

Homeopathic First Aid Manual



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HOMEOPATHY INTRODUCTION

Homeopathy gives microdoses of a natural substance to stimulate our immune system and defense capacity, and bring about an overall improvement in vitality and health. Homeopathy uses the principal of the Vital force, as the energetic level of vibration of the body. The Chinese call this energy Chi. Dis"ease" is a disturbance in the body's vital force, and the correct homeopathic remedy resonates with the disease to direct the vital force back to health.

Homeopathy consists of giving a person infinitesimal or small doses of a substance, which, if administered to a healthy individual would cause symptoms similar to the patients own pathological symptoms they are suffering. Homeopathic remedies act by stimulating the body's natural defenses at the cellular level, which cancels out the symptoms of that disease.

Homeopathy uses plants, animals, and minerals to make up the basis of homeopathic remedies. Also, because of the small quantities of active ingredients contained in the remedies, homeopathic remedies cannot inflict injury or harm in the form of side effects. Homeopathic remedies are prepared according to the standard of the Homeopathic Pharmacopeia of the United States, which is recognized by the FDA.

Homeopathy began at the beginning of the 19th century through the many years of study and research of a German physician, Dr. Samuel Hahnemann. By the turn of the century there were over 22 homeopathic medical schools, University of Michigan being one of the very best. Over 100 hospitals and 15% of this country's physicians considered themselves homeopaths. After 1920 homeopathy began to decline in the United States with the use of new "wonder drugs" and changes in the practice of medicine. Today, for many of the 80 million Americans suffering from degenerative diseases Homeopathy is becoming a familiar word again when it comes to a possible new way to stimulate the body to cure itself.

Selecting the Potency

The remedies are made by taking one drop of the substance and diluting it with either 9 or 99 drops of a water/alcohol mixture. When using 9 drops the first dilution is called 1X. The next dilution will be called 2X. In-between each dilution the liquid mixture is shaken vigorously to energize the remedy. As each dilution and shaking sequence is done the remedy becomes more homeopathically potent. When using 99 drops per dilution the potencies end in C. Since the C potencies are more highly diluted they work at a deeper energy level, and are used commonly in first aid situations. When using lower potency remedies in first aid situations, the number of repetitions can be increased to improve the action of the remedy.

Warning: When using over-the-counter homeopathic remedies, and symptoms worsen or persist longer than 72 hours, check with your doctor.

Directions: Use the Repertory section to find your symptom. Then read the remedy options for that symptom. The most common remedies have an * before name. To read more about the specific remedies go to the second section or Materia Medica to see the full action of that remedy. It may match other symptoms you have that confirm it is the most appropriate remedy. A symptom chart at the end of the manual will help you find appropriate remedy for common symptoms of immune issues.

HOMEOPATHIC FIRST-AID REPERTORY

BITES

Bee Stings and Insect Bites (If allergic, contact your Doctor)

***Apis**, for swelling and burning pain.

Ledum, for puncture wounds.

Alternate Apis and Ledum every 15 minutes until the pain eases and the swelling is reduced.

Vespa, specific remedy for wasp stings.

BLEEDING (Hemorrhaging)

Profuse bleeding; press sterile gauze (or clean material) firmly over wound. If necessary, apply firm pressure on blood vessel above the wound.

Arnica - take remedy orally. Use when bleeding has been caused by injury, or patient is suffering from shock. **DO NOT USE ARNICA CREAM ON AN OPEN WOUND!**

Carbo vegetabilis - Use with steady oozing of dark blood and sudden collapse; cold breath; coldness of limbs; cold, clammy sweat and air hunger.

***Phosphorus** - For profuse bleeding; nosebleed from blowing too hard; when a small wound bleeds profusely.

BOILS/ABSCESSSES

Use hot compresses to increase circulation and bring it to a head. See a doctor if the boil needs lancing or is accompanied by fever or muscle aches, or if the boil is on the head or face.

Belladonna - During early stages; painful, bright red, hot swelling but little or no pus yet; throbbing. This helps the body arrest development of boil so healing occurs before pus forms.

***Hepar sulph** - Young boil, painful and tender to the touch; extremely sensitive to cold air or cold applications; may be throbbing, but usually sharp or sticking pains, as if a splinter is stuck in the painful part; slow to heal.
Recommended dosage 30c every 3 to 4 hours until improvement begins, and then 3 times a day until improved.

Mercurius - Pus has formed; painful; warmth may aggravate the pain; Mercurius helps bring to a head.

***Silicea** - Slow to heal even though pus is draining; relief from warmth; boil comes on slowly, redness and swelling persist, but no pus.

Arsenicum - Great burning pain relieved by warm applications.

BROKEN BONES

Aconite first - for shock and to begin healing process.

Arnica next - to increase circulation and reduce swelling.

Take 30c Arnica every 2 hours for one day.

Note: May be needed second and third day depending on bruising.

Ledum - Take 3 times daily for 3 to 4 days to remove blood and fluid in tissues causing swelling.

***Symphytum** - Take 3 times daily until the bone knits.

Hypericum - Take every 30 minutes for 2 hours for pain.

BRUISING

***Arnica** - Recommended dosage: 30c, take 3 times a day for 5 days. Use ointment topically on bruised area.

Ledum - use with swelling of bruised area. Alternate with Arnica, taking both 3 times a day for 5 days.

