constant desire to hawk. The cough is much worse when lying down at night, and dry. It can come in paroxysms (an is an excellent remedy in whooping cough), with an initial tickle in the throat pit that is excited by any kind of air or breath at all. The patient will be driven to keep the lips closed, sometimes the blanket over the head, rather than risk inhaling, which would excite the cough anew. Any irregularity of breathing (talking, walking, even changing rooms) can trigger more coughing, as can just touching the external throat. The cough is worse going from warm to cold, or from cold to warm.

The *Rumex* cough is dry and tickling, with tenderness in larynx and trachea, rendering cough quite painful. The cough is worse from lying on the left side, better for lying on the right, or covering the mouth or keeping it closed. There can be a feeling as if the patient would not get another breath.

**Key symptoms: < night, < lying down, < breathing in any air at all, as in talking or walking, even changing rooms, paroxysmal cough, as whooping cough**

## *Thymuline:*

This is an excellent remedy for use in the early stages of colds, before the symptoms are full-blown. It is an immune system stimulant.

## EARACHES



### *Belladonna:*

This is one of the most commonly used remedies in earaches, especially during the initial and acute stages of an infection.

The *Belladonna* earache will come on suddenly and be piercing, with sharp, pinching pain and shooting in the ears.

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There can be a redness and inflammation of the external and internal ear (particularly the right) but pus has not formed yet. There can be stinging in and behind the ears, with humming or roaring sounds in the ears. The hearing can be acute, or there can be hardness of hearing as if there were a barrier before the ears. The fever can be high and sudden, and can come on at the same time as the ear pain.

In *Bell* there may be swelling of the parotids, with shooting pain that can extend into the throat, and stitching pain in the parotids.

**Key symptoms: redness; dry but extreme heat of face; pupils dilated; throbbing and shooting pain; sudden onset and high fever**

## *Calcarea:*

*Calcarea carb* earaches will have pulsation, beating and heat in the ears. There will be internal and external inflammation, and swelling of the ear. There can be a purulent discharge from the ears, and a humid eruption on and behind the ears. There can be sounds too, humming and buzzing, or music. On swallowing or chewing the ears can crack and explode. There will be a sensation of a plug in the ear, causing hardness of hearing. The parotids will be inflamed as well.

**Key Symptoms: stubbornness, fearful, < cold, damp, exertion, > warmth and lying down**

## *Chamomilla:*

*Chamomilla* is an excellent remedy for ear pain, because it matches the level of pain and intense dissatisfaction with any attempts at consolation or comforting. The mental state is key in this remedy – there will be anger, and upset at everything, no matter how small. The patient will ask for something, then, when it is given, they will throw it away and scream in dissatisfaction. It has been said that calmness contraindicates the use of *Cham*!

There are shootings into the ears, worse on stooping. There can be a sensation that the ears are plugged, or that a bird is in there, with a fluttering sound. Hearing is acute, and worse for hearing music. The parotids and submaxillary glands are inflamed and swollen, and there can be a discharge of thin pus from the ears.

**Key Symptoms: irritable, inconsolable, < anger, touch, > being carried or rocked, cold applications**

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## *Hepar sulph:*

*Hepar* will have pain and shooting in the ear that is worse blowing the nose, when there will be explosive sounds. There can be heat, redness and itching in the ear, and itching in the external ear. If there is a discharge of pus it is fetid. There will be hardness of hearing, and pulsations and buzzing in the ears, which is worse in the evening and in bed. The patient will be irritable even to the point of violence (it is similar in mental state to *Chamomilla*, but a bit milder) and anger, but they still may want to be held and consoled.

*Hepar* is similar to *Silica* in that it is most often used in middle to late stages of ear infections when a thick nasal discharge has preceded the ear symptoms.

**Key Symptoms: irritability, chilly and < cold, > warm drinks, < blowing nose, > warmth and bundling up**

## *Mercurius:*

This remedy has inflammation and stitching pain the ear with a discharge of fetid pus, and violent pulsation in the ears, particularly the left. It is worse in the afternoon, with lancinations in the ear so violent that it can bring the patient to tears. There may be itching, and the patient will be extremely sensitive to temperature changes. The lymph nodes will be painfully swollen in the neck, and the patient will be irritable and in severe pain.

**Key Symptoms: hypersensitive to changes in temperature; < warmth, especially the warmth of the bed; < night; increased and offensive perspiration and breath; puffiness of the tongue**

## *Pulsatilla:*

*Pulsatilla* is indicated when there is pain in the ears and a sensation as if something was about to protrude from them. There are shootings with itching, or sharp, jerking pain, and contraction in and round ears. The pain can affect the whole head, and can be so intense as to almost loss of reason. The earache can shoot down into the teeth of the lower jaw, and can be worse on getting warm in bed. There may be a violent headache accompanying the earache, and a fever. The ear and auditory canal may be red, with inflammation and hear, and it can extend to the external ear as well.

The bones and area behind the ears can be swollen, and there may be a bland discharge of mucous and pus from the ear, which may be thick and yellowish. There may be throbbing, with roaring, humming, tinkling or pulsating murmurs in the eats, and shooting in the parotid glands.



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**Key Symptoms: weepy, whiny, needy, clingy, thirstless, < evening, < on waking, yellow to green discharges, > consolation**

## *Silica:*

The *Silica* earache will have shooting pain in the ears, from within going outwards. The ear can itch, particularly when swallowing. There may be inflammation in the internal ear with swelling of the external ear, and scabs behind the ears. A discharge of a moist, thick cerumen or pus may be accompanied by a whistling sound. The patient will be hypersensitive to cold air and noise. The obstruction of the ears may disappear on blowing the nose, and there can be a hardness of hearing even without noise in the ears, particularly for the human voice. Symptoms may be worse when the moon is full. There may be a sound as a fluttering of a bird, or tinkling or roaring in the ears. The parotids may be swollen as well.

**Key symptoms: mild but not interested in consolation; weak and tired; chilly; < night, cold applications, noise, on moving or sitting for a long time**

## FEVER

### *Aconite:*

*Aconite* has as a keynote sudden onset after exposure to cold, dry winds.



There is dry, burning heat of the skin, with extreme thirst. The heat is chiefly in the head and face, with redness of the cheeks (Or heat and redness in one and paleness in the other) and oppressive headache, and shivering if uncovered. The pupils will be contracted. The mental symptoms are marked, with a lot of groaning and restlessness, and fearful even to the point that they predict that they will die. Their skin, coughs and mouths will be dry, and they may have an extreme thirst for cold drinks.

**Key symptoms: sudden onset, comes on after a chill or exposure to cold, restlessness and fear (can come on after an emotional shock or fright also)**

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## ***Belladonna:***

*Belladonna*, like *Aconite*, has the same keynote of sudden onset of symptoms, with dry, burning heat of the face. There is thirst, and perspiration on the head and neck, which can be sour-smelling. The entire body feels cold to the patient, and nothing will relieve the chilliness, but the face is red. However, if the skin is touched it often is so hot that the heat will linger on the fingers even after they have been removed from the patient's skin. There is great thirst, and the patient is usually more leaning toward delirium (where *Aconite* is restless) and the pupils are huge and dilated.

**Key symptoms: flushed face with redness, dry but extreme heat of face, pupils dilated and glassy, restless and anxious or dull and incoherent**

## ***Ferrum phos:***

*Ferrum phos* is the main remedy for the initial stages of catarrhal and inflammatory fevers. The symptoms are markedly indistinct compared to *Bell* and *Acon*. The onset is slow, there is no known etiology, and a high fever with quick pulse and dry heat of palms, face, throat and chest.

