

Homeopathic Remedy Prescriber

When trying to select the correct remedy for your complaint concentrate on what you are suffering at the time and the things that make you feel better or worse. Complaints often change in nature and so, by necessity, will the remedy. For example, a cold may start very suddenly with a fever and sore throat, then progress to a congestive stage or settle on the chest. Another good example is that of a boil which may start quite suddenly, be accompanied by throbbing pain and heat and be sensitive to touch. This initial phase corresponds to the picture produced by the remedy **Belladonna**. If given at this first stage, the boil will quickly disappear. However if left untreated, the boil will come to a head as inflammation gives rise to pus formation. Now the symptoms have changed - the skin is still sensitive, but not so hot and it may be affected more by cold than heat, with the skin being noticeably harder. This phase now corresponds to the remedy **Hepar Sulph**, which promotes the expulsion of pus and speeds up the healing process. If intervention is still delayed until this latter stage, the boil will cool down completely and harden, still full of pus but less painful. At this stage **Silica** is the best remedy to resolve the boil and re-absorb scar tissue.

The following chart is a guide to selecting the correct remedy. Choose the remedy which most closely fits the *present symptoms* and compare your remedy choice with the description that accompanies the remedy listed in the shop.

Caution

If a condition is persistent, or could be serious, please consult your Doctor immediately. It is always best to avoid taking homeopathic medicines during pregnancy unless you have consulted a qualified homeopath.

ACNE	ANXIETY	APPETITE
ARTHRITIC AND RHEUMATIC PAIN	BEREAVEMENT	BACK PAIN
BAD BREATH	BITES & STINGS	BODY ODOUR
BOILS	BRUISING	BURNS & SCALDS
CATARRH	CHICKEN POX	CHILBLAINS
COLIC	CONSTIPATION	COLDS & FLU
COLD SORES	COUGHS	CYSTITIS
DEPRESSION - MILD	DIARRHOEA	EARACHE
ECZEMA	FEVERS	FIRST AID
FLATULENCE	HAEMORRHOIDS AND PILES	HANGOVER
HAYFEVER	HEADACHES AND MIGRAINES	INDIGESTION
MEASLES	MENOPAUSE	MENSTRUATION
MOUTH ULCERS	MUMPS	NAPPY RASH
NAUSEA	PANIC	PRE-MENSTRUAL TENSION
PSORIASIS	RHEUMATISM	SLEEPLESSNESS
SORE THROATS	SPRAINS	STRESS
STYES	TIRED EYES	TOOTHACHE/TEETHING
URTICARIA/NETTLE RASH	WARTS	

CONDITION AND SYMPTOMS	REMEDY
ACNE	
The face is dry and burning, but cold applications make things worse.	<i>Arsen alb</i>
The patient is restless and chilly.	<i>Arsen alb.</i>
The face is red, dry and burning hot.	<i>Belladonna</i>
Large infected spots on the face and back	<i>Hepar sulph</i>
Patient constipated, irritable and chilly. Condition made worse by alcohol, tea or coffee.	<i>Nux vom</i>
Spots made worse by rich, fatty foods	<i>Pulsatilla</i>
Red, painful, itchy spots.	<i>Rhus tox</i>
For skin that scars easily	<i>Silicea</i>
For long standing acne, aggravated by warmth and washing.	<i>Sulphur</i>