Ruta - For bone bruises.

Bellis perennis - Acts on deep muscle tissue and fibers. Follows **Arnica** well and the two remedies are compatible. Indicated in deep-tissue injuries, and surgery. Repeat frequently until improvement is noticed.

Hypericum - If injury is to fingers, toes or spine, particularly to the tailbone.

Calendula ointment - use topically if the skin is broken.

BURNS

Aconite first - to reduce inflammation.

Hypericum - take for nerve pain. This can be alternated with the specific burn remedy every 15 minutes.

First degree burns: the skin is red, such as scalds and sunburn.

Belladonna - red shiny hot skin, with throbbing pain.

***Apis** - burning stinging pain, skin is light red, and pain is better with cold compresses.

Second degree burns: the skin raises up, there are blisters and violent cutting pain.

Cantharis - large raised blisters that include urinary symptoms.

***Calendula** - If the blisters break, use Calendula topically and orally to prevent infection. Use the lotion or cream topically.

Third degree burns - SEE A DOCTOR

Arsenicum - severe burning pains, worse at night, and better with heat, skin may have an odorous discharge.

***Calendula** - orally and topically to prevent infection.

COMMON COLD

First Stage of Colds:

***Aconitum** - Catch cold suddenly from cold air or cold wind, with high fever, shivering, and intense thirst for cold water. Uneasiness and anxiety. First remedy.

Ferrum phos - First stage of colds, alternate with Aconite. Useful especially for those who get colds often.

Natrum mur - For colds that start with sneezing, and clear runny discharge at first, changing to congested later.

***Allium cepa** - Sneezing, watery eyes, nasal discharge that irritates the skin under the nose, better in open air.

Euphrasia - Tears are irritating to skin, but nasal discharge is not irritating, worse with heat.

Second Stage of Colds:

Hydrastis - Yellow thick mucus, natural antibiotic for infection. More effective in thin patients.

***Kali bichromium** - thick, sticky, yellow or yellow/green mucus. Mucus forms thick crusts in nose. More effective in heavy patients, compared to Hydrastis.

Mercurius solubilis - yellow, burning, odorous discharge, with night sweats.

***Pulsatilla** - yellow, non-irritating mucus. Worse with heat and better with fresh air. Loss of taste and smell.

Sulfur - excellent remedy to clean up remains of infection.

CONSTIPATION

Alumina - very dry stool, skin is dry, lack of intestinal activity, with confusion, and hurried tendencies, even though time passes slowly. Mood improves as day goes on.

Bryonia - dry, hard stool, difficulty passing stool, irritable, robust person with firm muscles.

Lycopodium - constant sensation that the bowels are full, with much gas and bloating.

***Nux vomica** - long history of loss of bowel movement due to laxatives and lack of exercise. Frequent desire.

COUGHS

Aconite - Use at the beginning of a croup attack, and after midnight. Hollow cough at night, short attacks during day.

***Hepar Sulph** - For croupy coughs with moisture, and looseness that the child will have choking fits. Pains tend to go from the throat to the ears, and there may be expulsion of pieces of membrane.

Spongia - For croup with dryness of air passages. Cough dry, barking (like a saw being driven through dry pine log); worse with inspiration and before midnight. Worse by excitement, talking and ice cold drinks. Better by warm drinks and by eating.

Antimonium tarticum - moist rattling cough but without expectoration, violent cough ending with vomiting or suffocating.

Chamomilla - moderates the pain from coughing, for fretful children where cough is worse at night, from crying, from cold air and during sleep. Tickling in throat causes a scraping dry cough.

Drosera - Dry, spasmodic croupy cough; barking or ringing sound to the cough; clutching or constricting sensations; a tickling or roughness excites the cough. Worse while lying, eating or drinking.

Natrum mur - Tickling cough, with yellow or blood streaked mucus. Dry cough with rattling in chest worse from motion and deep inspiration, or warmth of bed, or air movement.

Phosphorus - Rawness of entire respiratory tract. Tendency to bronchitis. Short dry cough, with tightness across chest, with soreness in trachea. Splitting headache, with hoarseness.

Pulsatilla - Cough with sensation of vomiting, dry cough at night, worse when lying, improved by sitting up. Loose cough during day.

Sulfur - Suppressed choking cough, short dry with stitches in chest, and hoarseness, dryness in throat with watery runny nose.
OR loose cough with rattling and green or bloody phelgm.

CYSTITIS

Apis - constant frequent desire to urinate but small amount.

***Cantharis** - rapid onset, burning during urination, intolerable urging.

Causticum - frequent desire but very little urine passes, burning pain with urination, comes on from cold, with constipation.

Kali phos. - large quantities of urine passed, with burning.

Magnesia phos. – whenever standing or walking, constant urge to urinate, with cramping.

Nux vomica - frequent desire to urinate but nothing comes. Person is irritable, nervous, chilly.

Staphysagria - painful urging to urinate, constant burning, from suppressed emotions, not having one's needs met.

DIGESTIVE UPSETS

***Arsenicum Album** -For food upsets, burning pains, vomiting, with colic or cramping.

Bryonia - Overeating, pain, vomiting, heavy full feeling, thirsty, conditions following excess cabbage, cheese, breads, ice cream.

Pulsatilla - Nausea; bloating; colic, belching; bad taste in mouth, mouth dry, but not thirsty; restless, feels better moving slow.

