CONSTITUTIONS

The Constitution is the structure, composition, physical makeup and nature of an individual. In homeopathy the choice of a remedy may be based on the person's totality of their symptoms and circumstances. Everything is taken into account: personality, behaviors, food preferences, fears etc.

If you know the person's constitution you can often figure out the best remedy and sometimes just taking the constitutional remedy may be perfect.

There are many, many constitutions, but we are starting with the 15 basic Constitutional Remedies, set out for you to study and understand. Try and figure out which Constitution you are, and your family and friends.

There are thousands of remedies, but if you can study and understand the Polychrests and Constitutions, you will be using the most common remedies and can build from there.

Remember, Homeopathy addresses the whole person, not just the isolated symptoms of the disease. It looks at the personality, weaknesses, likes and dislikes, miasms, symptoms.

ARGENTICUM (ARGENTUM) NITRICUM (silver nitrate)

ORIGIN

Silver nitrate (a compound of silver) is caustic and antibacterial and was once used medicinally to cauterize wounds and to treat warts, epilepsy and eye infections in newborn infants.
(Acanthite is silver nitrate from which the Argent. nit. remedy is made, extracted from the mineral acanthite, the main ore of silver).

In large amounts silver nitrate is highly poisonous and causes severe breathing difficulties and damage to the skin, kidneys, liver, spleen and aorta.
The Argent. nit. remedy is mainly used for nervous and digestive problems.

USES

- **anxieties, fears, phobias**
- **this remedy is used for all types of fears and anxieties brought on by an overactive imagination. Stage fright, claustrophobia, and anxiety in the face of unexpected situations are all helped by this remedy. Often these fears and phobias are accompanied by a superstition that something awful is about to happen, eg. being crushed by a tall building. Sometimes there is also a sense of great difficulty in resisting reckless behavior and dangerous impulses such as jumping from a high window.**
- **anxiety induced sweats or palpitations are also helped by this remedy.**
- **this remedy is given for digestive complaints eg. diarrhea, gas, vomiting and pulsating headaches with a slow onset which are caused by eating too many sweet foods or by nervous excitement also effective for pain that is better from pressure and fresh air, worse with movement or from talking; asthma, colicky pain during weaning; warts, laryngitis with splinter-like pain and hoarseness, sore throats, epilepsy, dizziness in women this is given for a bearing down sensation int he uterus due to prolapse or menstruation**
- **also good for inflammation of the mucous membranes, esp. in the eyes and is used to treat conjunctivitis complaints are using left sided**
- **digestive complaints brought on by nervous excitement or from eating too much sweet food ailments accompanied by a craving for sweet foods.**

PHYSICAL:

- **pale, grayish complexion**
- **Often appear tense, nervous, agitated**
- **sunken features**
- **develop early lines and wrinkles which make them appear prematurely old and mentally overtaxed**
- **may be prone to sudden, profuse, nervous sweats**
- **complaints are generally left sided**
- **Weak areas of the body:**
  nerves
  mucous membranes, esp stomach, intestines, and eyes
  left side of body

PERSONALITY & TEMPERAMENT:

- **extroverted, cheerful, impressionable**
- **find it difficult to control their far-ranging minds and emotions, readily laugh, cry or lose**

their tempers. This can make them perpetually agitated and apprehensive and may intensify into fearful anticipation eg. worry and fear about missing a train or forgetting lines in a forthcoming performance.

- **their constant anxiety and worry may lead to irrational fears eg. being crushed by a tall building or impulsively jumping from a great height.**
- **they are often found in jobs that require quick thinking and a good memory, where the emphasis is on performance eg. acting.**
- **they are driven individuals who think, talk and act rapidly.**

Children:

- **Hyperactive**
- **Constant hurry, ridden with anxiety.**
- **looks prematurely old**
- **hates stuffy rooms**
- **nervous, excitable, apprehensive, may be nauseated or may vomit at the thought of school**
- **prone to insomnia due to anticipatory anxiety**
- **craves salty and sweet foods which may cause diarrhea. Breastfed babies have colic and diarrhea if the mother eats sweet foods**
- **Great anticipation about performing, whether for an exam or school play. Unable to fix their attention.**
- **Often try to explain themselves and their behavior.**
- **Try to rationalize those most of their explanations are irrational.**
- **Physically, they may look older than they are.**
- **They walk faster than others. Great craving for sugar even though some of their physical or psychological symptoms may appear soon afterwards.**
- **Not not need as much clothing as others, usually aggravated by warmth, feel better in cool environments.**
- **May experience poor co-ordination or even trembling.**
- **Much gas, may have stomach pains.**

FOOD PREFERENCES

Likes

salty foods
sweet foods

Upset by

cold foods

Other

either love or loathe cheese
crave sweet foods but easily upset by them

FEARS

heights and high buildings
enclosed spaces and crowds
failure in business
being late
being alone and burglars
losing self-control, insanity
incurable illness and death

GENERAL FEATURES

Better

- in cool surroundings
- from fresh air
- from pressure

Worse

- with warmth
- at night
- lying on the left side
- from emotional stress or overwork
- during menstruation
- with movement or talking
- in hot weather

ARSENICUM ALBUM (arsenic mineral)

Origin

- Arsenopyrite is the main ore of arsenic. The crystals have a metallic luster and when heated or struck, they give off a smell of garlic.
- Arsenicum Album is an important polycrest, meaning that its indications can be for every organ and system in the body. Boericke tells us, "Arsenicum Album's general symptoms often alone lead to its successful application."
- Arsenicum is a common remedy for both acute and chronic problems. Arsenicum is found in homeopathic kits for good reason. Arsenicum is a constitutional remedy.
- Historically arsenic is well known for its use as a poison. Because it is a metallic poison, it cannot be destroyed, even by fire. Acute poisoning causes burning pain in the digestive tract with vomiting, convulsions, and even death. Medicinally, arsenic was once used to treat syphilis. The homeopathic remedy made from a compound of arsenic, acts on the mucous membranes of the digestive tract and respiratory system.

Uses:

- As a constitutional remedy, Arsenicum Album can be suited to fastidious and tidy persons, meticulous at work and home. Arsenicum types are effective hard workers. They like variety in their jobs to make their restlessness and constant motion. Music, dance, exercise can be important to them. Arsenicum Album people feel better with warm food and drink.
- When ill, they can feel extremely exhausted.
- Arsenicum is often considered a right sided remedy, meaning that symptoms may be worse on the right
- anxiety and fear caused by deep seated insecurity digestive disorders and inflammation of the mucous membranes, esp. in digestive tract including food
- poisoning that causes burning, vomiting; indigestion; diarrhea and gastroenteritis from eating too much ripe fruit and vegetables; iced foods and drinking too much alcohol
- effective for asthma with severe breathlessness, stinging mouth ulcers, cracked, dry lips from a burning
- nasal discharge, tiredness due to physical illness such as anemia or asthma or mental strain, eye
- inflammation with watery, stinging eyes, headaches with dizziness and vomiting and fluid retention esp. around the ankles

- **when ill, those who need Arsen. alb. feel chilly, despite the burning pain that characterizes their symptoms.**
- **They are better with warmth but prefer their heads to be cool.**
- **This remedy is given for fever where the person is either hot to the touch but feels cold inside or is cold to the touch and feels burning hot inside.**
- **Children suffering from fever and diarrhea that cause severe dehydration are also helped by this remedy.**
- **ailments characterized by burning pain that is better with heat**
- **wonderful remedy for animals. Calms a nervous, restless animal. Horses suffering from over-exhaustion.**
- **Arsenicum Album is made from Arsenious Acid**
- **Arsenic has a notorious history as a poison used for murders. The victim dies in agony with violent burning pains, vomiting, cramping, Mental agony also with a fear of death and need to be around others. In its homeopathic form, Arsenicum Album cures the symptoms that Arsenic causes.**
- **Homeopathic Law of Similars is based on certain characteristic symptoms being the key to choosing a remedy**
- **A substance which may in a large dose cause undesirable symptoms, can in homeopathic potency repel**
- **these similar symptoms out of your system and the body rebalances and heals.**

Keynote Summary:

Burning Sensations. Burning discharges.
Symptoms that burn yet improved by heat application
Anxious and restless.
Skin ailments.
Calming nervous animals.

Useful In:	Key Symptoms:
ANXIETY	**Anxious & restless. Moves about all the time. thinks it's worthless to take remedy.**
ASTHMA	**Shortness of breath. Feeling of suffocation on lying down; Onset midnight or soon after**
COLDS	**Profuse, burning, watery nasal discharge with sneezing, irritating nose & upper lip; eyes & nose red; cold tends to go down into chest**
DIARRHEA	**Scanty, dark, offensive stool with burning pain in anus, followed by great weakness; after eating or drinking; from too much fruit or iced drinks**
EYES	**Aching, burning and shooting pains in the eyes. Watering eyes worse in bright light or motion. Pink eye- red, swollen. granulated lids; tears hot & burning with intense aversion to light**
FOOD POISONING	**Prime remedy in ptomaine poisoning;especially after tainted meat or spoiled food; vomiting & purging, "going both ways at once"**
FLU	**Chilly, restless, anxious, peevish; prostrated;**

	fears death; burning pains relieved by heat;
	thirsty for sips of cold water;
	red hot, needle-like pains;
	feels as if ice-water or boiling water running through veins
SKIN	**Top remedy for skin ailments-psoriasis, flaky scalp, dry eczema.**
	Symptoms that burn yet improved by heat application. Feels better in the Summer.
	Children who have skin that is dry and rough.
	Symptoms are often worse on the right side, with cold applications, and after eating offending foods or drinking alcohol.
	Itching, burning, swelling, skin eruptions. Dry, scaly skin.
SORE THROAT	**Burning in pharynx;**
	difficulty swallowing;
	thirsty for sips of cold water, but stomach intolerant
STOMACH	**Indigestion, heartburn with burning.**
	difficulty swallowing;
	with nausea & intense thirst
	vomiting simultaneous with diarrhea

Psychological:

- **overanxious, restless, fearful, perfectionist**
- **ambitious driven nature, suffers from fussy meticulousness which creates a high strung and nervous individual**
- **tend to assume that there are hostile forces at work in the world and they must work vigilantly against them.**
- **A deep seated insecurity from which develops a dependency on others, a possessiveness of objects and people, a tendency toward fastidiousness and deeply felt anxieties and fears**
- **Have various anxieties and fears, esp. about their health (and their family's health), their future and their financial status, all of which are heightened when they are alone and diminished when they are with others. To reduce the chances of things going wrong, they become overconscientious.**
- **They over prepare for everything and are inordinately fastidious.**
- **deeply pessimistic with constant need for reassurance**
- **elegance and finesse personified, they are particularly critical and intolerant of disorder and imprecision**
- **the appearance, thoughts and actions of arsen. alb. types show meticulous attention to detail to combat insecurity, they devise various contingency plants to cover most eventualities and may become hoarders in an attempt to protect against future misfortune**
- **their perfectionist tendencies result in an 'all or nothing' attitude, and they may abandon their endeavors if they cannot achieve excellence**
- **they express strong opinions and are intolerant of the ideas and beliefs of others**

Physically:

- **Thin, fine haired, delicate skinned with a pale or alabaster complexion**
- **Stylish, well-groomed and aristocratic looking**
- **worry lines**
- **restless with quick movements**

- **Perspire easily and profusely and are extremely sensitive to factors in the external environment**
- **Particularly sensitive to any exposure to cold and feel better from most forms of warm applications and if they have those pains in the stomach, those are relieved by warm drinks.**
- **Milk, fruit, ice cream and alcohol may aggravate digestive or other symptoms**
- **Symptoms particularly apparent at midnight and shortly after.**
- **Often seen in insomniacs, they usually need everything to be just right so they can fall asleep**
- **Symptoms worse late at night**
- **Sensitive to any noises**
- **Often hypochondriacs**
- **They may have many symptoms for a long time, but still want to get rid of them immediately. As a result, anxiety tend to go to variety of doctors, usually try many types of alternative therapies.**
- **They can become addicted to various pain relievers or other medications that temporarily diminish their pain.**
- **Because of their anxious and restless nature, they may use drugs or alcohol to slow them down and help them relax.**
- **Arsenicum is a common medicine given to people with anorexic tendencies.**
- **Tend to have anxieties about food they eat, sometimes thinking that all food is toxic and that they should not eat at all**
- **Perfectionistic nature which tends to encourage a thinner and thinner waistline.**
- **Weak areas of the body:**
  - **stomach and intestines**
  - **liver**
  - **respiratory tract**
  - **mucous membranes**
  - **skin**
  - **heart**

