

HOMEOPATHY FOR PREVENTION OF DISEASES AND SELF MEDICATION

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DEDICATION

This book is dedicated to those who suffer from diseases because they cannot afford or avail the required treatment

Contents

Prologue

Incompatibility of Medicines

Chapter 1: Origin and Development of Homeopathy

Chapter 2: Homeopathic Medicines

Chapter 3: Selection of Medicines

Chapter 4: Myths and Realities

Chapter 5: Prevention of Diseases

Chapter 6: First Aid

Chapter 7: Problems of the Mind and Head and Fevers

Chapter 8: Problems of Eyes, Ears, Nose, Mouth, Teeth and Throat

Chapter 9: Problems of Heart and Lungs

Chapter 10: Problems of the Digestive System

Chapter 11: Problems of the Urinary System

Chapter 12: Problems Related to Rectum and Stool

Chapter 13: Problems Related to Back and Locomotory Systems

Chapter 14: Problems of Skin

Chapter 15: Problems of Women

Chapter 16: Sexual Problems of Men and Women

Chapter 17: Pains

Chapter 18: Problems of the Aged

Chapter 19: Problems of Children

Chapter 20: Treatment of Cancer

Epilogue

Bibliography

Prologue

I decided to take up Homeopathy in 1988. The provocation was my wife falling ill on a Saturday night. The problem was not serious enough to merit getting her admitted to a hospital. Army doctors do not see out door patients on Sundays. So she had to be content with taking off the counter pills till we could see the doctor on Monday and start on a course of treatment.

There was also some inspiration behind the decision. When we were kids, my grand father used to open his medicine chest and give us some sweet white pills whenever we hurt ourselves or caught a cold. I had also seen some remarkable results. In the early

years after marriage, my wife used to get annual attacks of “Pharyngitis” (a throat infection that came with a painful throat and fever and required a five day course of antibiotics to cure the problem). One such attack took place when I was on annual leave at a small town in Assam to which my wife belonged. We went to a Homeopath. He gave ten small white pills which were to be dissolved in a glass of water. She was to take one spoon of the liquid before going to bed, put one spoon of the liquid in a fresh glass and fill it with fresh water, and throw away the rest of the liquid. The process was to be repeated on the next two days. At the end of three days, my wife was completely cured. That was in 1970. She has never had an attack of “Pharyngitis” again till date. I cannot prove that it was the result of efficacy of Homeopathic treatment or a matter of chance. It was also a fashion among army officers of College of Military Engineering, Pune, to take the children to a Homeopath for their minor ailments. Some of my Army friends also gave Homeopathic medicines for free. So one fine day, I decided to study the subject and start using the medicines. I bought five books and about twenty commonly used medicines and launched into Homeopathy. I have never regretted the day.

I do not claim to be a great Homeopath. But in the 24 years since 1988, I have treated many cases successfully. I have mentioned some of these cases in my website, www.bhaskarsarkar.com. But many times it has been in the nature of a temporary measure or first aid till I could reach a doctor. For example, once during a thunder storm, a door slammed on the finger of a six year old boy. He started howling with pain. I put ice on the finger, gave him a dose of Arnica 1000 and Hypericum 30 and rushed him to the Military Hospital. It took us about thirty minutes to get there. By the time we reached, the medicine had taken effect and the boy had stopped crying. His hand was X-rayed. There was a hair line fracture. On another instance, piping hot tea fell on my grand daughter’s leg. I washed the area with a solution of Cantharis mother tincture and poured some Cantharis mother tincture on it, put two Cantharis pills in her mouth and rushed her to a hospital. Her pain was largely relieved in an hour and no blisters formed.

Many of us, poor or well to do, have spent hours or days or even months in remote areas where medical aid is not immediately available. There are engineers and workers at construction sites in remote areas building dams, roads or hydro electric projects. There are NGOs doing social work in remote villages. There are detachments of security forces deployed in inhospitable mountains or jungles. There are tourists trekking in the hills or visiting wild life sanctuaries. There are ordinary villagers, students, or professionals living, holidaying or working in remote areas where medical aid is not readily available. But accidents and illnesses do take place at such places. Effective first aid or self medication can be the difference between life and death in such cases. In such cases, first aid and self medication are the only option till one can reach a qualified doctor. Homeopathic treatment or self medication can relieve pain and save lives in such situations.

Homeopathy has many detractors. Some members of the British Medical Association have called Homeopathy ‘witchcraft’ and appealed to the British Government for banning all forms of alternate medicine in the United Kingdom. But the real motive behind all such proposals to ban alternative traditional medicines and therapies are

essentially commercial. The multinational drug companies sell trillions of dollars worth of drugs at phenomenal profits. If they had their way, they would also ban generic drugs because they are cheap and their availability reduces the sale of expensive drugs. Fortunately, the Government of India and some other countries support alternate medicines and funds research in these professions. India has established hospitals and colleges for training in alternate medicines like Homeopathy, Ayurved (Indian traditional medicine) and Unani (Muslim traditional medicine). Many hospitals in India have departments offering treatment with Homeopathy and other alternate forms of medicine.

This book is not a text book of Homeopathy. It is a manual for prevention, first aid and self medication till a serious patient can access expert medical treatment. It is a manual for self medication for minor or unusual problems which do not always respond to allopathic treatment. It is also a manual for self medication for those who cannot afford allopathic treatment or where the doctor says that the patient is incurable.

All persons purchasing and using this book must realize that self medication and Homeopathy have limitations which are explained in detail in Chapter 1. For all life threatening diseases or injuries, the patient must be evacuated to a hospital at the earliest possible. The first aid or treatment suggested is only a stop gap measure till expert medical facilities can be accessed. The author or the publisher does not accept any liability for self medication or treatment suggested in the Book.

[Back to Contents](#)

Chapter 1: Origin and Development of Homeopathy

Introduction

Usually there are many ways of solving our medical problems. There are four main streams of medical treatment widely available in India. These are Allopathy, Homeopathy, Ayurved or traditional Hindu medicines and Unani or traditional Muslim medicines. In addition, there are naturopathy, faith healing and grandma's solutions. In my experience of about 50 years of adult life, I have seen all the above systems work. The problem is not with the method of treatment. It is with the knowledge, acumen and integrity of those who practice and prescribe the medicines.

Allopathic system of medicine is the most commonly used in developed countries and urban areas of India. Its practitioners claim that it is the most scientifically proven system. It is also a trillion dollar industry which commercially exploits the patient to the maximum. A common medicine for allergy, Avil is available for Rs 1 (2 cents). Its modern equivalent, Allerga, costs Rs 11 (20 cents). My 97 year old blind father had an eye problem. The doctor prescribed an injection which cost over Rs 2000. My brother, who accompanied him, told the doctor that he could not afford it. The doctor prescribed another which cost about Rs 150 and cured the problem.

Many do not believe in homeopathy. The most violent opponents of Homeopathy include my brother who is not a doctor and my niece who is a doctor in the US. Every one has the right to their choice of treatment. But Homeopathy has its own merits, which will be obvious to those who have open minds. The first requirement is to understand Homeopathy.

Origin

The Homeopathic system of medicine is one of the finest systems of cure available to mankind. It was developed in Germany by a German physician practicing Allopathic medicine, Dr. Samuel Friedrich Hahnemann in late 18th Century. Dr. Hahnemann found Allopathic medicines objectionable because he felt that Allopathic treatment did not cure but simply relieved the symptom. For example, constipation is relieved but not cured by laxatives. Fever is not cured but relieved with paracetamol or aspirin.

Dr. Hahnemann started his experiments in Homeopathy in 1790 with 'China', a traditional drug made from a Peruvian bark. He found that he could make himself sick by taking four drachms of the medicine twice a day. He noted the scores of symptoms of his sickness which affected his mind and parts of his body from head to toe. He found that the symptoms produced in him were exactly the same as the diseases for which the drug was being used by practitioners of traditional medicine. He thus formulated the law of "Similia Similibus Curentur" or "like cures like". This is also the same as the ancient Indian thought that poison in mild doses neutralizes poison. The same principle is used in development of many Allopathic vaccines. Dr. Hahnemann also found that drugs in their natural form aggravated symptoms of the sickness. For example, Arsenic administered to a person in its pure form would kill him. So he decided to dilute the drug by a method called 'Potencization'. To prepare a medicine of one potency, one part of the drug is dissolved in 99 parts of a solvent which is inert or non medicinal by rubbing and shaking for at least one hour. The most commonly used solvents are sugar of milk or rectified spirit. To produce potency two, one part of potency one medicine is added to 99 parts of a diluent and rubbed and shaken for at least one hour. By repeating the process, the frequently used potencies of 1, 2, 3, 6, 30, 200, 1000, 10000 are produced. Higher the potency, more powerful is the drug. It is perhaps the first experiment of "Nano Technology".

The process of experimenting with traditional medicines and noting down the symptoms produced is known as "proving". The records of the experiments led to the preparation of Homeopathic "Materia Medica" which gives the symptoms produced or cured by each Homeopathic drug. The experiments were carried out on Dr. Hahnemann and his pupils and other healthy volunteers. By the time Dr. Hahnemann died in 1843, he had personally proven and used about 100 Homeopathic medicines. In 1819, some German drug manufacturers brought a case against him. The court ordered him to stop distributing Homeopathic medicines. He however continued to treat the rich and the poor with the help of a royal decree and played a significant part in containing a cholera epidemic in Western Europe in 1831-32. The process of proving new medicines continues even today

and many medicines have been added to the list of Homeopathic formulations available in Dr Hahnemann's time.

Homeopathy spread to England and other parts of Europe during the lifetime of Dr. Hahnemann. It also spread to the US. Dr. J T Kent, one of the most well known authorities on Homeopathy, was an American and taught Materia Medica at Hahnemann Medical College in Chicago USA starting 1889. Dr. W A Dewey, another American authority on Homeopathy and professor, University of Michigan Homeopathic College, wrote the book "Essentials of Homeopathic Therapeutics" in 1894. Dr. William Boericke MD is another renowned US Homeopath He was a professor of Homeopathy at the University of California. His book, 'Pocket Manual of Homeopathic Materia Medica and Repertory,' a very popular and informative book, was first published in the US in 1927. The first Indian edition of the book was published in Kolkata in 1961. Switzerland is a major manufacturer and exporter of Homeopathic medicines. It is not clear as to when or how Homeopathy arrived in India. But this form of treatment is very popular and many firms in India produce Homeopathic medicines and cosmetic products.

Fundamentals of Homeopathy

Study and understanding of Homeopathy is usually done in three parts, the Organon of Medicine, the Materia Medica and Therapeutics.

Organon of Medicine

"Organon of Medicine" is a book written by Dr. Hahnemann. In it he tried to explain the philosophy on which Homeopathic treatment is based. As per him, the mission of the physician is to restore the sick to health. The cure should be rapid, gentle and a permanent restoration of the health of the patient. The disease should be annihilated completely in the shortest possible time and in the most harmless way (without any side effects). The causes which give rise to an illness or perpetuate it have to be removed. Some salient aspects of the Organon of Medicine are given in the succeeding paragraphs.

Diseases should not be identified by a few symptoms but by all symptoms from the mind and head to the toe. Allopathy admits that genetics play a part in ailment. For example, children of diabetic or those suffering from heart ailments are more likely to suffer from these diseases. But while treating them, all are treated with the same medicines. Hahnemann insisted that individual personality must be considered while treating a patient. Hence Allopathy has one generic remedy for one problem. But Homeopathy has many medicines for similar symptoms. For example if muscle pain increases with exertion the medicine is Bryonia but if it reduces with exertion, the medicine is Rhus Tox. Homeopaths therefore have to study not only the symptoms of the disease on all parts of the body and mind but also individual traits and what aggravates or ameliorates the symptoms.

Selection of the right medicine is the key to effective Homeopathic treatment. Homeopathic medicines are not like broad spectrum antibiotics. Each medicine has very

specific symptoms and is more effective in a particular type of person. For example, a patient with rheumatic pain who sweats profusely in the head needs Calcarea Carbonica while one who does not may need Ledum. If the selection of medicine is correct, a recently developed disease will disappear in a few hours to a few days. Older and more complicated medical problems will take longer time. If there is too much delay in improvement, the choice of medicine could be wrong. It is also possible that the patient is not adhering to instructions.

The medicine should be administered in very minute doses. This is achieved by “potencization” or dilution of the mother tincture. More severe the symptoms, higher the potency or more minute the dose. Allopathic treatment is just the opposite where the more severe the symptoms, the higher the milligrams of medicine per dose.

Materia Medica

“Materia Medica” are books or parts of books which describes the symptoms which the medicine could be used for. The description starts with the mental state and nature of the patient. There after it describes the effect of the medicine on various parts of the body starting from head in descending order to the toe. Self help books on Homeopathy usually condense this description and make it easier for laymen to select medicines.

Therapeutics

Therapeutics is the application of the knowledge of Materia Medica in selection of medicines and treating of diseases. It includes tips on selection of medicines, sequencing, combining and dosage of medicines. This is the most difficult part of Homeopathy.

Forms of Medicines

Homeopathy is a system of medicine that uses natural substances. Metals like gold, silver, and platinum, minerals like sulphur, arsenic, lead and substances available in the plant or animal kingdom have been transformed by “potencization” into different medicines. The medicines are available in Homeopathic dispensaries in the following forms.

Single Medicines

These are unique medicines like say Arnica or Cannabis Indica. The medicines can be in the form of pills or liquid. It is also sometimes prescribed in the form of powder. Mother tincture is a liquid, zero potency of Homeopathic medicines which is used for external applications or internal administration. Homeopathic medicines commonly used for cuts and burns like Calendula and Cantharis are also available as ointments.

Mixtures

Some Homeopaths give mixtures of different medicines in the form of powders. However, this form of medicine is not available in Homeopathic dispensaries.

Readymade Combinations

These are ready made combinations of Homeopathic medicines which have been designed for different diseases. All major manufacturers of Homeopathic medicines, both Indian or foreign have these disease specific combinations. They are available at all Homeopathic dispensaries and are quite popular. They can be used by laymen with the help of catalogues.

Tonics. Tonics are supposed to strengthen the human body or its parts. Homeopathic tonics are available for various problems like hair fall, heart, liver or menstrual problems.

Types of Doctors

There are three types of Homeopaths. These are:

Doctors Having a Degree in Homeopathy

This category has attended a degree course in a Homeopathy college. They are sometimes secretive and do not name the medicine or mixture prescribed. No prescription is issued. The medicines are issued in powder form in paper packets for a particular duration. Some of them also have a tendency to prolong the treatment. Some of these doctors discourage their patients from seeing an Allopathic doctor and prohibit them from taking Allopathic medicine while taking Homeopathic treatment. Such doctors can be dangerous and are responsible for bringing Homeopathy into disrepute. My brother-in-law is over 65 years of age. His teeth were giving problems. He had been under Allopathic treatment for some other problems and was troubled by the side effects. So he had switched to Homeopathic treatment. My brother-in-law had the misfortune of being recommended to one such doctor. The doctor kept giving him medicines but was unable to control the pain. After almost a year of suffering, he could bear it no longer. So he went to a dentist who removed the troublesome teeth and fitted a denture. He is now perfectly all right. Some of this category of Homeopaths are egoists and discourage medical investigation and Allopathic or surgical treatment. They can delay life saving treatment till it is too late and should be avoided.

Doctors Having a Degree in Allopathic Medicine

There are many Homeopaths who started as allopathic doctors with recognized degrees in Allopathic medicine. Dr. Hahnemann, the founder of Homeopathy was one of them. The motivation behind the conversion is obscure. One such Homeopath we often went to at Pune converted because he could not cure his wife's arthritis with Allopathic medicines. They are more likely to name the medicines in their prescription. They are also more likely to realize the gravity of the illness and recommend switch to Allopathic treatment when necessary.

Doctors Not Having Formal Degree

The third category consists of free lancers like me. They have an analytical mind and have studied Homeopathy as a hobby. They may also have a software for prescribing Homeopathic medicine. Many of them charge no fees. They have limited experience in view of their limited exposure and clientele. This category is generally open minded and understand their limitation. However, they should only be consulted for non life threatening diseases.

It does not matter which type of doctor you go to. What is important is that he must be effective. He must be able to solve the medical problem or at least provide relief to pain within a couple of days. If he cannot, the doctor should be changed.

Types of Diseases

Diseases are broadly classified into two categories as under in Homeopathy:

Acute Diseases

These are short duration medical problems which occur due to infections, exposure to extreme weather conditions like heat or cold or over indulgence in food and drinks. Some examples of acute diseases are colds, influenza, dysentery, malaria etc. Acute diseases usually respond well to potencies 30 and above and require a few days of treatment. Some can be cured with a single dose of medicine.

Chronic Diseases

These are serious medical problems which develop over a long period of time. Some examples are diabetes, high or low blood pressure, heart, liver or kidney problems, back ache etc. They may take a long time to cure and are usually treated with low or high potency medicines.

When one has or suspects to have a serious medical problem, one must see a doctor. The doctor can be an allopath, a homeopath, an Ayurved or Unani. Professional doctors see many patients a day and can best assess the seriousness of the situation. An allopath is perhaps the best because he is likely to get some clinical investigations done before he finalizes his diagnosis. Once a diagnosis has been done based on clinical investigation, one can select homeopathic medicines along with allopathic treatment to get a quicker or cheaper cure.

Alternate forms of medicine are not always best suited for life threatening diseases, particularly where surgery may be necessary. Self medication with Homeopathic medicines can and should only be an interim or emergency measure.

Dangers of Self Medication

Homeopathic medicines do not have serious and violent side effects which some Allopathic medicines can produce. Injection of penicillin to a person allergic to it can

result in death. Thalidomide, a drug given to expecting mothers in UK a few decades back, resulted in large number of deformed babies being born. Most Allopathic medicines have some side effects. For example use of medication for thyroid over a long period can cause calcium deficiency. Homeopathic medicines do not have any side effects. Excess intake of a medicine can cause aggravation of the symptoms. In such cases the medicine should be immediately discontinued and the case referred back to the doctor. There are antidotes for such situations. So there is no risk to life or limb due to self medication with homeopathic medicines. The worst that can happen is that instead of relief there could be some aggravation.

The main danger from self medication with Homeopathic medicines is that it may lead to delay in seeing a doctor till it is too late. Self medication in case of life threatening diseases like heart problems, persistent and severe abdominal pains, appendicitis, asthma attacks, diabetes, head injuries, internal injuries, dehydration should never be done except as an interim first aid measure. Every effort must be made to get the patient to a hospital or a qualified doctor as early as possible

Conclusion

Homeopathy is a well established form of medical treatment. It was developed in Germany and most of the authorities of Homeopathic medicines are Americans. Homeopathy is taught in many American universities like Michigan, California, Chicago and Missouri to name a few. It has been in use in the developed world for more than 200 years. It has survived that long because it is effective. Skeptics who decry Homeopathy do so either because they are ignorant about the benefits of Homeopathy or because they are afraid that increase in the popularity of Homeopathy will hurt their commercial interests.

Homeopathy, like any other form of medical treatment, is as good as the doctor treating the patient. If the doctor is good, if he knows his limitations and if he is not egoistic or greedy, he can be expected to cure you or refer you to a specialist or super specialist. I have a neighbor who was suffering from total lack of appetite and inability to hold the food taken. He saw a reputed allopathic doctor of our town and was under his treatment for about three months. But his condition kept worsening and he was reduced to a skeleton. Finally, against the wishes of his doctor, he went and got admitted at a reputed hospital in Mumbai. He had some problem with his intestine. The affected section of the intestine was removed through surgery and he is absolutely normal. Egoistic, greedy, inadequately qualified or careless doctors, no matter which stream of medicine they practice, can kill and get away with it. Just because some patients under Homeopathic treatment have died does not mean Homeopathy is ineffective. Patients under Allopathic treatment are dying in thousands every day. Homeopathy is perfectly safe and effective. It is as effective as any other form of medicine. The Government of India runs advertisement to the effect on Government controlled Television channels and encourages people to get themselves treated through Homeopathy.

Homeopathic self medication or treatment is reasonably safe and simple. It is cheap and free from side effects. It is an ideal interim solution till you reach a doctor as first aid or a life saving solution if you cannot afford expensive medical treatment. All those who live or work in areas where medical aid is not easily available would be advised to buy this book, study this book carefully and keep a Medicine kit suggested in Chapter 2.

[Back to Contents](#)

Chapter 2: Homeopathic Medicines

Homeopathic medicines are mostly made from natural substances and chemicals. They could be metals, minerals and their compounds or products of herbs, fruits, flowers or from the animal kingdom. Most of these medicines were in use in traditional medicines used in different countries before the advent of Allopathy. Homeopathic medicines should be kept in a box in a cool, dry and dust proof place. They should not be stored in places with strong odors like perfumes. The cap of the medicine phials should be kept tightly closed. The medicines can be in liquid or pill form. The liquid medicines are dosed in drops. Pills are dosed in numbers, usually four. The standard pill size is 20. The shelf life of Homeopathic medicines is supposed to be infinite. However, if there is any discoloration, the medicine should be thrown away. If medicines are easily available, they should be purchased one or two drams at a time and replenished when almost finished. When administering medicines in the form of pills, these should be placed on the tongue of the patient with the help of a stainless steel or plastic spoon or the cap of the phial. They should not be dispensed with fingers or from the palm to avoid contamination. Another very effective way of dispensing medicine is to take 10 pills and dissolve them in half a cup of lukewarm water. The solution should be stirred with a stainless steel spoon for 3 minutes and sipped over a period of 30 minutes. The liquid should be kept in the mouth for 1 minute for maximum effect. If the medicine is in liquid form, six drops or as advised by the doctor should be poured into half a cup of lukewarm water and sipped as explained earlier. A properly chosen medicine should take effect in a few hours. If there is no effect within a day, the potency or dosage should be increased. If there is no improvement in the next 24 hours, the medicine prescribed should be reviewed and changed. Homeopathic medicines should be taken on an empty stomach or at least 30 minutes before or after meals.

Concept of Potencies

As we have seen in Chapter 1, Homeopathic medicines are available in different potencies. Dr. Hahnemann believed that medicines are more effective when used in minute quantities. So he developed a process to dilute or as he called it “dynamize” the drug by a method called ‘Potencization’. To prepare a medicine of potency 1, one part of the drug in traditional form (mother tincture) is dissolved in 99 parts of a solvent which is inert or non medicinal by rubbing and shaking for at least one hour. The most commonly used solvents are sugar of milk or rectified spirit. To produce potency two, one part of

potency one medicine is added to 99 parts of a diluent and rubbed and shaken for at least one hour. By repeating the process, the frequently used potencies of 1, 2, 3, 6, 30, 200, 1000, 10000 are produced. Higher the potency, more powerful is the drug.

Use of Potencies

There are differing views on the use of potencies. Some homeopaths rarely use medicines above potency 30. However, I am a follower of the school which feels that relief obtained is inadequate if the potency selected is low. For example, acute bronchitis may not respond to Bryonia 30 but Bryonia 200 is much more effective. I therefore do not use potencies below 30. For fear of Homeopathic aggravation, I do not use potencies over 1000 or 1M. If one is confident of his selection and the patient does not show improvement, one should change to a higher potency. Further, if improvement stops after a few days of medication, it is appropriate to increase the potency of the medicine to the next level, 30 to 200 or 200 to 1000. For children, ordinarily potency 30 is used. However, there is no harm in raising the potency if required. Potency 1000 should not normally be used more than once a day. They should be used at shorter intervals if cure is not achieved in one or two days.

Sequence of Medicines

Some traditional Homeopaths or Homeopaths of the old school believe in using a single remedy or medicine for an ailment and changing of medicine only after giving it adequate time to cure. This process takes time and the patient remains sick for a longer period of time if the selection of medicine or potency was not perfect. For example, some doctors will first prescribe Hepar Sulph for an abscess and if it does not give relief give Silesia. So the cure takes longer than if Silesia was used at the beginning. Some modern Homeopaths prescribe two to three medicines at the same time. This takes care of any error in selection of medicine and achieves quicker cure. Some times more than one medicine is used for treating some diseases. For example, Aconite and Ipecac are used alternately for treating an asthma attack. Influenzin and Gelesmium or Rhus Tox is used to treat Influenza. Arnica and Ruta are used together to cure sprains. However, while using more than one medicine at the same time, one has to ensure that the medicines selected are not incompatible or inimical to each other.