Carbo Vegetabilis - Pork, rich food; spoiled fish, meat; excess fats; abdominal distention; belching, windy, flatulence; restless, anxiety; worse lying down.

***Nux Vomica** - Bilious after exposure to wind; rich food, drinking, coffee; heaviness in chest, stomach;; digestive problems due to anger; excessive eating.

EARACHE

Warmth from a hot water bottle or propping up the head may help to relieve the pain. Recommended remedies:

Aconite - For sudden earache after a chill and exposure to cold. Ear is red, hot and painful. Warm applications help.

***Belladonna** - Sudden onset, often when right ear is affected. Patient has a dry, flushed face; dry, burning skin; is restless and thirstless.

***Chamomilla** - Oversensitive and intolerant of pain; are extremely irritable and

rude. They are not calm. One cheek may be red and hot, the other pale and cold. Warm applications make it worse.

Hepar sulph - Person is worse from any draft, wants to be well covered; is irritable, complains of stitching pains, and is sensitive to touch.

Pulsatilla - Redness and swelling in the external ear. Severe throbbing pains and ears feel as if they are stopped up. Worse from warmth and from becoming overheated. Worse in the evening and at night. Patient craves fresh air and is often weepy.

EYES

Conjunctivitis -

Apis - swollen red eyelids, with hot tears, and eyes that sting and burn with quick sharp pains in the eyes, worse heat, touch, and covering eyes.

***Euphrasia** - eyes water constantly and the tears irritate the skin, worse in sunlight and wind.

Pulsatilla - thick bland yellow-green discharge, itching and burning of eyes, eyelids are crusty, worse warmth and rest.

FEVER

Get extra rest, plenty of fluids, light diet, sponge face and forehead with lukewarm water.

Aconite - Take at onset of fever.

***Belladonna** - When onset is sudden, patient has flushed face, high temperature, pulse strong and rapid, little or not thirst, may be delirious.

Bryonia - Wants to lie still, worse from least movement (such as swallowing, turning head, moving eyes); very thirsty; pale and quiet.

Ferrum phosphoricum - Gradual onset; red cheeks and throbbing head but milder than Belladonna; pulse is fast but not strong; better from cold applications on head.

Gelsemium - Chilly, aches all over, doesn't want to move; dull headaches, droopy eyes, heavy limbs, chills up and down back; no thirst.

Phosphorus - Fever and chills, night sweats, thirst for cold drinks; a head cold that has gone to the chest; child may have high temperature (104 degrees) and appear well.

Nux Vomica - Extreme chilliness, worse by uncovering; digestive symptoms, constipation, nausea, heaviness of head; worse in morning or open air.

Pulsatilla - When fever is the only symptom; when person is weepy, clinging and craves affection.

HAYFEVER / ALLERGIES / SINUSITIS

Aconite - sudden onset from cold dry wind, nasal pain, tingling burning pain on swallowing, great thirst with dryness, difficulty swallowing, anxiety and restlessness.

***Allium cepa** - watery nasal discharge which burns the upper lip until it becomes red, watery eyes, discharge may go to ears, throat, or head causing pressing pain.

Arsenicum - nose is stuffed constantly, sneezing with change in weather, burning pains are better with heat, thirsty for cold water in sips.

Euphrasia - sneezing with irritating tears and non-irritating nasal discharge. Fevers and chills, with discharge less and no cough at night.

Gelsemium - used in warm moist weather, comes on slowly, sore nostrils, burning discharge, headache in occipital area, chills up and down spine with weakness.

Natrum muriaticum - begins with sneezing and chill, dry mouth and lips, cold sores on lips, watery eyes, wants to be alone during illness.

Sabadilla - very sensitive to smell of flowers and garlic, spasmodic sneezing with much nasal mucus, numbness of throat, known as a hayfever remedy.

HEADACHE

Belladonna - exposure of the head to cold, sudden and violent onset; headache on back of head, eyes, forehead, and temples; with pulsating, bursting, burning or stabbing pain, with redness of face.

***Natrum mur** - headache comes from grief, humiliation, or eyestrain, often over right eye or from occiput down the spine, with bursting, throbbing, or hammering.

Arsenicum alb. - headache from exertion or excitement, on forehead and occiput, with throbbing, burning waves of pain, and nausea that cannot bear sight or smell of food.

Sulfur - headache from missed meals, on forehead or top of head, with throbbing, burning on top of head, nausea or vomiting, and flickering lights before eyes.

***Nux vomica** - headache from stimulants or overexertion, on back of head and forehead, with tension, drawing pain, and fainting. Useful for hangover headaches.

Pulsatilla - headache from ice cream, before period, or overeating, on one side in the temple area, with throbbing, constricting, and congestive pains.

Gelsemium - headache from cold or fear, on the occipital area, with hammering, pulsating, or congestive pain affecting the vision.

INFLUENZA

The sick person should rest, take plenty of fluids, and be kept from extremes of temperature.

1st **Aconite** - At the beginning of the flu symptoms, take 30c **Aconite** every 1/2 hour for 3 doses.

Gelsemium - Person is very weak; eyelids look heavy and droopy, face may look dull; chills, which run up and down the back; often little thirst; nose may be runny and the throat burn; may have a headache. "Summertime" influenza.

