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

Blister:
- 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 30C

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
- muscle cramps
- calves, nighttime cramps
- Gelsemium 30C

Dental problems:
- excess salivation
- metallic taste
- Toothaches
- Bone pain
- Receded, bleeding gums
- Remineralization of Enamel
- Dental problems:
- General Dryness
- Dry Mouth

Dizziness:
- sudden illness

Dry:
- General Dryness
- Dry Mouth

Depression:
- from grief of heartache
- with loss of self-worth
- with emotional stress
- for when your cells just need a boost
- with lack of energy
- emotional, tearful
- with health problems

Diaper Rash:
- Calendula 3.5 oz., ointment
- red, irritated, burning skin

Diarrhea:
- from food poisoning
- with nausea
- spicy food
- sudden
- indigestion
- morning
- watery, or bloody

Digestion:
- from eating foods that don't agree with you
- foul smelling, acidic

Discharge:
- burning
- clear nasal
- green
- watery
- yellow

Dizziness:
- sudden illness
- illness

Dysmenorrhea:

Dry:
- General Dryness
- Dry Mouth

Earache:
- First signs of earache
- Red and burning
- Inflammation
- Plugged Eustachian tube
- Children
- Rightsided

Ears:
- abscessed
- roaring
- tinnitus
- scalp

Eczema:
- dry, itchy
- topical
- topical
- itch, burn, swell
- scalp

Emotional strain:
- panic attacks
- grief and depression

Exhaustion:
- physical exhaustion
- with illness or flu
- heat exhaustion
- nervous exhaustion
- mental fatigue or exhaustion

Eyes:
- eye strain
- injury
- inflammation, swelling, redness
- pain
- injury-black eye
- burning
- pink eye
- sticky discharge
- watery
- red, fatigue, swollen

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:**
- *Natrnum 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 *Oscilliococciunum*
- with aches, bone and muscle *Bryonia 30X*
- with cold *Gelsemium 30C*
- 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 *Calcarea 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 inflamed tissues  
- burning Sulphur 30C

Hiccough:  
- hiccups 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 something 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

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
Laryngitis: - see hoarseness above

Leg cramps: - Magnesia Phos 6X

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

Liver: - Lycopodium 30C - Nux vomica 30C

Measles: - Byronia 30X

Meniere's: - dizziness with buzzing in the ears Silica 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

Muscle spasms: - Magnesia Phos 6X

Muscles: - sore Rhus Tox 30C

Nasal discharge: - Allium Cepa 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


Poison ivy: - Rhus Tox 200C

PMS: - premenstrual symptoms Magnesia 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

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:
- Cantharis 30X
- 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

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

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

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

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