Dr. Kent pioneered the use of multiple medicines in series for curing certain diseases. When multiple medicines are used, they should be used in a desired sequence. Some beneficial sequences while using a combination of common medicines is given below:

Sulfur 200 is often used to start treatment of persistent diseases. 10 pills are dissolved in half a cup of lukewarm water and sipped over 30 minutes. No other medicine is taken that day.

When treating flu, Influenzin is used first and is followed by the next medicine depending on the dominating symptoms.

Aconite should be used first when it is used with other medicines.

Some sequences are harmful. Some important examples are; Kreosotum does not follow Carbo Veg. Sulfur does not follow Lycopodium. However Lycopodium follows Sulfur. It is also better to start with lower potencies and increase the potency as the cure progresses and not the other way.

Dosage

The question of dosage is a vexing problem. There are many schools of thought on the issue. The most commonly used dose is four No 20 pills or six drops in one teaspoon of water in a cup, three to four times a day or as advised by the doctor. One dose should be taken early morning on an empty stomach. If two or three medicines are taken, 30 minutes gap should be given between medicines. I am a forgetful person and always forget to take medicines on time. I also like my two pegs of whiskey in the evening and hence cannot take Homeopathic medicines in the evening. I therefore take six pills twice a day so that the quantity of medicine taken per day remains more or less the same as in standard doses. It also facilitates taking a combination of two or three medicines. This dosage has been recommended in this book unless otherwise specified.

The second method is dissolving 10 pills in half a cup of lukewarm water and taking one spoon of the liquid every 15 minutes. The interval can be increased as the condition of the patient improves. If two medicines are to be used alternately, they can be dissolved in separate cups and spoon full of medicine taken alternately.

A third system of dosage is dissolving 10 pills in a glass of water. Take one spoon of the liquid before going to bed, put one spoon of the liquid in a fresh glass and fill it with fresh water, and throw away the rest of the liquid. The process is to be repeated on the next two days. This system is uncommon but sometimes effective in permanently curing recurring medical problems like pharyngitis, tonsillitis, etc.

Unless otherwise indicated, a dose in this book means taking 6 No.20 pills of the medicine.

Duration of Treatment

In acute diseases, the treatment should continue till the symptoms disappear. In chronic diseases, the treatment is necessary for a longer duration which could extend from a month to six month in some cases.

Ready Mixes and Tonics

To make it easier for laymen and amateur Homeopaths to use Homeopathic medicines, almost all major producers of Homeopathic medicines have come up with a wide range of problem specific ready mixes and tonics. Companies like Bio-Force, Switzerland and Allen's Laboratories, Lords Laboratories, Bios Laboratories etc have these ready mixes

and tonics which can be bought off the shelf from any Homeopathic dispensary. One can go to the shop and select what they need.

There is a very wide range of products in the market. I am unable to comment on their efficacy because I have not used them. Some of my friends have used them and found them useful. With so many products available in the market and selling, they must be effective.

The main advantage of these products is that you do not have to know much about Homeopathy to use them. The person at the Homeopathic dispensary will be able to advise you on the choice of brand and medicine for a particular ailment. If they do not alleviate the problem within three to five days, go to a doctor.

Incompatibility of Medicines

While using multiple medicines, care should be taken to ensure that the medicines selected are not incompatible or inimical to each other. The complete list is available in “Pocket Book of Homeopathic Materia Medica” by William Boericke MD. Some extracts are; Acid Nitric is inimical to Lachesis; Apis is inimical to Rhus Tox; Asterius Rubens is inimical to Coffea Cruda; Belladonna is inimical to Acetic Acid and Dulcamara, Calcarea Carb is inimical to Acetic Acid; Cantheris is inimical to Coffea Cruda, Carbo Veg is inimical to Kreosotum; Cocculus is inimical to Coffea Cruda; Ignatia is inimical to Coffea Cruda and Nux Vomica; Kali Bi is inimical to Calcarea Carb; Lachesis is inimical to Acid Nitric and Dulcamara; Ledum is inimical to China; Lycopodium is inimical to Sulfur, Merc Sol is inimical to Silesia; Phosphorus is inimical to Causticum and Sepia is inimical to Bryonia and Lachesis.

[Back to Contents](#)

Recommended Homeopathic Kit

I recommend two types of Homeopathic medicine kits namely family kits and organizational kits. Family kit is smaller. It contains first aid medicines, commonly required medicines and medicines specific to medical problems of the members of the family or the area in which they are living. For example, families living in high altitude areas should stock medicines for medical problems of high altitude and extremely cold areas while organizations working in deserts should stock medicines related to heat stroke, snake and scorpion bite problems.

Family Kit

The medicines listed in the next paragraph are recommended to be part of the family medical kit. They should be in 2 dram phials. The lids of the medicines must be kept

tightly closed. The medicines should be kept in a cool dry place away from areas like kitchen which produce strong odors.

The family kit should contain commonly needed medicines. It should contain 30 ml of mother tincture of Calendula for applying on cuts and abrasions; mother tincture of Cantharis for application on burns and scalds and Thuja for application on warts. It should also contain Size 20 pills of Aconite 30, Apis 1000, Arnica 200, Arnica 1000, Arsenic Alb 200, Antim Crud 200, Argentum Nit 200, Belladonna 200, Berberis Vulgaris 200, Borax 200, Bryonia 200, Cantharis 200, Carbo Veg 200, Cheledonium 200, Eupatorium Perf 200, Gelsemium 200, Glonoine 200, Hamamelis 200, Hepar Sulph 200, Hypericum 200, Influenzin 200, Ipecac 200, Kali Bi 200, Ledum 200, Lycopodium 200, Milifoleum 200, Merc Sol 200, Nux Vomica 200, Nat Mur 200, Pulsatilla 30, Rhus Tox 200, Ruta 200, Silesia 200, Sulfur 200, Veratrum Alb 200 and Veratrum Alb 1000.

If anyone in the family has dental problems, the family kit should have Calcarea Flour 200, Kreosotum 30 and Hekla Lava 200.

If the family has senior citizens, the family kit should have Conium 200, Anacardium 200 and Abies Nigera 200.

If a family member has motion sickness Cocculus 200 should be added to the family kit.

If the family has a heart patient, the family kit should include Cactus, Crategeous, Digitalis and Camphor mother tinctures and Cactus 30, Crategeous 30, Digitalis 30, and Arsenic Iod 30 in pills.

If the family has a member with a knee problem, the family kit should have Sticta 30.

If the family is in a snow bound area, the family kit should include Rhus Ven mother tincture and Agaricus 200.

If a family member suffers from hypertension, the family kit should have Veratrum Virde 200.

Organizational Kits

Organizations have to cater for a large cross section of people. They should hold almost all the medicines listed above and in 5 dram bottles.

Diagnostic Kits

Digital diagnostic kits are available these days for measuring blood pressure and sugar levels. Individuals who can afford these should acquire them. Organizations must hold these equipments in their medical aid posts or first aid centers or offices.

Conclusion

The range of Homeopathic medicines is vast. The total list has more than 800 medicines. However, a kit of about 45 medicines is adequate for an amateur's first aid and medicine kit. The recommended medicines which should form the kit have been given above. As stated at the beginning of this chapter, deciding on the dosage is a difficult thing. However, the readers of this book need not worry too much about it. The recommended doses will be specified when we talk of treatment of diseases. When using more than one medicine, care should be taken to ensure that the medicines are not incompatible and are taken in the correct sequence.

Back to Contents

Chapter 3: Selection of Medicines

Homeopathic medicines are symptom specific and not disease specific. For example, there are 25 Homeopathic medicines for headache. If the headache is frontal, comes early in the morning and is worse with motion, the medicine is Bryonia. If it is due to sun stroke or exposure to sun, the medicine is Glonoine. On the other hand, two tablets aspirin will cure most headaches. Selection of medicine is the most difficult part of Homeopathy. With about 75 to 100 commonly used medicines and thousands of symptoms, it is almost humanly impossible to remember which medicine should be selected. I do not trust my memory and mostly refer to books when I am dealing with a case.

Use of Books

Use of books for selection of medicine requires a good understanding of books on Homeopathy. The books can be classified into three main categories. These are Materia Medica, combination of Materia Medic and Repertory or Therapeutics and guide books. Books which are entirely Materia Medica like "Lectures on Homeopathic Materia Medica" by Dr. J T Kent or "Materia Medica" by Boericke are for those who are studying to be Homeopathic doctors. They are in great detail and contain detailed description of the effects of the medicine during proving. The Combination books are more suitable for beginners. In such books, the Materia Medica is condensed and it is easier to match the symptoms of the patient with those of the medicines. Guide books cover the diseases starting with those of the mind, head, eye, and down to the extremities, skin and fevers. They may contain abridged Materia Medica and Indices which help the layman or amateurs like me to find the disease and its cure. Most guide books will have four parts as given below. However, the sequence of the parts may be different.

Materia Medica

A Materia Medica lists the medicines in alphabetical order. The symptoms noticed in the patient during proving are listed starting with the mind, then head, eyes, nose, ears,

mouth, teeth, throat, heart or circulatory, lungs or respiratory, digestive systems, back and neck, urinary system, female, male, rectum, stool, extremities, skin, fevers, etc. At the end of the description of each medicine, modalities (what aggravates or worsens the symptoms and ameliorates or reduces the symptoms), relationship and recommended potencies may be indicated. Beginners should not spend much time on Materia Medica as it can be confusing. Study of Materia Medica is useful in finally selecting the medicine after we have narrowed down the choice of medicine to about three.

Therapeutic Index

The therapeutic index lists ailments in the same order as the Materia Medica and lists the possible medicines along with the symptoms of the medicine. While selecting medicines, it is best to start with the therapeutic index. If the choice is obvious go for it. If the choice is not obvious, select two or three which seem most appropriate and further analyze them by referring to the Materia Medica and Modalities Index.

Modalities

Modalities or what aggravates or worsens the symptoms and ameliorates or reduces the symptoms is an important indicator of the medicine to be selected. Let us take an example. The patient is suffering from aches and pains in the body. If the pain increases with exertion or any motion, in the morning, in warm weather and feels better by pressure or lying on the painful side or rest, the medicine is Bryonia. But if the pain gets better with exertion or motion, by warm application and change of position but gets worse during rest or sleep, in cold weather and with pressure, the medicine is Rhus Tox.

Generalities

This is a separate index or chapter in some books. It is similar to the therapeutic index. It lists medical problems which can be common to different parts of the body or not specific to any part of the body. Some examples are abscess, anemia, cancer etc. It suggests medicines based on the cause of the problem or the part affected.

Use of Internet

These days one can get advice on selection of Homeopathic medicine on the internet. If you type “Homeopathic Treatment” on the Google Search Engine, it offers you a number of sites. If you type “Homeopathic medicines for diabetes” you will get about 72,500 hits. You can go through a few sites and find a medicine that matches the symptoms of the patient. In fact you can get suggestions on medicines for every kind of medical problem including sexual problems.

Guidance from Shops

One can also get good advice from the proprietors of Homeopathic Medicine shops regarding medicines for diseases, particularly of the readymade combinations and tonics.

Conclusions

Selection of the correct medicine and dosage is the most challenging part of Homeopathy. However, this book does not seek to make you a Homeopathic doctor. It seeks to help you to select the most appropriate medicine for your medical problem and also suggests the dosage. So relax and make use of suggestions in the succeeding chapters when the need arises. If you are unable to make up your mind as to which is the most appropriate, you can take two medicines with a gap of half an hour. You can take up to three different medicines simultaneously with half an hour gap between medicines. You have to make sure that the medicines are not incompatible. If you do not get the desired relief in three days, try another medicine. If you still do not get relief, you need to see a doctor.

The internet provides a wealth of information and guidance on the efficacy and use of Homeopathic medicines. Those who are familiar with the use of internet will find it easy to use it for suggestions regarding selection of medicines and deciding on the line of treatment. It also saves on the expense of purchasing too many books. However, possession of one good guidebook is desirable

[Back to Contents](#)

Chapter 4: Myths and Realities

There are a number of myths related to Homeopathy. Some of the myths have been created by Homeopaths themselves to increase their importance, propagate their views against use of alcohol or serve their commercial interests. Opponents of Homeopathy have also added their myths. Here we will deal with some of them.

“Homeopathy Takes a Long Time to Cure”

This myth has been propagated by both Homeopaths and their opponents. Let me narrate an incident. A few years after I had started on Homeopathy, my friend and his wife came visiting and we started discussing my new found interest. My friend's wife said that she had a back problem for which she was taking medicines from a renowned Homeopath who used to visit our town once every month from Mumbai. She could not bend forward and doing household chores like sweeping or making the bed which involved bending forward was very painful. The doctor used to charge Rs 50 or \$2 (Rs 50 in 1989 was much more than what it is today) and give medicines for one month. This had been going on for six months and the improvement was negligible. The doctor had said that the problem would take time to cure. I told her that as per my studies, Homeopathic treatment worked fast. I brought out my books and selected a medicine which she agreed to try. She felt much better within 24 hours and was completely cured in about a week.

If the correct medicine in the required potency is taken, Homeopathy, particularly in the case of acute diseases, shows positive improvement within 24 hours and cures completely within a couple of days. One dose of ten pills of Veratrum Alb 1000 is supposed to cure Cholera. I have never had a chance to treat cholera. But I have stopped rice diarrhea with one dose of Veratrum Alb 1000.

I have personally experienced the quick action of Homeopathic medicines. Once while on a tour of cyclone affected Orissa in 2000, I suddenly had a severe attack of loose motion and vomiting around midnight. I was staying at a small hotel at a small town. I treated myself with Arsenic Alb and Merc Sol and was all right by 10 o'clock the next morning and fit enough to continue the journey. I have seen pain from bee sting subside in an hour after taking Apis Mel 1000, toothache subside within hours after taking Hekla Lava 200 and Merc Sol 200.

Chronic diseases like diabetes, heart problems, cancer etc can take a long time to cure. But for most common problems, Homeopathy can cure within days if not in hours. If a Homeopathic doctor tells you that treatment will take a long time and does not tell you what medicine and potency he is giving, he is taking you for a ride.

“Initial Aggravation is Normal in Homeopathic Treatment”

This myth has been spread by Homeopaths themselves as a face saving measure when they fail to select the proper medicine or potency. Once my son had an attack of scabies and we took him to a Homeopath. He gave some medicine and the rashes erupted all over the body and started oozing. We went back to the doctor. He said that it was normal and the boy will be all right. We waited another day and when there was no improvement, took him to the hospital and got him admitted.

Homeopathic aggravation does occasionally occur if the dose given is too high or a combination of two medicines inimical to each other has been used by mistake during treatment. But if the doctor says that the aggravation is normal and because the medicine is taking effect and does not change the medicine, he is lying.

“Homeopathic and Allopathic Medicines cannot be Used Together”

This myth has also been spread by Homeopaths to prevent their clients from going to Allopathic doctors for treatment. There is absolutely no truth in the myth. In fact some Homeopathic books recommend that you take Arnica 1000 before surgical operation or tooth extraction. This reduces pain, prevents pus formation and hastens cure. I have consistently used both Homeopathic and Allopathic medicines at the same time. Relief to the patient is what is important. It does not matter whether the relief comes from Homeopathic or Allopathic medicines.

“Drinking and Homeopathy Do Not Go Together”

Many Homeopaths prohibit taking alcohol when taking Homeopathic medicines. I have found no evidence to support this myth. I take two pegs of whiskey almost every evening. Homeopathy works wonders for me. Of course, the fundamental rule that Homeopathic medicines should not be taken within 30 minutes of taking food or drinks apply.

“Homeopathy is not based on Scientific Experiments”

This myth is spread by Allopathic doctors and drug companies to further their commercial interests. In fact a junior doctor’s association in UK called Homeopathy witchcraft and recommended that it should be banned. Homeopathy is not a traditional system of medicine originating in the Third World. It originated in Germany and was refined in the United States. Most authorities on Homeopathic treatment are Americans. Homeopathy is taught in many American Universities and practiced in the US. The Ministry of Health and Family Planning, Government of India recognizes it, recommends its use and funds Homeopathic hospitals and colleges. So if you do not want to use Homeopathy, you are welcome not to. But why discourage others?

Conclusion

Commercial interests of doctors, both Homeopathic and Allopathic influence their attitude towards Homeopathy. The commercial interests of the drug companies who control a multi-trillion dollar market are overwhelming. They can influence WHO to overstate the threat from H1N1 virus so that their sales improve. They can influence the Government of India to close down all Public Sector vaccine producing units instead of upgrading them. They bribe doctors with gifts and holidays to encourage them to prescribe expensive medicines instead of cheaper generic versions. It is only natural that they would try to discourage Homeopathy as a method of treating diseases because homeopathic medicines are cheap. Homeopathy offers a cheap and hassle free cure for many minor and unusual medical problems.

[Back to Contents](#)

Chapter 5: Prophylactics or Prevention of Diseases

Prevention of diseases is certainly better than cure. A balanced diet, adequate exercise, proper stress management and avoiding bad habits like smoking, excessive drinking, addiction to drugs and chewing tobacco does help in increasing body resistance and prevention of diseases. But this is not always enough. To prevent attack by some infections and viruses, it is advisable to take suitable vaccines and administer them to our family members. Common Allopathic vaccines like DTP, polio drops must be administered to children as per the prescribed immunization program of the government. Tetanus injection must be administered after cuts and abrasions where there is a danger of tetanus infection. Homeopathy claims to have many medicines which are supposed to prevent diseases. I say claims because there is no way to prove that a person was not

infected due to taking a Homeopathic medicine. However, I believe that there is no harm in taking a few pills if it can prevent a disease or a tragedy.

Mind and Head

Fear

The human mind has many kinds of fears. Homeopathy offers medicines for overcoming these fears. The various types of fears and their medicines are as under:

Fear of death. Give Aconite 30 or 200 in extreme cases. One dose of 6 pills dissolved in half cup of lukewarm water before going to sleep.

Fear of examination. Take 6 pills each of Anacardium 200 and Argentum Nitricum 200 two times a day for 3 days prior to the start of the examination.

Fear of failure and lack of self-confidence Argentum Nitricum 200. Take one dose of 6 pills two times a day for 3 days before an interview, journey or a sports event. My wife always feels very uneasy before a journey and a dose of Argentum Nitricum the evening before invariably soothes her nerves.

Fear of being left alone. Give one dose of Phosphorus 200 four hours before being left alone.

Lack of Determination

Lack of grit or determination to persist in adverse condition can be overcome by giving one dose of Silicea 200 once a week for a few weeks.

Getting Drunk

Some times we attend parties where there is a chance of getting drunk or having a hangover later. To avoid getting drunk or having hangover, take one dose of Nux Vomica 200 about one hour before the party. A well buttered toast topped with a fried egg a few minutes before leaving for the party also helps by delaying absorption of alcohol into the system.

Suicide

Suicidal tendencies can occur due to extreme hopelessness and despair. Some common situations and suggested remedies are given below. It is very important that the person is not left alone after the mental shock for 24 to 48 hrs.

Hopelessness which is due to failure in examination or not getting a job: One dose of 6 pills of Aur Met 200 two times a day for three days immediately after the bad news. Every effort also needs to console the person instead of chiding the person. Ensure that the person is not left alone.

Suicidal tendency which is due to mental shock due to death of spouse or child, financial loss, discovering infidelity on part of spouse or break up of marriage: Dissolve 10 pills of Arnica 200 in a cup of water and administer one spoonful every half hour till night fall. Make the medicine again if it finishes.

Suicidal tendency which is due to prolonged illness: Give Carbo Veg 200 one dose three times a day for a month.

Nose

Colds

Some people have a tendency to catch a cold. Some common causes and preventive medicines are given below:

The person has a tendency to catch cold at every change of weather. Give one dose of Sulfur 200 and Calcarea Carb 200 on empty stomach once a week on different days for one month in spring, summer, onset of monsoons and onset of winter.

Tendency to continuously suffer from attacks of cold. Give one dose of Nitric Acid 200 once a week on empty stomach for three months.

Mouth

Bad Breath

Unpleasant odor emanating from the mouth can be prevented by the following medicines depending on the cause of the problem:

Due to unhealthy gums: One dose of Merc Sol 200 two times a day for three to five days. Repeat if required.

Due to pyorrhea: Silicea 200 one dose three times a day for three to five days. Continue if required.

Throat

Diphtheria

Diphtheria is a serious highly infectious problem of the throat which can lead to heart failure and death. It can be prevented by immunization. Children are supposed to be immunized in the first year. The main symptoms are sore swollen throat and difficulty in breathing. One must see a doctor at the earliest. Apis 30 is supposed to prevent Diphtheria. One dose of 10 pills should be given to all persons in the house if there is a case in the family or neighborhood.

Mumps

Mumps is caused by a viral infection which leads to salivary glands. There is swelling in front of and below ears. There can be inflammation in breasts, ovaries or pancreas in women and testes in men. It is highly infectious. The preventive is Trifol 30 and Pulsatilla 30. One dose of 10 pills of each should be taken once a week if cases are occurring in the neighborhood.

Tetanus

Tetanus is a serious life threatening disease caused by bacterial infection which takes place through cuts, punctures or abrasion caused by falls on roads or cuts or punctures while working with rusted or dirty metals tins, knives, nails etc. The patient experiences stiffness, pain in jaw, high temperature, headache and sweating. Ledum 200 is the preventive. Take one dose of 6 pills as early as possible after the injury. Get tetanus injection if available.

Tonsillitis

Swollen tonsils are accompanied by high temperature, white coated tongue, dry cough and bad breath. The problem is common in children. It can be prevented by one dose of Baryta Carb 1000 once a week for three months.

Heart and Circulatory Systems

Heart problems affect most persons as they age. The risk increases in people with sedentary habits, who are obese, diabetic and who smoke. The main early indications of impending heart problem are high levels of cholesterol and triglycerides in blood, high or low blood pressure, weak or irregular pulse rate, dyspepsia or breathing difficulty for short periods, sudden blackouts and extreme breathlessness and exhaustion on least physical exertion. Regular checkups are advisable after the age of 40 for those who can afford it. Heart problems can arise from infections, blocking of arteries, degeneration of heart muscles or from mal function of heart valves. High blood pressure or hypertension is one of the main reasons of coronary heart diseases. 120/80 is normal. 150/90 is high. 170/95 is dangerously high. Low blood pressure, say less than 90/60 accompanied by a pulse rate below 45 could mean that the heart is weak and unable to pump the required quantity of blood. Prevention of heart diseases involves controlling high blood pressure by use of medicines and blood thinners; control of cholesterol by drugs and fiber in diet. Homeopathy also has drugs which can control blood pressure and cholesterol. Patients with weak heart need to improve their strength and stamina. Ultimately, they may need a pace maker.

Heart problems in patients with high blood pressure can be prevented with Crateagus mother tincture and Veratrum Viride 30. Crateagus is said to have solvent power upon deposits in arteries. Veratrum Viride reduces both systolic and diastolic blood pressure. 10 drops of Crateagus Q mixed in half a cup of water and 6 pills of Veratrum Viride 30 should be taken two times a day continuously to prevent an attack. Veratrum Viride can

be stopped if the blood pressure falls below 140/90. One can also take a blood thinner like Ecospirin 150 mg or 75 mg.

Heart problems in patients with low blood pressure or weak heart muscles can be prevented with *Crateagus mother tincture* and *Digitalis 30*. 10 drops of *Crateagus* mixed in half a cup of water and 6 pills of *Digitalis 30* should be taken two times a day continuously to prevent an attack.

Digestive System

Cholera

If one is in the midst of a cholera epidemic, one dose of 10 pills of *Cuprum Met 30* and *Veratrum Alb 200* should be taken alternatively once every week as long as the epidemic lasts. The dose of *Cuprum Met 30* should be taken first. This should be followed by the dose of *Veratrum Alb 30*.

Diarrhea

If there is a diarrhea epidemic after floods or due to contamination of drinking water *Sulfur 200* acts as a prophylactic. One dose of 10 pills should be taken once every week as long as the epidemic lasts.

Female

Abortion or Miscarriage

Miscarriage can be due to injury like a fall or an accident. One dose of *Arnica 200* should be administered as early as possible after an injury to pregnant women to avoid abortion. Every attempt must be made to get to a doctor.

Some women have a tendency to miscarriage. Such women should be given one dose of *Sabina 30* once a week from the third to the eighth month to prevent miscarriage.