ANXIETY	
Sudden panic attacks. Fear that may paralyze or drive to restless activity. Anxiety since a trauma	<i>Aconite</i>
Lacking self confidence. Fear of heights and crowds. 'Comfort eating' sugary or salty foods	<i>Argent nit</i>
Feeling restless and irritable. Anxiety about money or health. Patient chilly	<i>Arsen alb</i>
Fear of losing control, resists change. Fear of the dark, spiders, animals, monsters	<i>Calc Carb</i>
Apprehension. Trembling and weakness. Can feel paralyzed, incapable. Wants to hide	<i>Gelsemium</i>
Anxiety following bereavement or break-up of relationship.	<i>Ignatia</i>
Stage fright which goes once started	<i>Lycopodium</i>
Hates fuss and sympathy	<i>Nat mur</i>
Sleeplessness caused by anxiety. Where a calming remedy is required	<i>Passiflora</i>
Highly nervous and sensitive. Fears being alone. Aggravated by thunderstorms. Easily reassured	<i>Phosphorus</i>
APPETITE	
Continual craving or complete loss of appetite.	<i>Arsen alb</i>
Feeling of emptiness after meals.	<i>Calc carb</i>
Variable appetite.	<i>Ferrum phos</i>
Aversion to food. Hunger prevents sleep.	<i>Ignatia</i>
Excessive appetite which is easily satisfied.	<i>Lycopodium</i>
ARTHRITIC AND RHEUMATIC PAIN	
Chronic arthritis, area sensitive to touch. Bruised or gouty pain in joints. Soreness from over-exertion. Bed feels too hard	<i>Arnica</i>
Hot swollen joints with stitching, tearing pains. Better for cold applications, hard pressure	<i>Bryonia</i>
Pain, swelling, often heat in joint. Gouty pain. Patient cold but better for cold or cold applications	<i>Ledum</i>
Erratic pains that shift around, or let up with a snap. Feels like the joint is being pulled. Worse letting affected limb hang down. Chilly but needs fresh air	<i>Pulsatilla</i>
Hot, painful, stiff joints that are worse at rest, better after movement but worse for continued movement.	<i>Rhus Tox</i>
Lameness and weakness. Specific effect on wrist and ankles – cannot grip	<i>Ruta</i>
BACK PAIN	
Injury. Back feels beaten or sore. After over-exertion	<i>Arnica</i>
Weakness and burning in the small of the back. Anxious, restless, chilly	<i>Arsenicum</i>
Sharp, tearing pain in neck or lower back. From sudden change of weather. Better cold applications	<i>Bryonia</i>
Lumbago. Pain between shoulder blades making breathing difficult	<i>Calc Carb</i>
All injuries where nerves have been damaged. Pains in neck and backache which feels like pressure on the lower back	<i>Hypericum</i>
Muscle spasm and neuralgic backache affecting neck or lower back. Patient has to sit up in order to turn over in bed. Patients irritable and sensitive to draughts	<i>Nux Vomica</i>
Inability to lie on left side, burning pain between shoulders or lower back	<i>Phosphorus</i>
Pain and stiffness which is better for movement, hot water bottle. Frozen shoulder or fibrositis	<i>Rhus Tox</i>
Pain better for pressure or lying on something hard. Weakness on rising from chair or bed	<i>Ruta</i>
BEREAVEMENT	
Where the death is sudden and the shock severe.	<i>Aconite</i>
Cannot get over the loss. Prolonged bereavement.	<i>Ignatia</i>

BAD BREATH	
Salivation with sour taste in mouth.	<i>Ignatia</i>
Offensive breath and sweat.	<i>Merc sol</i>
Sour breath after a stomach upset.	<i>Nux vom</i>
Mouth dry but no feeling of thirst.	<i>Pulsatilla</i>
BITES & STINGS	
When there is swelling and bruising.	<i>Arnica</i>
Insect Stings. Area hot, stinging and puffy. Bee stings. Ledum may be better for wasp stings	<i>Apis mel</i>
Horse-fly bites.	<i>Hypericum</i>
Purple discoloration around the bite.	<i>Lachesis</i>
Pain from puncture wounds from small sharp objects.	<i>Ledum</i>
BODY ODOUR	
Profuse sticky sweat all day. Skin sensitive.	<i>Hepar sulph</i>
Perspiration which stains clothes.	<i>Merc sol</i>
Unhealthy looking skin. Problem feet.	<i>Sulphur</i>
Sweats in uncovered parts.	<i>Thuja</i>
BOILS	
With redness, heat and throbbing.	<i>Belladonna</i>
Sensitive boils which weep easily or where boil has come to a head	<i>Hepar sulph</i>
With a bluish, purple surround	<i>Lachesis</i>
Boils slow to develop and heal.	<i>Silicea</i>
BRUISING	
For all soft tissue injuries, leading to bruises.	<i>Arnica</i>
Bruising of the breast.	<i>Bellis perennis</i>
Bruising due to varicose veins.	<i>Hamamelis</i>
Painful bruises on fingers and toes.	<i>Hypericum</i>
Bruising of the bones.	<i>Ruta grav</i>
BURNS & SCALDS	
First remedy for the shock and trauma. Repeat as needed	<i>Arnica</i>
Sunburn with redness, heat and throbbing.	<i>Belladonna</i>
Aids wound healing. Allows healing with minimal scarring	<i>Calendula</i>
Minor burn and sunburn remedy, taken just before, or just after blistering starts.	<i>Cantharis</i>
General treatment for burns and scalds. After a day in the sun when reaction is expected.	<i>Causticum</i>
Useful if burns area starts to get infected / signs of pus. Repeat as needed	<i>Hepar Sulph</i>
Use if not just painful but area of flesh damaged or burn deep. Seek medical assistance	<i>Kali Bich</i>
Useful in later stages of healing – promotes healing, minimises scarring, resolves infection	<i>Silica</i>
Stinging burns and scalds.	<i>Urtica urens</i>

