MATERIA MEDICA

The Materia Medica is the accumulated information about each remedy. You can get some from different Masters of Homeopathy online for free:

Materia Medica by John Henry Clarke:
https://www.materiamedica.info/en/materia-medica/john-henry-clarke/act-a-racemosa

Homepathic Materia Medica by William Boericke:
http://homeoint.org/books/boericmm/index.htm

There are many others you can search for on the internet.

When making your decisions as to the correct remedy to use, things that are Strange, Rare and Peculiar are of more importance that other information. For instance: Arsenicum is hot, but wants to be relieved with heat.

What I am going to suggest is that you start to make your own Materia Medica. It is a good way to learn as you investigate each remedy and make notes.

What ones should you start with? Start with all the Polychrest remedies and the Constitutional Remedies.

Here is an example of the remedy LYCOPODIUM:

LYCOPODIUM CLAVATUM (club moss, wolf's club)

Lycopodium is one of the three major anti-psoric remedies along with Calcarea carbonica and Sulphur.

Lycopodium is sometimes called "vegetable Sulphur". It is a plant remedy and belongs to the the psoric miasm.

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 100 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. This remedy then has a problem with self confidence: I want to be tall, but I feel small.

KEYNOTES

- **Desire to be alone**
- **Craves air but is chilled by it.**
- **Short, rattling breathing worse lying on back.**
- **Cough; dry, tickling, teasing; in puny boys with emaciation; day and night; deep hollow; as from sulphur fumes, worse on descending; with emaciation; worse on empty swallowing, stretching the throat; deep breathing.**
- **Salty greenish-yellow, lumpy or foul expectoration.**
- **Unresolved pneumonia. Brown yellow spots on chest.**
- **Abscess of the lungs, tuberculosis.**
- **Difficult respiration due to hydrothorax or / and hydropericardium, with flapping of alae nasi. Feeling of tightness in chest with burning.**
- **Fever increasing in evening, aggravated in evening**
- **Thirstless**
- **Wants belly rubbed**
- **Lycopodium is also complementary (drug relation) to Bryonia.**
- **Keynotes: Right side + Slow onset + Flatulence + Old people/intellectually keen, physically week + Hurried + Evening aggravation, esp 4-8 PM.**
- **Direction of pain radiating to the pubis, right sided.**

USES

- **digestive disorders eg. GERD**
- **95% will have gastro-nausea, vomiting, hunger, bloated, constipation, bleeding hemorrhoids**
- **prostate enlargement**
- **kidney and bladder complaints**
- **right sided complaints**
- **emotional problems caused by insecurity**
- **gout remedy**

- **kidney stones**
- **irritable bowel syndrome, crohns, colitis**
- **hemorrhoids**
- **ADD, behavior disorders**
- **Anxiety**
- **Enlarged prostate**
- **Libido problem**
- **Sore throat - inflamed, stitched upon swallowing. Basic sore throat remedy**
- **dry skin**
- **ulcers**
- **big liver remedy**
- **Hair loss**
- **Psoriasis on the hands**

Strange & Peculiar examples

Eat and don't feel relieved, emptiness in stomach
Alternating states
One foot cold, the other hot. (often puts one foot out of bed)
Even in cold, wants window open
Worse with warm room, yet better with warm bed.
Headache from overeating (better with cold/uncovering head); stomach, abdomen and throat - better with warmth
and warm drinks
Heat, burning sensation between scapula
Obstruction of nose at night
Backache in region of kidneys, better after urinating

MODALITIES

Better

from cool, fresh air
from being active (with movement)
from hot foods and drinks (eg. throat and stomach better with warm drinks)
from loosening the clothes
at night
cold applications
motion
eructations
after urinating (pain in back)
open air
uncovering the head
warmth of bed.

