HOMEOPATHY – POLYCHRESTS

A Polychrest remedy is a homeopathic remedy that has many frequent uses.
The ones with ** in front are the most popular. Those ones you will most likely be using often.

- **Aconitum Napellus (Acon.)**
  A state of fear, anxiety; anguish of mind and body. Physical and mental restlessness. Sudden and great sinking of strength. Complaints and tension caused by exposure to dry, cold weather. Fears the future. Eyes feel dry and hot, as if sand in them. Pain at root of nose. Tingling in cheeks and numbness. Gums hot and inflamed. Tongue coated white. Vomiting, with fear, heat, profuse sweat and increased urination. Bitter taste of everything except water. Intense thirst. Bleeding hemorrhoids. Urine scanty, red, hot, painful. Cough, dry, short, hacking; worse at night and after midnight. Tingling in chest after cough. Tachycardia. Pulse full, hard; tense and bounding. Rheumatic inflammation of joints; worse at night. Anxious dreams. Sleeplessness, with restless and tossing about.

- **Allium Cepa (All-c.)**
  Watery and acrid nasal discharge which becomes worse in warm room. Oppressed breathing. Tickling in larynx. Eyes sensitive to light. Burning in nose, mouth, throat, bladder and skin. Sneezing, especially when entering a warm room.

- **Aluminum (Alumina)**
  Very severe constipation, no desire for days. Rectum sore and dry. Dryness of mucous membranes. Left-sided abdominal complaints. Brittle nails. Intolerable itching when getting warm in bed. Legs feel asleep, especially when sitting with legs crossed. Staggers on walking. Heels feel numb.

- **Antimonium Crudum (Ant-c)**
  Excessive irritability. Tongue thickly-coated white. Loss of appetite. Menses suppressed from cold bathing. Watery leucorrhea. Various skin diseases. Arthritic pain in fingers.

- **Antimonium Tartaricum (Ant-t.)**
  Respiratory problems, rattling of mucus but little expectoration. Thirst for cold water but little and often. Great drowsiness.

- **Apis Mellifica (Apis)**
  Edema of skin and mucous membranes. Stinging pains. Intolerance of heat. No thirst. Swelling in throat. Swelling after insect bites. Last drops of urine burn and smart. Inflammation of kidneys.

- **** Argentum Nitricum (Arg-n)**
  Patient is always in hurry. Headache from mental exertion. Symptoms of in-coordination. Painful swelling of pit of stomach. Great desire for sweets. Intolerance of heat. Sexual weakness of males. Diarrhea immediately after eating or drinking.

- **Arnica Montana (Arn.)**
  Traumatic injuries. Pain from overuse of an organ. Fetid breath. Violent spasmodic

cough. Angina pectoris. Small boils. Thrombosis. Tinnitus.

- **** Arsenicum Album (Ars)**
  Influenza with thin, watery and excoriating nasal discharge. Sneezing. Photophobia. Seaside complaints. Restlessness. Food poisoning. Intolerance of smell of food. Jaundice. Anemia. Skin dry, rough, scaly. Psoriasis which is worse in winters. Periodic fever. Typhoid. Thoughts of committing suicide.

- **Baptisia (Bapt.)**
  Septic conditions. Fetid breath. Stool offensive, thin, dark, bloody. Menses too early, too profuse. Sleeplessness and restlessness. Nightmares and frightful dreams.

- **Baryta Carbonica (Bar-c)**
  Tonsils and glands around ears painful and swollen. Easy taking of cold. Abdomen hard and tense. Palpitation when lying on left side. Fetid foot sweat.

- **Belladonna (Bell.)**
  Sudden and violent complaints and inflammations. Neuralgic pains which come and go suddenly. No thirst. Redness of affected organs. Skin sore and sensitive. Dysmenorrhea, menses profuse. Eyelids red and swollen. Nose bleeds. Spasmodic hiccough.

- **Berberis Vulgaris (Barb.)**
  Kidney and gall bladder stones. Inflammation of kidneys. Bloody urine. Anal fistula. Itching of skin worsened by scratching. Lumbago.

- **Bryonia Alba (Bry.)**
  Excessive irritability. Dryness of all mucous membranes. Great thirst for large quantities of water. Constipation. Menses suppressed. Frequent bleeding of nose when menses should appear. Dry cough. Joints red and swollen. All complaints are aggravated by motion.

- ****Calcarea Carbonicum (Calc carb.)**
  Apprehension, forgetfulness. Excessive sweat of head. Discharging ears. Easy taking of cold. Head proportionately larger but legs thinner in children. Obesity. Loss of appetite when tired. Umbilical hernia. Gall-stone colic. Menses too early, too profuse and too long. Feet feel cold and damp.