Children:

- **Hyperactive**
- **Driving restlessness, very anxious over something specific or just things in general. They have an anticipation that something bad may happen esp. when they are alone. When possible they avoid being alone and do what they can to be around others. Possessive and fastidious. Will not let others play with their toys, and, if necessary they may play with all their toys at once to thwart other kids from doing so. Their desires are greater than their needs, a situation that is expressed in their having constantly changing and expanding desires. Can have a fussy, meticulousness that maymanifest itself in their being very orderly or in their doing things 'just the right way'.**
- **As a result of their hyperactivity, the undergo stages of exhaustion and weakness. They are hypersensitive to odors, touch, noise and may have physical or psychological reactions to milk, wheat, sugar or ice cream. They easily become chilly, exposure to cold may bring on a cold, cough or headache. They become better from most forms of heat. They often have great thirst, but prefer to drink only little sips at a time. Sometimes their symptoms get worse around midnight, causing them difficulty staying asleep.**
- **thin and delicate with fine features, skin and hair. Flushes easily despite pallor**
- **High-strung, easily frightened, and oversensitive to smell, touch, and noise**
- **mentally and physically agile**

- **restless with sporadic bursts of activity, but tires quickly**
- **vivid imagination, may suffer from nightmares**
- **worries about everything, particularly parents' health**
- **neat and tidy, hates to be sticky or messy**

Food Preferences

Likes

Warm foods and drinks (better from these), coffee
Fatty foods, o0live oil
Sweet foods (tolerate these well)
Sour foods: pickles, lemons, vinegar
Alcohol

Fears

Being alone and burglars
Darkness and ghosts
Poverty
Incurable Illness and death
For the health of the family
Poisoning from bad food or pollution

General Features:

Better

with warmth. warm food and drink, in the summer
With movement
Lying down with the head raised
heat application

Worse

in cold dry, windy weather
with cold
from cold foods and drinks
from highly seasoned food
after incorrect food combination
after drinking alcohol
between midnight and 2 a.m.
on the right side

CALCAREA - Calcium Carbonate (calcium carbonate)

Origin

Calcarea carbonica, or carbonate, is a source of calcium, one of the most abundant natural elements in the human body. Essential to cell structure and bone strength, calcium comes from many materials, including chalk,coral, and limestone.
Perhaps as a reflection of its bodybuilding properties, Calcarea carbonica, also called Calc carb, is used by homeopathic physicians for conditions that are accompanied by symptoms of exhaustion. Calcium carbonate prepared for homeopathic use is ground from oyster shells and used at full strength.

Uses:

- **slow development of bones and teeth,**
- **joint and bone pain, such as backache, slow-to-heal fractures, and right-sided headaches**
- **Ear infections with a sour-smelling discharge**
- **remedy is especially good for backache, joint pain, fractured bones that are slow to heal**
- **painful teething in children**
- **eye infections where the white of the eye is red, especially in the right eye, are treated with Calc. Carb. Other complaints helped by it include: eczema; candidiasis;**
- **PMS; heavy menstruation;menopausal symptoms and digestive disorders.**
- **People who require this remedy are anxious, tired, sensitive to cold, and tend to sweat copiously from the slightest physical exertion or when they sleep. Their sweat smells sour and is profuse on the chest and the back of the head. They may have but, curiously, feel better for it, and their urine has an offensive smell.**
- **Children who need this remedy tend to have glue ear and recurrent tonsillitis .**

Physical Appearance

- **Suited to people with blond hair, light complexion, blue eyes, fair skin and having a tendency towards obesity. It is also suited to fat children with red face, flabby muscles; who sweat easily and take cold easily outwardly strong and stoical looking**
- **generally very healthy**
- **their hearty appetite can lead to excessive weight gain and general apathy, and sluggishness**
- **often suffer head sweats and bone or joint abnormallities such as scoliosis (curv. of spine)**
- **sole of the feet feel burning hot**
- **pale, chalky complexion**
- **hair is thick or curly**
- **skin has large pores**
- **Weak areas of the body:**
  bones and teeth
  bowels
  ears, nose and throat
  glands
  skin

Personality

- **Calcarea is prepared from the oyster-shell, and its origins tell us much about the psychology of the type. The oyster is one of the less dynamic creatures of the sea. It prefers to stay safely inside its shell, clinging to a rock for security. Inside its shell it is soft and amorphous, and its activities revolve around assimilating food and digesting it.**
- **outwardly strong and stoical looking, they have a shy, contemplative nature. These types are quiet, cautious, impressionable and very sensitive**
- **they often appear withdrawn and self-pitying but this is because they do not wish to embarrass themselves in front of others and are frightened of failure**
- **anxious and worried, they become obsessive about things, which is irritating for those close to them, and they sleep poorly**
- **they hate to see cruelty and poverty**
- **generally very healthy, they are enthusiastic in their work and diligent. In contrast when ill they tend to be mildly depressed and introspective motivation becomes difficult and they**

need reassurance.

- **The Calcarea individual is slow, solid, down to earth, plodding. Whilst more fiery types like Lachesis and Sulphur look for excitement and glory, Calcarea is content to stay at home and watch television, preferably with someone to cuddle, and a good supply of high -calorie nibbles. Each remedy type expresses its need for security in a different way. For Lycopodium security is sought through the approval of others. For Aurum it is wealth and prestige, while Pulsatilla simply needs to know that she is loved. For Calcarea, security means the familiar. Change is threatening to her, and is avoided by simply staying put. Hence Calcarea may stay in the same job for twenty years, despite having the ability to take on something more demanding. She may remain in the town of her birth for her whole life, venturing further afield only for holidays, and always glad to get back home.**
- **This conservative tendency can be seen in many areas of Calcarea's life. Like Arsenicum, Calcarea tends to be very concerned with material security. As a result, both types have a tendency to be hypochondriacal, and to worry about the future, and what might happen to them in a material sense. There are, however, considerable differences as well in this regard. Whereas Arsenicum will try to control his environment by being precise, fastidious and frugal, Calcarea simply avoids change, and within the confines of familiar circumstances is able to relax and be indulgent to a far greater extent. Security is Calcarea's principal concern, and once this is reasonably assured, she will enjoy life, without needing a great deal of excitement, wealth or prestige.**

Food Preferences

Likes

sweet foods, cookies, cakes, chocolate, pastries
sour foods: olives, pickles
starchy foods: bread, rice
cold drinks and ice cream
eggs
oysters

Dislikes

milk and coffee, which may cause digestive upset

Other

may crave odd things such as soil and chalk

Fears

darkness and ghosts
incurable illness and cancer
death
enclosed spaces
insanity
poverty
mice
thunderstorms

General Features

Better

in the late morning
in dry weather
lying on the affected side
from eating breakfast

Worse

in cold and damp
premenstrually
from sweating or exertion
in spring
with the full moon

Calc Carb Child

- **plump with strong features and pale complexion**
- **large abdomen and head fontanel is slow to close**
- **slow to learn how to walk and talk, teeth are slow to develop**
- **Calcarea children in particular are wary of new experiences. They will be slow to experiment with new foods, slow to make new friends (though sociable with existing friends), and reluctant to consider different philosophies and points of view as they get older.**
- **placid, calm and sensitive, inclined to laziness**
- **extremely fearful of the dark and occasionally wakes up screaming from nightmares**
- **clumsy with a tendency to fall over easily, not very good at sports as a result**
- **hard working at school but finds understanding difficult and gives up easily**
- **without encouragement may fall behind and feel left out**

GRAPHITES - Plumbago (carbon)

Origin

Graphite is a form of carbon and is the main constituent of pencils. Graphite is found in Sri Lanka, Mexico, Canada and U.S. The mineral occurs in older crystalline rocks, marble, and granite. Graphite is ground into a powder to make the homeopathic remedy.
The name graphite comes from the Greek word graphein, meaning to write." Graphite is also used in lubricants, polishes, batteries, and electric motors. The homeopathic remedy was proved by Hahnemann, who learned that workmen in a mirror factory were applying graphite to heal cold sores. Graphites is excellent for skin complaints and problems with the metabolism.

MIASM: Psora

Uses:

- **skin complaints, esp. weeping eczema with honey like discharge that often occurs behind the ears and knees, on the palms of hands and nipples**
- **good for metabolic imbalance that may cause skin complaints such as psoriasis and dry cracked skin; cuts that easily become infected and pus filled; scar tissue that hardens; keloids (raised, itchy scars); and abnormal nail formation where the nails are thick, cracked and misshapen. Obesity may result due to an inability to absorb nutrients correctly.**
- **ulcers caused by weakness in stomach lining (better when lying down and from eating hot food, may alternate with skin complaints); cold sores; hair loss; cramps and numbness in hands and feet;**
- **occasional hot sweats following nosebleeds; swollen glands.**
- **Graphites is also good for excess mucus production, especially if blowing the nose hurts because of cracks on the skin; eczema may accompany the condition.**
- **In women, Graphites is given for infrequent, scanty, or absent menstruation; enlarged ovaries; swelling of the breasts; and late menstruation with constipation.**

Physical Appearance

- **usually have dark hair and may be coarse featured with pale, dry, rough skin**
- **skin is particularly prone to cracking, especially behind the ears and knees, at the corners of the mouth and on the fingertips**
- **scalp may be flaky and itchy with a yellow crust**
- **tend to be overweight, may even be obese with large appetites**
- **they flush or sweat easily, lack stamina**
- **Weak Areas of the Body:**
  skin and nails
  metabolism
  mucous membranes
  left side of the body

Personality

- **Graphites is not often thought of as a constitutional remedy, but there are people who resonate to this remedy throughout most of their lives, and this should not be surprising, since it is a remedy for chronic complaints. When a remedy is the similimum for a chronic state, it generally covers the totality of the patent's characteristics, and this is just as true of Graphites as it is of more familiar constitutional remedies.**
- **anxious, timid, apprehensive, indecisive, easily startled**
- **sustained mental effort is difficult for them, and they have a sense of being intellectually slow**
- **they are attracted to manual work and outdoor jobs**
- **slow to react to external stimuli, they show little zest for anything involving concerrted mental effort.**
- **Prone to frequent mood changes, tend to be lethargic and grumpy on waking, and become irritable, impatient and agitated as the day wears on**
- **they feel unlucky and readily become despondent, self-pitying and tearful, particularly when listening to music**
- **One of the reasons that Graphites is easily missed as a constitutional type is that Graphites people**
- **have few if any striking features. They are quiet, unassuming, gentle, matter of fact people, who would be described as 'normal' and 'pleasant' by most people who know them. Another reason they are easily missed is that they resemble several other types, both mentally and physically. A great many Graphites cases are given Calcarea, Pulsatilla and Natrum Muriaticum (without much effect), since these types have many features in common.**

Graphites Child

- **heavily built or plump**
- **pale and chilly, but flushes easily**
- **rough, dry skin that tends to crack**
- **distended abdomen due to persistent constipation**
- **timid, anxious and hesitant**
- **pessimistic**
- **is inclined to be lazy and low in stamina**
- **sensitive to movement and prone to motion sickness**

Food Preferences

Likes

sour and acidic cold drinks such as beer

Dislikes

Sweet foods
Salt and seafood

Other:

Prone to headaches if a meal is missed
Pork causes digestive upset

Fears

insanity
death
thunderstorms

General:

Better

with warmth but they need fresh air
from eating
with sleep
in the dark

Worse

in cold, damp air and a draft (but dislike stuffiness)
on the left side
in the morning and evening
from using steroids to suppress skin eruptions
during menstruation
from sweet foods and seafood

IGNATIA (St. Ignatius bean)

Ignatia amara syn. Strychnos ignatia

ORIGIN

Remedy is made from the seeds of Ignatia amara, mainly given for emotional problems.
Ignatia seeds were traditionally worn by natives of the Philippine Islands as amulets to prevent and cure all manner of diseases.
The Spanish Jesuits introduced the seeds into Europe from East Asia in the 17th century. They contain strychnine, a powerful poison that acts on the nervous system when ingested. The homeopathic remedy Ignatia was proved and published by Hahnemann in his Materia Medica Pura (1821-34).