Worse

from wearing tight clothing
heat/warmth, warm room, wrapping up head
waking
wind
eating to satiety
oysters
indigestion 4-8pm

lying on right side (liver troubles)
bread
from fasting or overeating
at beginning of motion
in stuffy rooms
on the right side
between 4am and 8am and 4pm and 8pm
when they are contradicted

Mentally:

- **irritable in the morning, and on waking**
- **keen intellect, weak muscular power**
- **aversion to work, aversion to undertaking new things**
- **extreme lack of confidence, but compensates by being haughty, dictatorial, presumptuous**
- **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 (nice outside but a tyrant at home) - abuse, intolerant of contradiction**
- **pompous, stiff and pretentious. Inflated ego**
- **fear of being alone, but aversion to company so they have someone in the house but not in same room.**
- **weak memory, confused thoughts, spells or writes the wrong words and syllables**
- **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.**
- **feeling of helplessness, cautious, irresolute about trifles**
- **fears and shuns responsibilities**
- **melancholy, afraid to be alone**

SANKARAN:

Lycopodium is sometimes called "vegetable Sulphur". It is a plant remedy and belongs to the the psoric miasm. I have been told that several thousands of years ago, Lycopodium clavatum was actually a huge tree, and that over the the years it reduced to a small fern - the club moss. The main feeling in Lycopodium is that if the person remains small, his survival will be difficult, he will be humiliated, he will be nowhere. The main theme of Lycopodium therefore, becomes ambition, a desire to grow bigger, a lot of effort which is concentrated fully on becoming bigger, being more powerful, reaching a higher position - the top rung of the ladder. Lycopodium is a part of the the Calcarea - Lycopodium - Sulphur cycle. Calcarea represents the human need for stability and security, which translates into having a house, family, source of income, good health and protection. Stability also entails lack of movement, adventure and growth. The other need of the human is represented by Sulphur, and that is the need for a name, for an ego, an image; the need to be somebody important, to matter, to be recognized, to be counted in; the need to be proud of oneself, to think highly of oneself, to have a good self-image. In order to reach from the position of Calcarea to that of Sulphur one has to concentrate on growing, on making an effort to achieve one's ambitions, on movement - undertaking new things rather than sticking to the old and the stable, on goal-oriented activity. Lycopodium represents precisely this phase in human life, and becomes a person's remedy when he/she gets stuck in this phase and cannot think of anything else. The original situation from which a Lycopodium state may have arisen is probably that of a person who feels he has no power. He is therefore aggravated

with anything that concerns loss of power, while anything to do with acquiring power will make him feel better. Lycopodium is very ambitious and can employ any means to achieve success. He can dictate, dominate, and will take the help of anyone he can. But Lycopodium people have one big fear, and that is the fear of undertaking new challenges, facing new situations, meeting new people. All these situations have to be encountered if he is to achieve success, and in the face of these situations Lycopodium lacks confidence; he feels incapable. He develops an anticipatory anxiety from this lack of confidence. This may appear like Silicea, but the difference is that in Silicea, it is not whether he is actually capable of doing the task that bothers him, rather it is that his image should be protected at all costs. So Silicea is afraid to go on stage, and Lycopodium is afraid to speak. In the adult Lycopodium person however, this cowardice may be hidden by an outward show of bravado. This becomes necessary to protect his ego. He may take recourse to tall talk, and boasting with bravado, and this may eventually produce in him a fear of being discovered. An offshoot of this egotism is his censorious attitude towards others. Lycopodium is not unhappy with others, he nonetheless criticizes them in order to establish his own superiority. At the same time, his conscientiousness does not allow him to be overcritical although he will justify his criticism on the grounds that it is his duty to do so in the interest of the person being criticized.

Lycopodium can thus be subtle in his criticism of others. The timidity and cowardice of Lycopodium is best seen in children requiring the remedy.

They have a fear of facing new situations, meeting new people, and will try and avoid the same. As a result of this timidity, and also because of the physical weakness, in Lycopodium children we find an aversion to play.

The Lycopodium adult however, being too egoistic to admit his lack of self-confidence and fear in facing new situations and meeting new persons, will try and compensate the same by surrounding himself with people whom he can dictate, and therefore need not fear. He creates around him a world in which he is all powerful, and others accept his authority and can be dominated by him. For example, he will select a woman who is mild and can be easily dictated over - a Pulsatilla woman, perhaps. The same will be true in his work, play and social situation. His dictatorial attitude is however confined to within the safety of his domain, and when he steps outside he is still timid. And so he seldom does venture out of his domain, rather he seeks only to expand it further, and bring more and more people under his power. Hence the rubric: "Love of Power".

