



An Introduction to Homeopathy

**Getting Started with Homeopathy for
Common Acute Ailments**

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Welcome and Thank You for your interest in homeopathy!

Do you sometimes feel helpless and overwhelmed when caring for the injuries and illnesses of your children, yourself, or other family members? This guide is the first step in taking back control of your home-care situations, so that you will feel more powerful and secure in the decision to pursue natural alternatives and avoid the doctor's office more frequently.

Homeopathy is a form of natural medicine that is applicable in a wide range of first aid situations. Hundreds of millions of people worldwide choose homeopathic care for their health and well-being. This guide includes some common first aid scenarios and acute conditions.

For more information about homeopathy and homeopathic care for acute and chronic conditions, please contact Sarah Thompson through Inner Sea Homeopathy, via the website www.innerseahomeopathy.com, email info@innerseahomeopathy.com, or phone 207.636.6054.

How to use this guide

The first thing you need to do is find out what's wrong! Homeopaths call this "Taking the Case." Get a piece of paper and get the patient's description of their condition *in their own words*. Don't project or make any assumptions – you would be surprised how different each person's experience of common complaints can be! The case-taking worksheet includes some descriptive terms for pain – you can ask the person what they could do to *you* to cause the same type of discomfort. You'll get better at this every time you do it.

In the index to this handbook, find the category of the complaint. For example, if the person has bumped their shin into a cabinet door, look under "Injury" on page 8. In each category, you will find descriptions of symptoms in the left hand column, and remedy suggestions in the right hand column. Sometimes the remedy is immediately obvious: the person has a bruise and says it's no big deal – you can go right for a dose of Arnica! But sometimes there are a couple of options and you aren't sure – this is where the next section comes in: the Alphabetical List of Remedies and Descriptions (homeopaths call this a *Materia Medica* – you will learn more about this term if you have received this guide as part of your participation in a homeopathy workshop). Here you will find a more general description each remedy. Read through the ones that seem relevant and select the remedy that best matches the patient's complaints. NOTE- NOT ALL PATIENTS WILL HAVE ALL THE SYMPTOMS IN EACH REMEDY. THAT'S OKAY!

You've figured out what to use, now what? Well, you need to get the remedy somewhere!

This guide focuses on remedies that you can usually buy in a local natural foods store, but everything is available on line as well and I recommend that families keep a kit on hand – it's less expensive for each remedy, and you will get a consistently high-quality product from the companies that I suggest. Find that information at the end of the guide.

NOTE: on potency and dosing: The numbers next to the remedy names, such as 6x, 30c and 1M, are called *potencies*. These refer to the degree of processing of each remedy. A general rule of thumb is that the more acute and severe the scenario, the higher the potency, in a first aid situation. In this case, 1M is the highest potency listed - think of that in the most serious instances. The lowest potency, 6x, is best for support of natural, healthy processes that are uncomfortable but self-limiting, such as growing pains, menstrual cramps, and rhinoviruses.

When giving a remedy in an acute ailment, I typically dissolve the remedy (one pellet is sufficient) in four ounces of water and give up to three doses (a tsp) 15 minutes apart (so three doses in 45 minutes), and any time symptoms return. If there is an immediate improvement after the first dose, I do NOT give another dose until symptoms return. In cases of head injury, I give several doses of Arnica 1M within the first 24 hours, and then follow up with daily doses if there are remaining symptoms.

THIS GUIDE IS NOT A SUBSTITUTE FOR EMERGENCY SERVICES! If medical attention is needed, please seek help immediately! However, even when emergency services are necessary, use of a homeopathic remedy as a first response can mitigate long term damage.

1. What is the exact location (have the person point if necessary)? What's the pain like? Can you describe the sensation?

2. Anything make the problem better or worse? (warm or cold, open air, company, food, drink, moving, being still, being upright, lying down, pressure, loose clothing, etc?)

