



# **GUIDE TO THE TREATMENT OF COMMON AILMENTS THROUGH HOMOEOPATHY**



Department of Indian Systems of Medicine & Homoeopathy  
Ministry of Health & Family Welfare  
Government of India  
New Delhi

10797

# **Guide to the Treatment of Common Ailments Through Homoeopathy**

Ministry of Health and Family Welfare  
Department of Indian Systems of Medicine & Homoeopathy  
Red Cross Building, New Delhi-110001  
(Courtesy: World Health Organisation, New Delhi)

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## PREFACE TO THE 5<sup>TH</sup> EDITION

Homoeopathy has emerged as one of the leading systems of therapeutics both as regards its accessibility and efficacy throughout the world. For the treatment of common ailments, Homoeopathy is inexpensive and very efficacious. Central Council for Research in Homoeopathy, which is an autonomous institution under the Department of Indian Systems of Medicine & Homoeopathy, published a handbook of Home Remedies in Homoeopathy. This book was primarily prepared for Health Workers especially while working in remote areas where medical facilities may be limited or non-existent. This book is in the form of a manual which deals only with the treatment of common diseases at their early stage. Very common and clinically tried homoeopathic medicines have been suggested in this book with precise indication of diseases etc. Several editions of this book have been presented which have been well received, and thus the necessity for re-printing. The present edition is being printed with financial assistance of W.H.O. by the Department of Indian Systems of Medicine & Homoeopathy.

I am confident that more and more people will access this book or use the remedies suggested therein for common ailments.



**(Dr. R. Shaw)**

Director, CCRH

July, 2002

New Delhi



## INTRODUCTION

This manual is primarily meant for the use of health workers in their places of work, especially while working in remote places where latest modern type of medical aid is not available. It deals only with the treatment of common diseases and with the earlier stages of diseases where more expert medical advice or facilities of treatment are not available. Common and well tried homoeopathic medicines have been suggested but as detailed indications for the use of these medicines cannot be given in a manual like this, only precise indications are given to make their application easy. While it must be emphasized that the practice of Homoeopathy entails a detailed knowledge of the *Materia Medica*, nevertheless, many indispositions, first-aid and domestic emergencies can often be tackled homoeopathically with successful results, avoiding the use of costly and powerful antibiotics and *chemotherapeutics*.

Doses recommended are so minute that even if repeated at short intervals or administered over prolonged periods, no harm will be done. But, whatever be the ailment, it is strongly stressed that if any of these conditions do not readily yield through this treatment within a period of a day or two, then proper professional help of a qualified medical practitioner should be immediately sought. In spite of the limitation, these medicines will prove extremely handy and of timely use in rural areas, remote places and project sites away from town or city.



DR. D.P. RASTOGI  
DIRECTOR



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## REMEDIES AND THEIR ABBREVIATIONS

Abies nigra	Abies-n.	Borax	Bor.
Abroma augusta folia	Abram-ag.	Bryonia alba	Bry.
Acalypha indica	Acal.		
Achyranthes aspera	Achy-asp.	Cadmium sulphuratum	Cadm.
Aconitum napellus	Acon.	Caesalpinia bonducella	Caes-bond.
Aegle folia	Aegle-f.	Calcarea carbonicum	Calc.
Aegle marmelos	Aegle-m.	Calcarea fluorata	Calc-f.
Aesculus hippocastanum	Aesc.	Calcarea iodata	Calc-i.
Aethusa cynapium	Aeth.	Calcarea phosphorica	Calc-p.
Allium cepa	All-c.	Calcarea picrica	Calc-pic.
Aloe socotrina	Aloe	Calendula officinalis	Calen.
Alstonia constricta	Alst-cons.	Camphora	Camph.
Alumina	Alum.	Cantharis	Canth.
Amoora rohituka	Amoor-r.	Carbo vegetabilis	Carb-v.
Anacardium orientale	Anac.	Carduus marianus	Card-m.
Anthrakokali	Anthra.	Carica papaya	Car-pap.
Antimonium crudum	Ant-c.	Cassia sophora	Cass-soph.
Antomonium tartaricum	Ant-t.	Caulophyllum thalictroides	Caul.
Apis mellifica	Apis	Causticum	Caust.
Aralia racemosa	Aral.	Chamomilla	Cham.
Argentum nitricum	Arg-n.	Chelidonium majus	Chel.
Arnica montana	Arn.	China officinalis	Chin.
Arsenicum album	Ars.	Chloratum	Chlol.
Artemisia vulgaris	Art-v.	Cina	Cina
Arum triphyllum	Arum-t.	Coccus cacti	Coc-c.
Atista indica	Atist-ind.	Cocculus indicus	Cocc.
( <i>Glycosmis pentaphylla</i> )		Coffea cruda	Coff.
Aurum metallicum	Aur.	Colocynthis	Coloc.
Aurum muriaticum	Aur-m.	Colchicum autumnale	Colch.
		Conium maculatum	Con.
Bacillinum	Bac.	Crotalus horridus	Crot-h.
Baptisia tinctoria	Bapt.	Croton tiglium	Crot-t.
Baryta carbonica	Bar-c.	Cuprum aceticum	Cupr-a.
Baryta iodata	Bar-i.	Cuprum arsenicosum	Cupr-ar.
Baryta muriaticum	Bar-m.	Cuprum metallicum	Cupr.
Belladonna	Bell.	Cuprum oxydatum nigrum	Cupr-o.
Berberis aquifolium	Berb-a.	Cynodon dactylon	Cyn-d.
Berberis vulgaris	Berb.	Cypripedium pubescens	Cypr.
Blatta orientalis	Blatta		
		Dioscorea	Dios.
		Diphtherinum	Dipth.

*All the abbreviations used in this book are same as in Kent's Repertory except for indigenous drugs which are same as in Homoeopathic Pharmacopoeia of India.*

Drosea rotundifolia	Dros.	Magnesia phosphorica	Mag-p.
Dulcamara	Dulc.	Manganum	Mang.
		Medorrhinum	Med.
Echinacea angustifolia	Echi.	Melilotus officinalis	Meli.
Embelia ribes	Embe-r.	Mercurius solubilis	Merc.
Epiphegus virginiana	Epiph.	Mercurius iodatus flavus (Mercurius protoiodatum)	Merc-i-f.
Equisetum hyemale	Equis.	Mercurius iodatus ruber (Mercurius biniodatum)	Merc-i-r.
Euphrasia officinalis	Euphr.	Mercurius corrosivus	Merc-c.
		Mercurius cyanatus	Merc-cy.
Ferrum phosphoricum	Ferr-p.	Mercurius dulcis	Merc-dul.
Ferrum picricum	Ferr-pic.	Mezereum	Mez.
Ficus religiosa	Ficus-rel.	Millefolium	Mill.
		Morbillinum	Morb.
Gelsemium sempervirens	Gels.		
Glonoinum	Glon.	Natrum carbonicum	Nat-c.
Graphites	Graph.	Natrum muriaticum	Nat-m.
Grindelia robusta	Grind.	Natrum phosphoricum	Nat-p.
		Natrum sulphuricum	Nat-s.
Hamamelis virginica	Ham.	Nitricum acidum	Nit-ac.
Hepar sulphuris calcareum	Hep.	Nux vomica	Nux-v.
Hydrastis canadensis	Hydr.	Nyctanthes arbortristis	Nyct-arb.
Hygrophila spinosa	Hygro-spin.		
Hyoscyamus	Hyos.	Passiflora	Passi.
Hypericum	Hyper.	Pertussin	Pert.
		Petroleum	Petr.
Ignatia amara	Ign.	Phosphoricum acidum	Ph-ac.
Ipecacuanha	Ip.	Phosphorus	Phos.
Iris versicolor	Iris	Phytolacca	Phyt.
		Plantago majus	Plan.
Jalapa	Jal.	Plumbum aceticum	Plb-ac.
Juglans regia	Jug-r.	Podophyllum peltatum	Podo.
Justicia adhatoda	Just.	Pulsatilla nigricans	Puls.
Kali bichromicum	Kali-bi.	Ranunculus bulbosus	Ran-b.
Kali muriaticum	Kali-m.	Ratanhia	Rat.
Kali phosphoricum	Kali-p.	Rheum officinale	Rheum
Kali sulphuricum	Kali-s.	Rhus toxicodendron	Rhus-t.
Kreosotum	Kreos.	Rumex crispus	Rumx.
Lachesis	Lach.		
Ledum palustre	Led.	Sabal serrulata	Sabal
Lemna minor	Lem-m.	Sambucus nigra	Samb.
Lycopodium clavatum	Lyc.	Sanguinaria canadensis	Sang.
		Saraca indica	Saraca-ind.
Magnesia carbonica	Mag-c.		