- **Cantharis (Canth.)**
  Abdominal complaints which are aggravated by coffee. Inflammation of urinary passages. Constant urge to urinate. Nephritis with bloody urine. Excessive sexual desire in females. Burns and scalds. Irregular pulse, pericarditis.

- **Capsicum (Caps.)**
  Desire to be alone. Swelling and pain behind ears. Sore throat of smokers and drinkers. Stomatitis. Fetid odor from mouth. Intense craving for stimulants. Thirsty after stool, with shivering. Bleeding piles, with soreness of anus. Neck of bladder spasmodically contracted. Climacteric disturbances with burning of tip of tongue. Constriction of chest. Dyspnea. Sciatica, worse bending backward.

- **Carbo Vegetalis (Carb-v.)**
  Lowered vital power. Deficiency of oxygen in the body. Digestion very slow. Hands and feet cold. Epistaxis. Distress even from simplest food. Flatulent colic. Pulse imperceptible. Easy fainting.

- **Causticum (Caust.)**
  Chronic rheumatic, arthritic and paralytic affections. Paralysis of tongue and vocal chords. Unsteadiness of muscles. Involuntary passing of urine specially at night and in the aged.

- **Chamomilla (Cham.)**
  Excessive irritability and impatience specially in children. Violent earache. Diarrhea of children during dentition. Tickling cough. Rheumatic pains.

- **China Officinalis (Chin.)**
  General weakness. Aversion to mental or physical exertion. Ringing in ears, Violent dry sneezing. Ill effects of tea. Weakness due to loss of fluids. Painless frothy stools. Slow digestion. Distention of stomach and abdomen after eating. Hiccough. Jaundice.

- **Colocynthis (Coloc.)**
  Intense abdominal pain causing the patient to bend over double. Dysentery. Taste very bitter. Contraction of muscles. Stiffness of joints.

- **Drosera Rotundifolia (Dros.)**
  Spasmodic, dry, irritating, choking cough (much like whooping-cough) with hoarseness of voice. Nose bleed. Disinclination to speak because talking creates breathing difficulties.

- **Eucalyptus Globulus (Eucal)**
  Is a powerful antiseptic. Typhoid. Relapsing fever. Slow digestion. Dysentery. Nephritis. Asthma. High fever.

- **Ferrum Phosphoricum (Fer-ph.)**
  Headache better by cold applications. Eyes red, inflamed, with burning sensation. Nose bleeds. Face flushed; cheeks sore and hot. Ulcerated sore throat. Tonsils red and swollen. Eustachian tubes inflamed. Aversion to meat and milk. Anemia. Stools watery, bloody, undigested. Congestions of lungs. Expectoration of pure blood in pneumonia. Palpitation; pulse rapid. Rheumatic pain in shoulder. Restlessness and sleeplessness.

- **Gelsemium (Gels.)**
  Various degrees of motor paralysis. Muscular weakness. Vertigo. Insomnia. Dim-sightedness. Diarrhea from emotional excitement.

- **** Graphites (Graph)**
  Dryness of skin. Nails deformed and brittle. Constipation. Obesity, hot drinks create problems. Offensive breath.

- **Hamamelis Virginica (Ham)**
  Bleeding hemorrhoids. Hemorrhage from any part. Varicose veins. Orchitis.

- **Hepar Sulphuris Calcareum (Hep.)**
  Great sensitiveness to all impressions. Tendency to suppuration. Cough when exposed to dry and cold wind. Chronic and recurring urticaria. Deep cracks on hands and feet. Great sensitiveness to dry, cold weather.

- **** Ignatia Amara (Ign)**
  Many of the emotional symptoms including ill effects of grief and worry. Changeable moods. Twitching of facial muscles. Insomnia. Violent yawning. Dry spasmodic cough. Feminine sexual frigidity. Coffee aggravates many problems.

- **Ipecacuanha (Ipecac) (Ip.)**
  Nausea and vomiting due to any reason. Hemorrhages where blood is bright red. Diarrhea with grass-green stool. Profuse uterine hemorrhage. Asthma. Bleeding from lungs. Sleep with eyes half open. Suffocating and wheezing cough.

- **Kali Bichromicum (Kali-bi.)**
  Thick, ropy secretions. Loss of smell. Stomach ulcer. Left sided sciatica. Quick migration of pains. Cirrhosis of liver.

- **Kali Carbonicum (Kali-C.)**
  Sharp and cutting pains. Sensitiveness to weather changes. Dryness and falling out of hair. Sour eructations. Weakness of back. Large hemorrhoids. Pulse weak, rapid and intermittent. Cold weather complaints.

