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Remedies Library

A complete reference to our 52 remedies, grouped by kingdom — indications, emotional picture, physical symptoms, and how to use each one.

Plantae 33 remedies

Aconite - Monkshood PLANTAE

Aconitum Napellus — Ranunculaceae

Overview. This remedy is used for a traumatic unexpected experience. Also with a fear of death almost to the point that they predict the day they will die, extreme anxiety, difficulty breathing, racing heart, tremors. Affected by sudden weather changes, cold draft exposure. Fear of the future. Also used for fever with hot, red face, dry skin and enormous thirst for cold water. Used for hoarse hacking dry cough, they grasp at the throat with every coughing fit. They feel better in open air and feel worse in a warm room, in the evening or night and when first getting up from bed.

Indications. Sudden fever with restlessness; early stages of colds and flu; panic attacks; fear states; inflammatory conditions with rapid onset; first remedy after shock or fright.

Emotional/Mental. Intense fear and anxiety, especially fear of death; panic attacks; restlessness; extreme sensitivity; feels convinced something terrible will happen; anxiety with physical symptoms.

Physical. High fever with dry, burning skin; thirst for cold drinks; one cheek red, one pale; dry cough; pounding heart; numbness and tingling; eye inflammation.

Worse / Better. Cold, dry winds; night (especially around midnight); warm rooms; lying on affected side; noise; touch / Open air; rest; perspiration.

Potency & Use. Typically 30C for acute situations. Can be repeated every 30 minutes to 2 hours in intense acute states, reducing frequency as symptoms improve. Most effective in first 24 hours of symptoms.

Cautions. Best used only for sudden, acute conditions. If a fever persists beyond 24–48 hours or worsens, seek medical care — this remedy is not intended for chronic conditions. Seek immediate medical help for serious injuries or emergencies.

Sudden Fever / Heat **Fear / Panic** **First Aid Remedy**

Cevadilla Seed PLANTAE*Sabadilla Officinarum* — Melanthiaceae

Overview. Hay fever remedy with violent spasmodic sneezing. Itching, tingling in nose. Nose runs like a faucet. Red, watery eyes. Sensitive to odors - flowers, garlic. Hay fever worse from flowers, perfume. Chilly - wants to be bundled up. Paroxysmal sneezing. Worms in children. Better from warm drinks and wrapping up. Suitable for sensitive, nervous people.

Indications. Hay fever; allergic rhinitis; spasmodic sneezing; itchy nose and palate; runny nose; watery eyes; sensitive to flower odors; worms in children; sore throat beginning on left; imaginary illnesses; chilly.

Emotional/Mental. Nervous; easily startled; imaginary illnesses; thinks he has serious disease; absent-minded; melancholy; sensitive; fearful; strange imaginations about body; thinks parts are deformed or diseased.

Physical. Violent spasmodic sneezing; itching, tingling in nose; profuse watery nasal discharge; red watery eyes; sensitive to flower odors; chilly - must be bundled up; sore throat left side; itching of soft palate; frontal headache; pinworm symptoms in children.

Worse / Better. Cold air; full moon; odors (flowers, garlic); periodically / Warm drinks; warm air; wrapping up; eating; open air (sometimes).

Potency & Use. 30C most common for hay fever. During acute attacks, every 2-4 hours. Can use preventively during allergy season, 1-2 times daily. For worms in children, 30C twice daily for several days.

Cautions. An excellent hay fever remedy when symptoms are triggered by the smell of flowers. A key sign is spasmodic sneezing in violent bursts, with an itchy, tickling nose. The person tends to feel chilly and wants to be wrapped up warmly, and is sensitive to odors, especially flowers and garlic. It's useful for children with pinworms (itching around the anus), and sore throats typically start on the left side. A characteristic mental symptom is an excessive worry about imagined illnesses.

Hay Fever / Allergies**Sneezing Fits****Odor Sensitivity**

Club Moss PLANTAE

Lycopodium Clavatum — Lycopodiaceae

▣ **Overview.** Right-sided remedy or right to left progression. Lack of confidence despite appearing confident - anticipatory anxiety. Digestive complaints - gas, bloating 4-8pm. Wakes hungry at 4am. Intellectually sharp but physically weak. Craving for sweets. Wrinkled forehead. Warm-blooded. Dictatorial at home, cowardly outside. Worse 4-8pm. Liver problems. Premature aging.

☑ **Indications.** Digestive complaints; bloating; gas; liver problems; right-sided complaints; chronic fatigue; baldness; kidney stones; enlarged prostate; anticipatory anxiety; lack of confidence; impotence; constipation; worse 4-8pm.

🗯 **Emotional/Mental.** Lack of self-confidence (covered by bluster); anticipatory anxiety; fears failure; cowardly yet dictatorial at home; bossy with inferiors; intellectual; poor memory; fears public speaking; fears being alone; irritable when contradicted; hurried; apprehensive.

👤 **Physical.** Right-sided or right to left; bloating after eating; gas (loud rumbling); full after few bites; craves sweets, warm food; constipation; sour eructations; liver enlarged; kidney stones right; prostate enlarged; impotence; premature baldness; fan-like motion of nostrils; wrinkled forehead.

⬆ **Worse / Better.** 4-8pm; right side; warm room; pressure of clothes; oysters; cold food; beans / Warm drinks; uncovering; motion; after midnight; cool air to head.

🕒 **Potency & Use.** Constitutional remedy typically 30C, 200C or higher. Not for frequent repetition. Single dose may work for months. For chronic conditions, consult homeopath. For acute digestive upset, 30C as needed.

⚠ **Cautions.** One of the great polycrest (broadly-acting) remedies. Symptoms are typically right-sided, or move from right to left, and tend to worsen between 4 and 8pm, especially digestive symptoms. The person often appears confident but lacks true inner confidence — assertive at home, but timid in the outside world. Excellent for chronic digestive issues, liver problems, and prostate enlargement, and often suited to intellectually sharp people who are physically weak. Acts deeply and over a long period.

Right-Sided **Digestive / Bloating** **Performance Anxiety**

Comfrey / Knitbone PLANTAE*Symphytum Officinale* — Boraginaceae

Overview. The bone remedy - promotes healing of fractures. 'Knitbone.' Injuries to bones, periosteum, cartilage. Blow to eyeball. Phantom pain after amputation. Non-union of fractures. Facilitates callus formation. Reduces pain of healing fracture. Useful for fractures, bone injuries, eye injuries (blunt trauma), old injuries. Can use internally and as topical compress.

Indications. Fractures; non-union of broken bones; bone injuries; injuries to periosteum; eye injuries from blunt objects; phantom limb pain; pricking pain in stumps; old injuries that won't heal; pain in healing fractures; cartilage injuries.

Emotional/Mental. Generally not prominent. May have anxiety about injury healing. Irritability from pain.

Physical. Fractures (promotes healing); pain in healing bones; non-union of fractures; blow to eye (blunt trauma); phantom pain after amputation; pricking pain in stump; injuries to periosteum, cartilage; sore, bruised feeling in bones; old bone injuries.

Worse / Better. Touch; pressure; motion of affected part; injury / Rest; warmth.

Potency & Use. For fractures: 30C or 200C 2-3 times daily until healed. Start after bone is set. Can continue for weeks. For non-union: 200C weekly for several weeks. For eye injury: 30C immediately and repeat frequently. Can also use topical compress (diluted tincture on closed wounds) alongside internal use.

Cautions. Known as 'Knitbone' for its traditional use in supporting bone healing. Essential for fractures, especially when bones are slow to heal, as it can help speed callus formation and reduce pain during recovery. It's also excellent for eye injuries from blunt trauma (such as a ball or fist) and for phantom pain after amputation. Use it only after a bone has been properly set, and it can be used alongside conventional fracture care. Safe and effective for all ages, it's also excellent for old bone injuries with lingering pain, and can be used both topically and internally.

Bone Healing / Fractures**Eye Injury (Blunt)****First Aid**

Deadly Nightshade PLANTAE

Belladonna — Solanaceae

Overview. This is used in many illness and feverish states with a sudden onset, especially in children where their faces have a glowing flush, bright, glassy and often dilated eyes. Everything is BRIGHT RED, HOT and THROBBING. Symptoms come on suddenly and intensely. Throbbing headaches. Often they have a twitchy, restless sleep, with overly active senses making them very adverse to light, noises, jarring, etc. Face is bright red and burning hot. Delirium with fever.

Indications. High fever with sudden onset; throbbing headaches; acute ear infections; sore throat (bright red); sunstroke; boils and abscesses (hot, red); acute inflammation; delirium with fever; teething with fever; mastitis.

Emotional/Mental. Violent delirium with fever; biting, striking, tearing; sees monsters and hideous faces; desires to escape; wild look in eyes; extreme sensitivity to light, noise, jarring; rage and fury alternating with lethargy.

Physical. High fever (hot, red, dry skin); glassy, staring eyes; dilated pupils; bright red face; throbbing pains; pounding pulse; hot head with cold extremities; violent throbbing headache; right-sided complaints; photophobia; dry mouth with intense thirst.

Worse / Better. Touch; jarring; noise; light; lying down; 3pm; after midnight; draft on head; cold / Semi-erect position; rest in dark room; pressure; bending backward.

Potency & Use. 30C or 200C for acute fevers and inflammations. Can repeat every 1-2 hours in intense acute states, reducing frequency with improvement. Typically needed only in first 24-48 hours of sudden acute illness.

Cautions. Derived from a highly toxic plant, so only homeopathic dilutions should be used. Excellent for symptoms with a sudden, intense onset, and especially useful in children. Seek medical care if a high fever persists beyond 48 hours or comes with severe symptoms.

Sudden Fever / Heat Redness / Inflammation

English Daisy PLANTAE

Bellis Perennis — Asteraceae

Overview. Trauma remedy for deep tissue injury, especially to abdomen and pelvic organs. Arnica of the pelvis. Excellent for surgical trauma, especially abdominal and pelvic surgery. Post-partum recovery. Deep muscle bruising from falls or blows. Garden injuries from tools. Breast injuries and trauma. Useful when Arnica fails to complete the healing process.

Indications. Abdominal and pelvic trauma; post-surgical recovery (especially abdominal, pelvic); post-partum recovery; breast trauma; deep bruising; injuries from gardening; sprains; venous congestion; boils; acne; when Arnica doesn't complete healing.

Emotional/Mental. Desires to be left alone; irritable; cannot bear pain; wants to go home; restless from discomfort; tired from overwork in garden or house.

Physical. Deep soreness in abdomen, pelvis; breast soreness and lumps; venous congestion; varicose veins; cold sensation internally; complaints from cold drinks when heated; uterine soreness; bed feels too hard; bruised feeling in pelvic organs.

Worse / Better. Cold, especially cold drinks when heated; cold bathing; touch; left side; before storms / Continued motion; rubbing; warm applications.

Potency & Use. 30C most common. After surgery or injury, can take 2-3 times daily for several days. For post-partum, start immediately after birth and continue for 1-2 weeks. Can alternate with Arnica.

Cautions. Often used after Arnica when healing feels incomplete. Especially useful for deep pelvic or abdominal trauma, and safe for postpartum use — sometimes called 'the Arnica of the pelvis.' Also excellent for injuries from gardening or repetitive strain.

First Aid Remedy Trauma / Injury / Bruising Pregnancy / Postpartum

Eyebright PLANTAE

Euphrasia Officinalis — Orobanchaceae

Overview. The eye remedy. Opposite of *Allium cepa* - profuse ACRID tearing from eyes (burns and excoriates), while nasal discharge is BLAND. Eyes water constantly. Conjunctivitis. Hay fever affecting mainly eyes. Eye injuries. Post-operative eye care. Measles with eye symptoms. Inflammation of eyelids and eyes. Sensitive to light. Excellent for any eye inflammation or irritation.

Indications. Conjunctivitis; hay fever with eye symptoms; eye injuries; post-operative eye care; inflamed eyelids; acrid tearing; photophobia; measles; colds affecting eyes more than nose; eye strain; corneal problems.

Emotional/Mental. Silent grief; introspective; quiet; aversion to talking; prefers solitude; melancholy; becomes emotional with eye complaints.

Physical. Profuse acrid tears (burn cheeks); bland nasal discharge; red, burning, swollen eyes; thick yellow eye discharge; sensation of sand in eyes; photophobia; eyelids stuck together in morning; blepharitis; eyes water in open air and from coughing.

Worse / Better. Sunlight; artificial light; wind; warmth; indoors; evening / Dark; coffee; wiping eyes.

Potency & Use. 30C most common. For acute conjunctivitis or eye irritation, can dose every 2-4 hours. Can also use as eye wash (2-3 drops mother tincture in half cup cooled boiled water). For chronic eye issues, less frequent dosing.