Senega	Seneg.	Thuja occidentalis	Thuj.
Sepia	Sep.	Trillium pendulum	Tril.
Silicea	Sil.	Trombidium muscae	Trom.
Spigelia anthelmintica	Spig.	Tuberculinum	Tub.
Spongia tosta	Spong.		
Squilla	Squil.	Urtica urens	Urt-u.
Staphysagria	Staph.	Ustilago maydis	Ust.
Sulphuricum acidum	Sul-ac.		
Sulphur	Sulph.		
Symphoricarpus racemosa	Sym-r.	Variolinum	Vario.
Symphytum officinale	Symph.	Veratrum album	Verat.
Syphilinum	Syph.	Viburnum opulus	Vib.
Terminalia arjuna	Term-arj.	Wyethia helenioides	Wye.
Terminalia chebula	Term-ch.		
Teucrium marum verum	Teucr.	Zincum sulphuricum	Zinc-s.

# CHAPTER 1

## INTRODUCTION TO HOMOEOPATHY

The principles of Homoeopathy were first expounded in 1796 by a German doctor-Christian Friedrich Samuel Hahnemann who was born at Meissen in 1755 and died in Paris in 1843. He enjoyed an international reputation as a physician, scholar and chemist.

While translating Cullen's *Materia Medica*, he found himself in disagreement with the author regarding use of quinine. Testing the drug on himself he found that it produced symptoms of Malaria, for which it was then introduced as a cure. It seemed to him possible that there was a law of drug action. He tested remedy after remedy and found that drugs which produce certain symptoms in healthy person also remove them in sick individuals.

The axiom which he discovered and verified through his life time of research viz. "Similia Similibus Curentur" (let like be treated by likes) is the fundamental principle of Homoeopathy.

Guided by this "law of healing" he at first prescribed substantial doses which often evoked severe initial aggravation of the symptoms even when ultimate results were good. To obviate this he diluted them, but in an orderly fashion of his own, only to find not diminished action, but enhanced medicinal power. Thus dilutions became for him 'potencies' and potentisation was his second great discovery.

The purpose of the homoeopathic administration of drug is to stimulate the natural and recuperative powers of the body and thus enable the system to defeat disease in a natural manner. The homoeopathic medicine stimulates the natural inherent powers or recuperation in the human body. It is able to mobilise the defensive mechanism of the body against the offending agents. The result is an ideal cure without any side effects.

### DIRECTIONS FOR TAKING THE MEDICINE

The forms of medicine recommended in this manual are Tincture, Trituration and Globules. The doses recommended for an adult is 2 grains of Trituration or 4 Globules of number 20. Half of this quantity is sufficient for children, and one third for infants. In case of mother tincture 1 to 4 drops in water is the proper dose for an adult except otherwise indicated. In the case of children only 1 drop will suffice.

Repetition of the dose in very acute cases, such as Cholera, Haemorrhages, Convulsions, Cramps and the commencement of all inflammatory attacks should be done every 15 minutes until the severity of the symptoms declines; sometimes Cholera and in very severe pains, the dose may be repeated every 10 minutes even. In the progress of all other acute diseases a dose every 4 hours may be sufficient. In chronic diseases a dose at night and morning for a week is all that is required, allowing an interval of 3,4, or 7 days, without any medicine being taken. It is always wise to lengthen the interval between each dose when symptoms are improving.

Trituration or globules should be given dry on the tongue. Globules, may be rendered more active by dissolving them in water. The medicine should be transferred to a clean tongue and allowed to dissolve. There is no need to wash it down with water.

## CHAPTER

### COMMON COLD AND ITS COMPLICATIONS

#### First Stage of Common Cold

- |   |   |
|---|---|
| 1. When chilliness is felt and beginning of irritation in nose and throat sets in.                  | Acon. 6 every 20 minutes to 2 hours or Camph. 1x, 2 drops in water or on sugar of milk every 15 minutes           |
| 2. Sneezing, irritating discharge. Watery coryza with weakness.                                     | Ars. 6 (it will follow the remedy after the early stage) every 1 to 3 hours according to the severity of the case |
| 3. Cold, sneezing, acrid discharge better in open air.  | All-c. 30 every 2 to 4 hours  |
| 4. Coryza with cough. Cough with sneezing, breathlessness worse in closed room, better in open air. | Just. 30 every 4 hours  |
| 5. Chilliness with blockage of nose.  | Nux-v. 30 every 3 hours   |
| 6. Nose blocked in children. Snuffles   | Samb. 30 every 3 hours  |
| 7. Nasal obstruction worse in damp weather.   | Lem-m. 30 every 3 hours   |

#### Second Stage: (when discharge thickens to thick white or yellow or greenish)

- |  |  |
|--|--|
| 8. Thick, whitish discharge worse morning. Post nasal discharge. | Kali-m. 30 every 6 hours   |
| 9. Thick yellow or greenish, sticky discharge.                   | Kali-bi. 30 every 3 hours  |
| 10. Greenish yellow discharge, loss of taste for food.           | Puls. 30 every 3 hours   |
| 11. Tendency to catch colds.                                     | Sulph. 200 one dose<br>- one week later<br>Calc. 200 one dose<br>- one week later<br>Tub. 200 one dose and repeat again in this series |

## Complications

### SINUSITIS

- |    |   |  |
|----|---|--|
| 1. | In the early stage.   | Bell. 30<br>Merc. 30<br><i>Alternately every 2 hours</i> |
| 2. | Cold affecting the sinuses with or without headache. Thick, purulent, blood stained discharge.      | Kali-bi. 30 every 3 hours                                |
| 3. | If right side is affected and right sided headache is present.                                      | Sang. 30 every 2 hours                                   |
| 4. | If left side is affected and severe left sided headache is present.                                 | Spig. 30 every 3 hours                                   |
| 5. | If patient is very sensitive to cold air and must wrap up his head.                                 | Sil. 30 every 3 hours                                    |
| 6. | If the discharge is blood stained, thick yellow or greenish and does not respond to other remedies. | Aur-m. 30 every 4 hours                                  |

### COUGH

(Due to upper respiratory tract infection)