**Key symptoms: slow onset, < cold and cold air, first stage of inflammatory illness**

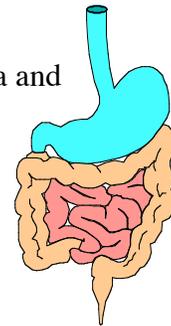
*Besides the section on Fevers, see those sections on remedies for each of the more specific conditions as well.*

## GASTROINTESTINAL DISTRESS

### ***Veratrum album:***

*Veratrum album* is one of the main remedies that has both diarrhea and vomiting, often at the same time. There may be bitter or sour gastrointestinal risings with the taste of food. There can be violent nausea, usually with excessive thirst and an increased flow of urine. There can be great nausea before the vomiting, and violent vomiting, which is followed by great exhaustion and the need to lie down. The hands can be cold, and the entire body can shudder.

Even a small bit of liquid or a slight amount of movement can induce the vomiting. There is a pain in the stomach with hunger, and burning thirst. The pain can extend from the middle of the sternum to below the ribs, and the patients may need to hold the stomach to support him/herself through the pain. There are acute pains in the epigastrium. There can be colic in umbilical region, and an excessively painful abdomen when touched. The



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abdomen can be hard and inflated, with cramps and colic, and tension in the hypochondria and umbilical region. The colic can feel as though there is cutting; griping and twisting, especially in the area of the navel, that is improved after stool. There can be pain in entrails, as if they were bruised. The diarrhea is violent and painful often with tension of abdomen, preceded and followed by gripings. There can be watery diarrhea that is worse from motion and a desire for very cold drinks. There can be sudden vomiting and purging. The diarrhea is of acrid matter, with burning sensation in anus. There can be a sudden, involuntary evacuation of liquid feces when expelling flatus.

**Key symptoms: violent diarrhea with vomiting, cramping pains, cold sweat, great chilliness, thirst, < motion**



## *Arsenicum:*

*Arsenicum* is our main remedy for food poisoning, particularly after having had contaminated water or a food that has spoiled. If you have ever experienced this, you never will forget the pulling, piercing, cramping pain and nausea that *Ars* cures. There may be frequent eructations, mostly empty, acid, or bitter. There can be regurgitation of acrid matter, or of bitter greenish mucus. There is frequent and excessive nausea, sometimes rising even to the throat, with inclination to vomit, necessity for lying down, and to sleep, with swooning, trembling, shuddering, or heat, pains in the feet. The vomiting can be violent, with violent pains in the stomach, a sensation of excoriation in the abdomen, and cries, with burning internal heat, diarrhea, and fear of death. There may be inflation and tension of the precordial region and of the stomach, and excessive pain in the epigastrium, and in the stomach, chiefly on being touched. There can be pressure in the stomach as from a stone, or as if the heart would burst, and excessive anguish in the precordial region, with complaints and lamentations. There can be compression in the region of the liver and swelling of the spleen with a hard, bloated abdomen. There are violent cutting pains, cramp-like pains, digging, pulling, tearing, and gnawing in the abdomen. There may be involuntary and unperceived evacuations, violent diarrhea, with nausea, a thirst for small sips and great weakness, colic.

**Key symptoms: burning pain, restlessness and weakness, violent vomiting and diarrhea, fearful, chilly even with high fever, thirsty for small amounts**

## *China:*

*China* is the most important remedy to use in *any* case that has lost vital body fluids, whether from vomiting, diarrhea, loss of blood or even sweat. There will be great weakness and debility, and *China* will aid in the

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restoration of health and vitality. In gastrointestinal complaints, there will be pressure at the stomach and cramp-like pains, especially after having eaten. There may be pains in the hypochondria, and shooting and pressive pains in the hepatic region, especially when it is touched, and it will be hard and swollen in the region of the liver, and inflammation of the spleen as well. There may be shooting pain in the spleen when walking slowly. There will be cuttings in the umbilical region, with shuddering, and pulsations in the pit of the stomach. There may be flatulent colic in the depth of the abdomen, with contraction of the intestines, and pressing forward of flatus towards the hypochondria. There may be a difficult evacuation of soft feces, as if from inactivity of the intestines, putrid or bilious evacuations, and slimy, watery, yellowish diarrhea. There may be loose evacuations, with excretion of all the undigested food, and the diarrhea may be painless, and accompanied by great weakness.

**Key symptoms: < loss of vital fluids, > bending double, drenching sweats at night, painless stool, bloody stool**

## *Gelsemium:*

Those needing *Gelsemium* often put their emotions and nervousness in their gastrointestinal area. There may be sour eructations, nausea, a sensation of emptiness and weakness in the stomach and bowels. The oppression and fullness in stomach can be aggravated from pressure of clothing. There may be gnawing pain in the transverse colon or sudden spasmodic pains in upper part of abdomen, compelling him to cry, leaving a sensation of contraction. There is a sensation of soreness in abdominal walls, and a rumbling in the abdomen with discharge of wind above and below. There can be a frequent discharge of flatus. The diarrhea can come on after sudden emotions, grief, fright, bad news; and it is of particular importance in relieving the gastrointestinal symptoms that precede anticipation of any unusual ordeal, whether public speaking, performing, a job interview, or an exam.

**Key symptoms: gastro symptoms related to emotional upset or worry, < pressure**

## *Lycopodium:*

*Lycopodium* has a particular affinity for the abdomen and lower bowel. It may have incomplete eructations that can rise only to the pharynx, where they cause burning.

*Lyc* can have sour eructations, the taste of which does not remain in mouth, but the acid gnaws in the stomach. The risings can be burning, sour, greasy or bitter, or sour (especially of milk). The nausea may be worse when in a room, and disappears in open air, or vice versa. There can

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be heartburn, slow digestion, and gnawing, griping pain in the region of the stomach. The clothes round the stomach can cause uneasiness. There will be pressure and tension in liver; especially on satisfying one's appetite, that will be as if from a blow, and it is worse from touch. *Lyc* will help with violent gallstone colic. It is a main remedy for inflammation and induration of the liver. It has the distinction of, immediately after a (light) meal the abdomen is bloated, full, distended. The appetite may be there, but a small quantity of food fills him up and he feels bloated. There is a lot of gas, particularly incarcerated flatus, that causes pain, or a great deal of noisy flatulence in the abdomen. There will seem to be a constant fermentation in the abdomen, which produces a loud croaking sound. It may be of help in constipation of long standing, or the constipation people often get while travelling (also *Nux-v*). There may be hard stools with ineffectual desire to evacuate, followed by painful constriction of rectum or anus. It also has small stool, with the sensation as if much remained behind, followed by excessive and painful accumulations of flatulence.

**Key symptoms: bloating and flatulence, < after eating, < farinaceous foods, < 4-8 p.m., > warm drinks**

## *Carbo vegetabilis:*

*Carbo veg* is the main remedy to remember after ingesting bad fish or other kinds of tainted foods (after *Ars*). There will be risings of food, especially fatty food, with continual nausea. There will be heaviness, fullness, and tension in the stomach with cramps. There is colic with the sensation of burning pressure, and much flatulence and sensitivity in the pit of the stomach. There will be shooting pain under the ribs, with tension, pressure and shootings in the hepatic region and the spleen. There is heaviness, fullness, inflation and tension of the abdomen, with heat in the whole body, and pressure and cramps in the abdomen. *Carb-v* will help a great deal when there is a lot of flatulence, especially after a meal, and sometimes with sensation of torpor in the abdomen, with borborygmi and movement in the abdomen. There may be excessive discharge of putrid flatus, and an aggravation of the abdominal sufferings after eating even the smallest portion of food. The pains in the abdomen are often accompanied by anxiety and the patient will not be able to bear any tight clothing around his waist and abdomen.