Extremities

Diabetic Gangrene

Gangrene is a disease where tissues of the body die after their food supply is cut off by bacterial infection. Injuries like cuts and pierced wounds and even internal injuries due to accidents do not heal easily in diabetic persons. If neglected it may lead to gangrene which in turn may lead to amputation. Gangrene in diabetic persons can be prevented by taking *Arsenic Alb 200* along with other medicines. One dose of 6 pills should be taken two times a day till the wound heals. The dosage should start immediately after first aid has been administered.

Septic

One dose of Arnica 1000 should be taken before one goes for tooth extraction, operation and child birth to reduce pain and to prevent the wounds becoming septic.

Skin

Erysipelas

Erysipelas is a serious bacterial infection of the skin which spreads by direct contact. It starts as a red spot on the face or scalp. The spot becomes bigger. The affected area becomes hot painful and swollen. The patient has high fever, chills and nausea. He can vomit. Persons coming in contact with such patients should be given one dose of Graphite 30 once every three days to prevent spread of the infection. Without treatment the disease can be fatal.

Sweating

Some persons have a tendency to sweat profusely. Some medicines which reduce sweating are given below. One dose of 6 pills should be taken once a day during the sweating season.

When sweating is in the head and hair is wet: Calcarea Carb 30.

When sweat is sour with offensive odor: Hepar Sulph 200

When sweat is oily and sticky sweat: Merc Sol 200

When only upper body sweats: Opium 200

When sweating with burning in arm pits and leg pits: Sulfur 200

Fevers

Hay Fever

Hay fever is an allergy caused due to pollens in the air. There is fever and running nose. One dose of 10 pills of Arsenic Alb 200 should be taken once a week in the hay fever season.

Influenza or Flu

Influenza results from a viral infection of the respiratory tract. The other symptoms can include general weakness, body pain, pain in bones, sneezing, coryza and fever. Recently there was a Flu epidemic caused by the H1N1 or Bird Flu virus. If not controlled, it can lead to pneumonia and death. The preventive is Influenzin 200. Six pills should be taken in the morning and another six in the evening on the same day when incidence of flu is reported in the locality, school, place of work or when traveling by public transport. Some recommend taking one dose of 10 pills of Arsenic Alb 200 the next day.

Intermittent Fevers

Intermittent fevers include Malaria and Typhoid. The first is caused by infection through mosquito bite. The second is due to water borne infection. Both are common during rainy season. The preventive is Arsenic Alb 200. One dose of 10 pills should be taken once a week during rainy season.

Measles

Measles is a highly contagious viral infection which occurs mostly in childhood. The symptoms are high fever, running nose and cough. Rashes appear all over the body after about four days. The preventive is one dose of 6 pills of Aconite 30 followed by one dose of 6 pills of Pulsatilla 30 if cases of measles are reported in the locality or school.

Children

Whooping Cough

Whooping cough is a severe cough which can affect infants and children not immunized against it. At the end of a spasm of severe coughing, there is a sharp, noisy intake of breath. The preventive is Drosea 30. One dose of 4 pills should be given once a week to children who have not been immunized when a case occurs in the locality.

Miscellaneous

Motion Sickness

Some people get nausea with vomiting when traveling by road, rail, sea or air. This can be prevented by taking one dose of 6 pills of Cocculus 200 one hour before the start of the journey. If the journey is a long one, the dose can be repeated every four hours.

Pus formation

Simple wounds or cuts can get septic and there is pus formation. The situation becomes complicated and difficult to cure. This pus formation can be prevented by taking one dose of 4 pills of Arnica 1000 after the injury or before an operation or tooth extraction.

Insomnia

Insomnia or inability to sleep is a common problem. Homeopathy has many medicines for preventing insomnia. One dose of 6 pills of the medicine should be taken half an hour before going to sleep.

Insomnia of the aged: Aconite 30

When over tired: Arnica 200

Due to physical or mental restlessness: Arsenic Alb 200

Sleepy but cannot sleep: Cannabis Indica 30.

Due to pain: Chamomilla 200.

In women after copious menstruation: China 200

Due to mental activity: Coffea Cruda 200

When you wake up at 3:00 AM: Nux Vomica 200

Conclusion

Homeopathy offers many options for prevention of diseases. However, these should not be considered to be an alternative to allopathic immunization programs initiated by the Government but to supplement it. This is particularly true for children.

The preventive medicines should not be taken unless there is a possibility of the problem occurring. Even after taking the medicine, one should continue to take recommended precautions to avoid infection. Some of the illnesses mentioned above are life threatening. If symptoms occur even after taking the preventive medicine, one must try to see a doctor as early as possible.

Back to Contents

Chapter 6: First Aid

Proper and timely first aid is often the difference between life and death. Homeopathy offers first aid not only in case of accidents or injuries but also for medical emergencies like heart attack, strokes, food poisoning etc. This chapter deals with emergencies and suggests use of homeopathic medicines for providing first aid. It should be clear that every effort must be made, particularly in serious cases, to take the patient to a practicing doctor or hospital as early as possible. However, when ambulance with attendant is not available and effective medical aid cannot be reached within a few hours, it may be desirable to hold and treat the patient till he is fit to take the rigors of the journey. This is the fundamental philosophy in the Army's chain of evacuation of casualties. It is unfortunate but true that in many cases a patient dies because he is taken on a long journey to the hospital when he is not strong enough to under take the journey. If a patient has to be held at home for some time, he should be given whatever life saving medicines are available, allopathic or homeopathic. Homeopathy has many life saving treatments.

Apoplexy or Stroke

Apoplexy is also called a stroke. It is a sudden problem caused by bursting or blocking of a blood vessel of the brain. There can be loss of consciousness, collapse and facial paralysis. It can be triggered in patients of high blood pressure due to extreme anger or emotional stress and accident. The patient should not be moved immediately. He should

be helped to sit up wherever he is and prevented from falling over. As per internet information, a simple procedure may prevent permanent disability and enable the patient to recover fast. Sterilize a needle or a pin with fire and prick all the ten finger tips of the hand till a drop of blood comes out of each prick. If blood does not come out squeeze the finger tip to force the blood out. When blood starts oozing from the fingertips, the patient should regain consciousness. If the mouth is crooked, pull the patients ears till they are red and then prick the lobes of the ears with the needle twice on each lobe till two drops of blood come out. The patient is expected to regain consciousness. As no medication or equipment is involved, there should be no harm in trying it. The patient must be evacuated to a hospital by ambulance at the earliest possible. Drive slowly to avoid jerks.

The medication should be based on the symptoms as given below and should be started immediately and continued on the way to the hospital:

In case of right side facial paralysis with difficulty in reading and writing, dissolve 10 pills of Causticum 200 in a cup of water and administer one spoon of medicine every 15 minutes.

In case of left side facial paralysis with difficulty in reading and writing, dissolve 10 pills of Lachesis 200 in a cup of water and administer one spoon of medicine every 15 minutes.

If there is no facial paralysis, only redness and discomfort, administer Belladonna 200 in the same way as described above.

Appendicitis

Appendicitis is an inflammation of the appendix, a small part in the right side of the lower abdomen. There is unbearable pain. Pain is worse on movement. There is also nausea, vomiting and foul breath. The disease is life threatening and immediate surgery is recommended to remove the appendix. The patient should be given 6 pills of Belladonna 200 and 6 pills of Silicea 200 and taken to the hospital.

Asphyxiation

Asphyxiation is inadequate supply of oxygen to the lungs which in turn leads to inadequate supply of oxygen to the blood. It can lead to brain damage or death. It can occur due to blocking of the throat by choking due to food or liquid stuck in the throat or food pipe. It can also be due to accidents like children putting their head into plastic bags or sleeping in a closed room with a electric heater, kerosene lamp or candle. It can also result from an attack of Asthma or Bronchitis.

In case of choking due to food or liquid, effort should be made to clear the blockage by hard slaps on the back between the shoulders. If this does not work, make the patient lie face down with the stomach on ones lap and keep slapping as indicated earlier. Once the obstruction comes out, put the patient on his back and turn his head to one side. Clean the mouth with a piece of wet cloth. Dissolve 10 pills of Carbo Veg 200 in half a cup of water and give one teaspoon every half hour. Once the medicine finishes, give 6 pills of

Carbo Veg 200 two times a day for a day or two. The same medicine should be administered in cases of accidents with plastic bags or carbon monoxide poisoning. Serious patients should be evacuated to a hospital or nursing home where oxygen is available.

Asthma Attack

Severe Asthmatic attack can result in asphyxiation. The patient should be made to sit in an upright position with the fore arm resting on some support like the back of a chair and elbows spread out so that there is no pressure on the chest. The room should be kept warm and moist by boiling some water in the room. Dissolve 10 pills of Aconite 30 and Ipecac 200 in two separate half cups of water. One spoon of the medicines should be given to the patient alternately starting with Aconite every 15 minutes. The solution of the medicine should be stirred each time before administering it. As soon as the attack is controlled, the patient can lie down and the interval of administering the medicine can be increased to one hour. If the condition of the patient does not improve, evacuate to hospital or nursing home where oxygen is available as soon as possible.

Bleeding External

Try to stop the bleeding by pressing a clean handkerchief or any cloth on the wound. If no cloth is available, the wound should be pressed with hand to stop the flow. If possible raise the limb which is bleeding. Dress the wound after the bleeding is controlled. Administer 10 pills of Arnica 1000 and Hamamelis 200 in that order. The medicines should be dissolved in two separate half cups of water. One spoon of the medicines should be given to the patient alternately starting with Arnica every 15 minutes. The solution of the medicine should be stirred each time before administering it. As soon as the bleeding is controlled, the interval of administering the medicine can be increased to one hour till bleeding stops. Apply Calendula mother tincture or ointment on the wound.

Bleeding Internal

Internal bleeding can take place due to injuries and other reasons. It is difficult to detect until it is too late. I know of two instances where accident victims, apparently without serious injuries, died due to internal bleeding. One was the victim of a vehicle accident. The other had fallen from the roof of a single storied structure. As there are no symptoms of internal bleeding, it should be assumed whenever there is a suspected injury to the stomach or chest due to pressure or blow from a blunt instrument. Administer 6 pills of Arnica 1000, Milefolium 200 and Hamamelis 200 in that order with 15 minute gap between medicines as early as possible after an accident where internal injuries are suspected. Repeat dose after 4 hours.

Burns and Scalds

Burn injuries occur due to contact of skin with fire or extreme heat. Scalds take place due contact of the skin with hot liquids like boiling water or tea etc. Burns can also be

chemical and occur when the skin comes in contact with corrosive chemicals like acids. Burns or scalds or chemical burns should be washed with ice cold water containing Cantharis mother tincture. 6 pills of Hypericum 200 should be administered orally and Cantharis ointment or mother tincture should be gently applied on the damaged skin. Chemical burns should first be washed in cold running water for a few minutes before being treated the same way as ordinary burns and scalds. 6 pills of Cantharis 200 and Hypericum 200 should be administered two times a day for a few days till the wound begins to heal. Blisters should never be punctured. In case of serious burns, one must see a doctor as early as possible.

Black Eye

Black eye occurs due to injury to the eye due to a blow or impact. The area around the eye turns black or dark blue due to internal bleeding. Put ice or a wet cloth to the area. Administer 6 pills of Arnica 1000 and Ledum 200 alternately. Repeat after four hours.

Coma

A person can faint due to many reasons. Whatever the cause, the treatment is pour 5 drops of Camphor mother tincture on a teaspoon of sugar and hold it to the nose of the patient. This is to be repeated every 15 minutes till the patient regains consciousness.

Concussion or Head Injury

Concussion or head injury can occur due to fall from a two wheeler, in a vehicle accident, due to fall from a height or due to some heavy object falling on the head. It should be taken seriously even if the patient appears to be all right after the accident. Administer 6 pills of Arnica 1000 and Hypericum 200. Repeat after four hours. Continue administering the medicines twice a day for 3 to 5 days. The patient should be made to rest and kept under observation and taken to a doctor if he shows any signs of discomfort or if the injury is feared to be serious.

Cramps

An involuntary contraction of muscles which is very painful and can occur in the thigh, calves or feet while lying down or sleeping. It can also occur in thighs, legs, hands, palms and fingers due to fatigue. To relieve the immediate pain try to stretch the affected muscle. In case of cramps in the feet, the toes should be gently pulled outwards. In case of cramps of the thigh or calves, efforts should be made to straighten the knee and legs, if necessary with assistance. For cramps in arms or palm, the fingers should be gently pulled outwards.

For cramps in calves, soles of feet and palms, take 6 pills of Cuprum Met 200. In case of cramps in fingers or palm due to strain take Ruta G 200. The patient should also take one packet of oral re-hydration medicine dissolved in water or a few glasses of water containing one pinch of salt and one teaspoon of sugar.

Cuts or Punctured Wounds

Cuts from knives, glass or any other item should first be cleaned thoroughly with an antiseptic solution. Apply Calendula mother tincture or ointment. Take one dose of Arnica 1000 and Hypericum 200 to reduce pain and two doses of Ledum 200 at 4 hr interval. In case of punctured wounds caused by nail or thorn, take two doses of Ledum 200 at 4 hour interval.

Dog Bites

Dog bite should be considered to be a punctured wound and treated as indicated above. However, give one dose of Arnica 1000 immediately to relieve mental shock. Clean the wound with hot water and antiseptics and apply Calendula mother tincture or ointment. See a doctor and take anti rabies injections if available.

Ear Ache

Ear ache can be due to various reasons. Suggested medicines are as under:

If pain is due to exposure to cold air, give one dose of Aconite 30 every hour till pain subsides.

If there is sudden and terrible pain in middle or external ear, dissolve 10 pills of Belladonna 200 in one cup of water and administer one tea spoon of the liquid once every 15 minutes. Increase interval as the pain reduces.

If ear ache is due to boil or pus, give Silicea 200 one dose of 6 pills two times a day.

If earache is along with toothache, give one dose of Plantago 30 every hour. Increase interval as pain reduces.

Encephalitis

It is an acute and life threatening viral infection which is common during monsoons in many parts of India. The patient has fever, headache, great body pain and stiffness all over the body. Take patient to hospital if available. If there is an epidemic in the area and the symptoms are seen in anyone, dissolve 10 pills of Gelsemium 200 and Baptista 30 in two half cups of water and administer one teaspoon of the medicine alternately every half hour. The administration of Baptista 30 should continue in the same way. Gelsemium 200 should be administered two to three times a day till cured.

Epileptic Fits

No effort should be made to control the movements of the affected person except to ensure that the person does not get hurt by striking against furniture or hard objects. Dissolve 10 pills of Cuprum Met 200 in half a cup of water and administer one spoon of the liquid once every 15 minutes till the patient calms down. If the patient faints, treat

him as indicated for Coma above. If the patient gets violent, moans or howls during attack and limbs cannot be straightened dissolve 10 pills of Cicuta 200 in half a cup of water and alternate with Cuprum Met till the patient stabilizes.

Food Poisoning

The symptoms of food poisoning are repeated loose motion, stomach pain and vomiting within a short period after taking a meal. One dose of Arsenic Alb 200 should be given once an hour till the symptoms stop. It should be ensured that the patient does not get dehydrated by giving him glass full of “Electoral” oral re-hydration packet dissolved in one liter of water or a solution of once pinch of salt and one teaspoon of sugar or glucose in one glass of water, once every hour. If the patient faints, treat him as indicated for Coma above.

Foreign Bodies

Some times foreign bodies like pieces of thorns, wood splinters or even sewing needle may get embedded in the skin and cannot be removed. Some times fish bones may get stuck inside the mouth or throat. Such foreign bodies can be removed by one dose of Silicea 200. Some times a second or third dose may be given after every four hours.

Fracture

Fractures occur due to pressure or a blow on a bone mostly due to accidents or falls. A bone may be dislocated, cracked or broken into two or more pieces. Some times broken bone pierces the skin and is visible. Pain is very severe and the person is unable to move the extremities of the broken part. The fractured portion should be immobilized with splints and surgical or crepe bandage. A sling to support the arm should be used if the injury is to the collar bone, shoulder, arm, wrist or fingers. In case of injuries to hip, thigh, leg or feet, the patient should only be move on a stretcher or a wheel chair. Dissolve 10 pills of Arnica 1000 and Ruta 200 in two half cups of water and administer one spoonful of the liquid alternately every 15 minutes till the pain is bearable. Take the patient to an orthopedic surgeon for setting the bone.

Frostbite

In sub zero temperatures, exposed parts or parts without adequate blood circulation like toes, finger, nose, chin, cheek and lobes of the ears may develop paleness, numbness and blisters. If severe, the affected portion may develop gangrene. The patient should be removed from the freezing conditions. Direct heat must never be applied to the affected part. The part should be gently massaged with hand till circulation of the blood restarts. Rhus Ven mother tincture should be applied on the affected part which should then be covered with soft cloth or surgical cotton and lightly bandaged. The patient should be evacuated to a warmer shelter as early as possible. Agaricus 30 should be given three times a day till recovery to reduce burning, itching and swelling. If there are signs of

gangrene like foul smell, give Hepar Sulf 200 four times a day till recovery. If the patient is diabetic, give Arsenic Alb 200 in place of Hepar Sulph 200.

Heart Attack

Symptoms of heart attack are severe constricting pain in the chest and or in the left arm upwards to the neck. There is cold sweating and difficulty in breathing. Pulse is weak and irregular. Some times the patient may lose consciousness. The patient must lie down on his back wherever he is. Clothing round neck and waist should be loosened. If unconscious, artificial respiration can be started. Give one dose of Arnica 1000 immediately and repeat after every hour. Mix 10 drops of Cactus mother tincture in half a cup of water and administer one teaspoon of the liquid every 15 minutes till the condition stabilizes. If there is loss of consciousness, try to revive by procedure given under Coma above.

Do not attempt to move the patient to a hospital till the condition stabilizes. Call ambulance with necessary equipment.

Heat Stroke

Long exposure to severe heat (above 45 degrees centigrade) can result in heat stroke. The patient is thirsty, feels dizzy and exhausted. He has headache, nausea and feels drowsy. Dehydration occurs. The body temperature rises above 104 degrees Fahrenheit or 40 degrees Centigrade. The patient may become unconscious and die.

The patient should be wrapped in wet cloth and moved to a cool room or air conditioned room. Make the patient drink substantial quantities of water mixed with salt and sugar or fruit juices. Use cold compress with cloth soaked in ice cold water. Give one dose of Glonoine 200 three times a day. The first dose may be dissolved in half a cup of water to make administration of medicine easier. *Persons traveling or working in extreme heat should carry a dram of Glonoine 200 pills in their pocket and take a dose if they feel uncomfortable.*

Injury to Back or Neck

Severe back or neck injury can result in paralysis. The patient should not be moved except on a stretcher. One dose of Arnica 1000 should be administered immediately and continued thrice a day till condition stabilizes. Hypericum 200 should be administered immediately after Arnica and continued three times a day till the condition stabilizes.

Injury to Eye

Injury to eye can be due to a blow, foreign body or chemical burn. In case of physical injury administer one dose of Arnica 1000 and continue twice a day till cured. In case of foreign body like sand or insect, remove foreign body with a piece of clean soft cloth and

administer one dose of Arnica 1000. In case of chemical burn, wash the eye thoroughly with a jug of cold water mixed with 10 drops of Cantharis mother.

Injury to Nerves

The nerves in fingers can be injured due to a hammer blow or due to a door or window closing on it. Nerves in the tail bone may be hurt due to a fall. These injuries are extremely painful. One dose of Arnica 1000 should be administered immediately and continued twice a day till condition stabilizes. Hypericum 200 should be administered half hour after Arnica and continued three to four times a day till the pain subsides.

Insect Bites and Stings

Immediately give one dose of Apis 1000. If there is a punctured wound which bleeds scantily give one dose of Ledum 200 Repeat Apis if necessary after 4 hours.

Pain

Severe pain cries for relief. Over the counter pain killers should be administered immediately if available but not on empty stomach. Some suggested medicines are given below. One dose should be given immediately and repeated every three to four hours.

If there is sudden violent pain due to exposure to cold air: Aconite 30.

If there is tearing pain in face at night, lips black: Arsenic Alb 200.

If there is unbearable pain anywhere, teeth or ovaries in particular. Chamomilla 30

If pain is due to injury to nerves of fingers, toes, nails, crushed finger tips or tail bone, give Arnica 1000 and Hypericum 200.

When pain is from cramps due to excessive exertions in stomach, pelvis, spinal chord and finger of writers or pianists, give Cuprum Met 200 and Mag Phos 200.

If pain in right eye, right cheek or right ear. Chelidonium 200

Shock

Shock is a mental state in a person when he or she is unable to think and behave rationally. It can be due to accidents with or without injury and emotional trauma due to death of a spouse or children, discovery of infidelity in spouse or crippling financial loss. Try to make the patient as physically comfortable as possible. Mix 10 pills of Arnica 1000 and Aconite 30 in two separate cups of water and administer one spoon of the liquid alternately every 30 minutes. Repeat after the medicine finishes. The interval between medicines can be gradually increased after the first few hours.

Snake Bite

Apply tourniquet if the bite is on a leg or hand to stop the poison from spreading. Give a dose of Arnica 1000 immediately to relieve mental shock and a dose of Aconite 30 to reduce fear of death. Try to suck or squeeze out some blood from the wound to reduce

poison in the body. Thereafter give alternate doses of Lachesis 200 and Arsenic Alb 200 every 4 hours till you can reach a doctor. Apply hot fomentation to the area around the bite.

Sprains and Strains

Sprains may occur at joints due to injury or excessive use. It may also be caused by lifting or trying to lift heavy weights from an incorrect posture. Ankles, wrists, elbows, hips, knees or shoulders are most likely to be affected. Put some ice in a polythene bag and give cold compress to the affected part. Do not massage. If the sprain is due to injury, give alternate doses of Arnica 1000 and Ruta 200 every four hours. If there is only strain, give 4 pills of Ruta 200 three times a day. If the pain is unbearable, give allopathic painkillers, pills, sprays and ointments, along with the Homeopathic medicines.

Conclusion

Emergencies can occur at any time during day or night. Medical assistance may not be immediately available. Some injuries or attacks are not life threatening. At other times, the patient may not be in a fit condition to move. In such cases, Homeopathy offers simple first aid solutions which relieve pain and save lives. It is however important to remember that first aid is for immediate relief and not always a total cure. See a doctor, Allopathic, Homeopathic or Ayurvedic or a dentist as early as possible and get totally cured.

Back to Contents

Chapter 7: Mind, Head and Fevers

Mind

Alcoholism

Some symptoms and medicines to be taken two times a day are given below:

The patient has strong desire for Alcohol. Drinking leads to vomiting. Arsenic Alb 200 Continue till habit is reduced.

The patient is fond of drinking, rich food and women. Sleeps late and wakes up with hangover and nausea. Best remedy for one who has taken a peg too many. Nux Vomica 200.

The patient suffers from chronic alcoholism. He eats little. Sulfuric Acid 30 Continue for a month.

Amnesia or Memory loss

Amnesia means loss of memory. It can be due to head injury, alcoholism, and epilepsy or brain tumor. It can also be due to emotional shock. The primary medicine is Anacardium 200. The dosage should be 4 No 20 pills three to four times a day. If the loss of memory is due to emotional shock, the treatment should be started with Arnica 1000. Dissolve ten pills of Arnica 1000 in half a cup of lukewarm water. Administer one tea spoon of the liquid every half hour. Start Anacardium 15 minutes after the second dose of Arnica. Some symptoms and medicines to be taken two times a day are given below:

There is loss of memory and self confidence; dementia in old age. Patient is averse to strangers. He is childish and grieves over trifles. Baryta Carb 200

The patient is forgetful, confused and low spirited. There is anxiety with palpitation.

There is obstinacy and aversion to exertion. Calcarea Carb 200.

Patient is very forgetful. He cannot finish sentences; cannot remember ones identity. Cannabis Indica 200.

Memory is very weak. He cannot find the right word. He is apathetic and indifferent to surroundings. Acid Phosphoric 200

There is loss of memory. The patient is hyper sensitive and afraid of death when alone.