3. Are there times of day where it comes on or goes away? Any relation to waking or going to bed?

4. What is the mental state of the patient? Observe – is the person anxious, fearful, restless, needy, angry?

5. Take note of any clear physical indications

6. Does anything happen simultaneously, any other physical complaints that come on with this issue?

7. Is there a clear cause for this condition? Is there any emotional or life circumstance that preceded the symptoms?

8. Make note of any additional observations.

PAIN TERMINOLOGY IN HOMEOPATHY

(It is important to get as clear a description of the pain as possible if you are unsure of the remedy)

Pain and Discomfort can:

STING like a bee, CUT like a knife, STAB like a dagger, PRICK like a pin, STITCH like a sewing machine (this is the type of pain you feel when you can't fully expand your lungs without pain),

SHOOT along a nerve, DRAW like something being pulled out, PULL like something being pulled on, TWIST, DIG, BORE, RADIATE, LANCINATE like a sharp knife being drawn along the affected part,

CRAMP, SPASM, feel as if GRABBED, JERK,

BURNING with hot or cold,

feel CONTRACTED, CONSTRICTED, wrapped with a TIGHT BAND, feel STIFF,

PRESS in spots, CRUSH, SQUEEZE, PINCH, GNAW, TEAR,

WANDER, SHIFT, move ERRATICALLY, THROB, PULSE,

feel DISLOCATED, feel BROKEN, feel SPRAINED, feel WEAK,

feel NUMB, feel HEAVY, be a general sense of PRESSURE,

like INSECTS (this is called FORMICATION), TINGLE, CRAWL,

TREMBLE, TWITCH, SHAKE, SWELL

Guide to Homeopathic Remedies for Simple Acute Ailments

Please note that this is an *Introductory Guide*. Contact Sarah for further information and support.

NAUSEA AND VOMITING

Food poisoning	Arsenicum album 30c
Vomiting with restlessness, chilliness	Arsenicum album 30c
Vomiting after drinking water	Phosphorus 30c
Vomiting and diarrhea	Veratrum album 30c
Vomiting from overconsumption, hangover or excess, indulgence, overwork	Nux vomica 30c
Indigestion from fatty foods and dairy	Pulsatilla 30c

INJURY AND MUSCULO-SKELETAL COMPLAINTS

Laceration, Abrasion	Calendula 30c
Crushing injuries. Laceration of nerves	Hypericum 30c
Puncture wounds	Ledum 30c
Bruising , especially with shock	Arnica 30c
Sore muscles, first motion painful , that feel better with continued motion	Rhus toxicodendron 30c
Deep muscle soreness	Bellis perennis 30c
Joint pain from strain, aggravated by motion and attention , often with thirst	Bryonia 30c
Joint pain from strain, improved by continued motion	Hypericum 30c
Sprain, Tennis Elbow	Ruta graveolens 30c
Growing Pains	Calcarea Phosphoricum 6x
HEAD injury, concussion	Arnica, 30c or 1M
Head injury with speech problems, lack of consciousness, depression, after Arnica	Natrum sulphuricum 30c

EARACHES

Sudden ear ache with shrieking, hot head, redness	Belladonna 30c
Earache but child does not act sick	Ferrum phosphoricum 30c
Earache with shrieking, one red cheek, touchy and irritable	Chamomilla 30c
Earache after exposure, cold wind	Pulsatilla 30c
Earache with plugged sensation, wishes to bore into ear, symptoms drag on	Silica 30c
Earache with extreme hypersensitivity	Hepar calc sulph 30c
Earache with salivation, night sweats, thirsty for cold, aggravated by heat on ear	Mercurius 30c

**Alphabetical List of Remedies
with Descriptions**

Aconite or Aconitum napellus

- Key Features
 - The person may be fearful and have experienced a physical or emotional shock. This could be something dramatic like a near-accident, more subtle like a cold, windy day, or indeterminate, such as waking with a start.
- Mental State
 - The person may be expressing panic, terror, and restlessness, or fear of impending death. They may be thirsty for cold drinks.
- Cause
 - Sudden exposure or shocking event, particularly cold, dry wind
 - Can come on at midnight
- Conditions
 - Eye injury, heart pain, panic attacks, hypothermia
- Description of Pains
 - Numb, tingling, dry

Arnica montana

- Key Features
 - There will have been a trauma, physical or emotional or both, and the person is likely to be dull or under-responsive. Applicable to soft tissue injury and concussion
- Mental State
 - The person may seem dazed, dull, confused or in shock; they may be restless and insist they don't need help.
- Cause
 - Trauma, particularly with bruising and internal bleeding
 - *Any blow to the HEAD*
- Conditions
 - Concussion or head trauma, hemorrhage, surgery, injury to soft tissue, childbirth
- Description of Pains
 - Sore or bruised, or person may insist they are not in pain

Arsenicum album

- Key Features
 - Think of this remedy for food poisoning.
- Mental State
 - The person may be anxious, fearful, afraid of being left alone, and very weak. They may pace and be thirsty for cold drinks.
- Cause
 - Food poisoning or other poisoning
- Conditions
 - Food poisoning, general poisoning with vomiting (particularly after drinking water), or with gastritis, diarrhea, death-like states, heart pain
- Description of Pains
 - Burning

Belladonna

- Key Features
 - Sudden, dramatic symptoms, with much heat and redness
- Mental State
 - The person may be delirious, excitable, restless, may crave lemonade, will be worse from touch, light and noise, and want to sit.
- Cause
 - Sun exposure
 - infection, cerebral irritation
- Conditions
 - Infection, headache, sunstroke, stroke
- Description of Pains
 - Sudden, throbbing and very hot

Bellis perennis

- Key Features
 - Deep physical trauma such as internal bruising, surgery, internal nerve pain, particularly in the abdominal and pelvic regions
- Mental State
 - The person may be completely exhausted, but have the desire to move. They do not want to be touched.
- Cause
 - Abdominal surgery, blunt trauma, abdominal trauma, uterine trauma, injury to nerves, breast, childbirth
- Conditions
 - Traumatic injury, particularly to abdomen or pelvis
 - Rupture of spleen
- Description of Pains
 - Unbearable, muscles feel sore and bruised, better from cold applications

Calcarea phosphoricum

- Key Features
 - Affinity for bones and teeth, particularly growing pains and toothache
 - Bothered by cold, damp weather and drafts
- Mental State
 - Fatigue, anxiety
- Cause
 - Dentition, puberty, growth
- Conditions
 - Growing pains, toothache, colds
- Description of Pains
 - Pains are sore, aching, can be focused on one spot but deep in the bone

Calendula

- Key Features
 - Broken or damaged skin
- Mental State
 - May have some fear and anxiety
- Cause
 - Injury, laceration, abrasion, surgery
- Conditions
 - Wounds, burns, scalds
 - Hemorrhage
- Description of Pains
 - Intense pain
 - Heaviness on brain

Chamomilla

- Key Features
 - Intensity, both of emotions and experience of pain
 - Temperamental and inconsolable
 - Worse at night
 - Wants to be carried
- Mental State
 - Capricious; asks for things then throws them away, particularly in children, irritability, impatience, and dramatic response to pain
- Cause
 - Teething
 - Ailments from anger and frustration
- Conditions
 - Teething, stomach pains, earache
- Description of Pains
 - Pains are intense and dramatic. Child will shriek with pain.

Ferrum phosphoricum

- Key Features
 - The key feature of Ferrum phos is that symptoms are NOT distinctive; the person seems fine (“plays as if well,”) but you can see signs of illness.
 - Weakness, lack of appetite and thirst at times
- Mental State
 - Happy, sociable
- Cause
 - Exposure, illnesses “going around”
- Conditions
 - Fevers, upper and lower respiratory infections, bloody noses
- Description of Pains
 - General weakness and “low” feeling at times

Hepar calc sulph

- Key Features
 - Over-sensitivity, compare to Chamomilla
 - Sharpness
 - Can have thick, greenish discharges
- Mental State
 - Hyper-sensitive
 - Cold and damp bring symptoms on or make them worse; wants to be wrapped up and warm
- Cause
 - Infection, injury
- Conditions
 - Earaches, pink eye, colds, abscesses, sore throat
- Description of Pains
 - Sharp, sticking, splintery

Hypericum

- Key Features
 - Nerve pains, sharp pains, another remedy to compare with Chamomilla and Hepar, pains can come on quickly but go away slowly
 - Pressure and touch make pains worse
- Mental State
 - Sadness and depression, “low” states
- Cause
 - Crushing blows, damage to nerves
- Conditions
 - Injury, particularly crushing injury such as tailbone or fingers
 - Infection
- Description of Pains
 - Sharp, shooting, nerve

Magnesium phosphoricum

- Key Features
 - Pains are better for warm pressure
- Mental State
 - Nervous, tense, sensitive, moody
- Cause
 - Menses, teething, muscle strain
- Conditions
 - Menstrual cramps, toothache, sore muscles
- Description of Pains
 - Pains can be sharp, shooting, wandering

Mercurius

- Key Features
 - Secretions such as thin drainage, salivation, night sweats, can have a metallic taste in mouth
 - Worse at night or in cold or damp weather but also worse for being heated
- Mental State
 - Exhausted, weak and anxious, frantic, restless
- Cause
 - Infection, immune susceptibility
- Conditions
 - Earache, sore throat, ulcerations
- Description of Pains
 - Can have a sinking sensation, pains can be sharp, can feel like ulceration of tissues even without the presence of ulcers

Natrum sulphuricum

- Key Features
 - Depressive or personality effects from head injury
 - Worse on damp, cloudy days, but also can be worse in bright sun
- Mental State
 - Depressed, despondent
- Cause
 - Head injury
- Conditions
 - Depression and personality changes after concussion
- Description of Pains
 - Can be tremulous and weak

Nux vomica

- Key Features
 - Too much, whether it's work, food, alcohol, exercise
 - Nasal congestion can be one-sided
- Mental State
 - Ambitious, restless, irritable
- Cause
 - Overwork or overconsumption
- Conditions
 - Nausea, especially from eating or drinking, including caffeine
 - Upper respiratory illnesses and colds
 - Headaches from overwork
- Description of Pains
 - Spasms, cramping, sudden, sharp symptoms

Phosphorus

- Key Features
 - Sensitivity, heat, bothered by temperature fluctuations
 - Thirst for very cold (ice) drinks, but vomits as soon as they are consumed
 - Hungry and better for eating, worse for fasting
 - Worse in the evening, bothered by strong odors
- Mental State
 - Can be emotional or exhausted
- Cause
 - Fright, puberty, long illness
- Conditions
 - Bleeding, stomach pains, electrical shock, upper respiratory infection
 - Vomiting
- Description of Pains
 - Burning, dry

Pulsatilla

- Key Features
 - Changeability, weepiness
 - Wants cool and moving air, doesn't want to be hot
 - Green discharges
- Mental State
 - Desires company; can be clingy and needy
- Cause
 - Exposure
 - Rich foods
- Conditions
 - Colds, earaches, pink eye, vomiting, diarrhea
 - Menstrual symptoms, headaches, puberty
- Description of Pains
 - Pains can be wandering or hard to pin down

Rhus toxicodendron

- Key Features
 - Restlessness
 - Can have a red tip of the tongue
 - "Rusty gate;" muscles are stiff at first but better with continued motion, worse in the cold
- Mental State
 - Restless and anxious
- Cause
 - Over-lifting, overwork of muscles
- Conditions
 - Muscle soreness and arthritic pains, including in illness
 - Skin pain, including poison ivy and herpetic eruptions
- Description of Pains
 - Stiff, sore, aching, itching

Ruta graveolens

- Key Features
 - Overexertion, particularly of joints
- Mental State
 - Fatigue
- Cause
 - Overstrain, overwork
- Conditions
 - Tendonitis, sprains
- Description of Pains
 - Weak, stiff, sore

Silicea

- Key Features
 - Chilliness and sharp pains
- Mental State
 - Obstinate and rigid
- Cause
 - Infection, injury, growth
- Conditions
 - Earaches, styes, abscesses
- Description of Pains
 - Pains can be splinter-like or painless where you would expect pain

Veratrum album

- Key Features
 - Violent symptoms and collapse
 - Coldness, cold sweat
 - Eating and drinking makes it worse

- Mental State
 - Exhaustion, depletion

- Cause
 - Fright, exposure, illness

- Conditions
 - Gastro-intestinal illness

- Description of Pains
 - Freezing cold
 - Cramping and internal burning