**Key symptoms: eructations from bad or undigested food, flatulence > passing wind, < warmth, need for fresh air (> being fanned), < cold air and extremes of temperatures**

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## *Pulsatilla:*

*Pulsatilla*'s gastrointestinal distress often originates when the patient is nervous, or after they have consumed foods that are too rich, creamy or fatty, or after pork. There will be frequent eructations, with the taste of food, or they may be acid or bitter. This will occur mostly after a meal, and there can be the eructation of bile in the evening. There may be cold in the stomach after ice cream or fruit, and colic, with nausea, which is ameliorated after vomiting. The stomach will be sensitive to pressure and inflamed, and the abdomen will be distended. There will be a sensation as if all were full, hard, and impassable, as if no stool or flatus could be expelled. When a stool does pass slowly it is not hard, and flatus is passed with difficulty and in small amounts. There can be an ineffectual desire to stool. Symptoms of colic with chilliness may come as a result of suppressed menstruation.

*Puls* is known for its alternating symptoms, so it has both constipation and diarrhea. The constipation has large and hard stool with pressure on the rectum and pain in the back. The stool also can be loose and soft, with yellow mucus or mixed with blood, preceded by cutting in abdomen, or with pains in small of the back. There can be evacuation of white, yellow or bloody mucus, or green and watery diarrhea, and a keynote of *Puls* is that no two stools (or evacuations) are alike.

**Key symptoms: changeable stools; thirstless; weepy and/or needy; > open air; < rich or fatty foods; < drinking warm liquids and > drinking cold liquids; < night; in a warm room or on getting warm**

## *Nux vomica:*

The gastrointestinal symptoms of *Nux vomica* often follow an evening of overindulgence, in food and /or alcohol, or overwork. The main symptom of *Nux-v* is "wants to and can't," which means there may be the desire to vomit, but it does not happen. There may be a great desire to evacuate, but constipation prevents it. Someone needing *Nux-v* may even want to belch, but some internal constriction seems to prevent it. There may be frequent bitter and acid risings or regurgitations, and *Nux-v* is the main remedy for heartburn.

The pressure on the stomach and epigastrium may feel heavy as a stone, or cramp-like, contractive, and gnawing. The pains in the stomach will be sensitive to pressure, and belts or constriction around the stomach, hypochondria or abdomen is unthinkable.

*Nux-v* may be of help in gallstones, and there may also be painful sensitivity in the region of the liver, with swelling or induration. There may be flatulent colic after eating or drinking.



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There may be frequent and ineffectual desire for stool, but a sensation that the anus is contracted or closed. Constipation is keynote, with an urging sensation in the rectum for a stool which never comes, or sometimes a small portion of fecal matter is be passed, but it will feel as if a little lump were left behind the rectum which was yet to come away. The constipation will sometimes alternate with loose evacuations.

**Key symptoms: wants to and can't, feels as if some stool remains in rectum, irritable and angry, chilly, < morning, < eating**

## *Staphysagria:*

*Staphysagria*'s most important keynote is that the symptoms often come on after swallowed resentment and humiliation. There may be empty eructations, and bitter risings after eating meat. Nausea may be a frequent symptom, and pressure in the stomach in the morning in bed, as if there were a weight or the stomach were hanging down and relaxed. The symptoms can be worse after an argument or emotional upset. There can be drawing pain across the abdomen, and spasmodic cutting pain. The flatus is frequent and hot, and can smell of rotten eggs when expelled.

There may be constipation with hard evacuations, and a frequent desire to evacuate with little evacuated, whether hard or soft. The diarrhea is worse for drinking cold water or after eating. There can be the involuntary evacuation of liquid stool. After stool there may be soreness in the rectum for some time. It would behoove the patient to consider who or what, in their life, is a "pain in the ass," and how they might better handle the stress, instead of internalising it, "swallowing" it – because now they cannot "stomach it."

**Key symptoms: the chronic remedy of *Colocynthis*, gastro symptoms that come on after suppressed anger, indignation, resentment, abuse**

## *Colocynthis:*

The symptoms of *Colocynthis* are very similar to those of *Staphysagria*, and *Coloc* is the acute of *Staph*. In recognizing that *Coloc* would be a useful remedy for a patient, it would behoove you to also consider looking into the possibility of suppressed anger/resentment/indignation in your patient.

There will be a diminished appetite, without thirst, but with a strong desire for drink and a sick taste in the mouth. There is constant nausea with bitter risings in the mouth. There may be pain in the stomach that can come after a meal, and colic and diarrhea no matter how little is eaten. Vomiting can accompany the diarrhea, and it can ameliorate the symptoms for a short time. There will be pressure in the stomach with a sensation of hunger, and the epigastrium will be painful to touch.

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The abdomen may be inflated, and the intestines may feel as though they were being squeezed between two stones. There can be cramping pain that comes on especially after anger, and great restlessness. The colic will be violent, with cramps that compel the patient to bend over double. Any other position only aggravates the pain. The pain is ameliorated by warmth. Diarrhea may follow the cramping pains, and there will be loose evacuations that are greenish-yellow, frothy and with a putrid or sour smell.

**Key symptoms: > bending double, > hard pressure and warmth, < eating or drinking, symptoms come on after vexation**

## *Ipecac:*

*Ipecac* has a great deal of extreme nausea and retching that is worse after drinking anything cold. There will be vomiting of undigested food or drink, or a bile-like substance that can be greenish or acidic – sometimes immediately after a meal. This also can be a good remedy for someone who is vomiting with diarrhea, and the vomiting does not relieve the nausea. The patient will not generally be thirsty and will not be anxious or chilly.

There will be cutting and pinching pain in the abdomen that is aggravated by the slightest movement, and better with rest. There may be increased salivation, and the tongue will be clean.

**Key symptoms: extreme nausea, no relief from vomiting, < smell of food, clean/uncoated tongue, diarrhea and nausea**

## *Magnesium phos:*

This remedy is one with that has symptoms similar to *Coloc*. There is intense, sharp cramping pain in the lower abdomen, with extreme soreness and sensitivity of the stomach and epigastrium. The patient is very restless and their suffering is made better with warmth and by bending double, or by walking. The pain is worse lying on the back or stretched out, or with tight or constricting clothes.

**Key symptoms: > warmth and pressure, especially warmth; bends double, rarely have vomiting or diarrhea**

## *Podophyllum:*

*Podophyllum* is known best for its use in diarrhea, which can come right after eating or drinking. I think one patient had the best reasoning for this remedy – he had a small home remedy kit, with a paper inside offering suggestions on the remedy indications. However, his dog had eaten part of the paper. So, since *Podo* was the remedy that was closest to the word,

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“potty,” which was where he was headed extremely frequently during his gastrointestinal upset, he took a few doses. It cured his symptoms.

With *Podo* there sometimes there is diarrhea in the morning and during the day, but normal stool in the evening. Often there are small, frequent yellow or greenish stools, or they may be thin, watery, profuse, green and/or yellow with a mixture of mucus and undigested feces. There is violent pain (although sometimes there is an absence of pain), with offensive, burning and acrid stool, causing bearing down and gushing. The symptoms are worse in hot weather. Before stool there can be intense nausea and sudden urging, a loud gurgling in the intestines. During stool there is urging in the bowels, burning pain in the anus and a sensation as if the internal organs would fall out, and sometimes pain in the lumbar or sacral region. After stool there is extreme weakness, exhaustion and cutting pain in the intestines, cutting in the bowels, and a sensation of emptiness in the abdomen and rectum.

*Podo* has eructations that are hot and sour and can smell like rotten eggs. The nausea is extreme, and there may be an attempt to vomit but nothing comes up. There is gagging, the stomach contracts but there is empty retching. Cold water will make the pains worse.

**Key symptoms: most common for acute diarrhea; offensive-smelling stools; dry heaves or gagging; < eating, drinking, movement; can alternate with headache, not usually vomiting but gagging and dry heaves may be present**

## *Aloe:*

*Aloe* is another remedy known for its use in diarrhea. The urging to stool is sudden, and can be worse right after eating, even after every meal. There is rumbling and cramping in the abdomen, before and during stool. There can be involuntary soft stool while passing wind, or the hard stool may pass without being noticed. With diarrhea there is flatulence, pinching pain in the abdomen, back and rectum, and chilliness. The diarrhea can come in the early morning and drive the patient from bed. The stool is mushy, thick, hot and undigested. There can be frequent stools of bloody water and violent tenesmus, with fainting, a lot of flatus and the passing of mucus in jelly-like lumps. There can be burning in the rectum and a lack of confidence in the sphincter – the rectum seems full of fluid which feels heavy, as if it would fall out. Sometimes when passing wind there is a feeling as if stool might escape with it. There can be itching, burning, pulsations or pain as from fissures at the anus, that will prevent sleep.