- **Kali Phosphoricum (Kali-p.)**
  Weakness of nervous system. Mental and physical depression. Loss of memory. Humming and buzzing in the ears. Violent dysentery.

- **Kreosotum Ulcerations (Kreos)**
  Cancerous affections. Very painful dentition. Rapid decay of teeth. Hoarseness. Cholera of infants. Senile gangrene. Cracking of soles.

- **** Lachesis Mutus (Lach)**
  Climacteric hot flashes. Toothache. Diphtheria. Quinsy and many other complaints related with throat and respiratory system. Neuralgia of coccyx.

- **Ledum Palustre (Led.)**
  Gouty nodosities. Anal fissures. Carbuncles. Complaints which appear from below upwards. Puncture type wounds.

- **** Lycopodium Clavatum (Lyc)**
  Lack of self-confidence. Weakness of memory. Night blindness. Anorexia, small quantities of food create fullness. Distention of abdomen. Cirrhosis. Hernia, Painful hemorrhoids. Sciatica. Impotence. Psoriasis. Hepatitis.

- **Magnesia Phosphorica (Mag-p.)**
  Spasmodic pains. Cramps of muscles. Toothache. Flatulent colic. Menstrual colic. Angina pectoris. Spasmodic palpitation.

- ** **Mercuris Solubilus (Merc)**
  Discharges are offensive, greenish-yellow. Ear infections either chronic or acute. Nose has chronic coryza with offensive, greenish discharge. Mouth ulcers or canker sores. Ulcerations. Salivation aggravated at night in sleep. Offensive breath or metallic taste . Throat inflammation acute or chronic. Pharyngitis, tonsillitis. Swelling of glands.

- **Mercurius Vivus – Mercurius Hydrargyrum (Merc.-v)**
  Secondary stage of syphilis. Profuse and burning discharge from eyes. Yellow, bloody discharge from ears. Sneezing in sunshine. Swelling of nasal bones. Spongy and easily bleeding gums. Intense thirst for cold drinks. Paralysis of the aged.

- **Mercurius Sublimatus Corrosivus (Merc. Cor)**
  Gonorrhea, Inflammation and soreness of eyes. Red, swollen and painful throat. Bloody dysentery. Sensitiveness of epigastrium.

- ** **Natrum Muriaticum (Nat Mur)**
  Great weakness. High blood pressure and even low blood pressure. Blinding headache. Violent and fluent coryza specially which begins with sneezing. Numbness of tongue. Tachycardia, pulse intermits on lying down. Falling out of hair.

- **Niticum Acidum (Nit-ac)**
  Putrid breath. Bleeding of gums. Bloody saliva. Hemorrhages from bowels, profuse, bright. Hemorrhoids bleed easily. Diarrhea, slimy and offensive. Stool scanty, dark, offensive. Uterine hemorrhages. Menses early, profuse, like muddy water, with pain in back, hips and thighs. Short breath on going upstairs. Black pores on face.

- ****Nux Vomica (Nux-v.)**
  Great irritability. Habit of finding faults with others. Headache in sunshine and on waking in the morning. Nose stuffed up at night. Stomach problems are aggravated by eating. Frequent ineffectual urging for stool. Blind hemorrhoids. Dysmenorrhea. Asthma due to digestive disorders. Unrefreshing sleep.

- **Opium**
  Lack of response to various medicines. Vertigo. Fright. Delirium. Paralysis of tongue. Obstinate constipation. Stool round like black balls. Snoring. Great drowsiness. Convulsions. Useful in coma.

- **Phosphoricum Acidum (Ph-ac.)**
  Mental debility. Impaired memory. Hair thin out, turn gray early. Blue rings around eyes. Lips dry, cracked. Bleeding gums; retract from teeth. Face pale. Craving juicy things. Thirst for cold milk. Diarrhea, white, watery, involuntary, painless. Frequent urination at night. Emissions at night and at stool. Menses too early and profuse, with pain in liver. Weak feeling in chest from talking. Cramps in upper arms and wrists. Pimples, acne, blood-boils. Falling out of hair.

- ****Phosphorus (Phos)**
  Great lowness of spirit. Dread of death when alone. Fatty degenerations. Scurvy. Vertigo of the aged. Dandruff. Falling of hair. Hemorrhages. Cirrhosis of liver. Glaucoma.

Epistaxis instead of menses. Vomiting soon after taking water. Hoarseness. Various respiratory problems.