Cautions. A very safe remedy that can be used both internally and as an eyewash. Its pattern is the reverse of *Allium cepa*'s — here the eye discharge is irritating rather than the nasal discharge. It's also excellent for post-operative care after eye surgery. Seek medical care for an eye injury or sudden vision changes.

Eye Issues Watery Discharges Colds & Flu

Foxglove PLANTAE

Digitalis Purpurea — Plantaginaceae

Overview. Heart remedy. Slow, weak, irregular pulse. Heart feels like it will stop if moves. Extreme weakness, must lie still. Faintness on least exertion. Liver congestion. Blue lips and nails. Nausea worse from sight or smell of food. Source of cardiac glycosides used in conventional medicine. Used for heart failure, irregular heartbeat, and extreme weakness.

Indications. Heart failure; irregular heartbeat; weak pulse; fainting from least exertion; sensation heart will stop; liver congestion; dropsy; nausea from sight/smell of food; blue appearance; extreme weakness.

Emotional/Mental. Anxiety about future; sadness; fears heart will stop beating; anxious with every motion; doesn't want to speak; despondency; great sadness with heart problems.

Physical. Pulse slow, weak, irregular; feeling heart will stop if moves; faintness; extreme weakness; blue lips, nails, face; nausea from food sights/smells; liver enlarged and painful; dropsy (fluid retention); sudden weakness.

Worse / Better. Sitting up; music; movement; least exertion; eating / Empty stomach; open air.

Potency & Use. Typically 6C to 30C under supervision of qualified homeopath or healthcare provider. This remedy requires careful prescribing due to heart involvement. Should not be self-prescribed for heart conditions.

Cautions. Important: only use under the supervision of a qualified practitioner. This plant is the source of cardiac medications, and anyone with heart symptoms should already be under medical care. It's a deep-acting remedy that requires expert prescribing. Seek emergency medical care immediately for chest pain or severe heart symptoms.

Heart Issues Weakness / Faintness

German Chamomile PLANTAE

Chamomilla — Asteraceae

Overview. The teething remedy. Irritable, cross, nothing pleases. One cheek red, one pale. Pains seem unbearable, driving to despair. Child demands things then throws them away. Can only be calmed by being carried. Hot, sweaty head. Green, watery diarrhea. Extremely sensitive to pain - pain seems out of proportion. Useful for irritable children and adults who are oversensitive to pain.

Indications. Teething; earaches; colic; toothache; labor pains; painful menses; insomnia from pain; irritability; temper tantrums; complaints worse from anger; anything where pain is unbearable and person is irritable.

Emotional/Mental. Extremely irritable and oversensitive; nothing pleases; demanding and then rejects what was demanded; spiteful; quarrelsome; whining, crying; 'I can't stand it!'; angry from pain; capricious; child wants to be carried constantly.

Physical. One cheek red, one pale; hot, sweaty head; earache with unbearable pain; green, watery, slimy diarrhea (like spinach); toothache; teething pain; painful menses with irritability; labor pains unbearable; colic with drawing up legs.

Worse / Better. Anger; evening; night; teething; cold air; wind; warmth / Being carried; warm wet weather; cold applications to inflamed parts; mild weather.

Potency & Use. 30C most common. For teething or acute pain, can repeat every 1-2 hours as needed. Usually works rapidly. May need only 1-2 doses. For chronic irritability, less frequent dosing.

Cautions. An extremely safe remedy and one of the most important remedies for children. The keynote is extreme irritability with pain that feels unbearable, and the child can often only be calmed by being carried. Symptoms usually resolve quickly.

Children / Teething Irritability / Anger Pain (Unbearable)

Leopard's Bane / Mountain Arnica PLANTAE

Arnica Montana — Asteraceae

Overview. The best known remedy for trauma, injury and bruising, falls, concussion, surgery (pre/post), dental work or overextension and any injury to soft tissues. It is known as the remedy for the Weekend Warrior. Person feels sore and bruised all over. They say they are fine when they're not - doesn't want to be touched. They feel worse by being approached or touched and better when lying down or with head low.

Indications. Blunt trauma and injuries; bruising; muscle soreness; post-surgical recovery; dental extractions; concussion; strains and sprains; shock from injury; overexertion; childbirth trauma; preventing bruising and swelling.

Emotional/Mental. Says 'I'm fine' when clearly not; fears being touched or approached; wants to be left alone; says bed is too hard; restless but exhausted; fear of sudden death; indifferent to family; nightmares of accidents or dead bodies.

Physical. Body feels sore, bruised, beaten; even the bed feels too hard; black and blue marks; head feels hot while body is cold; gout and rheumatism; offensive breath, body odor; dark, fetid stools; involuntary evacuation from bowels and bladder. of stools during sleep.

Worse / Better. Touch; motion; rest; damp cold; wine / Lying down with head low; lying flat.

Potency & Use. For acute injuries: 30C or 200C immediately after injury, can repeat hourly for first few hours. For post-surgery: 30C before and after procedure. For muscle soreness: 6C or 30C 3 times daily. Topical cream for external use (do not apply to broken skin).

Cautions. Do not apply topically to broken skin. Safe and effective for all ages, and one of the most important first aid remedies to keep on hand. It can also be used before dental work or surgery to help minimize bruising. If there's a severe head injury, seek medical care immediately.

First Aid Remedy Trauma / Injury / Bruising Exhaustion

Marigold PLANTAE

Calendula Officinalis — Asteraceae

📖 **Overview.** THE remedy for wounds, cuts and lacerations. Promotes rapid healing and prevents infection. Remarkable healing properties for torn, lacerated wounds. Excellent antiseptic for external use. Prevents pus formation. Used both internally and as topical application. Cesarean section wounds. Perineal tears. Surgical wounds. Prevents excessive scarring. Also good for mouth ulcers and sore nipples.

📋 **Indications.** Open wounds and cuts; lacerations; surgical wounds; cesarean sections; perineal tears; mouth ulcers; sore, cracked nipples; prevents infection in wounds; promotes granulation; painful wounds; wounds that won't heal.

🧠 **Emotional/Mental.** Oversensitive; frightened easily; irritable during fever; nervous; depressed from pain.

🦋 **Physical.** Torn, ragged wounds; excessive pain from wounds; wounds with loss of tissue; slow-healing wounds; suppuration; ulcers; wounds that reopen; bleeding wounds; varicose ulcers.

📊 **Worse / Better.** Damp, heavy, cloudy weather; motion; evening / Walking; lying still.

🕒 **Potency & Use.** Internal: 30C taken 2-3 times daily for wound healing. Topical: Cream, ointment, or diluted tincture (10 drops in half cup water) applied to clean wounds 2-3 times daily. Can use both simultaneously.

⚠️ **Cautions.** Safe for both external and internal use, including in children. Don't apply the undiluted tincture directly to skin, as it may burn. It's excellent for naturally helping prevent infection, and for post-surgical healing it's best started right after the procedure. Seek medical care for a deep wound or any signs of infection.

First Aid Remedy **Wounds / Cuts** **Topical Use**

Marsh Tea / Wild Rosemary PLANTAE

Ledum Palustre — Ericaceae

📖 **Overview.** Great remedy for puncture wounds. Prevents infection from punctures, bites, stings. COLD affected parts that feel better from cold applications (opposite of most remedies). Black eye that feels better from ice. Puncture wounds from nails, needles, animal bites, insect stings. Prevents tetanus. Ascending complaints - start in feet, move upward. Gout, especially big toe.

📋 **Indications.** Puncture wounds; insect stings; animal bites; black eye; prevents tetanus; needle punctures; splinters; gout (especially big toe); rheumatism ascending; sprained ankle; prevents Lyme disease from tick bites.

🧠 **Emotional/Mental.** Timid; dissatisfied; peevish; hates people; wants to be alone; frightened easily; anxious; misanthropic.

🦋 **Physical.** Puncture wounds; affected part cold and numb; COLD applications relieve; black eye; swollen joints (ball of big toe); rheumatic pains ascending (feet to body); purple-mottled skin; prevents infection from bites/stings; easy bruising; ankle sprains.

📊 **Worse / Better.** Night; warmth of bed; wine; motion / Cold applications; cold bathing; rest.

🕒 **Potency & Use.** 30C or 200C immediately after puncture wound or bite, repeat every 2-4 hours first day. For black eye, 30C 3 times daily with cold compresses. Alternate with Hypericum for nerve-rich punctures. For gout, 30C as needed.

⚠️ **Cautions.** An essential first aid remedy. A key, somewhat unusual feature is that the affected part feels cold and actually feels better from cold applications. It can help prevent infection after puncture wounds — use it right after stepping on a nail, an animal bite, or an insect sting — and may help reduce the risk of Lyme disease after a tick bite. It's also excellent for black eyes when paired with cold compresses. For punctures to nerve-rich areas, alternate with Hypericum. Worth keeping in any first aid kit.

Puncture Wounds **Animal Bites** **Cold Applications Help**

May Apple PLANTAE

Podophyllum Peltatum — Berberidaceae

▣ **Overview.** The remedy for profuse, gushing, offensive diarrhea. Diarrhea alternates with headache or other symptoms. Painless diarrhea. Prolapse of rectum during/after stool. Liver problems. Teething diarrhea. Rolls head side to side. Moans during sleep. Gushing, yellow, watery stool (morning). Worse in hot weather. Useful for summer diarrhea, gastroenteritis.

📋 **Indications.** Profuse painless diarrhea; summer diarrhea; teething diarrhea; gastroenteritis; liver complaints; gall bladder problems; prolapse of rectum; diarrhea alternating with other symptoms; cholera-like diarrhea.

💡 **Emotional/Mental.** Talkative; desires to talk; restless; rolls head from side to side; moaning during sleep; irritable when teething; loquacity.

👉 **Physical.** Gushing, watery, yellow diarrhea; painless; profuse; offensive; early morning; prolapse of rectum; gagging, retching; liver pain; right-sided complaints; rolls head side to side; moans; worse hot weather; teething with diarrhea.

💎 **Worse / Better.** Hot weather; early morning (2-4am); teething; after eating/drinking / Lying on abdomen; rubbing.

🕒 **Potency & Use.** 30C most common for acute diarrhea. Can dose every 2-4 hours during acute phase. For teething diarrhea, 3 times daily. Ensure hydration during diarrhea. If dehydration occurs, seek medical care.

⚠️ **Cautions.** Known as the remedy for painless, profuse, gushing diarrhea. The keynote pattern is watery, painless diarrhea in the morning. It's excellent for summer diarrhea and gastroenteritis, including in teething children, and can help with rectal prolapse occurring during or after a bowel movement. Rolling the head side to side and moaning during sleep are characteristic, along with right-sided complaints and a sensitive liver region. It works quickly in appropriate diarrhea cases and is safe for children.

Diarrhea **Digestive Issues** **Teething Diarrhea**

Nutmeg PLANTAE

Nux Moschata — Myristicaceae

▣ **Overview.** Drowsiness remedy - irresistible sleepiness. Dreamy, confused state. Extreme dryness of mouth, nose, throat (saliva sticks to roof of mouth). Hysteria. Changeable symptoms. Bloating. Fainting easily. Loss of memory. Ailments from fright. Useful in pregnancy nausea with sleepiness. Changeable moods. Dissociation.

📋 **Indications.** Extreme sleepiness; drowsiness with all complaints; hysteria; fainting; bloating; pregnancy nausea; complaints from cold damp weather; loss of memory; confusion; changeable symptoms; extreme dryness of mucous membranes.

💡 **Emotional/Mental.** Dreamy, floating, disconnected; confusion; poor memory; feels in a dream; absent-minded; forgets words; laughing and crying alternately; hysteria; dissociation; changeable moods; indifference.

👉 **Physical.** Irresistible drowsiness; extreme dryness (mouth, tongue sticks to palate); bloating after eating; fainting; loss of smell; changeable symptoms; painless symptoms; tongue feels wooden; abdomen distended; pregnancy nausea with drowsiness.

💎 **Worse / Better.** Cold; damp; washing in cold water; lying on left side / Warmth; dry weather; warm room.

🕒 **Potency & Use.** 30C most common. Can use 3 times daily for complaints. For pregnancy nausea with drowsiness, 30C twice daily. For hysteria or fainting, 30C as needed.

⚠️ **Cautions.** Made from common nutmeg spice. A key feature is drowsiness accompanying every complaint, with the person wanting to sleep constantly. Extreme dryness without thirst is typical, along with marked bloating and a dreamy, dissociated state. It's useful for changeable, hysteria-like symptoms, and is safe in pregnancy for nausea accompanied by sleepiness. Symptoms are often painless, and the tongue and mouth are extremely dry.