- |    |   |   |
|----|---|---|
| 1. | Early stage when nasal or post nasal catarrh is associated with cough.          | Bell. 30<br>Merc. 30<br><i>Alternately every 2 hours</i>    |
| 2. | Dry cough, worse in cold air, better covering nose and throat.                  | Rumx. 30 every 1-3 hours                                    |
| 3. | Dry cough with no modality. It is an irritating cough.                          | Just. 30 every 1 hour                                       |
| 4. | Dry cough with hollow trumpet like sound, barking cough or sudden croupy cough. | Acon. 30<br>Spong. 30<br><i>Alternately every 1-2 hours</i> |
| 5. | Dry cough, worse on lying down.   | Hyos. 30 every 2-4 hours                                    |



- |    |  |                                |
|----|--|--------------------------------|
| 6. | Cough due to post-nasal drip or catarrh.   | Merc. 30 or 200 every 2 hours  |
| 7. | Cough better by warm drinks.   | Chel. 30 every 2 hours         |
| 8. | When cough is associated with sinusitis the remedies recommended for sinusitis will cure the cough also. | Sang., Sil., Merc., Spig. etc. |

## COUGHS

(Tracheal or Bronchial Cough)

- |    |  |  |
|----|--|--|
| 1. | Loose cough, rattling even with sneezing.  | Ars. 30<br>Ip. 30<br><i>Alternately every 2 hours</i>    |
| 2. | Very loose rattling cough; difficult (catarrhal) to bring out expectoration.         | Ant-t. 30 every 3 hours                                  |
| 3. | Ticklish or loose cough especially in the morning. Involuntary urination with cough. | Squil. 30 every 3 hours                                  |
| 4. | Dry cough, relief on lying.  | Mang. 30 every 3 hours                                   |
| 5. | Barking laryngeal cough with certain amount of hoarseness.                           | Spong. 30 every 2 hours                                  |
| 6. | Barking cough with certain amount of looseness of phlegm.                            | Spong. 30<br>Hep. 30<br><i>Alternately every 2 hours</i> |
| 7. | Cough soon after going to sleep.   | Aral. 30 every 3 hours                                   |
| 8. | Cough with thick ropy expectoration worse in the morning on waking.                  | Coc-c. 30 every 2-4 hours                                |

## WHOOPING COUGH

- |    |   |  |
|----|---|--|
| 1. | In the early stage                              | Dros. 200, 3 doses every 4 hours for 1 day |
| 2. | If vomiting is marked and food is not retained. | Ip. 30 every 3 hours                       |

- |    |  |                           |
|----|--|---------------------------|
| 3. | Cough worse in the morning on waking with stringy mucus. | Coc-c. 30 every 2 hours   |
| 4. | Cough soon after going to sleep.                         | Aral. 30 every 2 hours    |
| 5. | If the above remedies do not elicit any response.        | Carb-v. 200 every 6 hours |
| 6. | Violent spasm of cough with face turning blue.           | Cupr. 30 every 2-4 hours  |

## ASTHMA

- |    |   |   |
|----|---|---|
| 1. | Asthma in children. Vomiting is present, rattling in the chest. | Ip. 30 (common remedy) every 2 hours                                      |
| 2. | In case asthma is worse after midnight.                         | Ars. 30 every 2 hours   |
| 3. | In case modalities are not clear                                | Ip. 30<br>Ars. 30<br><i>Alternately every 2 hours</i>                     |
| 4. | Asthma worse after first sleep or soon after going to sleep.    | Aral. 30 every 3 hours  |
| 5. | If above remedies do not work.                                  | Cass-soph. Q, 5 drops in water every 2 hours                              |
|    | If no relief.   | Vib.Q, 5 drops in water every 2 hours                                     |
| 6. | In difficult cases.   | Blatta Q alternately with Grind. Q<br>5 drops in water every half an hour |
| 7. | When there is spasmodic asthma without mucus.                   | Kali-p. 3x<br>Mag-p.3x<br>2 tablets of each every hour                    |
| 8. | Asthmatic cough relieved by warm drinks.                        | Chel. 30 every 1-2 hours  |

## HEADACHE

(See also Sinusitis)

- |  |  |
|--|--|
| 1. Right sided headache especially over the right eye, may be accompanied by vomiting.   | Sang. 30 every 1 hour if relieved then every 2 hours       |
| 2. Right sided headache relieved by covering the head.   | Sil. 30 every 2 hours                                      |
| 3. Left sided headache.  | Spig. 30 every 1-2 hours according to the severity of case |
| 4. Bursting, violent headache with no apparent relief.   | Meli. 30 every 1 hour                                      |
| 5. Headache from least mental or physical exertion in delicate and nervous females.  | Epiph. 30 every 1 hour                                     |
| 6. Headache in tired women with disturbed menses.  | Sep. 30 every 4 hours                                      |
| 7. Right sided headache, slight blurring of vision before headache.  | Kali-bi. 30 every 3 hours                                  |
| 8. Headache with vomiting, especially sour and bilious.  | Iris-v. 30 every 3 hours                                   |
| 9. Frontal headache due to gastric disturbances, worse morning.  | Amoor-r. 30 every 6 hours                                  |
| 10. Headache in school girls.  | Calc-p. 30 every 3 hours                                   |
| 11. Headache increases with the sun, worse from 10 a.m. to 11 a.m., feels hammering in head. Worse in sun, patient takes extra salt. | Nat-m. 30 every 3 hours                                    |

## HEADACHE DUE TO HEAT STROKE

- |    |   |                          |
|----|---|--------------------------|
| 1. | Excellent remedy for the effects of sun exposure, and rapidly controls the fever, headache and malaise. | Bell. 30 every 2 hours   |
| 2. | If headache persists.   | Glon. 30 every 2 hours   |
| 3. | Great debility caused by summer heat, chronic effects of sunstroke.                                     | Nat-c. 30 every 4 hours. |

## DISEASES OF THE EYES

### 1. STYES

- i) If no relief with Pulsatilla and pain and inflammation are severe.
- ii) Painful styes especially on upper eyelid.
- iii) Recurrent styes

Puls. 30 every 2 hours  
*Alternately with*  
 Calc - f. 12 x and Kali-m. 12x.  
 2 tablets of each

Hep. 30 every 3 hours. To be followed by Sil. 30 every 4 hours if it is not fully cleared

Jug-r. 6 every 2 hours

Sulph. 30, 2 doses only

### 2. CHALAZION

Staph. 30 one dose in the morning and at bed time, Calc-f. 6x and Kali-m. 6x, 2 tablets of each twice in a day

## CONJUNCTIVITIS

### *Early stage*

- 1. In the beginning.
- 2. If pain and redness increases and there is photophobia.
- 3. If there is excessive lachrymation.

