

EVERYDAY
HOMEOPATHY FOR
PHARMACISTS

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Part 1

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FOREWORD

On opening this book, some readers may be thinking: "yet another work on homeopathic counseling for pharmacists". This is indeed true, but in my view, it is all for the best. Each work in this domain has its own originality, its own specific character. The present publication is the result of the close and careful collaboration of two very experienced dispensing pharmacists.

My daughter, Michèle, has always been "steeped" in homeopathy, in all senses of the word. It helped her get over the illnesses and mishaps of childhood, so she has been able to observe its efficacy for herself. She has also lived in a family where every day represented an ongoing drive to improve and promote the production technology, standardization and control of the medicines, the research demonstrating their pharmacodynamic efficacy, and the regulatory framework necessary to accompany their preparation and to give homeopathy an official status in France.

As for our colleague and friend Alain Payre-Ficot, he decided some years ago that he wished to be better prepared to respond to the desires of his customers, and he began to study homeopathy with great enthusiasm. Over the years, impressed by the daily evidence of the efficacy of this approach, he has considerably developed the homeopathic aspect of his activity.

This book is the sum of their combined practical experience, and is thus of great value as a reflection of their competence and their pragmatism.

For my part, I am convinced that no effort must be spared in our determination to enlighten and inform our fellow dispensing pharmacists of the various aspects of homeopathy. If homeopathy now has an exceptional standing in France, it is thanks to them. In the space of a few years they have come from a general lack of knowledge on the subject to an exact recognition of the usefulness of homeopathic medicines prepared in rigorous accordance with Good Manufacturing Practices.

The great majority of these pharmacists, driven by a strong sense of professional responsibility, have followed specialized university courses. They have thus become not simply retailers of homeopathic medicines, but qualified medical providers who can draw on a firm basis of knowledge. These efforts are particularly praiseworthy, as the training involved adds yet another charge to the countless responsibilities of dispensing pharmacists.

Today, when the economics of health care are increasingly scrutinized, and when the iatrogenic effects of certain medicines is of increasing concern, it seems to me essential that dispensing pharmacists should include homeopathic medicines in their advice to their customers, with competence and without dogmatism.

I urge all my colleagues to read this work, which will provide them with effective help and an added dimension in their daily practice.

Jean Boiron (1906-1996)

This foreword is the last text written by Jean Boiron, on July 10th 1996.

It shows the remarkable passion of a man who worked throughout his professional life for the scientific recognition of homeopathy, in particular through the development of research and teaching.

It also shows the complete trust he placed in dispensing pharmacists for their role in this development; having begun his professional life as a dispensing pharmacist, he fully understood the importance and the key role they play in the health care network.

We would like to take this opportunity to pay homage to the exceptional personality of this pioneer, and to express our admiration and our gratitude.

PREFACE

It is a particular pleasure for me to introduce this work by Michèle Boiron and Alain Payre-Ficot, two pharmacists who both have a passionate interest in homeopathy.

In 1976, together with Professor Georges Netien (then holder of the Chair in Botany, and now Honorary Professor of the Faculty of Pharmacy of Lyon), we created a university diploma in homeopathy. This was the first diploma of its type to be awarded by a French university; since then, others have followed:

- Lille
- Aix-Marseille
- Bordeaux
- Dijon
- Limoges
- Nantes
- Poitiers
- Toulouse

The first students to follow this course, graduating in June 1977, included a large proportion of dispensing pharmacists who had already been practicing for some years; among them were the authors of the present work.

Since then, we have had numerous occasions to appreciate the high level of competence in homeopathy of both the authors. Today, Michèle Boiron devotes one morning each week to teaching homeopathic counseling on the diploma course.

This book, written by pharmacists for pharmacists, has been produced for you, dispensing pharmacists and students, in order to facilitate the integration of homeopathy into your daily practice.

It should not be forgotten that, in France, seven persons out of ten expect to be able to obtain advice about homeopathic medicines from their pharmacist^{*}; they must not be disappointed.

As pharmacists occupy a strategic position between doctor and patient, they will often be called on for this sort of advice. They must thus have an adequate level of competence in homeopathy. They must also realize that customers interested in homeopathy will be more demanding, will be likely to try self-medication, will be inclined to ask questions (often very pertinent ones), and will frequently consult books on homeopathy.

Consulting a homeopathic materia medica can be a lengthy process. It presupposes a sound knowledge of homeopathy and can appear daunting to a pharmacist who has never undergone a specific training in this domain.

The authors have clearly understood this problem, and offer the reader the benefit of their experience in a series of clear and straightforward entries on different aspects of homeopathic therapeutics, which are accessible to a non-specialist pharmacist. This "user-friendly" presentation, completed by a summary in table form, will enable a medicine to be chosen rapidly, corresponding to a definite key symptom, or on the basis of one or more reported symptoms, or for a particular disease or disorder.

The medicine recommended may be "single", but the pharmacist may also choose to propose one of the many special complex medicines available. A combination of homeopathic and allopathic

^{*} IFOP poll, March 1996: 980 persons representative of the general French population.

recommendations is also envisaged; the authors indicate the limits to be respected in such cases, and always advise that a qualified physician be consulted whenever this seems necessary.

Pharmacists must also be capable of explaining the prescription of a homeopathic physician; they should be able to understand the choice of dilutions prescribed, and to distinguish the constitutional medicine from the various functional medicines.

Explaining a prescription requires a sound knowledge of the homeopathic materia medica. For this, the pharmacist can refer to the second part of the book, where the major polychrests (key medicines with a wide range of applications) and the other medicines cited in the section on therapeutics are all dealt with. Making good use of the materia medica is more problematic than consulting the entries in the previous section, and presupposes that the pharmacist has already acquired a sense of the particular reasoning inherent in a homeopathic approach.

To conclude, we can affirm that, thanks to Michèle Boiron and Alain Payre-Ficot, pharmacists now have at their disposal a work written in clear and precise language, without superfluous commentary, which will give them valuable assistance in offering speedy and effective advice in the course of their daily practice.

Professor Jean Raynaud

Introduction

Every day in the work of a dispensing pharmacist, **homeopathy** takes up time and space and calls for knowledgeable intervention, yet there may well be neither the time nor the desire to consult those works which might be of assistance in this domain.

We are **pharmacists**, and like all our colleagues, at each moment in our professional lives we have to deal with customers who are also patients. In France, 38% of these customers use homeopathy regularly and another 38% say they would be willing to do so! Approximately 18,000 French doctors, both general practitioners and specialists, prescribe this form of treatment. A poll conducted a few years ago showed that 70% of French general practitioners found homeopathy to be effective. This shows that homeopathic medicine would seem to be set to play an increasingly important role in health care.

According to a study conducted in June 1996, 67% of dispensing pharmacists consider homeopathy to be a form of therapy which is both medical and scientific.

In addition, it offers a real and exciting opportunity to recommend treatments that are both effective and in keeping with the demands of our customers. It enhances our role as "health advisers".

To this end, we must understand and learn about homeopathy, just as we have had to familiarize ourselves with all the other therapeutic approaches. Homeopathy has its own specific features and requirements, which is only to be expected. All the same, it is now quite clear that one does not have to "believe in it for it to work"! That particular cliché can now be shelved.

The primary role of the pharmacist is first of all to ensure that customers know how to make the best use of homeopathic medicines. We should not forget that 80% of these customers come to us with a prescription. It is thus absolutely necessary that the patient be clearly informed concerning the following points, which may seem obvious but are not always so to a patient new to homeopathy:

- **multi-dose tubes** of pellets: the dosage indicated by the physician must be respected (i.e. the number of pellets to be taken each time, generally 5), and the pellets should not be touched, for hygienic reasons;
- **unit-dose tubes**: (smaller tubes containing small pellets): the entire contents of the unit-dose tube must be taken each time.

As to the timing of the doses, all homeopathic medicines are to be taken some distance away from meals (15 minutes before, or half an hour after).

As for those customers who come to us for advice, it has to be admitted that it is rare for them to request a homeopathic medicine spontaneously. So, why should homeopathy be recommended?

First of all, your own experience will tend to lead you in this direction: you will quickly observe the efficacy of homeopathy, and you will soon find yourself wanting to recommend it without hesitation.

In addition, homeopathy has no side effects; in this respect, it has a great advantage over most other medicines, in particular when the treatment is for an infant, an expectant mother, an elderly person already taking numerous other medicines, or indeed for a sportsman or sportswoman, or for a student. Each year in France, 50,000 prescriptions for tranquilizers are delivered for babies less than

nine months old, and 400,000 for children under seven; would it not be wiser, as a first line of treatment, to try homeopathy?

Although homeopathy has been officially recognized in France since 1965, it still draws ironic smiles from those who remain ignorant (sometimes deliberately) of the **scientific studies carried out by independent research laboratories** throughout the world, which have been published in leading medical journals. These results are no longer ignored by medical specialists, however. Some examples include:

- the publications of Prof. Bonavida (University of California, Los Angeles) on dilutions of tumorous cells;
- the publications of Prof. Doutremepuich (laboratory of hematology of the University of Bordeaux), showing the activity of dilutions of aspirin on the formation of blood clots.

Clinically, numerous double blind trials have produced positive results, some of them being published in prestigious medical journals such as *The Lancet* or *Pediatrics*. These include the works of Dr Reilly (University of Glasgow) on respiratory allergies, those of Dr Jacobs (Seattle) on acute gastroenteritis in children in Nicaragua, and those of Dr Fisher in the field of rheumatology. An increasing number of hospitals are opening their doors to homeopathic doctors to work in services dealing with serious conditions such as Aids and cancer, with the aim of integrating homeopathy into a more global approach to patient care.

We have come a long way since the earlier days of research, such as the work carried out by Jean Boiron and Lise Wurmser on *Arsenicum album* at the beginning of the 1960s!

Before using this book, which is designed to serve as a guide giving practical help and assistance, we would like the reader to bear clearly in mind the two golden rules of homeopathic advice in the pharmacy.

1. The pharmacist's advice should only seek to address the symptoms of an occasional condition in the patient. If the symptoms become repetitive or chronic, a homeopathic physician must be consulted.
2. The pharmacist's advice must be limited in time. Patients should be informed that if no improvement is experienced within 48 hours, it is **essential** that they consult their physician.

Definition and history

Definition of homeopathy

Homeopathy is a system of therapeutics based on two fundamental notions:

- the phenomenon of similars;
- the infinitesimal dose.

The basic principle of modern homeopathy can be set out as follows:

"Any pharmacologically active substance, capable of provoking certain symptoms in a healthy individual when administered in weight doses, can eliminate similar symptoms in a sick person, if it is used in a very low dosage."

This observation, first made and subsequently renewed by Hahnemann, had already been expressed in less precise terms by Hippocrates, who declared that *"like cures like"*.

The story of Hahnemann's life illuminates this discovery.

Samuel Hahnemann, born in 1755 in Meissen in Saxony, was a German physician specialized in toxicology and pharmacology; he began his medical practice at the age of 24. He was soon disappointed by the absence of effective therapeutic results and by the limitations of the medicine practiced in his time (he considered the drugs in general use to be too aggressive), and he decided to cease practicing. In order to earn his living, he translated various works until one day, when reading

the materia medica of the Scottish doctor William Cullen, he was confused by the explanation given of the action of quinine, commonly used to treat "swamp fever". He thus decided to experiment on himself and on members of his entourage, so as to determine the real effects of quinine.

Hahnemann's discovery

Hahnemann, who was in good health at the time, observed that a low dose of quinine gave him a fever, which was altogether comparable to the swamp fever (malaria) counteracted by the same quinine administered in weight doses.

Hahnemann's hypothesis

Reversing his empirical observations, Hahnemann conceived of the possibility of curing malarial patients with small doses of quinine. He thus set forth the following hypothesis:

"According to the dosage employed, would it not be possible for the same substance to be capable of provoking symptoms in a healthy individual and suppressing similar symptoms in a sick individual?"

In order to verify this hypothesis, Hahnemann undertook a systematic testing (or "proving") of the pharmacological substances of his time on healthy individuals, in order to determine, as he wrote, the "pure effects" of these substances.

The collection of data thus gathered concerning each of these drugs constitutes the pathogenesis of the drug in question.

Hahnemann eliminated all the compound remedies used at the time, which were based on a mixture of substances, and administered only single drugs in varying dosages. He first conducted these trials on himself, his family and friends, and then on patients, using small doses of substances which, when given in larger doses, produce in a healthy human the same symptoms as those observed in the patient.

He noticed that there was an aggravation, often only temporary, on starting the treatment, and he thus reduced the quantity of the substance administered: this is the origin of the scale of successive dilutions.

He realized that these dilutions, far from reducing the therapeutic efficacy, actually reinforced it, on condition that a vigorous agitation was carried out between each dilution (a process which Hahnemann called "dynamization"). Clinical confirmation was provided by the observation that the majority of the patients were cured.

Hahnemann's success brought him fame and international recognition.

Homeopathy developed fast, but Hahnemann soon found himself faced with hostile reactions from some doctors and pharmacists.

Hahnemann's first article was written in 1796, and he subsequently published a number of longer works, which were later translated into French and English:

- 1810 : *Organon der Heilkunde*
- 1819 : a second edition of the *Organon der Rationelle Heilkunst*, corrected and completed.

Starting in 1811, Hahnemann began publishing the results of his experiments on healthy individuals. He enriched his own work with that of his students, and in 1821 published his *Materia Medica Pura* in a single volume, before adding a second part in 1834.

Twelve years of experimentation were necessary for Hahnemann's hypothesis to be fully embodied in a confirmed and definable method of treatment, based on the principle (or "law") of similars.

"Any sick individual can be cured by means of small dynamized doses of the substance which, when given in stronger doses to a healthy individual, provokes the same symptoms as those presented by the patient."

Defining homeopathy by the popular notion of "the disease curing the disease" is of course an erroneous over-simplification, but it nevertheless carries within it the key principle that "**like cures like**" (Greek *homoios*, 'like' + *pathos*, 'suffering').

What is a pathogenesis?

A pathogenesis is the collection of symptoms observed in a healthy human in the course of the accidental or experimental administration of a pharmacologically active substance, in a measurable weight dose.

Intoxication

a) Acute intoxication displays a number of characteristic symptoms: vomiting, diarrhea, followed by lesions which can lead to death. The signs are not specific to the substance involved.

b) Chronic intoxication (of occupational origin, for example) is slow and progressive, provoking a variety of symptoms which are specific to the substance in question; they are thus of greater interest to the medical researcher.

The gradual onset of the intoxication favors the development of functional symptoms, which are carefully noted.

Experimentation on healthy individuals

This type of experimentation must be carried out using a substance which is absolutely clearly defined, and is given gradually and repeatedly in weight doses which must remain at subtoxic levels. The experiment is to be carried out on a number of subjects, known to be healthy, and chosen to constitute a representative population.

Any symptoms which appear are observed in great detail, and noted down in the terms employed by the subjects.

This experimentation on healthy humans allows the whole range of personal sensations of the subjects to be listed, as well as the modalities of the symptoms, which are essential for the physician to determine the appropriate medicine for a patient.

The pathogeneses of the various medicines are grouped together in works known as *homeopathic materia medica*.

Application of the method to the person seeking treatment

In order to understand the **principle of similars**, let us consider some examples.

- A woman suffering from cystitis with hematuria, with intense burning pains before, during, and after micturition, can be cured with low doses of Spanish Fly (*Cantharis*) which, in weight doses, provokes similar symptoms and reactive modalities in a healthy individual.
- A patient exhausted by constant spurting diarrhea, accompanied by cold sweats and cramping pains, can be cured by small doses of *Veratrum album*, which in larger doses causes a similar clinical picture in a healthy individual.

In his published introduction to homeopathy, Dr Rousson, a leading homeopathic physician in Lyon, gives the following account of an experiment which illustrates the application of the principle.

"Two identical twins are suffering from frothy diarrhea with glairy mucous vomiting, after eating unripe fruit.

In accordance with the similarity of the symptoms, the same medicine, *Ipeca*, is given to both twins. But one of them is given the mother tincture and the other, *Ipeca* in 9C.

What do we notice?

The condition of the first twin worsens, while the second shows a marked improvement. In the first case, we can see that a 'morbid addition' has been obtained, while in the second, there is a subtraction of the pathological symptoms."

Prescription of the homeopathic medicine

Prescription requires a drawing together and a careful comparison of two areas of observation:

- 1) **the clinical picture** presented by the patient;
- 2) **the pathogenetic picture**, resulting from the experimental administration of a substance in a healthy human.

The drug which provokes the closest symptoms is known as the "simillimum".

The greater the degree of correspondence of the two pictures, the surer the choice of medicine, which can also be prescribed in higher dilutions than when the correspondence is less clear. It is thus vital that the physician be thoroughly familiar with the pathogeneses of the various medicines.

The clinical picture brings together all the symptoms observed in a patient.

These symptoms can be considered in terms of a hierarchy.

- **Local signs**: objective symptoms based on observation (bruising, warts, eczema, etc.).
- **General signs**: these are the expression of a general reactive mode (fever, cough, diarrhea, etc.).
- **Mental and psychological signs**: these should include only those modifications of the individual's habitual behavior which can be ascribed to the disease.
- **Anatomicopathological signs**: i.e. the histological symptoms.

All these symptoms, which represent the expression of the particular reaction of the patient to his or her disease, are made more specific by the circumstances in which they appear. These circumstances constitute what are known as the "**reactive modalities**": aggravation, improvement, laterality, etc.

The local and general signs are important for the choice of medicine.

Let us take the example of fever:

- high fever (39°-39.5°), of sudden onset, **with dry skin** (no sweating), indicates *Aconitum*;
- high fever (39°-39.5°), of sudden onset but **with perspiration**, indicates *Belladonna*;
- continuous fever, **without thirst**, will respond to *Gelsemium*;
- continuous fever, **accompanied by thirst**, indicates *Bryonia*.

The physician will attach great importance to the modality of the symptom. For example, a burning pain relieved by heat constitutes a distinctive sign calling for *Arsenicum album*, as the majority of burns are relieved by cold.

The infinitesimal dose

The second fundamental principle of homeopathy is the use of the medicine in highly diluted concentrations.

This basic principle, which the general public is often aware of and takes to be the main particularity of homeopathy, is in fact simply the corollary of the principle of similars.

Indeed, if the patient were given the appropriate medicine but in too strong a concentration, the disease symptoms would be aggravated.

As we have already seen in the experiments conducted by Hahnemann, the progressive diminution of the quantities of substance employed leads to the production of infinitesimal doses which only become really effective after "succussion" (prolonged shaking between each dilution), the objective of which is the dynamization of the active principle.

The current French pharmacopoeia specifies that this process of dynamization *must* be carried out in the pharmaceutical preparation of homeopathic medicines.

The infinitesimal dose is justified by the observation of experimental results, confirmed in clinical practice.

The production process

Homeopathic preparations are obtained from substances of vegetable origin, or from animals (e.g. venoms), and from chemical substances, either mineral (e.g. *Cuprum* = copper) or organic (e.g. glands).

a) Strains of vegetable origin: the mother tinctures (or MT) of vegetable origin are obtained by alcoholic maceration of fresh (or less frequently, dried) plants or parts of plants. The maceration takes place in glass or stainless steel recipients, and lasts at least three weeks.

After maceration, the mother tinctures are decanted, filtered, stored in particular conditions (as regards temperature, low light, ventilation, etc.), and are rigorously monitored. The mass of mother tincture thus obtained is ten times greater than that of the primary substance (calculated in respect of the mass of this primary substance in dehydrated form).

b) Strains of animal origin: These are made up of a 1/20 alcoholic maceration of:

- whole live animals (e.g. *Apis mellifica* = whole bees; *Formica rufa* = red ants, etc.);
- certain parts or organs taken from animals, or certain secretions (e.g. *Sepia* = squid ink)
- venoms (*Lachesis* = venom of *Bothrops surucucu*; *Vipera* = venom of *Vipera aspis*).

c) Strains of chemical origin (mineral or organic) include:

- simple or composite substances: metals, metalloids, hormones, vitamins;
- chemical complexes of natural or synthetic origin (*Natrum muriaticum*, *Calcarea ostreica*).

Nosodes

These are medicines obtained from:

- products which are not chemically defined, such as serums, vaccines, toxins and toxoids, viruses, etc. (*Tuberculinum* is thus obtained from cultures of *Mycobacterium tuberculosis*);
- from pathological secretions or excretions (*Psorinum* is obtained from a lysate of serous fluid from scabies lesions);
- from pure bacterial cultures (*Colibacillinum* is a lysate obtained from cultures of *Escherichia coli*)

Allersodes

They are obtained from allergens such as pollen, cat hairs, household dust, acarids, cigarettes, etc.

Isotherapeutics

There are homeopathic attenuations of botanical, zoological, or chemical substances which have been ingested or otherwise absorbed by the body and are believed to have produced a disease or disorder which interferes with homeostasis.

All isotherapeutics require a medical prescription.

Dilutions

The mother tincture or the chemical or animal strain are the starting points for the preparation of the dilutions.

Several types of dilutions are used in homeopathy.

a) Hahnemannian centesimal dilutions (C)

These 1/100 dilutions are the most commonly used, and are prepared by adding one part of the base substance to 99 parts of a solvent. The mixture is vigorously shaken (or "**dynamized**") by a vibrating device; **the first Hahnemannian centesimal dilution is thus obtained (1C)**. One part of this 1 C dilution, mixed with 99 parts of solvent in a new flask and dynamized, constitutes the 2C dilution, and so on up to 30C. Thirty flasks are thus required for a 30C preparation.

The most commonly prescribed centesimal dilutions in France are 4, 5, 7, 9, 12, 15, and 30C.

Elsewhere in the UK, Ireland and US the most common centesimal dilutions are 6c, 12c and 30c

b) Hahnemannian decimal dilutions (X) (denoted D potencies in continental Europe)

These are successive 1/10 dilutions prepared using exactly the same method as for the Hahnemannian centesimals.

The most commonly prescribed decimal dilutions are IX, 3X, 6X.

c) Korsakovian dilutions (K) - Usually simply denoted as C in the UK.

In 1832, the Russian Korsakov proposed a method of dilution known as the "single flask" technique, in order to avoid the use of large numbers of different flasks.

5 mL of mother tincture are placed in a flask, which is shaken vigorously and then emptied by aspiration. This procedure leaves 1 % of the initial volume in the flask. Purified water is added to dilute the traces of the mother tincture adhering to the sides of flask, the flask is shaken again, and the **first Korsakovian dilution (1K) is thus obtained**. A repetition of the operation gives the second Korsakovian dilution, and so on.

The most commonly prescribed dilutions are 200K, 1 000K, and 1 0,000K. They are generally delivered on medical prescription in France, but more openly purchased elsewhere.

This method thus requires a long series of operations in order to obtain the high dilutions. The preparation of Korsakovian dilutions is carried out by means of an automatic device, ensuring the precision and the repetition of the operations.

Whatever type of dilution is chosen, the operation is very delicate and must be undertaken with great precaution.

The atmosphere must be as pure as possible. Town air, even when not significantly polluted, contains traces of sulfur, mercury, and lead in suspension, which can alter the preparation by combining with the base substance during the dynamization process. This is why an air filtering system is used inside many laboratories, to lower the level of pollution. Jean Boiron originated the idea of carrying out the dilution process within a "laminar flow enclosure", which filters the air so as to obtain less than 100 particles for 30 liters of air (class 100 of American Federal Standard 209). The level is continuously monitored to ensure that this norm is respected.

Air purity by itself does not suffice, of course: the equipment used and the solvent must also be rigorously controlled.

- The solvent is pharmaceutical grade 70% v/v alcohol.
- The flasks used for the dilutions are washed three times in succession in demineralized water, then sterilized at 180° for an hour. These flasks are specially shaped and made from an appropriate type of glass; before use, the ambient air inside them is extracted and replaced with purified air from the laminar flow enclosure.

The triturations

Strains which are **insoluble in water and alcohol** are ground together with lactose: this process is known as trituration.

In a mortar, one part of the substance is triturated together with 99 parts of lactose; the 1C trituration is thus obtained. The operation is then renewed in a second mortar using one part of the 1C trituration, so as to produce the 2C; a third operation gives the 3C. With this 3C trituration, still in the form of a lactose powder, a liquid dilution can be obtained by dissolving one part of the trituration in 99 parts of solvent (purified water or alcohol in various titers); the 4C dilution is thus obtained as a liquid, which can then be subjected to a series of dilutions.

This solubility starting at the 3C trituration, which was accepted by Hahnemann, is now recognized as being scientifically correct.

The pellets

These are small spheres made up of a mixture of saccharose and lactose. The coating process is carried out in turbines, specially designed to operate continuously. The fabrication of small pellets (200 per gram) takes about two weeks; several additional days are required to prepare the large pellets (20 per gram).

These neutral pellets, small and large, are transformed into medicines by impregnation with a dilution. The impregnation of the pellets was formerly performed in a single operation, and was thus only superficial, which explains why it was not recommended to touch the pellets with the fingers.

In 1961, a process of triple impregnation was perfected, allowing a deeper penetration of the sphere to be achieved, with a correspondingly more homogenous distribution of the dilution.

These two pharmaceutical forms, small and large pellets, are specific to homeopathy.