Extreme Drowsiness **Confusion / Dissociation** **Extreme Dryness**

Passion Flower / Maypop PLANTAE

Passiflora Incarnata — Passifloraceae

Overview. Gentle sleep remedy. Promotes natural sleep without grogginess. Calming for nervous system. Insomnia from mental overwork, worry, or exhaustion. Safe for children and elderly. Not habit-forming. Quiets nervousness. Helps with anxiety. Restless sleep. Neuralgia. Often used in lower potencies or as mother tincture.

Indications. Insomnia; restless sleep; nervous exhaustion; overworked mind; anxiety; neuralgia; hysteria; nervous headache; insomnia in children; insomnia in elderly; gentle sedative effect.

Emotional/Mental. Mental restlessness; worry; overactive mind preventing sleep; exhausted but cannot sleep; nervous; anxious; mild hysteria.

Physical. Sleeplessness from mental activity; restless tossing; disturbed sleep; wakeful after midnight; neuralgia; nervous headache; overworked feeling; exhaustion; gentle calming of nervous system.

Worse / Better. Mental exertion; worry; overwork; night / Rest; relaxation; gentle activity.

Potency & Use. Often used in mother tincture: 10-30 drops in water before bed. Can also use 6C or 30C. Safe for nightly use. For children, lower doses. Non-habit-forming. Can combine with other remedies.

Cautions. A very safe, gentle remedy that works as a non-addictive sleep aid, especially well suited to children and the elderly. It calms the nervous system rather than sedating it, and is often used as a mother tincture or in low potencies. It doesn't cause morning grogginess and can be used regularly without dependence, making it an excellent alternative to conventional sleeping pills. It's sometimes combined with other calming herbs, and is very safe across all ages.

Sleep Aid Gentle / Non-Addictive Calming

Peruvian Bark / Cinchona PLANTAE

China Officinalis — Rubiaceae

Overview. Remedy for weakness from loss of fluids - hemorrhage, diarrhea, vomiting, nursing, excessive sweating. Extreme sensitivity of whole system. Everything causes pain and discomfort. Bloating and gas not relieved by belching. Headaches periodic (every other day, weekly). Sensitivity to drafts. Weakness disproportionate to illness. Source of quinine. Used for debility after acute illness.

Indications. Weakness from fluid loss; hemorrhage; diarrhea; excessive perspiration; anemia; recovery from debilitating illness; periodic headaches; neuralgia; bloating; indigestion; malaria-like fevers; dehydration.

Emotional/Mental. Oversensitivity; indifferent to everything; difficulty thinking; suicidal thoughts at night; desire for great deeds with incapacity to perform; ideas crowd in preventing sleep; vivid imagination.

Physical. Profound weakness; extreme sensitivity to touch, noise, odors; ringing in ears; bursting headaches; bloating not relieved by belching; painless watery diarrhea; heavy night sweats; hemorrhages; facial neuralgia; bitter taste; worse from least touch.

Worse / Better. Slightest touch; loss of fluids; every other day; drafts; fruit / Hard pressure; bending double; warmth.

Potency & Use. 30C most common. After hemorrhage or fluid loss, can dose 2-3 times daily for several days. For weakness after illness, dose daily or every other day until strength returns.

Cautions. Excellent for recovery after hemorrhage, surgery involving blood loss, or severe diarrhea. This plant is also the source of quinine, used to treat malaria. A characteristic sign is weakness from fluid loss, along with bloating and sensitivity to touch. Seek medical care for hydration if fluid loss is severe.

Exhaustion / Weakness Digestive Issues Blood Loss Recovery

Poison Ivy PLANTAE

Rhus Toxicodendron — Anacardiaceae

▣ **Overview.** Great remedy for restlessness and stiffness. Stiff on first motion, better continued motion. Worse rest, worse cold damp. Restless - cannot stay in one position. Muscle and joint pain worse beginning motion, better continued motion. Hot, red, swollen joints. Triangular red tip of tongue. Cannot rest in any position. Useful for sprains, arthritis, shingles, flu with restlessness. Rusty-gate remedy.

📋 **Indications.** Sprains and strains; arthritis; rheumatism; back pain; stiffness better from motion; shingles; chickenpox; influenza with restlessness; skin eruptions with intense itching; tendonitis; bursitis; first motion painful; restless legs; poison ivy rash.

💡 **Emotional/Mental.** Extremely restless; anxious; apprehensive; sad; weepy at night; suicidal thoughts; fear at night; must constantly change position; irritable; suspicious; confused about identity; wants to be somewhere else.

🦋 **Physical.** Stiff and painful on first motion, better continued motion; worse rest and cold damp; restless - tosses and turns; hot red swollen joints; triangular red tip of tongue; vesicular eruptions with intense itching; muscle soreness; sprains; back pain radiating; sciatica; effects of overexertion.

💎 **Worse / Better.** Rest; beginning motion; cold; damp; wet weather; night; lying on back or right side / Continued motion; warmth; warm applications; hot bath; rubbing; stretching; change of position.

🕒 **Potency & Use.** 30C most common for acute injuries and flu. For sprains, take immediately and repeat every 2-4 hours first day, then 3 times daily. For arthritis, 30C daily or as needed. Can alternate with Bryonia (Bryonia worse motion, Rhus tox better motion).

⚠️ **Cautions.** Made from poison ivy, but safe in homeopathic dilution. Known as the restless remedy — the person feels stiff on first moving, but better with continued motion (the classic 'rusty gate' pattern), and needs to keep moving despite feeling exhausted. Excellent for sprains, arthritis, and flu accompanied by restlessness. Symptoms worsen in cold, damp weather, and a red, triangular tip of the tongue is a sign, along with an inability to find a comfortable position. It's one of the most frequently used remedies. Topical use is not recommended for anyone allergic to poison ivy.

Muscle/Joint Pain **Restlessness** **Worse Cold/Damp**

Poison Nut PLANTAE

Nux Vomica — Loganiaceae

Overview. The hangover remedy. Type A personality - ambitious, competitive, irritable. Oversensitive to everything - noise, light, odors. Digestive complaints from overindulgence. Constipation with ineffectual urging. Chilly - cannot get warm. Irritable, fault-finding, quarrelsome. Effects of coffee, alcohol, drugs, spices. Insomnia - wakes 3-4am with business thoughts. Cannot tolerate contradiction.

Indications. Digestive complaints from overindulgence; hangovers; constipation; hemorrhoids; insomnia (wakes 3-4am); colds with stuffed nose at night; headaches; effects of coffee, alcohol, drugs; irritability; overwork; stress.

Emotional/Mental. Irritable; impatient; fault-finding; cannot tolerate contradiction; driven; ambitious; competitive; workaholic; angry; quarrelsome; sensitive to noise, light, odors; zealous; hard-driving; malicious; suicidal thoughts; anxious.

Physical. Constipation with ineffectual urging; sour stomach; nausea; heartburn; headaches; chilly - cannot get warm; stuffy nose at night (one nostril); oversensitive to everything; craves stimulants; hemorrhoids; insomnia (wakes 3-4am); cramping pains; spasmodic complaints.

Worse / Better. Morning; cold; draft; noise; light; odors; anger; eating; stimulants; spices; disturbed sleep / Evening; naps; warmth; hot drinks; moist air; strong pressure.

Potency & Use. 30C most common. For hangover, single dose morning after. For digestive upset, 30C after eating. For insomnia, 30C at bedtime and upon waking. Can use daily for acute conditions. For chronic complaints, consult homeopath.

Cautions. One of the great polycryst remedies, often called 'the businessperson's remedy.' It suits a Type-A personality who overworks and overextends themselves, and is excellent for modern, stress-related complaints. It can help counter the effects of too much coffee, alcohol, or other substances. Key features are extreme sensitivity and irritability, and a chilly nature that wants to be covered. Constipation with a lot of urging but little result is typical, and it's excellent for hangovers and overindulgence. The person often wakes between 3 and 4am thinking about work.

Hangover / Overindulgence

Irritability

Effects of Stimulants

Poke Root PLANTAE

Phytolacca Decandra — Phytolaccaceae

▣ **Overview.** The sore throat remedy when pain shoots to ears on swallowing. Dark red, almost purple throat. Glandular swelling remedy. Mastitis - breasts hard, hot, painful. Aching, bruised pains all over. Restlessness with pain. Irresistible desire to bite teeth together. Teething. Affects glands and bones. Sore throat and mastitis occurring together (during nursing).

📋 **Indications.** Sore throat with pain to ears; tonsillitis; dark red throat; mastitis; breast abscess; swollen glands; teething; mumps; rheumatism; bone pains; exhaustion; nursing mother with sore throat and breast inflammation.

💡 **Emotional/Mental.** Indifference; doesn't care about recovery; restless with pain; irritable; anxious; depressed; weeping.

👉 **Physical.** Dark red/purple throat; pain shoots to ears on swallowing; glands swollen, hard; breasts hard, hot, painful (especially when nursing); aching all over; restless; irresistible desire to bite teeth together; pains shift location; sore nipples; bone pains.

⬆️ **Worse / Better.** Hot drinks; swallowing; cold damp weather; night; motion; nursing / Cold drinks; rest; dry weather.

⚖️ **Potency & Use.** 30C most common. For sore throat, every 2-4 hours. For mastitis, 3 times daily. Can continue nursing while taking remedy. For teething, 30C 2-3 times daily.

⚠️ **Cautions.** Excellent for nursing mothers. A key sign is throat pain that shoots to the ears on swallowing, with a dark red, almost purple-colored throat. Mastitis with extremely hard, painful breasts is common, and sore throat and mastitis often occur together in nursing mothers. An unusual symptom is an irresistible urge to clench the teeth together. It affects glands and bones, is safe while breastfeeding, and cold drinks tend to feel soothing on the throat.

Sore Throat / Tonsils

Mastitis / Breast Pain

Teething

Red Onion PLANTAE

Allium Cepa — Amaryllidaceae

Overview. This remedy is used often for coryza, the common cold with much sneezing and watery eyes, hayfever. The acrid discharge from the nose can make the nose and upper lip raw. Usually the person will sneeze when entering a warm room. Sweats easily and copiously. Specially adapted to phlegmatic patients with colds in damp cold weather. Headaches in the forehead. Feels like a lump in the throat where the cough is very troublesome to the point that they want to hold it back. Often feel restless and sad. They feel better in open air and feel worse in a warm room, in the evening or when eyes are closed. Excellent for hay fever and allergic rhinitis. Also used for laryngitis with hoarseness and neuralgic pains like fine threads.

Indications. Common cold; hay fever; allergic rhinitis; profuse watery acrid nasal discharge with bland tearing; laryngitis with hoarseness; singer's cold; neuralgic pains following nerve injuries or amputation; traumatic neuritis.

Emotional/Mental. Fear that pain will become unbearable; melancholy; difficulty concentrating; feeling foggy or sleepy with coryza. Generally suited to phlegmatic temperament.

Physical. Frequent violent sneezing; profuse watery discharge from nose (acrid, burning, corroding nose and upper lip); profuse bland watery discharge from eyes; catarrhal headache in forehead; larynx tickling causing cough; hoarse voice; thread-like neuralgic pains.

Worse / Better. Warm room; evening; damp cold weather; wet feet; singing / Open air; cold room; bathing; motion.

Potency & Use. Commonly 30C for acute colds and allergies. Can be taken every 2-4 hours during acute phase, reducing frequency as symptoms improve. For hay fever, may start before season begins.

Cautions. A safe remedy with no known contraindications. It's particularly helpful when a cold moves into the chest, with coughing and rattling mucus. A craving for raw onions can be a sign that this remedy is indicated.

Sinus / Nose / Allergies **Watery Discharges** **Colds & Flu**

Rue **PLANTAE***Ruta Graveolens* — Rutaceae

 **Overview.** Remedy for injured tendons, ligaments, periosteum (bone covering), cartilage. Bruised, aching bone pain. Injured joints feel bruised and lame. Eye strain from close work, reading, computer use. Worse sitting, reading fine print. Tennis elbow, carpal tunnel, repetitive strain injuries. Useful when Arnica and Rhus tox don't complete cure. Deep aching in bones.

 **Indications.** Injuries to tendons, ligaments, periosteum; sprains; tennis elbow; carpal tunnel; eye strain from close work; bruised bone pain; injuries to joints; ganglions; prolapsed rectum; repetitive strain injuries; sports injuries; pain in tendons and cartilage.

 **Emotional/Mental.** Dissatisfied; critical of self and others; quarrelsome; contradictory; anxious; restless; depressed; suspicious; feeling of internal uneasiness.

 **Physical.** Deep aching in bones; bruised lame feeling in tendons/ligaments; eye strain and fatigue; worse reading fine print; pain in wrists, ankles; sciatica worse lying down; spine and hips feel bruised; restless - must change position; ganglion cysts on wrist; prolapse; pressure at root of nose.