There can be tension in the region of the liver, and pain on standing that can compel the patient to bend forward. There may be stitches in the liver when a long breath is drawn. There can be a sensation of heat and fullness,

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and hypersensitivity to touch. The abdomen can be bloated, distended, which is worse after eating. There is much expulsion of flatus, with burning and an offensive smell, which can relieve pain in the abdomen.

**Key symptoms: gushing stool, pain in rectum after stool, burning in anus and rectum, weak feeling as if diarrhea will come, < heat**

## HAYFEVER AND ALLERGIES

### *Pollen mix:*



Some homeopathic pharmaceutical companies offer combination remedies that have a collection of pollens (sometimes local ones) that are more irritating to people in specific areas. It is worth contacting the companies listed in the resource list at the end of this course, and asking them for more information.

### *Allium cepa:*

This remedy is made from red onion, so it is easy to predict the symptoms that it will both cause and cure. *Allium cepa* has a great flow of bland tears from the eyes, which cause redness (and a desire to rub), itching and hypersensitivity to light. The nose will have a profuse watery discharge, with sneezing, burning the nose and upper lip. Symptoms are worse in a warm room and better in open air. *All-c* is known for its use in hayfever every August, with morning coryza, violent sneezing and sensitivity to the odor of flowers and the skin of peaches.

**Key symptoms: bland tears with red eyes bland nasal discharge, violent sneezing, > fresh air, < warm room**

### *Wyethia:*

If you have ever seen anyone needing *Wyethia*, you will never forget this remedy. There is a tremendous itching of the nose, throat and especially the roof of the mouth. It is the itchiness of the palate that causes the patient to draw the tongue or the back of the throat back and forth forcibly scratching the palate. They can also make an interesting noise in doing this! The itching extends to the ear, and they may bore into or rub the ear. The mouth and throat are extremely dry, and the throat can be swollen, causing constant clearing of the throat.

**Key symptoms: inaccessible itching of palate that may extend into ear(s), dryness of mouth and throat, burning watery discharge from nose**

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## *Natrum muriaticum:*

Because *Natrum muriaticum* is the remedy for this tonic disease of grief and loss, often it helps those suffering from hayfever symptoms if there has been a lot of loss in their lives.

*Nat-m* is a remedy that has a great deal of sneezing, itching, and sometimes burning in the eyes. The eyes can be inflamed, teary (especially in the morning when the tearing can be corrosive), and there can be a sensation of sand under the lids. The eyelids can be red or ulcerated. There will be a loss of smell or taste, with obstruction and dryness of the nose.

**Key symptoms: sneezing, itching and burning eyes, loss of smell and taste, etiology of grief or loss, dry mucous membranes, < sun and heat**

## *Sabadilla:*

Another excellent remedy for the symptoms of hayfever, *Sabadilla* has burning, smarting eyes with pressure that is worse when looking up. The margins of the eyelids may be red, and there can be lachrymation, which is when looking at anything bright. The symptoms can improve outside, or walking in open air.

There also may be a sensation of pressure or tickling in the ears, sometimes with a sound inside as of snapping, sparking or humming.

The nose also may itch and tingle, and there may be a great dryness in the upper part of the nose, which may lead to nosebleeds. There can be violent sneezing, the nostrils can be blocked (they tend to alternate) and there will be a lot of nasal discharge of white and transparent mucus.

**Key symptoms: copious watery nasal discharge; spasmodic sneezing; itchy nose; red, watery eyes; > outdoors**

## *Euphrasia:*

The main focus of *Euphrasia* is in the eyes, so this is where most of the symptoms of hayfever will be in someone needing this remedy. There are a multitude of symptoms in the eyes: aching; a gnawing sensation; a sensation of sand that causes a smarting pain; inflamed redness; of the eyes; an abundant flow of corrosive tears, so as to prevent seeing, esp. when exposed to the wind. The eyelids can be swollen and sticky, with a sensation of compression. The eyes can feel dry, and the patient may be photophobic (which is worse in daylight and sunshine).



There may be fluent coryza by day, and the nose may be obstructed at night, with a cough and expectoration in the morning.

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**Key symptoms: burning discharge from the eyes, < wind, redness, sensation of sand in eyes, bland discharge from nose**

## ***Kali bichromicum:***

When we think of *Kali-bi* we consider first its action on the nasal passages. The nose can be painfully dry, with a burning sensation and stopped up, with a painful pressure in the nasal bones, extending into the frontal sinuses (that is better with pressure). The symptoms are worse in warm air and much better in cool air. The patient may sneeze in the mornings, and have fluent coryza that is worse in the evening or in open air, and obstructed in the morning. The discharge can be excoriating, burning the nose and lips, and there may be a discharge of mucus streaked with light-colored blood. Sometimes there is a profuse secretion from the right nostril with a spot in the right lachrymal bone that is swollen and throbbing. The nose is stuffed up and the patient's speech sounds nasal. There is a sensation of a hard substance that will make the patient want to blow the nose, but there is no discharge. The mucous is thick and tenacious, and often is green. There will be a loss of smell.

There will be a heaviness of the upper eyelids on waking (which may be stuck together with yellow matter), and the eyelids can be dry, burning, itchy, inflamed and swollen. There may be photophobia and a burning lachrymation. There can be a violent itching and tickling in the ears, with redness and heat externally.

**Key symptoms: thick, gluey, stringy, yellow to green nasal discharges, < from cold and hot weather**

## ***Nux vomica:***

*Nux vomica* is hypersensitive to stimuli of any kind, be it noise, smell or, light. The eyes can feel bruised, with redness, inflammation and swelling of the sclerotic or conjunctiva. The pain is pressing and smarting with a sensation of dryness. The eyes may itch and tingle, and is relieved by rubbing. The eyelids may be swollen and red,

There may be tingling and itching in the ears, and through the Eustacian tube, compelling the patient to swallow. The right Eustacian tube may feel blocked, and there may be stitches in the ear on swallowing. There may be a variety of sounds in the ear, including ringing, roaring, hissing, humming in ears, and there may be cracking when masticating.

The nose will be itchy, and exquisitely sensitive with redness externally. There may be pain as if excoriated, or ulcerations in the nostrils. When the nose is obstructed it often is on only one side, and a lot of itching. The head can feel obstructed, and is worse in the morning and at night with

# HAHNEMANN COLLEGE FOR HEILKUNST

fluent coryza during the day. The symptoms are worse in a warm room, and better in the cold air.

**Key symptoms:** < stimuli (noise, smell, light), dry and itchy nose alternating stuffed and runny (stuffy at night and indoors, runny during the day and in warm rooms)

## *Eupatorium perfoliatum:*

This remedy is easy to remember because the patient will feel as though they have been run over by an 18-wheeled truck. The leading symptom for *Eupatorium perf* is deep and distressing bone pains. There may be headaches with internal soreness, there can be pain and soreness in the eyeballs. The cough will have extreme soreness down the trachea, and there will be soreness of the chest and aching in all of the limbs throughout the body, which can feel as if every bone has been broken. One strange, rare and peculiar symptom of *Eup-p* is that the patient may find relief from the symptoms by getting down on their hands and knees. The chills of *Eup-p* begin in the small of the back, and high fever can exacerbate the aching. There can be congestion, with a loose cough at night, and a hoarse cough causing soreness in the trachea and hoarseness. The patient will be chilly and feel better being covered, and despite the chill they may crave cold drinks or ice cream.