USES

- **For the homeopathic preparation, the seeds of Ignatius bean (Ignatia) are collected and ground to a powder, then mixed with alcohol . When the powder is saturated, the mixture is strained and diluted until it becomes a nontoxic substance.**
- **Complaints that benefit from Ignatia often arise as a result of extreme emotional stress, for example, acute grief shock, anger, and the suppression of these feelings. This is a key remedy for bereavement with mood swings, hysteria, and insomnia. Often referred to as Homeopathic Prozac.**

- **Other emotional states helped by this remedy include: sudden tearfulness; self-pity; self-blame; a repressed response to anger or violence; fear of being thought forceful; depression; and worry.**
- **Ignatia is effective for headaches (heavy sensation in the head and possible dizziness) that are worse lying on the painful side and that feel as if a nail had been driven into the head, nervous headaches due to emotional stress, and children's headaches that are worsened by caffeine and relieved by heat.**
- **Ailments with changeable, contradictory symptoms are helped by Ignatia, for example,sore throats that are better from eating solids, and nausea and vomiting that are better from eating.**
- **Other conditions it is good for: tickly coughs; fever with chills that induce thirst; fainting in claustrophobic conditions; sensitivity to pain; craving for odd foods when ill; and upper abdominal pain.**
- **In women, Ignatia is given for a prolapsed rectum with sharp, upward shooting pain; painful uterine spasms during menstruation; hemorrhoids; emotionally-triggered constipation and absent menstruation.**
- **Nervous disorders - twitches, nervous tics, or numbness in the face or limbs, possibly escalating to hysterical paralysis, convulsions, or chorea (random, jerky twitches of the face or limbs). Ignatia is used if symptoms are triggered by shock, grief, or other strong emotions.**
- **Digestive disorders - nausea and vomiting that is alleviated by eating, typically with burping, hiccuping, and profuse, bitter-tasting saliva in the mouth. There may be hunger unsatiated by eating. Ignatia may help diarrhea, constipation, or hemorrhoids that have been triggered by emotional stress.**

KEY USES: emotional problems; acute grief; headaches, coughs and sore throats, ailments with changeable, contradictory symptoms.

PHYSICAL APPEARANCE

- **Thin, dark-haired woman, possibly with sunken face, cracked lips**
- **bluish circles around eyes**
- **strained expression**
- **tendency to blink, sight or yawn repeatedly: indicates they find it difficult to release their deep emotions**
- **prone to facial ticks or grimaces**
- **strained expression**

Weak areas of the body

- **mind**
- **nervous system**

PERSONALITY

- **Most Ignatia types are women and are sensitive, artistic, cultured and emotionally fragile. They are high-strung, with high ideals and expectations; when things go wrong, they are likely to blame themselves.**
- **Ignatia is best suited to people, especially women, who are experiencing strong emotional problems, such as a broken relationship or acute grief after a death. They are frequently emotionally fragile, artistic, and hypersensitive. Prone to mood swings and feelings of self-pity, they may have a rather brittle air, often laughing and crying at the same time.**
- **Suppressing their emotions can lead to hysteria. High expectations of those close to them**

are typical, and they find it hard to break the bond with their partner if disillusioned in love.

- **despite their extreme sensitivity Ignatia women find it difficult to express their emotions, particularly if they are grieving often they will behave in a contradictory manner eg. being perceptive but irrational they expect those close to them to be perfect and as a result have a tendency to hysterical overreaction**
- **they are very sensitive to pain and being in crowded places**
- **frequently moody with a brittle manner, they may laugh and cry simultaneously**
- **find it difficult to break the bond with a partner if disillusioned in love**
- **Contradictory physical symptoms are typically treated with Ignatia, such as indigestion that is relieved by eating, or a sore throat that is better for swallowing solid food. There is often great sensitivity to pain, with a tendency to yawn and sigh frequently. There is also a dislike of crowds, and a fear of birds, especially chickens.**
- **Ignatia is used to treat illness that develops from emotional stress. Such conditions include headaches, nervous tics and twitches, digestive disorders such as nausea and vomiting, and a sore throat.**
- **despite their extreme sensitivity, Ignatia women find it difficult to express their emotions, particularly if they are grieving.**
- **often will behave in a contradictory manner eg. being perceptive but irrational**
- **very sensitive to pain and being in crowded places**

IGNATIA CHILD

- **bright, excitable, sensitive, precocious**
- **high-strung with a rather strained expression, extremely sensitive to noise and may grimace when speaking**
- **finds it difficult to cope with stress, which may lead to loss of concentration, crying or anger**
- **when stressed, may get scared of everything, even of going out alone**
- **prone to nervous headaches after school**
- **takes blame for failures**
- **liable to faint in confined spaces**
- **prone to nervous, dry cough and laryngitis**

FOOD PREFERENCES

Likes

sour foods, pickles, vinegar
dairy foods: butter, cheese
bread

Likes and is upset by

Coffee

Upset by

sweet foods, alcohol, fruit

Fears:

being hurt emotionally
losing self control
enclosed spaces, crowds
burglars

GENERAL FEATURES:

BETTER

with warmth
from eating
after urinating
from applying firm pressure
with a change of position

WORSE

in cold air
from emotional stress, such as grief or anger
if touched or stroked
near the smell of tobacco

LACHESIS (Bushmaster Snake Venom)

Origin:

An aggressive hunter, the bushmaster snake gets one of its common names, surukuku, from the humming noise it makes while waiting for its prey. If this snake's bite enters a vein directly, the effect can be immediately fatal because the poisons in the venom act on the nervous control of the heart. A superficial bite causes profuse bleeding and blood poisoning.
The lachesis remedy is used for circulatory problems and vascular complaints. It was Dr. Constantine Hering who tested the venom from the snake on himself thereby proving the homeopathic remedy.

Physical:

- **generally freckled redheads who may be overweight with a somewhat bloated appearance, or they are darkhaired, lean and energetic pale complexion with a purplish hue**
- **tendency to flick the tip of the tongue at intervals over the top lip**
- **Weak areas of the body**
  nervous system
  left side of the body
  blood and circulation
  female reproductive organs

Personality & Temperament

- **Better adapted to thin and emaciated than to fleshy persons, with dark eyes, red hair and freckles.**
- **Suited to women of choleric temperament or to persons of a less melancholic temperament with a disposition to low spirits and indolence.**
- **Also adapted to women who have not recovered from the change of life "have never felt well since that time."**
- **In relationships lachesis types are inclined to be egocentric and jealous, often vacillating between love and hate for their partner**
- **being confined in any way is very difficult for them and they may steadfastly resist commitment world affairs are of great concern to Lachesis people who tend to embrace or reject a particular ideology**
- **they contradict the viewpoint of others**
- **although they possess great creative energy, it may be sporadic and ill-sustained**

Women:

- **Energetic, loquacious, intense, mistrustful of others**
- **Very jealous, commonly experience strong feelings of envy and hatred though they go to great extents to suppress these feelings.**
- **There is an underlying resentment under the controlled surface.**
- **Irritable, even at the slightest cause, will strike back at the least provocation**
- **Passionate about things and because of this they tend to interrupt others in conversation though they hate being interrupted themselves**
- **Fast thinking and talking, quick-witted, though their humor is often malicious**
- **Very loyal to friends and lovers, demand same from others**
- **Physically, then to feel the worst immediately upon waking in the morning.**
- **Symptoms aggravated by heat and are often diminished by cold bathing or being in cold weather**
- **Very sensitive to pressure and to not light tight clothing especially around the neck and abdomen.**
- **Many symptoms are manifested on the left side, pain is usually on left side**
- **May crave alcohol though they are sensitive to it, with a tendency to get headaches, heart palpitations or other symptoms.**
- **Common remedy given to older women who have had health problems that began after their menopause**
- **One of the best of MENOPAUSE remedies along with Folliculinum.**
- **Can't stand tight clothing, esp. around neck or waste; can be extremely jealous or envious.**
- **Passionate, intense and emotional by nature, they can be highly assertive, even aggressive and in touch with their anger.**
- **Almost always highly talented in some arena as an artist, dancer, writer, etc., they utilize their passion for life in some kind of wonderful expression.**
- **Lick their lips a great deal.**
- **This remedy drains other people (Folliculinum gets drained).**
- **Helps in area of hormonal and congestive HEADACHES.**
- **Headache may begin with pain through head upon awakening.**
- **There can be pain at the root of the nose or pressure and a burning sensation at the top of the head. There are waves of pain which are worse after moving.**
- **There are violent headaches as if the head were filled with too much blood.**
- **There can be vertigo with this headache plus a dimming of vision or flickering vision along with a pale face.**
- **Always worse after sleep and in the morning just after awakening, walking or sitting.**
- **Always better with onset of any flow, vomiting, cold applications or lying down.**
- **FLOODING, HEMORRHAGING.**
- **May be accompanied by tail bone or sacral region (hip) pain. Blood is black-looking, thick and offensive.**
- **May be left ovary pain or pains that start with left ovary, move to the right and then back to the left.**
- **May be colic type pains, sharp and shooting in abdominal region, can also be pain in sacral (lower) region of back.**
- **Usually there is left ovarian pain although pain can start with left ovary and move to right ovary, then back to the left one. Sick violent headache may accompany the bleeding. All pains are relieved by the flow.**
- **EMOTIONAL UPS AND DOWNS, feeling as if you're going crazy, sadness in the morning along with a desire not to mix with the rest of the world.**

- **May be restless and uneasy, not wanting to attend to business. Instead want to be somewhere else.**
- **Mental labor is best done in the evening or at night; during the day it is almost impossible to pull yourself together and force yourself to work.**
- **At night there can be delusions or in the extreme, religious insanity.**
- **There is a derangement of time sense along with intense emotions and feelings such as jealousy, rage or suspicion;**
- **THINNING OF HAIR.**
- **PALPITATIONS that may be accompanied by feelings of faintness or fainting. May be constricted feeling that occurs shortly before actual palpitations, accompanied by feelings of intense anxiety. Also may be irregular heartbeats.**
- **For HOT FLASHES this may be the most important remedy for women, nearly always required at some time during treatment. There is sweating with flushing, often violent headaches on the top of the scalp. All symptoms are worse in morning, worse for sleep, and a typical peculiar combination of talkativeness and intolerance of any form of constricting pressure to the body, such as tight clothes around the abdomen.**

Children:

- **jumpy, talkative, 'hyper'**
- **prone to behavioral and emotional problems, often due to jealousy eg. following the birth of a sibling**
- **possessive of friends**
- **may test parents and teachers to the limit eg. inciting peers to misbehave, stealing or tormenting pets**
- **can be very hurtful to peers with a snakelike ability to pinpoint a victim's most sensitive spot**

FOOD PREFERENCES

Likes

sour foods: pickles, olives
starchy foods: rice, bread
alcohol
oysters

Other factors:

upset by wheat and hot drinks
although lachesis is one of the few types that tolerates coffee well,
expect during menopause

FEARS

water
poisoning
burglars and strangers
suffocation and death

GENERAL FEATURES

Better

from having a bodily discharge such as a bowel movement or menstruation
from cold drinks
from fresh air

Worse

with sleep and if touched
with heat or in direct sun
from hot drinks
on the left side
from wearing tight clothing
during menopause

LYCOPODIUM (club moss, wolf's club)

ORIGIN

Club moss is an evergreen herb native in the northern hemisphere, historically used for stomach disorders and to disperse kidney stones.
In the 17th century, the yellow powder, or pollen dust from the spores was given on its own for gout and urine retention.
The pollen dust, which is used to make the lycopodium remedy is both highly inflammable and water resistant.
It was once used to make fireworks and as a coating to keep pills from sticking together.
It was once 90 feet high, then when ice age came it didn't retain it's greatness and ended up a moss. So you have a remedy that was once great but now is no more . Because of this: I don't want to do this, probably won't be good at it - I do this so no one knows.

