

Homeopathic Remedies for Common Conditions

A

Abscesses:

- - red with swelling Belladonna 30C
- - helps pull out poisons Hepar Sulphur 30C
- - bluish Lachesis 30C
- - dental Mercurius Vivus 30C
- - worse with cold Silicea 30C

Abdominal pain:

- - with gas Carbo Veg 30C
- - with spasmodic cramps Magnesium Phos 6X

Acne:

- - worse with washing Sulphur 30C
- - teen acne Hepar Sulphur 30C

ADD, ADHD, Attention Problems:

- - difficulty concentrating Kali Phos 30C
- - from poor nutrition Bioplasma
- - support for neuro transmitters GABA

Allergy:

- - sinus drip Natrum Mur 6X
- - watery, itchy eyes Allium Cepa 30X
- - runny nose Gelsemium 30C
- - burning eyes Euphrasia 30C
- - sun Hypericum 30C

Anger:

- - pushes himself & others too hard Nux Vomica 30C
- - menopausal Stramonium Complex 10X
- - suppressed or anger from past abuse Staphysagria 30C
- - sudden outburst Stramonium 30C

Anxiety:

- - Anxiety, traumatic events, stressful situations, panic, obsessive-compulsive
- - Aconite 30C
- - Gelsemium 30C
- - Arsenicum Album 30C
- - Phosphorus 30C

Arthritis:

- - worse end of day Bryonia 30C
- - worse am, better after warming up joints with gentle motion Rhus tox 30C

Asthma:

- - Asthma for difficult breathing; dyspnea (shortness of breath); raspy breathing
- - Antimonium Tart 30X
- - Arsenicum Album 30C
- - Ipecac 30X
- - Nux Vomica 30X
- - Gelsemium 30C

Athletes Foot:

- - Thuja 30C

B

Bad breath:

- - Mercurius Vivus 30X

Backache:

- - Arnica 30C
- - Rhus Tox 30C
- - Ruta Grav 30C
- - from nerve injury Hypericum 30C

Bedwetting:

- - Pulsatilla 30X
- - Phosphorus 30C

Bee stings:

- - Apis Mel 30X

Bladder Irritation:

- - Aconite 30C

Bladder Infection:

- - Cantharis 30X
- - Causticum 30X
- - Staphysagria 30C

Bleeding, gums:

- - Arnica 30X
- - Phosphorus 30X

Blisters:

- - Calendula cream

Bloating:

- - after overeating Nux Vomica 30C
- - after eating Carbo Veg 30C

Boils:

- - sensitive to touch Hepar Sulphur 30C
- Silicea 6X, Sulphur 30C

Bones:

- broken Eupatorium Perf 30C
- hair line fractures, slow healing breaks Symphytum 30X
- growing pains Calcium Phos 6X
- injury Ruta Grav 30C
- aching Rhus Tox 30C

Breathing:

- shortness Sulphur 30C
- difficult Spongia Tosta 30C

Bronchitis:

- with laryngitis – Phosphorus 30C
- with dry cough – Bryonia 30C

Bruising:

- from injuries Arnica 30X
- easily bruises Ledum 30X

Burning:

- pain Cantharis 30X

Burping:

- gas or indigestion Carbo Veg 30X

Burns:

- Cantharis 30X
- with nerve pain Hypericum 30X
- on sensitive or irritated skin Urtica Urens 30C

C

Calcium:

- balance, helps with assimilation Calcarea Phosphorica 6X

Candida:

- Candida Alb 30C

Carpal Tunnel Syndrome:

- damage or weakness in tendons Ruta Grav 30C
- topical for inflammation Traumeel gel

Chest:

- constriction Ipecac 30X
- rattling Veratrum Album 30X

Chicken Pox:

- may help to prevent pock marks Antimonium Tart 30X
- with body aches Byronia 30X
- intense itching Rhus Tox 30X

Children:

- ill, irritable Chamomilla 30X
- ill, clingy Pulsatilla 30X
- suddenly ill Aconite 30X
- rashes Calendula ointment, spray, oil or soap.