There can be an exaggerated feeling of importance. Phosphorus 200

The patient is unable to recall or remember recent events. Absinthium 30

The memory loss is due to injury. Arnica 1000

The patient forgets names of well known streets, house or persons. Sulfur 200 and Glonoine 200

Apathy or Indifference to Everything

Some symptoms and medicines to be taken two times a day are given below:

The patient is clumsy. He drops things easily. He is jealous, fidgety and hard to please. He complains and cribs all the time. Apis 200

The patient is disobedient, taciturn and despondent. He has a disposition to hurt others feelings. China Off 200.

The person desires to be left alone. There is apathy regarding ones illness. Gelsemium 200

The apathy is caused by grief or mental shock. The patient suffers from delirium and despair. Acid Phosphoric 200

The person is melancholic, sad and tearful. He is non communicative and keeps sighing and sobbing. Ignatia 200

The person is indifferent to loved ones and family. He is easily offended and dreads being left alone. He is very sad and miserly. Sepia 200

Bashful or Timid

Some persons tend to be shy, timid and nervous. Some common symptoms and medicines which are to be taken two times a day are given below:

The patient is shy, extremely nervous, hyper-sensitive and blushes easily. Ambra Grisea 30

The person is bashful and averse to meeting strangers. Baryta Carb 200

The person is timid, mild, gentle with yielding disposition; highly emotional and dreads meeting the opposite sex. Pulsatilla 30

The person is very sensitive about what others say and has violent outbursts of passion. Staphysagria 200

Craving

Some cravings and suggested medicines to be taken two times a day for a week are given below:

The person has craving for indigestible things like chalk, charcoal, and pencils. Calcarea Carb 30.

The person has craving for smoking or chewing tobacco. Staphysagria 200

The person has craving for alcohol. Sulfuric Acid 30

Dementia

Dementia is a disease where there is a marked deterioration in the intellectual and physical condition of aged persons. There is disorientation of memory. Patient forgets names and recent events, loses sense of time and interest in life. Some medicines are given below:

The patient loses his memory, is absent minded, melancholy, easily offended and has cramps in calves. Two doses of Anacardium 200 and Baryta Carb 200 daily till condition improves.

Patient loses his memory, is indifferent to conditions around him and is unable to understand instructions or carry on conversation. Two doses of Phosphoric Acid 30 daily till conditions improve.

If unable to decide on the medicine, administer all three alternately with gap of at least half an hour between medicines.

Depression, Fear and Anxiety

Some common symptoms and medicines which are to be taken two times a day are given below:

The patient has great fear of death without any reason. Aconite 30

The patient is disgusted with life. He talks of committing suicide. Aurum Met 200.

The patient has mental depression. He thinks only of death and salvation. Graphite 200

The patient has melancholic depression with loss of self confidence. He is afraid to be left alone: Lycopodium 200 and Phosphorous 200.

The patient suffers from depression on account of suffering from chronic diseases. Carbo Veg 200 and Nat Mur 200

*The patient is afraid of failure or anxiety about journeys or events. Argentum Nit 200.
The patient feels anxiety in the stomach. Arsenic Alb 200 and Pulsatilla 30*

Delirium

Delirium is a mental disturbance which is usually for a short duration. The patient is disoriented and may not realize what he is doing. Some common symptoms and medicines which are to be taken two times a day are given below:

Delirium is due to fever or intoxication. Agaricus 200

Delirium is due to meningitis. Apis 200

Delirium is accompanied with violence. The patient is excited and bites, strikes and sees hallucinations. He has to be tied up. Belladonna 200

Delirium is accompanied by anger and fiery sexual desire. Cantharis 200

Delirium is with singing, dancing and funny gestures. Cicuta 200

The patient has a tendency to uncover genitals in presence of others. Hyoscyamus 200

Patient is extremely frightened and talking to spirits. Stramonium 30

Delirium is due to constant severe pain or with desire to cut or tear things. Veratrum Alb 200.

Delirium of addicts when caused by denial of alcohol or drugs: Stramonium 30.

Epileptic Fit or Convulsions

The first aid suggested in the previous chapter deals only with a seizure. To prevent recurrence after the condition has stabilized treatment is necessary. Suggested medicines:

If the patient has a tendency to have attacks suddenly, administer one dose of Belladonna 200 and Cuprum Met 200 on successive days once a week.

In case the patient is a woman who is pregnant or having menstruation, administer Hyoscyamus 200 on the third day after Belladonna and Cuprum Met.

If the patient gets violent, moans or howls during attack and limbs cannot be straightened give Cuprum Met 200 and Cicuta 200 on successive days once a week

Exhaustion or Debility

Some common symptoms and medicines which are to be taken two times a day are given below:

The patient is physically weak. To improve digestion, increase body fat, weight, mental and physical vigor, give Alfalfa mother tincture 10 drops or Alfalfa tonic two times a day.

The patient gets exhausted from slightest exertion or asthma, typhoid, malaria or at night. Arsenic Alb 200

The exhaustion is due to over work. Calcarea Carb 200.

The exhaustion is due to chronic indigestion or acidity. The patient gets tired even from a short walk. Carbo Veg 200 for four months.

The exhaustion is due to loss of body fluids or blood. China 200.
Exhaustion of mind sets in first and then body is exhausted. There is nervous exhaustion.
The patient cannot collect his thoughts. Phosphoric Acid 30
Exhaustion is due to over use of drugs, medicines or alcoholic drinks. Nux Vomica 200

Hallucination

Hallucination is seeing events which have never taken place. It is a brain disorder. Some common symptoms and medicines which are to be taken two times a day are given below:

The patient sees frightful visions with loss of memory of recent events. Absinthium 30
Patient thinks he is possessed by two persons. Anacardium 200
The patient has visual hallucinations. The patient sees ghosts, monsters, insects, animals etc which are out to hurt him. Belladonna 200

Hysteria

Hysteria is an irrational, uncontrollable, violent outburst of emotion or fear. It is more common among women than men. Dissolve 10 pills of Ignatia 200 and Nat Mur 200 in half cups of water and administer one teaspoon of the liquid alternately every half an hour till the condition stabilizes. Thereafter, give two doses of 6 pills of Ignatia 200 for a week. If the patient sings and laughs and suddenly changes from hilarity to melancholy give two doses Crocus Savitus 30 for a week.

Insomnia

Insomnia is a chronic inability to sleep or get adequate sleep. Sleeping pills should be avoided. Listening to music or two small pegs of whiskey or wine can help. Some common symptoms and medicines which are to be taken two times a day for a week are given below:

Insomnia of the aged: Aconite Nap 30
Insomnia is due to worry. Patient needs to get up. Ambra Grisea 30.
Insomnia when the person is physically over tired. Arnica 200
Insomnia is on account of physical or mental restlessness. Arsenic Alb 200
The person is sleepy but cannot sleep. Cannabis Indica 30.
Insomnia is due to pain. Chamomilla 200
Insomnia is due to mental activity, sorrow or joy, emotional excitement etc. Coffea Cruda 200.
The person wakes up at 3.00 AM and goes back to sleep at 5.00 AM and wakes up feeling miserable. Nux Vomica 200
Woman is having insomnia due to sexual desire. Raphanus 30

Irritable

Some common symptoms and medicines which are to be taken two times a day for a week are given below:

Person is morose, irritable with “let me be alone attitude”. Arnica 200

Person is anxious, sad and irritable with suicidal tendencies. Aurum Met 200 and Arsenic Alb 200.

Person is irritable due to body ache. He dislikes physical activity: Bryonia 200.

Person is given to late nights and excessive drinking but extremely irritable, sullen and fault finding when not indulging himself: Nux Vomica 200.

Mania

Mania is a kind of insanity where a person displays strong desires or unacceptable behavior. Some common symptoms and medicines which are to be taken two times a day for a week are given below:

Person must move continually; cannot be still: Cannabis Indica 30.

Person suffers from sexual Mania. He has fiery, unquenchable desire for sex. Cantharis 200 and Phosphorous 200

Person has tendency to indulge in obscene acts, gestures and expression, Hyoscyamus 200.

Person imagines being the subject of divine wrath. Kali Bromatum 30.

Believes he is in communication with god and is carrying out gods commands. Laccesis 200 and Stramonium 200

Person has unclean habits. He does nothing but meditate. Sulfur 200

Person is violent; wants to kiss everybody; talks lewd: Veratrum Alb 200.

Melancholy, Pessimist

Some common symptoms and medicines which are to be taken two times a day for a week are given below:

Weary and low spirited but obstinate and forgetful. He cannot cope with sustained mental activity. Calcarea Carb 200.

Person is indifferent to happiness or sorrow and is crushed by prolonged illness. Carbo Veg 200 and Nitric Acid 200

Over burdened, harassed, exhausted housewife. Sepia 200

Nightmares

Some common symptoms and medicines which are to be taken two times a day for a week are given below:

Person has terrifying dreams which result in waking up. Calcarea Carb 30.

Person talks in sleep. Hyoscyamus 200

Person wakes up feeling suffocated. Spongia 30

Obesity

Obesity is putting on excess weight. It comes from eating more than what is used by the body, the excess being converted to fat. There are three main reasons for obesity, thyroid problem, eating disorders and lack of exercise. The first thing that the patient needs to do is to get Thyroid test done and get treated if it is not all right. If Thyroid test is negative then obesity is due to over eating and lack of exercise.

Many people suffer from eating disorders. They usually have some domestic problem which makes them unhappy. They compensate their unhappiness by the pleasure of eating and slowly they get addicted to snacking like getting addicted to alcohol or tobacco. They then keep eating between meals, in mid morning, in the afternoon or even in the middle of the night. They take care to hide their snacking habits from other family members. Controlling obesity with medicines is just not possible unless one can control ones eating and exercise. Psychological treatment to overcome eating disorder may be necessary before obesity can be tackled.

Some symptoms and medicines to be taken two times a day for a month are given below:

Patient suffers from anger, anxiety and depression. He desires for company. He suffers from weariness of lower extremities and is worse from slightest exertion: Calcarea Ars 200.

Patient is fat, fair, and flabby and perspires a lot. Calcarea Carb 200.

Thyroid enlarged. The person has obstinate constipation: Fucus Vesiculosus 30.

The patient is irritable, restless, head strong and flies into a rage over trifles. Often suffers from frontal headache, weak but rapid pulse. Thyroidinum 30

Phytolacca Berry mother tincture or pills can be taken with the above medicines. Walking for half an hour is a must. Medication can be continued for more than a month if improvement is seen.

Vertigo

Vertigo is the sensation of spinning in the head. The patient loses balance and falls. Some common symptoms and medicines which are to be taken two times a day for a week are given below:

Vertigo with tendency to fall backwards Absinthium 200

On rising from bed: Aconite 30

From walking in the sun: Agaricus 200 and Glonoine 200.

When going upstairs Arsenic Hydro 30

When going down stairs. Borax 200

On seeing running water: Ferrum Met 30

With nausea and vomiting: Ipecac 30

When climbing mountains: Coca 30

When looking down: Phosphorus 200
When looking up: Silicea 200

Head

Apoplexy or Stroke

After first aid has been administered and the patient has survived the attack, the patient may be in different conditions. These conditions and suggested medicines which can be taken with allopathic medicines are given below:

Paralysis of left side of face, left arm and left leg. 6 pills of Allium Cepa 200 two times a day till cured.

Paralysis is of right side of face, right arm and right leg. 6 pills of Causticum 200 two times a day till cured.

If patient does not recover from coma or jaws droop give 4 pills of Opium 1000 once a week. If there is one sided paralysis add medicine as indicated above.

Hair Problems

Some common symptoms and medicines which are to be taken two times a day are given below:

Baldness: Floric Acid 30. Take for a month.

Hair fall: Phosphoric Acid 200 and Thuja 200. Take for a week.

Hair-fall in large bunches: Phosphorous 200. Take for a week.

Premature graying of hair: Phosphoric Acid 200. Take for a month.

Scalp Problems

Some common symptoms and medicines which are to be taken two times a day for a week are given below:

There is severe itching with dandruff. Person cannot brush hair. There is aggravation at night Arsenic Alb 200 and Phosphorus 200

Eczema on bald patches: Lycopodium 200.

Fevers

Influenza or Flu

It is an infective viral disease. There is fever and other symptoms. Give one dose of Influenzin 200 daily. Administer a second medicine as suggested below two times a day till cured:

When there is cold and running nose or spittoon: Arsenic Alb 200.

With bronchial problems: Bryonia 200.
With pain in bones: Eupator Perf 200.
With high temperature, pain in muscles: Gelsemium 200.
Flu that is at change of seasons: Rhus Tox 200.

Chills

Some fevers are accompanied by cold and shaking of the body. The patient wants to be covered with blankets or quilts. Such fevers could be malaria or typhoid. A doctor must be seen and blood test carried out. Some common symptoms and medicines which are to be taken two times a day are given below:

Fever starts with chill: Calcarea Carb 200 and Nat Mur 200
Periodic chills at same time every day. China 200.
Fever is with chill, shivering and body pain: Gelsemium 200.
Patient feels chill in a warm room and has no thirst: Pulsatilla 30.

Encephalitis

It is an acute and life threatening viral infection which is common during monsoons in many parts of India. The patient has fever, headache, great body pain and stiffness all over the body. Hospitalize if possible. If there is an epidemic in the area, dissolve 10 pills of Gelsemium 200 and Baptista 30 in two half cups of water and administer one teaspoon of the medicine alternately every half hour. The administration of Baptista 30 should continue in the same way. Gelsemium 200 should be administered two times a day till cured.

Fever Due to Exposure

Some common symptoms and medicines which are to be taken three times a day are given below:

Fever is due to exposure to cold: Aconite 30.
Fever is due to exposure to heat. Glonoine 200
Fever is due to exposure to wet weather Dulcamara 200.
High fever is with or without delirium. Cool with ice pack or wet cloth. Belladonna 200

Intermittent/ Periodic

Such fevers are likely to be malaria or typhoid. Both diseases are serious and life threatening. The patient must be taken to a doctor at the earliest. In the interim give one dose of Arsenic Alb 200 and China 200 alternately, two times a day.

Meningitis

A bacterial infection that can be life threatening. The patient should be taken to the hospital as early as possible. The onset can be sudden or gradual. There is severe headache and high fever. The neck or back is stiff and painful. There can be vomiting and convulsions. Symptoms and medicines are given below. The treatment should be started with Tuberculinum 200 if available. Other medicines should be started after six hours.

The patient cries of pain in sleep (delirium): Apis 200.

Sudden onset with high temperatures, delirium, headache and photophobia: Belladonna 200.

With convulsions, distortion of limbs and loss of consciousness: Cicuta 200

With nausea, vomiting, violent convulsions and pain in brain and eyes: Cuprum Met 200.

Back to Contents

Chapter 8: Problems of Eyes, Ears, Nose, Mouth, Teeth and Throat

Face

Bells Paralysis

In this case there is paralysis of the face only. The patient should be taken to a doctor. Some times saliva may dribble from the corner of the mouth. Some suggested medicines to be given twice a day till cured are:

Sudden attack due to exposure to cold air: Aconite 30

Left sided affected. Lachesis 200

Right side affected. Causticum 200

Facial muscles around mouth contracted, eyes cannot close: Gelsemium 200.

Distortion of facial muscles with twitching of the corners of the mouth: Opium 200.

Eyes

Blindness

Sudden attacks of blindness or blurred vision can occur due to retina related problems. Some medicines, to be taken two times a day, are:

Day blindness: Bothrops 30

Color blindness: Carbo Sulf 30.

Night blindness in anemic patients or during menses: China 200.

Letters move during reading, lines disappear. Cicuta 200

Burning

If there is a burning sensation in the eye, take 6 pills of Allium Cepa 200 and Arsenic alb 200, two times a day till the problem is cured.

Cataract

Cataract is a common problem in the aged. Surgery is usually necessary to replace the lens. One must go to a eye specialist who does such operations every day. Only one eye should be operated at a time. One dose of Arnica 1000 should be taken before the operation. These operations are not always successful. My father lost eyesight in both eyes after cataract operations. After operation care is very important and precautions recommended by the doctor must be taken faithfully.

If detected in early stages, treatment under Homeopathy is possible. Cineraria Homeopathic eye drops are said to cure cataract and corneal opacity without surgery. It is used externally, one drop in each eye three times a day for six months. But progress must be monitored and surgery should be done if adequate improvement is not seen.

Conjunctivitis

Conjunctivitis is inflammation of a membrane which covers the white of the eye. The eyes turn red. There is a feeling of sand in the eye. The eyelids are swollen. The eye becomes sensitive to light. The disease is infective. The medicines to be taken two times a day till cured are:

Stinging pain and watering eyes: Apis 1000.

Watering eyes but no pain: Argentum Nit 200.

Sudden attack and no discharge from eye: Belladonna 200.

Shooting pain in bones above the eye with discharge and pus: Hepar Sulph 200

Detached Retina

Detached retina is a serious problem which requires immediate medical attention of an eye specialist as early as possible. Patient sees flashes of light in the corner of the eye. If unattended may lead to sudden painless loss of vision. The patient should lie down and rest and must avoid jerks. Symptoms and medicines to be taken as an interim measure are:

Upper half of vision curtained, lower clear: One dose of Aurum Met 200 and Naphthelene 30 two times a day.

Caused by injury Arnica 1000: One dose two times a day

Double vision and dark spots: One dose of Gelsemium 200 and Naphthelene 30 two times a day

Double Vision

Some common symptoms and medicines which are to be taken two times a day are given below:

Double vision when seeing with one or both eyes: Gelsemium 200.

Sees double with both eyes but normal with one eye: Plumbum Met 30

When objects appear with colored borders: Hyoscyamus 200

Eye Lashes

Some common problems and medicines which are to be taken two times a day are given below:

Turned inwards: Borax 200

Drooping eyelids: Conium 200.

Loss of eyelashes: Petroleum 30.

Glaucoma

This is a serious problem and requires specialist medical attention at the earliest. The patient has progressive loss of vision due to increased pressure inside the eyeball. There is acute pain and blurring of vision. The severe pain may cause vomiting. The interim medicines are:

With pain and rainbow like or green halo around lights: One dose of Osmium 30 two times a day.

Objects look red or blue. Some times there is momentary blindness: One dose of Phosphorous 200 two times a day

Itching

Some common symptoms and medicines which are to be taken two times a day are given below:

Itching of eyeballs: Ambrosia 200

Itching of area inside the eyelids: Zincum Met 200

Sty

A sty is a pimple on the eye lid which can be filled with pus. Give one dose of Pulsatilla 30 two times a day. If there is excessive swelling of eye lids also give Apis 1000 two times a day.

Twitching

In case of continuous twitching of eyelids or eyeballs, give Agaricus 200 two times a day.

Watering

Some common symptoms and medicines which are to be taken two times a day are given below:

Copious flow with itching of eyelids: Ambrosia 30.

Copious flow with burning and swelling of eye lids: Euphrasia 200.

With inflamed eyelids glued together with yellow discharge: Pulsatilla 30.

Nose

Bleeding

Some symptoms and suggested medicines to be given two times a day are given below:

Daily attacks in weak persons: Carbo Veg 200

Small quantities with nasal discharge: Phosphorous 200

Bleeding when hard crust in nose is loosened: Silicea 200

Pain

When there is pain in nasal bones with swelling, take 6 pills of Merc Sol 200 two times a day.

Polyyps

Polyyps are a small growth in the nose. Suggested medicines to be taken two times a day are:

At the base of the nose with foul smell: Calcarea Carb 200

With bleeding: Phosphorous 200

Running Nose

Some common symptoms and medicines which are to be taken two times a day are given below:

Running nose is with violent sneezing. Eyes water profusely: Allium Cepa 200

There is sudden violent attack. Itching of eyelids: Ambrosia 30

There is thin watery discharge and burning sensation. Patient is restless. Better from hot drinks, worse from cold drinks: Arsenic Alb 200

Thick, string like, yellow-green inward discharge comes out as sputum: Kali Bi 200

Yellow, green and thick: Merc Sol 200 and Pulsatilla 30

Sinusitis

Sinusitis is infection in sinuses or cavities in bones leading from skull to the nose. Pain is worse when stooping down, lying down or coughing. Mucus which can be green, yellow, grey or mixed is discharged outwards through the nose or inwards into the throat. Nose is blocked. Take one dose of Hepar Sulph 200 and Kali Iod 30 two times a day till cured.

Sneezing

The symptoms and suggested medicines to be taken two times a day till cured are:

Cold starts with sneezing and running nose: Nat Mur 200

Due to exposure to cold: Aconite 30

Continuous without relief: Arsenic Alb 200

Ears

Loss of Hearing

Loss of hearing can be due to aging or other causes. The under mentioned medicines should be taken two times a day till cured:

Hardness of hearing; there is crackling sound in ear. Glands around ears could be swollen: Baryta Carb 200.

Due to water getting into ear; pain may be there: Calcarea Carb 200

With fetid pus coming out of the ea: Silicea 200. It can be taken with the medicines mentioned above.

With whizzing and throbbing in the ear: Hepar Sulph 200.

With eczema or if hears better in noise: Graphite 200. Calendula mother tincture should be applied to the ear with ear buds.

Loss of hearing due to wax in the ear: Conium 200.

With violent roaring and buzzing: Carbo Sulph 30 and Chininum Sulph 30

Loss of hearing due to aging: Pulsatilla 30 and Phosphorus 200.

Noises

Sometimes one can hear funny noises even when there is no external source of the noise. Symptoms with medicines to be taken two times a day are:

Ringling, roaring or buzzing sound in the ear when chewing, swallowing or sneezing. Baryta Mur 30

Hears own echo. Causticum 200

Ringling, roaring or buzzing sound when suffering from cold. Kali Mur 30.

Sound of bells ringling. Ledum 200

Roaring or pistol like sound along with discharge of pus. Silicea 200

Mouth

Paralysis of Tongue

Tongue is black and paralyzed. There is frothing in the mouth. See a doctor at the earliest. Take one dose of Opium 200 two times a day till cured.

Problems of the Lips

Some common problems of lips and mouth and their medicines are given below. 6 pills of the medicine should be taken two times a day till cured.

Cracks at the corner of the mouth: Antim Crud 200 and Borax 200.

Lips swollen due to any reason including insect bite: Apis Mel 200.

Lips black. Arsenic Alb 200

Lips dry and cracked: Bryonia 200

Lips pain when touched. Hepar Sulph 200.

Lips cracked during winter. Petroleum 200

Problems of the Tongue

Some common problems of the tongue and their medicines are given below. 6 pills of the medicine should be taken two times a day till the problems are cured.

Thick milky white coating: Antim Crud 200

Swollen and fiery red: Apis 1000

Blue and ulcerated: Arsenic Alb 200.

Covered with blisters: Merc Sol 200 and Carbo Veg 200

Constant protrusion and retraction: Cuprum Met 200

White blisters on the edge Thuja 200

Stammering

Some common symptoms and medicines which are to be taken two times a day are given below:

Stammering in a person with awkward movements: Things keep falling from the hand:

Bovista 30.

Stammering with repetition of initial consonants; there is hesitation and confusion:

Cannabis Sativa 30.

Due to fear, particularly in young girls: Pulsatilla 30.

Teeth

Serious problems of the teeth which are the result of long years of neglect of oral health like dental cavities or crumbling teeth cannot be cured by Homeopathy. They require filling, extraction of teeth and dentures which need a qualified dentist. Lesser problems can be managed with Homeopathy.

Decay of Teeth

Some common symptoms and medicines which are to be taken two times a day are given below:

With loss of enamel: pain if food touches teeth: Calc flour 200.

With pain from cold or hot food; teeth sensitive: Carbo Veg 200.

Teeth dark and crumbling: Kreosotum 30. Carbo Veg and Kreosotum are incompatible.

Grinding of Teeth

Some common symptoms and medicines which are to be taken two times a day are given below:

Grinding by day with pain: Belladonna 200

Grinding at night or in sleep: Podophyllum 200

Pyorrhoea

Pyorrhoea is a problem of the gum. There is discharge of pus, loosening of teeth and bad breath. Symptoms and medicines to be taken two times a day are:

With bleeding and retracted gums: Carbo Veg 200.

When pus and foul smell is predominant. Merc Sol 200 and Silicea 200

Throat

Laryngitis

Laryngitis causes hoarseness and at times temporary loss of voice. See a throat specialist if problem persists. Some common symptoms and medicines which are to be taken two times a day are given below:

On exposure to dry cold air; fever present: Aconite 30

With suffocating cough; throat red; swallowing difficult: Belladonna 200.

With severe pain and smelly sputum: Carbo Veg 200.