Acon. 30 every hour

Bell. 30 every hour

Euphr. 30 every hour  
*Alternately with* Ferr-p. 12x and Kali-m. 12x, 2 tablets of each

Euphr. drops locally (10 drops of Euphr. Q in 1 oz of distilled water)

### *Sub-acute and chronic stage*

- |  |   |
|--|---|
| 1. Conjunctivitis with thick yellow discharge.   | Puls. 30 <i>alternately with</i><br>Kali-s. 6x, 4 tablets every 2 hours |
| 2. Conjunctivitis with thick yellow discharge when no relief with Pulsatilla.  | Arg-n. 30 every 2 hours   |
| 3. Conjunctivitis due to change of weather especially from winter to summer with thick, white discharge, eyes agglutinated.        | Car-pap. 6 every 2 hours  |
| 4. Conjunctivitis in young children if they are irritable and like to be carried.<br>(It is specially indicated during dentition.) | Cham. 30 every 3 hours  |
| 5. Profuse acrid discharge, worse at night.  | Merc. 30 every 3 hours  |

### **CORNEAL OPACITY**

Euphr. drops locally (5 drops of  
Euphr. Q in 1 oz of distilled water)

- |  |   |
|--|---|
|  | i. Calc. 6 twice daily<br>ii. Zinc-s. 200 once a week<br>(Calc. is not to be given the day<br>Zinc-s. is given) |
| 1. Operation on eyes.                                      | Acon. 1M is the chief remedy, 3 doses<br>(One dose every ten minutes)   |
| 2. After cataract operation for absorption of lens-debris. | Seneg. 30 thrice daily  |

## DISEASES OF THE EARS

(Middle ear infection : Otitis media)

### EARACHE

Boils in the internal ear, locally Plan.  
lotion  
(one part of Plan.Q + one part  
of distilled water)

1. To begin with when there are  
associated acute catarrhal symptoms.

Bell. 30  
Merc. 30  
*Alternately every hour* if there is  
severe pain

2. If there is very severe pain with  
high fever.

Bell. 200  
Merc. 200  
*Alternately ever 1, 2 to 3 hours*

3. Severe pain worse warmth, night  
and especially in children with  
snarling cry.

Cham. 30 every 1 to 2 hours.  
Plan. 200 may be given internally  
*alternately with*  
Mag-p. 6x,  
Ferr-p. 6x,  
Kali-m. 6x  
2 tablets of each every hour

4. Severe pain especially in children  
with a pitiful cry, worse at night.

Puls. 30 every 1 to 2 hours

### DISCHARGING EAR

1. Thick watery especially when ears  
are sensitive to cold draft of breeze.

Sil. 30, 4 times daily

2. If there is no sensitiveness to cold  
air and the discharge is thick green.

Puls. 30 thrice daily

3. If no relief by above.

Merc. 30 thrice daily

- |  |  |
|--|--|
| 4.      If ears are sensitive to cold air,<br>cannot lie on the affected side.             | Hep. 30 thrice daily   |
| 5.      Blocked ears with slight deaf-<br>ness (due to involvement of<br>Eustachian tubes) | Merc. 30<br>Kali-m. 12x<br><i>Alternately 2 - 4 hours</i>            |
| 6.      Pain in the ear due to boils in<br>the external ear.                               | Calc-pic. 6x<br><i>Alternately with Hep. 6<br/>every 1 - 2 hours</i> |



### DISEASES OF THE NOSE

#### EPISTAXIS

- |    |   |  |
|----|---|--|
| 1. | In general  | Ferr-p.1 2x<br>Cyn-d. 30<br><i>Alternately 1 - 2 hours</i> |
| 2. | In warm weather.                                    | Bry. 30 every 6 hours                                      |
| 3. | Acute attack when bleeding is difficult to control. | Mill. 30 every 1/2 hour or<br>Crot-h.30 every 1/2 hour     |
| 4. | On coughing or blowing nose.                        | Arn. 200 every hour till relief is obtained.               |
| 5. | Bright red blood, worse morning.                    | Acal. 6 every 6 hours                                      |

#### General Measures

The nose is to be plugged gently to stop bleeding.

#### BOILS

Boils in nose	Calc-pic. 6 every 2 hours
---------------	---------------------------

## DISEASES OF THE MOUTH & TEETH

- |    |  |  |
|----|--|--|
| 1. | Stomatitis, recurrent mouth ulcers.                | Sul-ac. 30 every 3 hours                   |
| 2. | Mouth ulcers with abnormal increase in salivation. | Merc. 200 every 12 hours                   |
| 3. | Thrush in children.                                | Bor. 30 every 2-4 hours                    |
| 4. | Mouth ulcers look like raw flesh.                  | Nit-ac. 30 every 8 hours                   |
| 5. | If the other indicated remedies do not help.       | Kali-m. 200 once daily<br>(Stop if better) |

## DISEASES OF THE GUMS

- |    |   |   |
|----|---|---|
| 1. | Bleeding of gums.   | Merc. 6 <i>alternately with</i><br>Kali-p.12x, Ferr-p.12x,<br>2 tablets of each every 2 hours |
| 2. | If no relief.   | Carb-v. 200 once in 4 days,<br>better given at longer<br>intervals                            |
| 3. | Gum abscess (Painful teeth due to gum boils)  | Bell. 30 <i>alternately with</i><br>Merc. 30 every 2 hours                                    |
| 4. | Toothache   |   |
|    | i) Aggravation due to cold water.   | Sil. 30 every 2 hours   |
|    | ii) Aggravation on biting or chewing.   | Staph. 30 every 3 hours   |
|    | iii) Toothache aggravation from warm drinks and food. If the patient is irritable otherwise | Cham. 30 every 2 hours  |
|    | (i.e. If the patient is not irritable). Relief with cold water.                             | Coff. 30 every 2 hours  |

*Coffea is indicated in many types of toothache, especially in persons who drink too much coffee, pain is unbearable. Pain in decayed teeth, aggravation before menses.*

iv) Local application

Plan. Q or (Plan.12 or 30 potency internally may also be given, should the above medicines fail)

v) Before and after extraction of teeth, for stopping haemorrhage and stimulating healing. Also when artificial denture hurts the jaw.

Arn. 200, 1 dose before and thereafter every 4 hours

In case, pain persists.

Hyper. 200, 2 doses every 6 hours for 2-3 days

## DIFFICULT DENTITION IN CHILDREN

1. With whining restlessness which is better when carried about and petted constantly. Hot, green watery, stools. Cries are so snarling that one would feel like beating the child.

Cham. 30 every 4 hours

2. With offensive, painless, profuse and gushing stools. Child likes to lie down on abdomen.

Podo. 30 every 4 hours

3. Child happy all day, weeps night.

Jal. 6 every 4 hours

4. Gums bluish red, spongy, great restlessness, screams at night, wants to be in motion.

Kreos. 30 every 4 hours

5. Desire to bite or press the gums together.

Phyt. 30 every 4 hours

6. As a routine remedy during dentition.

Calc-p. 6x every 4 hours

## DISEASES OF THE THROAT AND TONSILS

### SORE THROAT, TONSILLITIS

1. General measure: Gargles of warm saline water gives relief or gargles with Phyt. Q, ten drops in one cup of warm water. One should be careful in not mistaking a case of diphtheria. In every case of throat affection, the throat should be examined.
  2. Pain, soreness, throat better by warm drinks, sub-maxillary glands enlarged. Merc-i-f. 30 every 2 hours
  3. Pain in throat, soreness cannot swallow anything hot. Phyt. 30 every 2 hours
  4. Irritability in throat; particularly of singers, Public speakers; with hoarseness of voice. Wye. 6 every 3 hours
- If no relief, then Arum-t. 6 every 3 hours

### FOLLICULAR TONSILLITIS

5. If temperature is very high. Bell. 30 every hour
6. If the patient cannot swallow anything hot. Phyt. 200 every 3 hours
7. If the external throat is sensitive to touch and clothing. Patient may be so sensitive that he may start retching and if the neck glands are palpable. Lach. 30 every 3 hours
8. Chronic tonsillitis, large hard tonsils. Bar-m. 30, twice a day, Thuju. 200 once a week (Bar-m. not to be given the day. Thuju. is given)

9. Chronic tonsillitis with induration of neck glands and if the above drugs do not help.
10. In recurrent tonsillitis, if the family history indicates incidence of tuberculosis.