Chilblains:

- for skin inflammation due to poor circulation Pulsatilla 30C
- place on unbroken skin Arnicated oil

Choking:

- persons feels weak, coughing up of mucous Carbo Veg 30X
- choking coughs Ipecac 30X

Colds:

- green nasal discharge Mercurius Vivus 30X, Kali bichromium 30C
- burning in nose & throat Spongia 30C
- in the chest Phosphorus 30C
- with fever Ferrum Phos 6X
- with yellow nasal discharge Pulsatilla 30X
- with chest congestion Bryonia Alba 30X
- in eyes Allium Cepa 30X
- runny with clear mucus Nat Mur 6X
- summer cold Gelsemium 30X

Cold sores:

- frequent Zincum Met. 30X

Colic:

- low pain tolerance Chamomilla 30X
- with stomach cramps Mag Phos 6X
- gas pain Hylands Colic Tablets
- for a few hours after eating Nux Vomica 30X
- with legs drawn up Pulsatilla 30X
- improves digestion, colic from food allergies Natrum Phos 6X
- after overeating, sensitive stomach Lycopodium 30X

Constipation:

- alternating with diarrhea Nux Vomica 30X
- with gas Lycopodium 30C
- dry painful elimination Bryonia 30C

Cough:

- first sign Aconite 30X
- dry barking cough Bryonia 30X
- croup Aconite 30C, Spongia 30C
- children's coughs with excess mucous Hepar Sulphur 30C
- coughs due to weather change Dulcamara 30X
- hard coughs with gagging Kali Bichrom 30C

Cramping:

- - PMS, labor Caulophyllum 30C
- - muscle cramps, PMS, Cimicifuga Rac 30X
- - in calves, nighttime cramps Magnesia Phos 6X

D**Dental problems:**

- - excess salivation Mercurius Vivus 30C
- - metallic taste Stramonium 30C
- - Toothaches Plantago 3X
- - Bone pain Calcium Phos 6X
- - Receded, bleeding gums Kali Phos 6X
- - Remineralization of Enamel Calcium Fluoride 6X

Dental surgery:

- - before and after Arnica 30X
- - before Hypericum 30X

Depression:

- - from grief of heartache Ignatia 30C
- - with loss of self-worth Aurum Met 30C
- - with emotional stress Anxiety
- - for when your cells just need a boost Calcium Phos 6X
- - with lack of energy Nat Mur 6X
- - emotional, tearful Pulsatilla 30C
- - with health problems Staphysagria 30C

Diaper Rash:

- - Calendula 3.5 oz. ointment
- - red, irritated, burning skin Cantharis 30X

Diarrhea:

- - from food poisoning Arsenicum Album 30X
- - with nausea Ipecac 30X
- - spicy food Nux Vomica 30X
- - sudden Phosphorus 30X
- - indigestion Podophyllum 30X
- - morning Sulphur 30C
- - watery, or bloody Phosphorus 30C

Digestion:

- - from eating foods that don't agree with you Carbo Veg 30C
- - foul smelling, acidic Natrum Phos 6X

Discharge:

- - burning Arsenicum Album 30X
- - clear nasal Allium Cepa 30X
- - green Hepar Sulphur 30X
- - watery Gelsemium 30X
- - yellow Pulsatilla 30X

Dizziness:

- - sudden illness Aconite 30C
- - illness Gelsemium 30C

Dry:

- - General Dryness Bryonia 30C
- - Dry Mouth Bryonia 30X

E**Earache:**

- - First signs of earache Aconite 30X
- - Red and burning Belladonna 30X
- - Inflammation Ferrum Phos 6X
- - Plugged Eustachian tube Kali Mur 6X
- - Children Pulsatilla 30X
- - Rightsided Belladonna 30C

Ears:

- - abscessed Mercurius Vivus 30C
- - roaring Aconite 30C
- - tinnitus Silcea 6c

Eczema:

- - dry, itchy Sulphur 30C, or 200C
- - topical Calendula ointment 3.5oz
- - topical Calendula ointment 13.5oz
- - itch, burn, swell Arsenicum Album 30C
- - scalp Kali Mur 6X

Emotional strain:

- - panic attacks Aconite 200C
- - grief and depression Ignatia 30C

Exhaustion:

- - physical exhaustion Exhaustion
- - with illness or flu Gelsemium 30X
- - heat exhaustion Veratrum Album 30C
- - nervous exhaustion Kali Phos
- - mental fatigue or exhaustion Alertness

Eyes:

- - eyestrain Ruta Grav 30C
- - injury Aconite 30X
- - inflammation, swelling, redness Euphrasia 30C
- - pain Hypericum 30X
- - injury-black eye Ledum 30C
- - burning Sulphur 30C
- - pink eye Arsenicum Album 30C
- - sticky discharge Pulsatilla 30X
- - watery Eye drops
- - red, fatigue, swollen Eye Formula