PHYSICAL APPEARANCE

- **visible frown lines**
- **hair recedes early**
- **sallow skin, flushed cheeks**
- **lean, emaciated above face, neck, chest**
- **tall and sallow-skinned, they have a distinguished, almost haughty appearance**
- **upper body is lean with poorly developed muscles, causing tremors after physical exertion**
- **thin and withered appearance**
- **usually have marked vertical frown lines above the nose**
- **may be prematurely gray or balding**
- **facial muscles twitch and nostrils tend to flare**
- **deep furrows on brow, looks scowling**
- **Weak areas of the body**
  right side
  digestive organs, esp bowels
  liver
  kidneys, bladder
  prostate
  brain
  lungs
  skin

PERSONALITY & TEMPERAMENT

- **they never admit to being wrong, or if they are proved to have been wrong, blithely maintain that there are always two sides to a question. Inflated mentally**
- **strong craving for open air even if chilly, wants window open**

- **deeply insecure**
- **lack of confidence so they inflate their ego.**
- **exaggerate the truth to bolster their low self esteem**
- **resist change since new challenges cause great apprehension**
- **seem self disciplined and conscientious but succumb easily to a weakness for sweet foods and are sexually promiscuous**
- **despite apparently enjoying company they avoid commitment in close relationships**
- **irritated by weakness and intolerant of illness**
- **have an air of quiet self possession, stability and detachment that inspires respect but belies a strong sense of inadequacy.**
- **tend to be intellectual with a conservative outlook, often hold prestigious positions eg. diplomats, executives, lawyers, doctors.**

Mentally:

- **irritable in the morning**
- **aversion to work, aversion to new things**
- **lack of confidence, but haughty**
- **nice people esp. outside the home - puts on a good picture.**
- **at home they become quite dictatorial and bossy (scared to be that way outside the home**
- **fear of being alone, but aversion to company so they have someone in the house but not in same room.**
- **lots of anticipatory fears, contradictions (gelsemium) also for stage fright.**
- **terrified before going on stage, the minute they go on stage, they are fine.**
- **they will exaggerate their achievements.**

Lycopodium Child

- **thin with sallow skin**
- **abdomen is slightly distended**
- **shy and insecure**
- **prefers reading and quiet pursuits rather than being outdoors**
- **bossy, irritable at home if allowed to be, yet well behaved and conscientious at school.**
- **babies look like old men (so does silica), furrowed brow.**

Concomitant: (symptoms that occur concurrently)

Dropping of the eye and jaw during typhoid fever
Inflammation of throat with stitches on swelling

Strange rare & peculiar

Eat and don't feel relieved, emptiness in stomach
Alternating states
One foot cold, the other hot.
Even in cold, wants window open

FOOD PREFERENCES

*** likes**

mixtures of foods
cabbage, onions, legumes
oysters and other shellfish

sweet foods: cookies, cakes, pastries, chocolate
olive oil
hot foods and drinks

*** feels full readily but disregards this sensation**

FEARS

- **being alone (so often have someone in the house, but not in same room)**
- **darkness, ghosts**
- **enclosed spaces, crowds**
- **failure**
- **death**
- **of responsibility.**

GENERALITIES

- **right sided or eg. store throat, starts on right, moves to left which is opposite of lachesis that starts on left and moves to right.**
- **craves sweets**
- **sensitive to noises and odor**
- **chilly,**
- **intellectually keen, brain strong but muscles weak**
- **full of gas, gastro intest. is weak**
- **poor circulation**
- **red sand or sediment in urine**
- **notice stuffed up**
- **itchy scaly corner of mouth, dry mouth/tongue**
- **ulceration of tongue,**
- **ulcerated tonsils, begins on right**
- **burning scapula**
- **vacillates to and fro**
- **liver sensitive**
- **stool hard**

AFFINITIES - LOCATIONS

- **digestive system**
- **big liver remedy**
- **urinary tract**
- **mind**
- **skin**
- **lungs**
- **sexual organs**
- **every tissue - polycrest**
- **back ache in renal region**
- **headache over eyes**
- **severe colds**
- **pain in temples**
- **tearing in occiput**
- **ulceration of inner eyelids, styes on eyelids**

- **moist eczema behind ears**
- **ulcerating nostrils.**

SENSATIONS

- **itching, numbness in extremities**
- **pains come and go suddenly**
- **pain in temples**
- **hungry but easily feels full**
- **acute sense of smell, dryness**
- **sinking sensation in stomach**
- **pain moves from right to left**
- **burning ascending to throat**
- **distension, bloating**
- **weakness**
- **eyes see 1/2 of an object (right 1/2 lost) hepimieopa and vertical**
- **emptiness of stomach not filled by eating**
- **one foot cold, the other hot.**

MODALITIES

Better

from cool, fresh air
from being active (with movement)
from hot foods and drinks
from loosening the clothes
at night

Worse

from wearing tight clothing
from fasting or overeating
in stuffy rooms
on the right side
between 4am and 8am and 4pm and 8pm

COMPARISON

to Sulfur: they are in the same rubic, both have lots of ideas, but lycopodium is afraid to start something.

MERC. SOL AKA MERC VIVUS - Quicksilver

Origin

One of the metallic chemical elements, mercury, also called quicksilver, was known in ancient Chinese and Hindu civilizations and has had a long history of medicinal use. Ingesting certain mercury compounds can cause increased perspiration and salivation; and so in ancient medicine mercury was used, along with bloodletting and purging, as a means of ridding the body of impurities.

Merc Sol and Merc Viv are two slightly different preparations but not different enough to make any distinction in practice.

Undilute mercury is toxic, however, and severe symptoms of mercury poisoning may include, inflammation of the digestive tract, and kidney failure.
Homeopathic practitioners prescribe Merc sol/viv, as the homeopathic preparation of mercury is sometimes called, for conditions accompanied by symptoms of shaking, hot and cold sweats, and restlessness. Merc sol/viv is made from the chemical element mercury by dilution with large quantities of milk sugar.

Mercury is used in testing the temperature, and a Merc. constitution is just as changeable and SENSITIVE TO HEAT AND COLD. The patient is worse from the extremes of temperature, worse from both heat and cold. Both the symptoms and the patient are worse in a warm atmosphere, worse in the open air, and worse in the cold. The complaints of Mercury when sufficiently acute to send him to bed are WORSE FROM THE WARMTH OF THE BED, so that he is forced to uncover; but after he uncovers and cools off he gets worse again, so that he has difficulty in keeping comfortable. This applies to the pains, the fever, ulcers and eruptions and the patient himself.

He is an offensive patient. We speak of mercurial odors. The breath especially is very foetid, and it can be detected on entering the room; it permeates the whole room. The perspiration is offensive; it has a strong, sweetish, penetrating odor. Offensiveness runs all through; offensive urine, stool and sweat; the odors from the nose and mouth are offensive. When Merc. is used in large doses and the patient is salivated he gives off these odors. One who has once smelt a salivated patient will remember the mercurial odor. I remember when I was a student, almost every room had the mercurial odor. Mercury was given till the gums were touched and salivation was produced. That odor is often an index to the use of Merc.

He is worse at night. The bone pains, joint affections and inflammatory conditions are all worse at night and somewhat relieved during the day. BONE PAINS are universal, but especially where the flesh is thin over the bones. Periosteal pains, boring pains, worse at night and from warmth of the bed.

The GLANDS ARE INFLAMED, AND SWOLLEN; the parotids, sub-linguals, lymphatic glands of the neck, groin and axilla are all affected; the mammae swell and there is inflammation and swelling of the liver. It is pre-eminently a glandular remedy. INDURATION is also a general; INFLAMED PARTS INDURATE. If the skin is inflamed it is hard. Inflamed glands are hard. There is induration with ulceration.

A TENDENCY TO ULCERATE runs through the remedy. Ulcers are found everywhere, in the throat, nose, mouth, and on the lower limbs. Ulcers STING AND BURN and have a LARDACEOUS BASE, an ashy-white appearance looking as if spread over with a coating of lard. It looks like a diphtheritic exudate, and Merc. has diphtheritic exudations on inflamed surfaces. Ulcers in the throat have this appearance. The mucous membrane sometimes inflames without ulceration, but with exudation, and hence it is useful in DIPHTHERIA. It has the same condition in ulcers; when the system is run down they exude a grey lardy or ashy deposit. CHANCRES take on that form, a whitish cheesy deposit on the base. When you realize that the complaints of Merc. are worse at night, and think of the bone pains, periosteal inflammations, etc., it is not surprising that Merc. sometimes cures syphilis. It is wonderful that the allopath hit upon it for this disease, and he cures or suppresses enough cases by similarity to justify its continued use. When given suitably it cures.

Another marked feature is the TENDENCY TO THE FORMATION OF PUS. With inflammation there is turning and stinging and the rapid formation of pus and the part is aggravated by both warmth and cold. Abscesses burn and sting; inflammation of joints is attended with pus formation; in inflammation of the plaura the cavity fills up with pus. The discharges of pus are yellow-green. The Merc. gonorrhoeal discharge is thick greenish-yellow, with stinging and burning in the urethra. RHEUMATIC INFLAMMATION of joints and CATARRHAL INFLAMMATION of mucous membrane are features running through the remedy, and these are attended with SWEAT, and an astonishing feature is that the SWEAT DOES NOT RELIEVE, and there is even an AGGRAVATION WHILE SWEATING. Rheumatism in old syphilitic, gonorrheal and gouty patients. It is similar enough to relate to some cases of psora, syphilis and sycosis. It partakes of the nature of all three miasms. After a prover has taken Merc. a long time he emaciates. This is seen in old mercury takers and in syphilitics who have been mercurialized. It is a great remedy in this condition—steady emaciation with trembling, worse at night and from the warmth of the bed, great restlessness, can't find peace in any position. These miserable wretches, who are breaking down, are great sufferers, whether psoric, syphilitic or sycotic.

A strange feature is repeated swelling and abscess formation without any heat. An abscess or swelling in a joint forms, and he sweats from head to foot, is worse at night, loses flesh, trembles and is weak, but there is no heat while the abscess goes on. Abscesses form when the life force is so low that there is no tendency to repair; a slow and prolonged pus formation, no irritability in the abscess, no tendency to granulate, it opens and keeps on discharging and seems dead. Merc. will warm it up, stop the sweat and favor granulation.

The superficial ULCERATION IS INCLINED TO SPREAD and become phagedenic ; it is not deep but grows larger. These open ulcers are especially seen in old syphilitics; lardaceous base; not much irritability, they are even numb, and if pus is discharged it is greenish-yellow; false granulations appear. MERC. COR. is a greater remedy for the superficial, eating, phagedenic ulcer. At times Merc. takes on a GANGRENOUS condition. This may be seen anywhere, but especially on the lips, cheeks and gums. Cancrum oris. Gangrenous chancre, foetid and black; a sphacelus forms in the chancre and the part sloughs off. All these conditions are aggravated by heat. A patient with a typical Merc. abscess rebels at times against the poultice, for it makes the trouble worse.

TREMBLING runs through the remedy, quivering all over. It has been used with benefit in paralysis agitans. Tremor of the hands so that he cannot lift anything or eat or write. Merc. is a great remedy in children with epileptiform fits, twitching and disorderly motions. It will help children to grow out of these incoordinate angular movements of the hands and feet. Jerking, twitching and trembling. The motions of the tongue are disorderly and the child cannot talk. Convulsions. Involuntary motions which can be momentarily controlled by volition. The restlessness is extreme.
THE TREMBLING, WEAKNESS, SWEAT, FACTOR, SUPPURATION and ULCERATION, the AGGRAVATION AT NIGHT AND FROM HEAT AND COLD, give the earlier impressions of the remedy.

MENTAL

HASTINESS; a hurried, restless, anxious, impulsive disposition. Coming in spells, in cold cloudy weather, or damp weather, the mind will not work, it is slow and sluggish and he is forgetful. This is noticed in persons who are tending toward imbecility. He cannot answer questions right off, looks and thinks, and finally grasps it. Imbecility and softening of the brain are strong features. He becomes foolish. Delirium in acute complaints. From his feelings he thinks he must be losing his reason. Desire to kill persons contradicting her. Impulse to kill or commit suicide; sudden anger with impulse to do violence. She has the impulse to commit suicide or violent things, and she is fearful that she will lose her reason and carry the impulses out. Impulsive insanity, then, is a

feature, but imbecility is more common than insanity. These impulses are leading features. The patient will not tell you about his impulses, but they relate to deep evils of the will, they fairly drive him to do something. Given a Merc. patient, and he has impulses that he tries to control, no matter what, Merc. will do something for him. During menses, great anxiety, great sadness. Anxious and restless as if some evil impended, worse at night, with sweat.

All these symptoms are common in old syphilitics, broken down after mercurial treatment and sulphur baths at the springs, with their bone pains, glandular troubles, sweating, catarrhs and ulcerations everywhere.