Lycopodium thus represents a constant struggle between cowardice and egotism, between lack of confidence and haughtiness, between timidity and a dictatorial attitude. The person is scared of those in authority, but to those for whom he can represent it, he is rude and contemptuous.

Lycopodium has a tremendous fear of being alone, amidst unfamiliar people. He seeks out known persons, wants someone with him "even if in the next room". He can't do without people, he needs them.

This may make him appear sentimental, affectionate and sympathetic like Phosphorus, but the contrast is that while Lycopodium depends on and dictates people, he does not like others to depend on him.

He does not like responsibilities and avoids them as far as possible. Even in his love affairs (a part of lasciviousness of Lycopodium) he does not want to commit. So when an affair reaches a peak, he backs out. Lycopodium persons very often are late to marry. But once he does commit himself, he accepts full responsibility due to his strong sense of duty. In my observation, Lycopodium is a grateful person.

If someone has done something for him, he is bound to remember and return the favour when the opportunity comes. He is also much affected by gratitude as well as the ungratefulness of others. Under the irritable exterior he is a sensitive person and can weep while watching sentimental scenes, of both of joy and sorrow. Lycopodium can be hurried.

The patients do things fast but not necessarily in an orderly manner. This hurried nature could

be explained on the basis of the lack of self-confidence.
Because they are anxious to complete the job, they are hurried in their work. In the clinic during the interview, especially during follow-ups, they are very impatient and want to get away quickly. This along with weakness of memory accounts for a lot of mistakes especially in speech and writing. Weakness of memory is especially for proper names, but also extends to dates, events and other things they have to do. The situation of Lycopodium is that of a man who feels that he is not loved as he is, but only if he achieves something in his life. So he must achieve in order to be loved. He must reach a goal that is not easy, one that is very difficult. When Shivaji's mother told him to conquer the fort, he did not have any army and the fort belonged to the Emperor. It was an uphill task. He had to collect an army around him to achieve what his mother wanted him to. Lycopodium is the child of a parent who demands achievement, the wife of a husband who demands achievement. So he has the anticipatory anxiety, the lack of confidence and the "Fear of being unable to reach his destination" on one hand, and love of power, ambition, egotism and domineering attitude on the other.
When looking for a wife, he may feel that a woman would not love him unless he is an achiever. He would want her to like him not for what he is but for his achievements, and so he constantly emphasizes to her that he is achieving, that he is an achiever.
The other remedies Lycopodium has to be compared with are Aurum, Staphisagria, Nux vomica, Chelidonium, Phosphoricum acidum, Platinum, Medorrhinum, China, Argentum nitricum, Bryonia, Lachesis.
Being a remedy of the plant kingdom, Lycopodium is very sensitive, sentimental. He is also imaginative and intellectual, and can easily make abstractions and theorize.
He can generalize and make up a theory by looking at many facts. Lycopodium is the most syphilitic remedy of the Calcarea, Lycopodium and Sulphur cycle, all three being essentially psoric remedies.

Physical concomitants The physical concomitants of Lycopodium that I have observed are: - Dilated nostrils. - Flatulence. - Cracks on the heel. - They show signs of premature senility, like greying of hair, baldness, enlarged prostate, etc. - There is desire for warm food and drinks, and for sweets. - Hurriedness in eating and drinking. - Ill effects of overeating.

Rubrics - Confidence, want of self. - Egotism. - Sentimental. - Cowardice. - Fear, people, of. - Contemptuous, hard for subordinates and agreeable, pleasant to superiors or people he has to fear. - Dictatorial, command, talking with air of. - Dictatorial, power, love, of. - Fear, alone, of being. - Fear, undertaking anything. - Hurry, eating, while. - Timidity, appearing in public, but capable to. - Weeping, thanked, when. - Weeps ungratefulness at.