- The large pellets, presented in 4 gram tubes containing 80 pellets, are prepared in all the dilutions.
- The small pellets are presented in a unit-dose tube of 1 gram which contains about 200 small pellets. The dose should be taken all at once, allowing the small pellets to dissolve gradually under the tongue.

Other forms are also common, such as:

- drops; the excipient is 30% v/v alcohol. They are generally reserved for the low dilutions (X and mother tinctures), or for complex medicines. They are to be taken either pure, or diluted in a little water.

All the other pharmaceutical forms also exist in homeopathy: ointments, ampules, suppositories, pessaries, etc.

The medicines can be:

- **single**, i.e. consisting of a single active ingredient; or
- **complex**, if they are made up of a mixture of single homeopathic medicines with complementary indications.

We can thus give the following definition of the homeopathic medicine:

a homeopathic medicine is made up of one or more substances

- 1) which are active when administered in an infinitesimal dose, and**
- 2) which have undergone a series of successive dilution and dynamization.**

Particular precautions concerning storage and use of homeopathic medicines

Because of their particular diluted nature, homeopathic medicines can be affected by certain volatile substances such as camphor and perfumes.

In addition, the tubes of pellets should not be subjected to excessively high temperatures ($> 40^{\circ}\text{C}$), as this may modify the therapeutic action of the medicine.

Dosage and instructions for use

Homeopathic medicines should preferably be taken away from meals (15 minutes before or 30 minutes after).

The choice of the form depends on how and when the medicine is to be used: repeated doses during the day, or one single daily, weekly or monthly dose. Ease of use for the patient should be aimed at. The **unit-dose tube** is particularly suitable for a single dose, or for doses to be taken at widely spaced intervals.

The **multi-dose tube** containing large pellets is convenient to carry around if the medicine has to be taken repeatedly during the day.

It is recognized that the frequency of administration of the medicines depends partly on the degree of dilution.

- **The low (4C-6C) or medium (7C-12C) dilutions** have a action which is limited in time; they correspond to local or general symptoms and are generally administered two or three times a day until the symptoms disappear (Favoured in France for acutes, elsewhere for Chronic presentations).
- **The high dilutions (12c - 30C and above)** can be used in chronic conditions, especially on a constitutional basis when frequent repetition is not required. 12c potencies can stand daily or twice daily repetition. For certain cases, where the cause of the illness cannot be resolved or removed, 30c can be administered once a week, or once every two weeks.

Contrary to received opinion, mint and coffee, if taken some time away from the medicines, do not seem to act as antidotes. In addition, it should be made clear that homeopathic medicines are not incompatible with other types of medication, in particular with allopathic medicines, since their action is not situated on the same level. Homeopathic medicines can sometimes work synergistically with allopathic drugs.

Symptoms / Time

PREVENTION	ONSET	ESTABLISHED	IMPROVEMENT	END
1 dose per week	1 dose every hour	1 dose 3 times per day	1 dose twice a day	nothing

Conclusion

Homeopathy does not cure all diseases, but it has the advantage of individualising the treatment input for each 'unique' presentation.

Some of the products or specialties mentioned in this book may not be available in certain countries as they have not yet been registered.

EDITORIAL NOTES by Russell Malcolm

Homeopathic practice inevitably evolves differently in different cultural and medico-economic settings. Traditions vary in different countries. In the UK and USA, for example, the prescribing conventions have been significantly influenced by Kent and those who followed.

In contrast, French practice has remained more pragmatic and rooted in low potency prescribing overall. This tradition is strongly evident in this handbook. Nevertheless, since certain potencies are not generally available in the UK, most notably, 5c, 9c and 15c, I have changed the potency prescriptions in this handbook to reflect the conventions most prevalent outside France.

It should be noted, however, that Boiron has been a market leader across much of Europe and elsewhere and the availability of the company's complexes, proprietaries and potency ranges is quite widespread internationally.

The indications and therapeutics in this handbook are pared down to very essential details, which make for easy memorisation and can support quick and effective over the counter prescribing. It is for the clarity and simplicity this text brings to many remedies that we have included it in among the learning materials, as well as for its suitability to pharmacy based practice.

Learners will encounter some variations and inconsistencies in potency choice and should remember that remedy choice is important above anything else. In practice, and especially in acute presentations, use the potency you have at hand and repeat in accordance with the clinical needs of the individual.

One cultural aspect of dispensing that was evident in the original translation of this handbook is the prescribing convention of administering 5 pillules as a dose.

This is a little difficult to reconcile with more traditional practice. One might say that giving 5 pillules provides a greater surface area for transmission of the remedy signal.

It is generally considered that the frequency of the dose (ie the timing and pattern of repetition) has a greater impact on the clinical response than the physical quantity of the solid form employed as a carrier. We have removed references to the 5- pillule dose from this edition, in recognition that different users may use different solid forms for dosage and we leave it to the prescriber to advise patients on appropriate administration of whatever carrier medium is chosen.

THERAPEUTICS

DELIVERY

Homeopathic medicines can facilitate delivery by acting on two levels:

- physiological,
- psychological (anxiety).

PRINCIPAL MEDICINES

o

8th month of pregnancy

- for muscles and capillaries
- anticipation anxiety before delivery

Arnica 6C
1 dose a day

Gelsemium 12C
1 dose a day

o

One week before delivery

- rigidity of the cervix
- spasmodic pains of end of pregnancy and of postpartum

Caulophyllum 6C
1 dose twice a day

o

During delivery

- strong and irregular delivery pains with spasms of the cervix

Actaea racemosa 12C
1 dose every 10 min
Caulophyllum 12C
1 dose

o

After delivery

- the following can be continued:

Caulophyllum 6C
1 dose twice a day
Actaea racemosa 12C
1 or 2 doses a day
Arnica 30C
1 dose a day

- to avoid septic complications

Pyrogenium 12C or 30C
1 dose a day
for 10 days

- to combat fatigue following profuse loss of physiological liquid

China 6C
1 dose twice a day

- in case of cesarean section or episiotomy

Staphysagria 30C
1 dose 3 times a day

- in cases of postpartum depression

Sepia 9 - 12 - 30C 1 dose a day

DELIVERY: before - during - after

- **Gelsemium 12C**

- anticipation anxiety

- **Arnica 30C**

- contusion, ecchymosis

- **Caulophyllum 6C**

- rigidity or spasm of the cervix

- **Actaea racemosa 12C**

- pains

- **Pyrogenium 12C**

- infection

- **China 6C**

- fatigue

- **Staphysagria 30C**

- clean cuts

- **Sepia 9 - 12 - 30C**

- postpartum depression

BREAST-FEEDING

Breast-feeding often creates problems for the mother due to the quantity or quality of the milk. In addition, in order to avoid chapping and fissuring, the mother should clean the nipples after each feeding with a mixture of equal parts of 60° alcohol and glycerin, and should smear them each evening using an ointment with **Calendula (Castor equi favoured in France)**

PRINCIPAL MEDICINES

IF

- insufficient milk secretion

Ricinus 6c

1 dose morning and evening +
diet rich in lentils, beer, etc.

IF

- excessive milk secretion

Calcarea carbonica 12c 1
dose morning and evening

IF

- mammary engorgement with acute inflammation, heaviness of the breast, pain when moving arm and during breast-feeding, consider possible abscess of the breast

Phytolacca 12c

Belladonna 12c

every 2 hours alternately

√

If the situation does not improve rapidly in the next 24 to 48 hours, refer to the physician.

IF

- shooting pains with throbbing
- high temperature 39°, 40°
- localized inflammation, first pink, then red, and subsequently formation of pus

Refer to physician urgently

IF

- weaning
To help with drying up secretion
tight bandaging of the breasts is efficient

Calcarea carbonica 12c

Pulsatilla 12c

Lac caninum 12c

alternately

Ricinus 30c

1 dose on 3 consecutive mornings

BREAST-FEEDING

- **Ricinus 6c**
- insufficient milk secretion

- **Calcarea carbonica 12c**
- excessive milk production

- **Phytolacca 12c**
- + **Belladonna 12c**
 - mammary engorgement with acute inflammation
 - pain when moving arm
- **Calcarea carbonica 12c**
- Pulsatilla 12c**
- Lac caninum 12c**
 - alternately, to dry up secretion when weaning
- + **Ricinus 30c**
 - 1 dose on 3 consecutive mornings

APHONIA - HOARSENESS

Partial or total loss of the voice, in an etiological context of chill, ingestion of icy drinks, or prolonged vocal strain.

DETERMINING SYMPTOMS

To be noted:

- etiology;
- concomitant cough;
- modified tone of voice.

PRINCIPAL MEDICINES

IF

- hoarseness with croupy cough after exposure to dry cold wind
- with anxiety
- **absence of perspiration**

Aconitum 30C
1 dose 2 or 3 times a day

IF

- hoarseness and dryness of the larynx
- painful swallowing
- dry cough
- red face
- headache
- **perspiration**
- "tumor - rubor - dolor - calor"

Belladonna 30C
1 dose 2 or 3 times a day

IF

- hoarseness after getting wet (sweating from exertion, or rain)
- **morning hoarseness with progressive improvement, but aggravation towards the end of the day**

Rhus toxicodendron 12C
1 dose 2 or 3 times a day

IF

- hoarseness due to paralysis of vocal cords
- **burning and rasping sensation in the larynx**
- improvement with warmth
- aggravation from dry cold

Causticum 12C - 30C
1 dose 2 or 3 times a day

IF

- hoarseness with **constantly changing tone of voice**
- rough or **bitonal** voice
- small bits of skin on the lips that the patient picks at, causing bleeding

Arum triphyllum 6C
1 dose 2 or 3 times a day

IF

- hoarseness with marked **dryness** of the larynx and vocal cords
- rough voice
- burning pains when speaking

Spongia tosta 6C

1 dose 2 or 3 times a day

IF

- hoarseness after trauma to vocal folds (vocal abuse in occasional speakers /football fans)

Arnica 6C

1 dose 2 or 3 times a day

o

Vocal fatigue can be prevented with

Arnica 12c**APHONIA - HOARSENESS**

- **Aconitum 12c or 30c**
 - after exposure to dry cold wind *
 - anxiety
 - absence of perspiration
- **Belladonna 12c**
 - dryness of larynx
 - "tumor - rubor - dolor - calor"
 - presence of sweating
- **Rhus toxicodendron 12c**
 - after rain or sweating from exertion *
 - progressive improvement when starting to speak, but aggravation towards end of day
- **Causticum 30c**
 - burning and rasping sensation in the larynx
 - dry cough
 - improvement with warmth
- **Arum triphyllum 6c**
 - constantly changing tone of voice
 - small bits of skin on the lips
- **Spongia tosta 6c**
 - dryness of larynx and vocal cords
 - rough voice
 - burning pains when speaking
- **Arnica 6c**
 - after prolonged or excessive use of vocal cords: singers, orators, football fans

APHTHAE

Aphthae are small ulcerations of the oral mucosa which develop from vesicles, and which cause difficulty chewing and are painful when certain foods are ingested (particularly acidic food or drinks).

They often indicate a general inflammation of the whole digestive tract.

Their development is often favored by an excess of acidity, by eating various types of berries, Swiss cheese, walnuts, etc., and by antibiotic medication (candidiasis).

DETERMINING SYMPTOMS

Essentially visual.

PRINCIPAL MEDICINES

- | | | |
|----|--|---|
| IF | - red vesicles located on the tongue or inside the cheeks, very painful on contact with acidic or salty foods | <p style="text-align: center;">Borax 6c
1 dose 2 or 3 times a day</p> |
| IF | - ulcerations covered with a grayish membrane | <p style="text-align: center;">Mercurius cyanatus 6c
1 dose 2 or 3 times a day</p> |
| IF | - ulcerative and necrotic tendency with intense burning | <p style="text-align: center;">Cantharis 6c
1 dose 2 or 3 times a day</p> |
| IF | - aphthae as if stamped out with a hole-punch | <p style="text-align: center;">Kali bichromicum 6c
1 dose 2 or 3 times a day</p> |
| IF | - oral moniliasis
mouthwash with diluted bicarbonate of soda (to alkalize the medium)
same treatment for vaginal moniliasis, as a complement to conventional topical treatment; avoid using soap with an acid pH | <p style="text-align: center;">Monilia albicans 30c
1 dose 2 or 3 times a day</p> |

APHTHAE

- **Borax 6c**
- red vesicles on the tongue or inside of cheeks
- very painful on contact with acidic foods
- **Mercurius cyanatus 6c**
- ulcerations covered with a grayish membrane
- **Cantharis 6c**
- ulcerative and necrotic tendency with intense burning

- **Kali bichromicum 6c**
 - aphthae as if stamped out with a hole-punch
- **Monilia albicans 30c**
 - in case of oral moniliasis
(as a complement to other medicines)

HOT FLUSHES OF MENOPAUSE

The female menopause is characterized by the gradual disappearance of the menstrual flow. Periods become less regular and less abundant, and finally disappear.

This situation can give rise to a number of disorders including hypertension, osteoporosis, etc., and to frequent hot flushes, which may be experienced as more or less tolerable or as quite unbearable. The onset of all these symptoms varies greatly from one woman to another.

DETERMINING SYMPTOMS

The homeopathic medicine which is most commonly employed during the premenopausal and menopausal phases is **Lachesis**.

The absence or delay of a physiological or Pathological flow are characteristic of **Lachesis** in the same way that **China** is indicated in cases of abundant or repeated loss of organic liquids.

In the premenopausal phase, the prescription of doses of **Lachesis** in a rising scale (9c, 12c, and 30c on the 20th, 21st, and 22nd days of the cycle respectively) regulates the pathological disturbances during this phase.

PRINCIPAL MEDICINES

IF

- hot flushes
- aggravated by the sun, by heat

Lachesis 12c
1 dose in the morning

IF

- hot flushes in the area of cheeks and ears only

Sanguinaria 12c
1 dose in the evening

HOT FLUSHES OF MENOPAUSE

- **Lachesis 12c**
- aggravation from the sun, from heat
- **Sanguinaria 12c**
- red cheeks and ears

CUTANEOUS BURNS SUNBURNS

Burning of the skin by heat, fire, or chemical agents.

The severity of the burn depends on the following:

- extent,
- intensity,
- age of the patient,
- localization.

The major danger of burns is **infection**.

PRINCIPAL MEDICINES

FIRST-DEGREE BURNS

IF
- **pinkish skin**, stinging pains, edema, improvement with applications of cold water
Apis mellifica 30c
1 dose every 2 hours

IF
- **red skin**, burning, giving off heat
Belladonna 30c
1 dose every 2 hours

SECOND-DEGREE BURNS WITH PHLYCTENA

While waiting for the doctor:

IF
- **large vesicles**, filled with a serous liquid, painful
Cantharis 30c
1 dose 3 times a day

IF
- **risk of infection**
Pyrogenium 30c
1 dose twice a day

LOCAL TREATMENT

NELSONS (or AINSWORTHS): BURNS OINTMENT

CUTANEOUS BURNS-SUNBURNS

FIRST DEGREE BURNS

- **Apis mellifica 30c**
- **Belladonna 30c**

SECOND-DEGREE BURNS

- **Cantharis 30c**
- **Pyrogenium 30c**

CONSTIPATION

Constipation is a condition of delayed bowel movements, whatever the cause.

The pharmacist's role consists in:

- eliminating any possible organic cause, and intervening only in established cases of constipation, which have already been investigated.;
- seeking to eliminate wrong eating habits;
- correcting dysfunction due to stress and to careless self-medication (repeated use of laxatives);
- providing the specific medicines indicated.

DETERMINING SYMPTOMS

- frequency of bowel movements (unrelated to any medication)
- consistency of stools
- color
- presence or absence of bloating

The phenomenon of constipation does not involve only the terminal part of the intestine, but the whole of the digestive tract and the organs which play a part in digestion.

Insufficient mastication, poor gastric or pancreatic functioning, hepatobiliary dysfunction, or megacolon or dolichocolon are frequent causes of constipation.

Constipation can also be the result of poor diet or of blockages from various causes, which interfere with the reflex act of defecation:

- auto-suggestion, in patients who decide that they are unable to defecate;
- creation of a reflex action by the repeated administration of suppositories;
- blockage of transit by change of habits, travel, change or absence of activity;
- sedentary lifestyle.

PRINCIPAL MEDICINES

IF

- no urge to stool due to **rectal inertia, dry black stools,**

Opium 30c

1 dose twice a day

IF

- **intestinal paralysis** and rectal inertia; **the stools, even when soft, can only be expelled with great effort**

Alumina 6c

1 dose twice a day

IF

- constipation with no urge to stool, with **voluminous** stools, dry despite presence of mucus

Graphites 6c

1 dose twice a day

IF

- stubborn constipation with gas, **hard stools crumbling around the anus**

Ammonium muriaticum 6c

1 dose twice a day

IF

- **anal spasm** with hard dry stools like sheep droppings, with tenesmus (false urging)

Plumbum 6c

1 dose twice a day

IF

- **constipation with ineffectual urging** in a person eating fast, ingesting excessive amounts of alcohol, coffee, spices (business meals); short-lasting postprandial drowsiness, tongue coated at the back

Nux vomica 6c

1 dose twice a day
medicine of hypertonic constipation

IF

- constipation **when traveling**

Platina 6c

1 dose twice a day

CONSTIPATION

- **Opium 30c**
 - hard black stools
 - rectal inertia
- **Alumina 6c**
 - rectal inertia + intestinal paralysis
 - soft stools, but difficult to expel
- **Graphites 6c**
 - constipation without urging
 - presence of mucus in stools
- **Ammonium muriaticum 6c**
 - hard, crumbling stools
- **Plumbum 6c**
 - "sheep droppings"
 - anal spasm
- **Nux vomica 6c**
 - constipation of "business meals"
 - ineffectual urging
- **Platina 6c**
 - constipation when traveling

ACUTE CORYZA

Acute coryza, commonly referred to as a head cold, is a benign condition occurring following a chill.

It is characterized by the appearance of nasal obstruction with or without discharge. Sneezing is common.

DETERMINING SYMPTOMS

Acute coryza is likely to be contracted when there are marked variations in temperature or seasonal changes.

It may have an epidemic character, during periods when influenza is prevalent.

Coryza may be accompanied by:

- fever,
- headache,
- loss of taste,
- loss of smell.

A cold which is not attended to can become "chesty", and give rise to coughing.

Coryza can be classified in two main forms:

- dry coryza,
- wet coryza.

PRINCIPAL MEDICINES

DRY CORYZA

IF

- dryness of the nasal mucosa
- **red and warm face**

Belladonna 6c
1 dose 4 times a day

IF

- dryness of the nasal mucosa with
- **complete obstruction** compelling patient to breathe through the mouth

Sambucus nigra 6c
1 dose 4 times a day

IF

- dryness of the nasal mucosa
- **painful obstruction at the root**
- **improvement with discharge**
- sometimes pains in the frontal sinuses
- retrosternal discharge

Sticta pulmonaria 5C
1 dose 4 times a day

WET CORYZA

- **with non-irritant watery nasal discharge**

IF

- **irritant lacrimation**
- red conjunctiva
- eyelids inflamed and stuck together

Euphrasia officinalis 6c
1 dose 4 times a day

- **with irritant watery nasal discharge**

IF

- much sneezing with burning clear discharge, irritating the upper lip
- **improvement with fresh air**
- **presence of a non-irritant ocular discharge**

Allium cepa 6c
1 dose 4 times a day

IF

- extremely burning and irritant coryza
- **improvement with warmth**

Arsenicum album 6c
1 dose 4 times a day

IF

- **profuse, burning, watery coryza with constriction at the root of the nose**
- red and swollen nose
- sneezing
- lacrimation

Kali iodatum 6c
1 dose 4 times a day

IF

- **excoriating and acrid discharge with fever**
- **shivering along the spine**
- headache like a headband round the head
- heavy eyelids
- **aches and pains**
- absence of thirst (in a context of influenza)

Gelsemium sempervirens 6c
1 dose 4 times a day

- **with thick nasal discharge**

IF

- whitish or grayish, thick, glairy nasal discharge
- diminished hearing
- **cracking in the ears when swallowing or when blowing nose**

Kali muriaticum 6c
1 dose 4 times a day

Kali muriaticum corresponds to the second phase of inflammation.

IF

- non-irritant and profuse nasal discharge, most often yellow but sometimes a homogeneous greenish-yellow
- **dry nose obstructed in the evening and at night**
- **dry cough at night, loose in the morning**
- loss of sense of taste and smell

Pulsatilla 12c

1 dose 4 times a day

- IF
- adhesive, very viscous, greenish-yellow nasal discharge, forming crusts in the nostrils

Kali bichromicum 6C

1 dose 4 times a day

- IF
- greenish-yellow, foul-smelling nasal discharge
- **inflammation and ulceration of the nostrils**
- **hypersalivation**
- **tongue retaining teethmarks**

Mercurius solubilis 6c

1 dose 4 times a day

- IF
- thick, adhesive, yellowish, viscous and thready discharge, forming plugs, with posterior nasal discharge

Hydrastis 6c

1 dose 4 times a day

Hydrastis 3X encourages secretion and loosens mucus. **High dilutions dry them up.**

- **Special cases**

- IF
- **coryza related to ambient humidity** and cold

Dulcamara 6c

1 dose 4 times a day

- IF
- **coryza after getting wet**, with sneezing, articular stiffness, and aching

Rhus toxicodendron 6c

1 dose 4 times a day

- IF
- **spasmodic sneezing in the morning** immediately on rising and during the day

Nux vomica 6c

1 dose 4 times a day

- IF
- pulmonary complications are to be avoided (coryza becoming 'chesty' prescribe

Bryonia alba**9 - 12 - 15 - 30C**

1 dose a day

on 4 consecutive days

- IF
- tendency to infection

Pyrogenium 6c

1 dose twice a day

ACUTE CORYZA

DRY CORYZA

- **Belladonna 6c**
- dryness of mucous membranes
- "tumor - rubor - dolor - calor"

- **Sambucus nigra 6c**
- total nasal obstruction

Sticta pulmonaria 6c

- sensation of painful obstruction at the root of the nose
- urge to blow nose with no result
- improvement when discharge starts

WET CORYZA

NON-IRRITANT WATERY NASAL DISCHARGE

- **Euphrasia officinalis 6c**
- non-irritant watery nasal discharge
- irritant lacrimation

IRRITANT WATERY NASAL

DISCHARGE • **Allium cepa 6c**

- watery nasal discharge irritating the upper lip
- improvement with fresh air
- non-irritant lacrimation

- **Arsenicum album 6c**
- very irritant and intensely burning nasal discharge
- improvement with warmth

- **Kali iodatum 6c**
- profuse burning watery discharge
- constriction at the root of the nose
- swollen red nose

- **Gelsemium sempervirens 6c**
- excoriating discharge
- fever and shivering
- headache
- pains and aches

THICK NASAL DISCHARGE

- **Kali muriaticum 6c**
- thick whitish discharge
- diminished hearing
- cracking in the ears when swallowing or when blowing nose

- **Pulsatilla 6c**
- discharge most often yellow, sometimes green
- nose obstructed at night
- cough dry at night, loose cough during the day
- loss of taste and smell

- **Kali bichromicum 6c**
 - adhesive, viscous, greenish-yellow discharge forming crusts in the nostrils
- **Mercurius solubilis 6c**
 - greenish-yellow nasal discharge with a foul smell
 - inflammation and ulceration of nostrils
 - tongue keeping imprint of teeth
 - hypersalivation
- **Hydrastis 6c**
 - adhesive, viscous, thready, yellowish discharge, forming plugs with posterior nasal discharge
- **Hydrastis 3X**
 - encourages secretions and loosens mucus, whereas higher dilutions dry them up

SPECIAL CASES

- **Dulcamara 6c**
 - coryza related to ambient humidity and cold
- **Rhus toxicodendron 6c**
 - coryza after getting wet, with articular stiffness aches and pains
 - sneezing
- **Nux vomica 6c**
 - spasmodic sneezing immediately on rising
- **Bryonia 9-12-15-30C**
 - 1 dose on 4 consecutive days if coryza becomes "chesty" (beginning of dry cough)
- **Pyrogenium 6c**
 - when infection is present

CRAMPS

Cramps are involuntary, painful, and transient contractions of a muscle or a muscular region.

DETERMINING SYMPTOMS

Suddenness of onset.

Sharp spasmodic pain, becoming paroxysmal (tonic and paralyzing).

Etiology:

The causes are varied, but there is often an accumulation of metabolic waste products (lactic acid) in the muscles.

Cramps occur when there is repeated muscular effort bearing either on a muscle or on a neuromuscular axon, which becomes tetanized by asphyxiation.

This is also the case in elderly patients, in whom the cause is to be sought in a slowing of the circulation (nocturnal cramps).

Certain types of cramp are related to medication, leading to electrolyte imbalance (e.g. potassium depletion due to certain diuretic drugs).

Although they are involuntary, certain types of cramp-like spasmodic muscular contractions are related to psychological factors (emotions, vexations, etc.).

Certain manifestations of a spasmodic and cramping nature are the result of inflammation (pains from hepatic or renal colic, or from spasmodic colitis).