**Key symptoms:** aching pain in bones, soreness over entire body, chilly and > covering up, cough > on hands and knees

You will find other remedies and their indications that might be of use in treating influenza in the *Coughs and Colds* section.

## SORE THROATS

### *Apis:*

The *Apis* sore throat is similar to *Apis* in any of its acute uses – there will be swelling and puffiness, with stinging pain. The throat, tonsils and uvula can look as if they are red and filled with water, and the throat may be shiny. The stinging pain is worse with heat and warm drinks, and feels better with cold food and drink. There rarely is a sensation of thirst. There may be a sensation of a fish bone stuck in the throat, and because of the edema the throat may feel constricted.



**Key symptoms:** edema; stinging, burning or pricking pain; < heat; > cold; thirstless; hypersensitivity to pain

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## ***Belladonna:***

*Belladonna* symptoms, including its sore throat, usually come on very suddenly, are very intense and there is a lot of heat and redness associated with them. *Bell* is often the main remedy in acute tonsillitis. There will be excoriating pain, particularly on swallowing, which is difficult and painful and made worse with a constant desire to swallow. There may be a great deal of dryness in the throat and on the tongue, but the patient may be averse to drinking because of the pain it causes.

There may be inflammation and swelling of the throat, uvula, and of the tonsils. The tonsils can be suppurated but there generally is no pus on them. The stinging pain in the tonsils is made worse when talking or swallowing. One interesting keynote symptom of *Bell* is that the tongue can have the appearance of a strawberry, as it might in scarlet fever (and *Bell* is the main remedy for scarlet fever, for someone who has the disease or for use as a prophylactic remedy against scarlet fever). Also, there is sometimes the desire for lemonade, which can ameliorate the pain.

**Key symptoms: redness, dilated pupils, desire to swallow but it causes pain, high fever, cold extremities, tongue looks like a strawberry**

## ***Ignatia:***



This is an important sore throat remedy to remember because it is less pathologically caused, and has more of a mental and emotional etiology. The *Ignatia* symptoms come on following a grief, shock, fear or embarrassment. The throat pain has a keynote symptom of a sensation of a lump in the throat, and you will notice that the patient sighs frequently. There are contradictory symptoms as well, including a desire for fruits, which cause digestive upset; and there may be thirstlessness during fever. The sore throat is better swallowing foods, and worse from empty swallowing.

**Key symptoms: sensation of a lump in the throat, sighing, < after a grief or loss, > swallowing food, < empty swallowing**

## ***Lac caninum:***

This sore throat is a fascinating one, in that the symptoms are very one-sided, leading you to think of other remedies before you realize you needed to give *Lac-caninum*. It may begin with the very sore throat and the right tonsil covered with ulcers, leading you to give *Belladonna* or *Lycopodium*. The next day all symptoms are on the left side, so you switch to *Lachesis*. The third day it will return to the right side, at which point you need to realize it is *Lac-c* that probably was needed from the

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beginning. The submaxillary and lymphatic cervical glands likewise will swell on alternating sides.

The swelling in the throat can be extreme, and classically it has the shiny look as if varnished, or the look of a glazed doughnut, and the color is a deep, dusky red. The sensation of a lump in the throat will go down on swallowing, but will return. There is a constant inclination to swallow, and pain on swallowing can extend into the right ear.

**Key symptoms: pain alternating sides, glands swelling on alternating sides, glazed appearance in throat, constant swallowing**

## *Hepar sulph:*

*Hepar sulph* has a sore throat as if there were a plug, or a stick inside the throat. It is very painful, sometimes with pus, and it can be difficult to speak and to swallow saliva. This is the main sore throat remedy for when the pain sticks into the ears, and feels like splinters on coughing, swallowing, breathing and turning the head. The throat is extremely dry and it can be impossible to swallow without an effort. There may be hoarseness with a loss of voice. The patient will be extremely sensitive to cold, and warm drinks can be soothing to the throat. The patient also may be irritable and easily angered.

**Key symptoms: irritability, throat pain extends to ears, < cold, > warm drinks, onset after exposure to cold**

## *Phytolacca:*

In a *Phytolacca* sore throat the color of the throat is dark red or even purplish (like *Lachesis*) and the glands will be swollen as well as the throat. There is a great need to swallow, despite the pain it brings. There can be a lot of aching in the body along with the throat pain, and the patient will feel cold and want to be covered, yet the chilliness stays with them. They will be restless, which will only make the pains worse. One of the keynote symptoms of *Phyt* is that there will be a great deal of pain at the base of the tongue if you ask the patient to extend their tongue. The pain will be worse drinking hot fluids, and usually right-sided.

**Keynote symptoms: pain at base of tongue, throat red to purple, < swallowing but a need to swallow, chilly despite covering up**

## *Lycopodium:*

The *Lycopodium* sore throat will have a sensation of constriction in throat, with obstructed swallowing. The throat will be dry, and the pain can be burning in character, with thirst at night. *Lyc* is more typically a right-sided remedy, so the symptoms generally start on the right, although

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they can spread to the left side. There can be sticking pain in the right parotid gland, and a sticking pain in the throat during a cough. The patient is not overly sick, and the symptoms do not usually come on very suddenly. The patient will often want fresh air, and in many cases will feel worse from 4:00 to 8:00 p.m.

**Key symptoms: < right side, slow onset of symptoms, > fresh air, < 4:00 to 8:00 p.m., > swallowing warm drinks, < swallowing cold drinks**

## *Mercurius:*

*Mercurius* is known well for its use in serious sore throats with fever and weakness, like strep throat (the remedy for the tonic disease of strep is *Streptococcinum*). There can be a pricking in the throat as from needles, and the tonsils can be swollen and covered with ulcers and/or the white or yellow cheesy deposits inherent in strep infections. The swelling can be extreme, to the point where it is often easier to spit out saliva rather than try to swallow it. The pain in the throat is extremely burning, raw, stinging and smarting, and can be made worse by the slightest external pressure on the esophagus. The uvula can be swollen, elongated and dark red, and the external glands of the throat can be extremely swollen as well. There may be a metallic or salty taste in the mouth.

The breath of someone needing *Merc* is intensely offensive, and they are acutely sensitive to changes in temperature. Either becoming cold or warm in bed can both make the symptoms worse. Drinking liquids will not make the pain any better or worse, but *Merc* is known for its dryness of the throat but with excess salivation, and the patient may drool while they are sleeping. The tongue can be puffy, and you may be able to see the imprints of the teeth in it.

**Key symptoms: excess salivation and drooling, < swallowing, halitosis, hypersensitive to changes in temperature, imprinted and swollen tongue**

## *Lachesis:*

The *Lachesis* sore throat traditionally is very left-sided (sometimes moving to the right), and its pain may extend into the left ear. It is interesting in that the throat pain feels worse when swallowing liquids (even saliva, which can be tenacious and not easily swallowed), but is not as sore when swallowing solids. The throat can be dry and very swollen externally (especially the left gland) and internally.

The person who needs *Lach* for their sore throat will be very sensitive even to slight pressure or touch, so they will want clothing to be loose around the neck, and they may even find the bed linens too constricting.

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The throat and/or the tonsils can be red-blue or purplish. There can be a constant desire to swallow, but then a sensation on swallowing as if there were a plug in the throat, or something that needed to be swallowed. Often the *Lach* symptoms are worse with any kind of warmth, and on waking, or the pain can wake the patient from sleep.

**Key Symptoms: < swallowing liquids, > swallowing solids, < constriction around neck, deep red/purple throat, sensation of plug in throat**

## *Silica or Silicea:*

The *Silica* sore throat can have an accumulation of mucous in the throat, and burning, stitching pain on swallowing as if there are pins in the throat or as if a pin is in the tonsil. The uvula and palate can be swollen, as can the parotid glands. *Sil* has been used with good effect in recurrent throat infections and tonsillitis. The *Sil* sore throat has the interesting symptom that food can be ejected through nose when swallowing.

