

Centre for Integrative Medical Training  
In Association with London Integrated Medical Health Education



# Intermediate Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

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## Unit 25

Materia Medica Studies and Therapeutic Pointers for Week 5

## Therapeutics of the lower digestive tract

### Nausea and Vomiting

As a symptom nausea is associated with many conditions and occurs frequently as a side effect of drug treatment. There are effective acute homeopathic treatments that can improve tolerance to conventional treatment, including safe adjuncts to chemotherapy. Other acute presentations should be treated appropriately in the context of a working diagnosis.

Persistent and chronic nausea, in the absence of obvious causation, requires a diagnostic work up, even if it is alleviated by homeopathic treatment, as it can signal underlying gastro-intestinal or neurological diseases.

The most common causes of nausea and vomiting are:

- Acute gastroenteritis
- Hormonal - as in pregnancy or as a phasic problem within the menstrual cycle
- Vertigo, or motion sickness
- In association with headache (remember to investigate red flag symptoms in the history)
- Through irritating stimulants such as alcohol, coffee
- Drug induced

A useful way of administering remedies during acute gastroenteritis is in a 30c potency after each episode of vomiting. This way the patient reduces the remedy as she/he improves. Remedies can be given in water and sipped, the medicated water should be held in the mouth for a brief time before swallowing.

### Some Rubrics Related to Nausea and Vomiting

STOMACH, gagging

STOMACH, nausea

STOMACH, retching

STOMACH, vomiting

STOMACH, loathing food

VERTIGO, nausea and vomiting

FEMALE, foetus, motions, nausea and vomiting

FEMALE - MENSES - copious - accompanied by - nausea

FEMALE - MENSES - painful - accompanied by - nausea

FEMALE - MENSES - painful - nausea and vomiting

FEMALE - METRORRHAGIA - accompanied by - nausea

GENERAL, faintness, vomiting from

## Some Important Remedies

### Argentum nitricum

Marked anxiety.

Gastroenteritis.

Peptic ulcer.

Food intolerance.

Nausea and faintness with belching and loud flatus.

Nausea causes palpitations.

Hard to keep anything down.

Worse:

Midnight. Diarrhea causes nausea and retching.

Sweets (desires them). Heat.

Better:

Sour things.



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### Arsenicum album

Anxious restlessness alternates with exhaustion and collapse.

Gastroenteritis. Food poisoning.

Fear when vomiting; struggles to avoid vomiting from fear.

Burning pains and very acrid emesis.

Faintness and exhaustion from horrible, continued nausea, vomiting and retching; becomes too weak to continue vomiting.

Thirsty but liquids are often vomited immediately upon reaching the stomach; especially cold drinks.

Vomiting together with diarrhoea, sometimes simultaneously.

Worse:

11 AM to 3 PM. Midnight to 3 AM.

Drinking, especially from cold drinks.

Ice cream. Alcohol (and alcoholism).

Smell or even the thought of food.

Better:

Warm drinks.

Almost always chilly; often thirsty for sips of liquids; very anxious, does not want to be left alone.



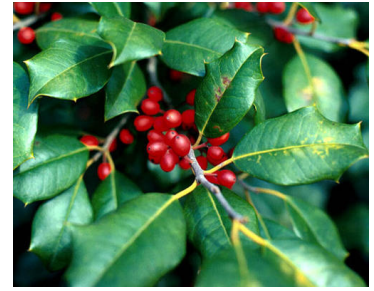
## Cocculus indicus

Vertigo. Motion sickness. Pregnancy.

Nausea mainly from central causes.

Loathing of food.

Car or seasickness - even watching moving objects causes nausea and dizziness.



Worse:

Afternoon. Motion. Rising up from bed. Drinking. Headache. Becoming cold. Pregnancy. Odors, especially food. Even thoughts or sight of food causes nausea

Better:

Swallowing.



<https://youtu.be/R5Hc2WdT4ec>

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## Ipecacuanha

Gastritis. Haemorrhage. Pregnancy.