Bryonia - Person is irritable; motion makes the person worse, they want to lay still; generalized muscle and joint aches that are worse by motion; headache is common, and gets worse when moving; feels better in cool air and worse in warm rooms; may be thirsty for cold drinks; dry, hacking, often painful cough; constipation.

Rhus Tox - Person is very restless; muscles become stiff and achy if they lie still; may be anxious, apprehensive, irritable, or depressed; may be unable to sleep, can't keep still; are likely to be chilly in cold, wet weather and better in warmth and with applied heat; are thirsty, but only sips water; profuse sweating, dry mouth and lips, dry sore throat, and hoarseness.

***Oscillocochinum** - Good for all the symptoms of flu used during the first stages. .

SPRAINS/STRAINS

Arnica - One dose every 30 minutes for 3 to 4 doses. Then 1 dose three times a day for pain and swelling. Use **Arnica cream** on unbroken skin.

***Bryonia** - Joint is swollen, distended, painful. Worse on movement.

***Rhus Tox** - Goes well after **Arnica**. For hot, swollen, painful joint. Stiff on when first moving; better when limbered up.

Ruta Grav - For after **Arnica** or **Rhus Tox**. Take for torn and wrenched tendons or ligaments, bruised bone covering. Keynote symptom: If the injury is neither worse or better by movement.

Symphytum - After **Arnica** and **Ruta** if necessary. For injury to ligaments, tendons, and bone covering. Take internally or use cream.

Bellis Perennis - For lameness and deep tissue bruising, deep muscle soreness and injuries to nerves.

SKIN PROBLEMS

Choose a remedy from the following list and give a single dose once a day for 3 days. Stop if the symptoms change. Wait a week before trying a new remedy.

Calendula - Apply **Calendula** ointment on skin as an antiseptic, or use a sterile cotton swab to apply **Calendula** tincture.

Graphites - Scabby, oozing eruptions; liquid in rash has the color of honey. Raw areas become crusted; skin may appear dry, rough, and cracked.

***Rhus Tox** - Is maddeningly itchy; small blisters appear in clusters; itching, stinging or tingling; better when moving around; discharge is sometimes dark but translucent.

Mercurius - Open deep skin lesions; yellowish crusts around mouth or on scalp, discharge has pus and is likely to smell badly; discharge may also be streaked with a little blood; lymph nodes of face and neck may swell.

Hepar sulph - Skin is especially sore to the touch and sensitive to cold; scabs are soft and break apart easily; may be pus formation and swelling of the glands; sores may be deep and may bleed; is extremely irritable.

***Sulphur** - Eruption itches a great deal; warmth causes itching; skin may be rough and dry, or there may be pimples and pus. Useful for ringworm or fungal infections.

Sepia - Use for ringworm when patches are circular, scaly, dry, and brownish or brownish red; may be itching, which changes to burning after scratching.

WARTS

Causticum - Fleshy warts anywhere, but especially near the fingernails or on the face; warts with extra growth on stalks above the main part of the wart.

***Antimonium Crudum** - Warts are horny, hardened and have a smooth surface; healthy people with plantar warts.

***Thuja** - Often soft warts; may be painful or bleeding; can be anywhere on the body and of any type, but are usually on the chin, genitals, or anus. Also used as an ointment for plantar warts.

Nitricum Acidum - Warts on the genitals or anus; on the lips; soft warts; irregular shapes or stalks, sharp sticking pains.

Ruta – Plantar warts

MATERIA MEDICA OF COMMON REMEDIES

ACONITUM NAPELLUS - Aconite, Monkshood, and Wolfsbane.

Therapeutics: Aconite is a potent remedy for symptoms that come on quickly, violently, and intensely. Aconite is particularly useful in the early stages of fevers and inflammatory conditions, and immediately after the shock of injury or surgery.

The emotional state of those who need Aconite is characterized by great anxiety, mental distress, fear of death and restlessness. Their senses are overly acute. Their pain drives them to despair and they are overly sensitive to light touch, light and noise.

Modalities: Worse: From music, tobacco smoke, dry, cold winds, warm room at night, noise, and light.
Better: Open air.

Uses:	Bleeding	Influenza
	Blow to eye	Sties
	Bleeding	Shock
	Broken bones	Chicken pox
	Burns	Croup
	Concussion	Fever
	Crushed fingers/toes	Earaches
	Cuts	Heatstroke

ANTIMONIUM CRUDUM - Black Sulphide of Antimony

Therapeutics: Guiding symptoms for those that require this remedy are excessive irritability and fretfulness and a thickly coated white tongue. They display classical symptoms of impetigo. Oozing eruptions with the formation of thick yellow crusts that are worse on the face. The individual sores seem to run together into larger patches. This remedy is helpful to otherwise healthy people with plantar warts.

Modalities: Worse: Bathing, in evening, from heat.
Better: Open air, during rest, moist heat.

Uses:	Skin problems	Warts
	Canker sores on tongue	

APIS MELLIFICA - Apis, Honey Bee

Therapeutics: The guiding symptoms are stinging and burning, marked redness, swelling, and sensitivity of inflamed area to heat. The inflammatory swellings have a puffy, water filled appearance.

Those who need Apis usually have little thirst and sometimes crave milk. The skin can be hot and dry and sensitive to touch even though there are no eruptions.

