

## Vibrionic Remedies and Useful Combinations



This list of remedies and useful combinations is an easy reference to provide healers with a broad range of choices in selecting the best vibrionic remedy for a specific case. This list, however, is supplemental, and does not replace the basic *Soham Series of Natural Healing* books, or the *Handbooks on Healing I and II*, which are used extensively in our healing work. The mixtures from *Soham III*, which are already combinations, are simple to use and effective. Please note that the root cause of a disease must be found and treated for a full healing.

The **remedies and combinations** that follow are **listed in categories** (by body systems, body parts, diseases or other problems). The categories have been selected to generally coincide with the categories used in the *Handbook on Healing Book II* (p371-D). Be sure to look in the subcategories, as well as the main category, for any specific disease or problem.

The **case histories** contain remedies that have had significant success for a particular problem, often a complete healing. The remedies used in a case history should be modified, as necessary, to meet the needs of each patient, using reference books, expertise, research, intuition and prayer, or a pendulum when necessary. Please refer to the case histories for full details, including specific combinations and dosages.

**Suggestions** for useful additions, helpful cross-references, and corrections or clarifications will certainly be appreciated and considered. As vibrionics is used more extensively, feedback is essential for maintaining up-to-date records. Please share your successful results by emailing full accounts of your case histories, using the [format](#) provided on our website.

**We are all instruments of healing working together.  
There is only One Healer! Love is the Healer! Love is God!**

- *Plus sign (+) indicates that the given vibrations are combined in the same bottle. Comma ( , ) indicates that these vibrations can be used either singly or in any desired combination.*
- *Potencies are given only when different from those on the cards. When two potencies are in brackets (30C & CM), the vibrations are to be made with both potencies in the same bottle or base.*
- *Some categories have “general” combinations that are either broad-based remedies for any condition or basic remedies to which specifics may be added.*
- *Case histories are indicated by <sup>CH</sup> (e.g. Fractures <sup>CH1144</sup>); the small four-digit number is the healer’s reference*

- *Dosage is indicated when it should not usually be exceeded, such as for miasms and for Essiac in cancer cases.*

Choose a category from the following menu

|                                                |                                          |                                                  |
|------------------------------------------------|------------------------------------------|--------------------------------------------------|
| ▶ <a href="#">Animals</a>                      | ▶ <a href="#">Female Organs</a>          | ▶ <a href="#">Mental-Emotional</a>               |
| ▶ <a href="#">Cancers and Tumours</a>          | ▶ <a href="#">Fevers and Infections</a>  | ▶ <a href="#">Miasms</a>                         |
| ▶ <a href="#">Circulatory System</a>           | ▶ <a href="#">First Aid and Injuries</a> | ▶ <a href="#">Miscellaneous</a>                  |
| ▶ <a href="#">Digestive System and Abdomen</a> | ▶ <a href="#">Head</a>                   | ▶ <a href="#">Nervous System</a>                 |
| ▶ <a href="#">Ears</a>                         | ▶ <a href="#">Immune System</a>          | ▶ <a href="#">Respiratory System</a>             |
| ▶ <a href="#">Endocrine System</a>             | ▶ <a href="#">Kidney and Bladder</a>     | ▶ <a href="#">Skeletal and Locomotor Systems</a> |
| ▶ <a href="#">Eyes</a>                         | ▶ <a href="#">Male Organs</a>            | ▶ <a href="#">Skin</a>                           |

## Animals

**Animal Tonic** <sup>0009</sup>: NM3 Bone I + NM7 CB 7 + NM21 KBS + NM22 Liver + NM35 Worms + NM67 Calcium + SR253 Calc Fluor + SR393 Lyssin

**Fear** <sup>1580</sup>: NM25 Shock + BR4 Fear

**Rabies, Suspected** <sup>0009</sup>: **#1**) NM25 Shock + NM59 Pain + SR275 Belladonna (30C) + SR325 Rescue...TDS; **#2**) SR393 Lyssin (CM)...OD for ten days

**Worms, Intestinal** <sup>0009</sup>: NM35 Worms + SR262 Nat Phos (200C) + SR313 Sepia (30C) + SR409 Spigelia (30C)

## Cancers and Tumours

*Tumours and growths (benign, as well as malignant), Carcinoma, Leukaemia, Hodgkin's Disease, etc.*

[For useful tips, including diet and relaxation, see Handbook on Healing II, pp 373-377, as well as Book I, "Diet of Mind, Body and Soul," pp 332-348]

**All Cancers: #1**) SM13 Cancer + SM26 Immunity + SM41 Uplift...TDS; **#2**) NM110 Essiac (10MM)...one dose per week; **#3**) SR282 Carcinosin (10M)...one dose per week (six weeks total); **#4**) Balance Remedy or another remedy relating to the specific body part afflicted by cancer; **#5**) SR473 CN10:Vagus + SR221 Heart Chakra + SR223 Solar Plexus Chakra...one dose per week

**All Cancers** <sup>0009</sup>: **#1**) NM110 Essiac (10MM) + NM67 Calcium + SM13 Cancer + SR253 Calc Fluor + SR256 Ferrum Phos + SR257 Kali Mur + SR258 Kali Phos + SR259 Kali Sulph + SR282 Carcinosin (200C) + SR345 Calendula (30C) + one appropriate Viscum Alb (NM105, NM106, NM107 or NM108); **#2**)\* Baptisia Q and Thuja Q, mother tinctures from homoeopathic store; mix 5 drops of each in 20 ml (4 tsp) of water and take orally...6TD; **#3**) Balance Remedy or a remedy relating to the specific body part afflicted by cancer;

\*If not available, use SR367 Baptisia (1X) and SR318 Thuja (1X);

- **prevention (if family cancer history) <sup>0009</sup>**: SR282 Carcinotin...one dose per week (three doses total);

**Breast Cancer**: SR307 Phytolacca (30C) + SR368 Bellis Perennis + SR508 Mammary + Asterius Rubins (200C) from homoeopathic store

- **prevention <sup>0009</sup>**: NM110 Essiac (10MM) + SM2 Divine Protection + SM5 Love and Peace Alignment + SM13 Cancer (6X) + NM106 Visc Alb (FG) + SR253 Calc Fluor + SR256 Ferrum Phos + SR257 Kali Mur + SR258 Kali Phos + SR259 Kali Sulph + SR260 Mag Phos + SR272 Arsen Alb (30C) + SR307 Phytolacca + SR350 Hydrastis + SR549 Condurango
- **lumps**: See [Tumours and Growths](#) below

**Colon Cancer (includes rectum and anus)**: SR549 Condurango

**Hodgkin's Disease <sup>0009</sup>**: NM110 Essiac (10MM) + SM13 Cancer + SR253 Calc Flour + SR256 Ferrum Phos + SR257 Kali Mur + SR258 Kali Phos + SR259 Kali Sulph + SR282 Carcinotin + SR507 Lymphatic Organ

**Leukaemia**: NM2 Blood + BR1 Anaemia + SR256 Ferrum Phos + SR261 Nat Mur (200C) + SR282 Carcinotin (200C) + SR509 Marrow +

SR529 Spleen; **OR <sup>0009</sup>**: NM21 KBS + NM22 Liver + SR261 Nat Mur + SR529 Spleen

**Liver Cancer**: OM28 Immune System (includes Interferon) + SR279 Cadmium Sulph + SR347 Cholesterinum + SR504 Liver; **OR**: SR279 Cadmium Sulph + SR347 Cholesterinum + SR504 Liver + Calcarea Arsen (200C) from homoeopathic store + if very severe, Interferon (200C) or, if not available, OM28 Immune System

**Lung Cancer**: SR476 Bronchi + SR505 Lung + if smoker: NM72 Cleansing

**Oesophagus Cancer**: SR549 Condurango + SR409 Spegelia

**Pancreas Cancer**: Calcarea Arsen (200C) from homoeopathic store

**Prostate Cancer**: SR525 Prostate Gland + Sabal Ser (200C) from homoeopathic store

**Skin Cancer <sup>0009</sup>**: SR361 Acetic Acid + Euphorbium (10M) from homoeopathic store

**Stomach Cancer <sup>0009</sup>**: SR279 Cadmium Sulph (200C) + SR361 Acetic Acid (200C) + SR350 Hydrastis (200C) + SR443 Star of Bethlehem + SR549 Condurango (CM) + Crotalus Horridus (50M) from homoeopathic store

**Throat Cancer**: **SR288 Diphtherinum** + SR350 Hydrastis (200C) + SR549 Condurango (CM) + Crotalus Horridus (50M) from homoeopathic store