 **Worse / Better.** Lying down; sitting; cold; damp; overexertion; reading; stooping / Motion; lying on back; warmth.

 **Potency & Use.** 30C for injuries. Take 3 times daily for several days to weeks depending on injury severity. For eye strain, 6C or 30C twice daily. For chronic tendon problems, may need extended use under homeopathic guidance.

 **Cautions.** Often used after Arnica when the covering of the bone (the periosteum) is injured, or when Rhus tox hasn't fully resolved symptoms. Excellent for deep tissue injuries involving tendons, ligaments, and bone covering. It's a go-to remedy for eye strain from close work or computer use, as well as carpal tunnel, repetitive strain injuries, and tennis elbow. A bruised, lame feeling in the tendons is a key sign. Often needed to complete healing after a sprain when Arnica helped initially but recovery feels incomplete.

Bone/Tendon Injury**Eye Strain****Repetitive Strain**

St. Ignatius Bean PLANTAE

Ignatia Amara — Loganiaceae

Overview. Known as the grief remedy. For acute emotional shock, grief, disappointment, romantic upset. 'All sighs and sobs.' Paradoxical symptoms - empty feeling in stomach not relieved by eating. Lump in throat that feels better from swallowing. Mood swings from laughter to tears. Silent grief. Suppressed emotions. Hysterical. Effects of bad news, fright, worry, disappointment. Child wants to be tossed in the air.

Indications. Acute grief; bereavement; romantic disappointment; effects of bad news; suppressed emotions; hysteria; mood swings; ailments from grief or fright; sighing; sobbing; lump in throat; nervous headaches; insomnia from grief; trembling from emotion.

Emotional/Mental. Silent grief; brooding; sighing; sobbing; moods change rapidly - laughing then crying; sensitive; easily offended; contradictory moods; hysterical; romantic; idealistic; disappointed in love; introspective; dwelling on grief; tries to hide emotions; effects of suppressed emotions.

Physical. Lump in throat (better swallowing); empty sinking feeling in stomach; headaches from grief (nail-driven-in feeling); sighing respiration; contradictory symptoms; twitching; cramps; insomnia from worry; hiccough; yawning; sensitive to tobacco smoke.

Worse / Better. Grief; worry; shock; tobacco; coffee; strong odors; touch; cold / Deep breathing; warmth; eating; hard pressure; lying on painful side; change of position.

Potency & Use. 30C or 200C for emotional shock. Single dose initially, can repeat if grief returns. For acute grief, may need daily for several days. One dose often sufficient. For chronic suppressed grief, constitutional treatment by homeopath recommended.

Cautions. Related to Nux Vomica (same plant family). A keynote feature is paradoxical symptoms — things that should logically make the person worse actually make them feel better. It works rapidly for acute emotional crisis, and is often compared with Natrum Mur, which suits more chronic, silent grief. A child may want to be thrown in the air despite being afraid, and a lump-in-throat sensation may paradoxically feel better after swallowing solid food. Safe for emotional trauma at any age.

Grief / Loss **Emotional Shock** **Hysteria**

St. John's Wort 🌿 PLANTAE

Hypericum Perforatum — Hypericaceae

📖 **Overview.** The remedy for nerve injuries and nerve-rich areas. 'The Arnica of the nerves.' Used for crushed fingers, toes, tailbone injuries, dental nerve pain, puncture wounds, lacerations with nerve involvement. Prevents tetanus and lockjaw. Shooting pains along nerves. Injuries to spine, coccyx, head. Post-surgical nerve pain. Excellent for any injury where nerves are affected.

📋 **Indications.** Nerve injuries; crushed fingers/toes; puncture wounds; lacerations with nerve damage; tailbone injuries; spinal injuries; head injuries with nerve pain; dental nerve pain; post-surgical neuralgia; shooting nerve pains; prevents tetanus; phantom limb pain; sciatica.

💡 **Emotional/Mental.** Melancholy; depression after injury; shock from injury; anxiety; fear of falling; mistakes in writing and speaking; drowsiness.

👉 **Physical.** Shooting, radiating pains along nerves; crushed fingertips; injured coccyx (extremely painful); puncture wounds (nails, needles, splinters); spinal concussion; head injuries; toothache after dental work; phantom pain; prevents lockjaw.

💎 **Worse / Better.** Touch; cold; damp; fog; motion; jarring; least exposure / Bending head backward; lying on face; rubbing.

⚖️ **Potency & Use.** 30C or 200C for nerve injuries. Take immediately after injury and repeat every 1-2 hours for first day, then 3 times daily. For puncture wounds, alternate with Ledum. Can use topically as diluted tincture (10 drops in water) or ointment on closed wounds.

⚠️ **Cautions.** An essential first aid remedy, especially well suited to nerve-rich areas like the fingers, toes, spine, tailbone, and dental nerves — use it after any injury involving nerves. It works wonderfully alongside Arnica, with Arnica addressing tissue damage and Hypericum addressing nerve pain, and it can help support natural tetanus prevention. Don't use the tincture on open wounds, as it may burn. Conventionally known as St. John's Wort.

Nerve Pain / Injuries **First Aid Remedy** **Dental Pain**

Stavesacre PLANTAE*Staphysagria* — Ranunculaceae

▣ **Overview.** Remedy for suppressed anger, indignation, humiliation. Effects of insult, rudeness, violation. Ailments from suppressed emotions. Excellent for surgical incisions - clean cuts. Urinary infections, especially after intercourse (honeymoon cystitis). Styes, chalazion. Hypersensitive to criticism. Sexual complaints from suppressed desire or abuse. Useful after surgical procedures, emotional trauma, styes, cystitis.

📋 **Indications.** Suppressed anger and indignation; effects of humiliation; surgical incisions; styes and chalazion; cystitis especially after intercourse; effects of sexual abuse; ailments from insult; lacerated wounds; prostate problems; eczema of scalp; toothache; hypersensitivity.

💡 **Emotional/Mental.** Suppressed anger; indignation; humiliation; ailments from insult, rudeness, offense; hypersensitive to criticism; hurt pride; trembling from anger; sexual preoccupation; romantic, idealistic; yielding on surface but resentful inside; broods over insults; dwells on past grievances.

👉 **Physical.** Styes, chalazion (especially upper lid); cystitis after intercourse; surgical incisions (clean cuts); sensitive teeth; prostate enlargement; condylomata; irritable bladder; painful coition; eczema with thick scabs on scalp; lacerated wounds; backache worse at night.

💎 **Worse / Better.** Anger; indignation; suppressed emotions; touch; tobacco; sexual excess; after afternoon nap / Warmth; rest; breakfast.

🕒 **Potency & Use.** For surgical incisions: 30C or 200C before surgery and immediately after, then 2-3 times daily until healed. For styes: 30C 2-3 times daily. For cystitis: 30C 3-4 times daily. For emotional trauma: higher potencies (200C, 1M) single dose.

⚠️ **Cautions.** A remedy for suppressed anger and indignation, and for the emotional effects of feeling insulted, humiliated, or violated. Excellent for clean, surgical-type incisions, where it speeds healing, and for recurrent styes, especially on the upper eyelid. It's also associated with cystitis following intercourse. The person is often hypersensitive to criticism — outwardly yielding but inwardly seething, sometimes trembling with suppressed anger. An excellent post-surgical remedy, and one traditionally used to support emotional recovery after experiences of abuse or violation. Works deeply on both physical and emotional levels.

Suppressed Anger **Surgical Incisions** **Styes**

Stinging Nettle PLANTAE

Urtica Urens — Urticaceae

Overview. Remedy for stinging, burning skin conditions. Hives, urticaria with intense itching and burning. Bee stings, burns, scalds. Promotes milk flow in nursing mothers. Gout. Chicken pox with severe itching. Shellfish allergy. Rheumatism with urticaria. First-degree burns. Useful for allergic reactions, burns, hives, insufficient lactation.

Indications. Urticaria (hives); allergic reactions; burns and scalds (first-degree); bee stings; insufficient milk in nursing mothers; gout; rheumatism; chicken pox itching; shellfish allergies; nettle rash; blotchy skin.

Emotional/Mental. Generally not prominent. May have anxiety about symptoms. Irritable from itching.

Physical. Intense itching, burning, stinging; hives; raised wheals; red, blotchy skin; worse heat, exertion; burns (first-degree); bee stings; insufficient breast milk; gout in fingers; rheumatic pains with hives; allergic reactions; worse shellfish.

Worse / Better. Cool moist air; water; snow; touch; shellfish; exertion / Rubbing; lying down.

Potency & Use. For acute hives: 30C every 30 minutes to 2 hours until relief. For burns: 30C immediately, repeat frequently. For insufficient lactation: 6C or 30C 3 times daily. Can also use topically as diluted tincture or cream for burns and stings. Mother tincture (10-20 drops) for increasing milk supply.

Cautions. Made from common stinging nettle. Key symptoms are stinging, burning sensations, making it excellent for hives (urticaria) with intense burning and itching. It's a useful first aid remedy for burns and bee stings, and can help support milk supply in nursing mothers, making it safe during breastfeeding. It's also good for allergic reactions, especially to shellfish, and is often alternated with Apis for hives and stings. Safe for all ages, it can be used both internally and topically, and works quickly for acute reactions.

Stinging / Burning Skin **Hives / Urticaria** **Lactation**

Thorn Apple / Jimson Weed PLANTAE

Stramonium — Solanaceae

▣ **Overview.** Remedy for violent states, terrors, delirium. Extreme fear of darkness, being alone, water, tunnels. Night terrors in children. Violent convulsions. Religious mania. Talks constantly, sings, prays. Face red and hot. Pupils dilated. Rage alternating with tearful pleading. Useful for night terrors, fears, delirium, convulsions, stammering. Effects of fright.

📋 **Indications.** Night terrors in children; extreme fear of dark, water, being alone; violent delirium; convulsions; stammering from fright; effects of terror; religious mania; violent behavior; hydrophobia; chorea.

💡 **Emotional/Mental.** Extreme fears - darkness, water, being alone, tunnels, shiny objects; violent rage; night terrors; wakes screaming; religious mania; talkative, sings, prays; fearful expressions; sees monsters, ghosts; worse darkness; better light and company; violent alternating with tearful; desires to escape.

🦋 **Physical.** Violent convulsions; pupils dilated; face red and hot; stammering; grinding teeth; violent movements; spasmodic laughter; hydrophobia (fear of water); opisthotonos (arched back); sleepwalking; trembling; head hot, extremities cold.

⬢ **Worse / Better.** Dark; alone; after sleep; looking at shiny objects; swallowing liquids; suppressed eruptions / Light; company; warmth; bright room.

⚠️ **Potency & Use.** Typically 30C or higher. For night terrors, single dose at bedtime. May need to repeat. For acute violent states, frequent dosing under supervision. Best prescribed by experienced practitioner due to intensity of remedy. Not for casual use.

⚠️ **Cautions.** Made from a highly toxic plant in the same family as Belladonna. A very powerful remedy for extreme states, including an intense fear of darkness that requires having light on, and night terrors in children who wake up screaming. It's associated with violent, rage-filled states and religious mania. Like Belladonna, the face is red and pupils dilated, but with more intensity of violence and terror. The person feels better in bright light and with company. This is a powerful remedy to be used with respect — excellent for severe night terrors when clearly indicated, but it should not be self-prescribed for serious mental health symptoms; please seek qualified guidance.

Extreme Fears / Terrors

Night Terrors

Violence / Rage

Unroasted Coffee PLANTAE

Coffea Cruda — Rubiaceae

▣ **Overview.** Remedy for overexcited, oversensitive state. Mind racing, can't turn off thoughts. Extreme wakefulness - sleepless from mental activity. All senses acutely sensitive. Pains feel unbearable. Headaches from mental exertion. Joy, pleasant surprises and good news can trigger symptoms. Hypersensitive to pain, noise, odors, touch. Toothaches better from cold water.

☑ **Indications.** Insomnia from mental overactivity; racing thoughts preventing sleep; hypersensitivity to pain; toothache better from ice water; headaches from mental exertion; nervousness; joy and excitement causing complaints; overreaction to pain.

👉 **Emotional/Mental.** Mind extremely active, clear; full of ideas; sleepless from mental activity; ecstasy; excessive joy; weeping from joy; nervous excitement; irritable; hurried; hypersensitive emotionally; overreacts to everything.

👉 **Physical.** Extreme wakefulness; all senses hyperacute; pains seem unbearable; toothache relieved by ice water; headache like nail driven in; neuralgia; heart palpitations from excitement; trembling; flushed face; sensitive hearing.

🔹 **Worse / Better.** Excessive emotions (joy, excitement); mental exertion; narcotics; strong odors; noise; open air; cold; night / Sleep (when can get it); lying down; warmth; holding cold water in mouth (for toothache).