Sadness and depression can accompany physical symptoms. The person can be extremely irritable and claim that he is well even when he is quite ill.

Modalities: Worse: Heat, touch, pressure, late afternoon, after sleeping, and in closed heated rooms.
Better: Open air, uncovering, cold bathing

Uses:	Bee sting	Sore throat
	Insect bites	Cystitis
	Mosquito bites	Conjunctivitis

ARNICA MONTANA - Arnica, Leopard's Bane

Therapeutics: Arnica is especially suited for cases caused by injury, trauma, overuse of organs, or strain. The person has feelings of bruised soreness with aching and pressing pains. They fear being touched or approached by anyone and may appear to be indifferent to the situation. Arnica can be used after mental strain or shock.

Arnica as a salve or tincture can be used externally on bruises and irritations. However, it should never be applied to broken skin for infection or aggravation may result.

Modalities: Worse: least touch, motion, rest, wine, and dampness
Better: lying down, with head low

Uses:	Bleeding	Crushed finger/toes
	Broken bones	Injury
	Bruising	Shock
	Concussion	

ARSENICUM ALBUM - Arsenic, Arsenic Trioxide

Therapeutics: The characteristic symptoms include great restlessness and fear, severe weakness and exhaustion, intense chilliness, burning pains and aggravation of symptoms at night. All discharges, like a runny nose or diarrhea, burn and irritate the skin. They have a burning thirst, but may only want sips at frequent intervals.

Modalities: Worse: Coldness, open air and drafts, night, midnight to 2 a.m., cold food or drink, physical exertion, sea air, right side of body, fruit.
Better: Warm food or drinks, company of others.

Uses:	Boils/abscesses	Candida
	Digestive upsets	Fever
	Hayfever	Cystitis
	Shock	Skin problems

BELLADONNA - Deadly Nightshade

Therapeutics: Belladonna symptoms are typical and clear-cut; face is flushed, skin is bright red and dry, eyes are glassy and glaring, pupils are dilated. Pulse is pounding. Person looks feverish and dull.

Used in the acute early stages of inflammatory illnesses characterized by high fever and severe pain. This condition begins suddenly and violently, worsens rapidly, and then leaves as abruptly as it started.

Intense heat, redness, throbbing and swelling are the key symptoms for Belladonna.

Modalities: Worse: touch, jarring, motion, bright lights, noise, afternoon, drafts, laying on painful side.

Better: rest, warmth, semi-erect

Uses:	Boils/abscesses	Fever
	Earache	Heatstroke
	Sore throat	Candida
	Bedwetting	

BELLIS PERENNIS - Daisy

Therapeutics: Bellis perennis should be considered for deep muscle injuries, joint injuries, nerve injuries with intense soreness. Especially useful after surgery where there is bruising or cutting of deep muscles. Indicated for varicose veins and in trauma to pelvic organs resulting in a sore or bruised feeling.

Modalities: Worse: left side, hot bath and warmth of bed, before storms, cold baths and cold wind.

Uses: Bruising Sprains/Strains

BRYONIA ALBA - White Bryony and Wild Hops

Therapeutics: The most distinctive characteristic is aggravation by motion. Other symptoms are: irritability, easily angered, confused, headaches, respiratory problems, constipation with stomach pain, or musculo-skeleton pains. There is a thirst for large quantities of liquids. Dryness of lips, mouth, tongue, and throat with white, furry coating on tongue. Muscle soreness or joint pains with a fever or injury.

Modalities: Worse: warmth, any motion, morning eating, hot weather, exertion, touch.
Better: lying on painful side, rest, cold things.

Uses: Digestive upsets Influenza
Pneumonia Fever
Jammed fingers

CALENDULA OFFICINALIS - Marigold

Therapeutics: Calendula is a remarkable healing agent, nature's antiseptic, applied locally on open wounds, ulcers and skin that heals slowly. It prevents infection and promotes healing of already existing infections. After a tooth extraction, Calendula tincture can be used as a mouth wash to promote fast healing.

Modalities: Worse: damp, heavy, cloudy weather.

Uses: Bruising Cuts
Burns Skin problems

CANTHARIS - Spanish Fly, Blister Beetle

Therapeutics: Violent, burning pain, sharp, lancinating pain along course of nerve, and jerking muscles are characteristic symptoms. Cantharis is effective for 2nd degree burns with blistering, and the burning associated with urinary tract infections.

Modalities: Worse: touch

Uses: 2nd degree burns Cystitis

CARBO VEGETABILIS - Vegetable Charcoal, Wood Charcoal

Therapeutics: Carbo Vegetabilis promotes oxygenation. Its primary indication is for lifelessness, general disability -one who faints or collapses easily. The person is internally warm with cold breath and extremities. They are bluish and sweaty and desire air from an open window or to be fanned.

Carbo Vegetabilis is also useful for people who have not recovered from a previous illness or operation. For headaches over the eyes, with a feeling of weight on the head. The person feels hot with cold sweat on the forehead.

An excellent remedy for food poisoning from spoiled meat, salted meat, fish or rancid fat, with symptoms of severe stomach pains, vomiting and gas.