Bar-i. 6 three times a day and  
Calc-i. 200, once a week (Bar-i. is not to be given the day Calc-i. is given)

Tub. 200 once a fortnight

## HOARSENESS

1. Sudden hoarseness with loss of voice, from exposure to dry cold weather; fever may be present. Dry croupy cough usually accompanies this hoarseness.
2. In the beginning of hoarseness due to catarrh extending to larynx.
3. Hoarseness with catarrhal symptoms especially in dry cold weather.
4. Hoarseness from straining the voice.
5. Hoarseness from paralysis of vocal cords.
6. Painless hoarseness.

Acon. 30 every 2 hours

Ferr-p. 12x, 4 tablets *alternately* with  
Kali-m. 12x, 4 tablets every one or two hours

Phos. 30 every three hours  
(This is one of the most often indicated remedy)

Ferr-pic. 6x *alternately* with  
Arn. 30 every 2 to 4 hours

Caust. 200 once a week

Carb-v. 200 every 12 hours

## DISEASES OF THE DIGESTIVE SYSTEM

- |  |                             |
|--|-----------------------------|
| 1. Loss of appetite (Simple anorexia), dyspepsia from over eating, spicy food, drinking strong coffee. | Nux-v. 30 three times daily |
| 2. Loss of appetite after rich, greasy food, pastries and cakes.                                       | Puls. 6 every 6 hours       |
| 3. After ice cream.  | Puls. 30 every 3 hours      |
| 4. If Pulsatilla does not help.  | Car-pap. 6 every 4 hours    |

## NAUSEA AND VOMITING

- |  |  |
|--|--|
| 1. Nausea and vomiting especially when the tongue is clean.  | Ip. 30 every 2 hours   |
| 2. Thirst for small quantities but very frequent and when the above remedy does not work.  | Ars. 30 every 2 hours  |
| 3. In case of gastro-enteritis, when vomiting and diarrhoea occur, either of the above remedies may be indicated and also if no indication of one remedy is clear. | Ars. 30 <i>alternately with</i> Ip. 30 every 1 to 3 hours depending upon severity of disease |
| 4. Vomiting and purging with thirst for large quantities of water.   | Verat. 30 every 1 to 2 hours   |
| 5. Vomiting after over eating, especially spicy food.  | Nux-v. 30 every 2 hours  |
| 6. Vomiting of sour things with acid rising from stomach.  | Nat-p. 30x, 4 tablets <i>alternately with</i> Nux-v. 30 every 3 hours                        |
| 7. Vomiting of milk in children.   | Aeth. 6 every 3 hours  |

- |     |   |   |
|-----|---|---|
| 8.  | Vomiting of pregnancy.  | Sym-r. 30 every 4 hours   |
| 9.  | Sea-sickness or air-sickness. In mild cases, in the beginning of the condition. | Cocc. 30 every 2 hours<br>Nux-v. 30 and Ars. 30<br><i>Alternately every 2 hours</i> |
| 10. | If Cocc. fails and especially in sickness caused by travelling in cars.         | Petr. 30 every 2 hours  |

## PAIN AND COLIC

(In stomach & abdomen)

- |    |   |   |
|----|---|---|
| 1. | Pain in stomach after eating.   | Abies-n. 6 every 1-2 hours  |
| 2. | In case Abies-n. does not help.   | Sulph. 30, 1 dose in the morning<br>Nux-v. 30, 1 dose at bed time   |
| 3. | Pain in stomach, much acidity, heart-burn.  | Nat-p. 12x and Calc-p. 12x<br><i>Alternately every 2 hours</i>  |
| 4. | <i>Abdominal colic</i><br>a) due to wind and patient presses the abdomen or bends forward for relief.<br><br>b) If patient is relieved by hot water bag and pressure. | Coloc. 30 every hour till relief is obtained<br><br><br>Mag-p. 12x every half an hour   |
| 5. | <i>Colic due to stone in kidney</i><br><br>If no relief obtained from Mag-p.  | Mag-p. 30 in warm water every half an hour<br><br>Berb. Q, 5 drops in water<br><i>alternately with</i> Bell. 1x,<br>5 drops every 1/2 to 1 hour |
| 6. | <i>Colic due to stone(s) in gall bladder.</i><br><br>a) If patient is worse from bending forward but wants to stretch rather backward or remain straight.             | Chin. 200 <i>alternately with</i> Dios. 200 every half an hour till relief is obtained<br><br>Dios. 30 every 1 to 2 hours                       |

- b) If colic is the result of over eating, especially rich spicy food and relief is not obtained by the above conditions.

7. *Colic in children.*

If no relief

- a) If child is better when carried.
- b) If the child has decreased or increased appetite with weakness, grinds teeth at night, itching in anus.

Nux-v. 30 every 1 to 2 hours

Coloc. 30 every half to 1 hour

Mag-p. 6x, 4 tablets dissolved in water and one teaspoonful every 10 minutes till relief is obtained.

Cham. 30 every hour

Cina 30 every 6 hours

## JAUNDICE

1. During early stage, when nausea and vomiting are more prominent and other signs of jaundice have not appeared.
2. After jaundice appears and nausea & vomiting have stopped (Majority of cases will be covered by this drug).
3. If the right lobe of the liver is enlarged i.e. vertical enlargement of liver.
4. If there is lot of salivation or sweating.

Ars. 30 and Ip. 30 *alternately every 2 hours*

Card-m. 3x every 2 to 4 hours

Chel. 30 every 3 hours

Merc. 30 every 3 hours

*(Diet : No fatty food should be allowed. Plenty of green vegetables, fruits and fluids are advisable. Intake of salt should be restricted to avoid irritation of skin)*



## DIARRHOEA

- |     |  |   |
|-----|--|---|
| 1.  | Diarrhoea after rich spicy food.   | Nux-v. 30 every 6 hours   |
| 2.  | Diarrhoea after rich greasy food, pastry, cocoa etc.   | Puls. 30 every 6 hours  |
| 3.  | Diarrhoea worse from eating or drinking anything, stool watery, large.   | Chin. 30 every 6 hours  |
| 4.  | Diarrhoea with large but offensive stool.  | Podo. 30 every 6 hours  |
| 5.  | Diarrhoea, offensive stools or even otherwise with insecurity of rectum.<br><br>(It may also be given when no definite indication of the above drugs are available). | Cyn-d. 30 every 2 hours<br>(give mother tincture 5 drops a dose, if 30 does not help) |
| 6.  | Diarrhoea with involuntary passage of stools while passing flatus.   | Aloe. 30 every 2 hours  |
| 7.  | Diarrhoea with vomiting<br>(This will cure large number of cases)  | Ars. 30 and Ip. 30 to be given <i>alternately</i> every 3 hours                       |
| 8.  | In case diarrhoea does not stop and stools are large in quantity and vomiting continues especially when the patient desires only cold drinks.                        | Verat. 30 every 1 to 2 hours  |
| 9.  | Diarrhoea of children during dentition when they are irritable. (Other remedies can be used as indicated).   | Cham. 30 every 2 hours  |
| 10. | In flabby children, diarrhoea with sour odour of stool and sweating of head.   | Calc. 30 every 12 hours   |

- |     |  |  |
|-----|--|--|
| 11. | Chronic diarrhoea.   | Sulph. 30 in the morning,<br>Nux-v. 30 at bed time,<br>Nat-s. 12x and Calc-p. 12x,<br>2 tablets of each every 6 to 8 hours |
| 12. | Painless, chronic diarrhoea, slimy yellow pale stools, often with involuntary loss, particularly when moving about. Excellent remedy for acute painless diarrhoea. | Ph-ac. 30 every 12 hours   |
| 13. | Diarrhoea, sour smelling stools.   | Rheum. 30 every 6 hours  |
| 14. | If no relief.  | Mag-c. 30 every 6 hours  |
| 15. | Any diarrhoea or dysentery dating from the time of vaccination.  | Thuj. 200,1 or 2 doses only  |
| 16. | In cases of diarrhoea where the stool shoots out; aggravated by least food or drink.   | Crot-t. 30 every 6 hours   |