CATARRH	
Profuse watery discharge with sneezing and burning of the nose and lips.	<i>Allium cepa</i>
Copious burning and clear watery discharge, chilliness, craving for heat, great exhaustion, watery eyes.	<i>Arsen alb</i>
Catarrh lying on chest which feels tight.	<i>Bryonia</i>
Thick greenish/yellow discharge in lumps. Worse after rest and from damp weather.	<i>Calc fluor</i>
Bland nasal catarrh. Watering eyes with burning discharge	<i>Euphrasia</i>
Thick yellow discharge. Worse at night. Loss of smell.	<i>Pulsatilla</i>
Sinus catarrh with headaches. Obstinate nasal obstruction and sneezing in morning	<i>Silicea</i>
CHICKEN POX	
Fevers – see Fevers section	<i>Aconite</i> <i>Belladonna</i>
Accompanied by chesty cough. Marked irritability. Pea sized pustules. 2 nd most common remedy	<i>Antim Tart</i>
Skin burning, stinging, sensitive to heat and touch. Itching excessive. Spots puffy, fluid filled	<i>Apis</i>
Dry, painful cough which is the predominant feature. Irritable. Thirst for long cold drinks	<i>Bryonia</i>
Patient constantly sweaty. Fluid filled vesicles releasing burning fluid or thicker pus	<i>Merc Sol</i>
Weepy and clingy. Thirstless, wants fresh air (compare with <i>Apis</i>)	<i>Pulsatilla</i>
1 st most common remedy. Helps control itching and reduces fever. Give this remedy unless one of the others is strongly indicated	<i>Rhus Tox</i>
CHILBLAINS	
Chilblains worse for cold. Patient chilly.	<i>Calc carb</i>
Chilblains worse for warmth, when limbs hang down.	<i>Pulsatilla</i>
COLIC	
Colic relieved by pressure on the stomach.	<i>Colocynthis</i>
Worsened by movement.	<i>Bryonia</i>
Extremely irritable, better when carried around.	<i>Chamomilla</i>
CONSTIPATION	
Stools feel too large and hard to pass, especially in the elderly. Dryness of stool and rectum	<i>Bryonia</i>
No desire to open bowels for several days, then pass large stool. Colicky pains and bowels ache.	<i>Graphites</i>
Great flatulence. No stools passed for days and then hard stools passed with difficulty.	<i>Lycopodium</i>
Dry, crumbling stools. Pinching pain after stool passed. Often some emotional cause	<i>Nat Mur</i>
Frequent urge to pass stools, but always feel that more to come	<i>Nux vom</i>
Not strong enough to expel stool, so slips back in. 'Shy' stool. Much straining	<i>Silicea</i>
Stools large, hard, dark and dry. Painful to pass. Desire frequent, but ineffectual. Itching and burning of the back passage. May result from junk food diet	<i>Sulphur</i>
COLDS & FLU (<i>flu is a deeper state than a cold. Bed rest is important to allow a full recovery</i>)	
Beginnings of colds & flu particularly from exposure to cold, dry winds. Fever, chill and thirst.	<i>Aconite</i>
Cold with sneezing (worse warm room), watering (bland) of eyes and burning nasal discharge.	<i>Allium cepa</i>
Burning, watery discharge from eyes / nose. Exhaustion, anxious, restless, chilly. Sips of water.	<i>Arsen alb</i>
High temperature/fever. Flushed face, hot red skin. Little thirst. Incoherent behaviour	<i>Belladonna</i>
Slow developing. Aching muscles. Worse movement. Mouth and skin dry, cracked lips. Thirst for long, infrequent drinks	<i>Bryonia</i>

Stuffy colds, unpleasant smelling yellow mucus. Dry, sore, ulcerated tonsils. Catch colds easily at every change of weather. Babies with snuffles	<i>Calc Carb</i>
Streaming, swollen eyes (burning discharge) and nose (bland) – opposite to <i>Allium Cepa</i>	<i>Euphrasia</i>
Slow onset cold / flu. Weakness, lethargy, flushed face. Frequent colds. Tendency to nosebleeds	<i>Ferr Phos</i>
Aching, trembling, heavy, dull headache often better for passing water. Drooping eyes. Thirstless fever. Better fresh air	<i>Gelsemium</i>
Later stage of cold. Thick, offensive nasal discharge. Extreme sensitivity to cold. Cold, dry wind provokes sneezing and streaming. Thick, yellow to green discharges smell like old cheese	<i>Hepar Sulph</i>
<i>Tough, ropy, stringy</i> or sticky discharge. Good for snuffles in children. Symptoms better for heat	<i>Kali Bich</i>
Sensitive to both heat and cold. Sneezing. Burning, watery discharge from eyes / nose (often blood streaked). Discharge becomes greenish, foul tasting. Breath offensive	<i>Merc Sol</i>
Sneezing. Streaming eyes and nose (bland). Discharge clear like egg white becoming congested	<i>Nat Mur</i>
Colds after exposure to dry, cold. Stuffed up in fresh air / at night, streaming nose when inside. Irritable, snappish, sensitive to draughts. Worse mornings. Ache in lower back	<i>Nux Vom</i>
Cold from being run down, change of temperature / weather. Outgoing, expressive people. Anxious about health and need re-assurance – easily placated (unlike <i>Arsenicum</i>)	<i>Phosphorus</i>
Profuse yellow-green mucus morning and congested night. Eyes itching, burning or stuck together. Weepy, clingy, crave sympathy. Worse warm room, better fresh air	<i>Pulsatilla</i>
Aching limbs. Chilly stage of fever. Restless due to discomfort while resting	<i>Rhus Tox</i>
COLD SORES	
Distinct, burning pains. Better warm applications. Anxious people	<i>Arsenicum</i>
Really painful cold sores, worse by cold air or cold applications. Irritable	<i>Hepar Sulph</i>
Tingling pains, burning and numb. Cracks in tongue or middle of bottom lip. Depressed, sensitive	<i>Nat Mur</i>
Tingling, itching or painful and cracked or blistered. Try this if no other remedy is indicated	<i>Rhus Tox</i>
State of mind is sad, irritable, wants to be left alone. Symptoms appear around time of period	<i>Sepia</i>