- **Phytolacca Decandra (Phyt.)**
  Loss of personal delicacy. Indifference to life. Dark redness of throat with swollen tonsils. Quinsy. Mumps. Cancer and abscess of breast. Urine suppressed with pain in kidney region.

- **Podophyllum (Podo.)**
  Profuse, painless, watery, gushing diarrhea. Internal and external piles. Grinding of teeth at night.

- ** Pulsatilla Nigra (Puls)**
  Patient is timid and can be easily discouraged. Moods are changeable and contradictory. Changeable and contradictory symptoms. Mouth is dry but no thirst. Taste of mouth keeps changing. Secretions from eyes, nose and mouth are all thick. Disliking for fat and warm food. Menses delayed, scanty, thick, dark, clotted, intermittent and changeable. Pains in the body keep shifting. Styes. Acne. Measles.

- **Rhus Toxicodendron (Rhus-t.)**
  Extreme restlessness. Thoughts of suicide. Rheumatic pains which are worse at beginning of motion. Drowsiness after eating. Pains due to over-exertion. Pain and stiffness in small of back. Sciatica. Urticaria. Complaints are worse when at rest.

- ** Sepia (Sep)**
  Indifference to friends and relatives. Chronic nasal catarrh. Herpes behind ears. Nausea in morning before eating. Desire for spicy food. Irregular menses with bearing-down sensation. Weakness of back. Hot flashes.

- ** Silicea (Sil)**
  Intolerance of alcoholic stimulants. Tendency to formation of pus. Styes, boils and abscesses. Constipation before and after menses. Extreme coldness of body with desire to remain close to fire. Offensive foot sweat. Crippled nails. Keloid growths. Loss of smell.

- ** Sulphur (Sulph)**
  Burning and redness of eyes. Burning in palms and soles. Unhealthy skin with tendency to skin diseases. Great acidity. Difficult respiration. Hemorrhoids. Aversion to bathing.

- **Thuja Occidentalis (Thuj.)**
  Fig-warts. Freckles. Fungus growths. Loss of appetite. Rapid emaciation. Constipation with violent rectal pain. Piles. Gonorrhea. Asthma in children.

- **Veratrum Album (Verat.)**
  Extreme coldness, blueness and weakness. Pale face. Painful diarrhea followed by great weakness. Weakness of heart with intermittent action. Cramps in calves.

- **Zincum Metallicum (Zinc.)**
  Sensitivity to noise. Lethargy. Headache due to wine. Squinting (of eyes). Cholera of infants. Weakness, trembling and twitching of various muscles of limbs. Backache.

POLYCHREST REMEDY AGGRAVATION TIMES

When the symptoms seem to be at the worst

(Listed in alphabetical order)

Remedy	Time	Side
Alumina	4 pm - 8 pm	
Apis	4 pm	
Arnica	6 am	
Arsenicum	1 to 2 am, 1 to 2 pm Return same day, week, month, year.	Right
Belladonna	3 - 4 pm and afternoon	Right
Bovista	7 am	
Bryonia	9 pm	
Calcarea carbonica	3 am	
Carbo Veg	Symptoms return same day, week, month, year.	
Carcinosin	5 pm to 7 pm	
Chelidonium	4 am, 4 pm	
China	10 to 11 am, 5 am	
Eupatorium	7 am, 7 - 9 am (fever)	
Gelsemium	10 am	
Hepar Sulphur	6 am, 6 pm	
Kali Bichromium	2 am	
Kali Carbonicum	3 am (2 to 4 am), 5 pm	
Lachesis	Morning aggravation, 12 noon Return same day, week, month, year.	Left Left to right
Lycopodium	4 pm, 4 - 8 pm, 7 pm and evening	Right
Mercurius	Night aggravation	

Phosphorus	Evening aggravation, twilight	Left
Podophyllum	3 am, 7 am, 7 - 9 am (fever)	
Pulsatilla	4 pm, 5 pm, evening	
Nat Mur	10 am to 11 am	
Nux Vomica	4 - 5 am, 6 am, 11 am, 6 pm	Left
Sulphur	3 to 5 am, 11 am, 8 pm	
Veratrum Album	6 am	
Nat Mur	9 to 10, 10 to 11 am, 10 am - 3 pm	
Rhus Tox	5 pm, 7 pm	
Silicea	6 pm	
Sepia	3 pm, and evening	Left
Stannum	9 to 10 to 11 am	
Sulphur	weak, faint at 11 am, 5 am and 8 pm, every 7 days Return same day, week, month, year.	
Thuja	3 pm, 5 pm, 6 pm; 3 am; 3 am AND 3 pm	
Tuberculinum	Return same day, week, month, year.	