


HOMEOPATHIC REMEDIES 36 BASICS

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IGNATIA	<i>St. Ignatius Bean</i>	<i>Strychnos ignatia</i>
Indications	Grief, sleeplessness, anxiety, indigestion.	
Type	Want to be left alone to their misery.	
Emotions	Grief, anger, fear; sleeplessness, colds, lump-in-throat sensation, fever, empty feeling, indigestion, nervous disorders - twitches, nervous tics, or numbness in the face or limbs.	



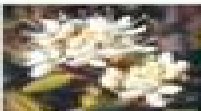
IPECACUANHA	<i>Ipecac. shrub</i>	<i>Cephaelis ipecacuanha</i>
Indications	Nausea, indigestion, fever, morning sickness.	
Type	Hard to pin down, impatient, scornful.	
Remedy	Remedy for dry, teasing, hacking coughs that bring a sense of suffocation. Wheezing and asthmatic breathing with a congested chest. Migraine with severe nausea and vomiting, morning sickness.	




KALI BICH	<i>Potassium bichromate</i>	<i>Kali bichromicum</i>
Indications	Mucus, headaches.	
Type	Proper, conservative, fastidious, moral.	
Remedy	The remedy for problems with the mucous membranes of nose, throat, vagina, urethra and stomach. Joint problems, rheumatic pains, migraines. Characteristic is pain that shifts from one part of the body to another.	



LACHESIS	<i>Bushmaster</i>	<i>Lachesis mutus</i>
Indications	Menopause, hot flashes, PMS, sore throat.	
Type	Ambivalent, disengaging of others, self-promoting.	
Remedy	Left-sided sore throat, hacking cough, sinus pain; bursting headache; PMS, menopause, hot flashes; irritability, jealousy. Feeling bad when waking up. Hot sweats and shivering; throbbing sensations.	




LEDUM	<i>Wild rosemary</i>	<i>Ledum palustre</i>
Indications	Puncture wounds, insect bites, cuts, grazes.	
Type	Self-pity, discontents, unfriendly, grumpy.	
Remedy	First aid remedy for bites, punctures, skin stings, rashes, ankle sprains, old yellow bruises, and foot pain. Rheumatic pains, stiff, painful ankles, gout, severe night sweats, and intense-itchiness of feet and ankles.	




LYCOPodium	<i>Club moss</i>	<i>Lycopodium clavatum</i>
Indications	Indecision, stomach, constipation, scabias.	
Type	Self-conscious, shy, conscientious, moody.	
Remedy	Worries, indecision, flatulence, belching, colic, constipation, flu, colds, yellow mucus colds, sinus, coughs, ears, headaches. This remedy is reputed to act on the entire organism and is often selected for chronic diseases.	



MAG. PHOS	<i>Magnesium phosphate</i>	
Indications	Leg cramps, menstrual cramps, muscle spasms.	
Type	Intellectual, artistic, sensitive, intense.	
Remedy	This anti-spasmodic cell salt relieves cramps, muscle spasms, cramping, radiating pain, neuralgia, sciatica, backaches, headaches, toothaches, colic, hiccup and fatigue.	




MERC. VIV	<i>Mercury, Quick silver</i>	<i>Mercurius viv</i>
Indications	Sore Throat, colds, gumboils, bad breath.	
Type	Refrains, anguished over trivial matters.	
Remedy	Sensitivity to temperature changes; thick colds with sore throat, mouth sores, odorous discharges. Bad breath, sweats, discharges. Sore, inflamed and swollen glands. Ulceration of mucous membranes. Metallic taste in mouth.	



NATRUM MUR	<i>Sodium chloride</i>	<i>Natrum muraticum</i>
Indications	Grief, sadness, allergies, cold sores, irritability.	
Type	Very sensitive, emotional, socially inept.	
Remedy	This remedy helps with colds, sore throats, cough, hay-fever, dry skin, cracked lips, headaches, migraines, suppressed emotions, sadness, anger, grief, sleeplessness, over-sensitivity to weather changes.	