Uses:

- abscesses, esp. dental or glandular; backache with burning, shooting pains in lower back
- chickenpox
- colds with exceptionally runny nose and pain in the nostrils
- cystitis with slow urination
- painful diarrhea
- influenza
- earache with discharge of pus
- eye inflammation
- indigestion
- mouth ulcers
- burning sore throat
- toothache with increased salivation

Hahnemann ranked MERCURY (first) for syphilis, as he did SULPHUR for psora and THUJA for sycosis, and no doubt justly so, for MERCURY in its various forms symptomologically covers more cases of that disease than any other remedy. But it must be remembered that MERCURY is no more a panacea for syphilis than is SULPHUR for psora or THUJA for sycosis, else there would be no truth in similia similibus. The case in hand must simulate MERCURY, or that remedy is not "in it," but some other remedy is

NUX VOMICA (strychnine)

Origin

Nux Vomica, Nux, is made from the Poison Nut Tree, a tree from the Far East.
Although highly poisonous, strychnine, which is extracted from the seeds of the Strychnos nux vomica tree, was used as an antidote to the plague during the Middle Ages. It is the dried seeds within the small hard shell of the fruit - soft, white, gelatinous pulp which contains pale, buttonlike seeds. In small doses, it promotes the appetite aids digestion and increases the frequency of urination.
In larger doses, it can cause severe problems in the nervous system. Digestive complaints and irritability are the key uses of the homeopathic remedy.

Uses

- **Nux Vomica is the major digestive remedy used by many homeopaths.**
- **Nux Vomica helps with nausea, sour burping, bloating a few hours after eating, indigestion, heartburn and digestion after effects after eating rich foods, spicey foods or overeating.**

- **Consider this remedy for the nausea of pregnancy and when certain foods cause nausea, indigestion and/or vomiting.**
- **No home should be without Nux Vomica over the holiday season. Fast relief from the gas and indigestion of holiday overeating.**
- **The Nux person is sometimes called the 20th century type A personality. This makes Nux an important remedy to consider with symptoms resulting from our hectic pace of life The Nux person is On the Go, Life in the Fast Lane, eating fast foods, overeating, overdrinking. A Nux Vomica boss demands perfection from those around him and not always easy to get along.**
- **Nux is a useful remedy and used for first aid, chronic conditions and constitutional prescribing.**

Keynotes:

Mental Strain from overworking
Irritability
Self-Indulgence

Useful for:	**Key Symptoms:**
MENTAL	**Irritable, impatient**
	Oversensitive to noise light, touch, odors
	For bad effects of over-indulgence in work or play, "workaholics," sedentary life style
HEADACHE	**"Hangover headache," from over-indulgence in rich food or drink**
	Splitting pain in back of head or over eyes,as if nail driven in
	Frontal pain, desire to press head against something
	Scalp sore to touch
	Headache in sunshine
	Associated with stomach problems
NAUSEA	**Constant**
	Dizziness
	Sour vomiting
	Nausea of pregnancy
	Feels there would be relief from vomiting, but can't bring it about
INDIGESTION	**Belching, sour & bitter**
	Bloating of abdomen few hours after eating
	Heartburn
	Overindulgence in rich food, coffee, liquor
CONSTIPATION	**Frequent, ineffective urging to stool**
ALTERNATING	**"Something left behind"**
WITH DIARRHEA	**To help relieve the laxative habit**
HEMORRHOIDS	**Itching**
	Relieved by cool bathing
COLDS	**Early stages**
	Attacks of sneezing
	Nose runs during day
	Nose stopped at night
	Sniffles of infants
	Sore throat

ASTHMA **Attack often follows stomach upset with much belching**
Oppressed breathing with shallow respiration
COUGHS **Dry, tickling cough with sore throat and chest**
Sensation that cough tears something loose in chest
Coughing spells end in retching
Cough brings on bursting headache

- **Tight, hacking, dry cough INFLUENZA Cannot get warm**
- **Chilly from least movement under covers**
- **Shivering, especially after drinking**
- **Cramping pains causing urge to stool**
- **Nausea**
- **Ineffectual urge to vomit INSOMNIA After mental strain**
- **Cannot sleep for thoughts of day's work**
- **Cannot sleep after 3:00a.m. until morning; wakes feeling miserable Better from: Evening, Strong pressure,**
- **Eating, Warmth,**
- **Touch, Rest, Spices Worse from:**
- **Mental exertion, Anger, Dry weather**
- **Stimulants: coffee, liquor, narcotics, thunderstorms**

Personality & Temperament

- **Similar to Arsenicum but more distinct differences.**
- **People who need Nux are hurried and impulsive, like those who need Arsenicum, but Nux people are more prone to irritability, anger and maliciousness. Even those Nux people who have learned to control their rage tend to feed a hyper-irritabilty and anger inside themselves struggling to be expressed.**
- **They are dissatisfied, rarely content, hypercricitcal of others, impatient, jealous**
- **Very competitive. Will compete compulsively even in certain games or job situations in which competition is not appropriate.**
- **Like Arsenicum, Nux people will be fastidious but whereas Arsenicum people usually become anxious and nervous and they try to hold their disgust for messes, Nux people often get irritated and visibly angered by lack of order and cleanliness.**
- **Tend to be extremely self-reliant, a distinct difference from those who need Arsenicum. Will overemphasize achievement to such a degree that their lives will become dominated by their work. Take on greater responsibility than capable of, becoming increasingly irritable and demanding.**
- **" authoritarian personality" Want to force things their own way. To achieve security they adopt a powerful authority and demand that those in inferior positions submit to it. Whitmont describes them as perfect bureaucrats. Also rigidly moralistic and will condemn others who violate Nux's moral code. Repress their own socially disapproved tendencies and project them onto others.**
- **Have a soft side - they are sentimental and may cry from listening to certain musci or seeing beautiful objects. Despite a rough exterior, they can't stand the least pain. May cry even after a bout of anger. Since they can't tolerate the least opposition, they may cry from frustration. Despite this occasional tendency to weep, some people who need Nux often find it impossible to cry.**
- **ambitious, thrive on challenges and decision making, often found in managerial or entrepreneurial jobs**
- **mentally and verbally agile and express themselves with brisk larity and flashes of ironic wit**

- **they are impatient and readily explode with anger in their drive to achieve they may use alcohol or drugs to enhance their performance or to help them relax likely to have a high sex drive when ill, they are ungracious and quick to snap Nux and Arsenicum are often used to treat people with acute and chronic psychological disorders including depression, anxieties and phobias, emotional and mental states of confusion, and those with substance abuse problems and can help cope with withdrawal symptoms.**

Physical:

- **Husky, solid, muscular or they may be lean, bent forward and withered.**
- **Lean, tense looking, dapper with an irascible air**
- **inclined to have lined faces that flush in a dusky fashion when excited, sallow skin, dark circles under eyes**
- **Physically and emotionally irritated by exposure to cold, drafts, noise and light.**
- **Worst time of the day is upon waking, usually takes them an hour or so to wake.**
- **Sometimes feel an urge to take a nap. If they are accidentally awakened from this nap, they become highly irritated. They may suffer from insomnia because of their very active minds, which constantly ruminate about the many irons they have in the fire.**
- **May tend to overeat with cravings for fats, spicy foods and milk. They may experience various digestive and**
- **nervous symptoms that are aggravated by foods that they crave, especially milk, meat, fats and coffee.**
- **They are usually constipated and have much gas.**
- **They sustain their hyperactive nature by drinking coffee, imbibing alcohol and taking various stimulants.**
- **They are prone to alcoholism, drug abuse and malnutrition. May be friendly when they are sober but when drunk or high they tend to be abusive, cruel and violent**
- **Will ridicule and scorn others.**
- **Have tendencies toward spouse and child abuse**
- **Strong sexual desires, then to demand much from their sexual partner. Their strong sexual desires, if they are men, may lead them to rape however if they have drunk too much or taken too many drugs, they may become impotent and this may persist even after the effects of the substance have worn off.**
- **Type A behavior. Prone to be workaholics, high-strung, energetic, competitive achievers, often demand a similar level of commitment to work from others. As a result of this hyperactivity, they tend to become hypertensive and are therefore prone to heart disease. They work and play hard, intolerant of criticism toward themselves and they are however highly critical of others, insisting on perfection.**
- **Weak areas of the body:**
  stomach
  bowels
  liver
  lungs
  nerves

Children

- **nervous, irritable, hyperactive**
- **hates to be contradicted, is inclined to throw terrible tantrums**
- **conscientious and competitive, but a bad loser and readily jealous**
- **grumpy on waking**
- **suffers from frequent stomach aches**

- **as an adolescent, likely to be rebellious and defiant**
- **strong sense of justice and inclined to be idealistic**

FOOD PREFERENCES

Likes

rich, fatty foods, fatty meat, cream, high fat cheese

Likes and upset by

Alcohol, coffee, spicy foods: chili peppers, curries

FEARS

failure in business
death
crowds and public places

GENERAL FEATURES

Better

with warmth and humidity
lying down for a nap or a longer sleep
in the evening
from applying firm pressure
from washing or compresses

Worse

in cold, dry, wintry, or windy weather
if touched
near noise
between 3am and 4am
from eating
from spicy foods
from mental overexertion

PHOSPHORUS (mineral)

Origin

This is a yellowish white solid non-metallic element that glows int he dark. It is highly flamable. It is an important mineral needed for life. Contained in the bones, teeth, DNA and bodily fluids. It was discovered in the residue of evaporated urine. In orthodox medicine, phosphorus was once used for malaria, measles, pneumonia, rheumatism, headaches, and epilepsy.
Homeopathically, it is given to people who are anxious and fearful adn who suffer from nervous and digestive complaints.

Uses:

- **Anxiety and fear that causes nervous tension, insomnia and exhaustion**
- **circulatory problems (cold fingers, burning hot extremities).**
- **Profuse bleeding eg. nose bleeding, bleeding gums, heavy menstrual flow and bleeding from the**
- **stomach lining**
- **digestive disorders such as nausea, vomiting due to food poisoning or stress (in which ice**

cold

- **foods and drinks are craved and vomited as soon as they become warm in the stomach, stomach flu, stomach ulcers indicates by a saiva-filled mouth, heartburn**
- **respiratory complaints, namely asthma, bronchitis, pneumonia where there is tightness in the chest or breastbone dry, tickly coughs that sometimes cause retching and vomiting, and phlegm streaked with dark red blood**
- **headaches that are worse before a thunderstorm and laryngitis**
- **ailments that have burning pain**
- **when ill, they dislike being alone, they need the company of others and sympathy**
- **ailments characterized by burning pain**
- **profuse bleeding from the gums**

Physical Appearance

- **usually tall and slim, loo well-proportioned**
- **have either dark or fair hair, often with a coppery tinge**
- **skin is fine and pale, blushes or flushes easily**
- **they dress with flair and flamboyance**

Personality and Temperament

- **open, expressive, affectionate, often have artistic flair**
- **empathetic, giving readily of themselves**
- **their enthusiasm is relatively short-lived, and their energy is diffused; they may offer more than they can actually deliver**
- **the need lots of stimuli to give their effervescent, imaginative natures full expression, and to avoid becoming irritated and apathetic**
- **generally optimistic, they love to be the center of attention**
- **they may wilt under pressure however and can be surprisingly indifferent to family and close friends**
- **when unwell or upset, they need lots of sympathy and adore being stroked**
- **Weak Areas of the Body:**
  left side of the body
  lungs
  digestive organs: stomach, bowels
  Liver
  Circulation
  Nervous System

Child

- **tall and then for his/her age, may have a reddish glint to the hair**
- **fine featured, with slender hands and a tendency to blush or flush readily**
- **fidgety, nervous, perceptive, excitable, and trusting**
- **likes to have company and feel popular**
- **very affectionate and sympathetic to others**
- **loves hugs and comforting**
- **imaginative and artistic**
- **dislikes sustained study, hates exams and homework**
- **afraid of the dark and thunderstorms**
- **delicate features and fine skin**

Food Preferences

Likes

- salty foods
- spicy foods
- cold, carbonated drinks
- ice cream
- wine
- cheese
- sweet foods

Dislikes

- fish, fruit, tomatoes

Upset by:

- hot foods and drinks
- milk

Fears

- darkness and ghosts
- burglars and being alone
- thunderstorms and water
- failure in business
- illness, cancer, and death

General:

Better

- from fresh air
- i stroked
- lying on the right side
- with sleep

Worse

- in thundery weather
- in the mornings and evenings
- lying on the left side
- from over exertion: mental and physical
- from hot meals and drinks

PULSATILLA Nigricans/Anemone Pratensis (Windflower)

Origin

Pulsatilla is made from the Windflower. The plant is distinguished from other Puls. species by its smaller, purplish black flower heads. The flower grows in clusters, indicative of how a Pulsatilla types are happiest around others.

This delicate perennial plant has a long history of medicinal use. In the 18th century it was used to treat cataracts, ulcers, tooth decay and depression. The fresh plant has a bitter, acrid taste and if chewed causes burning in the throat and on the tongue.