## DYSENTERY

- |    |  |  |
|----|--|--|
| 1. | In initial stages of dysenteric stools.  | Ferr-p.12x<br>Kali-m.12x<br>Kali-p.12x, 2 tablets of each every one hour |
| 2. | If in early stage there is high fever, dry skin, restlessness with history of exposure to dry cold weather (this remedy is equally indicated in dysentery of hot weather). | Acon. 6 every one hour, if better every 2 hours                          |
| 3. | If patient feels better after Acon. but not fully recovered.   | Sulph. 30,1 or 2 doses only  |
| 4. | May be used, when either of the above remedies is not indicated (here tenesmus is very much pronounced).   | Merc-c. 30 every 6 hours   |

5.	Great pain and tenesmus before, during and after stool. Stools are grey, bloody and slimy.	Merc. 30 every 6 hours
6.	Tenesmus with brown, thin, bloody stools. Worse by food and drink, before and after stool.	Trom. 6 every 2 hours
7.	Gripping pain, tenesmus better after stool. Stool loose, slimy, bloody and clayey.	Atist-ind. 6 every 4 hours
8.	Tenesmus, severe pain around navel. Stool yellowish, full of mucus with rise of temperature.	Aegle-f. or m.6 every 4 hours
9.	If in a case of dysentery, nausea is very marked.	Ip. 30 every 1 to 2 hours
10.	If there is severe gripping colic which is better by bending forward.	Coloc. 30 every hour till pain becomes less or Merc. 30 and Coloc. 30 alternately every 1 hour
11.	Dysentery in autumn. Certain amount of nausea is present. Colicky pains better bending forward.	Colch. 30 every 6 hours
12.	Dysentery, involuntary stools and there is lot of tenesmus.	Aloe 30 every 6 hours
13.	If above remedies fail.	Sulph. 30, 1 to 2 doses only
14.	In children, when they are irritable, always crying, like to be carried, during dentition period.	Cham. 30 every 6 hours

## CHOLERA

(To be treated if no expert medical advice is available). General hygienic measures such as avoiding exposed articles of food, public toilets, soiled articles etc. are to be observed.

1.	Preventive.	Cupr-ac. 3x every 2 hours
2.	During any case of diarrhoea, and also during epidemic.	Sulph. 30 every 2 hours or even more frequently

- |    |   |  |
|----|---|--|
| 3. | First remedy in case of cholera.  | Camph. 30, 3 drops in water or sugar<br>very 15 minutes until reaction sets in |
| 4. | In case after Camph., if frequent<br>purging and vomiting, quantity not<br>large but prostration is marked,<br>burning pains in stomach and<br>bowels with violent purging. | Ars. 30 every 1/2 hour   |
| 5. | If stool and vomitings are large<br>and Camph. does not help; Cramps<br>are beginning to develop with restless-<br>ness and marked thirst for cold water.                   | Verat. 30 or 200 every 1/2 hour  |
| 6. | If the cramps are more marked,<br>stools and vomiting are not so large<br>and Verat. fails.   | Cupr. 30 or 200 every 1/2 hour   |
| 7. | In severe cases, where collapse<br>occurs.  | Carb-v. 30 every 15 minutes  |

## GASTRO-ENTERITIS

(Vomiting & Diarrhoea)

- |    |  |   |
|----|--|---|
| 1. | In the first stage.  | Ars. 30 and Ip. 30<br><i>Alternately</i> , frequently every<br>half an hour |
| 2. | If this alone is not helpful.  | Verat. 30 every 1/2 to 1 hour   |
| 3. | In Infants   |   |
|    | i) Stools yellow or green,<br>sour smelling with rest-<br>lessness, agg. at night.<br>Vomiting after taking milk.      | Jal. 6 every 6 hours  |
|    | ii) Yellow watery, offensive<br>stool with flakes of mucus,<br>excessive thirst. Vomiting<br>after eating or drinking. | Achy-asp. 6 every 6 hours   |

## CONSTIPATION

- |    |                        |   |
|----|------------------------|---|
| 1. | In simple cases.       | Sulph. 30 one dose morning and<br>Nux-v. 30, one dose at bed time |
| 2. | If no relief occurs.   | Hydr. Q. 2 to 6 drops every 8 hours                               |
| 3. | If this does not work. | Merc-d. 1x, 3 grains every 4 hours                                |

## CHRONIC CONSTIPATION

- |    |   |                           |
|----|---|---------------------------|
| 1. | When stools are hard balls like<br>sheep dung or soft stool with in-<br>activity of rectum. | Alum. 6 every 4 hours     |
| 2. | If no relief  | Plb-ac. 6 every 8 hours   |
| 3. | Stool hard, dry with mucus.   | Term-ch. 30 every 6 hours |

## FISSURE IN ANO

(Due to constipated hard stool. This can be controlled by the remedies mentioned under the head 'Constipation')

- |    |  |   |
|----|--|---|
| 1. | When there is severe pain during<br>and after stool; stool mixed with blood. | Nit-ac. 3x or 30 every 3 hours  |
|    | If no relief is experienced.   | Rat. 30 <i>alternately with</i> Sil. 6x,<br>Calc.f. 6x and Calc-p. 6x,<br>2 tablets of each every 2 hours |

## PILES

- |    |   |  |
|----|---|--|
| 1. | Painful, swollen piles, or prolapsed<br>piles without bleeding, usually very<br>painful as if anus is full of sticks,<br>backache accompanies in severe<br>cases. | Aesc. 30 every 4 hours   |
| 2. | Bleeding piles.   | Ham. 30 every 2 to 4 hours   |
| 3. | If the above remedies fail.   | Sulph. 30 1 dose in the morning and<br>Nux-v. 30, 1 dose at bed time and<br>Kali-m. 6x, Ferr-p. 6x,<br>2 tablets of each every 6 hours |

1. To reduce the piles.

Calc-f. 6x every 6 hours for few weeks

## FISTULA IN ANO

Most of the cases will benefit from.

Calc-p. 1x  
Sil. 3x  
*Alternately* every 8 hours daily for few months

## ITCHING IN RECTUM

Teuc. 30 every 8 hours

## WORMS

- i) Pin worms
- ii) Diminished appetite, aversion to food, loss of body weight, discomfort in abdomen.

Cina 30 every 6 hours

Embe-r. 6 every 3 hours

Cupr-o. 6x every 8 hours

## PROLAPSE OF RECTUM

1. In children
2. Prolapse with diarrhoea.
3. If Podophyllum fails.

Ferr- p. 6x, 2 tablets every 6 hours

Podo. 30 every 6 hours

Ign. 30 every 6 hours

## FEVERS

### ERUPTIVE

#### MEASLES

- |    |  |                         |
|----|--|-------------------------|
| 1. | When the catarrhal symptoms dominate and lachrymation is copious; patient is thirstless.                                       | Puls. 30 every 6 hours  |
| 2. | If in the above case eruption is slow in coming.   | Sulph. 30 every 6 hours |
| 3. | When the eruption is imperfectly developed and there is congestion in chest, violent dry cough and pain in chest during cough. | Bry. 30 every 3 hours   |
| 4. | With the usual symptoms there is drowsiness and lack of thirst; patient feels chilly.  | Gels. 30 every 2 hours  |

#### POST MEASLES COUGH

Squil. 30 every 2 to 3 hours

#### CHICKEN POX

Rhus-t. 30 *alternately with*  
 Ferr-p. 6x  
 Kali-m. 6x  
 Nat-m. 6x, 2 tablets of each every 4 hours

#### MUMPS

If there is no improvement and there is metastasis to ovaries or testicles.

