

BREAST, PAIN IN

Asterias Rubens for drawing pains associated with cancer - as supplementary treatment.

Belladonna with throbbing.

Bellis Perennis also for pain of breast cancer.

Bryonia with heaviness, better for gentle pressure and support.

Calc. Carb. pain before periods.

Conium pain before periods, with lumpiness.

Graphites for painful cracked nipples, in addition to local treatment.

Hepar Sul. when slight injuries lead to suppuration or inflammation.

Lachesis pains worse on waking.

Merc. Sol. pains worse at night.

Phytolacca for mastitis, with the characteristic swelling and lumpiness.

Pulsatilla for pains which come and go unpredictably, causing tears.

Silica undue pain while nursing the baby.

BRONCHITIS

Aconite in the early stages.

Ammon. Carb. in the later stages, when it is difficult to raise the sputum.

Antim. Tart. when there is loud rattling in the chest.

Arsenicum Album worse at night - with much coughing but little sputum.

Belladonna in the early stages, with hot dry skin and red face.

Bryonia dry hacking cough with pain in the chest.

Carbo Veg. for older persons with a tendency to cyanosis.

Causticum with stress incontinence of urine.

Conium short dry cough with tickling behind the sternum.

Hepar Sul. with profuse yellow sputum.

Hyoscyamus the cough begins as soon as the patient lies down.

Ipecacuanha cough leading to nausea and gagging.

Kali Bich. when the sputum is tenacious and stringy.

Merc. Sol. with a tendency to extra sweating.

Pulsatilla worse lying down and in a warm room.

Rumex with soreness in the trachea and behind the sternum; worse in cold air.

Senega for painful rattling in the chest - sputum hard to raise.

Stannum bronchitis with a weak feeling in the chest.

Sulphur for the later stages of bronchitis, when the cough is worse in bed at night. 9

BRUISES

Arnica the remedy most often used for bruises, especially when muscles are involved.

Bellis for bruises of the breast.

Hamamelis when the skin over a bruise is broken, also for bruises of varicose veins.

Hypericum for bruises of parts especially rich in nerve endings - the fingers and toes.

Ruta for injuries involving bruises of bones and of tendons.

BUNIONS

Antim. Crud. for elderly persons with tender feet, worse in warm rooms.

Benzoic Acid especially for persons with gout as well as bunions.

Kali iod. when there is also a tendency to chilblains.

Rhododendron when bunions are more painful before storms.

Silica when the bunions are hard and not much inflamed.

BURNS AND SCALDS

Cantharis usually the best first aid, in the form of lotion.

Causticum for painful burn scars.

Hamamelis can also be used as a lotion as first aid.

Hepar Sul. for burns which have become infected.

Kali Bich. for second degree burns - the equivalent of ulcers.

Urtica for persistent stinging sensations.

DANDRUFF

Also known as scurf, and officially as seborrhoea capitis.

Arsenicum Album very itchy scalp in persons with the typical Arsenicum personality (see Appendix).

Fluoric Acid dry scaling of the scalp, with marked loss of hair.

Graphites much scaling of the scalp, often with moistness and crusting, like impetigo.

Mezereum much itching, and with thick white crusts.

Oleander a minor remedy, but mentioned by Clarke as having a peculiar symptom - 'biting itching'.

Sepia moist dandruff.

Sulphur dandruff provoking much scratching, especially at night.

DEAFNESS

Some of the many forms of deafness, of many different causes, are not amenable to treatment. Some are benefited by surgery, and the persistent catarrhal forms of deafness are particularly suitable for homoeopathic treatment.

Borax for chronic suppurative otitis media, when antibiotics have not been completely successful.

Causticum with tinnitus and reverberation of the voice.

China Offic. for elderly debilitated persons with deafness and much tinnitus.

Kali Mur. for eustachian catarrhal obstruction.

Lycopodium with discharge from the ears, and eczema of the outer ear.

Mercurius has proved valuable in the treatment of 'glue ear'.

Nitric Acid when hearing is better in noisy surroundings.

Pulsatilla catarrhal deafness, better in the open air.

Silica catarrhal deafness with sinusitis as well.

DEBILITY

Every day hundreds of patients tell their doctors they have 'no energy' - usually an understandable exaggeration, really meaning that they have no zest - for many different reasons. Provided that debilitating diseases and psychological factors have been excluded, one of these homoeopathic remedies may restore the strength and enthusiasm required.

Arnica for those who feel battered and bruised.

Arsenicum Album weakness, faintness and loss of appetite.

Calc. Carb. 'cold and blue' - cannot get warm enough to get going; like a sluggish engine.

Calc. Phos. debility after acute illness.

Carbo Veg. debility after long and exhausting illness.

Kali Carb. weakness felt mostly in the back, probably signifying the inability to carry one or more burdens.

Kali Phos. 'nervous prostration' - especially in adolescents who are 'burning the candle at both ends' - when the smallest task seems too much to attempt.

Mag. Carb. tiredness felt mostly in the legs and feet.

Nux Vomica falls asleep in the early evening, is irritable and dyspeptic.

Sepia for the person who has lost interest in the family and finds housework exhausting, especially washing-up and laundry.

Silica when the diet seems adequate, but does not provide the energy one expects.

DELIRIUM

Aconite worse at night, with much fear.

Agaricus worse at night and with headache.

Arsenicum Album worse after midnight and very restless.