In homeopathy, it is the source of an important remedy that is used for a wide range of conditions, from colds and coughs to digestive and gynecological complaints. The whole fresh flowering plant is pulped and the juice is expressed.

USEFUL FOR:	**Key Symptoms:**
Moodiness	**Rapid change in mood** **Sensitive & tearful** **Extremes of pleasure and pain** **Timid** **Craves sympathy and attention**
Colds	**Nose runs in open air** **Nose stuffy indoors and at night** **"Ripe" cold** **Thick, creamy, yellow, nasal discharge** **Fever, but no thirst**
Styes	**Especially on upper lid**
Cough	**Gagging, choking in paroxysms** **Cough dry in evening, loose in morning** **Brings up thick yellow mucus** **Feels as if weight on chest; must sit up for relief**
Earache	**Feels as if ears are stopped** **Severe throbbing pain, worse at night** **External ear swollen and red** **Thick, yellow, bland discharge**
Bedwetting	**n/a**
Chickenpox	**n/a**
Indigestion	**Averse to fat food** **Averse to warm food and drink** **Belching** **Dry mouth without thirst** **Bitter taste** **Flatulence** **Heartburn** **Painful stomach about an hour after eating** **Weight like a stone in the stomach** **Must loosen clothing**
BREASTFEEDING	**To dry up mother's milk when no longer needed**
MENSTRUAL DISORDER	**Delayed onset of menses** **Intermittent flow** **Flow scanty, painful** **Flow thick, dark, clotted** **Bearing down sensation** **Very emotional** **Chilliness** **Nausea, vomiting**

FAINTING	**From hot, stuffy atmosphere**
INSOMNIA	**From recurrent thoughts** **Wide awake in evening**

KEY USES:

- **ailments accompanied by profuse, yellow or yellowish green discharges eg. mucus such as colds with either a runny or blocked nose, sinus congestion, and a loose cough with greenish yellow phlegm.**
- **Eye problems for example sties and conjunctivitis**
- **digestive problems caused by rich, fatty foods eg. indigestion, gastroenteritis, nausea, vomiting**
- **gynecological complaints eg. menstrual and menopausal problems which are often characterized by depression and tearfulness with a need for comfort and sympathy**
- **emotional problems such a depression**
- **varicose veins, nosebleeds, toothache, osteoarthritis/rheumatism, low back ache, chilblains, acne, migraines, headaches above the eyes, fever without thirst.**
- **Pulsatilla covers many female complaints, such as varicose veins, cystitis, edema, overweight, menstrual difficulties, depression (better with sympathy and attention.**

Physical:

- **are almost always women**
- **tend to be plumb with fair hair and blue eyes**
- **they flush or blush easily**
- **rosy complexion**
- **eyes are blue, prone to sties**
- **Weak areas of the body:**
  veins
  stomach
  bowels
  bladder
  female reproductive organs

Personality and Temperament:

- **Pulsatilla types are basically gentle, sweet natured, shy, kind and can be persuaded to cooperate and change viewpoints easily, like the winds changing the direction of the Windflower.**
- **Pulsatilla children and mothers are usually blond, blue eyed, sympathetic, easily brought to tears (the romantic Pulsatilla teen watching a movie many times with tears, the Pulsatilla mom crying over a child's gift of wilted flowers).**
- **they are often dependent on others for support, gratefully accept guidance and advance**
- **make friends easily**

Keynotes:

- **Light Hair, Blue Eyes**
- **Timid**
- **Seeks cool places, open windows (even in Winter) ,fresh air**
- **Children**
- **Menstrual, Female Complaints**
- **Menopause**

Women:

- **Gentle, mild, yielding**
- **Agreeable, avoids quarrels, sensitive to others feelings, not aggressive**
- **Greedy for affection, approval and sympathy**
- **Emotionally dependent on other**
- **They have a fear of being abandoned**
- **They are moody, feeling happy at one moment, sad the next**
- **Quite emotional in general and easily brought to tears, especially just prior to menstruation.**
- **They rely on their feelings in making decisions**
- **With their changing moods, they are very indecisive, whether it be in relation to what they should eat, what they should wear, what they should do for entertainment**
- **Being sweet and adaptable, they see value in all their various choices, often making decisions by default or by taking another's advice. They are easily led by others and easily hurt too.**
- **Physically women who need the Pulsatilla remedy are generally warm-blooded (warmer than others and requires less clothing)**
- **They dislike warm rooms, crave open air (symptoms diminish when outside) and have unstable circulation (flush and blush easily)**
- **Their physical symptoms drift, moving from one part of the body to another.**
- **They are averse to eating fat, sometimes will develop symptoms form it, and are also averse to warm food and drinks.**
- **Although they often have a dry mouth, they are thirstless.**

Children:

- **A Pulsatilla child is timid at first and seems happiest hanging on mother's skirts.**
- **Pulsatilla covers many childhood complaints and should be in every family home. Indications include earache (stopped feeling), cough (gagging, bringing up yellow mucous), colds with heavy yellow discharge.**
- **they become more lively as the day goes on, but they are nervous at bedtime, afraid of the dark**
- **sensitive to weather changes, particularly to cold. Even eating ice cream in hot weather can trigger stomach upsets and earache**
- **Flag in hot weather and become irritable and tearful**
- **prone to stuffy colds with excessive mucus. Feel much better outdoors**
- **Feel dizzy on looking up at anything high**
- **There are 2 types of pulsatilla children:**
  Type 1: small, fair, fine boned, inclined to blush. Bright, cheerful, affectionate, shy and sensitive.
  Type 2: plump with darker hair, more languid and tearful, craves reassurance and affection, but slow to reciprocate.

FOOD PREFERENCES

Likes

rich, sweet foods, cakes, pastries, chocolate
cold foods and drinks (although seldom thirsty)
peanut butter

Dislikes
butter, pork, eggs, fruit
spicy foods
Upset by
mixtures of foods

FEARS

enclosed spaces and crowds
being alone
darkness and ghosts
insanity and death

GENERAL FEATURES

Better from:
Open air,
Cold applications
In cool, dry conditions
Motion (gentle movement/exercise)
From crying and sympathy
Worse from:
Warmth, Overheating, and in stuffiness
From sudden cooling
Toward evening
Lying on left side
Lying on painless side
Prolonged standing
Premenstrually
From rich, fatty foods

SEPIA (cuttlefish)

Origin:

Cuttlefish ink has long been used as a pigment in artists paints. Medicinally it was used in ancient times to treat gonorrhea and kidney stones.
Hahnemann published details about the homeopathic remedy in 1834. He proved the remedy after observing that an artist friend who licked his sepia soaked paintbrush frequently developed an obscure illness, which was caused by the ink. It is an excellent remedy for gynecological complaints.

Strange, Rare & Peculiar

Better with dancing.

Uses:

- **Sepia acts specially on the portal system, with venous congestion. Stasis and thereby ptosis of viscera and weariness and misery.**
- **Weakness, yellow complexion, bearing-down sensation, especially in women, upon whose**

organism it has most pronounced effect.

- **Upward tendency of its symptoms. Easy fainting. "Ball" sensation in inner parts.**
- **Sepia acts best on brunettes.**
- **All pains are from below up.**
- **One of the most important uterine remedies.**
- **Tubercular patient with chronic hepatic troubles and uterine reflexes. Feels cold even in warm room.**
- **complaints accompanied by exhaustion like an aching back and sides due to muscle weakness**
- **Fever: Shivering with thirst; worse towards evening. Frequent flushes of heat; sweat from least motion. General lack of warmth of body. Feet cold & wet.**
- **Digestion: indigestion from milk and fatty foods, with gas and tenderness in the abdomen.**
- **Head: headaches with nausea; dizziness; hair loss. Pulsating headache in cerebellum.**
- **Skin: brownish yellow, itchy, discolored patched of skin. Itching not relieved by scratching; worse in bends of elbows and knees. Urticaria (hives) on going in open air, better in warm room. Slomasma, Lentigo in young women, Ichthyosis with offensive odor of skin. Herpes on lips, mouth, nose. Herpes circinatus in isolated spots. Ringworm like eruption every spring**



Sweat: profuse sweating and sweaty feet, worse on toes, intolerable odor. Hyperidrosis & bromidrosis.

- **Circulation: circulatory problems eg. hot and cold flashes and varicose veins**
- **Respiratory:**
  - **dry, fatiguing cough, apparently coming from stomach.**
  - **Rotten egg taste with coughing, oppression of chest morning and evening.**
  - **Dyspnea worse after sleep.**
  - **Better with rapid motion or dancing.**
  - **Cough in morning with prouse expectoration tastes salty.**
  - **Hypostatic pleuritis.**
  - **Whooping cough that drags on.**
  - **Cough excited by tickling in laryns or chest.**
  - **Salty tasting mucus due to a cold or allergy**
- **Reproductive:**
  - **Bearing down sensation as if everything would escape through vulva; must cross limbs to prevent protrusion or press against vulva. Prolapse of uterus & vagina. Vagina painful with intercourse. Morning sickness.**
  - **Menses too late or too early, scanty, irregular, profuse. Sharp clutching pain. Violent stitched upward in vagina from uterus to umbilicus. Leucorrhea yellow, greenish, with much itching, acrid before menses.**
  - **Tendency to abortion.**
  - **Sepia acts on the uterus, ovaries and vagina and is mainly used for gynecological complaints eg. PMS, painful or heavy menstruation, hot flashes during menopause,**

emotional and physical symptoms during and after pregnancy, candida, and a sagging or prolapsed uterus.
- **Hot flashes at menopause with weakness and perspiration.**
- **it is an excellent remedy for women who are averse to or suffer pain during sexual intercourse and feel exhausted afterward women who dislike being touched either premenstrually, during menopause, or as a result of emotional problems**

- **Urinary: Red sand in urine. Involuntary urine during first sleep, so smelly it must be removed. Chronic cystitis, slow micturation with bearing down sensation while passing urine.**
  Male: organs cold, offensive perspiration; discharge from urethra during night but no pain. Condylomata around penis head. Complaints from coition.
- **Heart: violent intermittent palpitation. Beating in all arteries. Tremulous feeling with flushes.**
- **Back: weakness in small of back. Pains extend down to back, chills easily. Coldness between shoulders**
- **Extremities: twitching & jerking night and day. Heaviness and bruised feeling. Coldness of legs and feet. Lower extremities: lame/stiff, tension as if too short. Restlnessness in all limbs. Pain in heel.**

Physical

- **usually they are women**
- **tall, lean with slim hips, dark hair and brown eyes**
- **sallow complexion**
- **pigmentation across their nose and cheeks can result in a yellow-brown 'saddle'**
- **attractive, elegant with an angular, sightly masculine appearance**
- **may look downcast and sit with legs crossed because of a weak feeling in the pelvic area**

Personality and Temperament

- **can't stand to be controlled, molded. They become defensive, angry. Over a period of time they just withdraw, avoid intimacy, may weep when telling others their problems. They become fearful of being alone, of meeting others of insanity.**
- **they tend to adopt a martyr's role in life and feel on the brink of being overwhelmed by their responsibilities. As a result, they harbor a deep seated resentment**
- **they are irritable at home, yet extroverted in company and transformed by dancing which they love**
- **they are strongly opinionated, hate to be contradicted and when unwell they detest sympathy and tend to withdraw**
- **although some men can be sepia, they are usually women who are either one or a combination of two distinct personae. The first is independent, career minded and seeks fulfilment from her work; she appears hard yet disguises her vulnerability well. The second feels engulfed by her sense of duty as wife and mother and cannot assert her own needs**

Women:

- **They are often overworked housewives or assertive career women**
- **They are general outspoken, direct, industrious, critical and have a sense of duty**
- **They are proudly independent and constantly strive for self-expression**
- **They often keep things to themselves even though they may feel great dissatisfaction.**
- **An inner irritability creates a bossy and nagging personality**
- **They become fault finding, discontent with everything, easily offended, and disposed to quarrel.**

- **They sometimes view love as a responsibility, a duty. They do not enjoy sex as much as other women.**
- **They may feel irritable after sex, may have a low sex drive or may simply become averse to sex**
- **They may also become indifferent to their husbands and even to their children**
- **They have low energy, are constipated and sometimes are so 'cold-blooded' that they may even feel cold in a warm room**
- **Modern diagnostic procedures have found Sepia women tend to have low thyroid hormones, low blood pressure and adrenal deficiency**
- **They often complain of a general 'dragged out feeling'**
- **They may describe experiencing an empty sensation in the mid abdomen that is not relieved by eating**
- **They tend to crave vinegar, acids, pickles and sweets, but are averse to fats**

Children

- **sallow, sweaty skin**
- **chilly and sensitive to changes in the weather**
- **tires easily**
- **prone to fainting when standing**
- **nervous and dislikes being alone**
- **inclined to be negative, moody, and lazy**
- **dislikes parties, but if forced to make an effort will come alive, esp. if there is dancing greedy eater. Milk causes digestive upset tends to be constipated and to wet the bed in the early part of the night**

FOOD PREFERENCES

Likes

sour foods and drinks: pickles, lemons, vinegar
sweet foods
alcohol

Dislikes and upset by:

milk and pork

FEARS

being alone
poverty
insanity

MODALITIES

Better

by exercise, pressure
dancing
with warmth, eg. warmth of bed
from fresh air
hot applications
drawing limbs up
cold bathing
after sleep.