Bell. 30 *alternately with*  
 Merc-i-f. 30 every 2 to 4 hours

Puls. 30 every 2 hours

## PREVENTIVES

- |    |                |  |
|----|----------------|--|
| 1. | Measles        | (i). Puls. 30 twice daily<br>(ii). Morb. 200 once a week           |
| 2. | Influenza      | Ars. 200, 1 dose daily   |
| 3. | Typhoid        | (i). Ars. 200 once in 4 days<br>(ii). Bapt. 3x, 3 times daily      |
| 4. | Whooping cough | (i). Petr. 200, once in 4 days and<br>(ii). Dros. 30 twice daily   |
| 5. | Diphtheria     | (i). Diph. 200 once in 4 days and<br>(ii). Merc-cy. 6x twice daily |

In 1,3,4 & 5. (ii) is not to be given on the day No. (i) is given.

## MALARIAL

- |    |  |                            |
|----|--|----------------------------|
| 1. | Fever with insatiable thirst before and during chill and heat stage. Nausea may or may not be present. Drinking causes vomiting.   | Nyct-arb. 6 every 4 hours  |
| 2. | Fever with chill and shivering on one day and on the other day appears with slight chill. Thirst increased in heat stage. Fever worse in the morning (8-10 A.M.) and during mid-day (2-4 P.M.) | Caes-bond. 6 every 4 hours |
| 3. | Intermittent fever with chill, worse at night, in the morning and afternoon, often accompanied with diarrhoea, bitter taste.   | Alst-cons. 6 every 4 hours |



## FILARIAL

- |    |  |                          |
|----|--|--------------------------|
| 1. | All cases of recent origin. Fever with chill and rigors. Red streaks on the affected limb, swollen and painful, better on continued motion. Affected limb stiff. Restlessness, amelioration by constantly changing position. | Rhus-t. 30 every 6 hours |
| 2. | Acute paroxysms of fever with chill and excessive thirst. Affected limb better by pressure and rest. Wants to lie down on the affected side.   | Bry. 30 every 6 hours    |
| 3. | Heat without thirst, inclination to uncover. Burning hot, dry skin. Oedematous swelling of the affected limb. Intolerance of heat, slightest touch and worse during afternoon.   | Apis. 30 every 6 hours   |

## INJURIES, BURNS, HAEMORRHAGES

1. **CONCUSSION** of the brain by blow on the head or fall etc.

If the pain persists.

After effects of injuries to the head

2. **SPRAINS** and strains by overlifting.

- (i) If in the sprained parts, there is swelling of the soft tissue and bruised condition.

(These remedies will be equally efficacious for backache due to overlifting)

- (ii) If pain aggravated by least motion and patient wants to lie quietly.

3. **BRUISES**

- (i) If the skin is unbroken.

- (ii) If the skin is broken.

- (iii) In case of bruises of the eyes.

As a first aid Arn. 200 every 4-6 hours till expert medical aid is available. The patient should be made to lie quietly.

Hyper. 200 every 2 hours

Nat-s.

Rhus-t. 30 every 2-4 hours according to severity of pain.

Arn. 30 every 2 hours  
Locally the part may be fomented with Arn. Q in warm water, a teaspoonful to a pint.

Bry. 30 every 2-4 hours

1. Arn. 200 internally every 6 hours
2. Arn. Q (a teaspoonful to a tumbler of water) can be applied on the affected part

Ham. Q (10 drops to 1 ounce of water) can be applied

Led. 30 every 3 hours followed by Symph. 30 every 4 hours (As a matter of fact, for any injury of the eye, Symph. is the best and may be given internally along with external treatment)

#### 4. WOUNDS

(i) Contused wound.

1. Calen. Q locally (10 drops of Q to an ounce of water)
2. Arn. 200, 1 dose for shock followed by Calen. 30 every 2 hours

(ii) Punctured wound

Led. 30 every 2 hours

(iii) Crushed injuries to the fingers and toes.

Hyper. 200 every 6 hours

(iv) Stings, insect bites.

Led. 30 every 3 hours. Can also apply Led. Q locally

#### 5. FRACTURES

(i) To quicken the union of the fractured ends of bones.

Symph. 30 every 4 hours

(ii) In case there are any signs of inflammation of the wound.

Echi. Q, 5 drops every 2 hours

(iii) For shock.

Arn. 1000, 1 dose followed by Hyper. 1000, 1 dose 4 hours later

#### 6. BURNS

If the burning is not relieved by above remedies

Canth. 30 every 4 hours  
Canth. ointment may be applied locally.

1. Urt-u. 30 every 3 hours
2. Urt-u. Q externally (10 drops in half a tumbler of water)

#### 7. HAEMORRHAGES

(i) After tooth extraction.

Arn. 200 every 2 hours

(ii) If no relief.

Ham. 30 every 2 hours

8. **HAEMORRHAGE IN GENERAL**

(i) Bright red blood with nausea.

Ip. 30 every 15 minutes till relief is obtained

(ii) Haemorrhage, bleeding while coughing with nausea.

Acal. 30 every 3 hours

(iii) Haemorrhage, dark blood.

Ham. 30 every 3 hours

(iv) Haemorrhage from all orifices.

Crot-h.30 every 3 hours

(v) If no relief with the above medicines.

Ficus-rel. Q, 5 drops every 3 hours

## DISEASES OF THE SKIN

### BOILS

- |  |                               |
|--|-------------------------------|
| (i) Boils in ears or in nose   | Calc-pic. 6 every 3 hours     |
| (ii) Boils: as a routine remedy, especially when the boils appear in a crop.                             | Arn. 30 every 3 hours         |
| (iii) Boils having redness and swelling more marked.   | Bell. 30 every 3 hours        |
| (iv) If very painful, and sensitive to least pressure.   | Hep. 30 every 2 to 4 hours    |
| (v) Slowly maturing, boils with much induration around the boils. Follows well after the above remedies. | Sil. 30 every 3 hours         |
| (vi) Boils with lot of pus and rise in temperature, will break the tendency of recurring boils.          | Echi. Q 5 drops every 2 hours |
| (vii) Septicaemia (boils, septic wounds, ulcers).  | Achy-asp. 3x every 4 hours    |

### ECZEMA

(Eczema & Allergic Dermatitis)

- |   |                        |
|---|------------------------|
| (i) Skin eruptions, moist, scabby, on scalp, face, bends of joints, between fingers, behind ears. Discharge from the eruptions is thick, gluey in nature. | Graph. 6 every 6 hours |
|---|------------------------|

(ii) Eczema and eruptions of all varieties. Skin, rough and loose, itching and eruptions are worse from washing. Itching worse at night in bed.

(iii) Eruptions, dry with hardness of skin worse in hot weather.

(iv) Vesicular eruptions, there is red areola around the vesicles. Skin is oedematous. Worse at night, in damp weather and winter.

(v) Eruptions with thick crusts under which thick yellow discharge comes out. Itching is very violent.

(vi) Ringworm like eruption with dry with dry thin scales.

(vii) Eczema in winter, cracks in hands.

(viii) Itching without eruptions, worse in winters.

(ix) Dry scaly eruptions.