Baptisia disorientated and flushed.

Belladonna with high fever, dry red skin, and dilated pupils.

Bryonia with fever, vivid dreams and muttering.

Hyoscyamus foolish laughter alternating with muttering.

Lachesis worse at night, very talkative and with tight sensations in the neck and the chest.

Lycopodium worse from 4 p.m. to 8 p.m., with confusion over words.

Rhus Tox. with muscle pains and sudden episodes of weeping.

Stramonium muttering delirium and writhing movements.

Veratrum Album with much pain.

MERCURIUS

(Black oxide of mercury)

This remedy is characterised by the offensiveness of all discharges, and is useful for people 'filthy in both mind and body'. They are sweaty (the sweat is oily and may stain the bedclothes), weak and tremulous. The tongue is flabby and shows the imprint of the teeth. There may also be spongy, bleeding gums. Much saliva is produced and there is a metallic taste in the mouth.

Modalities

Worse for sweat.
Worse for the warmth of the bed.
Worse at night.

Food

Thirsty for cold drinks.

Conditions in which indicated

Sore throats - with visible exudate on the tonsils. (In the past it was used for diphtheria.)
Glands - enlarged; mumps.
Diarrhoea - green slime; blood; tenesmus during and after evacuation.
Skin - ulcers; itching and stinging.

NATRUM MUR.

(Common salt)

These patients often have sallow, greasy, spotty complexions, with fine, oily hair. They tend to depression and are unstable and touchy. They hate fuss, but dislike to be ignored.

Chilly

Modalities

Worse at 10a.m.
Worse by the sea.
Worse in the sun.

Food

Thirsty.
Desires salt.

Conditions in which indicated

Depression.
Headache - hammering; migraines.
After shock and grief.
Skin - acne; herpes; urticaria; eczema, especially around the hair margin on the head.
Palpitations.
Irregular menstruation.

NUX VOMICA

(Poison nut which contains strychnine)

This is the remedy for the irritable patient, who is quarrelsome, hates contradiction and is inclined to get angry. He is hypersensitive to noise, light and smell. He is often an epicurean and connoisseur of wine, and typically leads a sedentary life.

Chilly

Modalities

Better for warmth. Better for being alone. Better in the rain.
Worse in the dry, windy weather. Worse two hours after eating.
Worse in the open air. Worse for the sun.

Food

Likes piquant food. Likes fat.

Conditions in which indicated

Gastro-intestinal tract - hiatus hernia; indigestion from over-indulgence; diverticulitis; constipation - frequent ineffectual desire to defaecate; rectal problems, e.g. haemorrhoids.
Onset of common cold - esp. if it starts with a scratchy throat.
Headache - on waking, e.g. 'hangover'; worse after sun.
Backache - acute lumbago - has to sit up to turn over in bed.
Hiccough.

PHOSPHORUS

The Phosphorus individual is intelligent, bright and sensitive. Physically, he is often tall and slender. He is imaginative, and this may lead to certain fears, e.g. the dark, of being alone, thunder, etc.

Chilly

Right upper and left lower complaints

Modalities

Better for eating - may have night hunger. Better for warmth, except the head and stomach. Better for rubbing.

Food

Desire for salt and spices. Thirsty for cold drinks - these may be vomited when they become warm in the stomach.

Conditions in which indicated

Haemorrhage - bright red blood, e.g. epistaxis.
Respiratory tract - cough (hard dry); asthma; pneumonia - often right lower lobe, worse lying on unaffected side.
Vomiting - can be useful for vomiting of pregnancy.
Headache - migraines, but appetite is not impaired.

PSORINUM

(Scabies vesicle)

This is useful in chronic cases where a selected remedy fails to relieve a patient, even when it seems well indicated. It is suited to people who lack vitality and who appear dirty and smelly (even after washing). They are pale and sickly, and all discharges are offensive. They suffer from anxiety and depression.

Chilly

The head is very sensitive to cold. Some patients may even wear a cap or hat indoors.

Modalities

Worse for cold-they dread the least draught.

Worse in winter.

Worse for changes in weather.

Food

Hungry in the middle of the night.

Always moaning, except when eating!

Coffee disagrees.

Conditions in which indicated

Skin - rough, and cracks easily; itching rash - suppurates easily, worse for the heat of the bed; dry scaly scalp with dry hair; acne.

Headache - chronic and periodic in nature; worse at night and made better by eating.

Hayfever - appearing regularly each year.

Cough - every winter.

Asthma - better for lying down with the arms spread wide apart.

Chronic catarrh.

Psorinum is a nosode. See 'Lueticum' for note on dosage and mode of use.

PULSATILLA

(Wind flower)

This remedy is suited to sandy haired individuals, with a tendency to gaining weight easily. They are shy, gentle people (commonly women) prone to tearfulness and changeable moods.

Chilly

Some authorities say warm. Certainly they are averse to heat.

Modalities

Better in the fresh air.

Better for gentle motion.

Better for sympathy.

Worse for a stuffy atmosphere.

Food

Rich foods and fat disagree.

Thirstless.

Conditions in which indicated

Catarrh - thick bland yellow or green discharge.

Menstrual problems - menses late at puberty; dysmenorrhoea.

Styes.

Varicose veins.

Skin - eczema; urticaria.

Difficulty controlling micturition, e.g. enuresis.

Arthritis.