🕒 **Potency & Use.** 30C most common. For insomnia, one dose 30 minutes before bed. Can repeat once in night if awakened. For toothache, 30C every 1-2 hours. Don't overuse as it can cause symptoms it's meant to cure.

⚠ **Cautions.** A safe remedy, made — somewhat paradoxically — from coffee, yet used to treat coffee-like symptoms of overstimulation. It's useful after excitement or good news, and a toothache that feels better from ice water is a keynote sign. It may also help children who can't sleep from excitement, such as before a birthday or holiday.

Insomnia / Sleep Issues

Mental Overactivity

Hypersensitivity to Pain

White Bryony / Wild Hops PLANTAE

Bryonia Alba — Cucurbitaceae

Overview. For influenza and other illness that come on slowly with aches all over the body. Feels like a grumpy bear, restless, very irritable on moving or being disturbed. Difficult to please, will ask for something and refuse it when it comes. Intense, splitting headaches. Remedy characterized by worse from ANY MOTION and better from pressure, often from a pillow and lying still. Dryness of all mucous membranes with great thirst for large quantities of cold water. Dry painful cough, must sit up to cough. Constipation with large, dry, hard stools. Joint pains worse slightest movement.

Indications. Influenza; pneumonia; pleurisy; dry cough; constipation; rheumatic pains; headaches; mastitis; complaints from being chilled when overheated; arthritis; bursitis; any condition markedly worse from motion.

Emotional/Mental. Extremely irritable; wants to be left alone; talks constantly about business or home affairs; anxious about financial security; fears poverty; doesn't want to move or be disturbed; delirium - wants to go home.

Physical. Dry mucous membranes; intense thirst for large cold drinks; dry, hard, painful stools; dry, painful cough (holds chest when coughing); bursting, splitting headache; stitching pains in chest; hot, swollen, painful joints; lips dry and cracked.

Worse / Better. ANY motion (even breathing, eyes, sitting up); heat; morning; eating; hot weather; being touched; people visiting / Pressure; lying still (especially on painful side); cool air; cloudy damp days; rest.

Potency & Use. 30C or 200C for acute conditions like flu or injury. Can dose every 2-4 hours initially in acute illness, reducing with improvement. For chronic conditions, less frequent dosing under homeopathic supervision.

Cautions. A key feature is that any motion makes symptoms worse, so the person tends to lie perfectly still. A large thirst for cold water at long intervals is also characteristic. Seek medical care if respiratory symptoms become severe.

Colds & Flu

Dryness / Thirst

White Cedar / Arbor Vitae PLANTAE

Thuja Occidentalis — Cupressaceae

Overview. Remedy for effects of vaccination, suppression, warts. Fixed ideas, feels fragile like glass. Secretive. Feels something alive in abdomen. Warts (especially cauliflower-type, on genitals). Ailments from suppressed gonorrhea. Oily skin. Worse 3am and 3pm. Useful for warts, vaccination reactions, gonorrhea suppression, obsessive thoughts, chronic effects of suppression.

Indications. Warts (especially cauliflower, pedunculated, on genitals); vaccination side effects; chronic effects of suppression; oily skin; fixed ideas; obsessive thoughts; chronic catarrh; urethral stricture; condylomata; polyps; overgrowth of tissue.

Emotional/Mental. Fixed ideas; obsessive; secretive; feels fragile like glass; feels something alive in abdomen; hurried; music causes weeping; delusions body is made of glass; depressed; suspicious; aversion to strangers; hides feelings.

Physical. Warts (cauliflower-like); oily, greasy skin; chronic nasal catarrh; worse 3am and 3pm; splitting headache; left-sided; sensation of something alive in abdomen; chronic catarrh; urethral discharge; weak stream; tea-colored urine; effects of vaccination; overgrowth of tissue.

Worse / Better. 3am and 3pm; cold damp air; after breakfast; vaccination; suppressed gonorrhea; touch / Motion; free secretions.

Potency & Use. For warts: 30C daily for weeks to months or higher potencies less frequently. For vaccination reactions: 30C or 200C. For chronic conditions: constitutional prescribing by homeopath. Works slowly. Be patient. Can cause initial aggravation. Not for frequent repetition in high potencies.

Cautions. A deep-acting remedy to use with respect. Known as the go-to wart remedy, especially for cauliflower-type warts on the genitals, and traditionally used to help address the after-effects of vaccination. It suits ailments that follow suppressed eruptions or discharges, along with fixed ideas and obsessive thoughts in a secretive personality. Symptoms tend to recur around 3am and 3pm, and the person may feel fragile, as if made of glass, sometimes with a sensation of something alive moving in the abdomen. The skin is often oily and greasy. It works deeply and slowly and shouldn't be repeated too frequently — as a constitutional remedy, professional guidance is recommended.

Vaccination Effects **Warts** **Secretive / Fixed Ideas**

White Hellebore PLANTAE

Veratrum Album — Melanthiaceae

▣ **Overview.** Remedy for collapse, prostration with coldness. Profuse cold sweat on forehead. Violent vomiting and diarrhea simultaneously (cholera-like). Extreme weakness, prostration. Icy coldness. Cramps in calves. Desires ice cold drinks. Mania with desire to tear, cut, destroy. Useful for cholera, gastroenteritis with collapse, severe dehydration, mania, fainting.

📋 **Indications.** Cholera-like states; violent vomiting and diarrhea; collapse with coldness; profuse cold sweat on forehead; extreme weakness; fainting; mania with violence; cramps in legs; dehydration; sunstroke with collapse.

💡 **Emotional/Mental.** Mania - desire to tear, cut, destroy; religious insanity; delusions of grandeur; thinks he is Christ or great person; curses, swears; violent; melancholic; silent; depressed; anxiety with cold sweat; despair of salvation.

👉 **Physical.** Profuse vomiting and diarrhea simultaneously; icy cold sweat on forehead; extreme coldness and collapse; blueness; cramps in calves; violent cramping pains; desires ice cold water (vomits after); rice-water stools; fainting; weak pulse; sunken features.

💎 **Worse / Better.** Slightest motion; drinking; cold drinks; fright; before and during menses / Warmth; warm drinks; lying down; walking.

⚠️ **Potency & Use.** For collapse states: 30C or 200C frequently until improvement. Seek immediate medical care for severe dehydration. This is serious emergency - use remedy alongside medical treatment. For mania: only under medical supervision.

⚠️ **Cautions.** Used for severe collapse states. Key signs are profuse vomiting and diarrhea occurring together, with an icy cold sweat on the forehead — a cholera-like picture with extreme collapse, prostration, and blue, cold, sunken features. This represents a medical emergency: seek immediate care while the remedy is given. It works quickly in appropriate cases. It's also used for violent mania, which requires professional care. Cramps in the calves are common, and the person may crave ice-cold drinks that are then vomited back up. Use only in emergencies or under professional supervision — this is a powerful remedy.

Collapse / Coldness

Profuse Vomiting/Diarrhea

Extreme Weakness

Wild Indigo PLANTAE

Baptisia Tinctoria — Fabaceae

Overview. This remedy is for severe infections, especially influenza that comes on suddenly with high fever, dysentery and typhoid-like states. Suddenly the person is very sick and going downhill fast. Indescribably sick feeling. The person may feel bruised and sore, have a dusky red face and appear dull as if they are in stupor as if intoxicated. The main characteristic is an offensive discharges from all body openings. Falls asleep while being spoken to. Mentally the person is confused, stupidly dull and even delirious.

Indications. Severe influenza; typhoid fever; septic conditions; tonsillitis with offensive breath; gastric flu; prostration with confusion; infectious diseases with rapid deterioration and offensive discharges.

Emotional/Mental. Dull, besotted expression; confusion and stupor; feels scattered or in pieces; falls asleep mid-sentence; difficulty thinking or answering questions; feels body is broken or separated; delirious, talks in sleep.

Physical. Dark red, dusky face; high fever with confusion; sore, aching muscles; extremely offensive breath and discharges; tongue brown in center; throat dark red, swollen; can only swallow liquids; prostration; restless, tosses about seeking comfortable position.

Worse / Better. Cold humidity; fog; open air / walking about; change of positions; warmth; discharge (sweat, diarrhea).

Potency & Use. Typically 30C or 200C in severe acute infections. Can dose every 2-4 hours during crisis, reducing as improvement occurs. Due to severity of conditions treated, medical supervision advised.

Cautions. Used for serious infectious conditions, so it should accompany appropriate medical care rather than replace it. Characteristic signs are mental confusion together with foul-smelling discharges and rapid loss of strength. Seek immediate medical attention if a high fever persists or worsens.

Colds & Flu

High Fever

Confusion / Stupor

Wind Flower / Meadow Anemone PLANTAE

Pulsatilla Nigricans — Ranunculaceae

Overview. The changeable remedy - symptoms constantly changing, moods changing, no two stools alike. Gentle, mild, yielding, weepy, craves sympathy (opposite of Nat-mur). Better from consolation, gentle motion, open air. Worse warm room. Thirstless even with fever. Thick, bland yellow-green discharges. Cannot tolerate stuffy rooms. Hormonal complaints. Suitable for children and women.

Indications. Changeability of symptoms; colds with thick yellow-green discharge; earaches; conjunctivitis; hormonal problems; delayed menses; digestive upset from rich foods; childbirth; weepiness; better from sympathy; varicose veins; styes.

Emotional/Mental. Gentle; mild; yielding; weeps easily; craves sympathy and consolation (better from it); changeable moods; fears being alone; timid; bashful; forsaken feeling; jealous; needs attention; indecisive; affectionate; desires company.

Physical. Thick, bland, yellow-green discharges; thirstless; worse warm room; better open air; changeability; wandering pains; symptoms shift; one-sided complaints; late menses; indigestion from fats; dry mouth but no thirst; chilly but worse in warm room.

Worse / Better. Warmth; warm room; rich fatty food; evening; lying on left side; getting feet wet / Open air; gentle motion; cold applications; sympathy; slow walking; crying.

Potency & Use. 30C most common. Can use daily for acute conditions. Single dose often sufficient. For hormonal issues, constitutional prescribing recommended. For ear infections, 3-4 times daily. Safe for children and pregnancy.

Cautions. One of the great polycrest remedies, with a distinctive and recognizable picture. Key features are changeable symptoms and feeling better in open air — the opposite of Nat-mur, which feels worse from sympathy. This remedy suits a gentle, weepy person who craves sympathy, and thirstlessness is characteristic. Symptoms worsen in warm, stuffy rooms, so a window often needs to stay open. Discharges are thick, bland, and yellow-green. Excellent for children's complaints and as a hormonal remedy for women. Rich foods tend to cause upset, and the person feels better from gentle motion and fresh air.

Weepy / Gentle **Needs Fresh Air** **Changeable Symptoms**

Yellow Jasmine PLANTAE

Gelsemium Sempervirens — Loganiaceae

📖 **Overview.** Great remedy for anticipatory anxiety and stage fright. Complete relaxation and prostration of whole muscular system. Dullness, drowsiness, dizziness and trembling. Heaviness of eyelids that droop. Flu remedy with muscle aches and weakness. Keynote is paralytic weakness - legs won't hold you up. Complaints from anticipation, fear, exciting news, hot weather. Thirstless despite fever.

📋 **Indications.** Anticipatory anxiety; stage fright; exam nerves; flu with weakness and aching; headaches (band-like or occipital); diarrhea from fear; paralytic weakness; vertigo; drooping eyelids; fear of falling; trembling

💡 **Emotional/Mental.** Anticipatory anxiety; fear of public speaking, exams, performances; complete relaxation and prostration; apathy; doesn't want to speak or be spoken to; dull, drowsy, dizzy; timid; cowardice; fear of falling; bad effects from fright, fear, exciting news

🏃 **Physical.** Complete muscle relaxation; paralytic weakness especially legs; heavy drooping eyelids; dull headache (back of head); flu with aching muscles; trembling of whole body; vertigo from sudden head movement; painless diarrhea; lack of thirst; flushed face with cold extremities

💎 **Worse / Better.** Damp weather; fog; before thunderstorms; emotions; anticipation; 10am; hot weather / Urination (headache); stimulants; bending forward; open air; continued motion

⚖️ **Potency & Use.** 30C most common. For anticipatory anxiety, one dose night before and morning of event. For flu, 30C every 4-6 hours. Works best when given at start of symptoms. Can be repeated as needed for anxiety symptoms

⚠️ **Cautions.** Made from a toxic plant but safe in homeopathic dilution. Excellent for performance anxiety and stage fright, with a key symptom of paralytic weakness — as if the legs won't hold you up. There's typically no thirst despite fever. Note: this is not the same plant as true jasmine, which is a different plant family.