Worse

in dull, thundery weather, before thunderstorm, but they love thunderstorms

premenstrually
in early morning and evening; forenoon and evening
on left side
after sweat
cold air
washing
laundry-work
dampness
before thunderstorm

COMPLIMENTARY TO:

Nat Mur
Phos

Difference between Sepia, Nat Mur and Phosphorus.

In healthy state:

- **Sepia is a naturally independent woman. Nat mur seeks independence as a reaction against the hurt they have received.**
- **Sepia women do not usually compete with men. Natrum women do compete with men.**
- **Sepia is naturally intuitive, deep, impersonal intuition based on her skills, keeps quiet about her intuitive faculties. Natrum has deep intuitions based on her personal biases and for making herself special; intuitions are liabale to mix with her personal fear and wishful thinking. Phosphorus is naturally intuitive but tends to get carried away by flights of fancy.**

In a diseased state of mind:

- **Sepia adolescents resist parental pressure. Natrum adolescents buckle under parental pressure to be normal, obedient and dependent.**
- **Sepia has free flowing tears. With Natrum, tears are clearly suppressed.**
- **Sepia is less liable to become bitter because she suppresses her anger less. Natrum women are more liable to bitterness as a result of suppressed anger**
- **Sepia feminists tends to concentrate on clarifying the wider issues of gender politics. Natrum feminists have more intent of revenge & hatred**
- **Sepia is scatty but relatively more focused mentally, most of the time. Phosphorus is scatty, quite often, but is a dreamer.**
- **Sepia sometimes very upset by the suffering of others, but not overwhelmed or affected fro long. Phosphorus becomes so empathetic that totally loses herself in other person.**

SILICA (mineral)

Origin:

Silica is found throughout nature. It is the main constituent of most rocks, and plants absorb it into their stems, which helps keep them strong. In the human body, silica is the constituent that strengthens the teeth, hair and nails. Silica is also found in connective tissue, which is the material that holds together the various structures of the body.
The homeopathic remedy is used for people who lack 'grit' either physically or emotionally.

Uses:

- **excellent for people who feel the cold intensely and tire easily**
- **general undernourishment that leads to recurrent infections eg. colds, flu, and ear infections**
- **skin and bone complaints eg. unhealthy complexion accompanied by acne, weak nails surrounded by hard skin, slow to heal fractures, slow bone growth and fontanels that are slow to close in babies**
- **expelling foreign objects such as splinters nervous system problems eg. an inability to expel stools so that they slip back into the rectum and migraines, where the pain starts at the back of the head and extends over one eye.**
- **glue ear (fluid in middle ear), chronic phlegm, profuse sweating**
- **sleep that is disturbed by stress and overwork**

Physical

- **thin and small boned with fine lank hair and a neat tidy appearance**
- **prone to cracked lips and fissures at the corners of the mouth**
- **nails may be rough, brittle and yellowish**
- **when grazed their skin suppurates easily and is slow to heal.**

Personality and Temperament

- **lack physical and mental stamina and fear being overwhelmed and yet they show great tenacity and determination once a challenge is accepted.**
- **when engrossed in a task they are very conscientious and obsessive about small details, and overwork to the point of exhaustion or insomnia**
- **their outlook and aspirations are limited by fear of failure and a tendency to remain the eternal student**
- **since they are not assertive, they may feel pushed around, and in turn relieve their own frustrations on subordinates**
- **in relationships, they may remain uncommitted for fear of giving too much of themselves and being hurt.**
- **although tenacious and stubborn they appear fragile and passive**
- **despite being friendly and sensitive, they have a brittle demeanor, largely due to their lack of confidence and fear of responsibility, which makes them inflexible and hesitant in undertaking new tasks.**

Children

- **large, sweaty head with pale, delicate skin and thin, fine hair**
- **small or his/or her age but well-proportioned with small hands and feet**
- **head is large for the body**
- **pale, delicate skin**
- **feels the cold intensely and has cold, clammy extremities**
- **sky, delicate and well-behaved, but self-willed and touchy, resentful of interference, and lacks stamina**
- **intelligent, quick-witted, conscientious but lacks confidence**
- **tidy by nature and inclined to have a fixation for tiny objects eg. small pieces of jewelry**
- **strong dislike and intolerance of milk**
- **prefers to keep the head covered**

FOOD PREFERENCES

Likes

cold foods, raw vegetables, salads, ice cream

Dislikes and upset by:

meat and cheese
milk (may have been reluctant to take breast milk in infancy)
warm foods

FEARS

sharp pointed objects
exertion (due to lack of stamina)
failure in business

GENERAL FEATURES

Better

from wrapping up warmly especially the head
in summer

Worse

with cold and damp
for the new moon
if sweating is suppressed
from washing or swimming
lying on left side

SULFUR (mineral)

Origin

The mineral sulfur is found in every cell of the body and is especially concentrated in the hair, nails and skin. Medicinally it has been used for more than 1,000 years. In the past many children were given sulfur in the form of brimstone and treacle to cleanse the bowels and skin.
In orthodox medicine, sulfur is still applied externally for skin conditions such as acne.
The homeopathic remedy is also used for skin and digestive complaints.

Uses:

- **mainly skin conditions eg. eczema, candida or diaper rash where the skin looks permanently dirty and is dry, scaly, itchy, red and worse from being scratched, dry scalp**
- **digestive complaints that are helped by this remedy include tendency to regurgitate food, indigestion that is worsened by drinking milk; vomiting and chronic diarrhea that occur early in the morning;**
- **hunger pain with a sinking feeling in the stomach that occurs around 11am**
- **itchy, burning hemorrhoids, redness and itching around the anus; anal fissures**
- **in women, sulfur is effective for pms symptoms (headaches, irritability, insomnia, menopausal**
  symptoms such as flushing, dizziness and sweating)
- **also given for mental stress, lack of energy and willpower, forgetfulness, irritability, depression**

- **disturbed sleep with nightmares, early waking and indecision.**
- **other ailments helped include: fever, headache, migraines, conjunctivitis, red eyes, chronic nasal discharge with greenish mucus, coughs with sneezing, low back pain from prolonged standing, bending, or sitting or due to menstruation**
- **people who need sulfur are sensitive to bad smells, and are thirsty more often than hungry**

Physical Appearance

- **they are either rotound, red-faced and look jolly, or are lean and lanky with a slouched posture. Both types have coarse, lusterless hair, dry, scaly skin and look unkempt, possibly in need of a bath**
- **even if they are smartly dressed there are generally some untidy features**
- **Weak areas of the body:**
  circulation
  mucous membranes in the bowels and rectum
  soles of the feet
  skin
  left side of the body

Personality

- **belligerent and critical over minor details**
- **can be very open hearted, giving generously of their time and money**
- **often male executives full of ideas and plans but surrounded by clutter**
- **at worst they are lazy; lacking willlpower and initiative and do not follow things through to completion**
- **although easily incensed, their anger subsides quickly.**
- **they enjoy lively debate but only on subjects of particular interest to them**
- **because they live life at an intellectual level, their feelings are seldom deeply affected**

Child

- **hearty appetite**
- **bright and inquisitive when stimulated, with a good memory. Adore books, but may be careless with schoolwork**
- **show great pride in their possessions**
- **tendency to show off**
- **lively in the evening and reluctant to go to sleep**
- **Type 1: well-nourished and heavily built, with coarse, strong hair, a ruddy complexion and red lips, ears and eyelids**
- **Type 2: thin with spindly legs and a fairly large abdomen, has pale, dry skin that is prone to cracking**

FOOD PREFERENCES

Likes

sweet foods
fatty foods: french fries, meat fat, cream, cheese
spicy foods: curries
sour foods: pickles, lemons
alcohol
raw foods: salads
oysters

Dislikes and upset by:
- **eggs and milk**
- **hot drinks**

FEARS:
- **heights**
- **failure in business**
- **ghosts**

GENERAL:
Better
- **in fresh, dry, warm weather**
- **from physical exertion**
- **lying on the right side**

Worse
- **in stuffy rooms**
- **in a hot bed**
- **from washing**
- **from prolonged standing**
- **around 11am**

	ARGENT. NIT.	ARSENICUM	CALC CARB	GRAPHITES
MIASM related to	Sycotic, TB, Cancer	Syphilis,, Cancer,, Psora	Psora	Psora
Thermal Preference	Chilly	Hot	Chilly	Chilly
Mental/emotional	Nervous, apprehensive Feeling of sudden danger.	Easily upset by loud noise, Insecurity, perfectionist.	Frighted of failure but appear withdrawn so not to embarrass themself. Anxious, worried, obsess-ing, poor sleep. Hate to see cruelty and poverty.	Mood changes, lethargic, grumpy upon waking then becomes irritable, impatient into the day. Timid, no self confidence.
Fears/anxieties	High places, losing control, narrow places. Being late, alone, losing control, fear of death, failure	Being alone, burglars, ghosts, dark, death, incurable, poisoning Concerned for health and security	Dark, incurable illness, cancer, death, enclosed spaces, insanity, poverty, mice, thunderstorms	Insanity, death,, thunderstorms
Personality	Extroverted, cheerful, impressionable. Quick thinking.	Highly sensitive, high strung	Quiet, cautious, impressionable, very sensitive.	Feel unlucky, becomes despondent, self-pitying, tearful listening to music. Restless, fearful, worried.
Food likes	Salty, sweet	Warm food/drink; coffee, fatty foods, olive oil, sweets, sour foods, alcohol	Sweets,, Sour, Starchy, Cold drinks/ice cream, Eggs, Oysters	Acid, sour, beer
Food dislikes	Cold foods	----	Milk, coffee, may upset	Sweets, salty and seafood
Prone to	Gas, Belch, Diarrhea	Death fears	Cold, clammy hands, soles feel very hot	Headaches if meal missed Pork causes dig. Upset.
Effect of this remedy	Calms, soothing. Good for anxiety, digestive issues	Affects mucous mem-branes of digest. & respir.	Affects joints,. Bones.	Eczema and other skin probl.
Better	In cool, fresh air. From pressure.	Warm drinks, movement, lying down with head raised.	In late morning. In dry weather.	Warmth, but needs fresh air. With sleep. In the dark
Worse	With warmth, At night, Lying on left side, emotional stress, overwork, menstruation	Cold foods and drinks, cold, right side, between midnight and 2am	In cold and damp. Premenstrually. From sweating or exertion. In spring. With full moon.	Cold, damp air, draft On left side. In morning and eve., from using steroids to suppress skin eruptions, during menstruation. From sweet foods and seafood.
Physical	Looks prematurely old. May be prone to sudden nervous sweats	Stylish, well groomed, pale delicate skin, Restless, quick movements	Hair thick/curly, Skin lg pores. Pale, chalky skin.	Scalp may be itchy. Skin dry, cracks easily.
Weak areas of body	Nerves, mucous membranes, left side of body.	Skin, Resp., cardio, gen/urin., gastro, nervous system.	Bones, teeth, bowels, ears, nose, throat, glands, skin	Skin, nails,, metabolism, mucous membrane, left side of body.
Strange/rare,peculiar (SRP)		Thirst for constant small sips. Head hot, body is chilled. Head wants cool, body wants warmth, increased appetite after chills, chilly, usually wears a lot of clothing to keep warm.	May crave soil and chalk (odd)	Ailments from anticipation Excitement from smallest possible cause. Amelioration from weeping.
Use for	Use this remedy when emotional and gastro symptoms dominate	Mostly associated with physical and emotional symptoms related to anxiety, restless, digestive disturbances. Profuse sweat, vomit, diarrhea is caused by actual.	Used for slow develop-ment bones/teeth, joint/bone pain/ ailments with fears and anxieties, profuse sour perspiration. Sensitive to cold	Use for skin prob eg. Eczema, Ulcers caused by stomach lining weakness. Metabolic imbalances that lead to skin probl., obesity, abnormal nail formation. Similar to Sulphur for skin probl.