Eyestrain:

- - Ruta Grav 30C

F

Fainting:

- - Pulsatilla 30X

Fear:

- - trauma Aconite 30X
- -of being ill Arsenicum Album 30C
- -any stressful or emotional upset, also for pets Rescue Remedy liquid

Fever:

- - sudden Aconite 30X
- - high fevers Belladonna 30X
- - with paleness Bryonia 30X
- - children Chamomilla 30X
- - inflammation Ferrum Phos 6X
- - with flu Gelsemium 30C
- - restlessness Pulsatilla 30X

Fever Blisters:

- - Natrum mur 30C

Fibromyalgia:

- - muscle weakness Rhus Tox 30C
- - pain constantly shifting Pulsatilla 30C
- - nerve pain Mag Phos 6X

Flatulence:

- - shortly after eating Nux Vomica 30C
- - with heartburn Carbo Veg 30X

Flu:

- - prevention Oscilliococcinum
- - with aches, bone and muscle Bryonia 30X
- - with cold Gelsemium 30X
- - with aches, bone and muscle Rhus Tox 30C

Food poisoning:

- - Arsenicum Album 30X

Fractures:

- -hair line fractures, slow healing breaks Symphytum 30X
- -broken Eupatorium Perf 30C
- -aid in healing fractures, use in addition to any of the above remedies Calcium Phos 6X

Fright:

- -Aconite 30 C

G

Gall Stones:

- -cell salt to use with chelidonium Calcium Phos 6X
- -Chelidonium 30C

Gas:

- - with constipation – Lycopodium 30C
- - bloating Carbo Veg 30C

GERD:

- -Carbo Veg 30C

Grief:

- -Ignatia 30X

Growing Pains:

- - Calcarea Phos 6X

Gums:

- -swollen Mercurius Vivus 30X

H

Hair Loss:

- - Lycopodium 6C

Hangover:

- -Nux Vomica 30C

Hayfever:

- - watery eyes Allium Cepa 30X
- - sneezing and itchy throat Hepar Sulphur 30 C

Headache:

- - band around head Aconite 30X
- - from sinus congestion Belladonna 30C
- - worse in the evening Bryonia Alba 30C
- - from fever, or from the sun Ferrum Phos 6X
- - stress headache Ignatia 30C
- - mental and eye strain Ruta Grav 30C
- - headache with nausea, morning sickness headache Veratrum Album 30C
- - dull, heaviness, muscular soreness of shoulders Gelsemium 30C
- - frontal, splitting Nux Vomica 30C

Heartburn:

- -all ages Carbo Veg 200C
- - with burping Argentum Nit 30C
- - overate, different foods Nux Vomica 30X

Heat exhaustion:

- - aching, headache Gelsemium 30X
- - clammy sweat Veratrum Album 30X

Heat prostration:

- - collapse Veratrum Album 30C
- - sun collapse, cold Carbo Veg 30C

Hemorrhage:

- - with burning Cantharis 30X
- - menstrual Ferrum Phos 6X
- - dental and nose bleeds Phosphorus 30X

Hemorrhoids:

- - itching and swollen Hamamelis 30C
- - rectal burning and swelling Hemorrhoid combination for healing imflamed tissues
- - burning Sulphur 30C

Hiccough:

- - hiccup and vomiting Ignatia 30X

Hives:

- - itching, redness, swelling Apis Mell 30X
- - tendency to have hives Rhus Tox 30X

Hoarseness:

- - beginning of laryngitis Allium Cepa 30X
- - feels like somethings caught in the throat Hepar Sulphur 30X
- - with coughing Ipecac 30X
- - suddenly loses voice Phosphorus 30C
- - with chest congestion Antimonium Tart 30X
- - laryngitis Argentum Met 30C
- - causticum 30C

Hot Flashes:

- - Sepia 30C

Hysteria:

- - Ignatia 30C

I**Illness:**

- - weak pulse Ferrum Phos 6X
- - gradual onset Gelsemium 30C
- - lingering Carbo Veg 30C
- - sudden aconite 30X

Impatient:

- - men Nux Vomica 30C
- - refuses after receiving request Chamomilla 30X

Immune System:

- - Bioplasma Cell Salt combination to support health, for all ages, can use regularly
- - Echinacea homeopathic to support health,

Indigestion:

- - burning in esophagus Cantharis 30X
- - also may have heartburn and stomach bloating Carbo Veg 30X
- - with burping, bloating a few hours after eating Nux Vomica 30X
- - from eating food not use to Phosphorus 30X
- - in children Pulsatilla 30X

Infection:

- - cuts, abrasions, minor burns, redness and swelling Infection combination
- - dental Hepar Sulphur 30C

Inflammation:

- - all stages of inflammation Ferrum Phos 6X

Injury:

- -pain relief for acute trauma, repetitive or overuse of injuries, arthritic conditions Traumeel
- -bones Ruta Grav 30X
- -eye, nerve, tailbone Hypericum 30X
- -falls, general injury Arnica 30X

Insect bite:

- - Apis Mellifica 30X
- - Rhus Tox 30X

Insomnia:

- - from worry, grief Ignatia 30X
- - racing mind, too much caffeine – Coffea 30C
- - insomnia at 3 am Nux Vomica 30X
- - Pulsatilla 30X
- - Passiflora 30X
- - desire to Antimonium Tart 30X
- - sleepless Gelsemium 30C
- - sleeplessness Ferrum Phos 6X
- - sleepy, cannot sleep Belladonna 30X

Irritability:

- - Bryonia Alba 30C
- - children Chamomilla 30X
- - Type A personality Nux Vomica 30C

Itching:

- - Apis Mell 30C
- - Itching in throat Carbo Veg 30C

J-K**Joint pain:**

- - worse in evening Bryonia Alba 30C

Kidney:

- - kidney stones Berberis Vulg 30C

L

Laryngitis:

- - see hoarseness above

Leg cramps:

- - Magnesia Phos 6X

Light:

- - aversion to Arsenicum Album 30C
- - photophobia Gelsemium 30C

Liver:

- - Lycopodium 30C
- - Nux vomica 30C

M

Measles:

- - Byronia 30X

Meniere's:

- - dizziness with buzzing in the ears Silcea 30C

Menstrual Complaints:

- - cramps, nervousness Magnesia Phos 6X
- - cramps with nausea Veratrum Album 30X

Moodiness:

- - Aurum Met 30C to even out moods, lighten stress and brighten outlook
- - changeable Pulsatilla 30C
- - Stramonium

Muscle spasms:

- - Magnesia Phos 6X

Muscles:

- - sore Rhus Tox 30C

Nasal discharge:

- - Allium Cepa 30X

N-O

Nausea:

- - Nausea combination
- - Carbo Veg 30X
- - Ipecac 30X
- - Nux Vomica 30C
- - Phosphorus 30X
- - Sulphur 30C
- - Veratrum Album 30X

Nerve Pain from Illness or Injury:

- - Neuralgia
- - Hypericum 30X

Nervousness:

- - Calming combination for nervous irritability
- - Nerve Tonic
- - Gelsemium 30C

Night sweats:

- - Phosphorus 30C

Nosebleed:

- - Ferrum Phos 30X
- - Arnica 30X
- - Phosphorus 30C

Open air:

- - craves Pulsatilla 30C

Overexertion:

- - Arnica 30X
- - Traumeel ointment

Oversensitivity:

- - to noise, light, music Nux Vomica 30C
- - thunderstorms, perfume Phosphorus 30C

P

Pain:

- - Traumeel ointment
- - aching, arthritic Bryonia Alba 30C
- - arthritic Rhus Tox 30C
- - abdominal, cutting Ipecac 30X
- - burning, sticking pain Apis Mell 30C
- - burning Cantharis 30X
- - bursting, frantic from pain Aconite 30C
- - cramping Belladonna 30C
- - intolerance to Chamomilla 30C
- - joint and bone Calcarea Phos 6X
- - postoperative Hypericum 30C
- - sticking pain Hepar Sulphur 30C
- - stomach pain Phosphorus 30C
- - throbbing pain Ferrum Phos 6X
- - urination painful Mercurius Vivus 30X

Poison ivy:

- - Rhus Tox 200C

PMS:

- - premenstrual symptoms Magnesium Phos 6X
- - Veratrum Album 30X
- - Pulsatilla 30C
- - Sepia 30C

Puncture wounds:

- Hypericum 30X
- Ledum 30X
- Calendula 13.5 oz
- Calendula 3.5 oz

Pupils dilated:

- Belladonna 30C

Q-R

Red:

- face Belladonna 30C
- skin Apis Mell 30X

Restless:

- Aconite 30X
- Arsenicum Album 30C
- Belladonna 30X
- Ferrum Phos 6X
- Rhus Tox 30C