COUGHS	
Dry, tickling, irritating cough. Night time coughs. Sudden onset from exposure to cold wind. Early stages of croup, followed by <i>Hepar Sulph</i> as symptoms develop	<i>Aconite</i>
Restless and anxious, wheezy with burning sensation in chest. Frothy expectoration	<i>Arsen alb.</i>
Rattling, choking, chesty cough. Little expectoration. Has to sit up. Sweats	<i>Antim Tart</i>
Dry, tickly, barking cough. Violent coughing fits end in sneezing. Can include temperature	<i>Belladonna</i>
Hard, dry cough with stitches in the chest and headache. Wants to be left alone	<i>Bryonia</i>
Tickling cough with yellow, sour and offensive sputum. Head and neck apt to sweat at night.	<i>Calc carb</i>
Hard, racking cough with pain in chest bringing exhaustion. Inability to bring up phlegm.	<i>Causticum</i>
Persistent, irritating cough coming from deep down in chest, occasionally leading to vomiting. Whooping cough. Worse lying down, after midnight	<i>Drosera</i>
Early stage. Children's cough with fever, flushed face. Short, painful, tickling cough. Blood streaks	<i>Ferr Phos</i>
Hoarse cough with roughness and scraping sensation in throat. Croup.	<i>Hepar sulph</i>

Dry, hacking, spasmodic. The more the cough, the more the irritation. Whooping cough. Unable to take a full breath. Sigh frequently	<i>Ignatia</i>
Spasmodic cough with wheezing, rattling and loss of breath, either leading to vomiting without nausea or intense nausea unrelieved by vomiting	<i>Ipecac</i>
Barking, hacking cough with stringy phlegm	<i>Kali bich</i>
Tickling cough with throbbing headache. Shortness of breath with fan-like motion of nostrils	<i>Lycopodium</i>
Cough originating from tickling in pit of stomach, with pain in head	<i>Nat mur</i>
Dry, tearing, spasmodic cough with retching. Oversensitive, irritable	<i>Nux vom</i>
Violent, hard, dry, exhausting, tight or racking cough with yellow sputum	<i>Phosphorus</i>
Cough dry in the evening, loose in the morning with thick, bland yellow-green discharge and tickling larynx. Gagging, choking cough which comes and goes. Has to sit up at night	<i>Pulsatilla</i>
Dry, teasing cough triggered by uncovering. Restless, must move about	<i>Rhus Tox</i>
Violent cough, retching and gagging. Worse on rising. Thick, yellow expectoration	<i>Sepia</i>
Suffocative cough. Worse night. Strong desire for fresh air. Burning feeling on face and chest. Red lips and eye lids. Worse after a bath and has burning feet	<i>Sulphur</i>
CYSTITIS	
Sharp, stinging pains. Frequent urge to urinate. Possible water retention. Dislike of heat. Busy, jealous state of mind	<i>Apis mel</i>
Burning pains in lower abdomen. Feels restless, chilly and anxious	<i>Arsen alb</i>
Burning sensation along urethra. Bladder sensitive to jarring	<i>Belladonna</i>
Non-stop urge to urinate, only able to pass drop by drop due to severe burning pain. Aggressive, irritable, strong sex drive	<i>Cantharis</i>
Frequent and painful urge to pass urine with little result. Constant pain in region of bladder relieved with hot water bottle. Irritable, nasty state of mind	<i>Nux vom</i>
Gentle, weepy, needy state of mind. Better in fresh air, much worse for stuffiness or local heat	<i>Pulsatilla</i>
Burning, which is relieved by passing urine. Pent up anger. 'Honeymoon' cystitis	
DEPRESSION - MILD	
With confusion and despondency	<i>Actaea rac</i>
Restless, chilly, exhausted. Obsessively neat and tidy	<i>Arsen alb</i>
Sleeplessness due to mental activity. Tension and agitation	<i>Coffea</i>
Depression following bereavement	<i>Ignatia</i>
Depression through loss of self-confidence	<i>Lycopodium</i>
Depressed and irritable. Dislike people and prefer to be alone	<i>Nat mur</i>
Highly irritable. Finds fault with everyone	<i>Nux vom</i>
Easily turns to tears. Wants lots of reassurance and attention.	<i>Pulsatilla</i>
Women who are easily depressed. Irritable and tearful.	<i>Sepia</i>
DIARRHOEA	
Diarrhoea comes on suddenly after shock or cold wind	<i>Aconite</i>
Diarrhoea caused by excitement or apprehension about a coming event	<i>Argent nit</i>
Diarrhoea from food poisoning. Scant odourless stools with burning sensation. Particularly useful for holiday diarrhoea. Dry mouth, persistent thirst, sips water	<i>Arsen alb</i>
Teething diarrhoea where baby is hot, thirsty and irritable	<i>Chamomilla</i>
Persistent diarrhoea, tendency to dehydration and exhaustion. Painless. Flatus. Stools contain undigested food. May start after sunstroke, fevers or malaria	<i>China</i>

