

## Lecture 6: Individual Remedies

### Section 2: Homeopathy

- ▀ Lecture 5: Case Taking
- ▀ **Lecture 6: Individual Remedies**
- ▀ Lecture 7: First Aid

### Individual Remedies

- ▀ Have a **keynote symptom** in mind, then associate the modalities to a picture or case for the remedy
- ▀ We will share the best ones we have, but if you already have a memory link, or a patient experience, feel free to use that instead
- ▀ When studying, think about what type of question they might ask you regarding this remedy, if they were to ask – put yourself in the question-writer's shoes

5

### ACONITE

- ▀ **Acute shock and fear**
- ▀ Therefore, wants to run under the covers
- ▀ Panic, sudden acute, fright
- ▀ < cold, wants to be covered < wind, < night, > fresh air
- ▀ Sudden onset symptoms
- ▀ "A COld NITE"



6

### ALLIUM CEPA

- ▀ **Cepa-ing (Seeping) from nose**
- ▀ Nasal discharge, tears
- ▀ "like a faucet"
- ▀ Ex. Allergies
- ▀ Burning like an onion



7

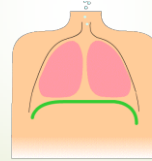
## ANACARDIUM

- The concept of **inner conflict** or of **mental schism**
- conflict arises because, despite this determined will to prove himself, the person suffers from a **profound inferiority complex**.
- Anxiety about the future

8

## ANTIMONIUM TARTARICUM

- respiratory diseases, **Rattling of mucus with little expectoration** has been a guiding symptom. There is much **Drowsiness, debility and sweat**



9

## APIS

- Burning bee sting
- Allergic to the bee sting, so it swells up, edema
- Cystitis with burning



10

## ARNICA

- **Bruise, trauma**
- Muscle pain, after any trauma
- <touch
- Feels what they are lying on is too hard (ddx. Bapt, Pyro, Rhus-t)

11

## ARSENICUM

- **Arsenic poisoning**
- Coming out your bum and your mouth (gastroenteritis, GI purging "from both ends", burning pain)  
Fear of disease, calls you for reassurance  
Desires sips of warm water with great thirst

12

## AURUM

- **Failed CEO**
- Heart problems, bone pain
- Grief, suicidal ideation
- < night, > music



13

## BARYATA

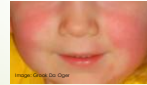
- (Specially indicated in infancy and elderly)
- Swollen Tonsils
- Aneurism
- Childishness



14

## BELLADONA

- Red face, throbbing, fever
- "Blind as a bat, red as a beet, dry as a bone, hot as a hare, mad as a hatter"
- Red or flushed face (whole face), throbbing/toothache esp. R sided



15

## BRYONIA

- Pain worse from slightest touch
- Dry hacking cough, bronchitis, pleurisy

16

## CALC CARB

- Dyspnea on exertion, swollen glands
- Obesity, eczema, GI complaints
- Chubby, sour belches
- < cold, > heat
- < fatty food



17

## CANTHARIS

- Burning pain
- UTI, scalds
- Sexual mania
- Urine passes "drop by drop"

18

## CARBO VEG

- Deep fried carbo veg causes gas and bloating
- Severe bloating, indigestion
- Wants to be fanned, "while they veg"

19

## CAUSTICUM

- Burns
- cannot stand injustice
- is a victim, paralyzed



20

## CHAMOMILE

- A sick kid
- Teething, otitis, colic, GI
- Desire to be held
- Intense sweating, thirst, fever
- One cheek pale, the other red

21

## CINA

- Cina - "Sinner" - "Sinner"
- A sinner in hell. Anal worms with itching, convulsions, picks nose
- Children who react to discipline with a tantrum

22

## CINCHONA (CHINA)

- Think Malaria (*Plasmodium* infx)
- Debility from fluid loss and periodic fever

23

## COLOCYNTHIS

- "Cholecystitis"
- Acute abdomen, doubled over in pain, GB, kidney, GI
- Perspiration smells like urine
- Iron bands around abdomen