With hoarse cough; worse at night; after drinking and laughing: Drosera 200 and Phosphorous 200

With scanty sputum; there is great hoarseness with barking cough; severe pain from ear to ear when swallowing or turning head; worse in the morning: Hepar Sulph 200.

Pharyngitis

Pharyngitis is an inflammation of the throat. There is fever with chill and headache. Some common symptoms and medicines which are to be taken two times a day are given below:

Throat painful and burning; uvula, a small fleshy portion hanging at the back of the throat swollen; swallowing painful; severe pain in post nasal region running into ears: Merc Corr 30.

Pain from ear to ear; swelling of throat; ulcers with pus; constant desire to swallow: Merc Sol 200.

[Back to Contents](#)

Chapter 9: Problems of Heart and Lungs

Heart or the Circulatory System

It is not possible for a layman to diagnose heart problems. Serious heart problems are best treated by experienced doctors, be they Allopathic, Homeopathic or Ayurvedic. However, once a diagnosis has been made and the patient decides to have Homeopathic treatment because he cannot afford Allopathic treatment, options are available. Some of them are discussed in the succeeding paragraphs.

Aortic Valve Related Problems

Aortic valve lies at the exit of the main pumping chamber of the heart. When it does not function properly, there is shortness of breath. In such cases 6 pills of Arsenic Iod 30 should be give twice a day after meals.

Arterial Thrombosis

Arterial Thrombosis is the formation of a blood clot in an artery of the brain, heart or leg. There is a sudden pain in the affected part. A clot in the brain leads to a stroke and has been discussed under the Chapter on First Aid. Start treatment with Bothrops 30 which is supposed to dissolve the clot. Dissolve 10 pills in half a cup of water and administer one tea spoon of the medicine every half hour. Additional medicines are:

Pain and stirring of the clot on the inner side of leg or thigh: Apis 1000 two times a day.

Pain in the artery of the heart; the skin of the area is swollen, blue and cold: Continue Bothrops 30, one dose two times a day after the dissolved medicine is finished.

Pain in an artery while the patient is asleep; worse left side: Lachesis 200, two times a day.

Arterio-Sclerosis

Arterio-Sclerosis is the disease in which the walls of the arteries get hardened and narrowed due to fatty (cholesterol) deposits. This causes high blood pressure, chest pain or pain in left arm from elbow to shoulder, dizziness and pain or cramps in legs after

exercise. Treat with Crataegus Q or mother tincture, 15 drops mixed in half a cup of water four times a day. Switch to Crataegus 30 two times a day for a month after pain ends.

Blood Pressure: High

Blood pressure 140/85 is normal, 160/90 is high and 180/95 is dangerously high. High blood pressure can lead to a stroke or heart attack. It must be kept below high level. The first medicine is Veratrum Viride 30 which should be taken two times a day till blood pressure falls below 140/90. Additional medicines based on symptom which should also be taken two times a day are:

There is a feeling that the heart stops beating for a few seconds; with violent headache, double vision and sleeplessness. Aurum Met 200.

With weakness, dizziness, breathlessness and palpitation: Glonoine 200

With rheumatic pains or Cardiac Asthma: Lycopus Virg 30

Blood Pressure: Low

Blood pressure should be considered low if it falls below 90/60. It is an indication of a weak heart and can lead to heart failure. Caffien 200 should be taken two times a day till the blood pressure reaches 100/60 Other medicines based on symptoms which should also be taken two times a day for a month are:

With pain in region of the heart: Cactus 30.

With weak digestion, lack of appetite and acidity: Carbo Veg 200.

Chronic low blood pressure: Crataegus Q, 10 drops in water four times a day.

Chest Pain

Chest pain or pain in the region of the heart and often extending to the arm or shoulder can be of different types:

Coronary Thrombosis or Heart Attack; the pain is very severe. Please see Heart Attack in Chapter 6 on First Aid.

Angina Pectoris or pain in heart: The pain usually comes on account of fatigue and is not very severe. Increase in frequency of attacks and severity of pain are dangerous signs of an impending heart attack and a heart specialist should be consulted. If you decide to treat with Homeopathy, start with one dose of Arnica 1000. There after administer Cactus 200 and Glonoine 200 alternately two times a day for a week. Also administer 10 drops of Crataegus Q in half a cup of water, four times a day for three months.

Chest pain or heart attack due to mental shock: Arnica 1000 and Tabacum 30 two times a day for a week or till patient stabilizes.

At times chest pain is attributed to heart burn on account of gas due to indigestion. This wrong assessment cost my father-in-law his life. Never take a chance. Always treat chest pain as a heart problem and treat it as given above. It will cause no harm.

Endocarditis

Endocarditis is a bacterial infection of the lining of the heart. There is high fever, difficulty in breathing, low blood pressure but quick pulse. There may be signs of heart failure. See a doctor at the earliest. As an interim or parallel measure, alternate Aconite 30 and Cactus 200, two times a day till fever disappears and patient feels all right.

Myocarditis

Myocarditis is an inflammation of the heart muscles due to inadequate blood supply. There is palpitation, difficulty in breathing, great exhaustion and pain in the chest going through the back and not left arm. Blood pressure is below 90/60. Pulse is low, below 50. See a doctor at the earliest. As an interim or parallel measure, administer 15 drops of Digitalis Q on a teaspoon of sugar every 30 minutes till pulse rate reaches 80. There after administer Arsenic Iod 30 and Digitalis 30 two times a day for a month

Palpitation

Palpitation is a disagreeable awareness of heart beat. The patient can hear his own heart beat. Patient should see a doctor if problem persists. Some common symptoms and medicines which are to be taken two times a day for a week are given below:

Palpitation with anxiety, fainting and tingling in fingers; pain in chest or left shoulder: Aconite 30 and Phosphorus 200.

Palpitation; heart seems to stop beating for two to three seconds: Aurum Met 30.

Violent palpitation from least exertion: Belladonna 200 and Spigelia 200.

Palpitation with irregular pulse rate; in women at approach of menstruation; with vertigo, breathlessness and flatulence: Cactus 30.

Palpitation with breathlessness while climbing a mountain. Coca 30 and Glonoine 200

Least movement causes palpitation. Weak pulse: Digitalis 30.

Palpitation with rapid pulse rate: Veratrum Alb 200.

Pericarditis

Pericarditis is inflammation of the sack of the heart. There is chest pain and terrible breathlessness. Pain radiates to the back or arm. Blood pressure is below 90/60. There is also swelling in abdomen and ankles. See a doctor as early as possible. If pulse is below 50, administer 15 drops of Digitalis Q on a teaspoon of sugar every 30 minutes till pulse rate reaches 80. There after administer Bryonia 200 and Digitalis 30 two times a day for a month. If the patient is known to suffer from rheumatism, administer Colchicum 30 and Spigelia 200 two times a day for a month instead of Bryonia and Digitalis.

Rapid Pulse Rate

A pulse rate above 90 should be considered excessive pulse rate. The patient should lie down and rest. Administer Cactus 30 two times a day for a week.

Slow Pulse Rate

A pulse rate below 60 is considered slow pulse rate. One must see a doctor. Administer Digitalis 30 two times a day till pulse rate rises above 70.

Lungs or Respiratory System

Asthma Bronchial

The patient has periodic attacks of wheezing, breathing difficulty and coughing. First aid for an attack has been explained in the Chapter on First Aid. Bronchial Asthma is better treated with allopathic medicines and one should see a doctor. Some common symptoms and medicines which are to be taken two times a day along with allopathic medicines are given below:

Attacks come at night or after midnight: Arsenic Alb 200.

Asthma with chronic cold: Bacillinum 200.

Sudden attack; it seems the patient would suffocate: Belladonna 200.

With great breathing difficulty; chest painful to touch: Calcarea Carb 200.

Attack during wet cold weather: Dulcamara 200

Colds and Coughs

Some common symptoms and medicines which are to be taken two times a day are given below:

Cough with white sputum which is difficult to take out and loud rattling sound during breathing. Antim Tart 200.

Dry cough with little or no sputum and pain in chest: Bryonia 200.

Cold with breathing difficulty, and wheezing: Ipecac 200.

Cold with sticky yellow/green sputum: Kali Bi 200.

Cold with thick yellow/green slimy sputum and cough: Pulsatilla 30.

Violent cough with thick, yellow and lumpy sputum: Silicea 200.

Violent cough leading to vomiting: Ipecac 200.

If you find it too confusing take some off the counter cough syrup. Drinking hot pepper Rasam or soup can do wonders. If the patient feels feverish and has body pain, it is flu and for medicines see under fevers.

Pneumonia

Pneumonia is a dangerous disease and can lead to fatality. There is high fever, persistent cough, rapid breathing and pain in the chest. Sputum may sometimes contain blood. The patient should be taken to the hospital at the earliest. In the interim, start treatment by dissolving 10 pills of Aconite 30 in half a cup of water and administer one spoon every 30 minutes. Once this is finished give Aconite 200 and Carbo Veg 200 two times a day till the patient is all right. If there is excessive blood in sputum, also give Ferrum Phos 30 two times a day along with the other medicines. If symptoms do not improve in two days give Arsenic Iod 30 in place of Aconite 200. If possible, see a doctor as early as possible but keep administering Aconite 200 and Carb Veg 200 till the patient is admitted into a hospital.

Snoring

Administer Opium 200, two times a day for a month.

Tuberculosis

Tuberculosis can be of any part of the body but tuberculosis of the chest is most common. There is severe weakness, persistent coughing with blood in sputum and pain in the chest. Free treatment is usually available at all government hospitals. In Homeopathic treatment, start with Bacillium 200, two times a day for three days. There after give Allium Satvium 30 and Arsenic Iod 30, two times a day for at least a month.

Weakness of Lungs

The patient loses elasticity or capacity of the lungs. There is difficulty in breathing and blowing. There is enlargement of the chest but loss of weight. Some common symptoms and medicines which are to be taken two times a day for a week are given below:

Coughs and coughs. There is pain in chest. Breathing is difficult: Ammonium Carb 30 and Carbo Veg 200. Carbo Veg should be continued for a month or more.
Total breathlessness: Arsenic Alb 200 and Carbo Veg 200. Carbo Veg should be continued for a month or more.

Back to Contents

Chapter 10: Problems of the Digestive System

Cholera

Cholera is a dangerous, infectious, disease usually caused by contaminated water or food. It assumes epidemic form after floods and other natural disasters. The patient has profuse diarrhea, vomiting, cramps and dehydration. The patient must be evacuated to a hospital

as early as possible. But that may not be possible during epidemics after floods or natural disasters. The patient must be given complete rest and plenty of fluids in the form of oral re-hydration agents or water with sugar or glucose and a pinch of salt. Some symptoms and common medicines are:

Dry cholera with scanty stool and vomiting: Camphor 200.

With copious rice water like stool and constant vomiting: One dose of 10 pills of Veratrum Alb 1000 to start with. Repeat after six hours if required. If Veratrum 1000 is not available, give Veratrum Alb 200, 10 pills, three times a day.

In case of cholera with cramps in abdomen and calves give Cuprum Met 200, three times a day in addition to Veratrum Alb 200 or 1000.

In case of blood and gas in stool, give Carbo Veg 200 in addition to Veratrum Alb.

Eructation

Eructation means ejecting gas in the stomach noisily through the mouth. Some symptoms and medicines to be taken two times a day are given below:

Foul smelling and tasting of food recently taken: Antim Crud 200.

Sour tasting with heaviness of stomach: Carbo Veg 200.

After eating lots of green vegetables or fatty food: Bitter taste: Pulsatilla 30.

Flatulence or Gas

Excessive formation of gas in the stomach or intestines is a common problem in many persons. There is a feeling of heaviness. Some symptoms and medicines to be taken two times a day are given below:

Gas pressure is both upwards and downwards. Eructation and flatulence both give relief; no appetite. Carbo Veg 200

Gas pressure is both upwards and downwards. Patient is hungry at meal times. No relief from eructation or passing flatus. Patient is better from movement: China 200.

Pressure is downwards. Stomach is bloated. There is rumbling in intestines. Constipation could be present. Patient is worse after meals. Aloe 200 and Lycopodium 200

Gall Stones

Gall stones are stone like solids formed in the gall bladder (located in the liver). These can be detected by Ultra Sound techniques. The problem is quite common. Silent gall stones (gall stones which do not cause pain) are not treated in Allopathy. Painful stones are removed by surgery. Painless gallstones should be treated with Chelidonium 30 and Calcarea Carb 200, two times a day for at least a month and then one dose a week.

Painful gallstones should be removed by surgery within 48 hours. In the interim treat with Berberis Vulgaris 200, China 200 and Chelidonium 30 two times a day for a week or till pain disappears. Chelidonium 30 should be continued for at least a month. There are also a number of readymade Homeopathic combinations for gallstones.

Hepatitis or Jaundice

Jaundice is usually caused by water borne infection from drinking contaminated water or eating roadside contaminated food. Skin, eyes and tongue turns yellow. There is bitter taste in the mouth. It is a life threatening disease with no allopathic cure. The patient should be given complete rest. The patient should be given mainly boiled foods. All fats and oils should be completely removed from the diet. The patient should be given plenty of sugar cane juice, fruit juices and glucose water. Alcoholic drinks are prohibited during jaundice. Give Chelidonium 30 and Chionanthus 30, two times a day for at least a month.

Liver Abscess

The symptoms are pain in the region of the liver (on the right side of stomach just below the ribs) when walking, coughing or touching the region. It is a serious disease and one should see a doctor if pain persists. Give Silicea 200 three times a day till the pain disappears completely.

Liver Enlarged

When liver is enlarged and painful to touch and there is itching of skin or anemia. See an allopathic doctor. In the interim or in parallel give two doses of Merc Sol 200 per day till pain disappears.

Liver Cirrhosis

Cirrhosis of the liver is its gradual degradation which comes from excessive drinking. It leads to liver failure and death. The problem is difficult to diagnose because there are no major symptoms or pain. The indications of possible cirrhosis are loss of appetite with tiredness and weakness, disinterest in sex and a feeling of numbness in the extremities. It is a serious problem and needs specialist medical attention. In the interim or in parallel give Chelidonium 30 and Nux Vomica 200 two times a day for at least a month. Drinking addicts should be given 10 pills of Chelidonium 30 and Nux Vomica 200 once a week as a preventive.

Stomach Upset

Stomach upset could lead to loose motions, acidity, vomiting and flatulence. Some symptoms and medicines to be taken two times a day till cured are given below:

Stomach upset is from over eating or eating too much of fatty food. Tongue is white and there is loss of appetite. Antim Crud 200.

Stomach upset is with pain in region of navel. Vomiting and belching. Mild stomach upset. Argentum Nit 200.

Violent stomach upset with loose motion. Vomiting and pain may be there. It is a possible case of food poisoning. Veratrum Alb 200 and Arsenic Alb 200

Stomach upset when nausea and vomiting are the most important symptoms. Ipecac 200 and Arsenic Alb 200

In patients with irregular eating habits or after a night of heavy drinking and eating. Nux Vomica 200

If mucus seen in stool. Merc Sol 200 and Arsenic Alb 200

Back to Contents

Chapter 11; Problems of the Urinary System

Bloody or Cloudy Urine

When color of urine is red or cloudy; the patient's face is swollen; there could be severe headache and backache; urine is passed in large quantities and the patient is always thirsty; the problem is serious and a doctor should be consulted as early as possible. Some symptoms and medicines to be taken two times a day are given below:

There is burning sensation and pain while passing urine. Cantharis 200 and Terebinthina 30

*Urine is turbid and brown. Blood pressure is high. Phosphorus 200 and Terebinthina 30
When accompanied by watery diarrhea. Phosphorus 200 and Arsenic Alb 200*

Burning

Some times there is a burning sensation while passing urine. The urine may be passed drop by drop. Some times the discomfort persists for some time after the urine is passed. Administer 6 pills of Sulphur 200 and Cantharis 200 alternately two times a day till cured.

Diabetes

Diabetes is a disease where the body does not produce enough insulin to use the sugar intake. The excess sugar accumulates in the blood and urine and leads to many other medical problems like heart attack, delay in healing of wounds, gangrene or rotting of flesh in the body due to lack of blood circulation and eye problems like cataract. Blood sugar test is the most reliable way of finding out whether one is diabetic or not. Those who are obese and have sedentary habits or a family history of diabetes are most likely to be affected by the disease. The early symptoms are abnormal thirst, increase in frequency of urine both during day and nights and ants frequenting the place where urine has been passed. The patient tires easily. There is numbness of hands and feet and ulcers develop on the feet.

Diabetes cannot be cured but can be controlled through strict control of diet and medication. The patient must stop taking sugar, sweets, butter and reduce intake of fried food. The patient must also take brisk walk for half an hour at least five times a week.

Syzygium Jambobalanum reduces the sugar in blood and urine. Deciding the dosage is the difficult part. Sudden drop in sugar level in blood can lead to extreme lethargy, sweating and collapse. Diabetic patients should always carry some toffees on them and take these and a fruit juice having sugar if they feel lethargy and discomfort. The patient should be given 10 drops of Syzygium Jambolanum mother tincture three times a day before meals to start with. The number of drops can be increased or decreased based on blood tests. If the PP sugar level is over 300, give 15 drops, three times a day. Where testing facilities are not available, the dose has to be adjusted based on the comfort level of the patient. Some additional medicines which are to be taken three times a day based on symptoms are given below till the symptoms disappear:

When there is presence of ulcers on feet: Acetic Acid 30.

There is pain and bruised feeling in muscles. Boils could be present of boils: Acid Phosphoric 200

There is extreme thirst but no appetite. There are signs of gangrene i.e. appearance of black patches on skin. Arsenic Alb 200

There is rheumatic pain in joints. Appetite is good: Lactic Acid 200.

Inability to Control

Some Symptoms and medicines to be taken two times a day are:

Small quantity of urine passes involuntarily with burning. Apis Mel 200.

Urine passes involuntarily day and night. Argentum Nitricum 200

There is sudden intolerable urging: Cantharis 200 and Thuja 200.

Inability to pass Urine

Some symptoms and medicines to be taken two times a day are given below:

Inability is due to no apparent reason. Aconite 30

Inability is with stinging pain. Apis 200

Inability is due to urinary infection. Belladonna 200

Inability is due to fright. Opium 200

Patient cannot urinate without passing stool. Apis 200

Kidney Stones

Kidney stones are difficult to detect without ultrasound investigation. The common symptoms are severe pain in lower back on one or both sides of the backbone reaching down to lower abdomen and groin. The problem is serious and one should consult a doctor as early as possible. Berberis Vulgaris 30 and Urtica Urens 30 taken three times a day can expel the stones without surgery. There are also some Homeopathic combinations like Dr. Reckweg's R 27 – Renocalcin which are also effective in removing kidney stones without surgery.

Smell

Some symptoms and medicines to be taken three times a day are given below:

Urine has repulsive odor. It is brown colored. Benzoic acid 30

Urine smells of ammonia. Nitric Acid 200

Back to Contents

Chapter 12: Problems Related to Rectum and Stool

Rectum and the Anus

Constipation

Constipation is difficulty in passing of stools. It is a fairly common problem. Unless treated, it can lead to other problems of the anus like piles and fissures. The most important part of the treatment is to include lots of fibrous food like brown bread, oats, wheat porridge, vegetables and fruits in the diet. Taking “Isabgol” and drinking two to three glasses of water as soon as one gets up in the morning will help. Start treatment with 10 pills of Sulphur dissolved in half a cup of water and sipped on an empty stomach. No other medicine that day. Some symptoms and medicines to be taken two times a day are given below:

There is no desire. Inability to pass stool is total. Stool is dry, hard and knotty. Bryonia 200 and Alumina 30

There is no desire for days. Gas is present in stomach. Stool initially hard but later liquid and gushing. Antim Crud 200 and Lycopodium 200

Desire to pass stool is there but unable to do so. Stool is large and difficult to expel. Anus is torn and bleeding. Nat Mur 200

There is no desire for days but no discomfort. Stool is like hard dark balls. Opium 200

Desire is there but passing stool is difficult. Face becomes red while straining to pass stool. Piles could be present. Causticum 200

There is no desire and no stool is passed for days; piles and fissures which burn and itch could be present; constipation in obese persons: Graphite 200

Piles

Piles are a problem of swollen veins inside and outside the anus. There is frequent bleeding while passing stool or even otherwise. There can be pain or itching. The primary medicine is Nitric Acid 200 which should be taken three times a day. Additional medicines to be taken two times a day along with Nitric Acid based on specific symptoms are:

Veins protrude like grapes. There is intense itching and burning. There is involuntary passing of stool. Aloe 200

Piles with oozing mucus; undergarments get soiled. Antim Crud 200

Piles are very painful, burning and sensitive to touch. Belladonna 200

Where there is profuse bleeding: Hamamelis 200

Piles in patients with liver problems and gas: Lycopodium 200

When pain and burning are the main symptoms: Ratanhia 30

Stool

Diarrhea

Diarrhea is passing copious watery stool. There is risk of the patient getting dehydrated which in turn can cause fatality. The patient should be given “Oral Re-hydration” medicine or six to eight glasses of a solution of glucose or sugar and a pinch of salt every day. Some symptoms with medicines to be taken two times a day are as under;

Profuse watery stool: Phosphorous 200 and Veratrum Alb 200

Stool is green, fetid, and profuse. Worse early morning: Podophyllum 200 and Veratrum Alb 200

Copious watery stool passes involuntarily: Apis Mel 200 and Veratrum Alb 200.

Dysentery

Dysentery is due to infection of the intestines. The patient frequently passes large quantities of watery stool. There is risk of the patient getting dehydrated which in turn can cause fatality. The patient should be given “Oral Re-hydration” medicine or six to eight glasses of a solution of glucose or sugar and a pinch of salt every day. Some symptoms and medicines to be taken three times a day are given below:

Amoebic Dysentery; frequent passing of watery stool with cramps in the abdomen: Administer Emetine 200 and Ipecac 200 alternately.

Blood Dysentery; administer Merc Corr 30 and Hamamelis 200 alternately.

Mucous Dysentery; slimy stool with jelly like mucous: Alternate Merc Sol 200 and Aloe 200

When there is blood and mucous: Sulfur 200 and Merc Sol 200

Dysentery with pain in thighs extending into the legs: Rhus Tox 200.

Food Poisoning

Food poisoning is caused by taking spoilt or contaminated food. The contamination may be due to small animals or insects like rats or cockroaches or flies falling into the food while it is being cooked. The patient has stomach pain, vomiting and diarrhea. The Arsenic Alb 200 and Argentum Nit 200 should be administered three times a day. If there is continuous rice water colored thin diarrhea, give one dose of Veratrum Alb 1000 once

a day till diarrhea stops. Give the patient “Oral Re-hydration Solution (ORS)” or water mixed with sugar and a pinch of salt and plenty of fluids like sugar cane or fruit juices to stop dehydration.

Involuntary Passing of Stool

Some symptoms and medicines to be taken twice a day are:

Involuntary passing of solid large balls of stool: Aloe 200

Involuntarily passing of stool during excitement or in sleep: Hyoscyamus 200

Involuntary passing of large quantity of liquid stool: Phosphorus 200 and Secale 30

Urgency to Pass Stool

Some times there is a sudden urge to pass stool. The person just cannot wait and has to rush to the toilet. Some symptoms and medicines which are to be taken two times a day for a week are given below:

There is sense of insecurity as to whether gas or stool will pass. Stool passes without effort almost unnoticed. Aloe 200

Great urge early in the morning. Podophyllum 200 and Liliun Tigrinum 30

There is rumbling and rolling of gas in stomach. There is strong urge to pass stool.

Watery stool and gas gush out. Croton Tig 30

Diarrhea is painful, watery, copious and forcefully evacuated at night. Veratrum Alb 200.

Back to Contents

Chapter 13: Problems Related to Back and Locomotory Systems

Back and Neck

Back Pain

Some symptoms and medicines to be taken two times a day for a week or more are given below:

Lower back and hips ache just above the tail bone. There is no strength in legs. Pain is worse from standing, stooping, walking or motion: Aesculus 30

There is violent back pain from waist to tail bone. There could be a sensation of heavy weight on tailbone: Antim Tart 200

Pain in back, spine or neck that is due to injury or strain. Pain could be due to an old injury: Arnica 200 and Hypericum 200

Pain is in lower back in the region of the kidneys. Worse lying down: Berberis Vulgaris 200 and Calcarea Carb 200

Pain is in the small of the back with stiffness caused by exposure to cold wet weather or strain. Better from motion and lying on hard surface: Rhus Tox 200

Pain is in back with stiffness, particularly in the small of the back. Better with pressure and worse from movement: Bryonia 200

Backache early morning before rising due to flatus which could not escapes: Staphysagria 200

Neck Pain

Some symptoms and medicines to be taken two times a day for a week or more are given below:

Neck is painful and stiff. Head could be drawn to the left. Chelidonium 30

Spasms and cramps in the muscles of the neck: Cicuta 200.