Kent - Cough, bending head backwards. - Dry cough in emaciated boys. - Dilated nostrils. - Appetite: eating increases hunger. - Desires warm food. - Axilla: boils recurrent. - Extremities: cracks in the heel.

Phatak - Strangers, presence of, aggravates.

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**
- **may have fever or chilly, but regardless still prefers fresh air**
- **may be hot or cold**
- **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.**

PHYSICAL APPEARANCE

- **visible frown lines**
- **hair recedes early**
- **sallow skin, flushed cheeks**
- **lean, emaciated above face, neck, chest; not particularly muscular. narrow thorax and large abdomen which is swollen and distended after meals making the stomach look somewhat like a frog's when lying down**
- **lower limbs are frail and varicosed**
- **tall and sallow-skinned, they have a distinguished, almost haughty appearance. Face being yellowish, wrinkles, appears to be older than person really is.**
- **hair may be prematurely gray.**
- **Eyes are alive, intelligent looking which contrasts with the person's otherwise physically run-down 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**
- **cowardice and inertia explain the expression of the lycopodium symptoms. They never quite made it. They have a dread they might not make the grade.**
- **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.**
- **Friendly and a little concerned/anxious when ill**
- **prefer company but not all the time**
- **They are very intelligent with sharp, quick wit. Difficult to live with and bad humored esp. upon awakening. Apt to have violet but rare fits of rage. They are authoritative and can't bear being contradicted. Underneath the domineering appearance there is really deep, hidden anxiety and lack of self-confidence despite their usual success.**

Lycopodium Child

- **thin with sallow skin, look anorexic.**
- **abdomen is slightly distended**
- **shy and insecure**
- **if a baby, cries all day, sleeps all night.. wakes up in foul mood**
- **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.**
- **no self confidence but anxious to succeed in their studies at any cost. Inclined to suffer from cephalea because they work too hard at school and are prone to facial tics.**

Concomitant: (symptoms that occur concurrently)

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

ESSENCE

- **Cowardice and Inertia explain the expression of Lycopodium symptoms. They never quite made it. They have a dread they might not make the grade.**

FOOD PREFERENCES

* likes

warm drinks
mixtures of foods
cabbage, onions, legumes
oysters and other shellfish
sweet foods: cookies, cakes, pastries, chocolate
olive oil
hot foods and drinks

* dislikes

intolerant to starchy foods and onions

Other Digestive Symptoms:

- **feel full readily but disregard this sensation**
- **easily satiety, or increased appetite after eating a little. Feels full after only few mouthfuls.**
- **hungry at night, wakes from hunger. Has to et before going to sleep.**
- **Must eat at regular times eg. to avoid headache**
- **Gas. Prematurely bloated after meals, feels no relief by either passing wind or burping (nux**

has late post prandial disorders). Can't stand to have tight clothes around waist at times like this. (Lachesis can never bear them).

- **Distended abdomen, esp. towards bottom (Carbo veg corresponds to distension of upper part and China to the entire abdomen.**

FEARS

*** being alone (so often havbe 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, but craves open air. sensitive to drafts**
- **Dryness (palms, vagina, skin, nose, etc)**
- **worse with warm room, yet better with warm bed.**
- **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 senstive**
- **stool hard**

AFFINITIES - LOCATIONS

- **predominantly right sided (opposite of lachesis)**
- **nutrition: digestive system , portal system, skin**
- **digestion, liver**
- **kidneys and genital system**
- **brain**
- **big liver remedy**
- **urinary tract**
- **mind**
- **skin and mucosa**
- **nervous system where it secondarily causes asthenia which is both physical and psychic**
- **lungs**
- **sexual organs**
- **every tissue - polycrest**
- **right side (throat, chest, ovary, abdomen) - predominantly a right sided remedy**
- **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.**

COMPARISON

to Sulfur:

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

to Chelidonium:

Lycopodium is dictatorial (esp at home) but Chelidonium is more dominant
Lycopodium was worse 4-8. Chelidonium is worse 4 am or 4pm
Lycopodium desires cool open. Chelidonium is worse with cool air.
Lycopodium is more intellectual; chelidonium is more practical.
Lycopodium has coldness of one foot/the other is hot; Chelidonium is coldness of fingertips and coldness of right foot.
Lycopodium has affinity to sexual organs, Chelidonium does not