Modalities: Worse: temperature extremes, fats, alcohol, butter, coffee, milk, evening, tight clothing.
Better: eructations, fanning, cold, rest

Uses: Bleeding
Digestive Upsets
Shock

FERRUM PHOSPHORICUM - Phosphate of Iron, Ferrum Phosphate

Therapeutics: Ferrum Phos. is indicated in the early stages of all inflammatory problems, including head colds, earache, cough, pneumonia, bronchitis and sore throat. Ferrum Phos. promotes the formation of hemoglobin and therefore increases the amount of oxygen within the bloodstream.

Common symptoms are: a fever with gradual onset and flushed complexion with red cheeks, tendency to bleed easily - may be bright red blood coming from nose or gums at the onset of feverish illness, a hard, dry, tickling cough, with painful chest and hoarseness that may bring up a little blood-streaked mucous, a throbbing headache that is better from cold applications.

Modalities: Worse: Cold, night, exertion, standing, motion, right side.
Better: Cold application, touch, gentle motion.

Uses:	Bleeding	Chicken pox
	Earache	Fever
	Frostbite	

GELSEMIUM SEMPERVIRENS - Gelsemium, Yellow Jasmine, Begonia

Therapeutics: Gelsemium is the best remedy when drowsiness and mental and physical weakness are the prominent symptoms. There is tiredness and aching of whole body. Limbs, head and eyeballs are heavy. Stiffness of neck and upper back. Chilled with chills running up and down back. Headache as if a band was around head and the scalp is sore to the touch. Sore throat with red tonsils and difficulty in swallowing - pain shoots from throat to ears. Bad effects of the sun or summertime heat.

Modalities: Worse: Damp weather, tobacco-smoking, when thinking of ailments, before thunderstorm.
Better: Open air, bending forward, continued motion, increased urination, stimulants.

Uses:	Heatstroke	Influenza
	Fever	Headaches

IGNATIA AMARA -Ignatia, St. Ignatius Bean

Therapeutics: Ignatia has a unique applicability to symptoms brought on by acute emotional stress. It may be a curative remedy if symptoms are precipitated by grief, fear, anger, embarrassment or a scolding. There is hysteria, sadness, sighing, moody and changeable temperament and insomnia.

Modalities: Worse: emotions, tobacco, coffee/brandy, strong odors and morning.
Better: warmth, walking

Uses: Shock Emotional upsets

IPECACUANHA - Ipecac, Ipecac Root

Therapeutics: Ipecac is indicated in disorders where nausea and vomiting are dominant and persistent symptoms, whether they result from gastric disturbances, or other disorders such as; respiratory troubles, asthmatic conditions, whooping cough, diarrhea, and hemorrhages.

Modalities: Worse: night, warmth, rich foods.
Better: open air, rest.

Uses: Bleeding Vomiting

KALI BICHROMIUM - Bichromium of Potash, Potassium Bichromate

Therapeutics: Kali Bichromate is characterized by thick, stringy discharges from mucous membranes. Discharges are thick, yellow or green with marked sticky, ropy, gooey quality. Symptoms come and go suddenly, and pains are limited to small parts of the body or wander from place to place.

Modalities: Worse: cold, hot weather, undressing, 2-3 a.m.
Better: heat

Uses: Sinus conditions

PHOSPHORUS

- Therapeutics: Typical symptoms of Phosphorus are a restless, overexcited state that leads to weakness and exhaustion, chilliness combined with a thirst for cold drinks and burning pains that may occur anywhere in the body. There is tendency to bleed easily and small wounds may bleed profusely with bright red blood. Gums may bleed as well as nosebleeds that often accompany a cold or cough. The person may appear to be well despite a high fever and they may sweat at night.
- Modalities Worse: evening, left side, physical or mental exertion, thunderstorms, change of weather, warm food or drink, touch.
Better: open air, sleep, cold food or drink.
- Uses: Bleeding
Fever
Shock

PHYTOLACCA - Poke-root

- Therapeutics: Some symptoms associated with Phytolacca are: sore throats where the pharynx looks dry, rough and is of a dark-red color. There is a feeling of red hot pain on swallowing, which shoots through the ears. Cannot even swallow water. Tonsils swollen, especially right side. Tongue has a red tip, and feels rough and scalded.
- In teething children, great desire to bite the teeth together.
- Modalities: Worse: hot drinks, when it rains, exposure to damp, cold weather, night motion, right side.
Better: warmth, dry weather, rest.
- Uses: Sore throats

PULSATILLA - Wind flower, Pasque Flower, Meadow Anemone

Therapeutics: Pulsatilla is an important remedy in congestion with thick, yellowish-green discharge that does not irritate the skin. Useful in chronic nasal congestion, advanced stage of cold, otitis or conjunctivitis. "Ripe" head colds with profuse, thick yellow discharge. Eyelids stick together in the morning. There is a loose, rattling cough, worse on becoming heated at night. Earache with thick yellow discharge, and the external ear is swollen and red.

Dryness of mouth with lack of thirst, stomach upsets from rich foods, and an aversion to fats are other symptoms. Changeable symptoms that shift from one part of the body to another or change character frequently. The person has a mild, sad, tearful disposition.

Modalities: Worse: heat, rich fat food, after eating, warm room, lying on left or painful side.
Better: motion, open air, cold food or drink, though not thirsty, cold applications.