Horrible nausea or hanging down sensation in the stomach, unrelieved even temporarily by vomiting.

Despite the nausea, the tongue is clean and red.

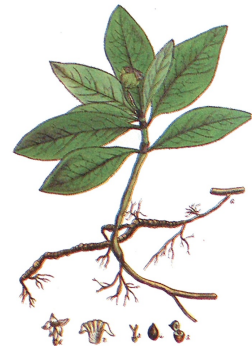
Offensive breath with nausea and vomiting.

Worse:

Pregnancy. During labour. From miscarriage. Haemorrhage, especially uterine haemorrhage. Cough. Asthma. Headache. Itching. Rich foods. Fruit. Stooling. Suppressed eruptions.

Better:

Nothing gives the slightest relief.



## Nux vomica

Gastroenteritis.

Peptic ulcer.

Nausea usually with cramps and painful vomiting or ineffectual attempts to vomit.

Worse:

Morning in bed.

Eating.

After lunch.

Anger.

Alcohol.

Smoking (his usual cigarette).

After surgery.

Motion sickness.

Cold drinks cause retching.

Better:

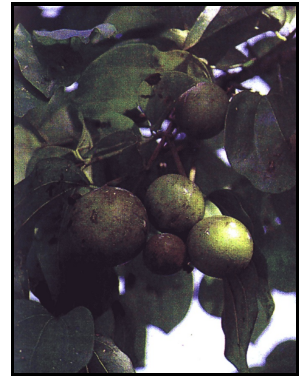
Warm drinks.

Lying.

Loosening clothing - tight clothes unbearable.

Constipation with nausea.

Irritable and over-sensitive during the nausea.



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## Phosphorus

Gastroenteritis. Peptic ulcers.

Nausea and vomiting with burning in the stomach.

Craves cold drinks to soothe the stomach but vomits the liquid as soon as it becomes warm.

Worse:

Warm drinks. Putting hands in warm water. Eating, especially warm food.

Pregnancy. After general anaesthesia. Smoking. Odours, especially of beer.

Better: Cold drinks. Sleep. Lying on the right side.



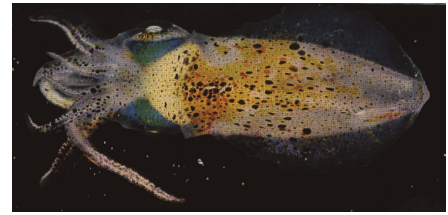
## Sepia officinalis

Pregnancy and menses.

Gastroenteritis. Horrible nausea and empty sensation in the stomach.

An excellent remedy for the side-effects of chemotherapy.

Nausea from merely the thought of food.



Worse:

Morning, especially before breakfast. Pregnancy. Menses. Motion or seasickness. Thought of food. Fats. Odours. Post-nasal drainage. Straining the vision. Cough. Coition. During morning sickness averse to smell of husband.

Better:

Eating. Sour food. Vomitus: Milky whitish substance.

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## Tabacum

Motion sickness.

Gastritis. Pregnancy.

Deathly nausea; patient may appear green or very pale.

Weak and diaphoretic with nausea and faintness.

Dreads movement; movement brings on faintness and nausea.

Worse:

Morning. Before breakfast. Motion. Seasickness. Pregnancy.

Better:

Open air. Uncovering the belly. Closing the eyes.

Vomitus: Yellow or yellow-green.



The proper name of it amongst the Indians is *Pietch*, for the name of *Tabacum* is given to it by our Spaniards, by reason of a Island that is named *Tabaco*. It is an herb that both grows and come to trees very great: many times too big greater than a Lemmon tree.



<https://youtu.be/IunDqewocRo>

## Veratrum album

Gastroenteritis.

Vertigo.

Pregnancy or menses.

Severe, sometimes projectile vomiting often with diarrhoea.

Simultaneous vomiting and diarrhoea.

Vomiting accompanied by cold perspiration especially on forehead, chills, cold breath and, often, collapse.

Worse: Vertigo. After sleep. Dysmenorrhoea. Pregnancy. Drinking.