Anticipatory Anxiety

Dizziness / Vertigo

Colds & Flu

Weakness / Exhaustion

Bushmaster Snake / Surucucu ANIMALIA

Lachesis Muta — Viperidae

 **Overview.** Remedy used primarily with LEFT-SIDED symptoms or LEFT TO RIGHT progression. Cannot bear anything tight around neck or waist. Worse after sleep - wakes feeling terrible. Loquacious - talks excessively, jumps from subject to subject. Hot-blooded. Purple/bluish discoloration. Septic conditions. Menopausal complaints. Jealous, suspicious. Sore throat left side or left to right. Hot flashes.

 **Indications.** Menopausal symptoms; hot flashes; left-sided sore throat; septic conditions; purple discoloration; hemorrhages (dark blood); varicose veins; headaches; hypertension; palpitations; worse after sleep; effects of suppressed discharges; tonsillitis left side.

 **Emotional/Mental.** Loquacious - excessive talking, jumps topics; jealous; suspicious; paranoid thoughts; religious mania; hurried; sexual thoughts; worse after sleep; irritable on waking; depressed with physical complaints; fears going to sleep (may die); loves to talk.

 **Physical.** Left-sided symptoms or left to right; cannot bear constriction at throat/waist; purple, bluish discoloration; septic states; hot flashes; hemorrhages of dark blood; sore throat worse left side; worse after sleep; tongue catches on teeth; sensitive to touch at throat.

 **Worse / Better.** After sleep; heat; sun; spring; tight clothing; touch (especially throat); suppressed discharges; left side / Appearance of discharges (menses, etc.); open air; cold drinks.

 **Potency & Use.** Use with respect - powerful remedy. Typically 30C or 200C. Single dose often sufficient. For menopausal symptoms, may use 30C weekly. Not for frequent repetition. Best prescribed by experienced practitioner.

 **Cautions.** A very powerful remedy, with left-sided symptoms as a key indicator. The person typically can't bear tight clothing around the neck and feels worse after sleep. Excessive talking is characteristic, along with feeling hot-blooded and throwing off covers, plus purple-bluish discoloration. Excellent for menopause and septic conditions — handle high potencies with care.

Snake Remedy **Left-Sided** **Hot Flashes / Menopause**

Cuttlefish Ink ANIMALIA

Sepia Officinalis — Sepiidae

 **Overview.** Women's remedy for hormonal issues and exhaustion. Indifferent even to loved ones - too tired to care. Bearing-down sensation - everything falling out. Dark facial discoloration (saddle across nose). Desires to be alone. Irritable with family, better with strangers. Exhausted mothers. Hot flashes. Craves vinegar, sour foods. Better from vigorous exercise. Brown discolorations on skin. Useful for PMS, menopause, pregnancy issues, depression.

 **Indications.** Hormonal problems; menopause; PMS; pregnancy complaints; postpartum depression; bearing-down sensation in pelvis; exhaustion; indifference to loved ones; brown facial discoloration; vaginal discharge; prolapse; migraine; venous congestion; liver spots.

 **Emotional/Mental.** Indifferent even to loved ones; too exhausted to care; irritable with family, better with strangers; desires to be alone; aversion to company of loved ones; angry from contradiction; weeps telling symptoms; indifferent to appearance; overwhelmed by responsibilities; better from dancing, vigorous exercise.

 **Physical.** Bearing-down sensation (pelvis, uterus); brown saddle across nose/face; yellow-brown skin patches; hot flashes; prolapse feeling; craves vinegar, sour, pickles; morning nausea; constipation; dragging backache; offensive sweat; hair loss; chilly; yellow-green vaginal discharge.

 **Worse / Better.** Before menses; cold; morning; evening; washing; pregnancy; after sleep / Vigorous exercise; dancing; warmth; pressure; crossing legs; occupation; eating.

 **Potency & Use.** Constitutional remedy typically 30C, 200C or higher. Single dose can work for weeks/months. For acute PMS, 30C daily during premenstrual week. For menopause, constitutional prescribing recommended. Not for frequent repetition.

 **Cautions.** A major remedy for women, made from cuttlefish ink. A key feature is indifference, even toward loved ones — the person is often simply too exhausted to care. A bearing-down sensation, as if everything is falling out, is common, and — somewhat unusually — the person feels better from vigorous exercise. Brown discoloration across the nose can appear, along with irritability toward family but politeness toward strangers. Excellent for exhausted mothers, hormonal issues, and menopause, with a craving for sour foods and vinegar. It's deep-acting, so use it carefully — one of the great polycryst remedies.

Women's Hormonal

Indifference / Exhaustion

Better Vigorous Exercise

Dog's Milk ANIMALIA

Lac Caninum — Mammalia

Overview. Remedy for alternating sides and erratic symptoms that shift from side to side. Sore throat alternating sides. Mastitis. Oversensitive, feels unworthy, dreams of snakes. Timid, lacks confidence. Symptoms alternate from one breast to the other, one side of throat to other. Burning pains. Phantom symptoms. Feels unclean.

Indications. Sore throat alternating sides; mastitis alternating breasts; symptoms that shift from right to left; tonsillitis moving side to side; sciatica alternating sides; diphtheria; rheumatism moving from joint to joint; dysmenorrhea.

Emotional/Mental. Feels worthless, unworthy; timid; lacks confidence; dreams of snakes; fears going insane; fears disease; oversensitive; easily startled; absent-minded; feels despised; delusion of floating in air.

Physical. Sore throat shifting sides (right to left to right); breasts alternately affected; pain alternating sides; shiny red throat; mammary abscess; extremely sore nipples; milk flow problems; glossy appearance of inflamed parts; nose bleeds; diphtheria.

Worse / Better. Touch; jar; cold; morning on waking; annually / Cold drinks; open air.

Potency & Use. Typically 30C or 200C. For sore throat, dose when symptoms shift sides. For mastitis, 2-3 times daily. Not a frequent remedy, but specific when indicated.

Cautions. A very specific indication is symptoms that alternate sides of the body. It's an uncommon remedy, but invaluable when the symptom picture matches. Low self-esteem is characteristic, along with dreams of snakes and a glossy, shiny appearance of inflamed areas. It's also used for nursing mothers with breast problems.

Alternating Sides

Snake Dreams

Breast Issues

Honey Bee ANIMALIA

Apis Mellifica — Apidae

 **Overview.** First aid remedy for bee stings as well as swelling with itching, hives, urticaria and edema. Also used for swollen eye lids with red burning eye lids. Insect bites and stings. Characterized by swelling, redness, burning and stinging pains like hot needles. The swellings are hot, red, shiny and puffy. Person is generally hot and thirstless even with fever, cravings for sour things, hard to please, irritable, cannot think clearly, unable to sit still, whining, jealous. Excellent for inflammatory conditions of skin, eyes, urinary tract, joints and throat. Symptoms come on suddenly and are sensitive to touch. They feel better in open air, uncovering and by cold bathing and feel worse by any form of heat, in a closed room, by any form of touch or pressure.

 **Indications.** Bee stings and insect bites; urticaria (hives); allergic reactions with swelling; conjunctivitis with swollen eyelids; sore throat with uvula swelling; urinary tract infections; joint swelling and synovitis; erysipelas; edema; mastitis.

 **Emotional/Mental.** Irritable, sensitive, fidgety and hard to please; tearful and whining; jealousy; awkwardness, dropping things; sudden emotional outbursts; busy like a bee but feels trapped or confined.

 **Physical.** Hot, red, shiny puffy swellings; burning, stinging pains like bee sting; intense itching worse at night; thirstlessness despite heat; swollen eyelids; raw, red eyes; constricted throat; scanty, burning urination; swollen joints; hives with burning and stinging.

 **Worse / Better.** Heat in any form; warm room; touch; pressure; late afternoon (3-5pm); right side or right to left / Cold applications; cool open air; uncovering; cold bathing.

 **Potency & Use.** 30C is most common for acute situations like stings or allergies. Can repeat every 15-30 minutes for severe acute symptoms, then reduce frequency. For chronic conditions like arthritis, may use 6C or 30C 2-3 times daily.

 **Cautions.** An excellent first aid remedy, safe for all ages — but if a severe allergic reaction (anaphylaxis) occurs, seek emergency medical care immediately. A key sign is thirstlessness despite feeling hot, and the swelling is typically rosy-red and shiny.

Swelling / Stings **Burning Pains** **First Aid Remedy**

Roasted Sponge ANIMALIA

Spongia Tosta — Porifera

Overview. The croup remedy. Dry, barking, croupy cough sounds like sawing wood. Wakes from sleep with suffocative cough. Larynx sensitive to touch. Every breath painful. Dryness of all air passages. Croup, laryngitis, thyroid problems. Better from warm drinks and eating. Worse before midnight. Useful for croup, hoarseness, thyroid enlargement, asthma. Heart palpitations with cough.

Indications. Croup; dry barking cough; laryngitis; hoarseness; suffocative cough; thyroid enlargement; heart palpitations; asthma; cough worse before midnight; wakes with suffocation; larynx sensitive.

Emotional/Mental. Anxiety; fear of suffocation; wakes in terror; apprehensive; frightened; weary of life; anxious about heart.

Physical. Dry, barking, croupy cough (like sawing wood); wakes with suffocation; every breath hurts; larynx very sensitive to touch; dryness of larynx; thyroid enlarged; heart palpitations on exertion or lying down; hoarseness; burning in chest; exhaustion from cough; whistling breathing.

Worse / Better. Before midnight; cold; exertion; ascending; excitement; wind; talking; singing; swallowing; lying with head low; dry cold wind / Warm drinks; eating; lying with head high; descending.

Potency & Use. For croup: 30C every 30 minutes to 2 hours during attack. If severe or not improving, seek medical care. Usually worse before midnight. For chronic hoarseness or thyroid, 30C less frequently. Often alternated with Aconite or Hepar sulph in croup.

Cautions. Made from roasted sea sponge, which is rich in iodine. Known as the croup remedy for its dry, barking cough that sounds like sawing through wood. The child may wake in terror, unable to breathe, with every breath causing pain. Somewhat unusually for croup, warm drinks and eating bring relief. Symptoms tend to worsen before midnight (compare with Hepar Sulph, which worsens after midnight), and the larynx is extremely sensitive to touch. It's also excellent for thyroid problems and for heart palpitations accompanied by cough. If croup is severe or the child turns bluish (cyanotic), seek emergency care immediately.

Croup / Barking Cough

Larynx / Throat

Thyroid

Spanish Fly ANIMALIA

Cantharis Vesicatoria — Meloidae

Overview. Remedy for INTENSE BURNING pains, especially in urinary tract and skin. Great remedy for cystitis (bladder infection) with burning, cutting pains and constant urge to urinate with only drops passed. Excellent for burns - sunburn, scalds, chemical burns. Burning pains so intense they drive to frenzy. Violent inflammation with burning. Raw, burning sensations.

Indications. Cystitis with intense burning; urinary tract infections; frequent, urgent urination with only drops passed; burns and scalds (first and second degree); sunburn; chemical burns; kidney inflammation; violent burning pains anywhere.

Emotional/Mental. Excessive sexual desire; violent outbursts of rage; screaming with pain; frenzy; delirium; mania; anxiety; restless; violent enough to bite and strike.

Physical. Intense burning in bladder and urethra; cutting, burning pains before, during, after urination; constant urge with little passed; bloody urine; painful erections; burning in throat; vesicles and blisters; burning skin; intolerable tenesmus (straining).

Worse / Better. Urinating; drinking (even water); coffee; cold drinks; touch / Warmth; rest; rubbing.

Potency & Use. 30C most common for acute cystitis. Can repeat every 1-2 hours in severe cases, reducing frequency with improvement. For burns, 30C every 2-4 hours. Can use alongside appropriate burn care.

Cautions. Derived from a highly toxic insect, so only homeopathic dilutions should be used. Burning pain is the key characteristic, and it works quickly for acute cystitis. Seek medical care if a kidney infection is suspected (fever, back pain, vomiting), and seek emergency care for severe burns.

Burning Pains

Urinary Issues

Burns

Fly Agaric- Toadstool FUNGI

Agaricus Muscarius — Amanitaceae

Overview. This remedy is used for nerve treatments, like ticks, jerks, twitches, also for back and spinal pains where they are sensitive to the touch. Pain as if touched or pierced by needles of ice is very characteristic. It has also been used to treat frostbites and chilblains. Types of Bell's palsy, spasms or twitching of the eyelids and/or face. Face, skin, toes, ears have a redness as being frozen. Delirium with excessive talkativeness, also used for fear of cancer, ghost and being left alone. They feel better in open air and moving around slowly. They feel worse from cold air, from touch, from alcohol intake, from mental exhaustion, from fright.

Indications. Twitches, jerks, tics, cramps, spasms; neurodegenerative disorders; convulsions; chorea; chilblains; frostbite; back and spine complaints; blepharospasm; nystagmus; neuralgias; epilepsy.

