

HOMEOPATHIC REMEDIES 36 BASICS

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IGNATIA *St. Ignatius Bean* *Strychnos ignatia*
Keynotes: 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 tic, or numbness in the face or limbs.



IPECACUANHA *Ipoeic shrub* *Cephaelis ipecacuanha*
Keynotes: Nausea, indigestion, fever, morning sickness.
Type: Hard to pin down, impatient, scornful.
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 *Potassium bichromate* *Kali bichromicum*
Keynotes: Mucus, headaches.
Type: Proper, conservative, fastidious, moral.
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 *Bushmaster* *Lachesis mutus*
Keynotes: Menopause, hot flashes, PMS, sore throat.
Type: Arrogant, disregarding of others, self-promoting.
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 *Wild rosemary* *Ledum palustre*
Keynotes: Puncture wounds, insect bites, cuts, grazes.
Type: Self-pity, discontent, unfriendly, grumpy.
First and 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 *Club moss* *Lycopodium clavatum*
Keynotes: Indecision, stomach, constipation, sciatica.
Type: Self-conscious, shy, conceited, moody.
Worry, 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 *Magnesium phosphate*
Keynotes: Leg cramps, menstrual cramps, muscle spasms.
Type: Intellectual, artistic, sensitive, intense.
This anti-spasmodic cell salt relieves cramps, muscle spasms, cramping, radiating pain, neuralgia, sciatica, backaches, headaches, toothaches, colic, hiccup and fatigue.



MERC VIV *Mercury, Quick silver* *Mercurius viv*
Keynotes: Sore Throat, colds, gumbolls, bad breath.
Type: Restless, anguished over trivial matters.
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 *Sodium chloride* *Natrium muraticum*
Keynotes: Grief, sadness, allergies, cold sores, irritability.
Type: Very sensitive, emotional, socially inept.
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 *Strychnine* *Strychnos nux-vomica*
Keynotes: Stress, fatigue, hangover, sleeplessness.
Type: Tense, irritable, anxious, angry outbursts.
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 *Phosphorus*
Keynotes: Anxieties, fears, violent cough, hay-fever.
Type: Co-operative, intelligent but easily exhausted.
Ailments characterized by burning pain. Headaches, diarrhea, nosebleeds, profuse periods, nervous fatigue, sleeplessness, hoarseness. Respiratory problems, tightness in the throat. Dry, tickling coughs.



PULSATILLA *Meadow Anemone* *Pulsatilla pratensis*
Keynotes: Night coughs, yellow mucus, ear congestion.
Type: Gentle but easily tired, likes to evoke sympathy.
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 *Poison Ivy* *Rhus Toxicodendron*
Keynotes: Rheumatism, joint pain, stiffness, skin problems.
Type: Worries and plagued by thoughts of doom.
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 *Rue* *Ruta graveolens*
Keynotes: Sprain, bone bruises, carpal tunnel, eye strain.
Type: Dissatisfied, broody, easily starts an argument.
A good first aid remedy for sprains, strains, repeated injury, joint issues such as tennis elbow, deep bruises, headaches, eye strain from long hours of fine, detailed work. Also used for chest pains and itchiness.



SEPIA *Cuttlefish* *Sepia officinalis*
Keynotes: Heavy periods, menopause, hot flashes, PMS.
Type: Lack of emotions, detached, mood-swings.
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 *Quartz* *Silica terra*
Keynotes: Skin and bones complaints.
Type: Determined but without much conviction.
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 *Stavesacre* *Delphinium staphisegria*
Keynotes: Nervous complaints.
Type: Deeply suppressed emotions, hidden rage.
Remedy for neuralgia, itching problems, cystitis, styes, inflammation of the eyelids, headaches that sit heavily on the forehead. Useful for women who have pain during sexual intercourse.



SULPHUR *Brimstone* *Sulfur*
Keynotes: Skin complaints, mental stress, digestion.
Type: Self-centred, egotistical, know-it-all.
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, indecision.

Healing Homeopathic Remedies

Mike Jess



Healing Homeopathic Remedies:

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