Before any strenuous or sustained effort, sportsmen and women (even amateurs!) must pay careful attention to nutritional factors:

- 1) an ample intake of water;
- 2) rapidly simple sugars to support immediate effort;
- 3) slowly assimilated carbohydrates to accompany prolonged effort;
- 4) restricted intake of proteins (which lead to the production of nitrogenous waste products).

In terms of preventing muscular fatigue, the action of **Arnica** on the muscles and the capillaries helps to limit aches and pains and to prolong effort.

The inclusion of zinc sarcolactate 6X in the **Sporténine** formula counteracts the accumulation of lactic acid in the muscles.

PRINCIPAL MEDICINES

Before taking any medication, one simple measure to help release the contraction is to apply ice or a refrigerant liquid (pulsed or applied) over the neuromuscular area involved in order to induce vasoconstriction.

Extension of the contracted limb can also release the cramp.

IF

- **spasmodic cramping pain in a muscle**
- aggravated by pressure
- improved when drinking cold water

Cuprum metallicum 6c

1 dose depending on the frequency of the attacks

Cuprum is also an excellent medicine for hiccup.

IF

- visceral cramping pain, violent but intermittent
- improved when bending double
- improved by strong pressure
- improved by warmth
- left-sided

Colocynthis 6c

1 dose when the painful episodes occur

IF

- flashing shooting sharp pain, starting and ending rapidly
- improved when bending double (as **Colocynthis**)
- improved by strong local pressure
- improved by warmth
- right-sided

Magnesia phosphorica 6c

1 dose when the spasmodic episodes occur

Magnesia phosphorica acts on the neuromuscular axon and on the smooth and striated muscles; writers and musicians' cramps, etc.

IF

- paroxysmal, cramp-like, acute pain, recurring at regular intervals
- improved by extension

Dioscorea villosa 12c

1 dose every 10 min until improvement

IF

- cramping menstrual pain, with pain proportional to the menstrual flow

Colocynthis is also a medicine for cramping dysmenorrhea if the patient is improved by bending double.

CRAMPS

- **Cuprum metallicum 6c**
 - cramping spasmodic pain
 - aggravated by pressure
- **Colocynthis 12c**
 - violent but intermittent visceral pain
 - improvement when bending double
 - left-sided
- **Magnesia phosphorica 12c**
 - the same, but right-sided
- **Dioscorea villosa 12c**
 - paroxysmal acute pain
 - improved by extension

Actaea racemosa 12c

1 dose every time the pain recurs

- **Actaea racemosa 12c**
 - menstrual pain

DENTAL PROBLEMS

PRINCIPAL MEDICINES**IF**

- **anxiety**, fear of going to the dentist, postponement of appointments

Gelsemium sempervirens 12c

1 dose twice a day

This medicine often helps patients to undergo dental treatment without difficulties.

IF

- **beginning of abscess**, swollen, painful, red mucosa

Belladonna 6c

1 dose 4 times a day

IF

- risk of infection

Pyrogenium 30c

1 dose twice a day

IF

- **tooth extraction**

- **3 days before the intervention**

- for traumatism

Arnica 6c

1 dose twice a day

- for anxiety

Gelsemium 12c

1 dose twice a day

- for hemorrhaging

Phosphorus 12c

1 dose twice a day

- **after the intervention**

- continue

Arnica 30c

1 dose 3 times a day

- to prevent alveolitis, add

Hypericum perforatum 12c

1 dose 3 times a day

- in case of hyperesthesia to pain

Chamomilla 12c

1 dose 3 times a day

IF

- **inflammation of the oral mucosa**, with progressive receding of gums (periodontitis)
 - inflammation, hypersalivation

- infection

Mercurius solubilis 6c

1 dose twice a day

Pyrogenium 30c

1 dose twice a day

- ulceration, burning

Mercurius corrosivus 6c

1 dose twice a day

IF

- inflammation of the maxilla, osteitis

Hekla lava 6c

1 dose twice a day

IF

- inflammation and pains of wisdom teeth

Cheiranthus cheiri 30c

1 dose twice a day

IF

- reflex nausea and vomiting when undergoing dental treatment

Ipeca 30c

1 dose as required

TEETHING IN CHILDREN

DETERMINING SYMPTOMS

Inflammation of the mucous membranes, fever, behavioral disorders due to the pain.

PRINCIPAL MEDICINES

IF

- capricious, unbearable, grumpy, irascible child with one red warm cheek, the other cheek pale and cold, "burning pains in the teeth"

Chamomilla 30c

every 10 minutes, to renew as required

IF

- fever; choose from the medicines for fever

Belladonna 30c

1 dose 4 or 5 times a day

Ferrum phosphoricum 30c

1 dose twice a day

IF

- digestive disorders with diarrhea (due to teething)

Rheum officinale 6c

Podophyllum 6c

1 dose after every bowel movement

- **Gelsemium sempervirens**
anxiety, fear of the idea
- **Belladonna 30c**
beginning of abscess: red,
painful, swollen mucosa
- **Pyrogenium 30c**
to prevent infection

DENTAL EXTRACTION

DAYS BEFORE INTERV.

Arnica 9C
- for traumatism

Gelsemium 12c
for anxiety

•

AFTER INTERVENTION

Arnica 9C and
Hypericum perforatum 15C
to prevent risks of alveolitis

- **Chamomilla 15C**
in case of hyperesthe

INFLAMMATION

- **Mercurius solubili**
inflammation, hype
- **Pyrogenium 9C**
infection
- **Mercurius corrosiv**
ulcerati
- **Hekla I**
- inflammation a
- **Cheiranthu**
inflammatio

eca

omi

5C

- capricious, unbearable,
heek, th
teet "

- **Belladonna 30c** or **Ferrum phosphoricum 30c**
 - when there is fever
- **Rheum officinale 6c**
Podophyllum 6c
 - when accompanied by digestive disorders with diarrhea

DERMATOSIS

The generic name of dermatosis can be applied to all skin diseases.

For the pharmacist, these conditions have the advantage of being readily visible.

Dermatoses range from simple dermatitis (inflammatory reaction of the skin, e.g. insect bites or stings) to much deeper manifestations (chronic eczema) or severe disorders (skin cancer).

DETERMINING SYMPTOMS

- Aspect of the lesions (papules, vesicles, phlyctenae, fissures, scales, consistency and smell of any discharge, scabs, etc.)
- Etiology when direct.
- Modalities of improvement and aggravation of the lesions from scratching, warmth, cold, water, etc.
- Chronic dermatosis related to constitutional factors must be treated by the physician.

In some specific cases, advice from the pharmacist may be sufficient, especially when the etiology is known.

PRINCIPAL MEDICINES

ERYTHEMATOUS AND/OR EDEMATOUS DERMATOSIS

- | | | |
|----|--|--|
| IF | <ul style="list-style-type: none"> - burning edema, stinging, pruritic, pinkish-red - improvement by applying cold water <li style="padding-left: 20px;">insect bites or stings, sunburns, first-degree burns, urticaria | <p style="text-align: center;">Apis mellifica 12c
1 dose 4 or 5 times a day</p> <hr style="width: 50%; margin: auto;"/> |
| IF | <ul style="list-style-type: none"> - burning edema, stinging, pruritic - aggravation by applying cold water <li style="padding-left: 20px;">urticaria of allergic, alimentary, toxic, or contact origin | <p style="text-align: center;">Urtica urens 6c
1 dose 4 or 5 times a day</p> |
| IF | <ul style="list-style-type: none"> - pruriginous erythema of the skin related to cold - sensation of stinging, burning, itching, and tingling <li style="padding-left: 20px;">chilblains | <p style="text-align: center;">Agaricus 6c
1 dose 4 or 5 times a day</p> |
| IF | <ul style="list-style-type: none"> - erythema only - "tumor – rubor – dolor - calor" (tumefaction, redness, pain, heat) <li style="padding-left: 20px;">first-degree burns with Apis | <p style="text-align: center;">Belladonna 6c
1 dose 4 or 5 times a day</p> |

VESICULAR DERMATOSIS

IF

- **small-size vesicles filled with a transparent lemon-yellow liquid**, on a red skin
- improvement by **applying very hot water**
- **no improvement with scratching**
herpes, chickenpox, herpes zoster

Rhus toxicodendron 6c
1 dose 3 or 4 times a day

IF

- vesicular eruption with an **opalescent liquid**
- **scabs on the lesions**, with underlying yellowish serous fluid
herpes, herpes zoster

Mezereum 6c
1 dose 3 or 4 times a day

IF

- vesicles or pustules (like impetigo) situated **around the mouth**

Antimonium crudum 6c
1 dose 3 or 4 times a day

IF

- numerous vesicles grouped together with **itching** of the hands and fingers
palmar and digital dyshidrosis

Anagallis 6c
1 dose 3 or 4 times a day

IF

- **phlyctena** (large vesicle) with **painful scorching sensation**
second-degree burns, bullous herpes

Cantharis 6c
1 dose 3 or 4 times a day

IF

- vesicles containing a **bluish liquid** with burning pruritus
- aggravation from touch
herpes, intercostal herpes zoster

Ranunculus bulbosus 6c
1 dose 3 or 4 times a day

IF

- vesicles exuding a **viscous, golden-yellow liquid**, subsequently becoming covered with small scabs
- aggravation from heat, washing
- improvement with coolness
- situated in the flexion folds (armpits, between the fingers), behind the ears, on the eyelids, around the mouth, on the scalp
- irritation may cause bleeding

Graphites 6c
1 dose 3 or 4 times a day

IF

- fissures related to **hyperkeratosis** (heels, palm of the hands)

FISSURAL DERMATOSIS**Antimonium crudum 6c**

1 dose 3 or 4 times a day

IF

- fissure due to **hyperkeratosis of the skin** (localized on the interior side of the shin)
- **itching**
- varicose ulcers

Fluoricum acidum 6c

1 dose 3 or 4 times a day

IF

- fissure of the **tip of the fingers**, with a dirty aspect
- **with winter recrudescence**

Petroleum 6c

1 dose 3 or 4 times a day

IF

- fissure or crack of the **nipple** during the breast-feeding period
can also be used for bedsores

Castor equi ointment(4% MT in white petrolatum);
apply after cleaning with 60°
alcohol + glycerin (ana)**IF**

- fissure at the **corner of the mouth**
- perlèche

Condurango 6c

1 dose 3 or 4 times a day

IF

- fissure with **clear edges, bleeding** readily if touched, on **yellow** and indurated integument
- situated on the skin or at the **muco-cutaneous junction**
- aggravation from cold, touch
- improvement with warmth

Nitricum acidum 6c

1 dose 3 or 4 times a day

IF

- **slit in the middle of the lower lip**

Natrum muriaticum 6c

1 dose 3 or 4 times a day

SQUAMOUS DERMATOSIS**IF**

- **fine, purpuric, dry scales** (desquamation resembles bran)
- dandruff
- eczema

Arsenicum album 6c

1 dose 3 or 4 times a day

IF

- fine **transparent scales**, tearing off in **large strips**
- with **red underlying dermis which shines as if wet**
- palmar or plantar dyshidrosis

Natrum sulfuricum 12c

1 dose 3 or 4 times a day

IF

- **milk crusts** or **diaper rash** in infants with the following modalities:
sleep lying prone or in a fetal position, with the arms above the head

Medorrhinum 12c

1 dose once a day

CIRCINATE DERMATOSIS**IF**

- dermatosis **in a circular shape**, limited at the outside by a reddish zone, more or less embossed, intact in the center
- mycosis
- circinate herpes

Berberis 6c

1 dose 3 or 4 times a day

DERMATOSIS**ERYTHEMA**

- **Apis mellifica 30c**
 - insect bites or stings
 - sunburns
 - urticaria
 - improvement by applying cold water
- **Urtica urens 6c**
 - the same, but aggravation by applying cold water
- **Agaricus 6c**
 - pruriginous erythema related to cold
 - chilblains
- **Belladonna i2c**
 - "tumor - rubor - dolor - calor"

VESICULAR ERUPTION

- **Rhus toxicodendron i2c**
 - small-size vesicles
 - transparent liquid
 - herpes, herpes zoster, chickenpox
- **Mezereum i2c**
 - vesicles with a cloudy liquid and yellowish serous fluid
 - herpes, herpes zoster, chickenpox
- **Antimonium crudum 6c**

pustules resembling impetigo around the mouth

- **Anagallis 6c**
- vesicles with itching of the hands and fingers

- **Cantharis 12c**
- large vesicles
- scorching pain
- second-degree burns

bullous herpes

Ranunculus bulbosus 12c

vesicles containing a bluish liquid, pruritus

- aggravation from touch
- intercostal herpes zoster

- herpes

Graphites 6c

vesicles exuding a viscous, golden-yellow liquid
often in the folds

- improvement with coolness

FISSURES

- **Antimonium crudum 6c**
- hyperkeratosis (heels)

- **Fluoricum acidum 6c**

with itching

varicose ulcers

Petroleum 6c

tip of the fingers

often related to cold

- **Castor equi ointment**
- fissure or crack of the nipple (breast-feeding)
- bedsores

- **Condurango 30c**
- corner of the mouth

- **Nitricum acidum 12c**
- fissure with clear edges, bleeding readily

- **Natrum muriaticum 30c**
- slit in the middle of the lower lip

SQUAMOUS ERUPTION

- **Arsenicum album 6c**
- fine, purpuric, dry scales (resembling bran)
- dandruff
- eczema

Natrum sulfuricum 30c

fine, transparent scales, in large strips

- shiny red underlying dermis
- palmar or plantar dyshidrosis

- **Medorrhinum 12c**
milk crusts
diaper rash in infants

ERYTHEMATOUS AND/OR EDEMATOUS DERMATOSIS

- **Apis 30c**
- burning, stinging, pruritic edema
improvement with cold applications
- **Urtica urens 6c**
- burning, stinging, pruritic edema
aggravation from cold applications
- **Agaricus 6c**
pruritus related to cold
chilblains
- stings, burns, itching, tingling
- **Belladonna 6c**
pain, heat, tumefaction
- **Medorrhinum 12c**
• diaper rash in infants

VESICULAR DERMATOSIS

- **Rhus toxicodendron 12c**
- small vesicles
light lemon-yellow liquid
improvement by applying very hot water
- no improvement with scratching
- **Mezereum 12c**
vesicles with a cloudy liquid
- scabs and underlying serous fluid
- **Antimonium crudum 6c**
- vesicles around the mouth
yellow serous fluid and scabs
- **Anagallis 12c**
small vesicles, numerous, grouped together, with itching of the hands and fingers
- **Ranunculus bulbosis 12c**
- vesicles with a hematic liquid, pruritic, burning
aggravation from touch
- **Graphites 6c**
- vesicles with a honey-yellow liquid, small scabs
aggravation from heat, washing
improvement with coolness
- **Cantharis 30c**
- burning phlyctenae and pain

FISSURAL DERMATOSIS

- **Antimonium crudum 6c**
Fissures due to Hyperkeratosis
- heels, palms of the hands

- **Fluoricum acidum 12c**
 - fissures with hyperkeratosis (interior side of shin), itching
 - varicose ulcers
- **Petroleum 6c**
 - fissures of the tip of the fingers with winter recrudescence
- **Castor equi ointment**
 - cracked nipple after breast-feeding
 - bedsores
- **Condurango 12c**
 - fissure at the corner of the mouth
 - perlèche
- **Nitricum acidum 12c**
 - distinct fissure on the skin or at the mucocutaneous junction, clear edges
 - bleeding from touch
 - yellow integument
- **Natrum muriaticum 30c**
 - fissure of the lower lip

SQUAMOUS DERMATOSIS

- **Arsenicum album 6c**
 - small scales, like bran

Natrum sulfuricum 30c

- large scales in transparent strips - shiny red underlying skin, as if wet

- **Medorrhinum 12c**
 - milk crusts
 - diaper rash in infants

CIRCINATE DERMATOSIS

- **Berberis 5C**
 - dermatosis with a circular shape
 - peripheral red area
 - intact central area

DIARRHEA

Diarrhea is characterized by frequency and liquidity of stools.

The repeated evacuation of normal stools does not constitute diarrhea.

Diarrhea is not a disease, but a symptom for which the cause or causes must be sought.

As pharmacists, we can only intervene on an ad hoc basis, in cases of acute diarrhea with clear causes.

The treatment of chronic diarrhea must be left to a qualified physician.

Diarrhea can be more or less serious, depending on the age and the general condition of the patient.

Infant diarrhea, which leads rapidly to dehydration, must be halted promptly and receive proper medical attention.

DETERMINING SYMPTOMS

Acute diarrhea from a known cause:

The origin of the diarrhea can be discovered

- either in food or drink taken;
- or in circumstances interrupting or blocking the digestion (e.g. taking cold drinks during digestion, or heatstroke).

Diarrhea can also be related to the abuse of laxatives or of certain medicines (such as colchicine), leading to frothy, acidic stools, due to a phenomenon of osmosis.

Acute diarrhea is often of bacterial or viral origin; it may also be a symptom of parasitic infestation (amebiasis).

The pharmacist must be careful to establish the benign nature of the diarrhea, and can only give treatment advice if the cause is clear.

PRINCIPAL MEDICINES

IF

- exhausting painless diarrhea with foul-smelling gas
- **bloating of the whole abdomen**
- caused by the ingestion of milk, alcohol, acidic food or drinks

China rubra 12c

1 dose after each bowel movement

China is indicated in all cases of loss of organic fluid leading to weakness; it will therefore be of use in all types of diarrhea.

IF

- **brownish** diarrhea (like prune juice), **burning, foul-smelling**, related to food intoxication (spoiled meat, pâté, mussels, sea food, fruit)

Arsenicum album 30c

1 dose after each bowel movement

IF

- **spurting** diarrhea, frequent, **exhausting**, with cold sweats, cramping abdominal pains

Veratrum album 6c
1 dose after each bowel
movement

When traveling abroad, especially in hot countries, it is advisable to have **Arsenicum album** and **Veratrum** to hand, to be taken as first-line therapy.

IF
- diarrhea with stools of **variable consistency** related to the ingestion of cakes, ice-creams

Pulsatilla 6c
1 dose after each bowel
movement

IF
- **half-solid, half-liquid diarrhea**, related to overeating, acidic foods, or after a cold bath interrupting the digestion

Antimonium crudum 6c
1 dose after each bowel
movement

IF
- exhausting watery diarrhea, with cramping pain, very often in the morning **after excessive consumption of fresh fruit** or food intoxication (turista)
- bloating of the right iliac fossa
- nausea

Podophyllum 6c
1 dose after each bowel
movement

IF
- **frothy, fermented stools, green like grass, nausea**
- hypersalivation

Ipecacuanha 6c
1 dose after each bowel
movement

IF
- frothy green diarrhea (**like frog spawn**), irritant, caused by milk (in children who do not tolerate milk)

Magnesia carbonica 6c
1 dose after each bowel
movement

IF
- diarrhea **related to teething** or after excessive consumption of unripe fruit
- sour smell
- brown and clay-like stools

Rheum officinale 6c
1 dose after each bowel
movement

IF
- diarrhea **with mucus**
- urgent, spurting
- aggravated by food, drink

- much rumbling and gas

Aloe 6c
1 dose after each bowel
movement

All these homeopathic medicines can be given as first-line therapy. If normalization does not follow within the next few hours, refer to the physician.

DIARRHOEA

- **China rubra 6c**
 - painless
 - exhausting
 - the whole abdomen is bloated
- **Arsenicum album 30c**
 - burning
 - foul-smelling
 - following food intoxication
- **Veratrum album 6c**
 - ejected in spurts
 - exhausting
 - cramping pains in the abdomen
- **Pulsatilla 6c**
 - variable consistency (from ice-creams, cakes)
- **Antimonium crudum 6c**
 - half-solid, half-liquid
 - following overeating
 - after a cold bath interrupting the digestion
- **Podophyllum 6c**
 - watery
 - exhausting
 - cramping pains
- **Ipeca 12c**
 - green, fermented, frothy (like grass)
 - nausea
- **Magnesia carbonica 6c**
 - green, frothy (frog spawn)
 - caused by milk (children intolerant to milk)
- **Rheum officinale 6c**
 - brown, clay-like
 - due to excessive consumption of unripe fruit
 - teething
- **Aloe 6c**
 - with mucus
 - urgent, spurting
 - much rumbling and gas

CHILBLAINS

A chilblain is an inflammation localized in the extremities (hands, feet, ears, nose).
It is induced by:

- cold;
- slowing of the circulation (over-tight shoes).

Some individuals who suffer from acrocyanosis of the extremities are more sensitive (**Pulsatilla**).

DETERMINING SYMPTOMS

- redness and swelling
- pain
- violent itching
- possible ulceration in a second phase

LOCAL TREATMENT

- where no ulceration: **Arnica** ointment
- where there is ulceration: **Calendula** or 4% **Petroleum** ointment
- where there is itching: 4% **Rhus toxicodendron** ointment

PRINCIPAL MEDICINES

IF

- redness
- **burning with itching**
- **tingling**
- **sensation of icy needles**

Agaricus 6c
1 dose 3 or 4 times a day

IF

- **burning pain, as from red-hot needles, pinkish color**
- **sensitive to the slightest contact**
- **aggravation from heat**
- aggravation at night
- **improvement with cold** or with cold water

Apis mellifica 30c
1 dose 3 or 4 times a day

IF

- bluish or violaceous chilblains
- sensation of **bruising**
- aggravation from the slightest contact

Arnica 30c
1 dose 3 or 4 times a day

IF

- chilblains with **intense burning**
- **improved by heat** or by hot applications

Arsenicum album 6c
1 dose 3 or 4 times a day

IF

- fissured, burning chilblains
- thick skin (heels)

Petroleum 6c
1 dose 3 or 4 times a day

IF

- chilblains with redness and unbearable itching at night
- improvement with movement

Rhus toxicodendron 12c
1 dose 3 or 4 times a day

IF

- chilblains in an individual with venous congestion, mottled skin
- aggravation in a warm room
- improvement in the open air and with exercise

Pulsatilla 6c
1 dose 3 or 4 times a day

CHILBLAINS

- **Agaricus 5C**
 - redness, burning with itching
 - sensation of icy needles
 - improvement with warmth in bed
 - aggravation from cold
- **Apis mellifica 30c**
 - burning pains, as from red-hot needles
 - pinkish color
 - improvement with cold
 - aggravation from warmth, at night
- **Arnica 30c**
 - bluish or violaceous color
 - sensation of bruising
 - aggravation from the slightest contact
- **Arsenicum album 6c**
 - sensation of intense burning
 - improvement with heat, hot applications
- **Petroleum 6c**
 - sensation of burning
 - presence of fissure (heels)
- **Rhus toxicodendron 6c**
 - redness and unbearable itching at night
 - improvement with movement

Pulsatilla 6c

- venous congestion
mottled skin
- improvement with exercising in open air
- aggravation in a warm room

EPISTAXIS

This is a haemorrhage of the mucous membranes of the nasal passages.

DETERMINING SYMPTOMS

The etiology of the nasal hemorrhage should be sought.

The cause can be local:

- blow,
- traumatism,
- cysts inside the nostrils;

or general:

- sunstroke,
- high blood pressure,
- after-effects of infectious diseases.

Some hemorrhages with a general cause represent a physiological means of regulation and should therefore be respected.

To stop the hemorrhage when necessary, the following can be done:

- local pressure on the wing of the nose;
- vasoconstriction from cold (ice cubes);
- implementation of a wick impregnated with an anti-hemorrhagic substance (alginate or hydrogen peroxide).

PRINCIPAL MEDICINES

IF

- small hemorrhage following a **traumatism**

Arnica 30c

1 dose every 10 min until
improvement

IF

- hemorrhage of **shiny bright red blood**

Millefolium 6c

1 dose every 10 min until
improvement

It is possible to alternate **Arnica** and **Millefolium**, 1 dose every 10 minutes.

IF

- tendency to repeated nasal hemorrhages

Phosphorus 12c

1 dose 3 times a week

IF

- nasal hemorrhage **following an infectious disease**

Ferrum phosphoricum 30c

1 dose twice a day

In all cases, **China** is the medicine for loss of physiological fluid.

EPISTAXIS

- **Arnica 30r**
 - hemorrhage following a traumatism
- **Millefolium 6c**
 - hemorrhage of shiny bright red blood
- **Ferrum phosphoricum 30c**
 - hemorrhage due to an infectious disease
- **Phosphorus 12c**
 - tendency to repeated nasal hemorrhages

ALL CASES

- **China 30c**
 - to fight against anemia and fatigue following a loss of physiological or pathological liquid

FEVER

Fever manifests itself as an abnormally high temperature, the sign of a defense mechanism of the organism.

It represents a beneficial and salutary physiological process.

It can become troublesome in some cases (e.g. convulsive attacks in children).

Fever has a certain number of characteristics:

- level of temperature;
- variability (oscillating fever);
- duration.

DETERMINING SYMPTOMS

- high fever 39° - 39°5
- moderate fever 38° - 38°5
- fever with insidious onset, which then becomes continuous

PRINCIPAL MEDICINES

HIGH FEVER WITH RAPID ONSET

IF

- fever related to **exposure to icy cold** (North wind) or following a **sunstroke or heat stroke**
- rosy, **sthenic** person
- thirst for small quantities of cold water
- shivering
- **no perspiration**

Aconitum 30c

1 dose 4 times a day

Aconitum corresponds to fever with shivering.