	IGNATIA	LACHESIS	LYCOPODIUM	MERC. SOL
MIASM related to	Psora	Sycosis	Psora, Sycosis, Syph. TB	Syphilis
Thermal Preference	Hot	Cool	Cool	Cool, Sensitive to heat and cold, extremes.
Mental/emotional	Shocked and mortified. High strung, high ideals and expectations. Self blame.	Perceptive,, creative, ambitious. Live life intensely. Congestion relieved by a form of discharge like nosebleed or expressing their views.	Desires to be alone.	Deep insecurity makes them very conservative, cautious, suspicious of others.
Fears/anxieties	Being emotionally hurt, losing self control, enclosed spaces and crowds. Burglars.	Water, poisoning, burglars, strangers, suffocation, death.	Being alone, Dark. Ghosts, enclosed spaces, crowds, failure, death.	Health of family, burgulars, insanity,, death, thunderstorms.
Personality	Very sensitive but can't express., esp. grieving	Very talkative, egocentric,, jealous.. Can vascilate from love to hate. Difficult to be confined. Concerned about world affairs. Contradicts viewpoint of others. Good creative energy that may be sporadic.	Deeply insecure, may exaggerate to compen-sate. Resists change. Disciplined but easily gives in to sweets. Sexually promiscuous. Avoid commitment in close relationships. Irritated by weakness, intolerant of illness. Feels inadequate.	Mentally restless, anxious. Need order and stability. Suspicious makes actions & speech slow and deliberate. Sensitive to criticism and contradiction, sometimes exploding in rage with sudden impulse to kill.
Food likes	Sour, Dairy, Bread. Coffee but is upset by it.	Sour, Starchy, Alcohol,, Oysters	Cabbage, onions,legumes, oysters, shellfish, sweets, olive oil, hot foods/drinks	Cold drinks, milk, beer, bread/butter, lemons.
Food dislikes	Upset with sweets, alcohol, fruit	Upset by wheat, hot drinks. Tolerates coffee.	--	Meat, Sweets, Coffee, Alcohol (exc beer), salt
Better	Warmth. After eating, urinating. Firm pressure. Changing position, Movement. Stooping.	Open air, Free bodily secretions. Hard pressure, Bathing part. Cold drinks.	Loose clothing, movement, cool, hot drinks & foods, at night	Moderate temp. With rest
Worse	Cold Air, Emotional Stress, Being touched or stroked. Smell of tobacco or coffee.	Morning, after sleep. Spring/summer heat. Sensitive to touch or pressure of clothes	Tight clothing, Overeating, Stuffy Rooms, Right side, between 4-8pm and 4-8 am. In the spring	Warm bed. At night. Lying on right side. Sweating. Temp changes
Physical	Thin, dark haired women, sunken face, cracked lips, bluish circles around eyes. Blink, sigh or yawn a lot which indicates difficult to release deep emotions.	Often freckled redhead. May be overweight, bloated. Or dark hair, lean and energetic. Pale with purplish hue. Flicks tongue over top lip.	Tall, sallow, distinguished appearance, lean upper body, poor dev. Muscles, tremors after exertion. Vertical frown lines above nose. May be prematurely gray or bad. Facial twiitch.	Usually fair haired, translucent unlined skin. Pinched nose. Facial expression untroubled, detached.
Weak areas of body	Mind, Nervous Syst.	Mind. Throat, Nerves, Heart, Circulation. Left side, then right. Ovaries.	Right side. Digest, bowel.. Liver. K-B, Prostate, brain, lungs, skin.	Blood,, Mucous mem-branes in resp. bowel. Salivary glands,, tonsils, liver, bones, joints, skin.
Strange/rare, peculiar	Feels lump in throat even though not, causes sighing and gulping. Headaches may terminate with profuse flow of urine. Eating may help indigestion. Swallowing solid food may help store throat.	Doesn't like anything tight – clothes.	Craves air, but chilled by it. Eats but not relieved. One foot cold/other hot. Cold-wants window open. Worse with warm room, yet better with war m bed. Headache if overeat. Obstruction of nose in pm. Kidney back-ache, better after urinating.	Constantly hungry
Use for:	Emotional probl, acute grief, headaches, coughs, sore throats, ailments with changeable contradictory symptoms.	Throat. Nervous system disorder eg. seizures, fainting. Slow to heal blue rimmed wounds, red boils, left sided headaches, fever, hot sweats, shivering.	Digestive. Prostate enlarg., Kidney/bladder; right sided complaints with desire for sweet. Emotional problems caused by insecurity.	Ailments with profuse strong smelling, burning bodily discharges and general sensitivity to heat and cold. Throat/mouth complaints.

	NAT MUR	NUX VOMICA	PHOSPHORUS	PULSATILLA
MIASM related to	Psora	Typhoid	Syphilis	Psora
Thermal Preference	Cool	Hot	Cool	Cool
Mental/emotional	Very sensitive, refined. Mostly women, easily wounded by criticism, insults so they become introverted, lonely.	Similar to Ignatia, but non violent. Short, irritable, frustrated, nothing going right attitude. Obsessive/ compulsive about details. Workaholic	Open, expressive, artistic, affectionate. Empathetic, giving readily of self. Short lived enthusiasm, energy diffused, offering more than they give.	Moods swing between sweet and irritable. Not assertive. Hard expressing anger, so avoids to keep peace. Empathetic with people/pets. Cry easily.
Fears/anxieties	Being emotionally hurt. Insanity. Death, Enclosed spaces, crowds, Dark, burglars, being late, failure, thunderstorms.	Business failure. Death. Crowds and public places. .	Dark, ghosts, burglars, being alone. Thunderstorms and water. Failure in bus., Illness, cancer, Death.	Enclosed spaces, crowds, being alone, dark, ghosts, insanity, death.
Personality	Stoic, Inward, Self reliant.	Ambitious, love challenge. Mentally and Verbally agile, express themselves with clarity and wit. Impat- ient + explode with anger. May use alcohol or drugs for enhancing. High sex drive. Snappy when ill.	Need stimuli to function. Optimistic, center of attention. May wilt under pressure but can be surprisingly indifferent to family and friends. Want sympathy when ill.	Empathetic. Cries easily, needs comforting, reassurance. Makes friends easily. Weepy. Wants company and sympathy.
Food likes	Sour, beer	Rich, fatty, fatty meat, cream, high fat cheese.	Salt, Spicy,, Cold, Pop, Ice cream, Wine, Cheese, Sweets	Sweets, Rich, Cold foods, drinks but rarely thirsty. Peanut butter
Food dislikes	Chicken, Coffee. Either love or hate salt/salty foods. Milk upsets, as does starchy foods.	Likes but upset with alcohol, coffee, spicy.	Fish, fruit, tomatoes. Upset by hot foods and drinks, milk.	Butter, pork, eggs, fruit, spicy. Upset by mixtures of foods.
Better	Fresh Air,, from sweating, and in a firm bed.	Warmth, humid. Lying down. In evening. Applying firm pressure. Washing or compresses.	Fresh Air, being stroked, lying on right side, with sleep. Darkness.	Gentle movement. Fresh air, cool, dry.
Worse	9-11am. Cold, thundery weather. Stuffy heat, hot sun,, sea air. Over- exertion. Lying on left side.	Cold, dry, wintry, windy. If touched.. Near noise. Between 3-4am. From eating, from spicy foods, mental overexertion.	Thundery weather. Mornings and evenings. Lying on left side. From mental and physical exertion.	Heat, stuffiness, from sudden cooling. In pm. Lying left side. Prolonged standing Premenstrual
Physical	Pear shaped or squarish build. Sandy or dark hair. Pale, puffy, shiny face. Eyes may be watery, eyelids appear reddened.	Lean, tense looking, dapper. Inclined to have lined faces flushing dusky. Sallow skin, dark circles under eyes.	Tall, Slim, well proportioned. Dark or fair hair, may be coppery. Skin fine, pale, blushes easily. Dress with flair.	Usually women. Sweet natured, shy, kind, gentle. May be dependent on others, grateful for guidance and advice.
Weak areas of body	Digestive, Blood, Muscles, Skin, Mind.	Stomach, Bowels, Liver, Lungs, Nerves.	Left side of body. Lungs. Stomach. Bowel, liver, circulation, nerves.	Veins, stomach, bowels, bladder, female reprod.
Strange/rare,peculiar	Love or hate salt. Can be better or worse in salt air. Dryness indicated but face skin is oily. Laughs over serious matters.		Craves salt, but worse for it. Worse cold air/better with cold food. Chest, throat-neck illness worse with cold air, symptoms better with cold air. Feels anus open. Hard hearing human voice. Small wounds bleed a lot. Painless laryngitis.	Craves cool fresh air even when chilly.
Use for:	Emotional problems from suppression of feelings. Ailments with discharge like white of raw egg.	Digestive upsets. Insomnia. Complaints from suppressed anger. Colds, flu.	Anxiety, fear. Bleeding, circulation, digestive, respiratory, burning pain.	If profuse, yellow-greenish discharges. Digestive from rich fatty foods. Female complaints. Emotional, depression.

	SEPIA	SILICA	SULFUR	
MIASM related to	Sycosis	Psora	Psora	
Thermal Preference	Hot	Cold	hot	
Mental/emotional	Aversion to sex. Irritable, feels overwhelmed. Aversion to company	Tenacious, stubborn. Friendly, sensitive but brittle demeanor due to lack confidence. Lack physical and mental stamina and fear being overwhelmed but shows tenacity and determination once challenge accepted.	Easily incensed but anger subsides fast. Likes lively debate on things he is interested in. Lives life at intellectual level, feelings seldom deeply affected.	
Fears/anxieties	Being alone, poverty,, insanity.	Sharp pointy objects. Exertion due to lack of stamina, failure in bus.	Heights, failure in bus., ghosts	
Personality	Irritable at home, extroverted in company. Transformed by dancing which they love. Strongly opinionated, hate to be contradicted. When sick doesn't like attention	Not assertive, may feel pushed around and relive frustrations on subordinates. May remain uncommitted for fear of giving too much of self.	Expend lots energy in imaginative, inventive thought. Inept on practical level. Big ego, need for recognition. Belligerent, critical over minor details but can also be generous and open-hearted.	
Food likes	Sour, Sweet, Alcohol	Cold foods, raw veg.,ice cream	Sweets, Fatty, Spicy, Sour, Alcohol,, Raw, Oysters.	
Food dislikes	Milk, pork	Meat, cheese, milk, warm foods.	Eggs,, milk, hot drinks	
Better	Warmth. When occupied. Vigorous exercise. Fresh air.	Being wrapped up warmly, esp. The head. In summer.	Fresh, dry, warm weather. From physical exertion. Lying on right side.	
Worse	Dull, thundery weather. Premenstrually. Early am and pm.. left side.	With cold, damp. For the new moon. If sweating is suppressed. From washing or swimming. Lying on left side.	Stuffy rooms, hot bed, from washing, prolonged standing. 11am	
Physical	Usually a woman. Tall, lean, slim hips, dark hair, brown eyes,attractive elegant, weakness in pelvic area.	Thin, small boned, fine lank hair, neat tidy appearance. Prone to cracked lips and fissures at mouth corners. Nails may be rough, brittle, yellow. Skin suppurates easily, slow to deal.	either rotund, red faced, jolly looking or lean and lanky, slouched. Lusterless hair, dry, scaly skin, look unkempt, maybe needing a bath. Untidy looking.	
Weak areas of body	Pelvis, Left side, skin, vein circulation, reproduction.	Nervous system, glands, bones, tissues, skin	Circulation, Mucous membranes in bowels and rectum. Soles of feet. Skin. Left side of body.	
Strange/rare,peculiar	Aversion to company but dreads being alone. Is worse with thundery weather but loves thunderstorms.		Hungry at 11 am.	
Use for:	Gynecological complications, hormonal problems like pms and menopause. Ailments accompanied by exhaustion.	Poor nourishment that leads to recurrent infections Skin and bone complaints Expelling foreign objects like splinters. Nervous system problems.	Skin complaints eg. eczema. Digestive disorders. Gynecological complaints. Mental Stress.	