Sulph. 6 every 12 hours

Ant-c. 30 every 12 hours

Rhus-t. 30 every 6 hours

Mez. 30 every 12 hours

Sep. 6 every 6 hours

Petr. 30 every 12 hours

Alum. 30 every 12 hours

Kali-m. 6x,  
Kali-s. 6x, 2 tablets of each every 6 hours

Echi. 3x every 6 hours

Berb-a. Q, 5 drops every 8 hours

Ant-c. 30 every 6 hours

Jug-r. 30 every 8 hours

Ant-c. 200 once every week

Thuj. 200 once every week

Thuj. Q locally, apply at night and in the morning along with Thuj. 200 internally once every week

## FACIAL ACNE

(i) In case the above does not

(ii) If acne worse in summer.

(iii) Acne with itching.

## CORNS

## WARTS

1. Multiple warts on the body.

- |    |   |  |
|----|---|--|
| 2. | Warts on arms and hands.                        | Caut. 30 in the morning<br>Kali-m. 6x, 4 tablets every 6 hours |
| 3. | Hard horny warts especially on soles and palms. | Ant-c. 200 once every week                                     |
| 4. | Warts on the back of the fingers.               | Dulc. 200 once every week                                      |

## URTICARIA

- |    |  |  |
|----|--|--|
| 1. | As a first remedy especially when it is worse at night             | Apis. 3x in acute attack, every 1-2 hours    |
| 2. | Urticaria worse at night and when not relieved by Apis.            | Chlol. 3 every 4 hours                       |
| 3. | Urticaria worse when warmed up from exercise or in the sun         | Urt-u. 6 or 30 every 2 to 4 hours            |
| 4. | Sudden violent attacks with violent itching and extensive redness. | Bell. 30 every 2 to 4 hours                  |
| 5. | Urticaria in cold air.   | Rhus-t. 30 followed by Ars. 30 every 2 hours |
| 6. | Urticaria with fever and better by cold application.               | Hygro-spin. 6 every 3 hours                  |

## WHITLOW

Ingrowing toe nail.

Bell. 30 *alternately* with Merc. 30 every 2 hours

Sil. 200, one dose every 4 days

## HERPES ZOSTER

- |    |  |   |
|----|--|---|
| 1. | Burning pains worse at night better by external warmth.  | Ars. 30 every 2 to 4 hours                  |
| 2. | Severe muscular pains preceding the eruptions, large vesicles with reddish, bluish areola, restlessness better by walking about in the room. | Rhus-t. 30 every 2 to 4 hours               |
| 3. | When the patient does not want to move, least movement aggravates, likes to lie on the affected side.  | Bry. 30 every 2 to 4 hours                  |
| 4. | Pain persisting even after disappearance of eruptions.   | Ran-b. 30 every 3 hours followed by Mez. 30 |

## AILMENTS OF CHILDHOOD

- |    |  |   |
|----|--|---|
| 1. | <b>ENURESIS</b> (Bed wetting)  | Equis. 30 every 8 hours   |
|    | (i) If the child finds it difficult to control urine even during day time.       | Caust. 30 every 8 hours   |
|    | (ii) If the urine is of strong odour.  | Nit-ac. 30 every 8 hours  |
|    | (iii) If no response from above.   | Sep. 30 morning (once) Bell. 30 twice during day, Bac. 200 once a week  |
|    | (iv) Bed wetting with worms infestation especially pinworms.                     | Embe-r. 6 every 3 hours   |
| 2. | Spasms or convulsions in children during fever or dentition or because of worms. | Art-v. 30 every 1/2 to 1 hour   |
| 3. | Backward children (slow in studies)  | Bar-c.30 every morning and at bed time<br>Thuj. 200; Med. 200; Syph. 200 once every week in this order. Bar-c. is to be stopped on these days |



## COMMON DISEASES OF THE FEMALES

### LEUCORRHOEA

- |   |   |
|---|---|
| 1. Acrid discharge which causes corrosive burning of the surrounding skin, offensive odour. | Kreos. 30 every 6 hours   |
| 2. Yellowish, tenacious leucorrhoea with general weakness.                                  | Hydr. 3x every 6 hours  |
| 3. In women who are continuously tired, bearing down feeling in lower abdomen.              | Sep. 30 every 6 hours   |
| 4. Debilitating whitish discharge.  | Nat-m. 12x, Kali-m. 12x,<br>Calc-p. 12x, 2 tablets of each<br>every 6 hours |
| 5. Thick whitish discharge with backache.   | Saraca-ind. 6 every 3 hours   |

### EXCESSIVE MENSTRUATION

- |   |   |
|---|---|
| 1. Severe backache with bright red blood and weakness, worse from movement.                                   | Tril. 30 every 4 to 6 hours<br>During haemorrhage <i>alternate with</i><br>Chin. 30 |
| 2. If the above does not work.  | Mill. 30 every 2 hours  |
| 3. Bright partly clotted blood brought on by slightest provocation, useful if the above remedies do not work. | Ust. 30 every 2 hours   |
| 4. Profuse bleeding with bearing down.  | Ficus-rel. Q (5 drops) every 6 hours  |

## PAINFUL MENSTRUATION

1. Painful menstruation.

If no relief.

Caul. 6 *alternately* with  
Mag-p. 12x every 1/2 to 1 hour  
Abrom-a. Q(15 drops) or 30 every  
6 hours

2. Menstruation irregular with  
pain in lower abdomen. Menses  
black & clotted.

Saraca-ind. 30 every 6 hours

### CERTAIN DISEASES OF OLD AGE

- |   |   |
|---|---|
| 1.      Cataract early stages.  | Caust. 30 in the morning and at bed time<br>Calc-f. 3x, Kali-m. 3x<br>2 tablets of each every 4 hours<br>Cineraria maritima succus drops<br>locally, one to two drops |
| 2.      Simple enlargement of prostate<br>gland.                            | Con. 200 once every week<br>Sabal-ser. Q, 5 drops every 6 hours   |
| 3.      Cerebral atherosclerosis with deterioration<br>of mental faculties. | Bar-c. 30 every 12 hours  |

## MENTAL AND EMOTIONAL AILMENTS

(Several physical ailments are caused by emotions and can be helped by homoeopathic medicines)

- |     |   |   |
|-----|---|---|
| 1.  | Ill effects of grief.   | Ign. 200 one dose every week                                    |
| 2.  | Ailments from mortification and suppressed anger.                     | Staph. 200 one dose every week                                  |
| 3.  | Ailments from fright.   | Acon. 200 one dose every week                                   |
| 4.  | Ailments from disappointed love.                                      | Hyos. 200 one dose every week                                   |
| 5.  | Ailments after anger, vexation etc. (colic, diarrhoea, irritability). | Cham. 200 one dose every week                                   |
| 6.  | Ailments when fear of death is marked.                                | Acon. 30 followed by Ars. 30 every 4 hours                      |
| 7.  | Suicidal thoughts.  | Aur. 30 every 6 hours   |
| 8.  | Mental depression with desire to weep.                                | Puls. 30 every 6 hours  |
| 9.  | Nervousness due to examination.                                       | Anac. 30 every 6 hours if not effective<br>Aeth. 30 twice daily |
| 10. | Ailments after reproaches.  | Ign. 200 followed by Staph. 200                                 |

## GENERAL

- |    |  |  |
|----|--|--|
| 1. | Sleeplessness in children.   | Kali-p. 12x every 4 hours during day time, Passi.Q, 20 drops in half cup of water at bed time. |
|    | If no relief.  | Cypr. 30 every 12 hours  |
| 2. | Sleeplessness due to mental excitement, patient not able to relax. | Coff. 30 only once a day   |



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