NUX VOMICA	<i>Strychnine</i>	<i>Strychnos nux-vomica</i>
Indications	Stress, fatigue, hangover, sleeplessness.	
Type	Tense, irritable, envious, angry outbursts.	
Remedy	Helps to overcome the effects of overindulgence in drink, food, stimulants as well as mental overwork. Insomnia, digestive complaints caused by suppressed anger, colds and influenza. Blocked nose, coughs, larynx pain.	



PHOSPHORUS	<i>Phosphorus</i>	
Indications	Anxieties, fears, violent cough, hay-fever.	
Type	Co-operative, intelligent but easily exhausted.	
Remedy	Ailments characterized by burning pain. Headaches, diarrhea, nosebleeds, profuse periods, nervous fatigue, sleeplessness, hoarseness. Respiratory problems, tightness in the throat. Dry, tickling coughs.	



PULSATILLA	<i>Meadow Anemone</i>	<i>Pulsatilla pratensis</i>
Indications	Night coughs, yellow mucus, ear congestion.	
Type	Gentle but easily led, likes to evoke sympathy.	
Remedy	Ailments accompanied by profuse yellow, yellow-green discharges. Colds, flu, hay-fever, night coughs, indigestion, ear sickness; PMS, cramps. Emotional problems such as moodiness, anger and depression.	




RHUS TOX	<i>Poison Ivy</i>	<i>Rhus toxicodendron</i>
Indications	Rheumatism, joint pain, stiffness, skin problems.	
Type	Worries and plagued by thoughts of doom.	
Remedy	Red, swollen, itchy skin, joint and muscle ailments including stiff, swollen joints, rheumatic pain, rashes, hives, flu, fever, fatigue, restlessness. Remedy for swollen eyes with painful, stinging tears.	




RUTA	<i>Rue</i>	<i>Ruta graveolens</i>
Indications	Sprain, bone bruises, carpal tunnel, eye strain.	
Type	Dissatisfied, broody, easily starts an argument.	
Remedy	A good first aid remedy for sprains, strains, repeated injury, joint issues such as tennis elbow, deep bruises, knock-knocks, eye strain from long hours of fine, detailed work. Also used for chest pains and itchiness.	




SEPIA	<i>Cuttlefish</i>	<i>Sepia officinalis</i>
Indications	Heavy periods, menopause, hot flashes, PMS.	
Type	Lack of emotions, detached, mood swings.	
Remedy	The remedy for women's issues including menopause, PMS, dryness, moodiness, irritability, fatigue, sleeplessness, headaches, nausea, back and joint pain. Recovery from exhaustion after sexual intercourse.	



SILICA	<i>Quartz</i>	<i>Silica terra</i>
Indications	Skin and bones complaints.	
Type	Determined but without much conviction.	
Remedy	Helps to purge splinters, acne, skin sores and congested glands, ears and sinuses. Relieves constipation, fatigue and anxiety; and helps strengthen hair and nails. Alleviates profuse sweating and sleeplessness.	



STAPHISAGRIA	<i>Stavesacre</i>	<i>Delphinium staphisagria</i>
Indications	Nervous complaints.	
Type	Deeply suppressed emotions, hidden rage.	
Remedy	Remedy for neurosis, teaching problems, cynicism, stress, inflammation of the eyelids, headaches that sit heavily on the forehead. Useful for women who have pain during sexual intercourse.	



SULPHUR	<i>Brimstone</i>	<i>Sulfur</i>
Indications	Skin complaints, mental stress, digestion.	
Type	Self-centred, egotistical, know-it-all.	
Remedy	Remedy used to treat skin conditions such as eczema, thrush, nappy rash, dry scalp. Helps with digestive problems such as indigestion, vomiting, chronic diarrhoea. Helps with mental stress, forgetfulness, indolence.	

Guide To Homeopathic Remedies

Judd E. Hollander



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