Uses:	Earache	Chicken pox
	Sty on eyelid	Fever
	Digestive upsets	Frostbite

RHUS TOXICODENDRON - Poison Ivy, Poison Oak, Rhus Tox

Therapeutics: The fundamental characteristic of Rhus Tox is relief of symptoms by motion. Rhus Tox affects the fibrous tissues such as joints, tendons, ligaments, and connective tissue. The pains may be sore on first motion and better by continued motion even in acute illnesses such a flu, or caused by an injury. Sustained or vigorous motion may be difficult and symptoms may begin after over exertion. Pains in muscles and joints are achy, sore or needlelike. Joints are stiff, swollen and painful.

Rhus Tox strongly affects the skin. The eruptions are red and inflamed and itch terribly. There are usually inflamed blisters that are filled with clear fluids or pus and may ooze. The person is usually thirsty for cold drinks or milk, though cold drinks may aggravate symptoms. A peculiar symptom is the presence of a triangular red area at the tip of the tongue.

Modalities: Worse: initial motion, prolonged rest, overexertion, cold and damp weather, getting wet, night.
Better: continued motion, change of position, rubbing, warm applications, stretching.

Uses:	Frostbite	Influenza
	Skin problems	Sprains/strains
	Chicken pox	Arthritic conditions

RUTA GRAVEOLENS - Ruta, Rue, Bitter Herb

Therapeutics: The main use of Ruta is to improve rheumatic pains, sprains, and bruised injuries. Sprains (after Arnica) of knees, wrists, ankles and especially of tendons. Ruta is also useful when spine or limbs feel bruised, legs are weak and give out. Ruta can be used when the eyes are red and hot, which is usually followed by a headache. Ruta can also be used when a "dry socket" develops after a tooth extraction.

Modalities: Worse: lying down, cold, wet weather.
Better: warmth, motion

Uses: Bruising
Sprains and strains
Plantar Warts

SEPIA

Other Names: Inky Juice of Cuttlefish

Therapeutics: A lack of vitality, even a sense of lifelessness is characteristic. There are herpetic eruptions on the lips and about the mouth. There is itching that changes to burning when scratching. Other symptoms include: itching on the bends of elbows; soreness of the skin especially in humid places - bends of knees; brown spots on the skin with white patches. Sepia is also indicated in children that have involuntary discharge of urine at night, especially during first sleep. The bed is wet almost as soon as the child goes to sleep, or passed within two hours after going to bed.

Modalities: Worse: forenoons and evenings, washing, dampness, after sweat, cold air.
Better: warmth of bed, hot applications, cold bathing, after sleep.

Uses: Ringworm/fungal infections
Bedwetting

SILICEA - Silica, Pure Flint

Therapeutics: The best one word description for people who need Silicea is "weakly" - they lack physical stamina. They are easily tired and easily chilled and their hands and feet get cold and cannot be warmed. Little wounds tend to become infected, and skin infections are slow to heal, leaving reddened cysts rather than clearing completely.

Some specific symptoms are: swollen lymph nodes appear frequently, offensive perspiration - especially feet, hand, head and lower back, and there may be a sensation like a splinter or stick was caught in the throat or other inflamed area.

Modalities: Worse: cold, damp, uncovering, lying on painful side, suppressed perspiration, eating.
Better: warmth

Uses: Boils/abscesses
Sty on eyelid

SPONGIA TOSTA - Spongia, Roasted Sponge

Therapeutics: Spongia works primarily on the mucous membranes of the respiratory tract. It is often indicated in laryngitis, croup, bronchitis, asthma and endocarditic. Spongia is indicated in cough, croup and colds that begin in the throat, which is sensitive to touch. There is a feeling as if a plug is in the larynx.

The person wakes fearfully out of a sleep with a sense of suffocation, loud cough and difficulty breathing. The croupy cough sounds like a saw is being driven through a board. It is a dry, barking, rasping cough. There is a dryness of all air passages and hoarseness with soreness and burning.

Modalities: Worse: before midnight, lying down, talking, swallowing.
Better: lying with head low

Uses: Croup

STAPHYSAGRIA - Stavesacre

Therapeutics: The primary indications for Staphysagria are in complaints that come from suppressed anger or feelings of guilt or fear. It is also indicated as a skin remedy in eczema with yellow moisture oozing from under the crusts, with new vesicles forming from contact with the discharge. There are humid, itching, fetid eruptions on the head and behind the ears. Scratching changes the place of itching and also increases the oozing.

Modalities: Worse: least touch an affected part, anger, indignation, grief, loss of fluids.
Better: warmth, rest at night.

Uses: Mosquito bites
Chronic cystitis

SULPHUR - Brimstone, Flowers of Sulphur

Therapeutics: The skin appears dry, scaly and unhealthy looking with itching and burning, and is worse from scratching and washing. There is redness of the red lips, eyelids, or anus. These people have a sensation of burning on palms of hands, top of head and especially soles of feet. At night, they uncover their feet and throw off the bed covers. There are hypoglycemic symptoms, like a sinking feeling in the stomach one hour before lunch.

These people are thirsty and would rather drink than eat. They awake with a bitter taste in their mouth. They may experience painless diarrhea or constipation with hard, dry, large stools.

Sulphur is of real value in acute conditions when the person fails to recover completely as when colds, coughs or influenzas hang on too long, or there is a relapse.

Modalities: Worse: morning, night, washing, sleeping, rest, standing, warmth of bed, alcoholic stimulants.
Better: dry, warm weather, lying on right side.