Emotional/Mental. Anxiety about health with extreme fear of cancer; dullness of mind, laziness and lack of motivation in morning; excited and ecstatic states; sings, talks but doesn't answer; makes verses and prophecies; silly merriness with incoherent talk. Clumsy awkward children who are fearless of climbing and running ('dare-devils').

Physical. Involuntary, exaggerated and awkward movements; twitching in eyelids, face, extremities; spinal column painful and sensitive to touch; rolling of head; pain as from needles of ice; ears, face, nose, toes red and itch as if frozen; symptoms worse before thunderstorms.

Worse / Better. Cold air; before thunderstorms; after sexual intercourse; mental exertion / Open air, Slow movement. Symptoms worsen in morning for mental state, cold air, from alcohol intake.

Potency & Use. Commonly used in 30C or 200C potencies. For twitches and neurological symptoms, typically dosed 2-3 times daily, reducing as improvement occurs. Chronic conditions may require consultation with a homeopath.

Cautions. Derived from a toxic mushroom, so it should only be used in homeopathic dilution. It suits people who are very sensitive to cold and damp, including elderly individuals with poor circulation, and has traditionally been used for headaches related to alcohol use. A notable sign is that the twitching stops during sleep.

Fungal-Based Remedy **Eye Issues**

Minerale 12 remedies

Barium Carbonate MINERALE

Baryta Carbonica — Carbonate

 **Overview.** Remedy for extremes of age - children with delayed development and elderly with mental and physical decline. Childish behavior in adults. Slow mental development in children. Enlarged glands, especially tonsils. Inclined to glandular swelling. Difficulty in swallowing. Bashful, timid, lacks confidence. Physical and mental retardation. Bed-wetting or incontinence with anxiety. Feels dwarfed physically or mentally. Elderly with arteriosclerosis and senile dementia.

 **Indications.** Delayed development in children (physical and mental); enlarged tonsils; repeated tonsillitis; senile dementia; arteriosclerosis; memory problems in elderly; chronic colds; swollen glands; lack of confidence; premature aging.

 **Emotional/Mental.** Childish behavior regardless of age; extreme bashfulness and timidity; lack of confidence; aversion to strangers; hides behind mother; dwells on trifles; difficulty learning; poor memory; confusion; makes mistakes in speaking and writing.

 **Physical.** Enlarged, hardened tonsils; recurrent tonsillitis; swollen glands; delayed dentition; short stature; cold feet; offensive foot sweat; warts on hands; baldness; memory loss; difficulty swallowing (especially solids); dwarfism.

 **Worse / Better.** Thinking of complaints; cold air; washing; lying on painful side; company of strangers / Warmth; walking in open air; being alone.

 **Potency & Use.** Usually 30C or higher potencies. For chronic developmental issues, typically given once weekly or less frequently under supervision of experienced homeopath. Not for frequent repetition.

 **Cautions.** A constitutional remedy that requires careful prescribing. For developmental delays or age-related decline, it's best used under the guidance of a qualified homeopath. It acts deeply and slowly, so patient, ongoing follow-up is needed.

Children / Developmental

Elderly / Aging

Mental Sluggishness

Bichromate of Potash / Potassium Dichromate MINERALE

Kali Bichromicum — Chromate

Overview. This remedy is used for thick, stringy, ropy discharges. Characteristic: pulls into long strings. Affects mucous membranes creating ulceration and tough sticky secretions. Sinusitis with thick yellow-green stringy mucus. Pains in small spots (can cover with fingertip). Wandering pains. Ulcers with punched-out appearance. Heavy feeling at root of nose.

Indications. Sinusitis; post-nasal drip; thick stringy discharges; sinus headaches; chronic catarrh; colds descending to chest; gastric ulcers; rheumatism alternating with gastric symptoms; migraines with vision disturbances before headache; sciatica; ulcerations.

Emotional/Mental. Aversion to mental and physical exertion; indifference; dullness of mind; poor memory; morose; irritable; wants to be left alone; conscientious about trifles.

Physical. Thick, stringy, ropy yellow-green discharge; pressure at root of nose; ulcers with punched-out edges; pains in small spots; wandering pains; sinus headache; stringy saliva; gastric ulcer with thick mucus vomited; joint pains alternating with stomach symptoms.

Worse / Better. Cold; damp; morning (2-3am); beer; undressing / Heat; motion; pressure.

Potency & Use. 30C most common for sinus issues. For acute sinusitis, every 4 hours. For chronic conditions, 2-3 times daily or as directed by homeopath. Can use lower potencies (6C) for frequent use.

Cautions. A characteristic sign is stringy discharges, and symptoms often alternate between areas — sinus problems with stomach issues, or joint pain with gastric complaints. Beer tends to make symptoms worse. It's excellent for chronic sinus problems, with thick, yellow-green, stringy mucus as the hallmark sign.

Sinus / Catarrh **Stringy Discharges** **Toxic Source**

Black Lead / Graphite MINERALE

Graphites — Carbon

Overview. Great skin remedy, especially for eczema with thick, honey-like, sticky discharge. Fat, fair, chilly and constipated. Skin is rough, hard, dry with tendency to crack and fissure. Every injury suppurates. Eczema especially behind ears, eyelids, corners of mouth, between fingers/toes. Unhealthy skin where every little cut festers. Also for constipation, delayed menses, keloids, and thick scars.

Indications. Eczema (wet or dry) with sticky discharge; psoriasis; skin fissures; cracked skin; constipation; anal fissures; hemorrhoids; delayed or scanty menses; keloids; thick scars; unhealthy skin that won't heal; obesity

Emotional/Mental. Timid; indecisive; unable to decide; fidgety while sitting; apprehensive; despondent; lacks self-confidence; sad, gloomy; music makes her weep; impulsive laughter; sluggish mentally; children impudent, teasing, laugh at reprimands

Physical. Rough, hard, dry skin; eczema with thick honey-like sticky discharge; fissures in corners of mouth, anus, nipples, between toes; keloid formation; every injury suppurates; eczema behind ears; constipation with large, hard stools; delayed, scanty menses; obesity

Worse / Better. Cold; draft; during and after menses; warmth of bed; skin symptoms from suppression / Dark; wrapping up; eating

Potency & Use. Typically 30C for skin conditions, taken 1-2 times daily. For chronic eczema, may use 6C or 30C daily for extended period under homeopathic supervision. Can also use as topical ointment for skin conditions. Works slowly and deeply

Cautions. A deep-acting remedy traditionally used for chronic skin conditions. The typical patient tends to be heavier-set, fair-skinned, chilly, and constipated. A sticky, honey-like discharge and fissures (cracks) in skin folds are characteristic. It often works well following Sulphur, and high potencies shouldn't be repeated frequently. It works slowly but deeply, so patience is needed.

Skin Conditions / Eczema **Sticky Discharges** **Sluggishness / Obesity**

Hahnemann's Calcium Sulfide / Liver of Sulfur MINERALE

Hepar Sulphuris Calcareum — Calcium Sulfide

Overview. A remedy for suppuration. Extreme sensitivity to cold, touch and pain. Pains feel like splinters or fish bones. 'The homeopathic antibiotic' - hastens suppuration or prevents it depending on potency. Extremely chilly - must be wrapped up even in summer. Irritable, angry, hasty. Used for abscesses, boils, croup, sore throat, ear infections. Offensive discharges smelling like old cheese. Cannot bear to be uncovered.

Indications. Abscesses; boils; infected wounds; croup; quinsy; sore throat (splinter sensation); ear infections; acne with pus; infected cuts; tonsillitis; sinusitis; dental abscesses; bronchitis with thick yellow mucus; lymph node infections.

Emotional/Mental. Extremely irritable; angry at least trifle; hasty speech; hasty drinking; oversensitive; peevish; quarrelsome; hypochondriacal; unreasonably anxious; ferocious; faint from pain; wants to set fire to house or hurt someone.

Physical. Splinter-like pains; extreme sensitivity to touch and pain; offensive sour-smelling sweat and discharges (like old cheese); chilly - cannot bear slightest cold; abscesses about to suppurate; thick yellow-green offensive discharge; croupy cough worse from cold; slow urination - drops vertically.

Worse / Better. Cold air; drafts; touch; uncovering any part; lying on painful side; dry cold wind; night / Damp weather; warmth; wrapping up warmly; warm applications; after eating.

Potency & Use. Higher potencies (30C-200C) prevent suppuration; lower potencies (6C or 2X) hasten it. For croup: 30C every hour. For boils about to burst: 6C 3 times daily. For preventing pus: 30C or 200C. Use with caution - low potencies promote discharge.

Cautions. Created by Hahnemann himself. A key feature is extreme sensitivity to cold and touch, with an inability to bear being uncovered. Different potencies have opposite effects on suppuration — low potencies tend to increase pus discharge, so use caution with closed abscesses. It's excellent for infections before antibiotics are started or when antibiotics haven't worked, and offensive odors are characteristic.

Infections / Suppuration

Extreme Sensitivity

Chilliness

Magnesium Carbonate / Magnesia Carbonica MINERALE

Magnesium Carbonicum — Carbonate

▣ **Overview.** Sour remedy - everything tastes sour, smells sour, discharges sour. Children with sour smell. Toothache before menses. Extreme sensitivity to cold. Neuralgia. Unrefreshing sleep - wakes tired. Craves meat. Used for teething pain, neuralgia, muscle cramps. Forsaken feeling. Suitable for orphans or neglected children. Menses preceded by sore throat and toothache.

📋 **Indications.** Sour discharges and odor; toothache before menses; teething; neuralgia; muscle cramps; insomnia; useful for orphans or neglected children; digestive complaints with sourness; extreme sensitivity to cold.

💡 **Emotional/Mental.** Forsaken feeling; feels orphaned or neglected; quarrelsome; cannot endure noise; desire for company but cannot tolerate people; suspicious; fault-finding; mental exhaustion; anxiety; depression.

👤 **Physical.** Everything sour (sweat, stools, vomit, breath); toothache before menses; ear pain; muscle cramps; neuralgia; restless sleep; wakes more tired; craves meat; white tongue; sour vomiting; green stools; sensitive to cold drafts.

⚡ **Worse / Better.** Night; rest; cold; change of weather; during menses; milk / Warm air; motion; open air.

⚖️ **Potency & Use.** 30C most common. For toothache before menses, start several days before period expected. For teething or neuralgias, 3 times daily. For chronic conditions, less frequent under homeopathic guidance.

⚠️ **Cautions.** A key feature is a sour quality to all discharges and body odor — children needing this remedy often have a noticeably sour smell. It's a classical remedy for people, including children, who carry a deep feeling of being emotionally abandoned or unloved, sometimes following the loss of a parent or caregiver. Toothache occurring before menstruation is a strong indication, along with unrefreshing sleep that leaves the person more tired than before bed. Neuralgia pain is characteristic, along with a craving for meat despite stomach complaints.

Sourness **Children / Orphans** **Dental Pain**

Mercury / Quicksilver MINERALE

Mercurius Solubilis — Mercury

▣ **Overview.** Mercury remedy. Affects all body fluids causing profuse offensive discharges. Excessive salivation. Sweats without relief. Metallic taste. Offensive breath. Worse night, heat and cold. Thermometer patient - worse extremes of temperature. Tongue shows imprint of teeth. Trembling. Weakness. Glandular swellings. Abscesses, ulcers. Syphilitic remedy.

📌 **Indications.** Sore throat with excessive salivation; tonsillitis; gingivitis; mouth ulcers; abscesses; infected glands; profuse sweating; trembling; syphilis; severe colds; earache with discharge; diarrhea with straining; fevers with profuse sweat.

💡 **Emotional/Mental.** Suspicious; mistrustful; impulsive; restless; hurried; weak memory; difficulty answering questions; timid; anxious; fear of losing reason; fear of death at night.

👉 **Physical.** Profuse salivation; tongue shows teeth imprints; metallic taste; offensive breath; swollen glands; profuse offensive sweat; worse night; sensitive to heat and cold; trembling; greenish discharges; ulcers; never well after exposure to cold.

⬆️ **Worse / Better.** Night; warmth of bed; perspiring; extremes of temperature; wet weather; lying on right side / Moderate temperature; rest.

⚠️ **Potency & Use.** Use cautiously - powerful remedy. Typically 30C for acute conditions, 2-3 times daily. Not for prolonged use or high potencies without professional guidance. Can aggravate symptoms initially.

⚠️ **Cautions.** A keynote, somewhat unusual feature is feeling worse from both heat and cold. Discharges and sweats are profuse but don't bring relief, and the tongue often shows imprints of the teeth, along with offensive odors. It's excellent for severe sore throat, infected glands, and mouth problems. Low potencies shouldn't be given frequently, and it's also traditionally used to help counter the effects of excess mercury exposure.