Cervical spondylosis: Cimicifuga 200. Take along with allopathic medicines and pain killers.

Tail Bone Pain

Some symptoms and medicines to be taken two times a day for a week or more are given below:

Pain at base of spine caused by a shock or jolt: Arnica 200, Ruta 200 and Conium 200

Severe pain in tail bone due to injury: Arnica 1000 and Hypericum 200

Severe pain in tail bone; must sit still; worse while getting up from sitting position: Lachesis 200

Locomotory System

Ankles

Some symptoms and medicines to be taken two times a day are given below:

Severe pain in ankles and in the bones of the feet: Ammonium Carb 30

Ankles swollen; legs weak and trembling: Argentum Met 30.

Sprain caused by injury. Start treatment with one dose of Arnica 1000. Then administer Ledum 200 and Ruta 200, two times a day.

Blue Hands and Fingers

Hands and fingers of some young women are clod and blue due to poor blood circulation. Some common symptoms and medicines which are to be taken three times a day are given below:

Cold blue skin: Arsenic Alb 200 and Carbo Veg 200
Cold blue nails: Nitric Acid 200

Corns and Callosities

Some symptoms and medicines to be taken two times a day are given below:

Large inflamed painful corns: Antim Crud 200
Callosities are on soles of the feet. Toes and fingers are contracted: Lycopodium 200
Corns caused by ill fitting shoes: Sulfur 200
Thuja mother tincture should be applied on the corns for relief.

Feet

Some problems with symptoms and suggested medicine to be taken two times a day are given below:

Feet cold, damp and sweaty: Calcarea Carb 30
Burning and itching of feet and soles: Calcarea Sulph 30
Pain and stiffness in bones of feet: Phytolacca 200 and Ruta 200

Hands

Some problems with symptoms and suggested medicine to be taken two times a day are given below:

Hand is painful. Hard nodes form on the joints: Actea Spicata 30 and Ledum 200
Hands are icy cold and numb. Pain may or may not be there. Aconite 30
Hands shake involuntary. Mag Phos 200 and Agaricus 200

Heels

Some problems with symptoms and medicines to be taken two times a day are given below:

Severe pain in heel and feet due to growth of heel bone: Aranea Diadema 30 and Calcarea Flour 1000
Pain in heel as from treading on a pebble: Lycopodium 200
Severe pain, as if pinched by too narrow a shoe, particularly at night: Chelidonium 30

Hips

Some problems with symptoms and suggested medicine to be taken two times a day are given below:

Severe pain in hip, worse left side: Aesculus 30 and Colocynthis 200

Severe pain in hip, worse right side: Aesculus 30 and Chelidonium 30
Hip and thigh feel lame, especially after lying down: Aconite 30
Hip joint is stiff. Movement is difficult. Calcarea Flour 30 and Petroleum 30

Knees

Some problems with symptoms and suggested medicine to be taken two times a day are given below:

Very painful, chronic rheumatic inflammation of knee joints; walking and sitting on the floor is difficult. Ledum 200, Calcarea Flour 200 and Sticta 30
Sharp pain in knees, ankles, calves and soles: Cannabis Indica 30. If swelling is there also take Apis 200
Left knee painful: Colocynthis 200
Right knee painful: Jacaranda 30
Crackling sound while moving all joints, especially knee: Angusta Vera 30 and Causticum 200
Knee stiff; cannot bend: Petroleum 30
Pain in the knee in diabetic patients: Lactic Acid 30 and Sticta 30

Legs and Calves

Some problems with symptoms and suggested medicine to be taken two times a day are given below:

Legs and feet are cold. Swelling is present. Colchium 30
There is painful stiffness in calves with sudden loss in strength. Difficult gait: Conium 200.
Swelling of feet and legs, particularly at night: Merc Sol 200
Pain in legs, ankles, feet, heels, toes and underside of thighs; worse in the morning: Phytolacca 30
Pain in bone; Eupator Perf 200

Loss of Coordination of Muscles

This results from diseases of the brain or spinal cord. The movement of the patient is clumsy. He finds it difficult to keep his balance. Some common symptoms and medicines which are to be taken two times a day are given below:

There is jerking, twitching and trembling of hands and feet accompanied by itching. Involuntary shaking of upper and lower limbs due to weakness of spinal cord: Mag Phos 200 and Agaricus 200
Walks stooping forward with staggering gait: Manganum Aceticum 30
Constant nodding of head: Aurum Sulph 30
Retarded child; Legs and hands are weak and trembling. There is twitching of whole body. Bufo 30

Due to epileptic attacks: Hyoscyamus 200
Cannot walk on uneven ground: Lilium Tig 30

Nails

Some common symptoms and medicines which are to be taken two times a day are given below:

Toe nails brittle: Antim Crud 200 and Thuja 200
Crippled nails with white spots: Silicea 200
Pain in finger nails: Berberis Vulgaris 200
Painful and pus filled nails: Silicea 200

Numbness of Hands and Fingers

Some common symptoms and medicines which are to be taken two times a day are given below:

Numbness and tingling due to exposure to cold air or due to shock, grief or fear: Aconite 30
Numbness of hands and fingers after sleep or in the morning: Lachesis 200

Paralysis

Paralysis is inability to move our limbs in the normal fashion, particularly hands or legs. Some symptoms and medicines to be taken two times a day are given below:

Gradually appearing paralysis of legs, hands, eyelids, face etc: Aconite 200 and Causticum 200
Right sided paralysis: Causticum 200 and Crotalus 200
Left sided paralysis: Lachesis 200

Shoulders

Some problems with symptoms and suggested medicine to be taken two times a day are given below:

Constant pain under right shoulder bone: Chelidonium 30
Pain in right shoulder: Ferrum Muriticum 30, Sticta 30 and Phytolacca 30
Pain in left shoulder: Asparagus 30 and Onosmodium 30
Frozen shoulder; the patient cannot lift the arm or take it behind ones back: Lactic Acid 30. Also take the appropriate medicines above depending on whether the right or left shoulder is affected. Physiotherapy is a must.

Strains

Some problems with symptoms and suggested medicine to be taken two times a day are given below:

Strain affecting muscles: Arnica 200 and Rhus Tox 200

Strain affecting tendons: Arnica 200 and Ruta 200

Strain of joints: Arnica 200 and Bryonia 200

Tennis elbow

Tennis elbow is the name given to severe pain in elbow of tennis players and others due to excessive strain. The patient is unable to do anything with that hand. Try Arnica 200 and Ruta 200, two times a day for a few weeks. If diabetic add Lactic Acid 30. If of right hand try Ferrum Muriticum 30 along with Arnica and Ruta.

Thighs

Some common symptoms and medicines which are to be taken two times a day are given below:

Contraction of hamstring muscles: Ammonium Mur 200

Pain in thigh muscles which comes in spasms: Plumbum Met 30

Intense shifting pain in thighs and legs: Pulsatilla 30

Tearing pain in thighs with or without dysentery: Rhus Tox 30

Twitching or Trembling of Muscles

Some common symptoms and medicines which are to be taken two times a day are given below:

Sudden violent twitching of muscles on any part of the body due to exposure to dry cold air, shock, nervous excitement or fear: Aconite 30

Involuntary jerking twitching or trembling of any part of the body when awake or asleep for any reason other than above: Agaricus 200

Toes

Some common symptoms and medicines which are to be taken two times a day are given below:

Eczema of toes or fingers with or without loss of nails: Borax 200

Painful swelling of toes, ankles or fingers: Actea Spicata 30

Painful swelling of great toe: Ledum 200 and Benzoic Acid 30

Itching between Toes is common in athletes whose feet remain wet due to perspiration inside shoes or people who work in water for long periods like rice farmers. There is severe itching between toes. The skin becomes pulpy and comes off. The treatment

should start with one dose of Sulfur 200 and be followed with two doses of Bacillium 200 every day.

Varicose Veins

Varicose veins are swollen and twisted veins seen on the surface of thighs and legs. There is a dull pain after standing for some time. There can be leg cramps at night. One dose of Sulphur 200 should be given in all cases. Some common symptoms and medicines which are to be taken two times a day are given below:

Best medicine as a preventive and cure: Pulsatilla 30

Chronic cases in old persons or women who have borne many children: Calcarea Flour 200

Whitlow

Whitlow is a painful infection in the skin next to the finger nails of the hand. Some common symptoms and medicines which are to be taken two times a day are given below:

There is severe pain. The nail loosens and comes off. Hepar Sulph 200

When caused by puncture by a needle: Ledum 200

In old cases where there is pus formation: Silicea 200

Wrist & Arm

Some common symptoms and medicines which are to be taken three times a day are given below:

Cramps in fore arm with weakness and trembling: Gelsemium 200

Pain in bones of arms or wrist: Eupator Perf 200

Painful stiffness in wrist and right arm: Phytolacca 30

Pain or pain of wrist, arm and fingers due to over use: Ruta 200

[Back to Contents](#)

Chapter 14: Problems of the Skin

Barbers Itch

This is a rash which affects the faces of men. Some common symptoms and medicines which are to be taken two times a day are given below:

Moist eczema or itching pimples around the mouth or on the chin: Graphite 200

Oozing eczema with pus in hair follicles: Sulfur Iod 200 and Silicea 200
The rash is red, swollen and there is intense itching: Rhus Tox 200.

Bed Sores

Bed-ridden patients develop bed sores around elbows and buttocks. It first appears as a red patch on the affected part. If not treated immediately, the skin cracks, gets infected and forms a sore. Arnica 200, taken three times a day as soon as redness is seen prevents bedsores. Calendula mother tincture should be externally applied to the sore area. Treatment should be started with one dose of Sulfur 200, which should be repeated every four days. Some common symptoms and medicines which are to be taken two times a day are given below:

Near the tail bone or anus with itching and burning: Paeonia 30
When multiple boils are formed or there are dark red itching blotches: Sulfuric Acid 200 and Silicea 200

Blisters

When a clear fluid accumulates under the skin due to heat or friction or any other reason, it is called a blister. Never burst or puncture the blister as it may get infected. Some common symptoms and medicines which are to be taken two times a day are given below:

A blister caused by insect bite: Apis 200 or 1000
When caused due to burn or friction: Cantharis 200. Also apply Cantharis mother tincture externally three to four times a day.
When infected with pus and shooting pain: Hepar Sulph 200 or Silicea 200

Boils or Abscess

An Abscess or boil is formed when pus is formed due to infection. There is swelling and severe pain. A carbuncle is a collection of boils. Some common symptoms and medicines which are to be taken two times a day are given below:

Abscess deep in the muscles in neck or thighs: Silicea 200 and Calcarea Carb 30
Abscess with hard edges: Silicea 200 and Calcarea Flour 30
If Silicea fails to cure: Myristica 200.
Carbuncles with stinging pains, burning and swelling: Apis 200 and Anthracinum 30
Boils with offensive discharge: Arsenic Alb 200 and Silicea 200
Carbuncles or ulceration near anus or genitals: Thuja 200

Bruises

A bruise is the discoloration of the skin due to an injury sustained in an accident or fight. The skin usually turns purple or blue. There is pain and swelling. Apply ice pack but do

not massage. Give Arnica 200 two times a day internally and apply Calendula mother tincture or ointment externally.

Burns

Take Cantharis 200 internally and apply Cantharis mother tincture (ten drops in half a tea cup of water) or Cantharis ointment externally. Also see under first aid.

Corns/ Callosities

If the corns or callosities are on the feet, give Antim Crud 200, Lycopodium 200 and Sulfur 200 two times a day in the above sequence. In no case should Lycopodium be given immediately after Sulfur. If the corns or callosities are on the palm or fingers of the hand, omit Lycopodium.

Cracks in Skin

Some common symptoms and medicines which are to be taken three times a day are given below:

Cracks around the mouth, in nipples, at the end of fingers, between toes or around anus: Graphite 200

Painful cracks on hands and feet: Hepar Sulph 200.

Cracks in hands, feet and lips which occur during winter: Petroleum 200.

Eczema

Eczema is a troublesome skin problem which takes time to cure. First there is redness which is followed by swelling, itching, formation of blisters and some times oozing of fluid. The blisters ultimately dry and form scabs and crusts. Some symptoms and medicines to be taken two times a day are given below:

Dry eczema: Arsenic Alb 200

Moist and oozing eczema: Graphite 200

On eyelids: Also take Bacillium 200 with one of above.

On anus: Also take Berberis Vulgaris 200 with Arsenic Alb or Graphite

On palm of hands: Anacardium 200 and Selenium 200

On scrotum and genitals: Also take Cantharis 200 and Rhus Tox 200. Also apply Cantharis mother tincture after diluting it with five times the quantity of water.

On forehead and cheeks which are painful to touch: Also take Ledum 200

On the head or behind the ears: Take Calcarea Carb 200 and Lycopodium 200

Expulsion of foreign Bodies

Sometimes foreign bodies like fish bones, thorns, wood splinters or broken sewing or injection needles get lodged in body tissues and are difficult to remove. Give Silicea 200 two times a day till discomfort disappears.

Gangrene

Gangrene is death of tissues of the body due to infection caused by injury followed by rotting of the flesh. The most commonly affected parts are fingers, legs and toes. It happens due to inadequate blood circulation in the affected parts. The skin of the area first turns pale and then black and spreads. Severe pain may or may not be felt at the periphery of the affected area. It is a serious problem. If neglected, the part may have to be amputated to save the person's life. Some symptoms and medicines to be taken two times a day are given below:

Gangrene in diabetic persons: Arsenic Alb 200 and Carbo Veg 200

Gangrene in bed ridden or inactive persons starting in the toes: Carbo Veg 200

Dry gangrene in old people with shriveled skin: Carbo Veg 200 and Secale 30

Herpes

Herpes is a skin problem which appears as a tiny pus filled blister on red skin. The area may soon be covered with a cluster of such blisters which is very painful. The patient may have fever. Herpes can affect any part of the body. If possible, it is better to go to an allopathic doctor for quick relief. Some symptoms and medicines to be taken two times a day are given below:

Except on genitals: Hepar Sulph 200 and Rhus Tox 200

On genitals: Hepar Sulph 200 and Nitric Acid 200

If the blisters are bluish and very painful and itchy: Hepar Sulph 200 and Ranunculus Bulbosus 30

Itching

Itching or desire to scratch an affected area is a common problem. It can be due to various reasons. The treatment should be started with one dose of Sulfur 200 and to be repeated once a day. Some common symptoms and medicines which are to be taken two times a day are given below:

Severe allergic itching on any part of the body: Aconite 30 or 200

Severe itching in folds of skin in thighs or behind knees: Aethusa 30 and Causticum 200

Ring worm or itchy rash on the head: Dulcamara 200

Severe itching accompanied by swelling: Hepar Sulph 200

Small pimples all over the body which itch violently: Magnesia Sulph 30. Also apply Magnesia Sulph mother tincture externally, 3 to 4 times a day.

Severe itching in orifices like eye lids, lips, urethra, anus or in persons with unclean habits who do not bathe; itching which is aggravated by washing or is worse at night: Sulfur 200

Leprosy

An affliction where there is loss of sensation in the skin of a body part. This could be followed by paralysis, deformity and even dropping off of fingers, toes and nose. Unexplained loss of sensation in the skin is the primary early indication. If possible go to a hospital and get treated. Otherwise take Bacillium 200 and Arsenic Iod 30 two times a day.

Leucoderma

Persons affected by Leucoderma suffer from formation of white patches on the skin due to de-pigmentation. The disease is neither infectious nor contagious. There is no pain or loss of sensation. The treatment should start with one dose of Tuberculinum 200 which should be repeated once a month. Also administer Hydrocotyle 30, three doses a day for three to four months. The affected part should be exposed to sunlight for about 15 minutes, once a day, half a hour after administering the medicine.

Lice

Lice are small parasites that live in the hair on the skin and suck blood. Lice spread from one person to another by contact. Some common symptoms and medicines which are to be taken two times a day are given below:

Lice in hair on the head: Carbolic Acid 30

Lice in hair on the body: Lycopodium 200

Lice in pubic hair: Staphysagria 200

Numbness

Numbness is loss of sensation in a part of the body. It may be a sign of leprosy. A doctor must be consulted if the problem is not cured by Homeopathic medicines within a week. Some common symptoms and medicines which are to be taken two times a day are given below:

Numbness caused by fear, anguish, sudden financial loss or exposure to cold air: Aconite 30

Numbness with tingling in lips, tongue, knees, legs or feet: Nat Mur 200

In collapse due to cholera: Veratrum Alb 1000 or 200

Odor

Some common symptoms and medicines which are to be taken two times a day are given below:

Offensive body odor: Hepar Sulph 200

Offensive odor in pus, perspiration, saliva, urine, stool, mouth or ear: Merc Sol 200.

Perspiration / Sweating

Some common symptoms and medicines which are to be taken two times a day are given below:

Cold sweat due to illness or excessive sweating of the head which wets the pillow:

Calcarea Carb 30

Non-stop sweating; sour sweat: Hepar Sulph 200

Excessive sweating; sweat has foul odor: Merc Sol 200

Excessive sweating in skin folds like armpits, leg pits: Sulfur 200

Pimples

Pimples are a very common problem particularly with young women and children. Proper diet is an important part of the cure. Avoid fats, chocolates and dry fruits. Take plenty of fresh fruits and vegetables and drink plenty of water. Start treatment with one dose of Sulfur 200 and repeat once a week. Some common symptoms and medicines which are to be taken two times a day are given below:

In adolescence: Aesterias Rubens 30

Pus filled painful pimples: Merc Sol 200 and Hepar Sulph 200

Prickly Heat

Prickly heat is skin rashes which develop on the body in summer heat. They feel scratchy. Apply Syzygium Jambobalam mother tincture on the affected area. Some common symptoms and medicines which are to be taken two times a day are given below:

In folds of skins around neck, armpits or chest: Causticum 200

Red with intense itching: Rhus Tox 200

Ring Worm

Ring worm is a skin fungus that is highly contagious. Bacillium 200 and Sepia 200 are the basic medicines and should be taken two times a day alternately. Also take Apis 200 or 1000 if there is swelling, burning and intense itching.

Warts

Warts are small growths on the skin. Some common symptoms and medicines which are to be taken two times a day are given below:

Hard, painful warts on hands: Antim Crud 200

Warts on eye lids, eye brows, face: Causticum 200

Moist oozing and painful warts: Nitric Acid 200

Warts like raisins (fig warts): Thuja 200 or 1000. Also apply Thuja mother tincture.

Fig warts with severe itching and burning: Sabina 30. Also apply Sabina mother tincture.

Back to Contents

Chapter 15: Women's Medical Problems

Anemia

Anemia is a common blood disease particularly among women. The number of red cells in the blood is less than what is necessary for the body to function properly. It is mostly due to malnutrition and heavy menstruation. The patient tires easily and feels dizzy. In some cases the patient suffers from head ache, shortness of breath, palpitation and lack of sleep. Some symptoms and medicines to be taken two times a day are given below:

Great weakness with pain in the head: Ferrum Phos 30 and Iridium 30

After childbirth: Acetic Acid 30 and Iridium 30

Due to menstrual irregularities: Nat Mur 200 and Iridium 30.

After malaria: Arsenic Alb 200 and Iridium 30.

Breast

Abscess

The affected area of the breast is red and painful. The patient may have fever. Administer Phytolacca 30 and Silicea 200 two times a day. Apply Phytolacca mother tincture externally to soothe the inflammation.

Hard knots in breast

Administer Calcarea Flour 30 two times a day for two weeks. Increase potency to Calcarea Flour 200 after two weeks and continue for another two weeks. If the patient is above 40 years, get check done for malignancy.

Nipples

Some symptoms and medicines to be taken two times a day are given below:

Nipples are inflamed; tender to touch. They are very painful: Chamomilla 200
Nipples are painful. Want to press breasts hard to get relief: Conium 200
Cracked, painful and tender nipples: Graphite 200 and Nitric Acid 200
Nipples drawn in and sore: Silicea 200

Pain

Some symptoms and medicines for painful breasts to be taken two times a day are given below:

Pain in breast during menstruation time: Bryonia 200
Breasts become larger and painful before menstruation: Conium 200
Pain in breast, particularly left breast: Aesterias Rubens 30

Infertility

Infertility in women means their inability to bear a child. One can try Calcarea Carb 200, two times a day for a month. It improves desire for sex and chances of conceiving.

Leucorrhoea

Moderate quantity of odorless, colorless discharge from female genital organs is normal. But excessive, colored or smelly discharge needs to be treated. Some symptoms and medicines to be taken two times a day are given below:

Foul smelling white discharge with burning sensation: Argentum Met 200 and Hepar Sulph 200
Milky white: Calcarea Carb 200
Brown discharge: Lilium Tig 200
Thick, profuse as menstrual blood with pain in small of back and thighs: Magnesia Sulph 30
Thick, yellow or greenish with pain: Vagina feels raw. Pulsatilla 30
During first few weeks after childbirth: Rhus Tox 200
Very painful; discharge as thick as curd; offensive smell: Sepia 200
Copious burning discharge with pain in genitals; burning sensation in vagina; vulva itching: Sulfur 200

Menstruation: Absence

Menstruation stops when women become pregnant. Menstruation may stop due to other reasons too. Some symptoms and medicines to be taken two times a day are given below. If in doubt take two medicines which are closest to your problem.

On account of great weakness and anemia: Ferrum Met 30.

Absence of menstruation with digestion problems, palpitation or abdominal cramps: Kali Carb 200

When accompanied by severe headache and leucorrhoea: Sepia 200

When stopped by fright: Opium 200

On reaching age of puberty; breasts do not develop: Pulsatilla 30 and Lycopodium 200.

Menstruation: Irregular

Some symptoms and medicines to be taken two times a day are given below. If in doubt take two medicines which are closest to your problem.

Irregularity of time and quantity: Nux Moschata 30

Starts; stops and starts again. There could be clots of blood: Pulsatilla 200 and Coccus Cacti 30.

Too frequent, profuse with clotted blood: Ammonium Carb 30

Menstruation: Profuse

Some symptoms and medicines to be taken two times a day are given below. If in doubt take two medicines which are closest to your problem.

Too early; profuse; blood bluish; worse at night: Ambra Grisea 30

Too early, profuse and painful: Arsenic Alb 200

Too early, profuse and painful; pain comes and goes suddenly; discharge is blood red and foul smelling: Belladonna 200 and China 200

Too early, profuse, lasts a long time; some times with vertigo and toothache: Calcarea Carb 200

Non stop menstruation; one period runs into the next; great weakness. Carbo Veg 200 and Nux Vomica 200

Menstruation: Painful

Some symptoms and medicines to be taken two times a day are given below. If in doubt take two medicines which are closest to your problem.

Pain like labour pain; comes and goes; short duration: Belladonna 200 and Chamomilla 200

Pain with abdominal and pelvic soreness; worse on movement: Bryonia 200

Pain across pelvis, hip to hip: Cimicifuga 200

Pain just before flow starts; menstruation with cramps: Mag Phos 200

Pain in vagina, pelvic region and back: Sepia 200

Pain during menstruation with great weakness; Veratrum Alb 200

Menstruation: Scanty

Some symptoms and medicines to be taken two times a day are given below. If in doubt take two medicines which are closest to your problem.

Early, short duration, scanty with great weakness; followed by transparent, burning leucorrhoea: Alumina 200

Scanty menstruation with severe headache: Bryonia 200

Painful and extremely scanty menstruation; lasts less than a day: Euphrasia 200.

Scanty, irregular or late and painful; starts, stops, flows and stops. Blood is dark, thick and clotted. Pulsatilla 30

Scanty menstruation with pain in small of the back: Sepia 200

Menses are very late, scanty, and for short duration; blood thick and black. Vagina and vulva are sore; worse on washing: Sulfur 200

Menopause

The cessation of the menstrual cycle occurs in women some time in mid forties. This is a problematic stage for women. They suffer from both psychological and physical problems. There could be depression. The woman also feels flushes of heat. Some symptoms and medicines to be taken two times a day are given below. If in doubt take two medicines which are closest to your problem.