**Key symptoms: sensation of pins in throat, swollen glands**

*Notes on Strep throat, taken from "How to Raise a Healthy Child in Spite of Your Doctor," by Robert Mendelsohn, MD (ISBN 0-345-34276-3).*

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## REMEDY LIST

<b>Abbreviation</b>	<b>Common name</b>	<b>Full name</b>	<b>Source</b>
<i>Acon</i>	<i>Aconite</i>	<i>Aconitum napellus</i>	Monkshood
<i>Agar</i>	<i>Agaricus</i>	<i>Agaricus muscarius</i>	Amanita mushroom
<i>All-c</i>	<i>Allium cepa</i>	<i>Allium cepa</i>	Red onion
<i>Aloe</i>	<i>Aloe</i>	<i>Aloe socotrina</i>	Common aloe
<i>Anas barbarae</i> or ( <i>Oscillococcinum</i> ) “Ossy”		<i>Anas barbarae</i>	Duck liver
<i>Ant-c</i>	<i>Antimonium crudum</i>	same	Sulphide of antimony
<i>Ant-t</i>	<i>Antimonium tart</i>	<i>Antimonium tartaricum</i>	Tartar emetic
<i>Apis</i>	<i>Apis mellifica</i>	same	Honey bee poison
<i>Arn</i>	<i>Arnica</i>	<i>Arnica montana</i>	Leopard’s bane
<i>Ars</i>	<i>Arsenicum</i>	<i>Arsenicum album</i>	Metallic arsenic
<i>Bell</i>	<i>Belladonna</i>	same	Deadly nightshade
<i>Bry</i>	<i>Bryonia</i>	<i>Bryonia alba</i>	White bryony
<i>Calc</i>	<i>Calcarea</i>	<i>Calcarea carbonica</i>	Oyster shell
<i>Calen</i>	<i>Calendula</i>	<i>Calendula officianalis</i>	Marigold
<i>Canth</i>	<i>Cantharis</i>	<i>Cantharis</i>	Spanish fly
<i>Carb-v</i>	<i>Carbo veg</i>	<i>Carbo vegetabilis</i>	Vegetable charcoal
<i>Cham</i>	<i>Chamomilla</i>	same	Chamomile
<i>Chin</i>	<i>China</i>	<i>China officianalis</i>	Cinchona, quinine
<i>Cocc</i>	<i>Cocculus</i>	<i>Cocculus indicus</i>	same
<i>Coff</i>	<i>Coffea</i>	<i>Coffea cruda</i>	Coffee
<i>Coloc</i>	<i>Colocynthis</i>	same	Bitter apple
<i>Cup</i>	<i>Cuprum</i>	<i>Cuprum metallicum</i>	Copper
<i>Dros</i>	<i>Drosera</i>	<i>Drosera rotundifolia</i>	Sundew
<i>Eup-per</i>	<i>Eupatorium</i>	<i>Eupatorium perfoliatum</i>	Boneset
<i>Euph</i>	<i>Euphrasia</i>	<i>Euphrasia officianalis</i>	Eyebright
<i>Ferr-p</i>	<i>Ferrum phos</i>	<i>Ferrum phosphoricum</i>	Ferrous hydrophosphate
<i>Gels</i>	<i>Gelsemium</i>	<i>Gelsemium sempiverens</i>	Yellow jasmine
<i>Glono</i>	<i>Glonoinum</i>	same	Nitro-glycerine
<i>Hep</i>	<i>Hepar sulph</i>	<i>Hepar sulphuricum</i>	Hepar sulphuris calcareum

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<i>Hyp</i>	<i>Hypericum</i>	<i>Hypericum perforatum</i>	St. John's Wort
<i>Ign</i>	<i>Ignatia</i>	<i>Ignatia amara</i>	St. Ignatius' Bean
<i>Infl</i>	<i>Influenzinum</i>	same	Flu nosode
<i>Ipec</i>	<i>Ipecac</i>	<i>Ipecacuanha</i>	Ipecacuanha
<i>Kali-b</i>	<i>Kali bi</i>	<i>Kalium bichromicum</i>	Bichromate of potash
<i>Kreos</i>	<i>Kreosotum</i>	same	Distilled wood tar
<i>Lac-c</i>	<i>Lac caninum</i>	same	Bitch's milk
<i>Lach</i>	<i>Lachesis</i>	<i>Lachesis mutus</i>	Surukuku snake
<i>Led</i>	<i>Ledum</i>	same	Wild rosemary
<i>Lyc</i>	<i>Lycopodium</i>	<i>Lycopodium clavatum</i>	Club moss
<i>Mag-ph</i>	<i>Mag phos</i>	<i>Magnesium phosphoricum</i>	Phosphate of magnesia
<i>Merc</i>	<i>Mercurius</i>	<i>Mercurius solubilis</i>	Quicksilver, mercury
<i>Morb</i>	<i>Morbillinum</i>	same	Measles nosode
<i>Nat-c</i>	<i>Nat carb</i>	<i>Natrum carbonicum</i>	Sodium carbonate
<i>Nat-m</i>	<i>Nat mur</i>	<i>Natrum muriaticum</i>	Common salt
<i>Nat-s</i>	<i>Nat sulph</i>	<i>Natrum sulphuricum</i>	Sodium sulfate
<i>Nux-v</i>	<i>Nux</i>	<i>Nux vomica</i>	Poison nut
<i>Phos</i>	<i>Phosphorus</i>	same	Phosphorus
<i>Phyt</i>	<i>Phytolacca</i>	<i>Phytolacca decandra</i>	Poke root
<i>Podo</i>	<i>Podophyllum</i>	<i>Podophyllum peltatum</i>	May apple
<i>Pyrog</i>	<i>Pyrogenium</i>	same	Sepsin
<i>Puls</i>	<i>Pulsatilla</i>	<i>Pulsatilla praetensis</i>	Anemone praetensis
<i>Rhus-t</i>	<i>Rhus tox</i>	<i>Rhus toxicodendron</i>	Poison oak
<i>Rumex</i>	<i>Rumex</i>	<i>Rumex crispus</i>	Toasted sponge
<i>Ruta</i>	<i>Ruta</i>	<i>Ruta graveolens</i>	Rue
<i>Sabad</i>	<i>Sabadilla</i>	same	Sabadilla officianarum
<i>Scarlat</i>	<i>Scarlatinum</i>	same	Scarlet fever nosode
<i>Sil</i>	<i>Silica</i>	<i>Silicea terra</i>	Pure flint
<i>Sol</i>	same	same	Sunlight
<i>Staph</i>	<i>Staphysagria</i>	same	Stavesacre
<i>Sulph</i>	<i>Sulphur</i>	same	Brimstone
<i>Symph</i>	<i>Symphytum</i>	same	Comfrey
<i>Thy?</i>	<i>Thymuline</i>	same	Thymus gland
<i>Urt-u</i>	<i>Urtica</i>	<i>Urtica urens</i>	Stinging nettle

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<i>Varic</i>	<i>Varicellinum</i>	same	Chickenpox nosode
<i>Verat</i>	<i>Veratrum</i>	<i>Veratrum album</i>	White hellebore
<i>Wye</i>	<i>Wyethia</i>	<i>Wyethia helenoides</i>	Poison weed

# HAHNEMANN COLLEGE FOR HEILKUNST

## STUDY EXERCISES – PART III, SECTIONS C AND D: SINGLE AND COMPLEX DISEASES



1. Provide the correct remedy for the pathic disease in the following cases, and give your reasoning for selecting a particular remedy with reference to the symptoms of the case:

### Case 1

Your child wakes you at midnight, screaming in pain. You run into his room, and he begs you not to turn on the light. With the light of the hallway, you can see him lying still on the bed, cheeks red, his hand covering one ear, and when you put your hand to his forehead the heat stays on your hand even after you have taken it away. He is mumbling in a seeming delirium.