Profuse Discharges

Night Sweats

Toxic Source

Phosphorus / Yellow Phosphorus MINERALE

Phosphorus — Phosphorus

Overview. Tall, slender, sympathetic people who love company. Burning pains. Hemorrhages (bright red blood). Desires cold drinks which are vomited when warm in stomach. Easy bleeding. Fears thunderstorms, darkness, being alone. Anxiety for others. Affectionate, artistic, sensitive. Hoarseness, loss of voice. Pneumonia. Liver problems. Useful for bleeding disorders, respiratory infections.

Indications. Easy bleeding; hemorrhages (bright red); respiratory infections; pneumonia; bronchitis; hoarseness; laryngitis; hepatitis; nosebleeds; bleeding gums; fears (storms, dark, alone); anxiety; burning pains; exhaustion.

Emotional/Mental. Sympathetic; affectionate; loves company; fears being alone; anxiety for others; fears thunderstorms, darkness; sensitive; artistic; extroverted; needs reassurance; suggestible; open; impressionable; clairvoyant tendencies; indifferent when sick.

Physical. Hemorrhages of bright red blood; easy bleeding; hoarseness; loss of voice; burning pains; desires cold drinks then vomits when warm in stomach; pneumonia (right lung); cough with chest pain; weak, empty feeling; hungry at night; tall, slender build.

Worse / Better. Lying on left side or painful side; cold; thunderstorms; emotions; twilight; warm food/drinks / Cold food/drinks (temporarily); sleep; rubbing; sitting up.

Potency & Use. Use with caution - powerful remedy. Typically 30C or higher. Single dose often sufficient. Can repeat if symptoms return. For acute bleeding, medical attention is primary. Not for frequent repetition. Best used constitutionally by experienced practitioner.

Cautions. Made from toxic yellow phosphorus, so only homeopathic dilutions should be used. A deep-acting constitutional remedy with key features of bright red hemorrhages, burning pains, and a desire for cold drinks that are then vomited back up. There's often a fear of being alone, of storms, and of the dark, along with a very sympathetic nature and an easy tendency to bleed. Excellent for the respiratory tract, including the larynx and pneumonia, and tends to suit tall, slender, artistic types. Use carefully — not for frequent repetition.

Bleeding / Hemorrhage **Burning Pains** **Storm Fears**

Pure Flint / Silica MINERALE

Silicea Terra — Silicon Dioxide

Overview. Remedy for slow, deficient processes. Pushes foreign objects out (splinters, glass). Promotes suppuration and expulsion. Chilly - cannot get warm. Weak, delicate, sensitive. Lacks stamina, grit. Offensive foot sweat. Suppurating wounds, abscesses. Slow healing. Ailments from vaccination. Useful for chronic suppuration, recurrent infections, splinters, weak nails, lack of confidence. Acts slowly but deeply.

Indications. Expelling foreign bodies (splinters, glass); chronic suppuration; slow healing; recurrent infections; weak nails and hair; offensive foot sweat; headaches; chronic fatigue; abscess; constipation; effects of vaccination; fistulas; boils; bone diseases.

Emotional/Mental. Timid; yielding; lacks confidence ('grit'); nervous; conscientious about trifles; obstinate when opposed; mentally exhausted; startles easily; anxious; fears failure; sensitive; over-concerned with details; lack of stamina.

Physical. Extremely chilly - cannot get warm; offensive foot sweat; expels splinters and foreign bodies; promotes suppuration; weak, brittle nails; vertigo; headache at base of skull; constipation (stool recedes after partially expelled); chronic suppuration; scars remain after healing; slow development in children.

Worse / Better. Cold; draft; uncovering head or feet; new moon; morning; mental exertion; suppressed foot sweat; vaccination / Warmth; wrapping up head; summer; wet weather.

Potency & Use. For splinters/foreign bodies: 6C or 30C 3 times daily until expelled. For chronic conditions: higher potencies (200C, 1M) single dose, wait. Acts slowly - don't repeat too soon. For abscesses, lower potencies promote drainage. Use under homeopathic guidance for chronic conditions.

Cautions. A powerful, deep-acting remedy sometimes called 'the homeopathic surgeon' for its traditional use in helping the body expel foreign bodies, such as splinters, and in promoting the maturation of abscesses. Use it with care around vaccination reactions. A key feature is feeling chilly and unable to get warm, along with offensive foot sweat and a general lack of grit or stamina. It works deeply but slowly, so a patient approach is needed, and it's excellent for chronic suppuration. Don't repeat it frequently — it may cause a temporary worsening of symptoms before improvement, as is typical of constitutional remedies.

Chilly / Sensitive

Expels Foreign Bodies

Offensive Foot Sweat

Sulfur / Brimstone MINERALE

Sulphur — Sulfur

▣ **Overview.** King of remedies - great polychrest. Hot, burning, offensive. Dirty, messy, philosophical. Hot feet - sticks them out of bed. Craves sweets. Burning pains. Red orifices. Offensive discharges. 11am hunger, weakness. Itching worse warmth and bathing. Skin eruptions. Never well since particular illness. Unlocks stuck cases. Used for skin problems, digestive issues, initiating cure. 'Ragged philosopher.'

☑ **Indications.** Skin eruptions; eczema; psoriasis; acne; offensive discharges; digestive problems; diarrhea (morning); burning pains; initiating healing; unlocking cases; chronic conditions; never well since; itching worse from warmth; hot flashes.

🗯 **Emotional/Mental.** Philosophical; theorizing; impractical; messy; unkempt; lazy; critical; selfish; irritable; hurried; egotistical; thinks great thoughts but accomplishes little; indifferent to appearance; contemptuous; 'ragged philosopher.'

👤 **Physical.** Hot feet (uncovers at night); burning pains everywhere; red orifices (lips, eyes, anus, vulva); offensive discharges; itching worse from warmth, bathing; 11am hunger and weakness; craves sweets; standing is worst position; diarrhea drives out of bed at 5am; dry scaly eruptions; skin dirty-looking.

⬢ **Worse / Better.** Heat; washing; bathing; standing; 11am; warmth of bed; milk; rest; periodically / Open air; motion; dry warm weather; lying on right side.

⚠ **Potency & Use.** Powerful constitutional remedy. Use with respect. Often 30C or 200C single dose, wait for response. May act for months. Can unlock cases when no remedy acts. For chronic skin, start with lower potencies (6C-30C). Not for frequent repetition. Best prescribed by experienced homeopath.

⚠ **Cautions.** Known as 'the king of remedies' — one of the most important polychrest remedies, made from pure sulfur. Key features are heat, burning, and offensiveness: hot feet stuck out of the bed at night, red orifices, and itching that's worse from warmth and bathing. Hunger and weakness around 11am is typical, and the person is often philosophical and messy. It can often unlock a case that hasn't responded to other remedies, and is excellent for skin eruptions — though it can also bring suppressed symptoms back to the surface, so use it carefully, as it can cause a temporary worsening. Morning diarrhea around 5am is common, and standing is typically the worst position.

Hot / Burning **Hot Feet** **Philosophical**

Table Salt / Sodium Chloride MINERALE

Natrum Muriaticum — Chloride

Overview. Salt remedy for chronic effects of grief, disappointment; holds grudges; dwells on past hurts; Reserved, closed; cannot cry in company. Craves salt. Dryness - lips crack, skin dry. Throbbing headaches like hammers. Cold sores. Map tongue. Sun headache. Aversion to consolation - worse from sympathy. Ailments from suppressed emotions. Anemia. Greasy, oily skin on face.

Indications. Chronic grief; depression; cold sores; migraines (sun-triggered); cracked lips; hay fever; anemia; chronic fatigue; suppressed emotions; desires to be alone; worse from sympathy; craves salt; thyroid problems.

Emotional/Mental. Reserved; closed; holds grudges; dwells on past hurts; cannot cry in front of others; worse from consolation; wants to be alone to cry; suppressed emotions; chronic grief from old loss; romantic; disappointed in love; resentful; responsible.

Physical. Craving salt; throbbing headaches (like hammers); sun headaches; cold sores (especially corners of mouth); cracked lips; map tongue (geographic tongue); greasy skin on face; worse at seaside; anemia; chronic nasal discharge; hay fever; palpitations.

Worse / Better. Sun; heat; seaside; 10am; consolation; after grief / Open air; cold bathing; missing meals; lying on right side.

Potency & Use. Constitutional remedy - 30C, 200C or higher. Single dose can act for months. For acute cold sores, 30C daily. For chronic grief, start with 30C single dose, wait. Not for frequent repetition. Best prescribed constitutionally by professional homeopaths.

Cautions. One of the great polycrest remedies, made from common table salt. It's used for chronic, long-held grief, whereas Ignatia is more suited to acute grief. A key feature is feeling worse from sympathy or consolation, and being unable to cry in front of others. A strong salt craving is typical, along with headaches from sun exposure, cold sores with tingling, and an oily face with dryness elsewhere on the body. It's deep-acting and works slowly, and is excellent for the effects of suppressed emotions.

Chronic Grief **Salt Craving** **Sun Headaches**

Vegetable Charcoal MINERALE

Carbo Vegetabilis — Carbon

Overview. Remedy for collapse, weakness and poor oxygenation. 'The corpse reviver' - for near-death states with coldness, blueness, and air hunger. Wants to be fanned. Digestive weakness with gas and bloating. Poor circulation with cold extremities but head hot. Sluggish, heavy, tired. Hoarseness worse evenings. Indigestion from simplest foods. Excellent for recovery from debilitating illness.

Indications. Collapse states; poor circulation with cold extremities; air hunger (must be fanned); flatulence and bloating; indigestion; hoarseness; asthma with need for air; weakness after illness; hemorrhage; cold sweat; varicose veins.

Emotional/Mental. Indifferent to everything; sluggish mentally; doesn't want to be left alone; fear of dark; melancholy; anxious; desires company but too weak to talk.

Physical. Icy coldness of legs, nose, ears; blue lips and nails; cold breath; cold sweat; excessive gas (upper and lower); bloated abdomen; must be fanned despite coldness; hoarseness (worse evening); weak, faint voice; burning in chest; air hunger.

Worse / Better. Evening; warm weather; rich food; fats; butter; coffee; wine / Being fanned; cool air; eructation (belching); elevating feet.

Potency & Use. 30C or 200C for acute collapse or digestive crisis. In life-threatening situations, can give frequently alongside emergency medical care. For chronic digestive issues, 30C 1-2 times daily.

Cautions. Known historically as 'the corpse reviver' for its use in near-collapse states. If someone is collapsing or in crisis, call emergency services right away while the remedy is given. A characteristic sign is wanting to be fanned despite feeling cold, and it's also excellent for poor digestion with gas.

Digestive Issues

Shortness of Breath

Coldness / Poor Circulation

White Oxide Arsenic ⚠️ MINERALE

Arsenicum Album — Arsenide

📖 **Overview.** This remedy is known for great exhaustion and debility, ailments from alcoholism, food poisoning, anthrax and venomous insects, violent vomit Burning pains as if on fire on the affected parts of the body. Gastric derangements after eating cold fruits, ice cream, ice water, burning, watery diarrhea. Also great remedy for anxiety, restlessness, person is fastidious, critical and anxious about health and security. Burning pains relieved by heat. Restless yet exhausted. Extreme chilliness with desire for warmth. Thirsty for frequent small sips. Symptoms worse around midnight to 2 am.

📋 **Indications.** Food poisoning; gastroenteritis with burning pains; anxiety disorders; asthma worse after midnight; skin conditions with burning; fear of death especially when alone; restlessness with exhaustion; complaints from spoiled food or bad water.

💡 **Emotional/Mental.** Extreme anxiety about health and security; fear of death, disease, poverty; fastidious and critical; despair of recovery; anguish driving from place to place; anxious, restless yet too weak to move; worse when alone; need for company; compulsive about orderliness and cleanliness.

🔥 **Physical.** Burning pains relieved by heat; watery diarrhea; vomiting after eating or drinking; extreme weakness disproportionate to illness; offensive discharges; dark, scanty urine; thirst for small frequent sips; dry skin; cold extremities; asthma worse 1-2am.

⬆️ **Worse / Better.** After midnight (1-2am); cold food, drinks, air; lying with head low; exertion / Heat; warm drinks; head elevated; company; motion (despite weakness).

🧪 **Potency & Use.** 30C most common for acute conditions like food poisoning (every 1-2 hours initially). For chronic anxiety or asthma, 30C or 200C less frequently. Consult homeopath for long-term use.

⚠️ **Cautions.** Derived from a toxic source, so only homeopathic potencies should be used. Excellent for acute gastroenteritis, but seek medical care if severe dehydration develops. A characteristic sign is thirst for small, frequent sips of water, with symptoms often peaking after midnight.

Digestive Issues **Anxiety / Restlessness**