Flushes with convulsions; worse in the sun, working in the kitchen or stooping: Glonoine 200

There is palpitation, breathlessness, weakness, headache and uterine bleeding. The patient may have piles or suffer from high blood pressure and depression: Lachesis 200 and Sanguinaria 30.

Flushes of heat, perspiration and weakness; there is a sensation that the uterus is coming down; vagina painful on coitus; severe headache: Sepia 200

There is excessive bleeding at the time of menopause; also burning and smelly leucorrhoea: Argentum Met 30

Mental depression and irritability: Ignatia 200 and Lachesis 200

Pain in uterus; from hip to hip: Cimicifuga 200 and Sepia 200

Palpitation during menopause; headache and flushes of heat: Lachesis 200.

Ovarian Cyst

Formation of cysts in the ovary may not show any symptoms. Pain may be experienced in the lower abdomen during menstruation. Pain may also be experienced during coitus.

Some symptoms and medicines to be taken two times a day are given below:

There is severe pain in lower abdomen. The patient draws up double or pulls her knees up to the chest: Colocynthis 200

Vagina is dry; coitus painful. Lycopodium 200

Pregnancy Related Problems

Abortion

Most abortions are spontaneous. The fetus is expelled before the 20th week of pregnancy. The most common symptom is vaginal bleeding. There may be pains at regular intervals like labor pains. If a pregnant woman is involved in an accident or fall, immediately administer a dose of Arnica 1000 to reduce chances of abortion. The woman must be made to lie down at the first hint of vaginal bleeding or discharge of water and given maximum rest. A doctor should be consulted as early as possible. Some symptoms and medicines to be taken two times a day are given below:

There is tendency to miscarriage. Give Sabina 30 till the end of the third month.

If hemorrhage starts: Crocus 30

In case of fear and anxiety during pregnancy: Aconite 30

Debility and other Problems

Many women suffer from great weakness during pregnancy. Most of the cases are due to inadequate nutrition and rest. Some symptoms and medicines to be taken two times a day are given below:

Backache during pregnancy: Aesculus 30

Physically run down condition; great weakness: Carbo Veg 200.

Anemia with or without headache: Ferrum Phos 30.

Mentally run down condition due hard work; excessive albumin in urine: Helonias 30.

Veins enlarged. Varicose veins during pregnancy. Hamamelis 200

Excessive albumin in urine; nausea in pregnancy: Merc Corr 30

Labour Pains

Some symptoms and medicines to be taken two times a day are given below:

Weak labor pains: Causticum 200 and Caulophyllum 30

Unbearable labor pains: Chamomilla 200

Morning Sickness

Morning sickness consists of nausea, vomiting and sometimes heart burn. It usually begins five to six weeks after conception and continues till the sixteenth week. The primary medicine is Ipecac 200 which should be administered twice a day for a few weeks. Some symptoms and additional medicines to be taken two times a day are given below:

Nausea and vomiting in the morning while eating or immediately after eating or drinking; violent hiccups: Nux Vomica 200

If vomit is of milky mucus: Sepia 200

Excessive vomiting with great weakness: Arsenic Alb 200

With bitter eructation or eructation with smell of food taken; great desire for taking sour things: Pulsatilla 30

Milk Problems

Mother's milk is the best food for an infant. However, there can be problems during lactation. Some symptoms and medicines to be taken three times a day are given below:

If there is failure of secretion of milk, give Agnus 30 for a month.

If milk is deficient give Asafoetida 30 a day for a month.

If milk bloody give Bufo 30

If milk is sour and rejected by child; anemia during nursing: Acetic Acid 30

If milk is salty and rejected by child: Calcarea Phos 30

Milk too profuse: Lac Caninum 30. Helps dry up milk.

Nipple very sore during nursing: Croton Tig 30.

Post Natal Care

A woman requires great care after childbirth. She must get adequate nourishment and rest. One dose of Kali Carb 200 per day helps the patient to regain her strength.

Polyps and Warts

Polyps are small soft growths on the skin of any organ like the nose or vagina. Warts on the other hand are small, hard, abnormal growths on the skin. Some symptoms and medicines to be taken three times a day are given below:

Uterine polyps; there may be slight bleeding from the urethra: Phosphorous 200

Warts on the vagina, vulva or lower abdomen: Thuja 1000. Apply Thuja mother tincture.

Uterus Problems

Bearing Down

When the ligaments holding the uterus, the bladder and the rectum become weak, the uterus shifts out of its position. There is a bearing down sensation as though everything will escape through the vagina. At times there is a physical protrusion of the uterus through the vagina. Some symptoms and medicines to be taken two times a day are given below:

Constant, violent bearing down sensation; relieved by standing; worse lying down: Belladonna 200

Pelvic pain rising towards the breasts: Murex 30

There is strong bearing down sensation. Uterus has to be stopped physically from coming out; worse standing: Sepia 200.

Tumor in Uterus/ Ovaries

Benign tumors in the uterus are common in women above 35 years. They are difficult to detect, particularly in the initial stages. The patient may suffer from excessive and painful menstruation. Some symptoms and medicines to be taken two times a day are given below:

Tired feeling in limbs; limbs become numb easily; hot burning feet; at times there is shivering all over: Kali Iod 200

Enlargement of uterus with chronic inflammation: Aurum Mur 30

Ovarian tumor: Apis 200.

Urinary Infection

It is a common disorder with women. The infection can come from the bladder or the vagina. Urine is passed more frequently than at normal times. Passing urine is painful. There is burning sensation while passing urine. Some symptoms and medicines to be taken two times a day are given below:

There is burning in urethra with pain: Aconite 30. Start treatment with this medicine.

Great urging with cutting pain before, during and after passing urine; urine is very hot: Cantharis 200.

Urethra is sore. There is sudden desire to urinate which cannot be controlled. Coitus is painful: Thuja 200.

Conclusion

Women tend to be shy and do not like to discuss their medical problems with male members including their husbands. They mostly suffer in silence. Women in the house should be made to read this chapter. In case they are unable to read and understand English, it should be read and explained to them by an educated woman. Homeopathic medication can relieve pain and discomfort in most cases. However, if there is no improvement in three to seven days, they must see a doctor and get treated.

[Back to Contents](#)

Chapter 16: Sexual Problems of Men and Women

Male

Desire

Some symptoms with suggested medicines to be taken two times a day are.

Strong desire; erection is painful: Cantharis 200
High and uncontrollable sexual excitement: Tarantula Hispanica 30
Prolonged morning erections: Pulsatilla 30

Hydrocele or Swollen Balls

This problem results from accumulation of fluid. Some symptoms and medicines to be taken two times a day are given below:

Testicles swollen but hard and painless: Merc Sol 200 and Calcarea flour 200
Testicles swollen, hard and painful: Aurum Met 30
Testicles extremely painful with fever: Rhododendron 30
Testicles swollen but soft and painless: Silicea 200
Testicles swollen, retracted and very sensitive to touch: Pulsatilla 30.

Impotence

Impotence is the inability of the male to have sexual intercourse due to inability to have or maintain an erection. It is mainly a psychological problem. Six pills Argentinum Nit 200 should be taken an hour or two before going to bed. Some symptoms and medicines to be taken two times a day are given below:

Low sexual vitality; no desire; no erection: Agnus 30
Deficient erection: Lycopodium 1000. 6 pills to be take once a week only.
Strong desire but weak erection: Sulfur 200. A combination of Sulfur 200, Calcarea Carb 200 and Lycopodium 200 taken twice a day in that order is the best for weak erection.
Continue for a week or two till problem is gone
Loss of desire; weak erection; premature discharge: Sulfur 200, Phosphorous 200 and Osmosodium 200

Pain

Some symptoms with suggested medicines to be taken twice a day are as under;

Pain in spermatic cord, testicles and prepuce: Berberis Vulgaris 200
Prolonged painful erection: Camphor 30

Premature Ejaculation

In this case the sperms are released too soon after ejaculation. Six pills of Argentinum Nit 200 should be taken one to two hours before going to bed. Some symptoms and medicines to be taken two times a day are given below:

Discharge too quick: Sulfur 200, Calcarea Carb 200 and Bufo 30
Discharge without erection. Sulfur 200 and Gelsemium 200

Discharge on mere contact of bodies: Sulfur 200

Prostate Gland

The prostate gland is found only in men and produces seminal fluid. It is located at the base of the penis beneath the bladder and in front of the rectum. There are two types of prostate problems, enlargement (hypertrophy) and inflammation (prostatitis). Enlargement of the prostate gland in men causes difficulty in passing urine. The patient takes a long time to urinate. If the patient urinates more than two or three times at night, if there is urge but there is delay in starting to urinate, if urination is painful and accompanied by low back pain and fever, it could be a case of prostate cancer and one must see a specialist at the earliest. The patient must eliminate or reduce smoking, alcohol, spicy food, junk food, chlorinated drinks, tomatoes and tomato products. One must also increase in

Some symptoms with suggested medicines to be taken two times a day are as under:

Dribbling and numbness in penis after passing of urine: Baryta Carb 200

Excessive itching and irritation of the urine passage for the entire length of the penis.

Cannot urinate without standing with feet wide apart and leaning forward: Chimaphila 30

Prostate enlarged; intermittent urination in old people; urine scanty and dark: Aloe 200 and Conium 200.

Partial paralysis of bladder; almost unable to urinate: Gelsemium 200

Testicles Retracted

Some symptoms and medicines to be taken three times a day are given below:

Testicles retracted, painful, worse right side: Clematis 30

Testicles retracted, swollen and painful, worse left side. Rhododendron 30

Testicles retracted, swollen and very sensitive to touch: Pulsatilla 30

Female

Frigidity

Frigidity is aversion of women to sex. It may be due to various reasons. Some symptoms and medicines to be taken two times a day are given below:

Definite aversion to coitus in timid women: Graphite 200

Aversion to coitus in emotional and moody women: Ignatia 200

Desire diminished: Berberis Vulgaris 200

Sexual desire completely destroyed: Onosmodium 200

Nymphomania

Some women suffer from an insatiable and uncontrolled desire for sex play and coitus. The first medicine to be given three times a day is Pulsatilla 30. Some symptoms and additional medicines to be taken three times a day are given below:

With urinary problems like excessive urging and pain: Cantharis 200.

In hysterical women; early and copious menstruation and titillation in vulva and vagina: Moschus 30

Lively, nervous and affectionate women; least touch of sexual parts cause violent sexual excitement: Murex 30

Severe itching in vulva; erotic spasms during menstruation: Tarantula Hispanica 30.

Painful Coitus

Some symptoms with suggested medicines to be taken two times a day are as under:

There is constriction of vagina due to physical weakness and tiredness. The patient wants to be left alone. Gelsemium 200

Vagina dry and constricted; constipation could be present: Lycopodium 200

Back to Contents

Chapter 17: Pains

Homeopathy may not give quick relief to severe pain. Over the counter pain killers (analgesic tablets) or an injection by a doctor is more certain to relieve severe pain. Chamomilla is the strongest pain killer in homeopathy. In case of severe pain, it is advisable to take a suitable pain killer tablet or injection and then take homeopathic medicines to deal with the problem.

Head

Migraine

Migraine is a severe recurring headache. It can be accompanied by nausea and vomiting. The Patient can often predict its coming. Some symptoms and suggested medicines, to be taken two to three times a day are:

Due to mental exertion; pain is better on tight bandaging and pressure; pain in bones of the head: Argentum Nitricum 200

Violent throbbing headache, throbbing temples, hot flushed face, better from pressure, worse from light, noise, jolts, lying down and in the afternoon: Belladonna 200.

Attack preceded by excitement and talkativeness: Cannabis Indica 30

Due to acidity and liver problems: Chionanthus 30

With severe pain in eye sockets; during journey: Cocculus 200.

Due to grief or anger, especially in women; feels as if nails being driven into the head from the sides: Ignatia 200

On waking up after sleep; pain at root of the nose; pressure and burning on vertex; due to exposure to sun; vision becomes dim: Lachesis 200.

During hangover; feels if a nail is being driven into the top of the head: Nux Vomica 200

Due to over work; pain start in the right temple and wanders through the head:

Pulsatilla 30

Pain on left side and in women during menses: Sepia 200

Toothache

In case of toothache without any associated symptoms give alternate doses of Hekla Lava 30 and Merc Sol 200 every 4 hours till the pain is gone. In other cases given below, take the suggested medicine three times a day:

Toothache in tooth with cavity: Antim Crud 200

Toothache caused by air current or anything hot or cold: Calcarea Carb 30 alternate with Carbo Veg 200

Toothache along with pain in left eye and face: Spigelia 200

Digestive System

Appendicitis

Appendicitis is an inflammation of the appendix, a small part in the right side of the lower abdomen. There is severe pain. Initially it may come and go. Later the pain becomes continuous and unbearable. Pain is worse on movement. There is also nausea, vomiting and foul breath. The disease is life threatening and immediate surgery is recommended to remove the appendix. The patient should be given 6 pills of Belladonna 200 and 6 pills of Silicea 200 and taken to the hospital. If surgical facility is not available, continue the medicines three times a day till the patient improves. If available give 4 pills of Belladonna 1000 instead of 6 pills of Belladonna 200. Once pain subsides continue the medicine for three days. Then give 10 pills of Lycopodium 200 or 4 pills of Lycopodium 1000 for seven day to stop recurrence.

Stomach Pain

Stomach pain could be due to various reasons. Some symptoms and medicines to be taken two times a day are given below:

Pain radiating from the navel: Argentum Nit 200

Sudden severe pain: Belladonna 200

In the region of the liver or right side: Berberis Vulgaris 200 and Chelidonium 30

Pain on left side of the stomach: Ceanothus 30

Pain with convulsions: Cicuta 200

Pain traveling from right side of stomach to left: Lycopodium 200

Back and Neck

Some symptoms and medicines to be taken two times a day are given below:

Cracking sound in bone of the neck when moving head: Cocculus 30

Back bent backward like an arch: Cicuta 200

Hip joint and thigh feels lame after lying down: Aconite 30

Icy sensation down spine: Strychninum 30

Diseases of bones of the spine: Silicea 200

Backache

Backache is an almost universal problem. But there are different nuances to the pains.

Some symptoms and medicines to be taken two times a day are given below:

Backache due to injury, old or new: Arnica 1000 and Hypericum 200

Backache in the region of the kidney or lower back: Berberis Vulgaris 200 and Calcarea Carb 200

Patient leans forward due to backache. No strength in legs: Aesculus 200

Backache with stiffness which is better from pressure and worse from movement: Bryonia 200

Backache with stiffness where patient feels better with motion and lying on a hard bed: Rhus Tox 200. If in doubt give both Bryonia and Rhus Tox.

Backache when bending forward to sweep floor or lift things: Calcarea Flour 200

Backache which spreads down one or both legs: Colocynthis 200

Pain in Tail Bone

Pain in tail bone can be due to various reasons. One should buy a scooter tube, inflate it and sit on it to reduce pain. Some symptoms and medicines to be taken two times a day are given below:

Due to injury old or recent: Arnica 1000 and Hypericum 200

When pain is not due to injury: Conium 200 and Lachesis 200

Sciatica

Abnormal pressure on the sciatica nerve located in the lower back due to deformity in the spine due to injury or pasture during work can cause pain in the neck or lower back from where it may run into the legs. The pain may come suddenly or gradually. Physiotherapy to reduce pressure on the nerve is an important part of the cure. Some symptoms and medicines to be taken two times a day are given below:

Pain with sensation of ice water being poured in the part: Aconite 30

Pain in hip joint and knee: Colocynthis 200

Pain moving down right thigh: Dioscorea 30

Pain down left thigh into leg: Kali Bi 200

Pain like electric flashes and cramps: Veratrum Alb 200

Spondylosis

In spondylosis, the patient has pain and stiffness in the region of the neck. Pain is severe on moving the neck. Some symptoms and medicines to be taken two times a day are given below:

Pain with numbness in feet and legs: Aconite 30 and Bryonia 200

Pain with numbness of fingers of the hands: Bryonia 200 and Cimicifuga 200

Pain with spasms or cramps in neck muscles: Bryonia 200 and Cicuta 200

Pain in neck with pain in right shoulder blade: Bryonia 200 and Chelidonium 30

Locomotory Systems or Extremities

Arthritis

Arthritis is a chronic disease where there is inflammation, pain, weakness and deformity of joints and loss of mobility. Some symptoms and medicines to be taken two times a day are given below:

In diabetic patients: Arsenic Alb 200 and Lactic Acid 200

Arthritis of small joints in hand, fingers and toes: Actea Spicata 30 and Pulsatilla 30

When knee joints are the main problem: Calcarea Flour 200 and Sticta 200

When the main problem is pain in bones: Eupator Perf 200 and Causticum 200

Rheumatism

Rheumatism is similar to Arthritis except that the patient may have fever and pain is not only in joints but also in muscles and tendons. Some symptoms and medicines to be taken two times a day are given below:

When the pains start from the feet and rise upwards: Ledum Pal 200

When large muscles like thighs are affected: Cimicifuga 200

When fever is persistent: Formic Acid 30

Pain comes suddenly; joints red, hot and sensitive: Belladonna 200

Pain comes slowly and gradually increases in severity. Better from pressure, lying on painful side and rest: Bryonia 200

Pain in neck, back and thighs; relief from motion: Rhus Tox 200

Pain in thigh and right hip joint: Chelidonium 30

Pain in left hip joint: Stramonium 30

Cramps

A cramp is a sudden seizure in a limb with severe pain. It can be due to exhaustion and dehydration or otherwise. It is a fairly common problem. Taking “Oral Re-hydration Salts (ORS)” helps prevent cramps. Some symptoms and medicines to be taken two times a day are given below:

Cramps in calves, sole or palms: Cuprum Met 200 and Calcarea Carb 200

Cramps in feet, calves, hands etc with pain like electric flashes: Cuprum Met 200 and Veratrum Alb 200

Cramps in hands and fingers: Anacardium 200 and Ambra Gresia 30

Cramps in writers, typists, sitarists, pianists, violinists, sportsmen etc due to excessive strain: Ruta 200 and Mag Phos 200

Pain in Heel

Some common symptoms and medicines which are to be taken two times a day are given below:

Due to growth of heel bone: Calcarea Flour 1000 and Aranea Diadema 30

Pain in heel as though treading on a pebble: Lycopodium 200

Back to Contents

Chapter 18: Problems of the Aged

Mind

Childlike Behavior

When an old person behaves whimsically like a child give 6 pills of Baryta Carb 200, two times a day till condition improves.

Dementia

Dementia in old persons is a marked deterioration of intellectual and physical condition of a patient due to age. Some common symptoms and medicines which are to be taken two times a day are given below:

The patient is melancholy and feels persecuted. His memory is weak. Patient is absent minded. There is weakness in sight and hearing and loss of taste. He is easily offended. There could be cramps in calves: Anacardium 200

Loss of memory, mental weakness, irresolute, loss of confidence, confused, shy and averse to strangers: Baryta Carb 200

The patient has great mental and physical depression and loss of memory. He has no interest in life. He could have nightmares: Kali Phos 30

Complete loss of mental faculties; unable to understand or appreciate own suffering; thinks he is not at home: Opium 200

Mental debility is followed by physical debility. There is partial loss of memory.

Comprehension is weakened. He cannot find the right word and has difficulty in conversing: Phosphoric Acid 30

The patient has loss of memory; low spirit; restlessness; is fidgety and over sensitive to what others say with an exaggerated idea of ones importance. He dread of death when left alone: Phosphorous 200

Irritable

Some old persons seem always angry and irritable. They can be mean and spiteful. They cannot tolerate themselves and also others. Give one dose of Chamomilla 200 two times a day till temper is under control.

Melancholy

Some common symptoms and medicines which are to be taken two times a day are given below:

Dreads people and desires to be alone; intensely shy; lost of love of life; music irritates; dwells on unpleasant things: Ambra Grisea 200.

Sits in a stupid manner; notices nothing; aimlessly wanders from home; curses or howls at night: Veratrum Alb 200.

Memory Loss

Like all other faculties, old people tend to loose their memory. Some common symptoms and medicines which are to be taken two times a day are given below:

Unable to remember names: Anacardium 200 and Lycopodium 200, for a month.

Unable to recognize localities or find ones house: Glonoine 200

Forgets recent events: Absinthium 30 and Sulfur 200

Absentminded and forgetful; forgets things purchased in shops: Lac Caninum 30

Eyes

Cataract

Cataract is a common problem in the aged. Surgery is usually necessary to replace the lens. One needs to go to a doctor who does such operations every day. Only one eye should be operated at a time. These operations are not always successful. My father lost eyesight in both eyes after cataract operations. After operation care is very important and precautions recommended by the doctor must be taken faithfully.

If detected in early stages, treatment under Homeopathy is possible. Cineraria Homeopathic eye drops are said to cure cataract and corneal opacity. It is used externally, one drop in each eye three times a day for six months.

Glaucoma

This is another eye problem which affects the aged. There is a progressive loss of vision with increased pressure inside the eye ball. The pressure causes pain and blurring of vision. One must consult an eye specialist as early as possible. Some symptoms and medicines to be taken two times a day are given below:

Pain in the eye; a green halo is seen around light at night: Osmium 30

Dim vision; momentary loss of vision as from fainting; objects look red: Phosphorous 200

Ears

Loss of Hearing

Age results in loss of hearing in many. Some common symptoms and medicines which are to be taken two times a day are given below:

Loss of hearing in one ear: Ambra Grisea 30.

Finds difficulty in hearing human voice but not other sounds; hears echoes: Phosphorous 200 till improvement is seen or a week.

Hardness of hearing with crackling sound: Baryta Carb 200

Heart or Circulatory System

Weak Heart

Weak heart is characterized by breathlessness, slow pulse and palpitations. Arsenic Iod 30 should be administered twice daily half an hour after meals. Aspidosperma Q should be administered, 10 drops in water three times a day. Digitalis 30 should be taken three times a day.

Lungs or Respiratory System

Asthma Bronchial

First Aid as explained in Chapter on First Aid. Aged patients with no strength or vitality should be administered Carbo Veg 200 three times a day.

Asthma Cardiac

Cardiac Asthma is a disease of the aged. Attacks usually come at night. First aid is the same as for bronchial asthma. Once the attack is stabilized, the patient should be administered *Aspidosperma Q* or mother tincture 10 drops in half a cup of water four times a day for at least a week. Some common symptoms and additional medicines which are to be taken two times a day are given below:

With high blood pressure: Baryta Mur 200

With weak pulse and weak heart: Digitalis 30

Coughs and Colds

Chronic cold in aged persons is a common complaint. Such persons must be given *Carbo Veg 200* three times a day for months and if necessary years. Some additional symptom based medicines to be taken two times a day are:

With rattling sound during breathing: Antim Tart 200.

With weak lung power: Bacillium 200.

With thick yellow sputum which is difficult to take out: Hydrastatis 200.

Digestive System

Some digestive problems of the aged and medicines to be taken two times a day are:

Indigestion: Abies Nigera 200

Diarrhea or constipation or loss of appetite due to over eating or indiscriminate eating: Antim Crud 200

Weak digestion: Argentum Nit 200 and Baryta Carb 200

Lack of appetite and acidity: Argentum Nit 200 and Carbo Veg 200

Indigestion from irregular eating or late night: Nux Vomica 200

Urinary System

Prostrate Problems

Prostrate problems are quite common among the aged male. The prostrate gland gets enlarged. The symptoms relate mainly to difficulty in passage of urine and the need to urinate more than twice at night. (Also see under "Male Sexual Problems"). Prostrate cancer has similar symptoms. So if such symptoms are seen, one should see a specialist. Some symptoms and medicines to be taken two times a day are given below:

Enlargement and indurations of prostrate; urine comes in dribble. It starts and stops and restarts. There could be pain. Better sitting; worse walking: Conium 200

Hypertrophy of prostrate; renewed straining and dribbling after passing urine; numbness in penis after urination: Baryta Carb 200

Prostatitis; itching and painful irritation of urethra from end of penis to neck of bladder: Chimaphila 30.