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### Case 2

Mary has had a cold for a few days, with a thick greenish-yellow discharge from her nose. She feels better outside and more stuffed up when she is in a warm room or in the evenings. She has a fever, but drinks little water. She is unhappy and uncomfortable, and left the peace and quiet of her bed to be in the living room where the rest of the family is.

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### Case 3

Your mom has the flu. When you go to see her she is behaving like an old grouch, not wanting to be disturbed, not wanting to answer questions to help you find the right remedy for her. She is lying still in bed, eyes closed, not wanting to move any part of her body for fear that it will just make the aching more intense. She asks you to open the window a bit, and to get her a glass of cold water.

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## Case 4

Your best friend calls with a sore throat, which she has had for the past two weeks. It began after her father's funeral. She feels better swallowing solid foods, strangely enough, as it seems the painful lump she senses in her throat feels better from eating and worse when she isn't swallowing. She has given up on aspirin because it doesn't seem to touch the pain at all and she refuses to take antibiotics.

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## Case 5

Your spouse has hay fever. Every spring he/she is a mess, with streaming runny eyes (which he/she keeps on rubbing) and nose, his upper lip red and sore from the discharge. The sneezing when he/she enters a warm room almost drives you to distraction.

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## FINAL ASSESSMENT

Congratulations on having completed the course. You will receive a general assessment paper from your tutor covering what you have learned in this course. This assessment is intended for you to show how well you have assimilated the concepts and knowledge of *materia medica*, and should be done at home over a period of about three hours. You can have recourse to your notes, this text and other works as necessary, but the objective is for you to express the replies to the questions in your own words.

After successful completion of this assessment, you will receive your Certificate of Completion from the Hahnemann College.



# **Hahnemann College for Heilkunst**

## **NOTE ON SECTION F**

Please note that at the time of original publication of this program the resources listed in this section were valid. They may or may not still be at this time.

Suppliers of remedies and other material suppliers will vary region to region. A quick internet search should be able to locate providers of most materials if the resources in this section prove to no longer be valid.

# **HAHNEMANN COLLEGE FOR HEILKUNST**

## ***SECTION F: RESOURCES***

Once you have the requisite education under your belt, you are ready to use the remedies.

There are many considerations for stocking your homeopathic pharmacy. They include: which remedies to stock, and in which order to buy them; what potencies to buy; and where to buy your remedies and other supplies. This chapter will offer some guidance in those areas.

### **WHICH REMEDIES DO I NEED TO GET STARTED?**

The remedies included in this course are a good starting point for most emergency, first aid and acute conditions. If you elect to study further, you will want to eventually stock the remedies necessary to treat constitutionally, as well as for chronic and protracted conditions.

### **WHICH POTENCIES SHOULD I STOCK?**

Generally to get started the most logical potency to begin with is a 30C. It is a relatively safe potency to use in the majority of cases, and in a more intense situation it can be repeated as-needed.

If, for some reason, you are not comfortable with the 30C as a starting potency, the 12C is a reasonable one as well, a bit lower in potency, but it can be repeated more frequently if necessary.

The second potency you invest in, and one you might consider starting with for the first aid and emergency remedies, is the 200C. When you want to match an extremely intense situation with a very dynamic potency, the 200C serves well.

### **IN WHICH FORM SHOULD I BUY THE REMEDIES?**

This is a personal decision, based more on the form that you are most used to using, or the form that you will feel most comfortable using with yourself and your family.

Remedies may be bought in several forms, from solid forms of many shapes and sizes, to liquids with different alcohol content.

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## SOLID FORMS

**Pellets:** These are small, round lactose globules that are made by homeopathic pharmaceutical companies for medicating with the homeopathic remedies when they are in liquid form. The pharmacies that sell remedies to health food stores and to the public generally use the #30 pellet in a hard plastic vial. A dose is one pellet, although the vial may suggest otherwise, and our material mind might find difficult to comprehend. Most people will use 1-3 pellets as one dose, and the dose is regardless of age, size, weight, etc.

Many professional homeopaths order remedies from sources that are able to provide the remedies on the #10 pellet, which is the size of a poppy seed. The #30 is the size of one of those silver decorating balls you might see on cakes, or a small BB.

(It is important to understand that it is required by law that all vials of homeopathic remedies be labeled with the remedy name, potency, and, if they are a combination, the indication for use - such as for sore throats - as well as a recommended dosage.)

**Tablets:** In the United Kingdom they offer the option of having your remedies on very hard tablets that almost resemble an aspirin. They take forever to dissolve in your mouth, but they serve a purpose for those who think that a pellet the size of a poppy seed could not possibly do anything useful!

**Soft tablets:** Some pharmaceutical companies make remedies in this form, and most tissue salts are delivered on the soft tablet. These are very soft tablets that melt on your tongue, and most children find these infinitely enjoyable.

**Granules:** These are the smallest #10 pellets, the size of a poppy seed, and in Britain they often are called granules.

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## LIQUID FORMS

Most remedies that you order from a pharmaceutical company in this form will provide it in 30% alcohol, which is what can be used generally to medicate lactose powder, or to make dropper bottles. It is more reasonably priced than the 95% alcohol, is more widely available and is all you need for the above purposes.

95% alcohol (or similar) is used to medicate pellets, as it will not cause them to melt into a solid blob like the 30% alcohol will, since the water content will dissolve the lactose. It is very expensive to buy remedies made in 95% alcohol, and it generally is unnecessary.

## HOW DO I DISPENSE THE REMEDIES?

### PELLETS

When you provide a remedy, one or two pellets is equal to one dose. Keep that in mind when you are counting out the pellets.

### LIQUIDS

For liquid potencies, you will need to decide if you are going to use the remedy in liquid form, using a dropper bottle, or on lactose powder.

If you want to drop the liquid remedy on lactose powder, you will need something on which to put the lactose powder. Some of the better homeopathic pharmacies sell these papers pre-cut and in stacks of 500. We have enclosed a sample of the paper we obtain from our local printer, and you can probably find someone in your area who can cut them for you. Lactose powder is available from many health food stores in large jars.

It is also possible to cut your own squares out of tracing paper or blotter paper, but be sure to cut enough in advance so you aren't cut short when you most need them. They ought to be cut about three inches square.

To medicate the lactose powder, all you need to do is take a tiny spoonful (there are wonderful beverage spoon/stirrers available at some fast food restaurants that are perfect for this job, or a baby spoon. Measure out about 1/16th of a teaspoon of lactose powder) and place it in the center of the remedy paper. If you make an indentation in the powder with the tiny spoon, the drop (and one drop is all you need) of liquid remedy fits nicely! A remedy paper is enclosed with this chapter, so you can see the size and thickness of the paper, and it has been folded so you can see one of the ways in which you can fold it to keep the remedy from coming out.

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Several little packets of remedy on the folded lactose powder can be placed into a coin envelope, on which you can write your instructions for taking the remedy, in the event you were mailing them to a family member, for example.

## DROPPER BOTTLES

If you decide to use dropper bottles of the remedy, you will put one or two drops of the liquid potency (or one or two pellets) into the bottle. Fill it about 3/4 full with bottled or good filtered water, and 1/4 with vodka, cognac or brandy. Leave some space at the neck so that when the bottle is succussed, which you will do about 25 times, there is room for the water to move.

Office supply stores sell small labels that are convenient to use for writing your remedy instructions and adhering to the bottle. Sometimes a small piece of transparent adhesive tape helps to ensure the label will stay on even if a drop runs down the side of the bottle.

## WHERE DO I BUY REMEDIES AND SUPPLIES?

### REMEDIES

There are all kinds of sources for the remedies, from major international pharmaceutical companies to smaller owner-operated pharmacies where remedies are made virtually by hand. Where you chose to buy your remedies need only be based on your own preference, and your budget. While there are differences in the way in which each company makes the remedies, mainly in terms of the succussion process, they all follow the formal rules for preparation of each substance, as set down in the French, German and U.S. pharmacopeias.

Most people just getting started in using homeopathic remedies will find that many of the basics can be purchased in a good health food store and, more and more often, even in supermarkets. They may not necessarily have the potencies you want, however, so then you need to search elsewhere.

Remedy kits are an excellent investment, and the 50-remedy 200C potency kits in small bullet boxes are the best buy we have seen. They are available from three companies that we know of:

Phytopia (Canada) – [www.phytopia.biz](http://www.phytopia.biz)

Natural Health Supply – [www.a2zhomeopathy.com](http://www.a2zhomeopathy.com)

Washington Homeopathic Products – [www.homeopathyworks.com](http://www.homeopathyworks.com)

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## Boiron

### **Boiron Canada**

816 Boulevard Guimond, Longueuil QC Canada J4G 1T5  
Tel: 450 442-2066 Fax: 450 442-3077

### **Boiron US**

6 Campus Boulevard, Building A Newtown Square, PA 19073  
Tel: 610-325-7464 Fax: 610-325-7480

The mid-sized manufacturers are an excellent source of remedies as well, and tend to focus their sales mainly in the country in which they are based.

## Standard

### **Standard Homeopathic Company and Hyland's**

210 West 131<sup>st</sup> St., Los Angeles CA 90061  
Tel: 1-800-624-9659  
<http://www.hylands.com>

### **Standard Canada**

P. O. Box 1019, Sutton QC J0E 2K0  
Tel: 1-800-363-8933 Fax: 514-538-6638

## Homeocan (Canada and US)

### **Homeocan**

3025 de l'Assomption Blvd. Montreal (Quebec) H1N 2H2 Canada  
Tel.: (514) 256-6303 *or* 1 (800) 556 0824  
Fax: (514) 256-9256  
<http://www.homeocan.ca>  
[homeocan@homeocan.ca](mailto:homeocan@homeocan.ca)

And the smaller, owner-operated pharmacies offer highly personalized service, and high-quality remedies, often made by hand to a certain potency (usually 200CH), or they distribute quality remedies. For specialized service and hard-to-find remedies, these pharmacies are unsurpassed.

### **Hemkund Remedies Inc.**

Suite # 205 - 7028 - 120 Street  
Surrey BC V3W 3M8  
Tel: (604) 543-9021 Fax: (604) 543-9031  
Toll free: 1-888-543-9022

# HAHNEMANN COLLEGE FOR HEILKUNST

homeo@hemkund.com  
<http://www.hemkund.com>

## **Hahnemann Pharmacy**

1940 Fourth Street, San Rafael CA 94901  
Tel: 1-888-4-ARNICA or 1-888-427-6422 Fax: 415-451-6981  
mqremmaker@aol.com  
<http://www.hahnemannlabs.com>

## **Homeopathy Overnight**

929 Shelburne Ave., Absecon, NJ 08201  
Tel: 1-800-ARNICA30 or 1-609-407-9245  
Questions@homeopathyovernight.com  
<http://www.homeopathyovernight.com>

## **Luyties**

4200 Laclede Ave., St. Louis, MO 63108  
Tel: 1-800-Homeopathy or 1-800-325-8080  
<http://www.1800homeopathy.com>

## **Natural Health Supply**

6410 Avenida Christina, Santa Fe, NM 87505 USA  
Tel: (888) 689-1608 or (505) 474-9175 Fax: (505) 473-0336  
nhs@ a2zhomeopathy.com  
<http://www.a2zhomeopathy.com>

## **Washington Homeopathic Products**

4914 Del Ray Ave, Bethesda MD 20814  
Tel: 1-800-336-1695 Fax order line (toll free) 1-877-656-1592  
info@homeopathyworks.com  
<http://www.homeopathyworks.com>

# HAHNEMANN COLLEGE FOR HEILKUNST

## In Britain:

### **Ainsworths Homœopathic Pharmacy**

36 New Cavendish Street, London W1M 7LH UK

Tel: 0171 - 935 5330 Fax: 0171 - 486 4313

enquiries@ainsworths.com

<http://www.ainsworths.com>

### **A.Nelson & Co.**

Broadheath House, 83 Parkside, Wimbledon, London SW19 5LP  
UK

Tel: 011 44 120 7629 3118 or 011 44 120 8780 4200

Fax: 011 44 120 8780 5871

info@nelsons.co.uk

<http://www.nelsons.co.uk>

### **Freeman's Homeopathic Dispensary**

20 Main Street

Busby, Glasgow G76 8DU Scotland, UK

Tel (24hr) : +44 (0)141 644 1165 Fax: +44 (0)141 644 5735

orders@freechem.co.uk

<http://www.freechem.co.uk>

### **Helios Homœopathic Pharmacy**

97 Camden Road, Tunbridge Wells, Kent TN1 2QR, UK

Tel: (01892) 53639 3 (24hr) / (01892) 537254 (9:45am-5:30pm)

Fax: (01892) 546850

pharmacy@helios.co.uk

<http://www.helios.co.uk>

## DROPPER BOTTLES

There are many sources of remedy bottles and dropper tops. It is worth your time to make some calls to compare pricing!

### **Acme Vial and Glass**

1601 Commerce Way, Paso Robles, CA 93446

Tel: 805-239-2666 Fax: 805-239-9406

sales@acmevial.com <http://www.acmevial.com>

### **Burch Bottle and Packaging**

811 10th Street, Watervliet, NY 12189

Tel: (800) 903-2830 (518) 273-1845 Fax: (518) 273-1846

sales@burchbottle.com <http://www.burchbottle.com>

# HAHNEMANN COLLEGE FOR HEILKUNST

## **Hemkund Remedies Inc.**

Suite # 205 - 7028 - 120 Street  
Surrey BC V3W 3M8  
Tel: (604) 543-9021 Fax: (604) 543-9031  
Toll free: 1-888-543-9022  
<http://www.hemkund.com>  
[homeo@hemkund.com](mailto:homeo@hemkund.com)

## **Natural Health Supply**

6410 Avenida Christina, Santa Fe, NM 87505 USA  
Tel: (888) 689-1608 or (505) 474-9175 Fax: (505) 473-0336  
[nhs@ a2zhomeopathy.com](mailto:nhs@a2zhomeopathy.com)  
<http://www.a2zhomeopathy.com>

## **Richard's Packaging**

8499 S. Tamiami Trail #4 Sarasota, FL 34238  
Tel: 941-923-4364 Fax: 941-921-4773

2954 South 625th West Bountiful, UT 84010

Tel: 801-209-1627 Fax: 801-282-4050

<http://www.richardspackaging.com>

<http://www.emballagesrichards.com>

## **Standard Canada**

P. O. Box 1019, Sutton QC J0E 2K0  
Tel: 1-800-363-8933 Fax: 514-538-6638

## **REMEDY PAPERS**

The sample remedy paper included in your course materials was obtained from our own printer, who cuts them for us to order. You can take this sample to your own printer and ask if they can match the quality and size.

# HAHNEMANN COLLEGE FOR HEILKUNST

## BOOKS

### **Minimum Price Homeopathic Books**

PO Box 2187, Blaine, WA 98231

(geographically located in British Columbia, Canada)

Tel: 604-597-4757. Fax: 604-597-8304

<http://www.minimum.com>

[orders@minimum.com](mailto:orders@minimum.com)

### **Homeopathic Educational Services**

2124 Kittredge St., Berkeley, CA. 94704

Tel: 510-649-0294 (inquiries/catalog requests)

Tel: 800-359-9051 (orders within U.S.) Fax: 510-649-1955

<http://www.homeopathic.com>

[mail@homeopathic.com](mailto:mail@homeopathic.com)

### **Whole Health Now**

866-599-5950

[www.wholehealthnow.com/books/](http://www.wholehealthnow.com/books/)

[books@whnow.com](mailto:books@whnow.com)