**Tongue Cancer**: Crotalus Horridus (50M) from homoeopathic store + Galium Aparine (10M) from homoeopathic store

### **Tumours and Growths:**

- **general: #1)** SR576 Tumours; **#2)** SR249 Medorrhinum (1M)...one dose every two weeks (four doses maximum);
- **brain tumour <sup>0009</sup>**: **#1)** SR253 Calc Fluor (200C) + SR295 Hypericum (200C) + SR318 Thuja (200C) + Mercurius Iodide (200C) from homoeopathic store; **#2)** SR252 Tub-Bac (1M)...single dose only; see [Miasms \(Precautions and Guidelines\)](#)
- **keloids**: NM96 Scar Tissue, SR264 Silicea (6X), SR292 Graphites (200C)
- **lumps in breast <sup>0009</sup>**: SR253 Calc Fluor (200C) + SR264 Silicea (200C) + SR307

Phytolacca (200C) + SR381 Conium + SR508 Mammary + Baryta Iodata (200C) from homoeopathic store

- **tumours, to absorb** <sup>0009</sup>: **#1**) SR253 Calc Fluor (200C) + SR254 Calc Phos (200C) + SR280 Calc Carb (200C) + SR295 Hypericum (200C) + SR318 Thuja (1M); **#2**) SR252 Tub-Bac (1M) ...single dose only; see [Miasms \(Precautions and Guidelines\)](#)

#### Uterine Cancer:

- **general** <sup>0009</sup>: SR537 Uterus + SR350 Hydrastis + Calcarea Arsen (200C) from homoeopathic store
- [Uterine Cancer](#) <sup>CH0512</sup> See case history for details

## Circulatory System

*Includes heart, arteries, veins, blood diseases and bleeding disorders*

**Anaemia: #1)** NM2 Blood + OM1 Blood + BR1 Anaemia + SR361 Acetic Acid + SR494 Haemoglobin; **#2)** <sup>0009</sup> if severe, Ferrum Met (200C) from homoeopathic store and/or iron tablets for two months

**Aneurism** <sup>0009</sup>: **#1)** SR265 Aconite + SR271 Arnica (30C) + SR286 Crategus + SR453 Aorta + SR455 Artery + SR546 Baryta Carb + Hedra Helix (1M) from homoeopathic store; **#2)** SR251 Syphilinum (1M) ... one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)

**Arteriosclerosis:** SR413 Sumbul + Heart Tonic (see [Heart](#) below)

#### Bleeding:

- **bleeding - general (internal or external)** <sup>0009</sup>: NM2 Blood + SR256 Ferrum Phos + SR271 Arnica (200C) + SR297 Ipecac (1M) + SR455 Artery + SR477 Capillary + SR539 Vein
- **cerebral haemorrhage** <sup>0009</sup>: SR271 Arnica (200C) + SR308 Pituitary Gland + SR387 Hamamelis

#### Blood Pressure:

- **high:** NM32 Vein-Piles + NM85 Headache-BP + BR18 Circulation + SM15 Circulation
- **high due to tension** <sup>0009</sup>: SR265 Aconite + SR271 Arnica (30C) + SR286 Crategus
- **low** <sup>0009</sup>: NM2 Blood + NM95 Rescue Plus + OM1 Blood + BR1 Anaemia + SR256 Ferrum Phos + SR286 Crategus + SR319 Thyroid Gland (30C) + SR455 Artery

**Chest Pain** <sup>0009</sup>: **#1)** Heart Tonic (see [Heart](#) below); **#2)** Emergency Heart Remedy (see [Heart](#) below)

**Cholesterol - high:** SR216 Vitamin E + SR480 Cholesterol + SR561 Vitamin Balance

**Circulation Poor:** OM7 Heart + SM15 Circulation + if numbness, see [Numbness](#) below;

#### Clot:

- **artery:** SR271 Arnica (30C) + Heart Tonic (see [Heart](#) below)
- **vein** <sup>0009</sup>: NM21 KBS + NM22 Liver + NM32 Vein-Piles + SM15 Circulation + SR253 Calc Fluor + SR271 Arnica (30C) + SR277 Bryonia (30C) + SR298 Lachesis (30C) +

SR309 Pulsatilla (30C) + SR387 Hamamelis (30C) + SR539 Vein

### Gangrene:

- **general** <sup>0009</sup>: SM15 Circulation + SR264 Silicea (200C) + SR298 Lachesis (30C) + SR408 Secale Corn
- **Gangrene** <sup>CH0009</sup> : NM20 Injury + NM25 Shock + NM32 Vein-Piles + SR293 Gunpowder + SR325 Rescue

**Haematoma, To Dissolve** <sup>0009</sup>: SR271 Arnica (200C) + SR308 Pituitary Gland

**Haemophilia** <sup>0009</sup>: SR266 Adrenalin + SR297 Ipecac (1M) + SR306 Phosphorus (1M) + SR387 Hamamelis

### Heart: **Do not take patients off allopathic drugs without doctor's advice**

- **heart tonic**: BR5 Heart + BR18 Circulation + SR265 Aconite + SR271 Arnica (30C) + SR278 Cactus (30C) + SR286 Crategus + SR455 Artery + SR477 Capillary + SR539 Vein + SR541 Adonis Vernalis
- **angina** <sup>0009</sup>: SR278 Cactus + SR400 Oxalic Acid (200C) + SR453 Aorta + Heart Tonic (see above) + Cimicifuga (200C) from homoeopathic store
- **arrhythmia** <sup>0009</sup>: OM7 Heart + SR287 Digitalis + Heart Tonic (see above)
- **diuretic (excess fluid in heart)** <sup>0009</sup>: SR541 Adonis Ver + Adonidin (30C) from homoeopathic store
- **emergencies**: NM14 Cramps + NM91 Paramedic Rescue + SR271 Arnica (200C) + SR272 Arsen Alb (200C) + SR281 Carbo Veg
- **emotional strain and blockage**: SR221 Heart Chakra + SR223 Solar Plexus Chakra, one dose per week;
- **hole in heart** <sup>0009</sup>: **#1**) BR5 Heart + SR216 Vitamin E + SR311 Rhus Tox (1M) + SR386 Glycerinum (3X) + SR496 Heart Valves + Symphytum (3X) from homoeopathic store; **#2**) SR251 Syphilinum (1M)...one dose, repeat in two weeks; see [Miasms \(Precautions and Guidelines\)](#)
- **pain**: See *Emergency* above
- **palpitations** <sup>1557</sup>: NM57 Heart Palpitations + BR18 Circulation (10M) + SM39 Tension (1MM)

**Numbness** <sup>0009</sup>: OM7 Heart + SM15 Circulation + SR271 Arnica (30C) + SR286 Crategus + SR455 Artery + SR477 Capillary + SR539 Vein

**Pulse Slow**: SR496 Heart Valves + Heart Tonic (see [Heart](#) above)

### Swelling:

- **pits with pressure**: NM21 KBS + NM34 Water Balance + SR263 Nat Sulph (200C) + SR270 Apis Mel
- **whole body (especially ankles and below eyes)** <sup>0009</sup>: NM21 KBS + SR263 Nat Sulph + SR270 Apis Mel + SR277 Bryonia (30C) + SR317 Sulphur (30C) + SR541 Adonis Ver + Adonidin (30C) from homoeopathic store

**Varicose Veins**: NM32 Vein-Piles + SM15 Circulation + SR260 Mag Phos + NM113 Inflammation, if needed; **OR**: NM21 KBS + NM22 Liver + NM32 Vein-Piles + SR271 Arnica (30C) + SR253 Calc Fluor + SR298 Lachesis (30C) + SR309 Pulsatilla (30C) + SR387 Hamamelis (30C) + SR539 Vein



**Varicose Ulcer:** NM16 Drawing + NM32 Vein-Piles + SR281 Carbo Veg + SR293 Gunpowder + SR368 Bellis Perennis

## Digestive System and Abdomen

### Alimentary tract and organs in the abdomen

**Digestion Tonic:** NM21 KBS + NM22 Liver + NM29 Sufi

**Acidity:** NM37 Acidity + OM9 Digestive Psychosomatic + SR262 Nat Phos; **OR:** NM37 Acidity + NM67 Calcium + SR262 Nat Phos + SR229 Emerald + SR545 Arum Trip

**Anal Fissure:** SR295 Hypericum (200C) + SR354 Nitric Acid

**Appendicitis** <sup>0009</sup>: NM36 War + NM113 Inflammation + SR275 Belladonna (1M) + SR277 Bryonia (1M) + SR293 Gunpowder

**Appetite:** **Take Alfalfa tonic as oral supplement from homoeopathic store**

- **children not eating well** <sup>0009</sup>: NM22 Liver + NM29 Sufi + SR253 Calc Phos (30C & 200C) + SR280 Calc Carb (30C) + SR299 Lycopodium (200C) + SR374 Causticum (30C)
- **to decrease:** See *Mental-Emotional* ([Eating Disorders](#))
- **to increase:** SR341 Alfalfa + SR229 Emerald + SR280 Calc Carb (30C) **OR** <sup>0009</sup>: NM22 Liver + NM29 Sufi + SR254 Calc Phos + SR280 Calc Carb (30C)

**Candida:** See *Fevers and Infections* ([Fungus](#))

**Cholesterol-high:** SR216 Vitamin E + SR480 Cholesterol + SR561 Vitamin Balance

**Colitis (ulcerated colon, irritable bowel syndrome): #1)** <sup>0009</sup> NM1 Amoebic Dysentery + NM2 Blood + SR415 Terebin + NM36 War or SR293 Gunpowder; **#2)** SR473 CN10:Vagus + SR221 Heart Chakra + SR223 Solar Plexus Chakra...one dose per week

**Colon cleansing** <sup>1477</sup>: OM6 Colon + SM16 Cleansing + SR481 Colon Total

**Constipation:** **Drink two to three litres of water daily; drink fruit juice and eat fibre**

- **general:** NM13 Constipation + NM111 Portal Clearance + OM6 Colon + SR261 Nat Mur (30C) + SR333 B Morgan; **OR** <sup>1748</sup>: NM302 Nux Vom + NM303 Opium (30C); **OR** <sup>0760</sup>: BR8 Constipation + BR12 Liver + SR217 Alta Major Chakra (3C) + SR253 Calc Fluor (3X) + SR257 Kali Mur (3X) + SR261 Nat Mur (3X) + SR264 Silicea (6X) + SR270 Apis Mel (3C) + SR299 Lycopodium (6C) + SR303 Opium (3C) + SR317 Sulphur (3C) + SR350 Hydrastis (1C)
- **severe with dull pain** <sup>1141</sup>: NM13 Constipation + SR313 Sepia (30C)

**Diabetes:** **Do not take patients off allopathic drugs suddenly, without doctor's advice;** patients should be vigilant in checking sugar levels and monitoring symptoms at all stages of treatment

- **general:** SM17 Diabetes + SM39 Tension; **OR** <sup>1859</sup>: BR2 Blood Sugar + SM17 Diabetes + SM39 Tension + SM41 Uplift
- **general:** NM25 Shock + NM 69 CB8 + NM74 Diabetes + BR2 Blood Sugar **OR** <sup>CH1173</sup>: NM69 CB8 + NM74 Diabetes + NM83 Grief + BR2 Blood Sugar
- **Children** <sup>1804</sup>: SR303 Opium...three times per week

- **Diabetes** <sup>CH1315</sup>: BR2 Blood Sugar + SM17 Diabetes + SM29 Kidney + SM39 Tension + SM41 Uplift
- **ulcers, diabetic** <sup>0009</sup>: **#1**) SR295 Hypericum (30C) + SR345 Calendula; **#2**) Wash ulcers with diluted Calendula Q (mother tincture from homoeopathic store)

### Diarrhoea:

- **loose motions**: NM15 Diarrhoea + NM34 Water Balance + SM27 Infection + SR272 Arsen Alb (30C) + SR323 Veratrum Alb (6X) + SR376 Cholera
- **collapse after** <sup>0009</sup>: SR250 Psorinum (1M)...one dose, may repeat in a week, one or two doses should be sufficient
- **from milk** <sup>0009</sup>: SR398 Nat Carb (30C) + SR252 Tub-Bac (1M)...one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)

### Dysentery:

- **amoebic**: NM1 Amoebic Dysentery + NM22 Liver + Arsen Alb (6x) SR272
- **blood in stools**: NM1 Amoebic Dysentery + SR258 Kali Phos + SR301 Mercurius

**Fistula** <sup>0009</sup>: **#1**) SR292 Graphites + SR293 Gunpowder + SR354 Nitric Acid; **#2**) SR251 Syphilinum (1M)...one dose every two weeks (four doses total); see [Miasms \(Precautions and Guidelines\)](#)

**Flatulence**: NM29 Sufi + SR281 Carbo Veg + SR299 Lycopodium (30C) + SR399 Nux Mosch (200C); **OR** <sup>0009</sup>: SR285 China Off (6X) + SR299 Lycopodium (30C) + SR365 Asafoetida + SR399 Nux Mosch (200C) + if bloating with distress, SR518 Pepsin **OR** <sup>1580</sup>: SR331 Bacillus 7

### Food and Drink:

- **food poisoning, suspected**: NM14 Cramps + NM80 Gastro + SR272 Arsen Alb (200C) + SR556 Pyrogenium + if from shellfish, SR322 Urtica Urens
- **over-consumption** <sup>1383</sup>: NM63 Back-up + NM72 Cleansing + NM91 Paramedic Rescue + NM111 Portal Clearance + NM112 S.O.S.
- **sleepiness after**: SR311 Rhus Tox (30C)

**Fungus (including Candida)**: See *Fevers and Infections* ([Fungus](#))

### Gall Bladder:

- **general**: OM17 Liver-Gall Bladder, SR275 Belladonna (200C), SR285 China Off (200C), SR347 Cholesterinum, SR493 Gall Bladder, SR547 Carduus Mar
- **gall colic**: SR275 Belladonna (200C), SR285 China Off (200C), SR347 Cholesterinum, SR493 Gall Bladder, SR547 Carduus Mar
- **gallstones**: **Drink as much water as possible**
  - **dissolve, to: #1**) NM16 Drawing + OM17 Liver-Gall Bladder + SR264 Silicea (3x or 6x)+ SR284 Chelidonium (6X) + SR285 China Off (6X) + SR325 Rescue; **#2**) Chionanthus\* Q (mother tincture from homoeopathic store), five drops added to a tablespoon full of water (15 ml)...take every five minutes for at least two hours; then 6TD until stones dissolve; \*Hydrangea (mother tincture from homoeopathic store), may be used if Chionanthus not available
  - **pain**: NM16 Drawing + NM21 KBS + SR276 Berberis + SR 293 Gunpowder + SR325 Rescue + Ocimum Can (30C) from homoeopathic store; may also expel the

stones, so consider dissolving the stones simultaneously, using remedy above

**Gastroenteritis (gastric flu):** SM23 Gastro + SM27 Infection + SR332 Bacilli Coli **OR** <sup>0009</sup>: NM34 Water Balance + SR272 Arsen Alb (200C) + SR323 Veratrum Alb (200C) + SR340 Aloe + SR343 Argent Nit + NM36 War or SR293 Gunpowder

### Haemorrhoids (piles):

- **general: #1)** NM22 Liver + NM32 Vein-Piles + NM111 Portal Clearance + SR271 Arnica (30C) + SR295 Hypericum (200C) + if bleeding, SR265 Aconite **OR:** NM32 Vein-Piles + SR253 Calc Fluor + SR271 Arnica (30C) + SR295 Hypericum (200C) + SR296 Ignatia + SR340 Aloe + SR405 Ruta (200C) + if burning, Ratanhia (200C) + if severe, Paeonia (200C), both from homoeopathic store; **#2)** Hyper-C Ointment - see [Skin \(Ointment\)](#)
- **inflamed** <sup>1818</sup>: NM32 Vein-Piles + NM113 Inflammation + BR18 Circulation
- **painful** <sup>1682</sup>: NM32 Vein-Piles + SR227 Coral + SR295 Hypericum (200C)

### Hernia:

- **general:** NM7 CB 7 + NM36 War + if left-sided, SR302 Nux Vom + if right-sided, SR299 Lycopodium (30C)
- **hiatus** <sup>0009</sup>: NM36 War + SR486 Diaphragm + Tabaccum (200C) from homoeopathic store
- **umbilical** <sup>0009</sup>: NM7 CB 7 + NM36 War + SR302 Nux Vom + SR280 Calc Carb (30C) + SR281 Carbo Veg

**Hiccups** <sup>1163</sup>: NM14 Cramps + NM54 Spasm + SR486 Diaphragm

### Liver:

- **general** <sup>1221</sup>: NM22 Liver + OM17 Liver-Gall Bladder
- **cirrhosis** <sup>0009</sup>: NM22 Liver + SR263 Nat Sulph (200C) + SR284 Chelidonium + SR547 Carduus Mar + SR504 Liver
- **Liver (diabetic)** <sup>CH1221</sup> See case history for details
- **enlarged:** SR347 Cholesterinum (200C) + SR547 Carduus Mar
- **jaundice** <sup>0009</sup>: NM22 Liver + SR284 Chelidonium + SR285 China (6X) + SR301 Mercurius (30C) + SR299 Lycopodium (200C)
- **jaundice (toxicity):** NM2 Blood + SM14 Chemical Poison + SM26 Immunity + SM27 Infection
- **liver patches** <sup>0009</sup>: NM22 Liver + NM35 Worms + BR12 Liver

**Mouth:** See *Head* ([Mouth](#))

**Nausea (continuous):** SR297 Ipecac (30C) + SR383 Cuprum Met (30C)

**Oesophagus (burning pain)** <sup>0009</sup>: SR386 Glycerinum (3X) + SR272 Arsen Alb (200C) + SR361 Acetic Acid + SR549 Condurango + Symphytum (3X) from homoeopathic store

**Parasites:** NM1 Amoebic Dysentery + NM2 Blood + NM20 Injury + NM21 KBS + NM22 Liver + NM35 Worms + SR272 Arsen Alb (30C)

### Rectum:

- **paralysis** : SR260 Mag Phos (200C) + SR291 Gelsemium (200C) + SR481 Colon



Total

- **prolapsed** <sup>0009</sup>: NM7 CB 7 + SR233 Ruby + SR405 Ruta (200C)

**Stomach:**

- **burning pain (vomits all food, cold night sweats)** <sup>0009</sup>: SR272 Arsen Alb (200C) + SR361 Acetic Acid + SR549 Condurango

**Ulcers:**

- **duodenal: #1)** NM36 War + OM9 Digestive Psychosomatic + SR487 Duodenum + SR498 Hypothalamus + SR535 Thymus Gland + Uranium Nitrate (30C) from homoeopathic store; **#2)** 15 ml (three tsp) of extra virgin olive oil...TDS
- **peptic:** NM36 War + SR268 Anacardium (30C) + SR389 Kali Bic
- **stomach:** NM36 War + NM67 Calcium + OM9 Digestive Psychosomatic + SR229 Emerald + SR254 Calc Phos + SR255 Calc Sulph + SR262 Nat Phos + SR272 Arsen Alb (30C) + SR334 Dysentery Co + SR338 Proteus + SR389 Kali Bic + SR530 Stomach

**Vomiting:** Also see [Nausea](#) and [Stomach](#) above

- **general:** NM34 Water Balance + SR297 Ipecac (30C) + SR308 Pituitary + SR364 Apomorphia + SR383 Cuprum Met (30C)
- **after overeating or over drinking** <sup>1383</sup>: NM63 Back-up + NM72 Cleansing + NM91 Paramedic Rescue + NM111 Portal Clearance + NM112 S.O.S...in water every five minutes
- **of bile** <sup>0009</sup>: NM22 Liver + SR552 Iris Ver
- **with diarrhoea** <sup>0009</sup>: NM15 Diarrhoea + NM34 Water Balance + SM27 Infection + SR272 Arsen Alb (30C) + SR323 Veratrum Alb (6X) + SR376 Cholera

**Worms:** NM35 Worms + SR262 Nat Phos (200C) + if small worms, SR313 Sepia (30C) + SR409 Spigelia (30C) + if thread worms, SR335 Gaertner

## Ears

**Deafness** <sup>CH0297</sup>: NM51 Earache + NM77 Ear Nerve + OM10 Ear

**Earache with Infection:**

- **general:** NM16 Drawing + NM36 War + NM51 Earache
- **Sinusitis (with ear infection)** <sup>CH0956</sup>: **#1)** SM27 Infection + SM35 Sinus; **#2)** NM16 Drawing + BR10 Fever & Infection + SM19 Ears

**Eardrum, Perforated** <sup>0009</sup>: **#1)** OM10 Ear + BR19 Ear + SM19 Ears + SR257 Kali Mur (200C) + SR386 Glycerinum (3X) + Symphytum (3X) from homoeopathic store; **#2)** SR252 Tub-Bac (1M), SR251 Syphilinum (1M); one miasm at a time, one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)

**Fistula:** SR294 Hepar Sulph Calc (6X)

**Hearing, To Improve:** OM10 Ear + BR19 Ear + SR380 Colchicum + SR471 CN8:Auditory + SR490 Eustachian Tube

**Mastoid Inflammation:** NM26 Penmycin + NM36 War + SR372 Capsicum

**Meniere's Disease:** NM34 Water Balance + NM88 Meniere's Disease

**Pain in Ear:**

- **when opening mouth<sup>0009</sup>:** NM44 Trigeminal Neuralgia + SR378 Coccus
- **when swallowing<sup>0009</sup>:** NM44 Trigeminal Neuralgia + SR354 Nitric Acid + SR372 Capsicum

**Tinnitus:**

- **general (including ringing)<sup>0009</sup>:** BR19 Ear + SR280 Calc Carb (30C) + SR375 Chinin Sulph (200C) + SR415 Terebin + SR552 Iris Ver (30C)
- **buzzing:** NM77 Ear Nerve + BR18 Circulation + BR19 Ear

## Endocrine System

*Endocrine glands (adrenals, ovaries, pancreas, thymus, thyroid, pineal, pituitary) including Chakras, Meridians*

**General (to balance hormones):** #1) SR290 Endocrine Integrity + SR308 Pituitary + SR521 Pineal Gland #2) SR219 Brow Chakra, SR220 Crown Chakra; *one chakra at a time*; see [Chakras](#) below

**Adrenal/Suprarenal Gland:** See [Kidney and Bladder](#)

- **Addison's Disease (adrenal gland deficiency):** NM96 Scar Tissue + SR266 Adrenaline + SR313 Sepia (200C) + SR531 Suprarenal/Adrenal Gland

**Anchoring (grounding)** <sup>1367</sup>: SR383 Cuprum Met...vibrations made in olive oil and massage soles of feet...OD

**Chakras:** Also see *Soham II* pp 304-310

- **precautions and guidelines:**
  - **SR217 Alta Major chakra:** *one dose, wait and see*
  - **SR218 Base chakra:** *one dose, wait and see*
  - **SR220 Crown chakra:** *one dose, wait and see*
- **usage:**
  - **living out of reality:** SR233 Ruby + SR218 Base Chakra, *one dose, wait and see*
    - **general usage:** See *Immune System* ([auto-immune diseases](#)), *Kidney and Bladder* ([adrenal](#)), *Mental-Emotional*, *Miasms* (prior to use), *Nervous System* ([general](#)) and *Skeletal and Locomotor Systems* ([spine](#))
    - **Multiple Sclerosis (paralysis, bed-ridden, nervous)** <sup>CH0568</sup>: SR218 Base Chakra to be given prior to other treatment; NM72 Cleansing, BR6 Hysteria, BR4 Fear, SR314 Spinal Integrity; see case history for full details
  - **emotional strain and blockage:** SR473 CN10:Vagus + SR221 Heart Chakra + SR223 Solar Plexus Chakra...one dose per week
    - **general usage:** See *Cancer* ([all](#)), *Circulatory System* ([heart](#)), *Digestive System* ([colitis](#)), *Immune System* ([auto-immune diseases](#), [Lupus](#)), *Mental-Emotional* ([general](#)), *Skeletal and Locomotor Systems* ([rheumatoid arthritis](#))

**Ovaries:** See *Female Organs* ([Ovaries](#))

**Pancreas:** See [Digestive System](#)

**Testes:** See *Male Organs* ([Testicles](#))

**Thymus - to balance:** **#1)** SR229 Emerald +SR535 Thymus Gland; **#2)** SR221 Heart Chakra, one dose per week

**Thyroid Gland:**

- **goitre** <sup>0009</sup>: NM110 Essiac (6X) + SR319 Thyroid Gland (30C) + SR386 Glycerinum + SR521 Pineal Gland + SR535 Thymus Gland + Iodium (30C) from homoeopathic store
- **hyper:** SR567 Hyperthyroidism (200C); **OR:** SR308 Pituitary Gland + SR319 Thyroid Gland + SR535 Thymus Gland + SR567 Hyperthyroidism (200C)
- **hypo:** SR568 Hypothyroidism (200C); **OR:** SR308 Pituitary Gland + SR319 Thyroid Gland + SR521 Pineal Gland + SR568 Hypothyroidism (200C)

**Weight:** See *Thyroid* above, *Mental-Emotional* ([Eating Disorders](#)), and *Digestive System* ([Appetite](#))

- **overweight:** SR230 Moonstone + SR280 Calc Carb (30C) + SR290 Endocrine Integrity + SR292 Graphites (30C) + SR307 Phytolacca (200C) + SR319 Thyroid Gland (30C) + SR522 Pituitary Ant + SR523 Pituitary Post + SR572 Obesity (200C)  
**OR** <sup>1051</sup>: NM22 Liver, SR230 Moonstone, SR498 Hypothalamus, or any combination
- **underweight** <sup>0009</sup>: SR229 Emerald + SR306 Phosphorus (30C) + SR320 Thyroidinum (30C) + SR341 Alfalfa

**Yin-Yang balance** <sup>1804</sup>: SR238 Governing Vessel + SR248 Vessel of Conception

## Eyes

**Agglutinated (at night)** <sup>0009</sup>: SM27 Infection + SR301 Mercurius (30C) + SR309 Pulsatilla (200C) + if conjunctivitis, SR343 Argent Nit

**Blinking** <sup>0009</sup>: SR349 Euphrasia + SR543 Agaricus (30C)

**Cataract:** NM48 Vitamin Eye Compound + NM68 Cataract Compound-B + SR216 Vitamin E

- **beginning stage** <sup>1389</sup>: NM47 Cataract Compound + NM48 Vitamin Eye Compound

**Conjunctivitis (pink eye):** NM17 Eye + NM36 War **OR** <sup>1610</sup>: NM48 Vitamin Eye Compound + SR482 Conjunctiva

**Dry Eyes** <sup>CH1042</sup>: SR498 Hypothalamus + SR529 Spleen

**Glaucoma :** SR306 Phosphorus (30C) + SR320 Thyroidinum + SR454 Aqueous Humour + if violent pressure, SR548 Colocynthis; other possible remedies are Aconite, Belladonna, Spigelia, War; **OR** <sup>1144</sup>: NM109 Vision + OM11 Eye + SR233 Ruby + SR320 Thyroidinum + SR378 Coccus

**Injury and Post-Surgery** <sup>0009</sup>: NM96 Scar Tissue + SM28 Injury + SR271 Arnica (200C) + SR345 Calendula (30C) + SR353 Ledum (30C) + Symphytum (200C) from homoeopathic store

**Itching, Burning** <sup>0009</sup>: SR256 Ferrum Phos + SR257 Kali Mur (200C) + SR272 Arsen Alb (30C) + SR349 Euphrasia + SR362 Allium Cepa

**Night Blindness:** SR302 Nux Vom + SR561 Vitamin Balance + Physostigma (30C) from homoeopathic store

**Retinal Pigmentation:** NM96 Scar Tissue + SR455 Artery + SR477 Capillary + SR526 Retina + SR539 Vein

**Squint Eye:** NM7 CB 7 + SR291 Gelsemium (200C) + SR312 Scorpio

**Strain:** NM7 CB 7 + NM45 Atomic Radiation + SR405 Ruta (200C) + SR553 Jaborandi

**Swollen Eyelids** <sup>0009</sup>: If lower eyelid, SR270 Apis Mel; if upper eyelid, SR351 Kali Carb; if eyelids burning and stinging, SR311 Rhus Tox (30C) + SR317 Sulphur (30C)

**Vision:**

- **general - to improve:** NM17 Eye + NM48 Vitamin Eye Compound + OM11 Eye + OM26 Eye Muscle + BR20 Eye
- **Vision, Loss of (viral infection)** <sup>CH0009</sup> See case history

## *Female Organs*

**Female Tonic: #1)** NM12 Combination 12 + BR16 Female + SR290 Endocrine Integrity + SR360 VIBGYOR + SR561 Vitamin Balance + if menstruating, NM56 Menses Bleeding + if menopausal, NM10 Climacteric; **OR:** NM5 Brain TS + NM67 Calcium + NM110 Essiac (6X) + SM2 Divine Protection + SM21 Female + SR261 Nat Mur (30C) + SR268 Anacardium (30C) + SR573 Osteoporosis (200C) + Immunity Booster - see *Immune System* (*General*); **#2)** SR249 Medorrhinum (1M)...one dose, repeat in two weeks; may repeat in six months;

**Aging (over 45)** <sup>0009</sup>: **#1)** SR344 Avena Sat; **#2)** SR249 Medorrhinum (1M)...one dose, repeat in two weeks; may repeat in six months;

**Breast:**

- **abscess:** NM16 Drawing + SR292 Graphites
- **delayed development** <sup>0009</sup>: NM7 CB 7 + SR309 Pulsatilla (200C) + SR319 Thyroid Gland + SR522 Pituitary Ant + SR548 Colocynthis
- **lumps** <sup>0009</sup>: SR253 Calc Fluor (200C) + SR264 Silicea (200C) + SR307 Phytolacca (200C) + SR381 Conium + SR508 Mammary + Baryta Iodata (200C) from homoeopathic store
- **mastitis:** NM16 Drawing + SR292 Graphites + SR508 Mammary

**Candida: #1)** SR249 Medorrhinum, see *Miasms (Precautions and Guidelines)*; **#2)** NM2 Blood, NM6 Calming, NM27 Skin, NM37 Acidity, NM115 Venereal, SM27 Infection, SR370 Borax, SR566 Fungi-pathogenic, SR528 Skin

**Hair, Excess Growth:** BR16 Female + BR17 Male + SR318 Thuja (30C & CM) + SR355 Oleum Jec

**Hysterectomy - recent or long-past:** SR298 Lachesis (CM)...single dose only; repeat after one or two months

**Infertility:** Also see *Male Organs* (*Infertility*)

- **general:** BR16 Female + OM24 Female Genital + SM39 Tension or SM6 Stress or BR7 Stress + SR255 Calc Sulph (200C) + SR262 Nat Phos (200C)
- **fallopian tube blockage/weakness** <sup>0009</sup>: SR253 Calc Fluor + SR254 Calc Phos (200C) + SR255 Calc Sulph (200C) + SR491 Fallopian Tube + SR514 Oophorium +

## SR515 Ovary

- **uterus, weak** <sup>0009</sup>: NM7 CB 7 + SR537 Uterus + SR544 Aletris

**Leucorrhoea (vaginal discharge): #1** NM36 War + SR250 Psorinum + SR254 Calc Phos + SR257 Kali Mur (200C) + SR261 Nat Mur + SR267 Alumina (200C) + SR309 Pulsatilla (200C) + SR358 Sabina (200C) + SR370 Borax + SR371 Bovista + SR391 Kreosotum + SR402 Petroleum + SR407 Sanguinaria + if brown and acrid, SR555 Lilium Tig + if acrid, profuse and bad odour, SR292 Graphites; **#2** SR249 Medorrhinum (1M)...one dose, repeat in two weeks if necessary; **#3** If smelly and watery, SR250 Psorinum (1M) one dose, repeat in two weeks; *one miasm at a time*; alternate miasms every other week (one or two doses of each should be sufficient, four doses maximum)

**Menopause:**

- **general: #1** NM10 Climacteric + NM67 Calcium + BR16 Female + SR327 Walnut; **OR** <sup>0009</sup>: BR16 Female + SR489 Endometrium + SR514 Oophorinum + SR524 Progesterone; **OR** <sup>1144</sup>: NM10 Climacteric + BR16 Female + SR298 Lachesis + SR309 Pulsatilla + SR477 Capillary **#2** SR249 Medorrhinum (1M)...one dose, repeat in two weeks
- **black spots on face:** SR373 Caulophyllum
- **hormone balance:** BR16 Female + SR489 Endometrium + SR513 Oestrogen + SR514 Oophorinum + SR524 Progesterone
- **hot flushes:** SR513 Oestrogen
- **Menopause and PMS (Pre-Menstrual Syndrome)** <sup>CH0541</sup> See case history for details

**Menses:**

- **bleeding, excess:** NM56 Menses Bleeding **OR** <sup>0009</sup>: SR256 Ferrum Phos + SR358 Sabina + SR522 Pituitary Anterior + SR523 Pituitary Posterior
- **breast pain, during** <sup>0009</sup>: NM36 War + SR265 Aconite (200C) + SR275 Belladonna (200C)
- **delayed puberty (after age 13)** <sup>0009</sup>: **#1** SR280 Calc Carb (200C) + SR292 Graphites + SR309 Pulsatilla (200C); **#2** SR249 Medorrhinum (1 M)...one dose, repeat in two weeks if needed
- **headache** <sup>1625</sup>: NM23 Menses I + OM1 Blood + BR16 Female + SR313 Sepia (200C) + SR477 Capillary + SR552 Iris Ver
- **pain, general:** SR260 Mag Phos frequently **OR**: NM55 Menses Pain + if irregular, NM23 Menses I + if bleeding problems, NM56 Menses Bleeding; **OR** <sup>0009</sup>: NM36 War + SR260 Mag Phos + if left ovary pain, SR318 Thuja + if right, SR275 Belladonna (30C) + SR265 Aconite; **OR** <sup>0009</sup>: If nothing else works, Stannum (200C) from homoeopathic store
- **postpone, to** <sup>0009</sup>: SR272 Arsen Alb (200C)...OD at bedtime, starting one week before regular due date
- **prepone, to** <sup>0009</sup>: NM16 Drawing + SR265 Aconite + SR309 Pulsatilla (30C) + Pinus L (30C) from homoeopathic store...TDS one week before regular due date
- **suppressed:**
  - **Amenorrhoea** <sup>CH1550</sup>: SR233 Ruby + SR309 Pulsatilla (30C) + SR492 Folliculinum



- ❑ **Menses - Suppression** <sup>CH1427</sup>: OM24 Female Genital + BR16 Female + SR320 Thyroidinum
- ❑ **scanty or no menses** <sup>0009</sup>: SR233 Ruby + SR299 Lycopodium (200C) + SR309 Pulsatilla (30C) + SR492 Folliculinum + SR560 LH Hormone + SR515 Ovary + SR522 Pituitary Anterior

### Ovaries:

- **cyst** <sup>0009</sup>: **#1**) SR264 Silicea (30C) + SR270 Apis Mel + SR318 Thuja (30C) + SR515 Ovary; **#2**) SR249 Medorrhinum (1M) ... one dose every two weeks (four doses maximum)
- **neuralgia** : SR265 Aconite (200C) + SR275 Belladonna (200C) + SR276 Berberis (200C) + NM36 War or NM293 Gunpowder
- **pain** <sup>0009</sup>: SR264 Silicea (30C) + SR270 Apis Mel + SR318 Thuja (30C)

### Pregnancy:

- **Pregnancy Tonic**: NM2 Blood + NM3 Bone I + NM12 Combination 12 + NM21 KBS + NM22 Liver + NM67 Calcium + SM26 Immunity + SM41 Uplift + SR254 Calc Phos + SR256 Ferrum Phos + SR360 VIBGYOR + SR373 Caulophyllum + SR374 Causticum (30C) + SR544 Aletris Far + Ferrum Met (200C) from homoeopathic store; **OR** <sup>1206</sup>: NM2 Blood + NM3 Bone I + NM7 CB 7 + NM21 KBS + NM32 Vein-Piles + NM48 Vit Eye Comp + SR522 Pituitary Anterior + SR523 Pituitary Posterior
- **breech baby** <sup>0009</sup>: **#1**) SR309 Pulsatilla (1M) + SR373 Caulophyllum (1M)...frequent doses until turned; **#2**) SR249 Medorrhinum (1M)...single dose only
- **miscarriage**:
  - ❑ **due to weak uterus**: NM2 Blood + NM7 CB 7 + SR537 Uterus + SR544 Aletris Far + SR558 Viburnum Prun (200C)
  - ❑ **habitual** <sup>0009</sup>: **#1**) NM7 CB 7 + SR216 Vitamin E + SR358 Sabina + SR524 Progesterone + SR537 Uterus + SR544 Aletris Far + SR558 Viburnum Prun (200C) + Cimicifuga (200C) from homoeopathic store; **#2**) SR249 Medorrhinum (1M)...one dose every two weeks (four doses maximum); **#3**) In third month, SR358 Sabina + SR408 Secale Corn (200C)
  - ❑ **threatened** <sup>0009</sup>: **#1**) NM2 Blood + NM7 CB 7 + SR319 Thyroid Gland + SR358 Sabina + SR373 Caulophyllum + SR558 Viburnum Prun (200C); **#2**) SR249 Medorrhinum (1M)...one dose every two weeks (four doses maximum)
- **morning sickness** <sup>0009</sup>: **#1**) SR297 Ipecac (30C) + SR313 Sepia (30C) + SR364 Apomorphia; **#2**) SR250 Psorinum (1M)...single dose only

### Uterus:

- **fibroids - inside or outside**: NM16 Drawing, SM2 Divine Protection, SR264 Silicea (30C), SR274 Aurum Mur Nat (6X), SR292 Graphites, SR318 Thuja (30C), SR537 Uterus, SR555 Lillian Tig
- **prolapsed**: NM7 CB 7 + SR313 Sepia (200C) + Paladium (200C) from homoeopathic store
- **ulcer**: SR555 Lilium Tig

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## *Fevers and Infections*

**Includes viral, bacterial and fungal infections of extensive parts or entire body, treatment and prevention**

**General:**

- **fevers:** NM18 General Fever + NM36 War or SR293 Gunpowder
  - **after fevers, diarrhoea and other illnesses** <sup>0009</sup>: SR250 Psorinum (1M)...one dose, may repeat in a week, one or two doses should be sufficient
  - **suppressed: If there is a suppressed fever in the system it must be brought out for clearing: #1)** NM18 General Fever or BR10 Fever & Infection; **#2)** Treat specifically for individual symptoms
- **prevention (prophylactic):** Any vibrionic remedy can be taken three times per week or more often to prevent a disease or an imbalance

**Brain Fever (including Meningitis and Encephalitis)** <sup>0009</sup>: SR265 Aconite + SR291 Gelsemium (30C) + SR383 Cuprum Met (30C) + SR458 Brain Whole

- **after illness** <sup>0009</sup>: NM5 Brain TS + SR258 Kali Phos (30C) for three to four months
- **suppressed:** NM18 General Fever or BR10 Fever & Infection
- **prevention:** NM18 General Fever (3X)...three doses per week

**Candida (including Thrush):** See *Fungus* below

**Cholera:** NM34 Water Bal + SR297 Ipecac (30C)+ SR323 Veratrum Alb + SR376 Cholera

- **prevention:** SR376 Cholera...OD

**Diphtheria: #1)** SR288 Diptherinum **#2)** <sup>0009</sup> SR299 Lycopodium (30C) + SR301 Mercurius (30C) + SR389 Kali Bic

- **prevention:** SR288 Diptherinum (200C or higher)...three doses per week

**Elephantitis (Filaria): #1)** NM18 General Fever + SR270 Apis Mel + SR301 Mercurius (30C and 200C) + SR507 Lymphatic Organ; **#2)** Make paste of papaya leaves, apply on legs and bandage

**Flu (influenza):** NM18 General Fever + NM36 War + NM79 Flu Pack + NM81 Glandular Fever + SR385 Eupatorium Perf

- **prevention:** NM79 Flu Pack...three doses per week

**Fungus (including Candida, Thrush): #1)** SR249 Medorrhinum, see *Miasms (Precautions and Guidelines)*; **#2)** NM2 Blood, NM6 Calming, NM27 Skin, NM37 Acidity, NM115 Venereal, SM27 Infection, SR370 Borax, SR566 Fungi-pathogenic, SR528 Skin + if thrush, SR256 Ferrum Phos + if nails, SR264 Silicea + SR292 Graphites

**Malaria:**

- **general:** NM18 General Fever + NM116 Malaria Extra Strength + SR285 China Off (6X) + SR375 Chinin Sulph
- **after illness** <sup>0009</sup>: NM5 Brain Tissue Salts + SR258 Kali Phos (30C)...TDS (three to four months)
- **prevention:** NM116 Malaria Extra Strength + SR261 Nat Mur (CM) + SR263 Nat Sulph (CM)...three doses per week
- **quinine antidote** <sup>0009</sup>: SR297 Ipecac (30C) + SR375 Chinin Sulph (200C)

**Measles and German measles:**

- **measles: #1)** NM87 Measles + BR10 Fever & Infection; **OR** <sup>0009</sup>: NM18 General Fever + SR265 Aconite (200C) + SR277 Bryonia (200C); **#2)** Skin nosode (200C) from diseased patient; **OR:** Morbillinum (200C) from homoeopathic store
- **prevention:** NM87 Measles...three doses per week
- **German measles (Rubella)** <sup>0009</sup>: NM8 Chest + NM18 General Fever + SR257 Kali Mur (200C) + SR265 Aconite (200C) + if suppressed: SR309 Pulsatilla (200C)

**Meningitis:** See [Brain Fever](#) above

**Mumps** <sup>0009</sup>: NM18 General Fever + SR257 Kali Mur (200C) + SR309 Pulsatilla (30C)

**Tetanus:** SR295 Hypericum (200C) + SR353 Ledum (200C) + SR575 Tetanus

- **prevention:** SR295 Hypericum (200C) + SR353 Ledum (200C) + SR575 Tetanus

**Typhoid:**

- **general** <sup>0009</sup>: NM18 General Fever + SR321 Typhoidinum + SR367 Baptisia + SR519 Peyer's Patches
- **Typhoid** <sup>CH0009</sup>: BR10 Fever & Infection + SM26 Immunity + SM41 Uplift + SR519 Peyer's Patches

**Tuberculosis (TB):**

- **bone** <sup>0009</sup>: **#1)** NM26 Penmycin + SR289 Drosera (30C + CM); **#2)** SR252 Tub-Bac (1M)...one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)
- **lung: #1)** NM26 Penmycin; **#2)** SR252 Tub-Bac (1M)...one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)

**Vaccinations:** See [Immune System](#)

**Whooping Cough:** SR262 Nat Phos (200C) + SR297 Ipecac (30C) + SR289 Drosera (30C) + SR377 Cina + SR383 Cuprum Met (30C);

**High altitude or plane journey** [Shock](#) often cures this condition!

## *First Aid and Injuries*

*Includes injuries - old and new, emergencies, pre- and post-surgery, shock/trauma*

**Emergencies:** Also see [Injuries](#) below

- **general:** NM91 Paramedic Rescue + if asthma, dizziness, fainting, SR265 Aconite + SR271 Arnica (200C) + SR281 Carbo Veg + SR325 Rescue
- **electric shock:** NM91 Paramedic Rescue + SR380 Colchicum
- **food poisoning, suspected (diarrhoea, vomiting, cramping):** NM14 Cramps + NM80 Gastro + SR272 Arsen Alb (6x)
- **heart emergency:** NM14 Cramps + NM91 Paramedic Rescue + SR271 Arnica (200C) + SR272 Arsen Alb (200C) + SR281 Carbo Veg
- **shock/trauma:** See [Shock](#) below
- **sunstroke:** <sup>0009</sup> NM18 General Fever + NM34 Water Balance + NM36 War + SR291 Gelsemium (30C); **OR:** SR230 Moonstone, SR271 Arnica (30C), SR275 Belladonna (200C) + SR398 Nat Carb

## Injuries

(including excessive physical strain etc):

- **general:** NM20 Injury + NM25 Shock + NM36 War + SR325 Rescue + if pain, NM59 Pain + to prevent infection, NM26 Penmycin OR NM36 War OR SR293 Gunpowder + if needed, NM113 Inflammation; Consider other possibilities: BR21 Injury, SM28 Injury, SM33 Pain
- **bleeding** <sup>0009</sup>: NM2 Blood + SR256 Ferrum Phos + SR271 Arnica (200C) + SR297 Ipecac (1M) + SR455 Artery + SR477 Capillary + SR539 Vein
- **burns: #1)** NM20 Injury + SR322 Urtica Urens + SR404 Picric Acid + SR528 Skin + affected organ remedy; **OR:** SR346 Cantharis (30C); **#2)** Cantharis (1X) in cream/petroleum jelly (Vaseline) base on affected area or Cantharis cream for burns from homoeopathic store
- **muscle (pulled/strained):** NM14 Cramps + NM20 Injury + SR256 Ferrum Phos (200C) + SR311 Rhus Tox (200C)
- **nerve injury, after** <sup>0009</sup>: SR295 Hypericum (200C) + SR362 Allium Cepa
- **sports** <sup>1856</sup>: SR271 Arnica (30C) + SR311 Rhus Tox (30C)
- **stitches opening up:** SR254 Calc Phos + SR374 Causticum (30C)

## Shock/Trauma:

- **acute:** NM25 Shock + NM91 Paramedic Rescue + SM2 Divine Protection
- **past - even from birth:** Due to its strong pull-out properties, NM25 Shock is normally given as a three-week course when the patient is in a reasonably good state of health...TDS for the first week followed by OD for the next two weeks

## Surgery (including out-patient procedures, stitches, etc.):

- **post-surgery:**
  - **general** <sup>0009</sup>: NM96 Scar Tissue + SM28 Injury + SR271 Arnica (200C) + SR345 Calendula (30C) + SR353 Ledum (30C) + if bone or eye, Symphytum (200C) from homoeopathic store
  - **amputation, after** <sup>0009</sup>: SR295 Hypericum (200C) + SR362 Allium Cepa
  - **bleeding from wound** <sup>1492</sup>: NM20 Injury + NM36 War + SM39 Tension
  - **infection, to control:** NM26 Penmycin + NM36 War + SR293 Gunpowder
  - **stitches opening up:** SR254 Calc Phos + SR374 Causticum (30C)
- **pre-surgery** <sup>0009</sup>: BR4 Fear + SR265 Aconite + SR271 Arnica (200C) + SR418 Aspen + SR434 Larch

# Head

*Includes face, hair, headache, mouth, teeth and gums*

**Facial Neuralgia:** NM44 Trigeminal Neuralgia + SR352 Kalmia + SR388 Hekla Lava + SR470 CN7: Facial + SR552 Iris Ver (200C)

## Hair:

- **bald patches (alopecia)** <sup>0009</sup>: OM12 Hair + SR272 Arsen Alb (200C) + SR306

Phosphorus (200C) + SR318 Thuja (200C); also rub raw onion on bald patches

- **dandruff: #1)** SR259 Kali Sulph (200C) + SR306 Phosphorus (200C) + SR318 Thuja (200C); **#2)** SR250 Psorinum (1M)...one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)
- **falling** <sup>0862</sup>: NM84 Hair Tonic + SR306 Phosphorus (200C)
- **falling, dry, split** <sup>0009</sup> **#1)** SR259 Kali Sulph (200C) + SR264 Silicea (200C) + SR351 Kali Carb; **#2)** SR250 Psorinum (1M)...one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)
- **falling out after childbirth** <sup>0009</sup>: SR261 Nat Mur (30C) + SR313 Sepia (30C)
- **greying, premature** <sup>0009</sup>: SR299 Lycopodium (200C) + SR403 Phosphoric Acid
- **grow, to:** NM67 Calcium + NM84 Hair Tonic + SM25 Hair + SM41 Uplift + SR319 Thyroid Gland
- **lice:** SR315 Staphysagaria...OD

### Headache:

- **general:** NM44 Trigeminal Neuralgia + NM 85 Headache BP
- **from sun with weakness:** NM85 Headache BP + SR261 Nat Mur (200C) + SR291 Gelsemium (200C) + SR398 Nat Carb; **OR:** SR346 Cantharis (30C) + Glonoine (30C) from homoeopathic store
- **menses** <sup>1625</sup>: NM23 Menses I + OM1 Blood + BR16 Female + SR313 Sepia (200C) + SR477 Capillary + SR552 Iris Ver
- **migraine:** NM44 Trigeminal Neuralgia + NM85 Headache BP + SM33 Pain + SR254 Calc Phos + SR258 Kali Phos (200C) + SR261 Nat Mur (30C) + SR263 Nat Sulph + SR264 Silicea + SR275 Belladonna (1M) + SR295 Hypericum (200C) + SR298 Lachesis (30C) + SR309 Pulsatilla (30C) + SR407 Sanguinaria + SR409 Spigelia (30C) + SR 552 Iris Ver (200C) + Glonoine (200C) from homoeopathic store
- **with blurred vision:** NM261 Nat Mur (200C) + SR291 Gelsemium (200C) + if stomach ache, SR552 Iris Ver