24

## CONIUM

- Cancer
- Enlarged glands, tumours, BPH, hardness
- Emotional hardness



31

## GLONOINUM

- Glow hurts my head
- Migraines that wax and wane with the sun
- Throbbing HA, heat stroke, hot flash
- Glonoine, Left sided HA  
cdx Sanguinaria, is Right sided



32

## GRAPHITES

- Skin eruptions that ooze like honey
- For example, scaly, cracked skin, eczema, psoriasis

33

## HEPAR SULPH

- Sharp splintering pains
- Throat infection with sharp splinter pains and boils
- Vulnerability on all levels

34

## HYOCYAMUS

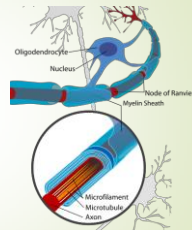
- Similar to Belladonna
- Fantastic Mania (Vithoulkas)
- Mania of quarrelsome and obscene character
- Picture aggravated homeless person



35

## HYPERICUM

- Nerve injuries
- Shooting pains
- Injury to fingers/toes/coccyx



36

## IGNATIA

- Grief, spasticity
- Ailments after grief, with hysteria
- Sensation of a lump in the throat, sighing
- Fear of birds, < coffee

37

## IPECAC

- Persistent nausea and vomiting with no relief
- A clean tongue



38

## KALI BICH

- Sinusitis with thick, stringy, yellow mucus
- Gluey personality, tend to stick to rigid rules, like their mucus sticks to the membranes
- Allergic to beer (think "beer is congesting")

39

## KALI CARB

- Asthma, chronic sinusitis
- Respiratory problems, stitching pains
- Rigid, dogmatic, conservative, proper, loyal

40

## LACHESIS

- L-sided complaints, sore throat, circulation
- Purple red sore throat or abscesses, varicose veins, migraines
- Loquacious, jealous, suspicious, "lashes out"
- Fear snakes, any flow like menses, relieves



41

## LEDUM

- Punctured by a piece of LED
- Puncture wounds, injuries to eyeballs, black eyes, tetanus, bites
- Wounded part feels cold (like cold LED)

42

## LYCOPodium

- GI and LV problems
- Hepatitis, sore throat
- Costanza (superficial, cowardly)



43

## MAG PHOS

- Think Supplemental Magnesium as a treatment for:
- Cramping pains, spasms
- Neuralgia, spasmodic dysmenorrhea, spasmodic cough
- > heat, > pressure, R-sided complaints

44

## MEDORRHINUM

- Wants to have sex by the sea
- STD, chronic vaginitis, urethritis, cystitis, gonorrhoea, warts
- High sex drive
- Excess in all things
- Symptoms clear at seaside

45

## MERCURIUS

- Lesions like syphilis
- Secondary stages, bullae (larger fluid-filled sacs), abscess
- Worse at night, worse during perspiration

46

## NATRUM MURIATICUM

- Grief, watery discharge
- Watery discharge (urethritis, URI, vaginitis)
- "Bashful kidneys" difficulty urinating in public



47

## NATRUM SULPH

- Head injury causes depression and bronchitis
- Chronic bronchitis or pneumonia with rattling cough
- Must hold chest when coughs
- Head injuries, meningitis
- Problems after head injury

48

## NITRICUM ACIDUM

- Splinters, sticking pains
- Better riding in a carriage (somehow seems out-dated)



49

## NUX VOMICA

- **Dyspepsia**
- HA, migraines, hangovers
- > warm and < cold
- Type A personality
- Urge to cough, poo, pee but inability to do so

50

## PHOSPHORUS

- **Respiratory complaints**
- Effervescent, glibble, hypersensitive
- Pneumonia, asthma, hemorrhage
- Craves cold drinks



51

## PHYTOLACCA

- **Breast problems**
- Hard lesions, lymphadenopathy, mastitis
- Painful red throat with burning

52

## PLATINA

- Women's remedy
- Localized **numbness and coldness**
- Better walking, worse sitting and standing