Accompanied by spasmodic griping pains	<i>Colocynthis</i>
Diarrhoea after a binge. Frequent urge, little passed. Irritable	<i>Nux Vom</i>
Worse at night, by drinking cold drinks and eating rich fatty foods.	<i>Pulsatilla</i>
Urge to open bowels early in the morning.	<i>Sulphur</i>
EARACHE	
Earache after exposure to cold, dry winds. Outer ear may be hot, painful. Sensation of water in it	<i>Aconite</i>
Throbbing pain made worse by warmth. Hot, red ear. Glands around ear may be swollen	<i>Belladonna</i>
Throbbing, shooting pain with a feeling of pulsation, possible crackling. Remedy follows Belladonna	<i>Calc Carb</i>
Painful. Irritable and weepy. Frantic, intolerable pain. Hot and thirsty. Combine with Ac. And Bell.	<i>Chamomilla</i>
Useful if Belladonna has failed. Local heat and swelling. Throbbing pain	<i>Ferr Phos</i>
Throbbing pain, better for warmth. Noises and foul smelling discharge. Hearing affected	<i>Hepar sulph</i>
Thick, yellow, stringy or sticky and smelly discharge. Ear swollen, tearing pain.	<i>Kali Bich</i>
Foul smelling, burning or blood streaked, thick yellow and pussy discharge. Glue ear where Pulsatilla does not fit. Worse heat and cold. Night time earache, worse getting warm in bed	<i>Merc Sol</i>
Ear swollen and red, worse at night. Patient weepy. Suited to children. Catarrh in inner ear	<i>Pulsatilla</i>
ECZEMA	
Eczema on the palms of the hands and behind the ears. Exudes a honey like discharge	<i>Graphites</i>
Dry, scaling, burning and excessively itchy. Aggravated by heat and washing	<i>Sulphur</i>
Itchy blisters. Worse in cold and damp, better for warmth	<i>Rhus tox</i>
FEVERS	
Onset of fever . Restless, thirsty. Hot and cold stages alternate. Cold sweat, icy coldness of face	<i>Aconite</i>
Restless, anxious, chilly, exhaustion. Burning pains, inability to keep warm. Very thirsty, sips drinks	<i>Arsenicum</i>
Violent, high fever, sudden onset. Bounding pulse, flushed face, staring eyes with dilated pupils. Red membranes, swollen glands, burning or steaming heat. Body may be sweaty, head and face dry, feet cold. No thirst, mouth dry. Incoherent behaviour but not anxious	<i>Belladonna</i>
Internal heat, external coldness. Worse movement or warmth. Pulse hard and quick. Profuse sour sweat after exertion. Dry mouth, coated tongue, dry cracked lips. Long, infrequent drinks	<i>Bryonia</i>
Patient is irritable, hot, flushed and thirsty. Child peevish and irritating. Demands to be held	<i>Chamomilla</i>
Fever builds up slowly, usually associated with chest or ear infection. Chilly at 1p.m.	<i>Ferr Phos</i>
Flu-like fever, shivering, shaking, chills up and down back. No thirst. Looks flushed. Feels heavy	<i>Gelsemium</i>
Dry heat, dry mouth and lips. Veins prominent. Chilly fever, no thirst. Some parts hot, some cold. Patient wants company, weepy. May have headache, diarrhoea with hot stage	<i>Pulsatilla</i>
FIRST AID	
Shock, fear and panic after an accident	<i>Aconite</i>
All injuries that lead to bruising	<i>Arnica</i>
To aid healing from burns and scalds	<i>Cantharis</i>
For painful crush injuries	<i>Hypericum</i>
For sprains when the bone is bruised	<i>Ruta grav</i>
Injuries to bones and tendons	<i>Symphytum</i>
FLATULENCE	
Upset, rumbling stomach. Nervous anticipation of coming events	<i>Argent nit</i>
Excessive flatulence with belching and a full sensation in the abdomen	<i>Carbo veg</i>

Flatulence with colicky stomach pains	<i>Colocynthis</i>
Bloated feeling after a light meal. Much flatulence	<i>Lycopodium</i>
Caused by overeating	<i>Nux vom</i>

HAEMORRHOIDS AND PILES	
Bleeding piles. Anus sore and bruised	<i>Hamamelis</i>
Large piles which burn and sting. Patient chilly and irritable	<i>Nux vom</i>
Painful piles which bleed easily. Lack of thirst	<i>Pulsatilla</i>
Piles do not bleed but are aggravated by warmth	<i>Sulphur</i>
Sore piles. Difficulty in passing stools.	<i>Causticum</i>
HANGOVER	
Too much food and drink / alcohol. Headache with coldness and irritability.	<i>Nux vom</i>
Overindulgence of rich or hot fatty food, ice-cream or pastries. Bilioussness. Wants fresh air	<i>Pulsatilla</i>
The headache is concentrated on top of the head with a constant sense of heat	<i>Sulphur</i>
HAYFEVER	
Nose (burning discharge) and eyes (bland discharge) stream. Frequent sneezing. Worse a.m. indoors	<i>Allium cepa</i>
Nose tickles violently. Sneezing violent and painful with watery burning discharge, making upper lip sore. Watery, burning discharge from eyes. Anxious, restless	<i>Arsen alb</i>
Nose (bland discharge) and eyes (burning discharge) stream. Runny nose with much sneezing.	<i>Euphrasia</i>
Violent sneezing with blocked nose. Face hot and flushed,	<i>Gelsemium</i>
General remedy where condition is allergic response to pollen. Take prior to hay fever season	<i>Mixed pollen.</i>
Copious, thick clear catarrh and sneezing, often with cold sores or mouth ulcers. Bland discharges	<i>Nat mur</i>
Irritation of nose, eyes, throat and face with prolonged bouts of sneezing. Irritable, nasty mood	<i>Nux vom</i>
Copious thick, bland catarrh and sneezing. Relieved by open air. Weepy, needy state of mind. Frequently one side of nose blocked	<i>Pulsatilla</i>
Sinusitis with blocked stuffy nose. Worse on first waking.	<i>Silicea</i>
HEADACHES AND MIGRAINES	
Pain begins over the forehead and ends in the neck and shoulders. Worse for movement.	<i>Bryonia</i>
With painful watering of the eyes.	<i>Euphrasia</i>
Lessened by bending the head backwards	<i>Hypericum</i>
Migraine over the eyes, preceded by blurred vision.	<i>Kali bich</i>
With humming in the ears	<i>Kali phos</i>
Headache on right side. Concentration makes pain worse.	<i>Lycopodium</i>
Throbbing, blinding headaches. Hammering migraine, with zigzag lights	<i>Nat mur</i>
Too much food and drink. Headache with coldness and irritability	<i>Nux vom</i>
Headaches worse in the evening or associated with periods. Patient weepy.	<i>Pulsatilla</i>
Violent, periodical sick or bilious headache that affects whole head. Better for vigorous movement	<i>Sepia</i>
Migraine begins in the neck, travels over the head and ends in one eye.	<i>Silicea</i>
Numb, dull pain in back of head or forehead. From repressed anger or indignation. Worse touch	<i>Staphisagria</i>
Beating, vertex headache + constant heat. Pressure / heaviness in temples. Periodic sick headache	<i>Sulphur</i>
Left-sided headache. Pain as if the nail driven into the head	<i>Thuja</i>

INDIGESTION	
Lack of appetite and weakness following illness. May develop diarrhoea	<i>Arsen alb</i>
Indigestion straight after eating. Food lies like stone in the stomach	<i>Bryonia</i>
Stomach full of wind	<i>Carbo veg</i>
Indigestion from too much starchy food. Excessive wind. Heartburn	<i>Lycopodium</i>
Indigestion from overindulgence. Stomach feels swollen.	<i>Nux vom</i>
Indigestion a few hours after eating, from rich foods.	<i>Pulsatilla</i>
MEASLES (see also Fevers)	
Burning, stinging, painful and puffy eruptions. Spots sensitive to heat and touch. Symptoms worse afternoon, better open air and cold bathing. May desire milk. Listless and whining	<i>Apis</i>
Measles where the patient has a painful, troublesome, dry cough. Thirst for lots of cold drinks. Irritable, wants to be left alone. Can bring out eruption	<i>Bryonia</i>
Measles with catarrh, runny eyes, sensitive to light	<i>Euphrasia</i>
Eruption hot, dry. Catarrhal, dull lethargic, drooping eyelids, hot flushed face. Shivering. Thirstless. Gelsemium can bring out the eruption and hasten healing (as can Pulsatilla and Bryonia)	<i>Gelsemium</i>
Usually thirsty, chilly, dry cough. Wants comfort and attention	<i>Phosphorus</i>
Most important remedy for measles. Catarrhal state, bland yellow-green mucus. Thirstless in the fever stage. Weepy, clingy, needs reassurance, sympathy. Desires fresh air. Brings out eruption	<i>Pulsatilla</i>
Itching and burning, worse from washing and scratching. Heat aggravates, throws off bed clothes	<i>Sulphur</i>
MENOPAUSE	
Hot, red face. Dry vagina	<i>Belladonna</i>
Dry vagina. Black stools with constipation	<i>Bryonia</i>
Hot flushes of the face. Nosebleeds. Scanty periods.	<i>Graphites</i>
Hot flushes with headaches and dizziness. Flooding periods.	<i>Lachesis</i>
Hot flushes. Patient weepy and moody.	<i>Pulsatilla</i>
Hot flushes and faintness. Sinking feeling in the stomach. Intercourse causes much pain.	<i>Sepia</i>
MENSTRUATION	
Periods late or scanty. Often associated with exposure to cold winds.	<i>Aconite</i>
Pain begins just before start of period. Irregular, painful and heavy	<i>Actaea rac.</i>
Bearing down pains with heavy, hot, bright red loss.	<i>Belladonna</i>
Feels tired, giddy and chilly. Breast swollen and painful	<i>Calc carb</i>
Heavy periods in adolescent girls. Pain and backache.	<i>Calc phos</i>
Period stop due to bereavement	<i>Ignatia</i>
Early periods with passage of clots. Sickness before and during periods.	<i>Ipecac</i>
Feeble periods that are too short. All pains are relieved by the flow	<i>Lachesis</i>
Dry vagina. Pain in the lower abdomen with headache.	<i>Lycopodium</i>
Irregular periods. Headache and depression with backache	<i>Nat mur</i>
Scanty periods. Pain in lower back.	<i>Pulsatilla</i>
Abnormal vaginal discharge with sallow patches on face. Feel tearful or irritated.	<i>Sepia</i>
MOUTH ULCERS	
Mouth hot and dry	<i>Arsen alb</i>
Ulcers caused by burning mouth with food which is too hot.	<i>Cantharis</i>

MUMPS	
First remedy at onset of fever / inflammation. If patient is calm and placid this is not the remedy	<i>Aconite</i>
Heat, redness, throbbing particularly if high temperature. Worse right side. Delirious or giddy state	<i>Belladonna</i>
Painful swelling of parotid glands, hawking up of mucus. Painful, difficult swallowing. Head sweats	<i>Calc Carb</i>
Useful for mumps where there is infection. Loose cough, very sore throat, glands painful. Throat worse for cold drinks, better for warm drinks. Irritable	<i>Hepar Sulph</i>
Measles with sore throat, smelly breath, with white spots on tonsils.	<i>Merc Sol</i>
Later stage of mumps. Clingy, weepy, better outside. Nasal discharge thick, bland, yellow-green. No thirst	<i>Pulsatilla</i>
Later stage of mumps if gland under left ear is affected. Uncomfortable at rest	<i>Rhus Tox</i>
NAPPY RASH	
Baby overweight, head sweats at night.	<i>Calc carb</i>
Skin itchy with blisters	<i>Rhus tox</i>
Dry, red itchy rash	<i>Sulphur</i>
NAUSEA	
Diarrhoea and vomiting. Feel cold, weak and anxious. Burning or cramping stomach pains.	<i>Arsen alb</i>
Bilious vomiting immediately after eating or warm drinks. Nausea, faintness on rising	<i>Bryonia</i>
Nausea and belching from bad food or water – gives temporary relief. Symptoms after a meal. Stomach heavy, bloated. Feels faint, needs fresh air and fanning	<i>Carbo Veg</i>
Travel sickness	<i>Cocculus</i>
Constant, violent nausea not relieved by vomiting. Gripping pains in abdomen. Symptoms worse when travelling. Clean tongue, moist mouth, little thirst	<i>Ipecac</i>
After over-indulgence in rich food and alcohol	<i>Nux vom</i>
Vomiting as soon as the food or drink is warmed by the stomach. Post operative vomiting	<i>Phosphorus</i>
Vomiting after rich, fatty foods.	<i>Pulsatilla</i>
PANIC	
Following an accident	<i>Aconite</i>
Fear of appearing before an audience	<i>Argent nit</i>
Fearful	<i>Arsen alb</i>
Fear of crowds, death and impending misfortune	<i>Ferr phos</i>
Examination nerves. Fear of failure	<i>Gelsemium</i>
PRE-MENSTRUAL TENSION	
Tired and lacking energy. Cold sweats. Breasts swollen and painful.	<i>Calc carb</i>
Irritable and over-sensitive. Symptoms of cystitis.	<i>Causticum</i>
Breasts painful. Symptoms worse in morning. Pains relieved by flow	<i>Lachesis</i>
Bad tempered and depressed. Crave sweet things	<i>Lycopodium</i>
Breasts tender. Moody and irritable but refuses consolation	<i>Nat mur</i>
Feeling irritable and chilly. Constipation with frequent need to urinate	<i>Nux vom</i>
Over-sensitive and cries easily. Changeable moods. Irregular periods.	<i>Pulsatilla</i>
Scanty periods, with feelings of tiredness. Sad and depressed	<i>Sepia</i>

PSORIASIS	
Skin burns hot. Patient restless, chilly	<i>Arsen alb</i>
Skin cracks and exudes honey-coloured pus. Behind ears and on palms of hands	<i>Graphites</i>
Dry, red, scaly, extremely itchy patches. Worse for contact with water.	<i>Sulphur</i>
RHEUMATISM	
Muscular soreness and bruising	<i>Actaea rac</i>
Burning, stinging pains	<i>Apis mel</i>
Pain resulting from earlier injury. Bruised feeling.	<i>Arnica</i>
Pain worse for movement and warmth. Better for pressure (bandaged)	<i>Bryonia</i>
Pains in the jaw and neck. Better for warmth.	<i>Causticum</i>
Pains flit around joints. Worse for warmth, better for cold applications	<i>Pulsatilla</i>
Pain worse on beginning to move but improves with continued movement	<i>Rhus tox</i>
Pain affect joints	<i>Ruta grav</i>
SLEEPLESSNESS	
Sleeplessness after shock or panic	<i>Aconite</i>
Waking around midnight. Restless, worried and apprehensive	<i>Arsen alb</i>
Sleepless, crying children associated with teething and colic. Want to be carried around	<i>Chamomilla</i>
Feel too tired to sleep	<i>Coffea</i>
Sleeplessness after emotional upset or bereavement	<i>Ignatia</i>
Mind keeps going over the work done in the day. Dream a lot, with talking in sleep.	<i>Lycopodium</i>
Sleeplessness due to great mental strain or overindulgence	<i>Nux vom</i>
Feel too hot in bed, throw covers off then feel cold. Worse for rich food.	<i>Pulsatilla</i>
Irritable and restless, with pain and discomfort	<i>Rhus tox</i>
SORE THROATS	
Develops after exposure to cold wind. Should be started as soon as possible at outset of the illness	<i>Aconite</i>
Face and throat red and hot. Swallowing is painful.	<i>Belladonna</i>
Mouth and throat dry. Feeling of thirst	<i>Bryonia</i>
Pain worse during the night and from drinks	<i>Calc fluor</i>
Throat raw. Pain extends to ear	<i>Gelsemium</i>
Throat very sensitive	<i>Hepar sulph</i>
Throat dry and sore. Swallowing painful	<i>Merc sol</i>
Sore throat from over use of the voice or too much smoking	<i>Nux vom</i>
SPRAINS	
Sprain coupled with bruising	<i>Arnica</i>
Sprain painful for movement	<i>Bryonia</i>
Pain improved by gentle movement	<i>Rhus tox</i>
Sprain with bone injury	<i>Ruta grav</i>

STRESS	
Everyday emotional and mental stresses and strains. Panic attacks	<i>Aconite</i>
Mentally and physically exhausted from over-work	<i>Calc carb</i>
Loss of self-confidence, fear of being unable to cope with stress of work	<i>Lycopodium</i>
Tired, burnt-out executive. Never stops thinking about work, cannot sleep for worry	<i>Nux vom</i>
STYES	
Recurring styes. Eye red, eye lid swollen and painful	<i>Apis mel</i>
Styes with pus	<i>Hepar sulph</i>
Eyelids stick together. Thick greenish yellow discharge	<i>Pulsatilla</i>
Dry, scaly eyelids, stick together overnight	<i>Thuja</i>
TIRED EYES	
Eye muscles tired from looking into the distance for too long	<i>Arnica</i>
Eyes ache when you look up, down or to the sides	<i>Nat mur</i>
Tired eyes from nervousness or apprehension	<i>Phosphorus</i>
Eyes burn after close work or study	<i>Ruta grav</i>
TOOTHACHE/TEETHING	
Shooting pains made worse by cold drinks and wind	<i>Aconite</i>
Taken before visits to the dentist to reduce bruising and after-pain	<i>Arnica</i>
Toothache from bad teeth	<i>Calc fluor</i>
Teething in infants	<i>Chamomilla</i>
Severe toothache. Pressure on the tooth is extremely painful	<i>Coffea</i>
Pain worse during the night and from drinks	<i>Merc sol</i>
URTICARIA/NETTLE RASH	
Stinging nettle rash. Better for cold applications	<i>Apis mel</i>
Burning, itching skin eruptions. Patient restless and anxious	<i>Arsen alb</i>
Violent itching with skin cracks	<i>Lycopodium</i>
Skin red and blistered	<i>Rhus tox</i>
Rash develops in open air. Not relieved by scratching	<i>Sepia</i>
WARTS	
General remedy for warts	<i>Thuja</i>

Caution

If a condition is persistent, or could be serious, please consult your Doctor immediately. It is always best to avoid taking medicines during pregnancy unless you have consulted a qualified homeopath. Always read the label.