

# Introduction to Homeopathy

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Disclaimer: This presentation is for educational purposes and not a substitute for professional medical care.

# Opening

- Has anyone heard of homeopathy?
- Are they these little pills that taste sweet and you pop into your mouth?
- It has been around for at least two centuries.
- It has basically stood the test of time.
- The cough syrup story.
- Why is the FDA so interested in homeopathy?

# Overview

- Opening
- What is Homeopathy?
- History Behind Homeopathy
- Basic Theories in Homeopathy
- What is a Remedy?
- Comparing Allopathic Medicine with Homeopathy
- Basic Homeopathic Remedies
  - Cell Salts
  - Aconite Nap
  - Apis
  - Calendula
  - Arnica Montana
  - Ignatia
  - Ledum
  - Rhus Tox
  - Symphytum

Other Homeopathic Remedies

Homeopathic Remedies for Injuries

Appendix

Bach Flower Remedies

Basic Homeopathic Remedy Kit

Bibliography

Case Taking (3 slides)

Chart Example

Dosage Guidelines

Forms of Remedies and How to Take Them

Glossary

How Did Samuel Hahnemann develop These Remedies?

Materia Medica

Organization – National Center for Homeopathy

References ??

Sources of Homeopathic Medicines

Conclusion

# What is Homeopathy?

- Homeopathy is a form of energy healing, with the remedies acting as a catalyst for the body to heal itself.
- Homeopathy is medicine for the whole person. These components include:
  - Physical
  - Emotional
  - Mental
- Homeopathy tries to address the root causes of the symptoms.
- It has worked with other approaches have not worked.
- Homoio is Greek for similar and pathos is Greek for suffering or disease.
- It can be used for acute situations like a bee sting or for chronic health issues.

# More on What is Homeopathy?

- Homeopathy is a gentle and natural healing system that works with the body to relieve symptoms, restore vitality, and improve overall health. It is a federally recognized form of medicine regulated by the FDA.
- Homeopathy can help strengthen the body to fight short-term illness such as colds, flu, earaches, sore throats, and more. With the help of a professionally trained homeopath, it can assist those suffering from chronic conditions like asthma, depression, autism, arthritis, and many other chronic illnesses.
- Homeopathic remedies are environmentally friendly, cruelty free, and derived from natural sources.
- Affordable, over-the-counter remedies are available at natural food stores, homeopathic pharmacies, online retailers, and even some traditional grocery stores and pharmacies.

# History behind Homeopathy

- Homeopathy has earlier roots in herbal medicine, folk lore medicine, and earlier practitioners and scientists.
- Hippocrates believed that it was important to assess the patient's life, lifestyle, diet, and emotional wellbeing/status.
- The foundation of today's homeopathic medicine was started by Samuel Hahnemann. He was born in what is east Germany in 1755 and passed on in 1843.
- Samuel Hahnemann is considered the man who established the listing of remedies that were considered much safer than the medical protocols in place at that time.
- He started with the herbal pharmacy. He understood that herbs were able to make changes in the body (most of them positive). He drew upon folk medicine, alchemy, magic and other developments. At that time, treatments like leeches to suck blood from the patient and the use of arsenic (a very toxic substance), they were not effective.
- After Samuel Hahnemann, there are two other major names in the history of homeopathy. They include Constantine Hering (1800-80) and James Tyler Kent (1849-1916)

# Basic Theories in Homeopathic Medicine

- The focus of homeopathic remedies are designed to deal with the root cause of illness (in chronic cases). In acute cases, it is to deal with the symptoms.
- Herring's Law – Healing begins from head to feet, inside body to outside, and starts with recent symptoms to long term chronic symptoms.
- Law of Similars – like cures like (e.g. Rhus Tox)
- Law of Simplex – One remedy at a time. Too many remedies can confuse the case
- Law of Minimum - Use the lowest potency, and if improvement does not occur, stop the remedy. Or, if the remedy does not maintain improvement for too long, then the potency is too low.
- Miasm Theory – Miasm theory suggests that by tackling the underlying miasmic influences, it's plausible to alleviate chronic and recurring diseases, navigating towards a more harmonious state of health. The comprehension of miasms is not just a theoretical one. Hahnemann used the term "**Miasm**" not only for fundamental energetic causes but also for **nosologic entities** (diseases with consistent causes, lesions, or symptoms).
- Remedy Issues: One remedy addresses multiple symptoms, addressing physical, emotional, and mental states. Other schools of thought talks about combinations of remedies as also being effective.

# What is a Remedy?

- Homeopathic remedies can be used for internal purposes and in some instances for external purposes.
- Remedies (internal) come with different potencies, starting with the X (decimal) potency and with the C (centesimal) potency. X means that the remedy has been diluted ten times where as the C means that the remedy has been diluted 100 times.
- When the remedies are diluted, they actually become stronger.
- Remedies when taken internally, they usually are available in the form of sugar pills.

# Comparing Allopathic and Homeopathic Medicine

## Allopathic Medicine

- Allopathic medicine addresses specific issues and tries to suppress the symptom(s).
- While allopathic medicine can suppress the symptom, it can cause several problems. One, a higher dose is needed to address the same problem. Or two, it can cause the development of other symptoms and issues.
- In many cases, the medicine does not address the root cause.
- Treats the disease.

## Homeopathic Medicine

- Homeopathic medicine takes into account of multiple symptoms, starting with general, emotional and mental issues and physical issues.
- Generally, it selects a remedy, usually a single remedy that address all of the issues
- The remedy is designed to kick start the body's role into healing itself.
- Generally, homeopathy has a pretty safe track record.
- Treats the whole person.

# Basic Homeopathic Remedies: Cell Salts

- There is a group of homeopathic remedies known as cell salts. There are 12 of them and they each have specific properties and benefits. They include minerals. They can also be taken all together. It is one way to learn how to use homeopathic resources. This begins with checking all the symptoms a patient is experiencing and matching these symptoms to the properties each of the cell salts have.
- On the background behind cell salts, Dr. William H. Schuessler, a biochemist of Oldenburg, Germany (1821-1898) investigated the roles of minerals in the human body. Dr. Schuessler picked up the work of Jacob Moleochott (1822-1893), a Dutch physiologist. This physiologist talked about the various minerals and the roles that they play in health and illness.

# Basic Homeopathic Remedies: Cell Salts continued

- Dr. William H. Schuessler discovered that the body needed certain essential minerals in our cells. It needed to be in balance. An imbalance or a lack of any one of these minerals can lead to disease. Providing the missing minerals to these cells (and tissues), it will correct the imbalance or lack and eliminate illness. He identified 12 mineral compounds and called them cell salts or tissue salts. Dr. Schuessler continued his research, looked at various symptoms. At the same time, looked at what minerals were lacking or missing in his patients. When the correct minerals were provided, the abnormal or health symptoms decreased or disappeared. This became known as the cell salt theory. It takes time for this internal balance to take place. It has stood the test of time.
- The twelve cell salts can also be taken all together, as well.
- The next slide lists these twelve cell salts.

## List of Cell Salts (Homeopathy)

Number	Name	Information
One	Calc Fluor	It is useful in treating elasticity in our tissues.
Two	Calc Phos	The most abundant tissue salt and a major constituent in our bones.
Three	Calc Sulph	It works well as a healer of wounds.
Four	Ferr Phos	A biochemical first aid remedy and works with blood.
Five	Kali Mur	It is found in almost all of our cells and it helps with smooth bodily functions.
Six	Kali Phos	It is a notable tissue salt for the brain and nerve cells.
Seven	Kali Sulph	This cell salt helps with respiration (breathing).
Eight	Mag Phos	It is antispasmodic and helps with the nervous system and brain.
Nine	Nat Mur	It is a water distributor and part of every fluid and solid in the body.
Ten	Nat Phos	It is a great acid balancer (pH).
Eleven	Nat Sulph	It is nature's diuretic and toxin cleanser.
Twelve	Silica	This remedy cleanses and eliminates wastes.

The next group of slides cover a select number of great remedies to have on hand.



Apis mellifera - Wikipedia, la enciclopedia  
libre

# Basic Homeopathic Remedies: Apis Mellifica (Ap.)

- Family name: Hymenoptera
- Other name: honey bee
- This remedy is from the honey bee, an animal source.
- General Symptoms:
  - Clumsy, drops things; face: red, puffy; Pains: burning, stinging; symptoms: right-sided, move from right to left; Thirstless, Tongue, fiery red; Worse: for heat, for touch, at 3-5 pm
- Emotional/Mental Symptoms:
  - Apathetic, Fearful of being alone, of death; Irritable; Jealous; Tearful; Whiney
- Physical Complaints:
  - Bites/stings; Cystitis; Diarrhea; Earache; Eye Inflammation; Fever; Headache; Joint pain; Measles; Mumps; Retention of Urine; Sore throat



**Arnica Montana**

# Basic Homeopathic Remedies: Arnica Montana (Arn.)

- Family name: Compositae
- Common names: leopard's bane; fall-kraut; mountain tobacco; sneezewort
- It is a perennial herb that grows to 10 to 12 inches and has yellow flowers
- General symptoms:
  - Breath smelly
  - Complaints from: accident, injury
  - Pains: sore, bruised, glands
- Emotional Symptoms
  - Complaints from shock; Denial of illness and of suffering; Fearful, generally, of being touched; Forgetful following injury; Shock
- Physical Complaints
  - Bleeding gums; blood blisters; boils; broken bones; bruises; cough; eye injuries; head injuries; joint pain; nosebleeds; sprains; strains; toothache

Source: Castro, page 47



Calendula Facts and Health  
Benefits

**Calendula Officinalis**

# Basic Homeopathic Remedies: Calendula Officinalis (Calen.)

- Family name: Compositae
- Common names: marigold, pot marigold, marigold, *Caltha officinalis*
- The marigold is an annual flowering plant which originally grew wild in Egypt and throughout the Mediterranean. It has been used both in cooking and medicine.
- General Symptoms
  - It is used as a great healer of wounds and cuts, both externally and internally.
- Physical Complaints
  - Cuts/wounds; lacerated, suppurating, painful out of proportion to injury

Source: Castro, page 65



*Ignatia Amara*  
Plant

# Basic Homeopathic Remedies: Ignatia Amara (Ign.)

- Family name: Loganiaceae
- Other name: St. Ignatius' Bean

This small shrub or tree grows in the Philippine Islands and China.

## General Symptoms:

Contradictory; dislikes fresh air, sweat hot on single parts of the body, better after eating, for heat, worse after drinking coffee, for tobacco

## Emotional/Mental Symptoms:

Broody, complaints from anger, disappointed love, fright, grief, humiliation

## Physical:

Cough, fever, headache, Indigestion, shock, sore throat



homeopatia.info - *Ledum palustre*

# Basic Homeopathic Remedies: *Ledum Palustre* (Led.)

- Family name: Ericaceae
- Other names: marsh tea; wild rosemary
- This evergreen shrub grows in marshes and bogs in the north of Europe, North America and Canada.
- General Symptoms
  - Pains wandering, better for cold bathing, worse for heat; movement, for touch, for walking, for wine
- Physical Complaints
  - Bites/stings
  - Bruises/black eye
  - Eye injury
  - Joint pain



Rhus toxicodendron: origen y características |  
Jardineria On

# Basic Homeopathic Remedies: Rhus Tox (Rhus-t.)

- Family name: Anacardiaceae
- Common names: poison ivy, mercury vine, poison ash, poison vine, pubescent poison oak, trailing sumac
- It is a deciduous shrub that grows in fields, woods, and along fences all over North America.
- General Symptoms:
  - Complaints from: getting wet, change of weather to cold/damp; getting chilled, Face red, Glands swollen, Likes milk, Lips dry, Pains burning, pressing, shooting, sore, bruised; Sweat, worse for lying down and uncovering; worse for slightest physical exertion. Taste: mouth tastes metallic
- Emotional/Mental Symptoms:
- Physical Complaints:

Source: Castro, page 141



**Symphytum Officinale** – NutraWiki

# Basic Homeopathic Remedies: Symphytum (Symph.)

- Family name: Boraginaceae
- Common names: comfrey, knit bone; boneset; bruise-wort; black wort; gum plant; healing plant
- It is a handsome plant found in damp, wet places in throughout Europe.
- General and Emotional/Mental Symptoms – not listed
- Physical Complaints:
  - Bones painful, sticking, eases the pain and speeds up the healing of broken and fractured bones.
  - Eye injuries, pains in eyeball, sore, bruised
  - Note: This is a powerful remedy for bone issues.

# Other Homeopathic Remedy: Oscillococcinum

- This is an example of a combined remedy. It is used for dealing with flu symptoms.
- Oscillococcinum is a commercial homeopathic remedy made of a vastly diluted extract of duck heart and liver that is sprayed onto sugar pellets. Homeopaths contend that it can lessen the severity and duration of the flu if taken at the first sign of infection.



# Homeopathic Remedies for Injuries

- Bites and Stings (page 11) :
  - For Bee Sting: Ledum or Urtica Urens
  - For Wasp Sting: Arnica or Ledum
  - For Gnat bite, etc.: Calendula or Hypericum
  - For Snake bite: Hypericum
- Insomnia (page 64)
  - Aconitum – kept awake by sensation of fear or panic, insomnia after shock or fright; restless tossing
  - Arnica - sleep prevented by over-tiredness, either physical or mental; bed feels too hard; must keep moving in search of relief
  - Arsenicum Album – sleepless after midnight from anxiety and restless; has to get up and walk the floor
  - Belladonna – sleepy yet unable to sleep; child tosses, kicks clothes off, twitches; restless sleep with frightful dreams; jerks awake when dropping off; surface heat
  - Chamomilla – sleepless and restless, especially in first part of night; gets up and walks the floor; as soon as bedtime comes is wide awake; irritable and, if a child, wants to be carried all the time

Note: This just a sample. Source is First Aid Homoeopathy in accidents and ailments.

# Homeopathic Remedies for Injuries continued

- Insomnia continued
  - Coffea – utterly wide awake, mind active, possible with pleasurable thoughts; result of sudden news, either exciting or distressing
  - Nux Vomica – sleepless after mental strain or over-indulgence; wakes about 3 to 4 am, and after a wakeful period drops off, only to wake later cross, tired and unrefreshed; sleep dreamy and restless
  - Opium – feels sleepy but cannot get off; very acute hearing both near and far; clocks striking at a distance keep from sleep; bed feels hot, moves about in vain to find a cool spot.
  - Pulsatilla – first sleep restless, and sound sleep when it is time to rise; gets too hot in bed, throws off covers, gets chilly and pulls them on again; puts arms above head when asleep
  - Note: For insomnia, the person needs to consult with a homeopath to get to the root of the problem.
- Surgical and Dental Operations (page 18):
  - Arnica 30 be given before and after the event.
  - Aconitum 30 can be given to allay fear.

Note: This is just a sample. Source is First Aid Homoeopathy in accidents and ailments.

# Appendix

Bach Flower Remedies

Basic Homeopathic Kit

Organon of Homoeopathic

Bibliography

Case Taking – 5 Basic Steps

Case Taking – Patient Form

Case Taking – Symptom Form

Chart Examples

Dosage Guidelines

Forms of Remedies and How to Take Them

Glossary

How Did Samuel Hahnemann develop These Remedies?

Materia Medica

Organizations

Sources of Homeopathic Medicines

The Cough Syrup Story

# Appendix: Bach Flower Remedies

- There are 38 remedies in the Bach remedy system. All of them were discovered in the 1920s and 1930s by Dr. Edward Bach, a well-known bacteriologist, physician, and pathologist. He saw animals licking the dew from various flowers and observed their behavior.
- Each remedy is associated with a basic human emotion. Mimulus, for example, is for when we are anxious or afraid about something specific. Taking the remedy helps us overcome our fear and face it with courage.
- The remedies are in liquid form so that you can mix together the remedies you need to help balance your current emotional situation. Like Dr. Bach, we believe that healing on an emotional level has knock-on effects on other levels. A healthy emotional life and a balanced personality will allow your body to find its own natural state of health.
- A really nice remedy to have on hand is Rescue Remedy.

Source: [History of the Bach Flower Remedies - The Bach Centre](https://www.bachcentre.com/en/remedies/) or  
<https://www.bachcentre.com/en/remedies/>

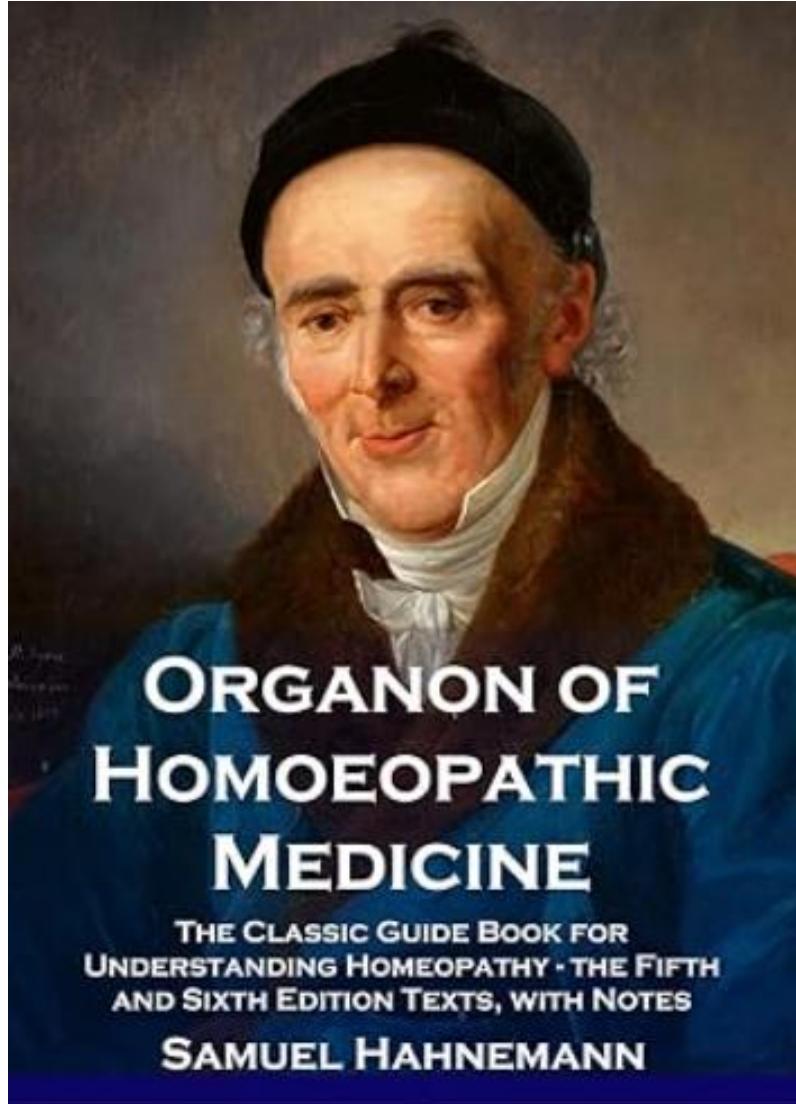
# Appendix: Basic Homeopathic Remedy Kit

- Aconite
- Apis
- Arnica
- Calendula
- Cantharis
- Hepar sulphuricum
- Hypericum
- Ledum
- Rhus Toxicodendron
- Ruta
- Silica
- Staphysagria
- Arsenicum
- Belladonna
- Bryonia
- Chamomilla
- Eupatorium perfoliatum
- Gelsemium
- Magnesia phosphorica
- Mercurius solubilis
- Natrum muriaticum
- Nux vomia
- Pulsatilla
- Sulfur

Source: Castro, page 249;

Note #1: The ones on the left are for accidents and injuries. The others on the right are for coughs, colds, and flu.

Note #2: Another remedy to have on hand is Rescue Remedy, based on flowers including Rock Rose, Impatiens, Clematis, and Cherry Plum. It helps with stress.



# Appendix: Organon of Homoeopathic Medicine by Samuel Hahnemann

Online Resource:

<https://www.homeopathyschool.com/the-school/editorial/the-organon/>

Or, you can get a printed copy.

# Appendix: Bibliography

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- Repertory of the Homeopathic Materia Medica and a Word Index (1997) by Kent J.T. (Publisher: B. Jain Publishers) Note: This is a reprint.
- Internet Resources:
  - The International Academy of Classical Homeopathy (IACH) is an educational institution which presents academic Courses in homeopathy for the effective clinical practice of Classical Homeopathy. Website address is: <https://www.vithoulkas.com>
  - Title: Rescue Remedy is an effective all-natural stress, anxiety reliever, study suggests. <https://www.medicalnewstoday.com/releases/75640#1>

# Appendix: Case Taking – Five Basic Steps

1. Case taking, collecting complete and accurate information about the illness
2. Case analysis, evaluating the information you have gathered
3. Selecting the homeopathic medicine/remedy that best suits the person and his/her illness
4. Administering the remedy
5. Observing the reaction to the treatment and deciding whether or not to repeat the medicine/remedy or change it

# Appendix: Case Taking continued

- One, there are symptoms felt by the patient himself or herself.
- Two, symptoms perceived by people around the patient.
- Three, symptoms observed by the physician.
- Four, each patient is unique. Two different people can have a cold but require completely different treatment protocols.

# Appendix: Case Taking continued

- Examine the patient
- Let the patient do the talking
- Observe any physical symptoms
- Also, anyone accompanying the patient
- Other questions
  - Location of pain
  - Pain sensation
  - Duration of the pain
  - What other treatments have been used?
- Modalities – what makes you feel better or worse (just a sampling)
  - Time of day or night
  - Environmental factors (weather)
  - Body position
  - Food cravings
  - Sleep issues
  - Temperature
  - What attention do you seek?
  - Feel about water (cold, warm, hot)
- Symptoms (another listing)

# Appendix – Case Taking – Patient Form

- Name
- Age
- Date
- Objective Information
  - Initial Observation
  - Diagnostics
    - Tongue
    - Pulse
    - Countenance
    - Body
- Subjective Information:
  - What symptoms of illness are you presently experiencing?
  - Is there one symptom that troubles you more than the others?
  - Other than specific aches and pains, what else has changed since the onset of the illness?

- General Modalities
  - Is there a time of day when you feel best or have the most energy? Is there a worst time of day?
  - As a whole being, is there anything that makes you feel better? That makes you feel worse?
  - How is your appetite? Is there anything you crave? Anything that you can't stand right now?
  - How thirsty are you? For what are you hungry?
  - How has your sleep changed during this illness?
  - How do you feel about company? Do you want to be alone or be taken care of?
  - What has your mood been like during this illness?
- Physician Response
  - Drug Diagnosis:
  - Differential Diagnosis:
  - Disease Diagnosis (if any)
  - Potency of Remedy Used:
  - Dosage of Remedy Used:
  - Patient's Response to Remedy:
  - Case Closure:
  - Notes:

# Appendix – Case Taking – Symptom Form

- Name:
- Date:
- Symptom Discussed on this Form:
- Duration:
  - When did the symptom first appear?
  - What were the circumstances that surrounded the onset of this symptom?
- Location:
  - What is the location of the symptom (where does it hurt)?
  - How has the location changed or shifted since the onset of the symptom?
- Sensation:
  - How does the symptom feel to you?
  - What is the quality of the pain associated with the symptoms?
  - How is the sensation of pain changed or shifted since onset?
- Modalities:
  - What makes the symptom feel better? Feel worse?
  - At what time of day is the symptom at its worse? At its best?
- Concomitants:
  - Are there any other symptoms that link to this one? Other aches and pains that alternate with this one?
- Treatments:
  - What other forms of treatment or medicine have you already used in treating this symptom?
  - Are you presently taking any form of medicine on a regular basis for any other illness? Are you under any type of treatment for any other illness?
- Notes and Observations:

Source: McCabe, page 557

# Sample Case Study for Insomnia; Source: Castro, page 239

1.	INSOMNIA	✓	ACO.
2.	- AFTER 3 AM.		AGAR.
3.	- CAUSED BY MENTAL STRAIN		ALL-C.
4.	- " " OVERWORK		ANT-C.
5.	IRRITABLE	✓✓	ANT-T.
6.			AP.
7.			ARG-N.
8.			ARN.
9.			ARS.
10.			BAPT.
11.			BAR-C.
12.			BELL.
			BELL-P.
			BOR.
			BRY.
			CALC-C.
			CALC-F.
			CALC-P.
			CALC-S.
			CALEN.
			CANTH.
			CARB-A.
			CARB-V.
			CAUL.
			CAUST.
			CHAM.
			CHIN.
			CIMI.
			CINA.
			COCC.
			COCC-C.
			COFF.
			COLCH.
			COLOC.
			CON.
			CUPR.
			DIOS.
			DROS.
			DULC.
			EUP-P.
			EUPHR.
			FERR-M.
			GELS.
			GLO.
			HAM.
			HEP-S.
			HYP.
			IGN.
1.	INSOMNIA	✓	
2.	- AFTER 3 AM.		
3.	- CAUSED BY MENTAL STRAIN		
4.	- " " OVERWORK		
5.	IRRITABLE	✓	✓✓
6.			
7.			
8.			
9.			
10.			

# 1 REPERTORISING CHART

Name: CASE 4 - COUGH/COLD

Date:

Symptoms:

1. COMMON COLD	IP.	JAB.	ACO.
2. - WITH THICK (YELLOW) CATARRH	✓	✓✓✓	KALI-B.
3. COUGH	✓	✓✓✓	KALI-C.
4. - LOOSE MORNINGS	✓	✓✓✓	KALI-M.
5. - DRY AT NIGHT	✓	✓✓✓	KALI-P.
6. - WORSE LYING DOWN	✓	✓✓✓	KALI-S.
7. WHINES	✓	✓✓✓	LACH.
8. TEARFUL	✓	✓✓✓	LED.
9. WANTS TO BE CARRIED	✓	✓✓✓	LYC.
10. THIRSTLESS	✓	✓✓✓	MAG-C.
11. BETTER FOR FRESH AIR	✓	✓✓✓	MAG-M.
12. WORSE FOR HEAT	✓	✓✓✓	MAG-P.
			MERC-C.
			MERC-S.
			NAT-C.
			NAT-M.
			NAT-P.
			NAT-S.
			NIT-AC.
			NUX-V.
			OP.
			PETR.
			PHO-AC.
			PHOS.
			PHYT.
			PODO.
			PULS.
			PYR.
			RHE.
			RHOD.
			RHUS-T.
			RUMEX.
			RTA.
			SARS.
			SEP.
			SIL.
			SPO.
			STAP.
			SUL.
			SUL-AC.
			SYMPH.
			TAB.
			THU.
			URT-U.
			VERAT.
			ZINC.
			IGN.

1. COMMON COLD	IP.	JAB.	ACO.
2. - WITH THICK (YELLOW) CATARRH	✓	✓✓✓	KALI-B.
3. COUGH	✓	✓✓✓	KALI-C.
4. - LOOSE MORNINGS	✓	✓✓✓	KALI-M.
5. - DRY AT NIGHT	✓	✓✓✓	KALI-P.
6. - WORSE LYING DOWN	✓	✓✓✓	KALI-S.
7. WHINES	✓	✓✓✓	LACH.

Source:  
Castro,  
page 234

## 1 REPERTORISING CHART

Name: \_\_\_\_\_

Date:

### Symptoms:

1.	IP.	ACO.
2.	JAB.	AGAR.
3.	KALI-B.	ALL-C.
4.	KALI-C.	ANT-C.
5.	KALI-M.	ANT-T.
6.	KALI-P.	AP.
7.	KALI-S.	ARG-N.
8.	LACH.	ARN.
9.	LED.	ARS.
10.	LYC.	BAFT.
11.	MAG-C.	BAR-C.
12.	MAG-M.	BELL.
1.	MAG-P.	BELL-P.
2.	MERC-C.	BOR.
3.	MERC-S.	BRY.
4.	NAT-C.	CALC-C.
5.	NAT-M.	CALC-F.
6.	NAT-P.	CALC-P.
7.	NAT-S.	CALC-S.
8.	NIT-AC.	CALEN.
9.	NUX-V.	CANTH.
10.	OP.	CARB-A.
11.	PETR.	CARB-V.
12.	PHO-AC.	CAUL.
1.	PHOS.	CAUST.
2.	PHYT.	CHAM.
3.	PODO.	CHIN.
4.	PULS.	CIMI.
5.	PYR.	CINA.
6.	RHE.	COCC.
7.	RHOD.	COCC-C.
8.	RHUS-T.	COFF.
9.	RUMEX.	COLCH.
10.	RUTA.	COLOC.
11.	SARS.	CON.
12.	SEP.	CUPR.
1.	SIL.	DIOS.
2.	SPO.	DROS.
3.	STAP.	DULC.
4.	SUL.	EUP-P.
5.	SUL-AC.	EUPHR.
6.	SYMPH.	FERR-M.
7.	TAB.	GELS.
8.	THU.	GLON.
9.	URT-U.	HAM.
10.	VERAT.	HEP-S.
11.	ZINC.	HYP.
12.		IGN.

Source:  
Castro, page  
233

# Appendix: Dosage Guidelines

1. Stop on improvement
2. Start again if the same symptoms return
3. If you have given six dosages and have had no response, stop and reassess the case or seek advice from someone more experienced
4. Change the remedy if the symptom picture changes
5. Higher potencies can cause an aggravation (a short term adverse reaction)
6. Note: If the patient is already receiving homeopathic treatment, if possible contact the homeopath before prescribing (unless it is an emergency).

# Appendix: Forms of Remedies and Taking It

## Forms of Remedies

- Soft tablets
- Hard tablets
- Globules
- Sucrose
- Alcohol (liquid form)
- Powders
- Wafers

## Taking the Remedy

- One, do not touch the remedy (except the person taking it)
- Two, put some tablets/pills into the cap
- Place it inside your mouth, under your tongue
- No food 20 minutes before and after taking the remedy

# Appendix: Glossary

- Acute illness – Short duration illness such as the flu or earache
- Aggravations – a temporary worsening of symptoms and a sign that the medicine is working. It should not last more than a few hours. This does not apply to chronic conditions.
- Chronic condition – Long-standing illness such as asthma or arthritis.
- Constitution – It varies among people.
- Materia Medica - It is Latin for medical materials. It is an ordered listing of homeopathic remedies and their actions in a book or computer based-reference.
- Miasms – When patients did not respond to homeopathic treatment. It is like something is blocking their path towards healing.

# Appendix: Glossary continued

- **Polycrest remedies** – These are remedies that can address a wide range of symptoms. Note, there are some remedies that address a small sphere of action (e.g. *spongia tosta*)
- **Potency** – A homeopathic remedy strength determined by the number of dilutions and succession (vigorous shaking), expressed as X, c. M, or LM potency.
- **Proving** – a method of testing substances established by Dr. Samuel Hahnemann.
- **Remedies** - Remedies can from a variety of sources, plant (vegetable), minerals, and animal sources.
- **Repertory** - Repertory lists a complete range of symptoms and points to remedies that can address these symptoms. It is called rubrics. You might consider it to be an index of symptoms.

# Appendix: Glossary continued

- Succession - Succussion is the use of vibration to increase the strength of the remedy.
- Suppression – When symptoms during illness are driven inward, it result in a more serious illness in time.
- Symptoms – They are a sign of a disease.
- Vital force - Vital force is a hypothetical force, independent of physical and chemical forces, regarded as being the causative factor of the evolution and development of living organisms. It was a concept in early biological theory. The vital force is also an energy that enables all living things to self-heal, maintain equilibrium or homeostasis, and preserve life by adapting to environmental changes.

# Appendix: How did Samuel Hahnemann Develop these Remedies?

- One, he worked with healthy people.
- Two, he exposed them to specific substances.
- Three, he tracked down and kept documentation as to the changes that occurred. This included good, bad, and benign symptoms.
- Four, he then treated them with the same substance and the symptoms went away.

# Appendix: Materia Medica

- Materia Medica is a listing of the various remedies that can be used for homeopathic and healing purposes.
- Internet Resources:
- <https://www.remedia-homeopathy.com/>
- [Materia Medica by John Henry Clarke Homeopathy](https://www.materiamedica.info/en/materia-medica/john-henry-clarke/index) or <https://www.materiamedica.info/en/materia-medica/john-henry-clarke/index>
- [Materia Medica by James Tyler Kent Homeopathy](https://www.materiamedica.info/en/materia-medica/james-tyler-kent/index) or <https://www.materiamedica.info/en/materia-medica/james-tyler-kent/index>
- <https://www.vithoulkas.com/learning-tools/online-materia-medica>

# Appendix: Materia Medica

- Materia Medica by Allen
- Materia Medica by Boericke
- Materia Medica by Dunham
- Materia Medica by Farrington
- Materia Medica by Kent
- Materia Medical by Nash

Source: International Academy of Classical Homeopathy



# Appendix: Organizations

- National Center for Homeopathy
  - 101 S. Whiting Street
  - Alexandria, VA 22304
  - (703) 548-7790
  - Website: [Homeopathycenter.org](http://Homeopathycenter.org)
- International Academy of Classical Homeopathy
  - Website: <https://www.vithoulkas.com/academy/who-we-are/>

# Appendix: Sources for Homeopathic Medicines

- Boericke and Tafel, Inc.
  - <https://www.nhc.com/brand/boericke-tafel>
- Boiron-Borneman, Inc
  - [Boiron USA - World Leader in Homeopathic Medicines](#) or
  - <https://boironusa.com>
- Washington Homeopathic Products
  - [Buy Homeopathic Remedies | Washington Homeopathic Products \(homeopathyworks.com\)](#)
  - <https://www.homeopathyworks.com>
  - Address:
    - 260 J R Hawvermale Way,
    - Berkeley Springs, WV 25411
    - [Phone: 800-336-1695](#)
    - Days/Hours: Mon-Fri, 9am – 3pm EST
  - Note: Orders are mailed out.
- Note: There are other sources of homeopathic products. These are three that I am familiar with.

# The Cough Syrup Story

- Washington Homeopathic Products, Inc. sold a cough syrup called Spongatos. The company is located in Berkeley Springs, WV 25411.
- However, they were informed by the FDA that they couldn't market this cough syrup. However, it did help my husband with his lung issues.
- Spongatos included the following remedies. They were:
  - Aconite nap 3x
  - Ipecac 4x
  - Hepar sulph calc 12x
  - Spongia tosta 3x
- I purchased these remedies (and had some already) and put them in water. Guess what, it helped my husband.

# Appendix: Miscellaneous Remedies

## Calendula Cream



## Arnicare Cream (based on arnica)



# Appendix: Miscellaneous Remedies

## Cell Salts – 12 in one bottle

Purchased Feb 2024



## Eye Drops



# Conclusion

- The number one priority is Do No Harm.
- While a number of situations can be used successfully with homeopathic remedies, more complex situations will need the services of a trained and knowledgeable homeopathic physician.
- A trained homeopath is knowledgeable about the remedies that are available, knowing the right potency and dose to use. They also work with a plan.
- With the current track record on the long term effects of allopathic medications, it doesn't hurt to try using homeopathy. Homeopathy has generally a high safety record.
- That being said, a healthy diet is always beneficial and important. Furthermore, assessing one's health and nutritional status is also key.
- The body does have the ability to heal itself and homeopathy seeks to facilitate that healing process.