S

Scalds:

- burns Cantharis 30X

Sinus:

- Kali Mur 6X
- Nat Mur 200C
- Silicea 6X

Shingles:

- Rhus Tox 30C
- Magnesium Phos 6X

Shock:

- Arnica 30X
- to muscles, bruised bones Ruta Grav 30C
- collapse Aconite 30C
- Rescue Remedy 20ml

Skin:

- hot dry skin Belladonna 30C
- pustules Skin Formula
- scaly, unhealthy Sulphur 30C
- oozing rashes Graphites 30C

Sneezing:

- Aconite 30X
- Allium 30X

Sore:

- muscles Rhus Tox 30X
- sore muscles Arnica 30C
- Traumeel ointment

Sore Throat:

- Aconite 30C
- Allium Cepa 30C
- Arsenicum Album 30C
- Belladonna 30C
- Ferrum Phos 6X
- Gelsemium 30C
- Hepar Sulphur 30C
- Mercurius Vivus 30C
- Nux Vomica 30C
- Spongia Tosta 30C

Splinters:

- Hypericum 30X

Sprains:

- worse on initial motion Rhus Tox 30X
- ligaments Ruta Grav 30X
- ankle, cold, swollen Ledum 30X

Stage Fright:

- Gelsemium 30C

Stiffness:

- Bryonia 30C
- Rhus Tox 30C

Stings:

- Cantharis30X
- Ledum 30C

Stomach:

- stomachache Bryonia 30X
- heartburn Carbo veg 30C

Stool:

- loose Phosphorus 30X
- offensive Arsenicum Album 30X
- changeable Sulphur 30X
- slimy, green Chamomilla 30X
- green Ipecac 30X
- slimy Mercurius Vivus 30C

Strains:

- Rhus Tox 30C

Stress:

- Ignatia 30C

Styes:

- Staphysagria 30C
- Apis Mell 30C

Sunburn:

- Cantharis 30X

Surgery:

- - ease trauma before Aconite 30X
- - heal faster, reduce bruising Arnica 30X
- - dental Hypericum 30X

Swallowing:

- - difficulty Arsenicum Album 30X
- - swallowing difficulty Gelsemium 30C

Sweats:

- - easy sweating especially on head, Calcarea Carb 30C

Swelling:

- - Apis Mell 30C

Swollen glands:

- - Mercurius Vivus 30C

T**Tailbone:**

- - injury Hypericum 30C

Taste:

- - sour Phosphorus 30X
- - lack of taste Zinc 30X

Teething:

- - Calcarea Phos 6X
- - low tolerance to pain Chamomilla 30X
- - Hylands Teething tablets

Temper:

- - temper tantrums Chamomilla 30X

Tendon:

- - injury Arnica 30X

Tendonitis:

- - Ruta Grav 30C

Thirst:

- - Aconite 30X
- - Bryonia 30X
- - unquenchable Cantharis 30X

Thirstless:

- - Gelsemium 30X

Throat:

- - dry Spongia Tosta 30C
- - sore Mercurius Vivus 30C

Tonsillitis:

- - Mercurius Vivus 30X

Teeth:

- - tooth decay Mercurius Vivus 30C
- - improve strength Calcarea phos 6c

Toothache:

- - Belladonna 30C
- - Chamomilla 30X
- - Mercurius Vivus 30C
- - Ruta Grav 30C

U**Urinary:**

- - weakness Apis Mell 30C
- - infection Cantharis 30X

Urination:

- - burning, painful, urge to urinate frequently Cantharis 30c
- - painful, retention, scant urination Aconite 30C

V-Z**Vision:**

- - blurred Gelsemium 30C
- - loss of Carbo Veg 30C
- - pink eye Pulsatilla 30C

Vomiting:

- - from food sensitivities Arsenicum Album 30X
- - Bryonia Alba 30X
- - Chamomilla 30X
- - with nausea Ipecac 30X
- - Nux Vomica 30C

Warts- -

- - Antimonium crudum 30C
- - Thuja 30C

Weakness:

- - Carbo Veg 30C
- - during flu Gelsemium 30C
- - Mercurius Vivus 30C
- - Veratrum Album 30X

Wheezing:

- - Hepar Sulphur 30X
- - Ipecac 30X
- - Spongia Tosta 30X

Wounds:

- - bruising with swelling Ledum 30X
- - puncture Hypericum 30X
- - bruising pain, shock Arnica 30X