Uses:	Sty on eyelid	Candida
	Frostbite	Ringworm

SYMPHYTUM - Comfrey, Bone-set, Healing Herb

Therapeutics: Symphytum is specific for injuries caused, not by sharp stabbing instruments, but by blows from blunt objects that damage, but fail to penetrate. It is especially useful for blows on the eyeball. Symphytum is a great remedy for fractures, and of fractures that fail to unite, and of lessening peculiar pricking pain in bone.

Uses: Broken bones
Blow to eye
Sprains and strains

THUJA OCCIDENTALIS - Arbor Vitae, Tree of Life, Thuja

Therapeutics: Thuja is indicated in warts that are soft and pulpy and very sensitive. They have cauliflower type growths, and sometimes ooze moisture as well as bleed easily. There are wart-like lesions on the back of hand, on chin and other places. Thuja is an antidote for side-effects from vaccinations.

Modalities: Worse: at night, from heat of bed, from cold damp air, fat, coffee, vaccinations.
Better: left side, drawing up a limb.

Uses: Warts

URTICA URENS - Stinging Nettle

Therapeutics: Urtica Urens in an ointment form can bring instant relief of pain from burns and rapid healing. This applies to fairly superficial burns. The skin is red, burning, stinging or itching. There may be some swelling and may occur from a scald or sunburn. Also indicated for insect bites that feel like a burn.

Modalities: Worse: cool, moist air, water, touch

Uses: 1st degree burns
Skin problems

VERATRUM ALBUM - White Hellebore, Devil's Bite

Therapeutics: Veratrum is one of the most important emergency remedies. It is used at the sudden onset of faintness, cold sweat, collapse and prostration. There is nausea with violent vomiting and profuse diarrhea. Other symptoms are: heat exhaustion, sudden collapse with coldness, blueness and weakness, pulse rapid and weak, and cramps in abdomen, legs and calves.

Modalities: Worse: night, least motion, drinking, after fright.
Better: warmth, walking

Uses: Heatstroke/sunstroke

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Homeopathic Remedies for Immune Issues

Symptoms	Acon	All-c	Ars	Bell	Bry	Cham	Gels	Hep-s	Kali bi	Merc	Nat-m	Nux-v	Phos	Puls	Spong	Sulph
apathy							X									
excited				X												
anxiety	X		X										X		X	
irritable					X	X						X				X
restlessness						X						X				
exhaustion			X													
headache	X	X	X		X		X				X				X	
soreness						X	X		X		X					
weakness			X				X									
sudden onset	X										X		X			
exp to cold	X			X												
exp to warm								X								
throbbing	X						X									
flushed face				X										X		
glaring eyes				X												X
fever				X												
aching				X			X					X	X	X		
chills			X													
dizzy			X				X	X		X		X	X			
eyes sore							X									
dry lips					X									X		
nausea			X									X	X			
thirsty			Yes	No	Yes	Yes	No				Yes		Yes	No		
Discharge	Acon	All-c	Ars	Bell	Bry	Cham	Gels	Hep-s	Kali bi	Merc	Nat-m	Nux-v	Phos	Puls	Spong	Sulph
copious		X	X							X		Day				
watery		X	X		X		X	1st		X	X					
burning	X	X	X				X									
sneezing	X	X	X				X		X	X	X	X				
stopped up											X	Night	X			X
thick								X	X					X		
stringy									X							
yellow						X		X	X							
white								X			X					
green									X	X						X
Throat																
red				X												X
burning			X	X											X	
irritated								X				X				
raw		X				X				X			X			
tearing pain					X											
stitching pain		X				X		X		X	X					X
hoarseness		X				X		X	X				X		X	
sore		X		X									X		X	X

	Acon	All-c	Ars	Bell	Bry	Cham	Gels	Hep-s	Kali bi	Merc	Nat-m	Nux-v	Phos	Puls	Spong	Sulph
Cough																
painful						X										
rattling					X	X		X							No	X
croupy	X								X						X	
barking								X							X	
dry	X				X	X	X	X				X	X	X	X	X
short	X					X										
tickling		X		X		X						X	X			
hard, racking				X	X								X	X		
Worse --																
Better +	Acon	All-c	Ars	Bell	Bry	Cham	Gels	Hep-s	Kali bi	Merc	Nat-m	Nux-v	Phos	Puls	Spong	Sulph
heat			+			--			+		--			--		
warm	--	--	+					+		--		+		--	+	--
cold		+	--								+	--	+	+		
open air	+	+					+	--			+	--	+	+		
lying down				--					+		--	+				
stand/sit			+	+												--
noise				--							--					
night	--		--	--		--				--						--
evening	--											+	--		--	
morning									--			--				--
motion				--	--		+							+		
eating					--			+			--				+	
music	--															
cold wind	--															
light				--								+	--			
pressure					+							+	+			
rest					+								--			
wet weather			--			+	--			--						
smoke							--									

Directions: Find the symptoms you have and see which remedy (listed across the top in abbreviated form) correlates to each symptom. Find the remedy that covers many of your symptoms. Then read about that remedy in the Materia Medica to see if it matches your overall symptoms.

The Worse / Better section is used to find modalities, or situations that make the symptom better or worse. The plus indicates the symptom is better in that situation, and the negative indicates the symptom is worse in that situation. For example, if you feel worse lying down, then Belladonna and Natrum mur remedies work better in that situation.