IF

- high fever, sometimes **fluctuant**
- warm **congestive** face, red when lying, pale when standing
- **sweats**
- aggravation from light
- aggravation from noise

Belladonna 30c

1 dose 4 times a day

Belladonna very often follows **Aconitum** when the fever has set in and the person starts sweating.

MODERATE FEVER

IF

- fever of 38° - 38°5, never more, with progressive onset which is the sign of a less sthenic condition than the two previous medicines
- **moist** skin

- **face which is sometimes pale, sometimes red** depending on the level of the fever
- congestive phenomena, tendency to epistaxis
- possibly painful dry cough

Ferrum phosphoricum 30c
1 dose twice a day

CONTINUOUS FEVER

This type of fever has fully set in and is the sign of a more serious condition of the patient.

IF

- continuous fever
- **thirst for large quantities of cold water**
- **dryness of the mucous membranes**
- **aggravation from the slightest movement**
- improvement with immobility

Bryonia alba 30c
1 dose 4 or 5 times a day

IF

- high continuous fever
- shivering
- **articular pains improved by movement** (the person continuously turns round in bed)
- **intense thirst**
- often starts after getting soaked by rain
- or chill after effort, sweat

Rhus toxicodendron 30c
1 dose 4 or 5 times a day

IF

- continuous fever
- **adynamic**
- **prostrated, dazed, "dim" person**
- shivering and trembling
- **absence of thirst**

Gelsemium 30c
1 dose 4 or 5 times a day

FEVER

- **Aconitum 30n**
 - high fever with rapid onset after exposure to icy cold or after heat stroke
 - no perspiration
- **Belladonna 30n**
 - high fever, rapid change, redness, throbbing

- sweats
- congestive face

- Ferrum phosphoricum 30c
 - moderate fever
 - moist skin
 - face sometimes pale, sometimes red

- **Bryonia alba 30c**
 - continuous fever
 - dryness of mucous membranes
 - thirst for large quantities of cold water
 - aggravation from the slightest movement

- **Rhus toxicodendron 30c**
 - continuous high fever
 - articular pains relieved by movement
 - intense thirst

- **Gelsemium 30c**
 - continuous fever
 - absence of thirst
 - shivering, trembling, prostration

INFLUENZA or INFLUENZAL SYMPTOMS

DETERMINING SYMPTOMS

To be noted:

- aches and pains,
- fever,
- headache,
- shivering.

requent associated symptoms:

- tracheobronchial irritation,
- ocular pains,
- digestive involvement (nausea - sickly feeling - diarrhea).

PRINCIPAL MEDICINES

In all cases, to be taken as soon as possible:

- 1 dose of **Oscillococcinum**; repeat every 6 hours on the first day, then twice a day until improvement.

Follow with:

- 1 dose of **Sulphur 12c**, once only, 1 hour after the last dose of **Oscillococcinum**.

Depending on the symptoms, the following medicines will be added:

IF

- **adynamic fever**
- **prostrated, "dim", dazed person**
- crimson face
- shivering and **trembling**
- intense fatigue
- **absence of thirst**
- headache
- **frontal headache with heaviness of the eyeballs**

Gelsemium 30c

1 doše 3 or 4 times a day

IF

- **adynamic fever**
- **aches, articular pains relieved by movement**
- **intense thirst for cold water**
- (digestive involvement with tense abdomen)

Rhus toxicodendron 30c

1 doše 3 or 4 times a day

IF

- **osseous pains like "broken bones"**
- headache + **pain of the eyeballs with pressure**
- digestive involvement (**aversion for food**)
- **tracheobronchial irritation**

Eupatorium perfoliatum 30c

1 doše 3 or 4 times a day

IF

- painful dry cough (coughing leads to more coughing)
- intense thirst for cold water
- aggravation from movement
- dry mucous membranes

Bryonia alba 30c
1 dose 3 or 4 times a day

SPECIALITIES

- **OSCILLOCOCCINUM** (liver and heart of Muscovy duck, 200K), 1 dose every 6 hours on the first day, then twice a day until improvement
(Known as Hepar et Cordis Barbarae in UK)

INFLUENZA or INFLUENZAL SYMPTOMS

- **Gelsemium 30c**
 - adynamic fever
 - intense fatigue
 - shivering, trembling
 - absence of thirst
 - headache
- **Rhus toxicodendron 30c**
 - adynamic fever
 - aches relieved by movement
 - intense thirst for cold water
- **Eupatorium perfoliatum 30c**
 - osseous pains
 - sensation of broken bones
 - ocular pains
- **Bryonia 30c**
 - painful dry cough (coughing leads to more coughing)
 - dry mucous membranes
 - intense thirst for cold water
 - improvement with immobility
 - pains in the chest

PREVENTIVE TREATMENT OF INFLUENZA

There is no homeopathic vaccine in the classical meaning of the word, but the patient's constitution can be prepared as from the month of October by taking:
1 dose of **Influenzinum 12c** on the first day of the month;
1 dose of **Oscillococcinum** on the 15th of the month;

PREGNANCY NAUSEOUS CONDITIONS - VOMITING

DETERMINING SYMPTOMS

Nausea, vomiting.

PRINCIPAL MEDICINES

IF

- **nausea not relieved by vomiting**, hypersalivation, **clear tongue** and food cravings

Ipeca 12c

1 dose when the nausea occurs

Ipeca is used as an emetic in allopathic treatments.

IF

- **nausea triggered by the slightest smell**, improved when eating, with **hypersensitivity to vexation**

Ignatia amara 12c

1 dose when the nausea occurs

Consider **Ignatia amara** whenever pregnancy is not wanted, or makes the woman ill.

IF

- **irrepressible vomiting**

- hypersensitivity to cooking smells, **craving for vinegar**, pickles, acidic food and drink, aversion for milk

Sepia 12c

1 dose when the nausea occurs

IF

- **nausea or vomiting**

- aggravated by the slightest movement, with disgust for food

Symphoricarpus 12c

1 dose when the nausea occurs

√

In case of associated vertigo, refer to medicines for motion sickness: **Cocculus**, **Tabacum**, **Petroleum**, or try **Tabacum composé** (10 drops 3 times a day, or 3 pellets 3 times a day) and **above all, refer to the physician.**

NAUSEA IN PREGNANCY / HYPEREMESIS

• **Ipeca 12c**

- hypersalivation

- clear tongue

- food cravings

- nausea not improved by vomiting

• **Ignatia amara 12c**

nausea aggravated by smells, improved when eating

hypersensitivity to vexation

- **Sepia 12c**

- irresistible vomiting

- hypersensitivity to cooking smells
 - desire for vinegar, pickles
 - aversion for milk

- **Symphoricarpus 12c**

- disgust for all foods

PREGNANCY URINARY DISORDERS

Pregnant women are often prone to constipation, and to compression of the bladder leading to urinary disorders.

We must above all make sure that level of albuminuria is regularly checked.

PRINCIPAL MEDICINES

IF

- frequent desire to urinate
- with sensation of pressure on the bladder

Sepia 9C

5 pellets 4 or 5 times a day

IF

- burning of the urethra between each micturition or **sensation of a drop of urine escaping after micturition**

Staphysagria 9C

5 pellets 4 or 5 times a day

Staphysagria is often indicated in urinary disorders of pregnancy when **the pregnancy is accompanied by health problems**, or where there is hypersensitivity to vexation, touchiness, repressed emotions.

IF

- pain before, during, and after micturition (cystitis)

Cantharis 9C

5 pellets 4 or 5 times a day

IF

- pains after micturition

Equisetum 5C

5 pellets after each micturition

PREGNANCY: URINARY DISORDERS

- **Sepia 9C**
 - frequent desire to urinate
 - with sensation of pressure on the bladder
- **Staphysagria 9C**
 - burning of the urethra between each micturition
 - or sensation of a drop of urine escaping after micturition
- **Cantharis 9C**
 - pain before, during, and after micturition (cystitis)
- **Equisetum 5C**
 - pains after micturition

PREGNANCY GASTRIC DISORDERS

These disorders are related to compression of the stomach which engenders problems of reflux, hyperacidity, burning.

PRINCIPAL MEDICINES

IF

- acidity is predominant

Robinia 6c

1 dose 3 or 4 times a day

IF

- burning is predominant

Iris versicolor 6c

1 dose 3 or 4 times a day

PREGNANCY: GASTRIC DISORDERS

- **Robinia 5C**
- if acidity is predominant
- **Iris versicolor 5C**
- if burning is predominant

HERPES LABIALIS

DETERMINING SYMPTOMS

Eruption of pruritic clusters of vesicles, commonly known as fever blisters.

PRINCIPAL MEDICINES

- IF**
- vesicles containing a clear liquid, lemon-colored, on an erythematous base, with **much itching**
Rhus toxicodendron 12c
1 dose 4 or 5 times a day
- IF**
- vesicles containing an opalescent liquid, subsequently becoming covered by a scab with underlying pus
Mezereum 12c
1 dose 4 or 5 times a day
- IF**
- aspect of bullae (phlyctenae) with clear liquid (large vesicles)
Cantharis 12c
1 dose 4 or 5 times a day
- IF**
- stinging, burning edema improved by cold
Apis mellifica 12c
1 dose 4 or 5 times a day
- IF**
- constant suppuration of the vesicles
Mercurius solubilis 6c
1 dose 4 or 5 times a day
- IF**
- recurrent herpes, use **Vaccinotoxinum** which is prepared from the smallpox vaccine according to the principle of similarity of lesions, one dose in 30c at the very beginning of the bout of herpes

Recurrent herpes indicates a constitutional problem, which requires a medical opinion (**Natrum muriaticum, Thuja**).

Factors triggering a bout of herpes are very often related to exposure to the sun, vexations, tiredness.

HERPES LABIALIS

- **Rhus toxicodendron 12c**
- vesicles with clear liquid
- itching

- **Mezereum 12c**

- vesicles with opalescent liquid, scabs

- **Mercurius solubilis 12c**

- vesicles + suppuration

- **Apis mellifica 12c**

- stinging burning edema, relieved by cold

- **Cantharis 12c**

- bullae

- **Vaccinotoxinum**

- 1 dose in 30c at the beginning of the bout of herpes

SUNSTROKE - HEAT STROKE

These terms are often confused.

Sunstroke is directly related to **exposure to the sun** and may therefore lead to **cutaneous burns**.

Heat stroke is directly related to **prolonged exposure** to heat, for example confinement in an overheated atmosphere (e.g. car left in the sun); there are therefore no cutaneous burns.

DETERMINING SYMPTOMS

Common points of these two conditions:

- cephalic congestion,
- shivering,
- hyperthermia,
- blocked digestion ± vomiting.

In more advance conditions, the following can be seen:

- dazed condition,
- delirium,
- loss of consciousness,
- signs of dehydration.

√

While waiting for the doctor:

- get the person out of the sun or the heat;
- lie the person down in a cool environment, with the head downwards;
- loosen clothes;
- sprinkle the face with fresh water;
- get the person to drink slowly;
- fan the person.

PRINCIPAL MEDICINES

IF

- sudden **high** hyperthermia
- burning head: red face when lying, pale when standing
- thirst
- **no perspiration**
- agitation
- **anxiety, fear of dying**

Aconitum 30c

1 dose 4 or 5 times a day

IF

- sudden hyperthermia, **high** but **fluctuant**
- crimson face
- **sweating**
- hypersensitivity to light, noise, jolts

Belladonna 30c

1 dose 4 or 5 times a day

IF

- **congestion of the head** with hot flushes and sensation of **bursting**
- red and hot face

- red-veined eyes, red and prominent
- sensation of throbbing and pulsations (temporal vein, carotid artery)
- fixed, dazed stare
- improvement with coolness and cold applications

Glonoinum 30c

1 dose 4 or 5 times a day

IF

- intense thirst
- aggravation from any movement

Bryonia 30c

1 dose 4 or 5 times a day

IF

- adynamic fever
- trembling
- diplopia
- absence of thirst

Gelsemium 30c

1 dose 4 or 5 times a day

SUNSTROKE - HEAT STROKE

- **Aconitum 30c**
 - sudden hyperthermia
 - no perspiration
 - agitation
 - anxiety
- **Belladonna 30c**
 - sudden hyperthermia
 - sweating
 - hypersensitivity to light, noise
- **Glonoinum 30c**
 - congestion of the head
 - sensation of bursting improved by cold applications
- **Bryonia 30c**
 - intense thirst
 - aggravation from the slightest movement
- **Gelsemium 30c**
 - absence of thirst
 - trembling

SURGICAL INTERVENTIONS

The dominant features of surgical interventions are anxiety and traumatism.

It is possible to give certain medicines which aim at preparing the patient for the intervention and its after-effects.

PRINCIPAL MEDICINES

Preparation before the intervention

- to combat anxiety (avoids anticipation anxiety and gives confidence)

Gelsemium 30c
1 dose twice a day

- to reduce hematomas

Arnica 30c
1 dose twice a day

- to avoid hemorrhaging

Phosphorus 30c
1 dose twice a day

- to limit hemorrhaging

China 30c
1 dose twice a day

- to help with hepatic detoxification following anesthesia

Nux vomica 30c
1 dose twice a day

These medicines can be started one week before the intervention, 12c of each twice a day.

After-effects of surgical intervention

- to continue taking for one week after the intervention

Arnica 30c
1 dose twice a day

China 30c
1 dose twice a day

Nux vomica 30c
1 dose twice a day

- to help with cicatrization of clean scalpel wounds

Staphysagria 30c
1 dose twice a day

- to diminish side effects specific to anesthesia affecting memory, especially in the case of a long intervention

Opium 30C

1 dose

- in case of keloid scars (rolls), and as soon as they appear

Graphites 6c1 dose twice a day
for 2 or 3 months**LOCAL TREATMENT****Graphites ointment 4%****SURGICAL INTERVENTIONS****PREPARATION**

- **Gelsemium 12c**
- to combat anxiety
- **Arnica 30c**
- to reduce hematomas
- **Phosphorus 30c**
- to avoid hemorrhaging
- **China 30c**
- to reduce hemorrhaging
- **Nux vomica 30c**
- to help with hepatic detoxification following anesthesia

AFTER-EFFECTS OF SURGERY

- **Arnica 30c**
- continue taking for one week after surgery
- **China 30c**
- continue taking for one week after surgery
- **Nux vomica 30c**
- continue taking for one week after surgery
- **Staphysagria 30c**
- helps with cicatrization of clean scalpel wounds
- **Opium 30C**
- to diminish side effects of anesthesia affecting memory
- **Graphite 6c**
+ **4% Graphites ointment locally**
- in case of keloid scars, as soon as they appear

HEAVY LEGS – VARICOSE VEINS

Heavy legs are a consequence of venous stasis.

There can also be accompanying varicose veins: a permanent dilation of the veins with loss in elasticity and alteration of the walls.

Heavy legs and varicose veins are usually aggravated by heat and by standing with little movement, and may lead to edema, especially of the ankles at the end of the day, due to slowing of the venous return.

Venous insufficiency is very often the cause of cramps, especially at night.

Pregnant women are likely to develop varicose veins, because of compression of the venous return.

DETERMINING SYMPTOMS

- heaviness of the legs,
- tingling,
- cramps,
- **varicose veins** (violaceous ecchymoses);
- phlebitis is to be suspected in case of any local or general induration of the leg with pain; refer to the physician for diagnosis and treatment.

PRINCIPAL MEDICINES

IF

- heavy legs with **bursting pains**
- aggravation in a vertical position
- **improvement with the legs higher up**

Vipera redi 30c

1 dose twice a day

IF

- heavy legs with sensation of **bruising, ecchymoses, painful varicose veins**

Arnica 6c

1 dose twice a day

IF

- **edema of the leg with sensation of burning**
- **improved by cold applications**

Apis mellifica 12c

1 dose twice a day

IF

- venous congestion of the extremities
- **mottled legs**
- **aggravation from heat**
- **improvement with rest, with fresh air**

Pulsatilla 12c

1 dose twice a day

Two useful drainage medicines for heavy legs, in low dilution: **Hamamelis** and **Aesculus 6X**, 20 drops 3 times a day.

To be noted: two medicines for the venous tissue likely to counter loss in elasticity of the supporting tissues:

IF

- **improvement with warmth and warm applications**

Calcarea fluorica 12c

1 dose twice a day

IF

- **aggravation from heat**
- **improvement with cold applications**

Fluoricum acidum 12c

1 dose twice a day

The fluorine radical is part of the composition of elastic fibers.

HEAVY LEGS – VARICOSE VEINS

- **Vipera redi 12c**
 - bursting pains
 - improvement with legs raised
 - aggravation when standing
- **Arnica 12c**
 - sensation of bruising
 - ecchymoses
 - painful varicose veins
- **Apis mellifica 12c**
 - edema of the leg with sensation of burning
 - improvement with cold applications
- **Pulsatilla 12c**
 - venous congestion of the extremities
 - mottled legs
 - improvement with rest, fresh air
 - aggravation from heat

IN ALL CASES, ADD

- **Hamamelis 6X 20**
drops 3 times a day
- **Aesculus 6X**
20 drops 3 times a day

**EVERYDAY HOMEOPATHY
FOR PHARMACISTS**

Michèle Boiron
Pharmacist

Alain Payre-Ficot
Pharmacist

Part 2

MOTION SICKNESS

Motion sickness is a malaise starting with dizziness, a more or less pale face, and headache. Nausea and very often painful vomiting occur subsequently. Homeopathic medicines, taken preventively (1 dose twice a day) and repeated during the journey, help diminish symptoms without inducing drowsiness.

PRINCIPAL MEDICINES

IF

- nausea, dizziness, vomiting, headache with extreme weakness, aggravation from any movement, improvement with warmth

Cocculus indicus 12c or 30c
1 dose twice a day

IF

- dizziness, nausea, pale face, headache, vomiting, improvement with fresh air, when closing the eyes

Tabacum 12c
1 dose twice a day

IF

- dizziness, nausea, sudden and violent vomiting, headache, improvement when closing the eyes, when eating, and with warmth

Petroleum 12c
1 dose twice a day

IF

- nausea, sensation that vomiting would bring relief, aggravation when eating, improvement with sleep

Nux vomica 12c
1 dose twice a day

MOTION SICKNESS

- **Cocculus indicus 12c or 30c**
 - nausea, dizziness, vomiting
 - aggravation from any movement

- **Tabacum 12c**
 - dizziness, nausea, pallor
 - improvement with fresh air and with the eyes closed

- **Petroleum 12c**
 - dizziness, nausea, violent vomiting
 - improvement with warmth, when eating, with the eyes closed

- **Nux vomica 12c**
 - nausea, sensation that vomiting would bring relief
 - aggravation when eating

SORE THROAT

The pharmacist can only give advice for sore throat of sudden and recent onset, corresponding to an inflammation related to a chill, or in the context of an influenza epidemic.

DETERMINING SYMPTOMS

As it is not possible for the pharmacist to make a direct assessment of the inflammation, the determining symptoms to be borne in mind are the following:

- etiology;
- nature of the pain;
- specific sensations;
- localization as defined by the patient;
- accompanying general signs (fever).

√

As pharmacists, we can only intervene on an ad-hoc basis. If there is no rapid improvement, refer systematically to the physician.

PRINCIPAL MEDICINES

IF

- pain with sensation of throbbing
- sensation of local heat
- **dryness of the mucous membranes**
- fever with sweating

Belladonna 30c
1 dose 3 or 4 times a day

IF

- **hypersalivation**
- **thick yellowish tongue (retaining lateral teethmarks)**
- fetid breath

Mercurius solubilis 6c
1 dose 3 or 4 times a day

IF

- **sharp pain radiating to the ears and neck when swallowing**
- **general aches and pains**

Phytolacca 30c
1 dose 3 or 4 times a day

IF

- pain located on the **left**, often shifting to the right
- **difficulty swallowing liquids**, especially hot liquids

Lachesis 30c
1 dose once a day

IF

- **right tonsillitis**

Mercurius proto-iodatus
30c 5 pellets twice a day

IF
 - left tonsillitis

Mercurius bi-iodatus
30c 1 dose twice a day

IF
 - localization on the **right, subsequently shifting to the left**

Lycopodium 30c
 1 dose once a day

IF
 - presence of **stinging, burning pains, relieved by cold drinks**
 - **absence of thirst**

Apis mellifica 30c
 1 dose once a day

√

Our role as pharmacists is to systematically intervene in all requests for self-medication. We must pay special attention to the repetition of symptoms of sore throat and tonsillitis, and to their persistence (hoarseness). In such cases, medical diagnosis is necessary as sore throat is often the beginning of a more severe general condition (eruptive diseases such as scarlatina, acute rheumatic fever, mononucleosis, nephritis, etc.).

SORE THROAT

- **Belladonna 30c**
 - "tumor - rubor - dolor - calor"
 - sweating
- **Mercurius solubilis 30c**
 - fetid breath
 - tongue retaining teethmarks
 - hypersalivation
- **Phytolacca 30c**
 - sharp pains radiating to the ears and neck
 - aches and pains
- **Lachesis 30c**
 - pain on the left, then shifting to the right
 - difficulty swallowing hot liquids
- **Mercurius proto-iodatus 30c**
 - right tonsillitis
- **Mercurius bi-iodatus 30c**
 - left tonsillitis

- **Lycopodium 30c**
 - pain on the right, shifting to the left

- **Apis mellifica 30c**
 - stinging, burning pains
relieved by cold drinks
 - absence of thirst

STYES - CHALAZIA

A sty is an inflammation of one of the sebaceous glands on the margin of the upper or lower eyelid.

A chalazion is a hard and painful red tumefaction of the inner eyelid.

PRINCIPAL MEDICINES

- IF**
- red eye, sensitive to light with tension and **throbbing** pains
Belladonna 30c
1 dose 2 or 3 times a day
- IF**
-red eye (**conjunctivitis**), smarting, sensation of sand in the eyes, eyelids stuck together
Euphrasia 5C
1 dose 2 or 3 times a day
- IF**
- **pinkish inflammation** with edema and stinging pains, **improved by cold**
Apis mellifica c
1 dose 2 or 3 times a day
- IF**
- excoriated eyelid, red, smarting, burning, with oedema, improved by warmth.
Arsenicum album 30c
1 dose 2 or 3 times a day
- IF**
-**inflamed eyelids**, stuck together with a yellowish secretion, itching, relieved by cold applications
Pulsatilla 30c
1 dose 2 or 3 times a day
- IF**
- eyelids stuck together with suppuration
Mercurius solubilis 6c
1 dose 2 or 3 times a day
- IF**
- **node** not evolving towards suppuration
Staphysagria 12c
1 dose 2 or 3 times a day

Staphysagria is the principal medicine for chalazia. If no positive results are obtained, refer to the ophthalmologist.

LOCAL TREATMENT: Irrigate eyes with Euphrasia 3x eye drops

STYES -CHALAZIA

- **Belladonna 30c**
- red eye
- throbbing veins

- **Euphrasia 5C**
 - red eye
 - sensation of sand in the eyes
 - eyelids stuck together
- **Apis mellifica 30c**
 - pinkish inflammation
 - edema
 - improved by cold
- **Arsenicum album 30c**
 - red, burning, excoriated eyelid
 - improved by warmth
- **Pulsatilla 30c**
 - inflamed eyelids, stuck together with yellowish secretions
 - itching
- **Mercurius solubilis 6c**
 - eyelids stuck together with suppuration
- **Staphysagria 12c**
 - node not evolving towards suppuration (chalazia)

OTITIS

Otitis is an acute inflammation of the middle ear, occurring after a chill (from dry cold, or from bathing, etc.), or following a head cold, tonsillitis, or influenza.

DETERMINING SYMPTOMS

Acute otitis media is of abrupt onset.

It is characterized by a violent pain in the auditory canal which rapidly becomes a throbbing pain.

It is accompanied by a raised temperature with shivering and sweating.

√

The pharmacist can only intervene in the congestive phase.

As this phase is short, we must be able to give the appropriate homeopathic medicines very rapidly.

PRINCIPAL MEDICINES

IF

- otitis with **unbearable acute pain** after sudden chill
- warm red pinna of the ear
- **dry skin**
- **high fever with rapid onset**

Aconitum 30c

1 dose 3 or 4 times a day

IF

- otitis with **throbbing pain**
- high fever
- **sweating**
- hypersensitivity to noise

Belladonna 30c

1 dose 3 or 4 times a day

IF

- otitis with sharp pains
- **temperature: 38°, 38°5**
- **moist skin**
- headache

Ferrum phosphoricum

30c 1 dose twice a day

IF

- **pains becoming unbearable** because of hyperesthesia to pain, especially in children, who become aggressive, irritable, **with one red and one pale cheek**
- corresponds to otitis related to teething

Chamomilla 30c

1 dose 3 or 4 times a day

IF

- **stabbing pain**
- aggravated by cold
- sensation of burning (not relieved by warmth)

Capsicum 30c
1 dose 3 or 4 times a day

IF

- **burning** pains
- relieved by warmth

Arsenicum album 30c
1 dose 3 or 4 times a day

OTITIS

- **Aconitum 30c**
 - unbearable acute pains
 - warm red pinna of the ear
 - high fever with rapid onset
- **Belladonna 30c**
 - throbbing pains
 - high fever
 - sweating
 - hypersensitivity to noises
- **Ferrum phosphoricum 30c**
 - sharp pains
 - temperature 38° - 38°5
 - moist skin
 - headache
- **Chamomilla 12c**
 - unbearable pains in children, related to teething
- **Capsicum 30c**
 - stabbing pain, aggravated by cold
 - sensation of burning
 - not improved by warmth
- **Arsenicum album 30c**
 - burning pains
 - relieved by warmth

OXYURIASIS

Oxyuriasis is the infestation of the digestive tract by oxyurids, small round worms, which may be found in the stools.