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from ABC:

This drug is inert until the spores are crushed. Its wonderful medicinal properties are only disclosed by trituration and succussion.
In nearly all cases where Lycopodium Clavatum is the remedy, some evidence of urinary or digestive disturbance will be found. Corresponds to Grauvogle's carbo-nitrogenoid constitution, the non-eliminative lithemic. Lycopodium is adapted more especially to ailments gradually developing, functional power weakening, with failures of the digestive powers, where the function of the liver is seriously disturbed. Atony. malnutrition. Mild temperaments of lymphatic constitutions, with catarrhal tendencies; older persons, where the skin shows yellowish spots, earthy complexion, uric acid diathesis, etc.; also precocious, weakly children.

Symptoms characteristically run from right to left, acts especially on RIGHT side of body, and are worse from about 4 to 8 P.M. In kidney affections, Red sand in urine, backache, in renal region; worse before urination. Intolerant of cold drinks; Craves everything warm.

Best adapted to persons intellectually keen, but of weak, muscular power. Deep-seated, progressive, chronic diseases. Carcinoma. Emaciation. Debility in morning. Marked regulating influence upon the glandular (sebaceous) secretions. Pre-senility. Ascites, in liver disease. patient is thin, withered, full of gas and dry. Lacks vital heat; has poor circulation, cold extremities. Pains come and go suddenly. Sensitive to noise and odors.

Here is another way of keeping track of each remedy so you can see it at a glance. We were required to do this for one of the courses I took:

MENTAL-EMOT. SYMPTOMS

Fear of heights
hopeful dreams, ecstatic, religious, philosophical
Need to be center of attention
Lazy, messy

AFFINITIES TO ORGANS

Left sided
Circulation (venous, portal, abdomen)
Nutritive organs
Membranes (mucous,serous)
Rectum, Chest, Skin vertex, soles, joints, glands.

ETIOLOGY

May follow suppression of eliminations.
Symptoms may follow a binge of rich diet of sweets

SULPHUR

STRANGE, RARE & PECULIAR

-warm, yet sensitive to drafts of air
- burns at both ends
- they are either rotound, jollylooking OR just the opposite: lean and lanky

MODALITIES

WORSE: suppressions, milk, bathing, becoming heated. atmosphere changes, speaking periodically (11am, climate, full moon). Standing, rest, early morning, washing. At night, esp. 4-5am. Long sleep.
BETTER: open air, motion. warm applications/drinks, sweating. dry heat, dry, warm weather. Lying on right side.

PARTICULARS

- itching anus
- scratching till raw/bleeding, followed by burning
- eruptions from childhood onwards
- a main remedy for suppressed eruptions(may lead to asthma etc.)
- in menopause - painful swollen breasts, headache with burning at vertex

GENERALITIES

- warm, sensitive to drafts, may be chilly when older
- desires open air
- vein congestion; local heat & burning, esp. head, face, palms & soles (burns at both ends)
- burning pains/sensations
- intolerant to warm,close room worse in warm bed/room/wrap
- Strong craving for sweets, spicy food
- weakness from hunger; hypo-glycemia
- slow, hungry, always tired
- offensive secretions (stool, sweat, urine, feet)
- vague symptom picture from frequently using antibiotics

GUIDELINE TO MAKING A MATERIA MEDICA RECORD OF A REMEDY:

NAME of remedy: _____**(botanical)** _____**(common)**
Source: _____

KEYNOTES: **(predominant symptom)**

STRANGE, RARE & PECULIAR

KEY USES:

AFFINITIES **(targets parts of body)**

MODALITIES: **(better/worse)**
Better:

MENTAL SYMPTOMS: **eg. Anxious, fears**

Worse:

PARTICULARS: (affects specific)

GENERALS: **(refers to person as a whole)**

ETIOLOGY: **(cause of complaint)**

MIASM (origin of the illness)
Psora Sycosis Syphilis
Tubercular Cancer

NOTES: