DECIDING ON A REMEDY

If you get a remedy that is strange, rare and peculiar as mentioned before. That remedy will be your first choice. It is rare and exact.

STRANGE, RARE & PECULIAR

Arnica
- **the head is hot, but the body is cold**
- **they can taste rotten eggs in the mouth**

Arsenicum
- **face is hot, but the body is chilled**
- **burning pains relieved by heat**

Aconite
- **thinks thoughts are coming from the stomach**
- **thinks parts of the body are thick**
- **sweating only on uncovered parts**
- **thinks what just happened was a dream, not real**
- **face is hot, red, flushed, but becomes pale when sits up**
- **occurs after exposure to cold, dry wind**

Baptisia
- **sensation that the body is scattered in pieces**

Belladonna
- **normally a pleasant child, but turns into a raging, kicking, biting monster with desire to escape**
- **can become very strong even though he might be small**
- **can break into fits of laughter even though very sick**

Calcarea Carbonica
- **craving for indigestible things like chalk, lime, plaster**
- **puts out lots of energy and imagination but inept on practical level**
- **has desire or is repulsed by milk**

Chamomilla
- **one cheek is red and hot; the other is pale (esp. when teething)**
- **worse lying on the painless side (usually it is better lying on the pain)**
- **in teething, child will have diarrhea which is grass green like chopped spinach and it will be hot**
- **sour and smell like spoiled eggs**
- **aversion to open air, but worse in warm bed**

Dulcamara
- **ailments occur after getting wet**

Heleborus

- **absence of pain in conditions**

Ignatia

- **lump sensation in throat even though there isn't one, causes to sigh and gulp**
- **headaches can often terminate with a profuse flow of urine**
- **contractory: perceives by act differently – eg. Indigestion relieved by eating; sore throat better for swallowing food**
- **can be better with coffee, or worse with coffee**

Lycopodiuim

- **bossy, irritable at home, but well behaved outside home**
- **worse with warmth and warm room, but better with warm drinks and warm food**
- **one foot is cold, the other is hot. Wants one foot out of the bed.**

Nat Mur

- **laughs over serious matters**
- **dry, but oil skin**
- **dreams of robbers**
- **seaside can make better or worse**

Opium

- **Absence of pain in conditions**

Phosphorus

- **a very cold person, but his stomach is better for cold drinks. When sick, he craves cold water which is vomited as soon as it is warmed in the stomach**
- **craves salt/spice, but is worse for it**
- **worse with cold air, but better with cold food**
- **chest, throat and neck symptoms are worse with cold air UBT their head and face symptoms are better with cold air**
- **sensation as if anus remains open**
- **difficulty hearing human voice**
- **small wounds bleed a lot**
- **painless laryngitis**

Pulsatilla and Ledum

- **better with feet in ice water**

Rhus Tox

- **ailments occur after getting wet**

Sepia

- **better with warmth, but also cold drinks.**

Stramonium

- **Absence of pain in conditions**

Sulphur

- **warm, yet sensitive to drafts of air**
- **burns at both ends**
- **either rotund, jolly looking or just the opposite: lean and lanky**

Tarentula

- **rolling from side to side**
- **erratic behavior – violent one minute, laughing and apologizing the next minute**

Veratrum Album

- **they are chilly but thirsty for cold drinks**

KEYNOTES

Identify the main key symptom or symptoms which represents the remedy and it will help you make a good decision. There are symptoms that strongly represents and are key and peculiar to that remedy. When looking at Materia Medica material in books, the keynotes are usually highlighted. I also found a good list on the internet to help:
http://homeoint.org/books2/lippkeyn/index.htm
If you can figure out the keynote, you are ahead of the game. Here are some examples:

- **Coughing causes distant pains – example, in the legs, knees, ears: Capsicum**
- **Fever starts with chills in lips: Bryonia**
- **bruised, sore feeling throughout the body and feels the bed is too hard: Arnica**
- **Complaints after injury (example, an injury that could be treated from doctor): Arnica**
- **Digestion, weak, injuries after: Arnica**
- **Man having asthma attack, when breathless he feels better kneeling. Causticum has this keynote.**
- **Stitching pains that are worse from any motion, driving the person to lie perfectly still: Bryonia.**
- **Severe pain from kidney stones at the uteric junction. Pain right side going downwards, and back. Dizzy, vomiting, urine burns and also gives right sided pain. No fever. *So the interesting thing is the direction of the pain – most say pain goes from behind forwards, but this person says the pain comes from the back to the renal angle and goes to the pubis (to the place where urine passes).***
  - **Pain: direction, radiating to the pubis, rightsided: Lycopodium. So the keynote was this strange direction of pain.**
- **Rheum. Arthritis – first gets chills, then fever, then whole body in pain and can't move. Chills begins in lips: Bryonia. Of course you will also see dry mouth, constipation etc.**
- **Persistent rectal bleeding, ulcerative colitis. The person was chased and beaten, then started having a GI problem. Arnica was given for 'digestion, weak, injuries after'.**
- **Burning is a keynote of Arsenicum, but it is not the keynote of arsenic for prescribing because many remedies have burning. However burning, better by warmth is where it only shows in Arsenicum, then you can confirm it with its anxiety.**

- **The body burns during anger, develops heat when angry: lachesis or phosphorus.**
- **A man with severe animal features, animal tendencies is more lachesis, sensitivity to tight clothing also.**
- **Enlarged prostate, urine dribbles when sitting, but when standing, it passes freely – only remedy for this is Sarsaparilla.**
- **Urine will not flow while standing, but flows involuntarily while walking: Magnesium Muriaticum**
- **Vertigo – feels better after drinking coffee: cannabis indica**
- **Vertigo – better after taking tea: Glonoine**
- **Asthma begins with hiccups: Cuprum Met.**
- **Eczema of hands, cracked with sores – after having a stool movement, is very hungry and feels like eating: Petroleum**
- **Dysentery, ravenously hungry: nux vomica**
- **skin rashes before menses (common complaint): Magnesium Muriaticum, Dulcamara**
- **laughing over serious matters: sulphur**
- **fever, desire for warm drinks: lycopodium**
- **right-sided, symptoms begin on the right and may move left, aggravation at 4 p.m.: Lycopodium**

There are Repertory Packages available on the internet that you pay for and keep on your computer so you can search for various remedies to specific problems and diseases. You will have to make up your own mind how much you want to spend for these or if you want to use them at all. I used them, but found making my own Repertory was more useful to me because I investigated the ones I was interested in and it helped me study and learn about Homeopathy.

WHEN DO YOU NEED TO CHANGE REMEDIES?

Homeopathy operates on the principle of the minimum dose – using the smallest amount necessary to stimulate healing. Overdosing or frequent repetition without observing results can cause aggravations or confusion in the symptom picture. If you can learn to muscle test or pendel, you can energetically ask the body how much and when etc.

In Canada we generally give a bottle of pellets or liquids and the person takes it until it is all gone. In INDIA, they are given one dose and sent on their way, return in a month or two to see if it is still working. They also use Sac lac (placebo) – they are given one remedy, then sent home with Sac lac placebo to continue taking which is lactose pellets and is thought to help psychologically. Before you condemn this, the doctors there are very happy with the results.

Here are some general guidelines:

- **Give a single dose and wait.**
- **Observe changes for several days to weeks, depending on the case.**
- **Re-dose only if improvement stops and symptoms return**
- **Change the remedy when it appears to stop working.**
- **Change the remedy when aggravations happen and continue.**

- **If there is clear improvement → Wait and watch.**
- **If partial improvement, then relapse → Repeat the same remedy.**
- **If there is Aggravation followed by improvement → Do not repeat too soon.**

Increasing the Dosage:

- **The patient responds well but needs frequent repetition to maintain progress: a higher potency may sustain the effect longer.**
- **if the remedy is well-indicated, but the current potency no longer produces improvement.**
- **When increasing potency, proceed cautiously and consciously — for example, moving from 6C to 30C, from 30C to 200C, or from 200C to 1M. Always observe carefully after dosing to track the effect and avoid over-stimulation.**

When to Change to Another Remedy:

- **There is good improvement in physical symptoms, but mental or emotional symptoms persist, indicating the need for a deeper-acting potency.**
- **The patient has already shown sensitivity and positive response to lower potencies.**
- **If there is no change → Reassess the choice or consider potency adjust**
- **New symptoms appear that are unrelated to the previous state.**
- **No improvement after proper repetition and potency adjustments.**
- **Aggravation without relief that persists beyond the expected time frame.**
- **The most bothersome symptom is unaffected, even if others improve.**
- **Old symptoms return, pointing to a different remedy.**

Sometimes the remedy is as clear as a bell, you just know after all your learning and research, the answer. Until that time you might want to invest preliminary time in researching the best remedies for the most common complaints to help you determine the right remedy. Here are some examples I did for myself:

FLU-FEVER

	ACONITE	BELLADONNA	FERRUM	GELSEMIUM	EUPATORIUM
Worse time	Midnight & after			3-5 pm	7-9 am
Pupils/eyes	Constricted	Dilated		Eyes droopy	Sore eyes
Onset	Fast	Sudden	Sudden	Slow – takes days	Slow
Duration	12-48 hr	12-48 hr	12-48 hr	3-8 days	3-7 days
Thirst	None	Yes or no	None or moderate	None	Intense, for cold water
Sweat	None, or on uncovered part	lots		Slight	Scant
Tongue		Bright red		White or yellow	
Headache	Like to burst	Throb, congestion, Red eyes	Pounding, throbbing head flush, not warm; Feet cold	Back of head, moves to neck/shoulders	With sensitive scalp
Skin	Dry, hot	Scarlet, Shiny. Bloated	Pale, blush easily	Red, itching, pimples	Itchy, burning
Chills				Up & down spine. Shiver in hand > shoulder	Yes
Appearance	Pale face, Ears red. Hot	Wild look, shiny red face	Droopy eyes	Drowsey. Deep face red, congested	
Warmth	Dry warmth	Excessive, Throbbing, blood vessels	Hot head and face	Face hot to touch	
Emotion	Anxious, fearful.	Violent	Nervous irritability	Anxiety. Dizzy, Sensitive	Restless. Moves
Pulse	Strong, quickened.			Slow	
Worse by	At night. Midnight or after. Warm room. Bed clothes. Noises.	During day. Sunshine. Being touched. 3Pm & after midnight. Being jarred.	Exertion. Meat, eggs, eating. Coffee, tea. Fresh air, during pm.	Emotional stimuli. Muggy Weather	Sitting. Being touches. On beginning to move. Better sweating.
Cough	Hoarse. Dry. Barking	Dry, constricted.	Short, Hard.	Dry, Tickling	Hacking
Pain	Burning	Throbbing	Shoulders. Sensitive scalp.	Back of head	In bones, like broken in eyes, chest.
Digestion			Heaviness in stomach. Vomit right after eating. Leaves taste rotten eggs		Vomits bile
Character	Mentally alert, Frightened	Delirious, Over sensitive.	Sensitive, irritable. Not robust. Lacks power of resistance. Doesn't like cold, body loses heat quickly.	Over sensitive	Main remedy when flu feels like its gotten right into your bones which ache
Strange	Face turns pale on exertion. Violently tosses about.	Desires lemonade (sour)	Face pales on exertion. Aversion to eggs.	Legs weak, like paralyzed. Intermittent fever. Tongue partly paralyzed.	Physically weak. Trouble swallowing
Etiology	After cold, Draft	Sunstroke, concussion.		Muggy weather	Starts as a chill

HEAD COLD

note: Usually use Aconite for the first 24 hr, then move on to others as symptoms change. Aconite is sudden, violent.

	BRYONIA	BELLADONNA	GELSEMIUM	PHOSPHORUS	RHUS TOX
Eyes	Pressing, crushing, aching, sore to touch	Dilated pupils, staring, brilliant, dry, burning	Heavy eyelids, vision blurry. Muscles may twitch.	As if veil/mist/dust impeding sight	Swollen, red, hot tears.
Duration	Develops slowly	Violent fast onset	Comes on slowly	Sudden	
Nose-discharge	Dry, stuffy nose	Tip may tingle, red, swollen. May be blood in mucous	Sneezing, fullness at root of nose. Dryness of nasal fossae. Watery discharge.	Much catarrh. Irritation of mucous membranes.	Sneezing, coryza, from getting wet. Swelling.
Sweats	Dry skin. Profuse perspiration. Chill w/external coldness. Sour sweat after slight exertion.	High fever, red/hot face. Feet icy cold. Lack of perspiration.	Much shakiness and excessive shivering, trembling. Wants to be held. Nervous chills.	Chilly every evening. Cold knees at night. Profuse perspiration.	Intermittent, chill with dry cough, restlessness.
Throat/Respir.	Lips, throat dry	Usually no thirst. Raw throat, sore, hoarse	May feel lump in throat.	Great hoarseness. Painful larynx.	Thirst with dry mouth and throat.
Desires	Very thirsty for lots of cold water.	Lemonade, sour			
Pain	Severe headache	Throbbing headache	May have headache at back of head. Pain from throat to ear	In chest & cough. Heat between shoulder blades.	Pain, stiffness in small of back; between shoulders on swallowing.
Emotion	Irritable. Wants to be at home.	Furious, desire to escape. Hallucinations. Delirium.	Dull, languor, listless. Apathy regarding illness.	Low spirits. Afraid to be alone.	Very restless. Fear at night.
Better by	Lying on pain said. Pressure. Rest. Cold things.	Rest. Silence. Darkness. Semi-erect.	Bending forward. Open air. Profuse urination. Continued motion. Stimulants.	In dark, lying on right side. Cold food. Cold. Open air. Sleep.	Warm. Dry weather. Motion. Walking. Changing position.
Worse by	Motion, Exertion. Warmth. Hot weather. Morning. Eating. Touch. Sitting up.	Touch. Jar. Noise. Draught. Afternoon. Lying down.	Damp weather. Fog, Before thunderstorm. Emotion, or excitement.	Lying on left side. Touch. Exertion. Twilight. Warm food or drink. Weather change.	Cold, wet, pain during sleep/rest. Lying on back or right side.
Cough	Colds go to chest. Dry, harsh, hard painful cough. Holds head & chest when coughing, painful.	Dry cough	Dry cough, sore chest, fluent coryza	Pain in chest & cough	Dry, teasing from midnight until morning.
Digestion	May have nausea, stomach sensitive to touch. After eating feels like stone in gut.			Water may be thrown up as soon as it warms in stomach.	Mouth blisters.
Character	Irritable, wants to be alone. Wants to be still.	Normally nice, but becomes nasty when sick.	Tiredness, weakness, heaviness of muscles, eyelids. Chills run up & down spine.		May have vertigo standing or waking. Brain feels loose.
Strange					Thinks will die, being poisoned. Can't remain in bed.
Etiology		After getting head wet.			Comes on from damp, cold weather or getting wet.

Page 2 for Head Cold:

	NUX	ALLIUM	EUPHRASIA	MERC. VIV	PULSATILLA	ARS ALB
Eyes		Streaming eyes with mild, bland discharge.	Conjunctivitis more pronounced than allium causes burning tears.		Itchy, burning. Lots of lachrym/mucus. inflamed lids.	Water and burning.
Duration	Use at start of cold				Use at end of cold	
Nose-discharge	Dry but blocked with sore throat. Runny by day, stuffed up at night. Runs in warm room – opposite to Pulsatilla.	Clear, profuse, acrid which can inflame lips. Stuffed with 1 nostril dripping.	Nasal discharge is non-irritating (differs from allium), but otherwise similar	Discharge smarts. Yellow-green. Smells old cheese.	Discharge thick. Yellowish/green. Loss of smell & taste.	Irritates nostrils. Cold often starts in the nose, produces thin, watery, burning discharge.
Sweats	Chill from uncovering or just moving	Hoarse, laryngitis, tickle that leads to painful cough.		Profuse sweats, but feels worse.		
Throat/Respir.	Dry, trickle, scraping, sensation.			Fedit breath.	No thirst. Hoarseness. Dry cough evening.	
Desires	Rich food	Splitting sensation in throat. Phantom pain		Thirsty.		
Pain					Thighs, legs. Restlessness.	
Emotion	Irritable, over critical.				Weepy.	Anxious. Restless
Better by	Warmth, resting, sleep, being left alone, being covered	Cold room. Fresh air. Moving about.	Fresh air.		Open air. Sitting up.	
Worse by	Night. Fresh air. Noise. In cold, dry weather. Being touched. Over exertion.	Warm room. Evening. After resting.	Warm room Evening In sunlight	Exposure to cold air. Windows open for fresh air. Night. Heat. Lying on right side.	In warm room. In the evening.	
Cough		Irritation & tickling in throat, with cough feels like bone stuck in throat.		Dry cough. Worse at night.	Wet cough a.m. Dry cough p.m.	Cold sometimes Goes to chest.
Digestion	Indigestion, constipation.			Aversion: meat, wine, brandy, beer, coffee, greasy food, butter.		
Character	Irritable, stay at home type. Lives under pressure at business. Can't stand cold. Poor sleeper.	Melancholy, anxiety, fear of pain.		Tremors head, hands, tongue. Rapid speech.	Delicate temperament. Sensitive to remarks. Variable symptoms. Peevish. Weeps easily.	Thin. Wants company.
Strange	Nose runs during day. Dry & stuffed up at night. Can't sleep 3-5 am			Bad breath. Increased salvation. Flabby tongue. Excess saliva.	No thirst.	Feels chilly. Lack of energy. Thirsty for small sips.
Etiology	Symptoms brought on by exposure to cold.	Follows exposure to cold weather/damp wind.		Comes on before or after sore throat.		Catches cold with every weather change.

Here's another way of recording your research. The remedies are all abbreviated:

HEADACHE SYMPTOM	Bry	Gels	Lach	Nux	Bell	China	Puls	Nat Slf	Ign	Sil	Kali bi	Ipec	Nat m	Sep ia	Iris v	Coc I
Scalp/hair tender, painful, even to touch						x		x		x						
Frontal headache	x			x												
Pain moves about							x									
After emotional upsets									x				x			
After loss of body fluids (sweat, urine)						x										
Overeating fatty or rich food							x									
Agg. Cold, damp, drafts						x				x	x					
Agg. heat, warmth		x							x							
Agg. coughing	x															
Worse lying down												x	x			
Better lying down	x															
Worse with motion												x				
Agg by jarring					x											
Better warmth						x										
Better coolness	x												x			
Wants company, sympathy																
Agg getting head wet					x											
Agg company, wants to be alone													x	x		
better with motion		x									x			x	x	
Eyes sore																
Pain comes in shocks or jerks														x		
Better after sleeping													x	x		
Better applying pressure						x								x		
Throbbing						x										
Pulsing			x													
Blurry vision															x	
Pain goes into face, teeth															x	
Weepy							x							x		
	Bry	Gels	Lach	Nux	Bell	China	Puls	Nat Sul	Ign	Sil	Kali bi	Ipec	Nat m	Sep ia	Iris v	

HEADACHE CONTINUED....	Bry	Gels	Lach	Nux	Bell	China	Puls	Nat Sul	Ign	Sil	Kali bi	Ipec	Nat m	Sepia	Iris v	Coc. I
Oversensitive emotionally						x			x	x						
Vision diminished		x														
Face & eyes feel heavy		x														
Feels toxic, nausea				x												
Dizzy, nausea												x		x		
Face looks flushed, blotchy			x		x											
Drowsy, wants to lie quietly		x														
No thirst		x					x									
Thirsty	x												x			
Burning					x										x	
Chilly										x						
Sensitive to light, noise					x	x										
Head perspires										x						
Pain settles over one eye, splitting headache	x															
Dry mouth	x															
Feels head to burst, brain bumping into skull						x										
Pain in eyes																x
Can't stand smell of food																x
Feels weak, tired		x														
Trembling, heat or chills up/down spine		x														
	Bry	Gel	Lach	Nux	Bell	China	Puls	Nat Sul	Ign	Sil	Kali bi	Ipec	Nat m	Sepia	Iris v	Coc I