



Course in Medical Homeopathy

A Course in Homeopathic Medicine for Healthcare Professionals

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Review Supplement (*Cimicifuga*)

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i ici (Black Cohosh, *Actea racemosa*)

Key features

- mood disturbances entangled with reactive hormonal change
- menstrual disorders
- increased flow, worse sufferings
- chilly
- loquacious but not sharp-tongued
- somatisation

Mentals

- loquacity
- deep sadness as if enveloped in a black cloud
- fear of insanity, conflicting emotional responses
- fear and delusions of rats and mice

Generals

- chilly
- weakness from nursing the sick
- habitual abortion
- rheumatic affections during menopause

Modalities

- < menstruation, labour, drafts, menopause
- > warm wraps, gentle motion

Local Symptoms

- nape of neck very sensitive to drafts
- pain in lower abdomen changing sides
- severe dysmenorrhea pain extending to anterior thighs
- delivery slow due to rigid cervix
- oversensitive to noise

Used as a herbal supplement for menopause on limited indications. Sometimes referred to homeopathically as a “cold Lachesis”.



<https://youtu.be/b6jIE9hftk>

Recommended Activity:

Compare the materia medica pictures of *Cimicifuga* and *Lachesis*.





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