The most common locations of oxyurids within the digestive tract are around the ileocecal valve, and in the terminal segment of the intestine.

The condition is most common in children.

There is usually an exacerbation of symptoms at times of moon changes (new and full moons), which correspond to the hatching of the eggs and the release of toxins.

Certain children seem to be infested more often than others, according to a constitutional predisposition.

Etiology

Contamination occurs principally via the fingernails and the ingestion of the eggs, hence the need for strict measures of hygiene.

Prophylactic measures include brushing the nails, and changing underwear (including pyjamas) daily.

DETERMINING SYMPTOMS

Oxyuriasis is revealed by three types of disturbances:

- digestive disorders: bad breath, nausea, vomiting;
- nervous disorders: irritable and insomniac children, with night terrors, grinding of teeth, or convulsions;
- general disorders: coughing with constant clearing of the throat, itching (principally anal), rubbing of the nose.

PRINCIPAL MEDICINES

In homeopathy, there are no worm-killing medicines; these will be used in cases of massive infestation.

IF

- the child is aggressive, sullen, with rings under the eyes
- grinding of teeth at night
- abdominal pains around the navel
- urinary incontinence at night
- itching of the anus
- itching of the nose
- dry cough with attempts to clear the throat

Cina 6c

1 dose 2 or 3 times a day

In case of constitutional problems, **Cina** can be given in **30c**, one dose per week or every other week.

IF

- pale face, bad breath
- headache, palpitations

Spigelia anthelmia 6c
1 dose 2 or 3 times a day

IF

- agitated child, who fidgets and constantly moves his hands, insomniac with nights terrors
- aggravation with the new moon

Kali bromatum 6c
1 dose 2 or 3 times a day

This medicine is also indicated in cases of sleepwalking.

OXYURIASIS

- **Cina 6c**
 - aggressive child
 - rings under the eyes
 - abdominal pains
 - itching of the anus
 - dry cough
- **Spigelia anthelmia 6c**
 - pale face
 - bad breath
 - palpitations
- **Kali bromatum 6c**
 - agitated child
 - night fears
 - aggravated with the new moon

FELON / PARONYCHIA

Felon is an inflammation of the fingertip, following a scratch, a sting or a piercing wound, and which becomes infected.

There are several stages of felon from superficial circumscribed whitlow to deep felon involving the synovial sheaths of the bones and joints of the fingers.

DETERMINING SYMPTOMS

These depend on a visual evaluation, and essentially on the evolution which can be predicted, but also on an appreciation of the general condition.

√

The pharmacist is only competent to deal with cases of superficial felon, which do not require any surgical intervention.

LOCAL TREATMENT

Repeated, warm, local baths, or damp dressings with **Calendula MT**
Local applications of **Cyrtopodium** ointment, or better still, **Onguent KLC** (**Cyrtopodium 1X**, **Myristica sebifera 1X**, Venice turpentine, colophony, etc.)

PRINCIPAL MEDICINES

- IF**
- inflammation with redness and **throbbing pains**
 - "tumor - rubor - dolor - calor"
- Belladonna 30c**
1 dose 3 or 4 times a day
- IF**
- red shiny finger, with **stinging pains** as from red-hot needles
 - hypersensitivity to touch
 - aggravation of the pain from heat
 - **improvement with cold**
- Apis mellifica 30c**
1 dose 3 or 4 times a day
- IF**
- inflammation following stings or bites, or from puncture of the skin without bleeding
- Ledum palustre 5C**
1 dose 3 or 4 times a day
- ◇
- In all cases**
- Myristica sebifera 5C**
1 dose 3 or 4 times a day

is the principal medicine for felons, as it facilitates the opening of the abscess and the drainage of pus.

◇

helps with draining of the discharge after excision

Calcarea sulfurica 6c
1 dose 3 or 4 times a day

◇

stops the infection

Pyrogenium 30c
1 dose twice a day

FELON

LOCALLY

- **Calendula MT**
 - repeated warm baths, or damp dressings
- **Belladonna 30c**
 - inflammation with redness
 - throbbing pains
 - "tumor - rubor - dolor - calor"
 - improvement with warm applications
 - aggravation from cold
- **Apis mellifica 30c**
 - shiny red finger
 - stinging pains as from red-hot needles
 - improvement with cold
 - aggravation from warm applications
- **Leđum palustre 5C**
 - inflammation following stings or bites, or puncture of the skin without bleeding

IN ALL CASES

- **Myristica sebifera 5C**
 - facilitates opening of the felon and drainage of pus

AFTER EXCISION

- **Calcarea sulfurica 5C**
 - helps to drain the discharge
- **Pyrogenium 30c**
 - to stop the infection

INSECT BITES OR STINGS

The response of the organism to insect bites and stings varies depending on:

- the nature of the causative agent;
- the location;
- the sensitivity of the individual concerned (allergic reaction).

The pharmacist is often the first to be consulted; he or she must be able to respond with emergency treatment, while waiting for the doctor if necessary.

Any insect bite or sting should be disinfected with diluted mother tincture of **Calendula**, or with another suitable antiseptic, after removing the sting if necessary.

PRINCIPAL MEDICINES

IF

- **burning stinging edema, relieved by applications of cold water** (bee, wasp, horsefly, etc.)

Apis mellifica*
in high dilution - 12c
1 dose 3 or 4 times a day

Because some subjects are particularly sensitive, for example bee-keepers who acquire a sensitivity to bee venom, high (15C) dilutions must always be given.

IF

- **cold, mottled, pale skin**
- **with impression of local paralysis**

Ledum palustre 6c
1 dose 3 or 4 times a day

IF

- **local tissue inflammation, with a deep red color**, burning pain, induration, characteristic of a spider bite (very often following several bites)

Tarentula cubensis 6c
1 dose 3 or 4 times a day

IF

- **acute pains** (e.g. a sting from the spine of the weever-fish)

Trachinus vipera 6c
1 dose 3 or 4 times a day

IF

- **pruritic pains** (jellyfish)

Urtica urens 6c
1 dose 3 or 4 times a day

Some insect bites or stings only worry the patient on the following day, when there is inflammation and red tumefaction of the skin with pain.

While waiting to see the doctor, the following can be useful:

- 1) compresses with 60° alcohol;

* *Apis mellifica* is a mother tincture prepared from the whole bee. *Apium virus* or *Apisinum* is prepared from the venom.

- 2) **Belladonna** ("tumor – rubor – dolor – calor") 6c, 1 dose 3 or 4 times a day;
 3) **Pyrogenium** 30c to avoid infection, 1 dose twice a day, and **Bufo rana** 6c to avoid lymphangitis, 1 dose 3 or 4 times a day.

LOCAL TREATMENT

Apply locally on insect bites or stings:

Apis mellifica MT ana,
Ledum palustre MT ana,
Calendula MT ana.

√

For bites of venomous snakes, try to prevent diffusion of the venom and refer promptly to the physician or the hospital.

INSECT BITES OR STINGS

- **Apis mellifica** 30c
 - stinging burning edema
 - improved by application of cold water
- **Ledum palustre** 30c
 - cold mottled skin
 - impression of local paralysis
- **Tarentula cubensis** 30c
(spider)
 - local inflammation of tissue
 - induration
- **Trachinus vipera** 30c
(weever-fish)
 - acute pains
- **Belladonna** 6c
 - "tumor – rubor – dolor – calor"
- **Bufo rana** 6c
 - to avoid lymphangitis
- **Pyrogenium** 30c
 - to avoid infection
- **Urtica urens** 30c
(jellyfish)
 - pruritic pains

HAY FEVER

Hay fever is a form of spasmodic coryza related to:

- environmental factors (pollens);
- constitutional factors of the patient (allergies).

It can be classified with the more general notion of allergic rhinitis, which also includes allergic sensitivity to dust, acarids, volatile chemical substances, etc.

Hay fever has repercussions on the general state of the patient, due to its persistence and the permanent discomfort it entails (restricted breathing, loss of perception of odor and taste).

DETERMINING SYMPTOMS

- spasmodic sneezing of a periodic nature,
- clear and fluid nasal discharge,
- ocular irritation,
- itching (nose, ears, soft palate).

PRINCIPAL MEDICINES

IF

- **irritant nasal discharge burning** the upper lip (redness)
- non-irritant ocular discharge
- **improvement in cool air**

Allium cepa 6c
1 dose 3 or 4 times a day

IF

- profuse non-irritant nasal discharge
- **irritant, acrid, corrosive lacrimation with redness of the conjunctiva** (eyelids stuck together in the morning)
- **smarting sensation** in the eyes, as from sand

Euphrasia officinalis 6c
1 dose 3 or 4 times a day

IF

- **irritation of the nose and eyes**
- **much sneezing**

Naphtalinum 30c
1 dose 3 or 4 times a day

IF

- profuse watery discharge
- sneezing
- spasmodic cough triggering sneezing
- thready mucus ejected from the nose

Badiaga 6c
1 dose 3 or 4 times a day

IF

- excoriating **burning** discharge
- **improvement with warmth**

Arsenicum album 6c
1 dose 3 or 4 times a day

IF

- modalities identical to **Allium cepa**, but with total loss of sense of smell

Ammonium muriaticum 12c
1 dose 3 or 4 times a day

IF

- non-irritant discharge
- **sneezing in the morning**
- hypersensitivity to smells
- **coryza dry at night, fluent during the day**

Nux vomica 6c
1 dose 3 or 4 times a day

IF

- spasmodic sneezing
- **hypersensitivity to smell of flowers**
- **itching of the soft palate, relieved by applying the tongue**
- aggravation from cold

Sabadilla 6c
1 dose 3 or 4 times a day

IF

- itching of the **nostrils**, of the **roof of the mouth**, of the **auditory canals**

Arundo donax 6c
1 dose 3 or 4 times a day

IF

- congestive headache with dryness of the nasal and pharyngeal mucous membranes
- **burning sensation**
- profuse coryza excoriating the nostrils
- sneezing
- aggravation from odors, noise, movement, light

Sanguinaria canadensis 6c
1 dose 3 or 4 times a day

An association of medicines can be systematically prescribed: **Apis mellifica 12c**, alternately with **Pollens 30c**, 5 pellets in the morning, and **Lung histamine 12c**, 1 dose in the evening.

PREVENTIVE TREATMENT OF HAY FEVER

The repetition of hay fever each year calls for a preventive treatment in order to lessen the effects. Generally speaking, the pharmacist will endeavor to reduce or prevent the allergic inflammatory reaction.

Individual prophylaxis must remain the responsibility of the physician (constitutional treatment and prescription of specific hetero-isotherapeutics, and isolation of the allergen).

Approximately one month before the symptoms start, the following can be recommended:

- in the morning: 100 drops of **Ribes nigrum**, a glycerinated macerate (buds) 1X (cortisone-like action);
- during the day, in alternation:
1 dose of **Pollens 30c** (i.e. every other day);

- 1 dose of **Apis mellifica 12c** (i.e. every other day);
- at bedtime: 1 dose of **Lung histamine 12c**.

HAY FEVER

- **Allium cepa 6c**
 - nasal discharge burning the upper lip
 - non-irritant lacrimation
 - improvement in cool air
- **Euphrasia officinalis 6c**
 - non-irritant nasal discharge
 - corrosive lacrimation
 - sensation of smarting in the eyes
- **Naphtalinum 30c**
 - much sneezing
 - irritation of the eyes and nose
- **Badiaga 6c**
 - profuse watery discharge
 - improvement with warmth, contrary to **Allium cepa**
 - sneezing
- **Arsenicum album 6c**
 - excoriating burning discharge
 - improvement with warmth
- **Ammonium muriaticum 6c**
modalities identical to those of **Allium cepa**, but with total loss of sense of smell
- **Nux vomica 12c**
 - sneezing in the morning
 - hypersensitivity to odors
 - coryza ~~dry~~ at night, fluent during the day
- **Sabadilla 12c**
 - spasmodic sneezing
 - hypersensitivity to odor of flowers
 - itching of the soft palate
 - aggravation from cold
- **Arundo donax 12c**
 - itching of the nostrils
 - of the roof of the mouth
 - of the auditory canals
- **Sanguinaria canadensis 6c**
 - congestive headache
 - profuse coryza, excoriating the nostrils
 - sneezing
 - aggravation from odors, noise, movement, light

IN ADDITION, SYSTEMATICALLY PRESCRIBE

- **Apis mellifica 15C**
- + **Pollens 15C**
- + **Lung histamine 15C**

RHEUMATISM

The dispensing pharmacist cannot treat chronic rheumatism.

Acute rheumatic fever, characterized by fever, inflammation, and redness is considered to be an infectious disease; it is imperative to consult a physician (cardiac complications are possible).

Chronic rheumatism is a common disease, evolving in successive bouts; it can lead to articular deformation, restricted movement, and progressive ankylosis.

From an etiological point of view, chronic rheumatism is linked to constitutional factors, poor diet (leading to metabolic problems), and age-related "wearing down".

Chronic rheumatism is generally aggravated by cold and damp, which are factors causing vasoconstriction.

Patients must consult a physician.

Allopathic treatment is mainly based on sedation of pain with analgesics such as aspirin, or on anti-inflammatory drugs.

This type of therapy may give rise to problems of intolerance: long-term treatment often leads to gastric or colonic problems.

As pharmacists, we can give appropriate advice to follow or to accompany allopathic treatment, enabling the doses of more aggressive drugs to be reduced.

DETERMINING SYMPTOMS

The pharmacist should seek primarily to establish the modalities of appearance or sedation of pain:

- links to movement or absence of movement;
- links to atmospheric conditions, cold, damp, heat, wind, storms, etc.

PRINCIPAL MEDICINES

Advice given by the pharmacist can only concern symptomatic relief.

In acute therapeutics, some homeopathic medicines assist in the sedation of pain.

IF

- rheumatic pains with muscular and articular **morning stiffness**
- **relieved by slow and progressive movement**, recurring at the end of the day
- relieved by warmth and warm applications
- **improvement in dry and hot weather**

Rhus toxicodendron 6c
one dose twice a day

IF

- dull rheumatic pains, **more muscular than articular**
- aggravated by humidity
- improved by dry weather, movement

Dulcamara 6c
one dose twice a day

IF

- articular stiffness, muscular contractions
- aggravated by dry cold
- **improved by damp rainy weather and by warmth**

Causticum 6c
one dose twice a day

IF

- rheumatic pains
- **aggravated before a storm and by static electricity in the air**
- improved after the storm by dry warmth, by movement

Rhododendron 6c

1 dose twice a day

IF

- rheumatic pains with **red, shiny, stiff, swollen joints, pains as from red-hot needles**
- aggravated by warmth, touch, pressure, movement
- improved by rest, by **cold applications**

Apis mellifica 12c

1 dose twice a day

IF

- rheumatic pains with **general stiffness and aches**
- **aggravated by the slightest touch, cold, movement**
- **improved by rest, lying with the head low**

Arnica LM scale

1 dose twice a day

IF

- rheumatic pains
- **aggravated by the slightest movement or touch**
- **improved by rest, strong pressure, when lying on the painful side**

Bryonia alba 9C**1 dose twice a day**

IF

- **rheumatism of the small joints, wrists, joints of the fingers**
- **interphalangeal deformation**

- **first phalanx, extremities**

Actaea spicata 3X

20 drops twice a day

- **second phalanx**

Polygonum aviculare 3X

20 drops twice a day

- **all phalanges**

Caulophyllum 6c

1 dose twice a day

Judicious homeopathic treatments, associated with treatment with trace elements (Mn Cu, Mn Co, etc.), as well as phytotherapy, make it possible to improve the condition of patients suffering from rheumatism and to extend the range of possible movement, and thus to limit the onset of progressive ankylosis, without negative effects on the digestive tract.

- **Rhus toxicodendron 6c**
 - pains with muscular and articular stiffness in the morning
 - improvement with slow and progressive movement, with warm applications

- **Dulcamara 6c**
 - dull muscular pains
 - aggravation from humidity
 - improvement in dry weather and movement

- **Causticum 6c**
 - articular stiffness
 - muscular contractions
 - improvement in humid weather, with warmth
 - aggravation from dry cold

- **Rhododendron 9C**
 - rheumatic pains
 - aggravation before a storm
 - improvement after the storm, with dry heat, with movement

- **Apis mellifica 6c**
 - pains with swollen joints
 - pains as from burning needles
 - aggravation from warmth, pressure, movement
 - improvement with cold applications, with rest

- **Arnica LM**
 - pains with stiffness and general aches
 - aggravation from movement, from cold
 - improvement with rest

- **Bryonia alba 6c**
 - pains with aggravation from the slightest movement or contact
 - improvement with rest, lying on the painful side

- **Actaea spicata 3X**
 - rheumatism of the small joints
 - deformation of the first phalanx

- **Polygonum aviculare 3X**
 - rheumatism of the small joints
 - deformation of the second phalanx

- **Caulophyllum 6c**
 - rheumatism of the small joints
 - interphalangeal deformation

STRESS

Stress is a condition of the organism in response to emotional or physical factors. It is characterized by an exaggeration or an inhibition of the defensive mechanisms of the organism when faced with stimuli which cannot be controlled.

It can be conscious or unconscious, and can lead to a state of excitability or to passivity.

DETERMINING SYMPTOMS

aerophagia - allergic reactions - alopecia areata - anxiety - aphonia - colonopathy - cramps - gastric ulceration - intermittent tetany - irritability - mental confusion - migraine - nervousness - panic attacks - sensation of constriction - sensation of exhaustion - tinnitus - trembling

PRINCIPAL MEDICINES

IF

- hyperexcitability to stimuli leading to excessive irritability
- intolerance of the slightest obstacle
- aggressiveness compensated by excessive eating or drinking (coffee, alcohol, stimulants, etc.)

Nux vomica 6c or 12c

1 dose once or twice a day

Nux vomica corresponds to treatment of stress leading to more stress.

IF

- stress with paradoxical reactions (no apparent link of cause and effect)
- hyperesthesia, hypersensitivity to emotions, hyperemotivity
- improvement with distraction

Ignatia amara 30c

1 dose once or twice a day

It seems that **Ignatia** modifies the threshold of sensitivity to stress.

IF

- stress dominated by fear of "non-achievement"

Argentum nitricum 30c

1 dose once or twice a day

IF

- stress dominated by anxiety

Arsenicum album 30c

1 dose once or twice a day

IF

- state of conflict, mainly psychological, leading to repressed humiliation, indignation, or grief, generating withdrawal and touchiness

Staphysagria

If the cause is remote in time, **Staphysagria 30C**, 1 dose a day, increasing interval with improvement.

If the cause is recent, on 4 consecutive mornings 1 dose in a scale, respectively in 9, 12, 15, and 30C, followed by 1 weekly dose in 30C, increasing interval with improvement.

STRESS

- **Nux vomica 9 or 12c**
 - hyperexcitability to stimuli leading to excessive irritability
 - intolerance of the slightest obstacle
 - aggressiveness compensated by excessive eating or drinking

- **Ignatia 30c**
 - stress with paradoxical reactions
 - hyperesthesia, hypersensitivity to emotions, hyperemotivity
 - improvement with distraction

- **Argentum nitricum 30c**
 - stress dominated by fear of "non-achievement"

- **Arsenicum album 30c**
 - stress dominated by anxiety

- **Staphysagria 30C**
 - state of psychological conflict leading to repressed humiliation, indignation, or grief, generating withdrawal and touchiness

TORTICOLLIS

Torticollis (etymologically, "twisted neck") is caused by a retraction of the sternocleidomastoid muscle.

This retraction leads to a twisting of the neck muscles with an inclination of the head, pain, and restricted movement.

Causes include drafts, chills, or a poor sleeping position.

DETERMINING SYMPTOMS

- pain when attempting to turn the head;
- stiffness and contraction limiting rotational movement;
- head tipped to one side.

PRINCIPAL MEDICINES

IF

- painful contraction and **stiffness of the sternocleidomastoid muscle**
- aggravated by rotational movement

Lachnantes 6c

1 dose 3 or 4 times a day

IF

- stiffness following **getting wet** (sweating from exertion)
- **improved by slow and progressive movement**

Rhus toxicodendron 12c

1 dose 3 or 4 times a day

IF

- pain in the nape of the neck, compelling the person to hold the head pulled back
- tension pain in the cervical or the first dorsal vertebrae
- pain along the arms with numbing

Actaea racemosa 30c

1 dose 3 or 4 times a day

TORTICOLLIS

- **Lachnantes 6c**
 - painful contracture neck and shoulder blades
 - right laterality
- **Rhus toxicodendron 6c**
 - stiffness after getting wet
 - improvement with slow movements
- **Actaea racemosa 6c**
 - pain in the nape of the neck

- improvement when holding the head back
- pains of the cervical vertebrae

- **Arnica 9C pellets**
- in all cases

COUGHS

Coughing is characterized principally by particular sounds, resulting from abrupt and jerky breathing. It is generally a reflex act, but may also be voluntary. It is the sign of a defensive irritation of the respiratory tract, which can involve bronchial irritation with exudative inflammation, and the formation of more or less profuse mucus which is expectorated with the coughing.

The pharmacist should seek to establish:

- etiology;
- chronicity;
- accompanying symptoms affecting the general state (fever, localized pain).

A cough often follows a chill or a cold. In the initial phase, it is generally dry; as it develops, it reaches a mature phase, first without and subsequently with expectoration. If not treated, cough can clear up spontaneously, or degenerate into bronchitis. It can be the symptom of much more serious illnesses, linked to respiratory or laryngeal restriction, a permanent clearing of the throat, or a chronic morning cough; these symptoms are often less striking, and the patient becomes used to them.

A repetitive, chronic cough definitely calls for a medical consultation.

We are often asked to give advice in cases of coughing, and we can do so if we take account of the above considerations. Coughs can also occur in the context of an influenza epidemic, with individual reactive modalities which are often identical to those of the influenza symptoms and thus indicate the same homeopathic medicine (e.g. **Rumex** if the cough is triggered by cold air, with tickling in the larynx).

DETERMINING SYMPTOMS

Coughs are generally classified as follows:

- dry cough
- hoarse cough
- fitful cough
- loose cough

PRINCIPAL MEDICINES

DRY COUGH

IF

- cough starting after exposure to cold and dry wind with
- high fever with sudden onset
- **absence of perspiration**
- agitation

Aconitum napellus 30c
1 dose with the coughing fits

IF

- dryness of the mucous membranes with

- high fever
- redness of the face
- **sweating**
- dejection

Belladonna 6c
1 dose with the coughing fits

IF

- **aggravation from the slightest movement**
- **improvement with immobility**
- **intense thirst**
- dryness of mucous membranes
- pain triggered by coughing

Bryonia 6c
1 dose with the coughing fits

IF

- constant irritation with **tickling in the depression above the sternum**
- **aggravation from inhaling cold air**

Rumex crispus 6c
1 dose with the coughing fits

HOARSE COUGH

Hoarse cough is a non-productive cough, characterized by a change in the tone of the voice, which becomes deep and husky.

IF

- dry, croupy, hoarse cough, with wheezing and respiratory difficulty (**noise resembling a saw cutting through pinewood**)
- **dryness and burning of the throat** with some degree of asphyxia
- aggravation at night around midnight, lying with the head low
- improvement with hot drinks

Spongia tosta 6c
1 dose with the coughing fits

Spongia tosta is an excellent medicine for acute laryngitis and laryngitis stridulosa. To **prevent** laryngitis stridulosa, it is possible to associate **Sambucus nigra, Spongia tosta, Ipeca, Moschus** at short intervals.

IF

- **barking** hoarse cough, starting after a sudden chill
- aggravated by cold drafts
- aggravated at the beginning and end of the night, with perspiration that does not bring relief

Hepar sulph 6c
1 dose with the coughing fits

FITFUL COUGH

Spasmodic cough, often similar to a cock-crow, occurring in volleys.

IF

- violent, **explosive**, spasmodic cough caused by cold air, with
- **choking before the fit**
- **deep red** color of the face
- exhaustion after the fit of coughing, which rejects mucus
- aggravation from cold air
- aggravation at night (the patient puts his nose under the blankets to avoid coughing)

Corallium rubrum 6c

1 dose with the coughing fits

IF

- fitful cough **from laryngeal tickling** with
- **ejection of thready mucus**
- aggravation **before midnight**
in the morning on waking
in a warm room
- improvement when drinking cold water

Coccus cacti 6c

1 dose with the coughing fits

IF

- short, rapid, hurried fitful cough, recurring in bouts, preventing the patient from breathing, with sensation of **laryngeal tickling** as from a feather
- aggravation **at night**
when speaking
when drinking
when laughing
- improvement with warmth of the bed
when holding the abdomen so that the ribs are immobilized

Drosera 12c

1 dose when going to bed

LOOSE COUGH

Loose cough corresponds to the fully-declared or terminal phase of cough. It is characterized by the formation of mucus, variable in quantity, which may or may not be easy to expel.

IF

- accumulation of mucus in the bronchi, difficult to expectorate, with
- noisy and impeded breathing, wheezing
- the person is pale, drowsy, dejected, with fluttering of the wings of the nose
- lips are cyanosed, rings under the eyes
- aggravation **at night**
when lying
- improvement with rejection of mucus
when sitting

Antimonium tartaricum 6c

1 dose 2 to 4 times a day

IF

- asphyxiating, spasmodic cough, accompanied by **nausea and vomiting**
- **much mucus** in the bronchi

- **clear tongue** despite nausea

Ipeca 6c

1 dose 2 to 4 times a day

IF

- **mucopurulent** loose cough with hypersalivation, **fetid breath**
- **tongue retaining teethmarks**, with yellowish coating at the base
- viscous perspiration which does not bring relief
- aggravation at night

Mercurius solubilis 6c

1 dose 2 to 4 times a day

IF

- loose cough during the day, dry at night
- **loss of sense of taste and smell**
- **improvement with fresh air**

Pulsatilla 6c

1 dose 2 to 4 times a day

- **Low dilutions (6c) are used to encourage difficult expectoration.**
- **High dilutions (12c and more) are used to diminish bronchial hypersecretion.**

COUGH

DRY COUGH

- **Aconitum napellus 30c**
 - sudden high fever
 - absence of perspiration
- **Belladonna 30c**
 - presence of sweating
 - "tumor - rubor - dolor - calor"
- **Bryonia 30c**
 - aggravation from any movement
 - intense thirst
 - dryness of mucous membranes
- **Rumex crispus 6c**
 - irritation with tickling
 - aggravation from cold air

- barking cough
- aggravation from cold drafts
- sweating does not relieve
- **Spongia tosta 6c**
- dry croupy cough, with wheezing
- noise resembling a saw cutting through pinewood
- dryness, burning of the throat

FITFUL COUGH

- **Corallium rubrum 6c**
- exhausting, explosive cough
- choking during the fit
- deep red face
- aggravation from cold air
(nose under the blankets)
- **Coccus cacti 6c**
- cough due to laryngeal tickling
- ejection of thready mucus
- aggravation before midnight
- **Drosera 12c**
- cough with laryngeal tickling "as from a feather"
- aggravation when speaking, drinking, laughing, etc.
- improvement when holding the abdomen so that the ribs are immobilized[†]

LOOSE COUGH

- **Antimonium tartaricum 6c**
- restricted breathing (from mucus), noisy, wheezing
- pale face
- fluttering of wings of the nose
- **Ipeca 6c**
- asphyxiating cough with nausea and vomiting
- clear tongue
- accumulation of mucus in the bronchi
- **Mercurius solubilis 6c**
- mucopurulent cough
- fetid breath
- tongue retaining teethmarks
- **Pulsatilla 6c**
- loose cough during the day, dry at night
- loss of sense of taste and smell
- improvement with fresh air

ANTICIPATION ANXIETY

DETERMINING SYMPTOMS

Loss of confidence and incapacity when faced with unusually demanding situations (examinations, sports competitions, stage fright, etc.)

PRINCIPAL MEDICINES

1) Preparatory treatment

Should be started 2 to 4 weeks before the worrying event.

IF

- **loss of confidence**, numbing and slowing of mental capacity, sensation of being on a cloud
- impossible to concentrate
- shaking and loss of faculties leading to "**paralysis**" when faced with an ordeal
the student hands in a blank script, a driving test candidate cannot start

Gelsemium sempervirens 30c
1 dose a day

IF

- **agitation, hurried feeling**, fear of non-achievement with impossibility to organize one's ideas and great desire to get things over and done with
the student writes the conclusion before the introduction, or goes off the subject from the start

Argentum nitricum 30c
1 dose a day

IF

- **spasms**, lump in the throat
- **hypersensitivity** to upsets
- **hyperesthesia**
- insomnia
- **paradoxical** and contradictory symptoms

Ignatia amara 30c
1 dose at bedtime

In practice, it is possible to give 1 dose of **Gelsemium 30c** a day or 1 dose of **Argentum nitricum 30c** a day (or even both) for one month before exams are due to start, and one dose of **Gelsemium 30C** once a week (every morning during the actual exam period).

Simultaneously, in cases of loss of sleep, worry, anxiety, 1 dose of **Ignatia amara 30c** at bedtime. It should also be remembered that taking 1 dose of **Ignatia amara 30c** one hour before an oral exam helps to release the lump in the throat characteristic of this situation.

2) Specific cases

IF

- taking a driving test
- performing on stage

Gelsemium 30C
1 dose the day before
1 dose in the morning

ANTICIPATION ANXIETY

- **Gelsemium 6c and 30c (pellets and doses)**
 - anticipation anxiety + "paralysis"

- **Argentum nitricum 30c**
 - hastiness

- **Ignatia amara 30c**
 - lump in the throat

TRAUMA

Traumatism is a condition resulting from an external aggression to the organism. The notion of traumatism is often limited to a sudden and accidental local lesion, but it can also be linked to repetitive actions (e.g. microtrauma, such as tendinitis).

All types of traumatism must be quantified as to their intensity and analyzed in terms of their location.

When the pharmacist is consulted first, homeopathic medication for trauma must be considered as "first aid" treatment.

The patient must subsequently be treated by a doctor.

DETERMINING SYMPTOMS

These are to be observed visually:

- location,
- appearance,
- visible reactive modalities,
- mobility or lack of mobility,
- hemorrhaging.

The subjective appreciation of the patient is also important: nature and intensity of the pain, urge to vomit, memory of the accident.

PRINCIPAL MEDICINES

IF

- **capillaries are affected with ecchymoses in formation**

Arnica 30c
one dose 3 or 4 times a day

It must be given as soon as possible to avoid bruising.

IF

- **capillaries are affected, bruise already formed with dark olive aspect**

Ledum palustre 6c
one dose 3 or 4 times a day

IF

- **traumatism of the bone or of the periosteum with pain and fracture, or tenderness of protruding bones**

Symphytum 6c
one dose 3 or 4 times a day

It can also be used when fractures are slow to heal, in low dilution (6X), in association with

Calcarea phos 6x

IF

- **traumatism of serous membranes, sprains, synovial effusion, aggravation from the slightest movement, improvement with immobility**

Bryonia alba 6c

1 dose 3 or 4 times a day

IF

- **traumatism of tendons, ligaments, aponeurosis**
- with **stiffness and aching when starting movement**
- with **improvement with slow and progressive movement**
- tiredness at the end of the day

Rhus toxicodendron 6c

1 dose 3 or 4 times a day

IF

- **pains and sensation of bruising and aching**, associated with repeated effort causing micro-traumatism (tennis elbow, tendinitis)

Ruta graveolens 6c

1 dose 3 or 4 times a day

IF

- **traumatism of nerve endings** from laceration or puncture wounds, with **irradiation along the nerve**
- loss of sensitivity (torn-out nail, dental pain)

Hypericum perforatum 12c

1 dose 3 or 4 times a day

IF

- **traumatism of the skin** from a **clean cut** (e.g. with a knife or a scalpel)

Staphysagria 6c

1 dose 3 or 4 times a day

IF

- **traumatism of the eye**
 - "black eye", **damaged periorbital subcutaneous tissue**

Ledum palustre 6c

1 dose 3 or 4 times a day

- traumatism of the **eyeball** (tennis ball in the eye)

Symphytum 6c

1 dose 3 or 4 times a day

- **micro-traumatism from visual strain** (prolonged reading, artificial light)
- working at a screen

Ruta graveolens 6c

1 dose 3 or 4 times a day

IF

- traumatism with aching sensation, sensitivity to touch, little or no bruising, localization in the breast or the coccyx

Bellis perennis 6c

1 dose 3 or 4 times a day

TRAUMATISM• **Arnica 30c**

- all types of traumatism

• **Ledum palustre 6c**

- bruises already formed
- black eye

- **Symphytum 6c**
 - tennis ball in the eye

- **Bryonia 6c**
 - synovial effusion

- **Rhus toxicodendron 6c**
 - tendons
 - ligaments

- **Ruta graveolens 6c**
 - tendinitis
 - visual strain

- **Hypericum perforatum 12c**
 - nerve endings (teeth)

- **Staphysagria 6c**
 - clean cuts

- **Bellis perennis 6c**
 - traumatism with aching sensation, little or no bruising

DIGESTIVE DISORDERS

Disorders of the digestive functions may be:

1) Sudden and passing in nature

(indigestion, occasional diarrhea)

These disorders are usually caused by exogenous factors:

- overeating or drinking;
- intolerance to certain foods;
- intoxication;
- blockage of digestion by atmospheric conditions (cold or sunshine), or by emotional factors and vexations.

2) Repetitive in nature

(related to the individual constitution or to poor dietary habits)

The repetition of functional disorders can lead to lesional conditions, stomach ulcers, colitis, hepatic and biliary colic, diabetes, cancer.

√

Our advisory role as pharmacists should be limited to transitory disorders.

Any recurring condition will require a thorough exploration of the digestive functions.

The pharmacist can provide an important service by seeking to pinpoint dietary errors, and by giving appropriate dietary advice.

INDIGESTION

Sudden and transitory blocking of digestive functions.

DETERMINING SYMPTOMS

- general malaise,
- cold perspiration,
- nausea,
- sometimes vomiting, hiccup, followed by colic, diarrhea.

Etiology:

- either food;
- or exogenous factors: cold, heat, exposure to the sun, bath, vexation, etc.;
- or intolerance of certain foods.

PRINCIPAL MEDICINES

IF

- **tongue white all over** (as after drinking milk)
- belching with the taste of ingested foods
- half-solid, half-liquid diarrhea
- aggravation from excessive eating

from cold bath
from heat (sun, heat stroke)

Antimonium crudum 6c

1 dose 2 or 3 times a day

This medicine corresponds to big eaters, more interested in quantity than in quality.

IF

- **tongue white at the back**
- postprandial drowsiness
- sensation of a stone in the stomach
- nausea relieved by vomiting
- aggravation from alcohol
 from tobacco
 from spices
- belching

Nux vomica 6c

1 dose 2 or 3 times a day

This medicine corresponds to individuals who prefer quality to quantity when eating; they are irritable because of their hectic lifestyle.

IF

- **tongue clear or only slightly coated**
- nausea, vomiting (which does not relieve the nausea)
- hypersalivation
- diarrhea after ingestion of unripe fruit
- disgust for all foods

Ipecacuanha 6c

1 dose 2 or 3 times a day

The toxicology includes vomiting.

IF

- digestive function is blocked following **vexation**

Ignatia amara 12c

1 dose 2 or 3 times a day

IF

- digestive function is blocked following **anger**, with **spasms**

Colocynthis 12c

1 dose 2 or 3 times a day

FOOD INTOLERANCE

Indigestion is sometimes related to specific sensitivity of the individual to ingestion of even a small quantity of a given food, or on the contrary to excessive consumption.

PRINCIPAL MEDICINES**IF**

- intolerance of **wine, spirits**, stimulants

Nux vomica 12c

1 dose twice a day

IF

- intolerance of **vinegary** foods

Antimonium crudum 12 c
1 dose twice a day

IF
- intolerance of **fruit**

Arsenicum album 12c
1 dose twice a day

IF
- intolerance of **oysters, garlic, onions**

Lycopodium 12c
1 dose twice a day

IF
- intolerance of **beer**

Kali bichromicum 6c
1 dose twice a day

IF
- intolerance of **fats, cakes, creamy desserts**

Pulsatilla 6c
1 dose twice a day

IF
- intolerance of **spices**

Capsicum 6c
1 dose twice a day

FOOD INTOXICATION

Food intoxication is most often caused by the ingestion of spoiled food (bacterial pollution) or chemically contaminated food (products used for treating fruit and vegetables).

It can also be caused by poisonous foods such as mushrooms.

The pharmacist must therefore seek to ascertain the cause; if this cannot be determined, **refer to the physician.**

PRINCIPAL MEDICINES

IF
- food toxic infection related to meat, spoiled pâté, fish, mussels, seafood
- blackish **foul-smelling burning** diarrhea
- great fatigue

Arsenicum album 6c
1 dose after each bowel
movement

IF
- **spurting** cholericiform diarrhea
- **cold sweating**
- dehydration
- **abdominal cramping pains**

Veratrum album 12c
1 dose after each bowel
movement

RECURRENT DIGESTIVE DISORDERS

√

The repetition of digestive disorders, with or without pain, requires particular care on part of the pharmacist, who should encourage the patient to consult a doctor if necessary.

The questioning will be focused principally on:

- repeated self-medication without lasting disappearance of the disorders;
- the length of time the disorders have been present;
- the location of pain, if present (e.g. pains in the epigastric region often reflect a disorder of the gall bladder);
- the modalities of appearance and disappearance of the pain or the disorders (e.g. stomach ulcer calmed by eating);
- accompanying general signs suggesting the possibility of a more serious condition (e.g. appendicitis if there is pain in the right iliac fossa or more rarely on the left, coated tongue, urge to vomit);
- unspectacular symptoms (e.g. constant dull pain, stubborn constipation, alternating diarrhea and constipation, black stools resulting from hemorrhaging high up in the digestive tract, red stools from low hemorrhaging or from hemorrhoids, or digestive discomfort after meals with nausea, headaches during the biliary digestive phase suggesting possible spasmodic disorders of Oddi's sphincter, or even gallstones.

Taking note of all these symptoms will help the pharmacist to encourage the person to consult a physician rather than resorting to self-medication.

MINOR DIGESTIVE DISORDERS

Certain dyspeptic disorders can be considered as minor, when they occur only occasionally, and are directly linked to food intake or to external circumstances affecting digestion.

1) **Aerophagia**

This term, which is not strictly appropriate, designates the accumulation of air throughout the digestive tract (*aero* = air, *phagein* = to eat).

This presence of air is the result of either:

- swallowing air while chewing;
- swallowing air outside meals through a reflex act;
- formation of gas by fermentation.

According to the location of the air, the condition can be described as

- gastric bloating, when the upper parts are affected;
- colonic bloating, when the lower parts are affected.

2) **Gastric acidity**

PRINCIPAL MEDICINES

Aerophagia

IF

- **general flatulence with bloating of the whole abdomen** which is distended, **bitter taste** in the mouth
- aggravation from touch

- improvement with warmth

China rubra 6c
1 dose twice a day

IF

- dyspepsia with **flatulence above the navel**
- improvement with belching and when fanned
- sometimes paleness, sometimes cyanosis
- **violaceous congestion of the face** (specially after ingestion of alcohol)
- intolerance of wine

Carbo vegetabilis 6c
1 dose twice a day

IF

- spasms of the esophagus with noisy swallowing
- **impression of a lump in the pharynx** rising from below
- belching is difficult and noisy, with a smell of garlic
- constant need to swallow

Asa foetida 6c
1 dose twice a day

IF

- esophageal spasms with **sensation of a foreign body** causing an urge to cough

Abies nigra 6c
1 dose twice a day

IF

- dyspeptic and spasmodic disorders with belching, **short postprandial drowsiness, tongue coated at the back**

Nux vomica 30c
1 dose twice a day

IF

- retention of gas in the lower part of the intestine with **marked tympanites, difficulty passing gas** and spasms of the esophagus, stomach, and intestine

Raphus sativus niger 6c
1 dose twice a day

Raphanus accelerates the expulsion of gas after surgical interventions, in association with **China**.

IF

- intestinal flatulence
- burning of the esophagus with belching and reflux of acidic and burning liquid
- migraine
- **long postprandial drowsiness**
- aggravation around 5 p.m.

Lycopodium 6c
1 dose twice a day

Gastric acidity

IF

- **acidic reflux**, specially at night
- hyperchlorhydria

Robinia pseudo acacia
1 dose 2 or 3 times a day

IF

- **burning** of the entire digestive tract
- belching, nausea, vomiting
- profuse salivation

Iris versicolor 6c
1 dose 2 or 3 times a day

INTESTINAL SPASMS

Spasmodic colitis is essentially a problem for the physician.

The pharmacist is often consulted for intestinal spasms, related to diet.

This condition is favored by summer foods, acidic foods, foods preserved in brine (green olives), vinegar, spices, spicy sausages, by raw acidic fruits (cherries, raspberries, blackcurrants, redcurrants, as well as tomatoes and melons), and by acidic drinks (rosé wine, champagne, and fizzy drinks containing citric acid).

The pharmacist should set out some basic dietary principles.

The daily use of laxatives is a factor which can lead to colitis.

Self-medication with spasmolytic drugs, without taking account of the dangers of an inappropriate diet, is harmful (the spasm should be considered as a defensive reaction to inflammation).

If all the dietary shortcomings cannot be pinpointed, a "plastering" of the digestive tract with conventional protective or absorbent preparations will help protect against the effects of dietary deviations.

PRINCIPAL MEDICINES

IF

- spasmodic disorders with violent **cramping pains, generally left-sided, relieved when bending double**

Colocynthis 30c
1 dose depending on the pain

IF

- spasmodic disorders with violent **cramping pains, generally right-sided, relieved when bending double**

Magnesia phosphorica 30c
1 dose depending on the pain

DIGESTIVE DISORDERS

~~OCCASIONAL DIGESTIVE DISORDERS~~

INDIGESTION

- **Antimonium crudum 6c**
- white tongue (milk)
- belching with the taste of food ingested
- often problems with the quantity ingested

- **Nux vomica 6c**
 - tongue white at the back
 - postprandial drowsiness
- **Ipeca 6c**
 - clear tongue
 - nausea, vomiting
- **Ignatia amara 6c**
 - blocking of digestion following vexation
- **Colocynthis 6c**
 - blocking of digestion following anger

FOOD INTOLERANCE

- **Nux vomica 6c**
 - wine, spirits, stimulants
- **Antimonium crudum 6c**
 - vinegary foods
- **Arsenicum album 6c**
 - fruit
- **Lycopodium 6c**
 - oysters, garlic, onion
- **Kali bichromicum 6c**
 - beer
- **Pulsatilla 6c**
 - fats, cakes, creamy desserts
- **Capsicum 6c**
 - spices

RECURRENT DIGESTIVE DISORDERS

AEROPHAGIA

- **China rubra 6c**
 - flatulence
 - bloating of the entire abdomen
- **Carbo vegetabilis 6c**
 - flatulence above the navel
 - improvement with belching
- **Asa foetida 6c**
 - spasms of the esophagus
 - belching with a garlicky smell
- **Abies nigra 6c**
 - spasms of the esophagus
 - sensation of foreign body, cough
- **Nux vomica 6c**
 - coated tongue at the back
 - postprandial drowsiness
 - dyspepsia

ACCUMULATION OF GAS IN THE COLON

- **Raphanus sativus niger 6c**
 - gas retained in the lower part of the intestine (useful after surgery)
- **Lycopodium 6c**
 - intestinal flatulence
 - burning + acidic reflux
 - migraine

GASTRIC ACIDITY

- **Robinia pseudo acacia 6c**
 - acidic reflux, specially at night
- **Iris versicolor 6c**
 - burning, nausea

SPASMODIC COLITIS

- **Colocynthis 6c**
 - cramping spasmodic pains
 - improvement when bending forward
 - pain on the left

VACCINATIONS

Classical treatment to prevent possible complications: **Thuja** and **Sulphur**. 1 dose of **Thuja 30c** before the vaccination;
1 dose of **Sulphur 30c** 48 hours after the vaccination.

WARTS

Warts are unpleasant and unsightly cutaneous formations.

The following should be assessed:

- localization,
- color,
- consistence.

The principal medicine for warts is **Thuja**, one dose a week in 15C, with the addition of the following medicines:

PRINCIPAL MEDICINES

IF	- flat warts , translucent, very often multiple, like drops of wax	Dulcamara 6c 1 dose twice a day
IF	- hard horny warts	Antimonium crudum 6c 1 dose twice a day
	This is the medicine for plantar warts, in particular.	
IF	- serrated pediculate yellow wart , bleeding easily	Nitricum acidum 6c 1 dose twice a day
	Often used with Antimonium crudum in plantar warts.	
	Depending on the localization, add	
IF	- warts under a nail	Causticum 6c 1 dose twice a day
IF	- warts around a nail	Graphites 6c 1 dose twice a day
IF	- warts on the folds of the fingers	Natrum muriaticum 12c 1 dose twice a day

LOCAL TREATMENT

THUJA MT ana
CHELIDONIUM MT ana
 {**COLLODION** ana
 or 4% **THUJA** ointment
 or 4% **GRAPHITES** ointment

WARTS

- **Thuja 15C**
- in all cases
- **Dulcamara 6c**
- flat translucent warts
- **Antimonium crudum 6c**
- hard horny warts (plantar warts)
- **Nitricum acidum 6c**
- yellow serrated warts, bleeding easily

EPENDING ON LOCALIZATION

- **Causticum 6c**
- warts under a nail
- **Graphites 6c**
- warts around a nail
- **Natrum muriaticum 12c**
- warts on the folds of the fingers

flat warts

Dulcamara 6c

yellow warts

Nitricum acidum 6c

horny warts

Antimonium crudum 6c

warts under a nail

Causticum 6c

warts around a nail

Graphites 6c

HERPES ZOSTER

Herpes zoster is characterized by the appearance on the skin of a number of small blisters on a background of red skin. It is linked to a neurotropic virus.

The pharmacist's advice should be limited to recent and circumscribed cases of zoster, in individuals whose general condition does not seem to be unduly affected.

DETERMINING SYMPTOMS

This condition is distinguished by:

- a unilateral eruption localized along a nerve pathway (intercostal or ocular),
- a sharp, shooting neuralgic pain.

PRINCIPAL MEDICINES

IF

- confluent vesicles with burning
- improved by warmth

Arsenicum album 30c
1 dose 3 or 4 times a day

IF

- vesicles with burning and intense itching, not relieved by scratching
- clear lemon-yellow liquid on a red erythematous base

Rhus toxicodendron 30c
1 dose 3 or 4 times a day

IF

- vesicles with a white, yellowish, thick liquid
- itching, then scabs appear
- aggravation from bed warmth
- improvement with applications of cold water

Mezereum 30c
1 dose 3 or 4 times a day

IF

- large vesicles, bluish-white because containing hematic liquid
- shooting and grinding pains
- aggravation from touch

Ranunculus bulbosus 30c
1 dose 3 or 4 times a day

IF

- large vesicles, smarting, burning
- aggravated by water
- improved by cold

Cantharis 30c
1 dose 3 or 4 times a day

IF

- intense pain of nerve endings going from the periphery to the center (**centripetal direction**)
- aggravation from touch
- aggravation from jolts

Hypericum perforatum
15C 1 dose 3 or 4 times a day

The *Arnica* of the nerves.

ZOSTER

- **Arsenicum album 30c**
 - confluent vesicles with burning
 - improvement with warmth and warm applications
- **Rhus toxicodendron 30c**
 - vesicles with burning and itching not relieved by scratching
 - clear lemon-yellow liquid
- **Mezereum 30c**
 - vesicles with thick white liquid
 - aggravation from bed warmth
 - improvement with application of cold water
- **Ranunculus bulbosus 30c**
 - large vesicles
 - hematic bluish-white liquid
 - shooting and grinding pains
 - aggravation from touch
- **Cantharis 30c**
 - large burning vesicles
 - improvement with cold applications
- **Hypericum perforatum 15C**
 - intense pain of nerve endings (centripetal direction)
 - aggravation from touch
 - aggravation from jolts
 - "the *Arnica* of the nerves"

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Michèle Boiron
Pharmacist

Alain Payre-Ficot
Pharmacist

EVERYDAY HOMEOPATHY FOR PHARMACISTS

The pharmacist occupies a key position between patient and physician, and must have access to necessary additional training and to appropriate reference works, in order to be able to offer **prompt and effective advice to his or her customers.**

The present work, **written by pharmacists for pharmacists**, represents the sum of the practical experience of the authors.

The section on **homeopathic therapeutics** serves as a basis for offering informed advice on the treatment of various common complaints and disorders; the summary at the end of each chapter helps the pharmacist to pinpoint the most appropriate homeopathic medicine to recommend on the basis of one or more key symptoms, or in terms of a particular disease. The clear and thorough presentation of **homeopathic materia medica** is also a valuable aid for the pharmacist.

The authors **Michèle Boiron** and **Alain Payre-Ficot** are both pharmacists deeply devoted to homeopathy. They are holders of the first university qualification in homeopathy granted by a French university: the diploma of the Faculty of Pharmacy in Lyon, initiated in 1976 by Professors Georges Netien and Jean Raynaud. Professor Raynaud has kindly contributed a preface to the present work.

EVERYDAY HOMEOPATHY FOR PHARMACISTS

Michèle Boiron
Pharmacist

Alain Payre-Ficot
Pharmacist

Part 3

MATERIA MEDICA

ACONITUM NAPELLUS

Aconite

Ranunculaceae

High temperature

with sudden onset after exposure to dry cold

Acute anxiety

Hypertension

Neuralgia

Febrile disorders:

High temperature with sudden onset after exposure to dry cold. Dry warm skin; intense thirst; anxious agitation; dry cough.

hoarseness, croupy cough.

Otitis with unbearable pain.

heat stroke - sunstroke.

Neurological disorders:

Intense neuralgia with tingling and numbness, in particular of the trigeminal nerve. General excitation with fear of death.

Cardiovascular disorders:

Bouts of hypertension with tachycardia and palpitations.

Angina pectoris.

Hemorrhages of bright red blood.

Other disorders:

Amenorrhea, secondary to cold or to a fright.

Aggravation:

- from dry cold,

- around midnight.

Improvement:

- with the onset of sweating (in febrile conditions).

ACTAEA SPICATA

Baneberry
Ranunculaceae

Rheumatism of the proximal interphalangeal joints

Deforming rheumatism of the wrists and fingers (in association with **Polygonum aviculare**).
eumatoid polyarthritis.

Aggravation:

- from movement,
- from damp cold.

AGARICUS MUSCARIUS

Fly agaric
Agaricaceae

Spasms**Facial tics****Chilblains**

Spasms and contractions of the limbs and the body. Senile tremor.

Facial tics, choreic movements.

Very painful chilblains, with stinging and burning (as if pierced by needles).

Cyanosis and tumefaction of the hands, feet, nose, ears.

ALOE

Aloes

Liliaceae

Diarrhea

Hemorrhoids

Urgent spurting diarrhea on waking and immediately after eating or drinking.

Abundant gas.

Involuntary emission of feces.

Burning **hemorrhoids** "like bunch of grapes", bluish, oozing, improved by a cold bath.

- after eating or drinking,
- from beer,
- from heat.

Improvement:

- with cold (local applications on hemorrhoids).

Aggravation:

AMMONIUM MURIATICUM

Ammonium chloride

Rhinitis

Constipation

Sciatica

Rhinitis with clear nasal discharge, irritant, but with the impression of a blocked nose; total loss of smell.

Stubborn constipation with much gas. The stools are hard and crumble into small pieces around the anus.

Sciatica: pains aggravated in a sitting position.

Aggravation:

- from cold,
- in a sitting position.

Improvement:

- when walking,
- in a lying position (for the pains).

ANTIMONIUM CRUDUM

Antimony trisulfide

Overeating Dermatosis

yspepsia after overeating:

Tongue covered with a thick whitish coating on the whole surface.

elching with the taste of the ingested food.

alf-liquid, half-solid diarrhea.

~~Craving for cured meat products and acidic food or drinks, despite intolerance of them.~~

~~Compensatory bulimia: the medicine is used to moderate the appetite in 12c, 1 dose, 3 or 4 times a day.~~

ermatosis:

mpetigo on the face around the mouth.

lard horny warts, particularly **plantar**.

issures related to hyperkeratosis (heels).

Aggravation:

- from overeating,
- from cold baths,
- from radiating heat,
- from vinegary foods.

Improvement:

- with warm applications.

APIS MELLIFICA

Honeybee
Apidae

All types of acute or chronic edema

Pinkish-red edema, with rapid onset, stinging, burning, **relieved by applying cold water**; edema may be local (insect bites or stings) or general.

Sunburn; urticaria; first-degree burns.

Chilblains with burning pain, as from red-hot needles.

Sudden hydrarthrosis of the knee.

Rheumatic pains with swollen red joints.

Sore throat with edema of the uvula, stinging pains.

dematous acute nephritis.

Temperature without thirst.

Eye: pinkish edema, stinging pains, styes, chalazia.

Aggravation:

- from topical or ambient warmth,
- from touch.

Improvement:

- with cold.

ARNICA MONTANA

Leopard's bane
Compositae

All types of traumas
Overexertion
Capillary fragility

Traumas:

All shocks, falls, accidents, wounds, surgery, including preventive treatment (also dental surgery).

Overexertion:

Due to overwork or excessive physical training, with sensations of contusion, bruising, or aching (the bed feels too hard).

Straining of the vocal cords (singers, orators).

Cardiovascular strain: **athletic heart**; bouts of hypertension; the head is warm, congested, the body is cold.

Capillary fragility:

Painful breakage of small peripheral vessels, followed by **hematoma**.

pistaxis.

Nephritis with hematuria.

Painful varicose veins, sensation of bruising.

Bouts of hemorrhoids.

Bluish or violaceous chilblains.

Fever with hemorrhagic phenomena.

All types of hemorrhage. Childbirth: before, during, and after delivery.

Aggravation:

- from the slightest touch,
- from jolts,
- from damp cold.

Improvement:

- with rest,
- in a lying position, with the head low.

ARUM TRIPHYLLUM

Indian turnip
Araceae

Rhinopharyngeal inflammation

Acute rhinopharyngitis, bright red mucosa and throat, with burning irritation, gagging, excoriation.

Very painful laryngitis of singers and orators. Bitonal hoarse voice, hoarseness with constantly changing tone of voice.
Seasonal laryngitis.

Lips: sensation of burning with excoriation that the patient picks at; bleeding.

Aggravation:

- from heat.

ASA FOETIDA

Devil's dung
Umbelliferae

Spasms

Esophageal spasms which make swallowing difficult and noisy.
pression of a lump in the larynx rising from below.

Gastric tympanites. Aerophagia.
ifficult and noisy belching which smells of garlic.

Aggravation:

- from the slightest touch,
- at night.

Improvement:

- in the open air.

BADIAGA

Fresh water sponge
Spongillidae

Spasmodic coryza

Profuse watery coryza with sneezing.

Pertussoid cough with ejection of thready mucus.

Aggravation:

- from cold.

Improvement:

- with warmth.

BERBERIS VULGARIS

Barberry
Berberidaceae

Kidneys
Liver
Gallbladder
Skin
Rheumatism

Kidneys:

Urinary lithiasis; urine output is variable and insufficient; renal pains mainly on the left, sensation of bruising.

Liver - Gallbladder:

Hepatic colic with pains which radiate, disorders of the hepatovesicular functions with nausea, postprandial drowsiness, discolored stools.

Dermatosis with a circular shape, pruriginous, with desquamation in thin flakes; circinate herpes.

Rheumatism:

Gout and articular manifestations in patients suffering from hyperuricemia.
Lumbar and lumbosacral pains.

Aggravation:

- from the slightest jolt.

Improvement:

- with profuse urine output.

BRYONIA ALBA

White bryony
Cucurbitaceae

Inflammation

Dryness of mucous membranes
Exudation of serous membranes
Pains in localized points

Inflammation:

Fever with progressive onset, with thirst for large quantities of cold water. The person seeks to remain immobile, lying on the painful side.
Unstroke, heat stroke.

Dryness of mucous membranes:

Dry cough, painful, tracheitis or bronchitis; intense thirst.
Constipation with dry stools, "as if burnt".

Exudation of serous membranes:

Pleuritis.
Hydrarthrosis, acute rheumatoid arthritis.

Pains in localized points:

Headache with progressive onset, relieved by a tight head-band.
Painful point in the thorax, relieved by strong pressure.
Painful point in the right ovary.
Painful points in the breasts; mastitis, mammary dystrophy.

Aggravation:

- from movement,
- from the slightest touch,
- from heat (except for local pains),
- from meals,
- at around 9 p.m.

Improvement:

- with rest,
- with strong pressure or when lying on the painful side,
- with cold,
- with sweating.

CALCAREA FLUORICA

Calcium fluoride

Asymmetry

Hyperlaxity

Asymmetry:

Osseous dystrophy, upper prognathism, markedly ogival roof of the mouth, irregularly disposed teeth.

Tendency to scoliosis.

Tendency to osteoporosis.

yperlaxity:

Sprains, recurrent lumbago.

oluminous varicose veins.

isceral ptosis.

Aggravation:

- from humidity,
- from rest,
- when starting to move.

Improvement:

- with movement,
- with warmth and warm applications.

CALCAREA SULFURICA

Calcium sulfate

Prolonged painless suppuration

Suppuration of cutaneous lesions:

ick yellow pus.

o pain, no inflammatory signs.

elps to drain pus after excision of a felon.

CANTHARIS VESICATORIA

Spanish fly
Meloideae

Vesicles
Burns
Cystitis

Vesicular eruptions:

bullous, burning; herpes, zoster, eczema, pemphigus, burning pruritus.

Second-degree burns with phlyctena:

from scalding.
from the sun (sunburns, photodermatitis).

Acute cystitis:

With burning pains before, during, and after each micturition.
Nephritis with hematuria, with unbearable pains.

Others:

Aphthae and necrotic ulcerating pharyngitis with intense burning.
Gastritis with burning pyrosis.
Acute keratoconjunctivitis.

Aggravation:

- when urinating.

Improvement:

- with warmth,
- when lying.

CARBO VEGETABILIS

Officinal vegetable charcoal
Wood charcoal

Tympanites
Cyanosis

Gastric and intestinal tympanites (above the navel):

Aggravated in a lying position, from intolerance to alcohol and fatty food, improved by belching.

Cyanosis:

Congestive flushes and erythrocyanosis of the face after ingestion of alcohol, even in small quantities.

Atonic ulcers.

Raynaud's syndrome.

Chilblains.

Acute or chronic **respiratory failure** in elderly patients.

Whooping cough.

Aggravation:

- from alcohol,
- from fatty food.

Improvement:

- with belching,
- on being fanned.

CASTOR EQUI

Horse chestnut (primitive thumbnail of the horse)

Cracks of the nipples during the breast-feeding period.

Bedsore.

CAUSTICUM

Complex chemical substance obtained by distillation of a mixture of freshly slaked lime and potassium bisulfate

Burning of the mucous membranes

Paralysis

Stiffness

Warts

urning of the mucous membranes:

ainful cough, burning in the trachea, radiating pain in the hips.

aralysis:

With premature atrophy and stiffness.

acial paralysis, paralysis of the vocal cords with constant hoarseness, burning and rasping sensation in the larynx. Difficulty swallowing. Constipation.

inary incontinence from effort, when coughing.

Stiffness:

Painful stiffness, **tendinitis, writers' cramp, coxarthrosis**. Improvement in rainy weather and with warmth.

Warts:

Under the nails or on the face.

Senile pruritus improved by scratching.

Painful or pruriginous keloid scars.

Aggravation:

- from dry cold,
- around 3 a.m. and in the evening.

Improvement:

- with warmth,
- in damp weather.

CHEIRANTHUS CHEIRI

Wallflower
Cruciferae

Trismus associated with problems caused by wisdom teeth

CHELIDONIUM MAJUS

Greater celandine
Papaveraceae

Hepatobiliary syndrome
Fixed pain at the lower angle of the right scapula

Constipation with discolored stools.

Postprandial drowsiness.

Local applications of mother tincture as a complement in the treatment of warts.

Aggravation:

- from heat,
- at 4 a.m. and 4 p.m.

Improvement:

- after having ingested warm foods or drinks,
- with pressure.

CINA

Santonica
Compositae

Disorders related to intestinal parasitosis

Umbilical colic, better when lying prone.
Grinding of teeth.
Spasmodic cough, often at night.

Anal and anal pruritus.
Pale complexion of the face and bluish rings around the eyes.
Enuresis.

Aggravation:

- at night,
- with the new moon and the full moon,
- from attention.

Improvement:

- when lying prone.

COCCUS CACTI

Cochineal
Coccidae

Whooping cough

Fitful cough

Whooping cough:

Fully-declared phase.

Fitful cough:

Due to laryngeal tickling with marked catarrh and ejection of profuse thready mucus.

Aggravation:

- in a warm room,
- in the morning.

Improvement:

- in a cold room,
- with cold drinks.

CONDURANGO

Eagle vine
Asclepiadaceae

Perlèche
Gastric ulcers
Anal fissures

Ulcerated fissures at the corner of the mouth and in the anus.

Esophageal and gastric pains with burning.

CORALLIUM RUBRUM

Red coral
Coralliidae

Pertussoid cough

xplosive cough in violent fits, with vomiting of thick thready mucus, leaving the person exhausted. The face flushes scarlet during the coughing fit which is triggered by cold air or eating.

Aggravation:

- from exposure to cool air,
- at night.

Improvement:

- with warmth.

DIOSCOREA VILLOSA

Wild yam

Dioscoreaceae

Visceral pains

or neuralgia relieved by hyperextension

Cramping pains, sudden, acute, paroxysmal, recurring at regular intervals, relieved by hyperextension, aggravated by flexion.

Gastric pains, intestinal or uterine.

Back pains, lumbosacral pains.

Aggravation:

- from flexion.

Improvement:

- with extension.

DULCAMARA

Bittersweet
Solanaceae

Disorders triggered by damp cold
(fog)

Respiratory disorders:
Rhinopharyngitis, bronchitis, asthma after exposure to damp cold.

Digestive disorders:
Diarrhea after a chill:

Cutaneous disorders:
Urticaria from cold.
Translucent flat warts.

heumatic pain aggravated by humidity.

Aggravation:
- from damp cold, rain, fog;
- at night.

Improvement:
- in warm dry weather.

EUPHRASIA

Eyebright
Scrophulariaceae

Irritant lachrimation

Inflammation of the nasal and ocular mucous membranes with lachrimation irritating the conjunctiva, the eyelids, the cornea, sensation of sand in the eyes, with a clear nasal discharge, refuse but not irritant.

Aggravation:

- from heat,
- from light,
- from wind.

Improvement:

- in the dark.

FLUORICUM ACIDUM

Hydrofluoric acid

Demineralization

Ulcers

Varicose veins

demineralization of the osseous tissue, osteoporosis, maxillary necrosis, dental fistulae.
Tooth decay of the roots.

varicose ulcers with burning pains, aggravated by heat, varicose veins, varicose eczema with violent pruritus.

Anal pruritus improved by cold applications.

issure due to hyperkeratosis of the skin (on the shin).

Aggravation:

- from heat,
- from standing.

Improvement:

- with cold and cold applications.

GLONOINUM

Nitroglycerin

Trinitrin

Cerebral congestion

Sudden congestive headache with intense and visible throbbing of the carotid artery, relieved by pressing the head between the hands and by cold applications.

After a sunstroke or in hypertensive patients.

Tachycardia, tachyarrhythmia.

Congestive hypertension.

Hot flushes of the menopause.

Aggravation:

- from radiating heat,
- from jolts,
- from noise.

Improvement:

- in the open air,
- when pressing the head between the hands.

HEKLA LAVA

Lava from Mount Hekla

Exostosis

Neoformative **bony outgrowths**, whatever their causes.
Calcaneus spine.

inflammation of the maxilla, osteitis, arthrosis, hallux valgus.
post-traumatic reactions affecting the periosteum.

HYDRASTIS CANADENSIS

Goldenseal
Ranunculaceae

Hepatovesicular and ENT syndromes

Disorders of the mucous membranes:

rhinitis, sinusitis with secretions that are thick, yellowish, viscous, and posterior nasal flow forming plugs.

Chronic bronchitis of smokers, of elderly patients.

Yellow leukorrhea with pruritus.

Chronic urethritis.

Digestive disorders:

Anorexia with sensation of emptiness in the pit of the stomach and intense weakness not improved when eating.

Aphthosis or oral herpes.

Diarrhea.

Chronic constipation, without urge, after excessive use of laxatives.

Aggravation:

- from cold, in the open air;
- from bread;
- from laxatives.

IGNATIA AMARA

St Ignatius' bean
Loganiaceae

Hypersensitivity to emotions
Paradoxical behavior

depressive disorders:

Postpartum asthenia after an emotion.

depression, **silent grief, deep sighs**; the person cries easily but also changes mood rapidly, switches from laughter to tears and vice-versa; quickly consoled by distraction.

Nervous apprehension with the sensation of a lump in the throat.

Spasmodic functional disorders induced by hyperemotivity:

Digestion is blocked after an upset.

Emotional tachycardia.

Spasmodic cough.

Pains localized in points in the appendicular area (without appendicitis) and in the cardiac area (functional pains).

Spasmodic yawning.

Nausea triggered by the slightest odor, improved when eating.

Aggravation:

- from emotions,
- from stimulants,
- from consolation.

Improvement:

- with distraction,
- with strong pressure (on the painful points).

IPECACUANHA

Ipecac
Rubiaceae

Reflex nausea accompanying all symptoms

Digestive disorders:

Violent nausea with vomiting which does not bring relief, hypersalivation.
Clear tongue, pale face, bluish rings under the eyes or crimson face and dyspnea.
Acute diarrhea, dysenteric, with much mucus, more or less blood-streaked greenish stools, with vomiting, after ingestion of unripe fruit.

Respiratory disorders:

Spasmodic cough with suffocation, nausea and vomiting, whooping cough and pertussoid cough.

hemoptysis of bright red blood with cough, nausea, vomiting.
Reflex nausea when undergoing dental treatment.

Aggravation:

- from cold,
- from humid heat,
- from movement.

IRIS VERSICOLOR

Blue flag
Iridaceae

Burning of the entire digestive tube
Ophthalmic migraine

Gastroesophageal burning, burning reflux right up to the mouth.

ecurrent **ophthalmic migraine** (week-end migraine), preceded by visual fogginess.

KALI BICHROMICUM

Potassium dichromate

Mucopurulent secretions

Ulcerations

Digestive disorders:

Oral aphthosis with deep ulcerations, as if stamped out with a hole-punch. Ulcerations of the soft palate with edema of the uvula.

Round ulcer of the stomach, causing burning, pyrosis.

Intolerance of beer.

Respiratory disorders:

Acute or chronic rhinitis, sinusitis with discharge of thick, greenish-yellow, sticky mucus, forming crusts in the nostrils.

Cutaneous disorders:

Varicose ulcers as if stamped out with a punch-hole.

Dermatosis with scabs and sticky yellow secretion.

eczema of cement workers.

Lesions focused in circumscribed points.

Aggravation:

- from cold, from cool air;
- when undressing;
- from drinking beer.

Improvement:

- with warmth.

KALI BROMATUM

Potassium bromide

Instability

Acne

Oxyuriasis

Mental disorders:

Instability with constant agitation of the hands and fingers.

memory disturbances.

intellectual deiciency after overwork.

difficulty falling sleep and night terrors.

Cutaneous disorders:

Pustular acne, with cysts, leaving scars on the face and the upper back.

Oxyuriasis:

Agitated child, constantly moving hands, night terrors.

Aggravation:

- with the new moon,
- at night,
- from the slightest intellectual exertion.

Improvement:

- when moving (hands and feet),
- when distracted.

KALI IODATUM

Potassium iodide

Rhinitis

Sinusitis

Rheumatism

Respiratory disorders:

Rhinitis with burning watery discharge, profuse, sneezing and lacrimation. The nose is red, swollen, with a constrictive pain at the root of the nose.

Acute sinusitis with pains of the frontal sinuses.

Edema of the uvula, the larynx.

Rheumatism aggravated at night, by warm humid wind.

Osseous pain at night.

Articular pain with a need to move and to be in the open air.

The knees, heels, toes are affected, with **deformities**.

Aggravation:

- at night,
- from heat.

Improvement:

- with fresh air,
- with movement.

KALI MURIATICUM

Potassium chloride

Thick whitish mucus

NT disorders:

Tonsillar crypts with thick whitish caesum, with an unpleasant odor.

ubal catarrh with intermittent deafness, cracking and popping sounds in the ears.

Digestive disorders:

Hepatobiliary dyspepsia with headache and vomiting of white and thick mucus. Tongue covered with a white coating.

Cutaneous disorders:

Post-inflammatory or chronic edema. Painful cellulitic edema.

Eruption of vesicles containing a thick white liquid, followed by fine desquamation (zoster, eczema, herpes).

Aggravation:

- from the cold open air,
- from humidity.

Improvement:

- with dry warmth.

LAC CANINUM

Bitch's milk
Mammals

Contact hypersensitivity of the breasts
symptoms shift from one side to the other

Painful swelling of the breasts before menses, aggravated by touch and jolts, improved during menses.

ilk secretion is too profuse after delivery.

All types of pain or inflammation shifting from one side to the other.

Migraines.

Tonsillitis and sore throat.

Ovarialgia.

Rheumatism.

Aggravation:

- from touch, jolts;
- before menses.

Improvement:

- with cold applications (rheumatism).

LACHESIS MUTUS

Bushmaster
Viperidae

Menopause
Alcoholism
Sore throat

Disorders of the menopause:

Periods are diminished or interrupted for several months with metrorrhagia of blackish blood, hot flushes, spontaneous ecchymoses; throbbing, occipital, left-sided, congestive headache.

High blood pressure.

Disturbance of mood and behavior, alternation of excitement and depression.

Jealousy, suspiciousness.

Sensation of constriction, intolerance to collars, scarves, necklaces.

Disorders of alcoholism:

Digestive disorders of alcoholics, with loss of appetite, painful hypertrophic liver.

Violaceous hemorrhoids.

ENT disorders:

Sore throat shifting from left to right or localized on the left. The mucous membranes are violaceous and it is very difficult for the patient to swallow liquids, especially hot.

Aggravation:

- from diminution or disappearance of a discharge;
- from touch;
- from all types of heat, the sun;
- on waking.

Improvement:

- with onset of a natural or pathological discharge;
- in the open air.

LACHNANTES TINCTORIA

Red root

Haemodoraceae

Torticollis

Cervical neuralgia

Acute torticollis, mainly on the right, stiffness and contracture of the sternocleidomastoid muscle.

All types of cervical pain.

Aggravation:

- from rotation of the cervical spine.

LEDUM PALUSTRE

Wild rosemary
Ericaceae

Traumatic ecchymosis, persistent hematoma
"black eye"

Wounds from piercing (nails, thorns) which do not bleed.

Insect bites or stings. Can be used preventively for people prone to insect bites or stings.
Gout of the large toe. Improvement when walking on a cold floor.

Rheumatism aggravated by heat and in bed.

Aggravation:

- from warmth in bed,
- from movement.

Improvement:

- with cold contact (floor, bath).

LYCOPODIUM

Club moss
Lycopodiaceae

Hepatic and digestive disorders

Abdominal tympanites

postprandial drowsiness and malaise.

tolerance to oysters, garlic, onions.

marked hunger leading to bad mood, but quickly satiated. Hunger at night.

eructation, burning gastroesophageal reflux.

distended abdomen, particularly in the lower part.

Varied disorders in patients with hepatic complaints.

Sore throat: right-sided, moving to the left.

Chronic obstruction of the nose.

impotence, premature ejaculation.

Red sand in the urine.

Irritability.

in infants, digestive problems and anorexia.

In children, cyclic vomiting.

Aggravation:

- from fatty matters,
- from oysters,
- in the late afternoon (5 p.m.).

Improvement:

- with hot drinks,
- in the open air.

MAGNESIA CARBONICA

Magnesium carbonate

Acidic and flatulent dyspepsia

Acute shooting pains

Digestive disorders:

Gastralgia.

Colic with intestinal pain. Improvement when bending double, aggravation with dairy products.

Frothy green diarrhea in infants ("frog spawn") caused by milk.

Tympanites not relieved by passing gas.

Neuralgia:

Improved by walking, strong pressure, hyperflexion.

Sour, acidic sweat.

Blepharitis.

Chronic or recurrent pharyngitis.

Aggravation:

- at night,
- from rest.

Improvement:

- by bending forward,
- with movement.

MAGNESIA PHOSPHORICA

Magnesium phosphate

Spasms

Cramps

Neuralgia

relieved by forced flexion

Spasms with a sudden onset and end, with violent pains making the patient cry out, improved when bending forward, by topical warmth, by strong pressure.

hepatic, renal, intestinal colic.

Uterine spasms (menses).

colicky pains.

Writers' cramp, musicians' cramp.

Spasmodic hiccup.

Neuralgia: facial, with spasms and cramps.

Sciatica improved when flexing the leg onto the pelvis and with warm applications.

Aggravation:

- from cold.

Improvement:

- by forced flexion,

- with warm applications,

- with strong pressure.

MEDORRHINUM

Nosode

Chronic and recurrent infections

ENT:

Rhinopharyngitis.

Sore throat and tonsillitis.

Bronchitis.

Gynecology:

Mucopurulent thick leukorrhea.

fertility of infectious origin.

ostatism and chronic metritis.

Genital and anal condylomata.

In children:

Milk crusts.

Diaper rash.

Warts, especially plantar.

Aggravation:

- during the day,

- from cold.

Improvement:

- at the seaside (humidity);

- when lying prone, or

- with the knees bent onto the chest (children).

MERCURIUS BI-IODATUS

Mercuric iodide

MERCURIUS PROTO-IODATUS

Mercurous iodide

One-sided tonsillitis

on the left for **bi-iodatus**.

on the right for **proto-iodatus**.

MERCURIUS CORROSIVUS

Mercuric chloride

Ulcerative and hemorrhagic lesions

Digestive disorders:

Ulcerative and hemorrhagic gingivostomatitis.

Intense intestinal pains with tenesmus, bloody, glairy stools.

Urogenital disorders:

Acute cystitis with tenesmus and hemorrhaging.

ENT:

Pharyngitis and tonsillitis with burning pains, intense pain when swallowing.

Ulcerative and hemorrhagic tonsillitis.

Keratitis.

Aggravation:

- from the slightest touch,
- at night.

MERCURIUS SOLUBILIS

Prepared from mercuric nitrate, nitric acid, and metallic mercury

Mucopurulent secretions:

"discharges are always foul-smelling"

ENT disorders:

Acute or chronic tonsillitis.

Coryza with corrosive mucopurulent nasal discharge, with much sneezing.

Sinusitis with pains.

umps.

ucopurulent loose cough.

igestive disorders:

Fetid breath.

ongue retaining lateral teethmarks.

ntense thirst despite hypersalivation.

Greenish diarrhea, glairy or blood-streaked.

Dental problems:

Gingivitis, stomatitis, alveolodental pyorrhea.

Trembling of the extremities, aggravated by emotions and tiredness.

Sweating which does not relieve during febrile episodes.

Aggravation:

- at night,
- from damp cold.

Improvement:

- in a moderately warm and dry atmosphere.

MEZEREUM

Mezereon
Thymelaeaceae

Cutaneous eruptions

Neuralgia

Cutaneous eruptions:

herpes labialis with vesicles filled with an opalescent liquid, subsequently covered by a scab with underlying pus.

Impetigo - herpes zoster.

Neuralgia:

intercostal, facial, often post-herpetic.

Osseous pains: maxillary bone, bones of the face, skull, long bones.

Aggravation:

- at night from bed warmth,
- from light touch.

Improvement:

- with warm applications,
- in the open air.

MILLEFOLIUM

Yarrow – “Nose-bleed”

Compositae

Hemorrhages

Spontaneous or traumatic hemorrhages of fluid bright red blood.

Epistaxis.

Hemorrhages replacing menses.

Prevention of hemorrhaging during dental extraction (with **Phosphorus**).

MONILIA ALBICANS

Candida albicans

Mycosis

Candidiasis

Mainly used in the treatment of **recurrent candidiasis, involving the mouth, skin, or vagina**, or mycosis after treatment with antibiotics.

Give doses in a scale: 9-12-15-30 C.

repeat the following month if necessary.

MYRISTICA SEBIFERA

Brazilian ucuba
Myristicaceae

Abscess
Felon

sed to accelerate maturation and suppuration of abscesses and felons (with **Hepar sulfur**).
sed externally, in ointment or compresses.

NAPHTHALINUM

Naphthalene

Coryza

spasmodic coryza with irritant nasal and ocular catarrh, much sneezing, pertussoid cough, asthma.

Senile cataract related to diabetes, high blood pressure, albuminuria.

Improvement:

- in the open air for spasmodic coryza.

NATRUM MURIATICUM

Sea salt

Nutritional disorders

Loss of weight

Dehydration

Depression

Nutritional disorders:

Loss of weight despite a hearty appetite.

Tongue with a "mapped" appearance.

Intense thirst:

Craving for salt or salty food or total rejection of salty food with stubborn constipation, dry and hard stools.

Physical and intellectual fatigue. Headache.

Convalescence after a severe disease.

Cutaneous disorders:

Dehydration of the skin with a withered aspect, premature ageing, or oily skin.

Warts in the folds.

Vertical fissure in the middle of the lower lip.

Acne with comedones on the face.

Solar urticaria.

Herpes labialis.

Depression:

Hyperemotivity, depression aggravated by consolation.

Aggravation:

- at the seaside,
- from the sun and heat,
- from grief,
- from consolation.

Improvement:

- in the open air,
- with perspiration.

NATRUM SULFURICUM

Sodium sulfate

Tendency to imbibition of the tissues

Warts

Chronic mucopurulent excretions

Depression

Water retention - cellulitis (particularly abdomen and thighs).

Watery morning diarrhea.

Flatulence.

Catarrh of the mucous membranes with yellow and greenish secretions; all types of bronchopneumopathy **aggravated by humidity.**

Coxarthrosis and chronic lumbago with articular stiffness, improved by movement, aggravated by humidity.

Desquamative dermatosis with large fine and transparent scales, with shiny red underlying dermis.

Palmar or plantar dyshidrosis.

ostconcussional syndromes: irritability, depression, stubborn pains.

Aggravation:

- from cold or warm humidity,
- from immobility.

Improvement:

- with dry weather,
- by changing position,
- after profuse stools or by passing wind.

NITRICUM ACIDUM

Nitric acid

Ulcerations

Splintering pains

Chronic catarrh of the mucous membranes

Cutaneous disorders:

Eczema with fissures and cracks with clear margins with blood in the center.

Yellowish plantar warts.

Digestive disorders:

Diarrheic stools, intense tenesmus, splintering pains, mucus and blood.

Anal fissures.

Oral aphthosis, fissured perleche.

Urogenital disorders:

• In women

Ulceration and polyp of the cervix, condylomata.

Sanious leukorrhea.

Intolerance of IUDs.

• In men

All ulcerated lesions bleeding readily.

Venereal warts.

Aggravation:

- from cold,
- from touch,
- from noise.

Improvement:

- with warmth,
- with passive movement: riding in a car or a plane (without jolts).

NUX VOMICA

Poison nut
Loganiaceae

Disorders linked with a sedentary life

Hyperexcitability

Irritability

Digestive disorders:

Desire and abuse of alcoholic drinks and spicy foods, leading to nausea and food vomiting which relieve.

The tongue is clear at the front and covered with a whitish coating at the back.

Compulsive drowsiness after meals, for about 15 minutes, which facilitates digestion.

Flatulence, constipation, hemorrhoids, headache, migraine.

Motion sickness nausea.

NT disorders:

Spasmodic rhinitis with sneezing in bouts as soon as the person gets out of bed.

Coryza caused by cold (after going to the hairdresser).

Psychological disorders:

Nux vomica is the medicine for overworked businessmen or businesswomen.

Personality disorders, irritability, aggressiveness.

Insomnia with waking up at 3 a.m.

Aggravation:

- from alcohol, tobacco, stimulants;
- from medication;
- on waking;
- from cold, drafts.

Improvement:

- after a short nap;
- by induced vomiting;
- with warmth.

Nux vomica can be used preventively before a good meal (one dose in 12c) or before an intervention with general anesthesia to protect the liver (one dose in 12c three or four days before the intervention and also after).

OPIUM

Poppy

Papaveraceae

Absence of pains

Hyperesthesia of all organs

Loss of memory.

After-effects of surgery with general anesthesia.

Rectal inertia, delay in regaining normal bowel movements after an operation, or chronic constipation (hard and black stools).

Hypertension in its pre-critical phase with vascular risks.

Severe pathological phenomena without pains.

Hyperesthesia of hearing ("can hear flies walking").

Aggravation:

- from heat,
- from alcohol,
- from frights.

Improvement:

- in the fresh air.

PETROLEUM

Kerosene

Winter periodicity and alternation of symptoms between skin and mucous membranes

Cutaneous disorders:

Cracks and fissures at the tip of the fingers with a dirty aspect.

Fissured burning chilblains.

Dermatosis caused by hydrocarbons and derivatives.

Oozing vesicular eruptions.

Digestive disorders:

Diarrhea only during the day, caused by cabbage and sauerkraut or occurring after an eruption is finished.

Vertigo sickness:

Malaise, nausea improved by eating beforehand or by closing the eyes.

Aggravation:

- from cabbage, sauerkraut;
- in winter;
- in a car, plane, boat.

Improvement:

- in summer,
- with warmth.

PHOSPHORUS

White phosphorus

Alternation between phases of sensorial and intellectual excitation and depressive manifestations with shyness and acute anxiety

Hemorrhages:

Frequent and profuse hemorrhages. Epistaxis, digestive hemorrhages, hematuria.

Hemorrhages of wounds and ulcers.

Preventively for hemorrhages caused by surgery, dental extraction.

ENT disorders:

Laryngitis due to vocal straining, with the slightest cold.

Very painful dry cough.

Aphonia with burning pain.

igestive disorders:

iral hepatitis.

Pancreatitis.

Cyclic vomiting.

Aggravation:

- from strong emotions, overwork;
- from storms, cold.

Improvement:

- with sleep,
- when eating.

PHYTOLACCA

Poke

Phytolaccaceae

Dark red tonsillitis

Flashing pains

Mammary glands

ENT disorders:

Sore throat - Tonsillitis.

Pharyngitis with burning pain radiating to the ears and neck.

Deep red mucous membranes.

Mammary disorders:

Mammary dystrophy with cysts.

Mammary tension and congestion before menses.

Painful mammary engorgement during breast-feeding.

Fissure of the nipple after breast-feeding.

Pains:

Flashing rheumatic and osseous pains (like electric shocks).

Scapulohumeral peri-arthritis.

Blepharitis, styes, chalazia.

Aggravation:

- from humidity,
- from cold,
- from movement.

Improvement:

- with dry weather,
- with rest.

PLATINA

Platinum

High opinion of oneself
Proud and scornful character

Neurological disorders:

Intestinal spasms (sudden onset and end), blepharospasm.

Cramps.

Facial neuralgia.

Headache.

Gynecological disorders:

Genital hyperesthesia to touch (medical examination); very painful sexual intercourse.

Hyperestrogenism syndromes.

Excessive libido.

Digestive disorders:

Constipation when traveling.

Aggravation:

- from touch, pressure.

Improvement:

- in the open air.

PLUMBUM METALLICUM

Lead

Constipation

Sclerosis

Digestive disorders:

Constipation, anal spasm with small, hard, black stools (sheep droppings).

Cramping abdominal pain.

Violent cramping colic.

Sclerosis:

Cerebral vascular sclerosis.

Loss of memory, behavioral disorders.

Intellectual deficiency, the person fails to understand and trembles.

Anemia.

Optic neuritis.

Aggravation:

- in the evening and at night,

- from movement.

Improvement:

- with strong pressure,

- when bending double.

PODOPHYLLUM PELTATUM

May apple
Berberidaceae

Diarrhea

Diarrhea in children (especially during teething) **and in adults** (excessive consumption of fresh fruit).

refuse, watery diarrhea, preceded by rumbling and followed by sensation of abdominal emptiness. This diarrhea is worse in the morning. Abdominal pains relieved when lying prone.

Aggravation:

- early in the morning,
- in hot weather.

Improvement:

- when lying prone.

POLLENS

Mixture of pollens well-known for their allergenic activity

Seasonal allergic rhinitis

It is used preventively and curatively in seasonal allergic rhinitis.

Preventively:

1 dose of Pollens 15C, every other day, for one month before the symptoms appear.

Curatively:

1 dose of Pollens 12c every morning.

POLYGONUM AVICULARE

Knotgrass
Polygonaceae

Rheumatism of distal interphalangeal joints

Acute or chronic rheumatism of the second phalanx (in association with *Actaea spicata*).

Aggravation:

- from humidity,
- from effort.

LUNG HISTAMINE

Lung of Guinea pig sacrificed during an artificially triggered anaphylactic shock

Allergies of the respiratory tract

Asthma

Allergic rhinitis.

Quincke's edema.

Cutaneous allergies.

Acute conditions:

In 12c, 1 dose 3 to 6 times a day.

reventively:

12c, once a day during the month before the estimated date of the allergic rhinitis.

PRUNUS SPINOSA

Blackthorn

Rosaceae

Ocular pains

ain in the eyeball (bursting pains).

Glaucoma.

Ciliary neuralgia.

Ophthalmic zoster.

Aggravation:

- from pressure,
- from movement.

Improvement:

- when bending over double.

PULSATILLA

Wild flower
Ranunculaceae

Great variability of symptoms
Aggravated in confined air
Acrocyanosis of the extremities

Respiratory disorders:

rhinitis with nose obstructed at night, fluent during the day, loss of taste and smell.
Allergic rhinitis.
Dry cough at night, productive during the day;

Gynecological disorders:

Long intervals between menses which are scanty and short, with black blood, flowing especially during the day, and much less at night.
Excessively profuse milk secretion after delivery.

Circulatory disorders:

Dilated veins, edema with heat, with immobility.
Varicose veins, varicose ulcers.
Cold extremities, icy sensation in cold weather, chilblains.

Psychological disorders:

Variability of mood, shifts readily from laughter to tears.
Improvement with consolation.
Shyness, blushes readily.

Infectious diseases:

Measles, rubella.
Mumps.

Digestive disorders:

Diarrhea with stools of variable consistency.
Craving and intolerance of greasy foods.
Craving and intolerance of ice-creams, cakes.
Variable stools (consistency color).

Aggravation:

- from warmth,
- from rest,
- from ingesting fat,
- from ingesting sugar.

Improvement:

- with fresh air,
- with slow movement,
- with consolation.

PUTRESCINUM

Putrescine
or tetramethylenediamine
"Super Pyrogenium"

Dental infections in particular

PYROGENIUM

Nosode, autolysate of muscular tissue

Acute or chronic infectious conditions

Abscesses, furuncles.

Infected wounds.

Dental infections.

Risk of infection with burns.

Chronic suppuration (with Silicea).

RANUNCULUS BULBOSUS

Buttercup
Ranunculaceae

Intercostal neuralgia and herpes zoster
especially intercostal herpes zoster and ophthalmic zoster

Herpes and all vesicular skin diseases containing a bluish liquid with burning pruritus.

Allergic coryza with pruritus in the nostrils.

Aggravation:

- from light touch,
- from changes in the weather.

RAPHANUS SATIVUS NIGER

Black radish
Cruciferae

Abdominal tympanites

Abdominal tympanites of patients after surgery, with postoperative interruption of bowel movement.

Constipation with marked global tympanites causing pains relieved by passing wind.

RHEUM OFFICINALE

Rhubarb
Polygonaceae

Diarrhea

Diarrhea during teething in infants, brown, clay-like.
Diarrhea following ingestion of unripe fruit (plums).

Aggravation:

- from unripe fruit.

Improvement:

- with warmth,
- when bending double.

RHODODENDRON

Golden-flowered rhododendron
Ericaceae

Rheumatic pains

Rheumatic pains and neuralgia starting before a storm, improved afterwards.

• Inflammation of the testicles.

Aggravation:

- before a storm.

Improvement:

- after the storm.

RHUS TOXICODENDRON

Poison ivy
Anacardiaceae

Erythematous eruptions
Articular stiffness

Cutaneous disorders:

vesicular dermatosis, eczema herpes, acne, and all types of erythematous and edematous dermatosis improved by applications of very hot water and not relieved by scratching.

Chilblains with itching.

herpes labialis.

ebrile conditions:

High and continuous fever; intense thirst. Influenza and influenzal conditions with tenderness and need to constantly shift position.

Muscular disorders:

Rheumatism or arthrosis aggravated by damp and cold weather, pains with morning stiffness, improved by movement and aggravated at the end of the day.

After muscular effort: sprain, dislocation, sciatica with tearing pains improved by movement.

ENT disorders:

Hoarseness or coryza after getting wet. **Morning hoarseness with progressive improvement; aggravation towards the end of the day.**

Aggravation:

- from humidity,
- from immobility,
- from physical fatigue.

Improvement:

- by changing position,
- with warmth,
- with applications of warm water.

RICINUS COMMUNIS

Castor bean
Euphorbiaceae

Choleriform diarrhea
Breast-feeding

Choleriform diarrhea with dehydration.

Insufficient milk secretion (in low dilutions 5C, 1 dose morning and evening).
To stop milk secretion: 1 dose in 30C on 3 consecutive mornings .

ROBINIA PSEUDOACACIA

Black locust
Leguminosae

Gastralgia
Migraine
Hiatal hernia
Gastroesophageal reflux

Gastroesophageal reflux, hiatal hernia (reflux from gastric hypersecretion).
Nocturnal acidic gastralgia, pyrosis.
Migraine with gastric hyperacidity.

RUMEX CRISPUS

Yellow dock
Polygonaceae

Disorders triggered by cold air

ENT disorders:

Cough triggered by cool air.

Very painful cough, with itching in the depression above the sternum.
Sometimes urinary incontinence when coughing.

Intestinal disorders:

Urgent morning diarrhea, often accompanied by cough.

Cutaneous disorders:

Pruritus when undressing, especially of the lower limbs, with eruption or not.

Aggravation:

- from inhaling cool air,
- around 5 a.m.,
- from cold.

Improvement:

- with warmth.

RUTA GRAVEOLENS

Rue

Rutaceae

Traumatology

Problems of accommodation

Traumatology:

Sprain, dislocation, tendinitis, synovial cysts in the wrist, general aching after overexertion or traumatism, or of rheumatic origin.

Traumatism of the coccyx.

Ophthalmology:

Ocular pains due to straining or to poor lighting (fatigue due to working at a computer screen).

Aggravation:

- in cold damp weather,
- from rest.

Improvement:

- with movement,
- with warmth.

SABADILLA

Cevadilla
Liliaceae

Spasmodic coryza and hypersensitivity of smell

Coryza with pronounced spasmodic sneezing, sensation of burning of the nostrils and itching of the soft palate, relieved by rubbing with the tongue.

Hypersensitivity to the odours of flowers, fruit, and garlic.

Digestive disorders subsequent to parasitosis

Sensation of having a deformed body (cenesthopathy)

Aggravation:

- from cold,
- from odors (flowers),
- with the full moon and the new moon.

Improvement:

- with warmth,
- with warm drinks.

SAMBUCUS NIGRA

European elder
Caprifoliaceae

Coryza
Laryngitis stridulosa

Dry coryza with total nasal obstruction compelling the patient to breathe through the mouth.

Children wake up suddenly around midnight with intense suffocation, coughing, dyspnea (**laryngitis stridulosa**), improvement when sitting.

Aggravation:

- at night,
- with the head low.

SANGUINARIA CANADENSIS

Bloodroot
Papaveraceae

Periodic and congestive headache

Circulatory disorders:

Periodic migraine at the week-end.

Congestive headache (menopause), throbbing.

Hot flushes of the menopause, limited to the cheeks and ears, hot flushes of hypertensive patients and alcoholics.

Intense burning of the palm of the hands and feet.

Respiratory disorders:

Spasmodic coryza with hypersensitivity to flower odors, irritant discharge of the nostrils, sneezing.

Polyps of the nose with tendency to bleeding.

Dry cough with burning of the trachea.

Aggravation:

- from noise, odors, movement, light (circulatory disorders);
- from odor of flowers.

Improvement:

- with sleep.

SEPIA

Cuttlefish ink
Sepiidae

Depression

Stasis

Ptosis

Behavioral disorders:

Reactive depressive condition with pessimism, discouragement, indifference to family and work.

Very intense fatigue, especially in the morning.

Seeks solitude, cannot bear consolation, generally negative outlook.

Urogenital disorders:

Sensation of pelvic and genital heaviness, frequent urge to urinate.

Irritant chronic leukorrhea.

Aversion for any form of sexuality.

Recurrent urinary infections.

Cutaneous disorders:

Ageing of the skin with yellowish stains.

Genital herpes or herpes labialis.

ycotic eczema.

issural psoriasis.

igestive disorders:

igust for food and milk which causes diarrhea; desire of vinegar, pickles, acidic and highly-flavored foods.

Uncontrollable vomiting, hypersensitivity to cooking odors.

Sensation of gastric emptiness or of abdominal heaviness.

Constipation, sensation of rectal fullness, hemorrhoids.

Migraine.

Nausea during the first months of pregnancy, frequent presence of mask of pregnancy.

Aggravation:

- from cold,
- from standing,
- from consolation.

Improvement:

- with violent exercising (dancing),
- with warmth.

SPIGELIA ANTHELMIA

Pink root
Loganiaceae

Migraine
Neuralgia
Tachycardia
Oxyuriasis

Migraine and neuralgia:

Ophthalmic migraine, frontal and occipital first, above the left orbit subsequently.

Neuralgia with violent tearing pains of the trigeminal nerve, **postherpetic neuralgia**, intense ocular pain.

Tachycardia:

Palpitations, **angina pectoris**, cardiac pain radiating to the left arm.

Oxyuriasis:

ale face, bad breath, headache, palpitations.

Aggravation:

- from touch,
- from movement,
- from cold air (neuralgia).

Improvement:

- with rest,
- when lying on the right-hand side.

SPONGIA TOSTA

Roasted sponge
Euspongia

Dyspnea and laryngeal coughing

The person wakes up suddenly before midnight with dyspnea and acute anxiety (“breathing as if “through a sponge”).

Laryngitis with characteristic cough resembling the sound of a saw cutting through a pine-wood board.

Laryngitis stridulosa.

Hoarseness with dryness of the pharynx and vocal cords, burning pains when speaking.

Aggravation:

- around midnight,
- when lying with the head low.

Improvement:

- with warm drinks,
- when lying with the head high up.

STAPHYSAGRIA

Stavesacre
Ranunculaceae

Neurosis
Pruritus
Styes
Chalazia
Cystitis

Expressed hypersensitivity.

Psychological disorders:

psychological disorders, depression, **neurosis after humiliation**, indignation, injustice (real or felt), extreme touchiness.

Cutaneous disorders:

Pruritus changing place after scratching.
Postoperative pain of clean surgical wounds (scalpel).
Chalazia, recurrent styes.

Urogenital disorders:

Cystalgia with clear urine.
newly-wed cystitis.
Urinary disorders of difficult pregnancy.

Aggravation:

- from indignation, anger, humiliation;
- from the slightest touch on the affected areas.

STICTA PULMONARIA

Lungwort
Stictaceae

Coryza
Nasal obstruction
Dry cough

ENT disorders:

acute or chronic, or allergic coryza, with nasal obstruction, painful at the root of the nose, sensation of heaviness at the root of the nose, dryness of the mucosa, retrosternal discharge.

dry cough, irritant, unremitting, mainly at night with pains in the frontal sinuses when breathing in.

Aggravation:

- from nasal discharge.

SYMPHORICARPUS

Caprifoliaceae

Nausea

Vomiting

Nausea and vomiting aggravated with the slightest movement:

ersistent vomiting of pregnancy with aversion for food.

Aggravation:

- from the slightest movement.

Improvement:

- with rest.

SYMPHYTUM

Comfrey

Boraginaceae

Trauma involving bones & periosteum

Consolidation of fractures.

Sequela of traumatism of the eyeballs.

TABACUM

Tobacco
Solanaceae

Motion sickness

Nausea, vomiting, aggravated by the slightest movement, improved in the open air, when closing the eyes. Pale face, weakness, icy cold skin.

omiting of pregnancy with hypersalivation.

Aggravation:

- in a warm room,
- from movement.

Improvement:

- in the open air.

TARENTULA CUBENSIS

Tarantula
Lycosidae

Insect bites and stings

Agitation

Deep red tissue inflammation with induration (spider bites); also furuncles, abscesses.

Agitation, instability, sleeping disorders, improved by music.

Aggravation:

- from touch,
- from light,
- from movement.

Improvement:

- with music,
- in the open air.

THUJA OCCIDENTALIS

White cedar
Cupressaceae

Warts

Cellulitis

Chronic genital infection
Prevention of complications of vaccination

Warts:

Thuja is the major medicine for warts. To be given whatever the location and aspect of the wart, 1 dose a week in 30C. Complement with **Dulcamara**, **Antimonium crudum**, etc.

Locally, **Thuja MT** on warts, cystic and pustular acne, papillomas, condylomata.

Cellulitis:

Tendency to adipose cellular imbibition of tissues. 1 dose per week in 12c.

Genital disorders:

purulent leukorrhea.
fibromas, polyps, ovarian cysts.

Prevention of complications of vaccinations:

1 dose in 30c before the vaccination, in association with 1 dose of **Sulfur 12c**, 48 hours after the vaccination.

Aggravation:

- from damp cold,
- from vaccinations.

Improvement:

- with dry warmth,
- when stretching.

TRACHINUS VIPERA

Lesser weever
Trachinidae

All intense pains resembling stings of the weever-fish

URTICA URENS

Dwarf nettle
Urticaceae

Urticaria (with pruritus)
Gout

Urticaria with pruritus, burning, sting or bite, aggravated by contact with cold water.

Acute gout, alternating gout and urticaria.

Aggravation:

- from contact with water.

VACCINOTOXINUM

Nosode

Dermatosis

Herpes

Herpes zoster

recurrent vesicular dermatosis.

recurrent herpes.

Herpes zoster and postherpetic neuralgic sequelæ.

VERATRUM ALBUM

White hellebore

Liliaceae

Exhaustion with cold sweating, vomiting, diarrhea, prostration

Digestive disorders:

Choleriform spurting diarrhea, profuse, urgent, with paleness of the face, cold sweating and cramping pains, violent vomiting.

Gynecological disorders:

ysmenorrhea with hemorrhagic menses, vomiting, exhaustion, cold sweating, cramping pains.

Aggravation:

- in damp cold weather,
- from movement

Improvement:

- with warmth.

VIPERA REDI

Asp
Viperidae

Phlebitis
Varicose veins

Superficial phlebitis.

Varicose veins, heavy legs with bursting pains.

Aggravation:

- when letting the legs dangle.

Improvement:

- when keeping the legs raised.

ZINCUM METALLICUM

Zinc

Asthenia

Restless legs

Psychological and nervous asthenia, exhaustion, dejection, depression.
Slowness of comprehension (repeats question before answering them).
 Problems at school or intellectual overexertion with memory disorders.

Dysmenorrhea with painful premenstrual syndrome, improved by discharge.

'Restless legs' syndrome.

Anorexia or dyspepsia with intolerance of wine.

Alternation between dermatosis and neuralgic syndrome.

herpes zoster when the eruption has difficulty breaking out.

Aggravation:

- from wine,
- from noise,
- from touch,
- from the disappearance of an eruption or a normal elimination.

Improvement:

- with a physiological discharge,
- with a cutaneous eruption.