53

## PODOPHYLLUM

- **Need a pod to poop in, in the morning**
- Painless diarrhea, IBS, IBD, gurgling abdomen
- < early morning

54

## PSORINUM

- Extreme sensitivity to cold
- Filthy smell, profuse sweating
- **Offensive discharges**

55

## PULSATILLA

- Weepy kid, or weepy female
- Otitis media, cough at night, bronchitis, teething, URI
- No two stools are alike
- Weepy and emotional, changes constantly
- > open air



56

## PYROGENIUM

- Pyro = heat = fever due to sepsis
- Sepsis, infection, cellulitis, severe influenza with delirium
- > movement
- Disparity between pulse rate and temperature

57

## RHUS TOX

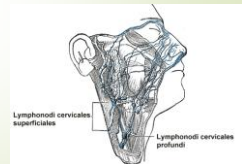
- Rhustly Hinge
- Ligament or joint injury
- Arthritis
- Rigidity of mind (OCD)
- > warm, < rest



58

## RUMEX

- Cough from tickle in suprasternal fossa
- < uncover, < undressing, < cold air
- Violent explosive cough with mucus



59

## RUTA

- Injured part feels like it's in a RUT
- Lame, weak, "gives out"
- Periosteal and tendon injuries
- Tendinitis, bursitis
- Pain > moving (DDX Rhus Tox)

60

## SANGUINARIA

- Acute headache especially Right sided
- Migraines
- < light, noise
- Easy flushing, R-sided



61

## SEPIA

- Pregnancy, nausea, PMS, hormones
- Female remedy, morning sickness, menopause
- Craves acidic foods, pickles, vinegar
- Involuntary weeping (DDX Puls)

62

## SILICA

- Sand everywhere
- Sand in teeth, feet, bowels, bones
- Bone, tooth, and nail conditions
- "Bashful stool" – constipation without urge
- < thunderstorms

63

## SPONGIA

- You have a sponge in your throat, so it's all dried up
- Croup, barking cough, dry cough
- Seal's bark



64

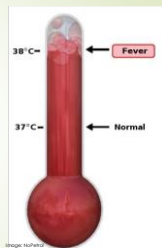
## STAPHYSAGRIA

- Abused and hit with a STAPH in the pelvis and in the teeth
- Sharp cuts, sexual abuse, cystitis
- Black, crumbling teeth
- Throws things when angry

65

## STRAMONIUM

- Intense fever with delirium and fear
- Febrile seizures, night terrors, sunstroke
- All symptoms violent, **fearful**



66

## SULPHUR

- Dirty professor
- Skin conditions, heat, diarrhea
- Intellectual, egotistical, lazy
- Diarrhea in the morning 5am
- Burning feet stick out of covers

## 67 SYMPHYTUM

- Eye injury and fractures
- Blunt trauma to the eye
- Pain the periosteum long after injury heals
- "arnica for the eye"



68

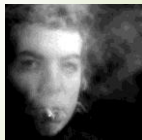
## SYPHILINUM

- (Syphilitic Virus Nasode)
- Ulceration (mouth, nose, genital, skin)
- Abscess

69

## TABACUM

- Nausea, vomiting, motion sickness
- Sudden onset motion sickness with excessive salivation
- < odour of tobacco, < motion
- Constantly clearing throat



70

## THUJA

- Low self-esteem, warts
- Skin tags
- Perfecting appearance
- Others wouldn't like me if they knew me



71

## TUBERCULINUM

- URI and bronchitis
- Change jobs frequently
- Dissatisfaction leads to restlessness
- Cravings for smoked meats and milk

72

## URTICA URENS

- URTICARIA
- Skin conditions, burns and scalds
- Prickly feeling on skin, hives, urticaria
- First degree burns
- < touch



## VERATRUM ALBUM

- Comes out your BUM so much you turn blue
- **Shock or collapse**, heat exhaustion
- Extreme cold to the point of being blue
- Religious mania

## In the next section...

- Lecture 5: Case Taking
- Lecture 6: Individual Remedies
- **Lecture 7: First Aid**