Patient with weak heart; low pulse rate; low blood pressure; having prostrate problems; urination is difficult. Dribbling discharge; pain in region of bladder while urinating: Digitalis 30 and Morphinum 30

Urine falls vertically without any force: Hepar Sulph 200

Frequent passing of copious urine, particularly at night: Staphysagria 200

Other Problems

Some common urinary problems faced by the aged and their medicines to be taken two times a day are given below:

Involuntary Discharge; particularly at night: Secale 30

Dribbling; urine starts and stops again and drips: Conium 200

Bladder difficulties; difficulty in passing urine; no force: Hepar Sulph 200

Extremities

Involuntary Shaking or Parkinson's disease

In this case the arms, hands and legs of the patient tremble involuntarily. There could be weakening of facial muscles resulting in a vacant look. The head nods rhythmically. The symptoms keep worsening. Some common symptoms and medicines to be taken two times a day are:

Constant nodding of the head: Aurum Sulph 30

Involuntary jerking of limbs: Mag Phos 200

Inability to hold anything in the hands: Phosphorous 200

Arthritis Gout

Arthritis Gout is a painful inflammation of joints on account of deposit of uric acid in joints. Knees, elbows, wrists or ankles can be affected. Some common symptoms and medicines to be taken two times a day are:

Where knee joints are most affected: Aconite Ferrox 30 and Calcarea Flour 200

When small joints in wrist, fingers, ankles, toes etc are affected: Actea Spicta 30

When affection travels from toes upwards: Ledum 200

When pain shifts from limb to limb: Pulsatilla 30

When there is rheumatic fever: Formic Acid 30

Staggering

A person is said to be staggering when he lacks coordination during walking. Some common symptoms and medicines which are to be taken two times a day are given below:

There is loss of balance: Conium 200

Vertigo on rising from seat or bed: Phosphorous 200

Sleep

Some common symptoms and medicines which are to be taken twice a day are given below:

Great drowsiness in old people; especially immediately after meals: Rhus Tox 200 and Phosphorus 200

Cannot sleep from worry; must get up; anxious dreams: Ambra Grisea 30

Conclusion

Problems of old age are numerous and gets worse as we age. However, old people need to learn to live and die with dignity and not allow too much money to be spent on our treatment. Homeopathy provides cheap and effective treatment for most problems of the aged.

I am 70 years old and believe that most of my vital organs have suffered some wear and tear. To avoid further deteriorations of the organs and faculties, I have decided to take six pills of one medicine as a preventive on empty stomach every morning. The sequence I follow is as under:

Day 1: Carbo Veg 200. It improves digestion and oxygen absorption and reduces gas problem.

Day 2: Calcarea Carb 200. It delays cataract and helps in back ache and rheumatic pains.

Day 3: Berberis Vulgaris 200. It cures low backache helps improve the functioning of kidney, liver and gall bladder.

Day 4: Cheledonium 30. It improves functioning of liver and gallbladder.

Day 5: Phosphorus 200. It delays cataract, prevents glaucoma, improves functioning of liver, strengthens bones, and improves hearing.

Day 6: Anacardium 200. Removes depression and improves memory.

Day 7: Conium 200. Improves functioning of heart and prostrate. In case of women, Conium should be replaced by Baryta Carb 200 which reduces degenerative changes in the functioning of brain, lungs and heart

One may devise a different set of medicines based on their medical problems. For example, for my wife who has diabetes, joint pains and breathlessness, I have given her a different set of medicines as under:

Day 1: Arsenic Alb 200. It is a medicine for diabetes and respiratory problems like breathlessness. It also improves functioning of the digestive system.

Day 2: Calcarea Carb 200. It delays cataract, back ache and rheumatic pains.

Day 3: Berberis Vulgaris 200. It cures low backache and helps improve functioning of kidney, liver and gall bladder.

Day 4: Chelidonium 30. It improves functioning of liver and gallbladder.

Day 5: Lactic Acid 30. It helps in diabetes and joint pains.

Day 6: Carbo Veg 200. It improves functioning of lungs, digestive system and strengthens the constitution. It helps in asthma of old person.

Day 7: Arnica 200. It reduces pains from old injuries and prevents heart attack.

No book suggests this line of treatment. I have tried this for over a year without any problems and intend to continue. After angioplasty in 2005, I take six Allopathic pills every day. My wife has been taking six allopathic pills every day for diabetes, blood pressure and other problems. I don't think there is any problem if one takes one Homeopathic medicine a day to keep the doctor away.

Back to Contents

Chapter 19: Problems of Children

Children some times suffer from diseases which are not common among adults. The dosage of medicines of children below 12 should be half the standard adult does of four pills and three instead of six pills where six have been recommended.

Adenoids

Adenoid is a pad of tissue that lies at the back of the nose close to the mouth cavity. When inflamed or enlarged, it makes it difficult for the child to breathe. The child gets tired easily and shuns physical activity. He may suffer from blocked nose and middle ear pain. The treatment should start with one dose of Bacillinum 200 which should be repeated if required after two weeks. Next, the patient should be given two doses of Silicea 200 for 2 days to cure pus if any. This should be followed with one of the following medicines two times a day till the nose block is removed:

When there is pain in the ear: Agraphis Nutans 30

When the child is fat and tonsils are swollen: Calcarea Carb 30

When the child is thin and tonsils are swollen: Calcarea Phos 30

Bed Wetting

A child sometimes wets the bed and feels ashamed. He should not be rebuked. Some common symptoms and medicines to be taken two times a day are:

Urine is foul smelling and stains the bed sheet: Benzoic Acid 30

Bedwetting without waking up: Belladonna 30

Bed wetting before midnight: Causticum 30

Common Cold

This is a very common disease. Some common symptoms and medicines to be taken two times a day are:

With light fever and headache: Aconite 30. One can repeat dose once every hour till fever goes.

With violent cough; face turns red: Belladonna 30

With dry cough; there may be pain in chest: Aconite 30 and Bryonia 200.

Due to getting wet in rains: Dulcamara 30.

With wheezing and difficult breathing; the chest is full of mucus: Aconite 30 and Ipecac 30

When there is a lot of mucus but it does not come out: Antim Tart 200

With green stringy mucus which is difficult to take out: Kali BI 30

Non stop flow of thin mucus: Merc Sol 30

Nose blocked; dry cough: Bryonia 200 and Nux Vomica 30

With bland yellow or green mucus; loose cough: Pulsatilla 30.

Breathlessness; exhausting cough; pain right side of chest: Carbo Veg 200 and Cheledonium 30

Chicken Pox

The disease starts with a slight fever. Eruptions appear on the second day, Pus forms in the eruptions. Eruptions dry up after six to seven days and the scales fall off. There is itching. Child is irritable and has poor appetite. The treatment should start with one dose of Variolinum 200. No other medicine for 24 hours. Antim Tart 30 three times a day till fever subsides. Rhus Tox 30, three times a day to reduce itching. Merc Sol 30 once a day for three days after fever subsides.

Dentition Problems

Some common symptoms and medicines to be taken two times a day are:

Teeth decay as soon as they appear: Kreosotum 30.

Diarrhea during dentition: Podophyllum 30

German Measles

It is a minor disease. Rashes appear on the face in the form of red spots on the first day. Rashes spread all over the body on the second day and start disappearing on the third. Some common symptoms and medicines to be taken two times a day are:

Fever with restlessness: Aconite 30

Sore throat and enlarged glands: Belladonna 30 to be taken alternately with Aconite 30

Fever with chill and sweats: Ferrum Phos 30

Child weepy; wants company and sympathy; cold is a predominant symptom: Pulsatilla 30

Nappy Rash

Apply Calendula ointment or mother tincture.

Night Terrors

Child wakes up suddenly in great fear. He screams or mumbles in sleep. Give one dose of Aconite 30 followed by Belladonna 30.

Nose Bleed

Some common symptoms and medicines to be taken two times a day are:

Due to injury: Arnica 200

Bleeding drop by drop: Hamamelis 30

For no apparent reason: Millefolium 30

Phimosis

Phimosis is a disease where tight foreskin causes problems during urination. Some common symptoms and medicines which are to be taken two times a day are given below:

Sudden occurrence: Aconite 30

With swelling, soreness and burning below the foreskin: Give one dose of Apis 200 followed by Nitric Acid 30

Pneumonia

Pneumonia is a dangerous disease of the lungs and the child needs to be taken to a doctor as early as possible. The main symptoms are high temperature, cold with or without cough, shivering, rapid and heavy breathing and at times vomiting and convulsions. Whether confirmed or not, as soon as the above symptoms are seen, give one dose of Aconite 30 every hour for 24 hours and one dose of Sulfur 30 every alternate day along with selected medicine. Some common symptoms and additional medicines to be taken two times a day are:

Sharp pain in centre of chest: Bryonia 200

Breathlessness; exhausting cough; pain right side of chest: Carbo Veg 200 and Cheledonium 30

Exhausting suffocating cough with nausea: Ipecac 30

Breathing difficult; pain under breast bone; rust colored sputa: Phosphorous 200

Rickets

Rickets is a common problem in children from very poor families due to malnourishment. Bones are soft, bent and malformed. Forehead is very prominent. The child reaches tenth month without cutting teeth. Improved diet and a calcium tonic will help the child. Some common symptoms and medicines to be taken two times a day are:

Head and joints enlarged; teeth decaying; belly swollen: Calcarea Carb 30
Similar symptoms but diarrhea is dominating: Calcarea Phos 30

Sore Throat

Some common symptoms and medicines to be taken two times a day are:

Throat red and inflamed; tonsils swollen; pain while swallowing: Belladonna 30
Throat sore on taking very cold drinks: Bryonia 30
Pain is severe; pus in tonsil: Hepar Sulph 200 and Merc Sol 30
Throat purple; swallowing very painful; worse left side: Lachesis 30.

Stomach Upsets

Some common symptoms and medicines to be taken two times a day are:

Troubles due to over eating; tongue white coated; foul eructation; stomach pains when pressed: Antim Crud 200
Children's diarrhea; abdomen gurgles and rumbles: Veratrum Alb 200 and China 200.
Give oral re-hydration salt dissolved in water or solution of salt and sugar.
Food poisoning: Arsenic Alb 200. Give oral re-hydration salts as above.
No appetite; pain in the centre of stomach just below rib cage radiating in all directions: Argentum Nit 200
With nausea and vomiting: Ipecac 30
Stomach upset due to excessive heavy fatty food: Pulsatilla 30
Rice water like loose motions: Veratrum Alb 200. Give oral re-hydration salts as above.

Tonsillitis

Swollen tonsils are accompanied by high temperature, white coated tongue, dry cough and bad breath. The problem is common in children. Some common symptoms and medicines which are to be taken two times a day are given below:

Sudden attack due to exposure to cold air: Aconite 30
Swelling is the main symptom: Apis 200
Tonsils enlarged and fiery red: difficulty in swallowing; worse right side. Belladonna 200

Pain worse on left side: Lachesis 200

Pus but without shooting pain; voice affected; fever with chill and sweat; worse at night and in bed: Merc Sol 200

Chronic cases where patient has frequent attacks or suffers for a long time: Silicea 200

Worms

This is a common problem with kids. Some symptoms which indicate presence of worms in the child are picking at the nose, grinding of teeth when sleeping, impaired appetite, straining at stool and itching and irritation around the anus. Give Cina 30 two times a day for two weeks. Cina 200 should be given to children over 10 years.

Miscellaneous

Under Developed Infants

If an infant does not develop properly, if his bones do not grow administer two pills of Calcarea Carb 30 and Sulfur 30 three times a day for a month.

Stoppage of urine in babies

A newborn may not pass urine due to shock during birth. Give two pills of Aconite 30 and the problem may be solved.

Child Sensitive to Pain

If a child is peevish and extremely sensitive to pain and keeps crying, give Chamomilla 30, three times a day for a week.

Conclusion

When our children were small, we often took them to Homeopathic doctors for treatment. However, one should not be very rigid about it. Do take them to a practicing doctor for serious problems like high fevers or pneumonia.

[Back to Contents](#)

Chapter 20: Treatment of Cancer

Cancer is a dreaded disease and requires specialist treatment at a cancer hospital. It can be quick acting and kill in a few months or slow acting and kill in a few years. It is a curse of God or Man when we consider that products of human greed like carcinogenic pesticides enter the food chain and human habits like smoking and tobacco chewing cause cancer. Its treatment is not available in many towns of India. Early detection gives

some chance of success. Late detection is a death sentence. Sudden unexplained loss of weight is usually the first warning signal and must be thoroughly investigated. Naturopathy and Homeopathy claim to be able to cure some types of cancers. I have no first hand knowledge if they work. However, a drowning man will clutch at any straw. I will like to inform my readers of what Homeopathy has to offer towards treating cancer. Homeopathic medicines can be taken along with any allopathic formulations prescribed by giving a gap of one hour between Homeopathic and Allopathic medicines.

Cancer of the Mouth

Cancer of the mouth can be on the lips, tongue, gum, palate or on the lining of the cheek. They are in the form of small, red, hard tumors or lesions which do not heal. Surgery and radiation therapy is effective for lip cancer but difficult for other forms of cancer of the mouth.

Cancer of the lips

Hydrastatis mother tincture should be applied. Some common symptoms and medicines to be taken two times a day are:

Lips bluish with coppery eruptions: Aurum Ars 200

Hard tumor of the lip: Conium 1000

Ulcers and lesions on the lip: Condurango 30

Cancer of the tongue

Some common symptoms and medicines to be taken two times a day are:

Tongue dry, swollen, inflamed, ulcerated; unable to swallow: Apis 1000

Tongue red, sore, bleeds; so swollen that it fills the mouth: Crotalus H 200

Cancer of the Throat

Cancer of the throat attacks the sound box and vocal cords. There is persistent soreness of the throat and difficulty in swallowing solid food. There may be pain in ears and throat. There is loss of weight. Some common symptoms and medicines to be taken two times a day are:

Dirty looking growth in the throat: Arsenic Alb 200

Continuous dry hacking cough: Conium 1000

Fibrous growth in the throat; glands swollen; Pain at the root of the tongue extending to the ears: Phytolacca 200

Cancer of the Lungs

In the early stages there is persistent dry cough. There is difficult breathing and gradual loss of weight. Later there is pain in the chest and difficulty in swallowing. Carbo Veg 200 should be given three times a day. Some common symptoms and additional medicines to be taken two times a day are:

Coughing pure blood: Millefolium 200

Sputum a mixture of blood and mucus: Phosphorus 200

Violent cough with thick, yellow mucus but no blood: Silicea 200

Cancer of the Food Pipe

This is very difficult to detect in the early stages. The main symptoms are pain in the food pipe, loss of weight and choking while drinking liquids. The medicine is Arsenic Alb 200, to be taken two times a day.

Cancer of the Stomach

This is also very difficult to detect in the early stages. The main symptoms are slow and steady loss of weight, loss of appetite, anemia, pain in upper abdomen, vomiting blood or blood in stool. Sudden change in toilet routine could also be a signal. The main medicines are Phosphorus 10000 once a week and Carbo Veg 200 to be taken 3 times a day. Some common symptoms and additional medicines to be taken two times a day are:

Blood in stool or vomit: Millefolium 200

Pain and vomit of food: Condurango 30

Vomiting of bloody, slimy coffee colored slime; sinking feeling in the stomach: Crotalus H 200

Burning pain, great thirst and inability to retain food: Nitric Acid 200

Cancer of the Breast

Women run a risk of developing breast cancer between the ages of 45 to 65. It usually appears as a hard lump in the breast and spreads to the lymph glands in the arm pit and then through the body. The nipple retracts. The skin may ulcerate and become painful. There may be discharge from the nipples. It can be cured if detected early by operating and removing the affected breast. My mother had the operation and lives problem free even 20 years after the operation. In Homeopathic treatment Conium 1000 should be given once a day. Phytolacca mother tincture should be applied externally on the breast and armpit for relief from pain. Some common symptoms and additional medicines to be taken two times a day are:

Severe burning in the breast; great restlessness: Arsenic Alb 200

Ulceration of the skin of the breast; acute pain; armpit glands swollen and hard; worse left side: Asterius Rubens 200

Painful tumor in women with very large breasts: Chimaphilla 30

Breasts hard, painful and purple; glands in arm pits enlarged; hard, irregular tumor with retracted nipples: Phytolacca 200

Cancer of the Bowels

Cancer of the bowels is difficult to detect. Some symptoms are constipation alternating with mucus, difficulty in passing stool and blood in stool. There is severe pain in the rectum when sitting. Ruta 1000 is a useful medicine in cancer of lower bowel.

Cancer of Uterus, Cervix

Women between the ages of 40 to 70 are more prone to develop these problems. The warning signals are bleeding from vagina after inter course, unusually heavy periods, flow of blood between periods and post menopause bleeding. Any unusual bleeding from the vagina requires immediate and proper investigation. If there is any problem in the uterus after the reproductive phase of life of a woman is over, the uterus should be removed through operation. It ensures a healthy a problem free life. If for any reason operation is not possible, Homeopathic medicines can be tried. 10 drops of Caltha Palustris 30 should be given to the patient four times a day. Some common symptoms and additional medicines to be taken two times a day are:

Irregular menstruation; eruptions on the vulva with itching; increased sexual desire: Aurum Arsenic 200

Severe pain which moves down into the thighs: Carbo Animalis 200

With offensive discharge, bleeding and pain: Carsinosin 200

Oozing blood with terrible color: Kreosotum 30

Tumor in uterus: Kali Iod 30

Cancer of Ovary

There are no symptoms till the cancer is in an advanced stage. The main symptoms are low back pain, unusual vaginal bleeding and swelling of abdomen with pain and growth which can be felt in the pelvis. Removal through surgery is the best option. Removal of one ovary does not affect child bearing capability. My wife had one ovary removed as a teenager before marriage. She bore me two children. Some common symptoms and medicines to be taken two times a day are:

Severe pain from hip to knee; worse on the right side: Kali Carb 30

Pain and swelling on the left side: Lachesis 200

Cancer of the Prostrate or male genitals

Prostrate operation is dangerous and success rate is not very high. The medicine for prostrate cancer is Conium 1000 once a day, Baryta Carb 200 and Crotalus H 200 two times a day. The medicine for cancer of male genitals is Conium 1000 once a day and Arsenic Alb 1000 three times a day.

Cancer of the Blood or Leukemia

Leukemia is production of abnormal white cells which over power the other element of the blood. The symptoms are anemia, loss of weight, weakness, swelling of spleen, liver and lymph nodes and persistent low fever. Chances of survival are not very bright. The recommended medicines are Ferrum Aceticum 1000 or 10000 once a day and Picric Acid 30 and Iridium 30 two times a day.

Cancer of the Bone

This is also very difficult to detect. The main symptoms are severe and continuous pain in a bone which does not respond to Eupator Perf 200 or allopathic pain killers. Some common symptoms and medicines to be given are given below:

If the bone affected is of the lower jaw or tibia, give Phosphorus 1000 two times a day.

If there is burning pain in the bone give Euphorbium 200, two times a day or as required to relieve the suffering of the patient.

Pains at night with a sensation of bones being scraped: Phosphoric Acid 200, two times a day or as required to relieve the suffering of the patient.

Pain Killers for Cancer Patients

Some common symptoms and medicines to be taken two times a day or as otherwise indicated or as necessary are:

Stinging pain, intolerance of heat and the slightest touch: Apis 1000.

Cutting Pain in breast cancer: Asterious Rubens 200

Burning pains; nightly aggravation; restlessness and exhaustion: Arsenic Alb 200 and Euphorbium 200.

Excruciating pain in open cancer such as cancer of mouth, lips: Calcarea Acetica 200.

In lung cancer and if there is sharp pain which radiates from the chest into the back; chest very sensitive to touch: Calcarea Carb 200.

Pain and foul smell or stench coming from the affected area: Cinnamonum mother tincture. Give 10 drops every hour.

Pain in case of stomach cancer: Give Condurango mother tincture, 10 drops every hour.

Piercing pain in tumors, worse at night: Conium 1000

Pain in cancerous tumors and ulcers: Hydrastis 200.

Pain causes twitching or jerking of limbs; patient cannot bear the pain. Morphinum 200

You may give more than one medicine. The aim is to reduce the suffering of the patient to the extent possible.

Conclusion

Cancer, particularly in advanced stages is almost incurable. We have to accept that fact. All we can do is to try to reduce the suffering of the patients and enable them to live as normal a life as possible. The dosage of medicine given here are indicative. Feel free to increase dosage or potencies if it relieves the suffering of the patient.

[Back to Contents](#)

Epilogue

Homeopathy provides us a life line in emergencies and serious illnesses till we can reach competent medical aid i.e. a doctor or a hospital as the case may be. Limitations of Homeopathy have been clearly explained in Part 1 of this book. Serious problems must be referred to a doctor.

In case of suspected serious illness or injury, it is best to see an allopathic doctor of repute. This is because the allopathic doctors rely more on medical investigations like X-Ray, biopsy tests, blood tests, etc for their diagnosis. Hence their diagnosis is likely to be more accurate than one which is done without tests. **Do not go to a Homeopathic, Unani or Ayurved doctor in case of life threatening diseases like heart attacks, problems of the kidney or liver, appendicitis, typhoid, tuberculosis, dengue, chikenguniya, malaria etc.** Practitioners of traditional or Homeopathic medicine may delay proper investigation and try to treat the problem without a proper investigation. This may result in the treatment getting fatally delayed.

After you have seen a doctor of your choice and done any investigations that he had recommended, the doctor will come up with a diagnosis and a recommended a line of treatment. He will prescribe medicines or recommend hospital admission. The patient should study the medical problem as diagnosed on the internet. The patient and his family will then have a clear picture about the seriousness of the disease, the expenses involved and the logistic problems and decide what to do keeping in mind the age of the patients and the financial status of the family. I do not believe that it is correct to reduce the young in the family to living dead by spending more than one can afford in trying to save the life of an aged or terminally ill person. An article in Times of India published recently stated that about ten million Indians are reduced to poverty every year because of money spent on medical expenses of the aged and terminally ill. The willingness to accept death as a part of life and reliance on Homeopathy can substantially reduce that number.

Homeopathic self medication or treatment is reasonably safe and simple. It is cheap and free from side effects. It also provides options to ladies and others who feel shy to discuss their intimate sexual or psychological problems. It can provide a life saving solution if you cannot afford expensive medical treatment. All those who travel, live or work in areas where medical aid is not easily available would be advised to buy this book (download on to lap tops), study this book carefully and keep a medical kit as suggested in Chapter 1. Homeopathic self medication, when successful gives great satisfaction. One

can feel the effects of the medicine on ones body. One can keep trying different options if one medicine or combination does not work. Just remember a few things:

Do not try self medication for life threatening problems unless you cannot afford allopathic treatment or are located in a place where such treatment is not available. If a medicine aggravates the symptoms or produces side effects like loose motions or pains, stop it immediately and try a different one.

To obtain maximum benefit from the book you should:

Study Chapters 1 to 4 and get an understanding of Homeopathy and glance through the rest of the book and make your self familiar with it.

Medicines which are inimical to each other have been hyperlinked. Refer to it if you are using more than one medicine at the same time.

Acquire the medicine kit unless you live in a town where Homeopathic medicines are easily available.

Use the hyperlinked contents to find the appropriate medicine or medicines that address your problem and start the course.

If there is no improvement within three days, the medicine selected is not appropriate or the patient does not respond to Homeopathy. Try another medicine or go to a Homeopathy expert or seek a solution in a different stream of medicine.

You can get more suggestions for dealing with your medical problems by doing a Google Search for “Homeopathic Treatment”, select the site and look for the medicines for your medical problem.

In the end I would like to reiterate that this book is not a text book of Homeopathy. It is a manual for prevention, first aid and self medication or in house medication till a patient can access expert medical treatment. It is also a manual for self medication for minor or unusual problems which do not always require or respond to allopathic treatment. It is also a manual for self medication for those who cannot afford allopathic treatment or where the doctor says that the patient is incurable.

All persons purchasing and using this book must realize that self medication and Homeopathy have limitations which are explained in detail in Chapter 1. For all life threatening diseases or injuries, the patient must be evacuated to a hospital at the earliest possible. The first aid or treatment suggested is only a stop gap measure till expert medical facilities can be accessed. The author or the publisher does not accept any liability for self medication or treatment suggested in the Book.

[Back to Contents](#)

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[Back to Contents](#)

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Bhaskar Sarkar was born at Calcutta, India in 1940. He graduated in civil engineering in 1963 and joined the Corps of Engineers of the Indian Army and hung his boots after 28

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