### Mouth:

- **dry:** SR277 Bryonia (200C) + SR397 Morphinum + SR399 Nux Mosch (200C) + if no desire for water, SR309 Pulsatilla (200C)
- **herpes:** NM60 Herpes + NM86 Immunity + SM27 Infection + SR295 Hypericum (200C) + NM36 War or SR293 Gunpowder
- **paralysis (tongue, dribbles saliva)** <sup>0009</sup>: SR291 Gelsemium (200C) + SR356 Plumb Met (200C) + SR374 Causticum (200C) + SR546 Baryta Carb
- **thrush:** See *Fevers and Infections* ([Fungus](#))
- **ulcers:**
  - **in corners** <sup>0009</sup>: SR261 Nat Mur (30C) + SR311 Rhus Tox (30C) + SR549 Condurango
  - **in mouth: #1)** NM89 Mouth & Gum; **OR** <sup>0009</sup>: SR272 Arsen Alb (30C) + SR342 Antim Crud + if red, SR275 Belladonna (30C) + if with white spot, SR301 Mercurius (30C); **#2)** if nothing works, SR317 Sulphur (200C)...OD for seven days

### Teeth and Gums:



- **general (toothache, exposed nerve)<sup>1871</sup>: #1** OM13 Trigeminal + SM38 Teeth + SR260 Mag Phos (200C) + SR295 Hypericum (200C) + SR468 CN5 Trigeminal; **#2** if condition serious, SR315 Staphysagaria...OD
- **abscess** <sup>CH0581</sup>: NM16 Drawing + NM36 War
- **black streaks**: SR315 Staphysagaria
- **decalcification**: NM3 Bone I + SR457 Bone + SR517 Parathyroid
- **decay: #1** NM3 Bone I + NM39 Teeth Decay + NM67 Calcium + SM38 Teeth; **#2** Syphilinum... one dose every two weeks (four doses total); see [Miasms](#) (*Precautions and Guidelines*)
- **dental Work (before and after)**: NM20 Injury + NM44 Trigeminal Neuralgia; **OR<sup>1871</sup>**: OM13 Trigeminal + SM38 Teeth + SR260 Mag Phos (200C) + SR295 Hypericum (200C) + SR468 CN5 Trigeminal
- **gums**:
  - **bleeding**: NM89 Mouth Gum + SR281 Carbo Veg + SR354 Nitric Acid + Fluoric Acid (200C) from homoeopathic store
  - **boils** <sup>0009</sup>: SR253 Calc Fluor + SR275 Belladonna (30C) + SR301 Mercurius (30C) + SR370 Borax
  - **pyorrhoea**: NM26 Penmycin + NM36 War + NM89 Mouth Gum + SR281 Carbo Veg + SR351 Kali Carb + SR354 Nitric Acid + SR556 Pyrogenium
  - **jawbone decay** <sup>0009</sup>: **#1** NM3 Bone I + SR280 Calc Carb (200C) + SR318 Thuja (200C) + SR388 Hekla Lava; **#2** SR251 Syphilinum (1M)...one dose every two weeks (four doses maximum); see [Miasms](#) (*Precautions and Guidelines*)
- **restore enamel** <sup>0009</sup>: SR253 Calc Fluor (200C) + SR309 Pulsatilla (30C) + SR318 Thuja (30C)
- **root canal** <sup>0009</sup>: NM39 Teeth Decay + SR391 Kreosotum
- **tartar** <sup>0009</sup>: SR253 Calc Fluor (200C) + SR254 Calc Phos (200C)
- **teeth loose in sockets** <sup>0009</sup>: NM89 Mouth & Gum + SR253 Calc Fluor (200C) + SR318 Thuja (30C)
- **toothache** <sup>CH1180</sup>: SR265 Aconite + SR309 Pulsatilla (30C) + SR379 Coffea Cruda... frequently; See case history for full details
- **toothache with boil**<sup>1595</sup>: NM16 Drawing + NM44 Trigeminal Neuralgia... every hour for first day, then 6TD until pus begins to flow out; reduce to TDS until pus has stopped and all pain has gone

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## Immune System

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*Includes thymus, spleen, lymph nodes/glands, white blood cells, antibodies, auto-immune diseases (Chronic Fatigue Syndrome, Lupus, etc.), allergies and vaccinations*

**Immunity Booster**: NM12 Combination 12 + NM90 Nutrition + OM28 Immune System + SM26 Immunity + SM41 Uplift + SR360 VIBGYOR

**Aids (HIV)**: SM29 Kidney + SM30 Life + SM41 Uplift

**Allergies:** **Potentise allergen, if known (200C);** also see [Respiratory System](#) and [Skin](#)

- **general:** NM36 War + NM46 Allergy 2 + NM62 Allergy B + OM23 Sinus + SR308 Pituitary Gland + SR497 Histamine
- **acute reactions** <sup>0009</sup>: NM103 Stings & Bites + Epinephrine B (200C) from homoeopathic store

#### Auto immune Diseases:

- **general:** **#1)** Immunity Booster (see [above](#)); **#2)** Appropriate mental remedy; **#3)** Specifics for symptoms; **#4)** [Exhaustion/fatigue](#), see below; **#5)** other auto-immune disease possibilities, see below
- **Bach Flowers:** **#1)** SR325 Rescue + if not wanting to be alive, SR435 Mimulus + if extreme exhaustion and mental fatigue, SR438 Olive + if self-reproach, SR439 Pine; **#2)** Specifics for individual symptoms and for root cause
- **chakras:** Also see *Endocrine* ([Chakras](#))
  - **to anchor body on physical plane:** SR218 Base Chakra; *one dose, wait and see*
  - **for emotional strain:** SR473 CN10:Vagus + SR221 Heart Chakra + SR223 Solar Plexus Chakra...one dose per week
- **parasites:** NM1 Amoebic Dysentery + NM2 Blood + NM20 Injury + NM21 KBS + NM22 Liver + NM35 Worms + SR272 Arsen Alb (30C)
- **shock (past - even from birth):** NM25 Shock + NM91 Paramedic Rescue + SM2 Divine Protection

**Chronic Fatigue Syndrome (Myalgic Encephalomyelitis - ME):** **#1)** NM90 Nutrition + BR2 Blood Sugar + BR10 Fever & Infection + SR331 Bacillus 7 + SR438 Olive; **#2)** SR473 CN10:Vagus + SR221 Heart Chakra + SR223 Solar Plexus Chakra...one dose per week **#3)** Immunity Booster (see *General* above); **#4)** Appropriate mental remedy; **#5)** Specifics for symptoms; **#6)** See [Auto-Immune Diseases](#) above for other possibilities

#### Exhaustion/Fatigue (physical and/or mental):

- **general:** **#1)** NM90 Nutrition + BR2 Blood Sugar + BR10 Fever & Infection + SR331 Bacillus 7 + SR438 Olive; **#2)** Immunity Booster (see [above](#)); **#3)** If low blood pressure, see *Circulatory System* ([Blood Pressure](#))
- **sudden drop in energy (shock, injury, emotional):** NM91 Paramedic Rescue + SM41 Uplift

**Lupus Erythematosus:** **#1)** SR473 CN10:Vagus + SR221 Heart Chakra + SR223 Solar Plexus Chakra...one dose per week **#2)** Immunity Booster (see [above](#)); **#3)** Appropriate mental remedy; **#4)** Specifics for symptoms; **#5)** See *Exhaustion/Fatigue* above; **#6)** See [Auto-Immune Diseases](#) above for other possibilities

#### Lyme Disease:

- **general:** **#1)** SR473 CN10:Vagus + SR221 Heart Chakra + SR223 Solar Plexus Chakra...one dose per week **#2)** Immunity Booster (see [above](#)); **#3)** Appropriate mental remedy; **#4)** Specifics for symptoms; **#5)** See [Exhaustion/Fatigue](#) above; **#6)** See [Auto-Immune Diseases](#) above for other possibilities
- **for parasites and emotions** <sup>0537</sup>: **#1)** NM1 Amoebic Dysentery + NM2 Blood + NM20 Injury + NM21 KBS + NM22 Liver + NM35 Worms + SR272 Arsen Alb (30C); **#2)** NM12 Combination 12 + OM28 Immune System + SR360 VIBGYOR; **#3)** SR325 Rescue + SR435 Mimulus + SR438 Olive + SR439 Pine; **#4)** NM25 Shock; **#5)** SR218 Base Chakra, *one dose, wait and see*; SR221 Heart Chakra + SR223 Solar Plexus

Chakra...one dose per week; **#6)** Specifics for symptoms (e.g. If arthritic, NM24 Rheumatism & Arthritis + NM58 Hand Rheumatism + SM12 Brain & Paralysis)

### Lymph Nodes/Glands:

- **swollen (including throat, under arms, in groin)** <sup>1566</sup>: NM36 War + NM30 Throat + NM81 Glandular Fever + NM92 Post Nasal Drip + NM99 Sinus + SR385 Eupatorium Perf

**Modern Life Fatigue** <sup>1871</sup>: SR271 Arnica (6C) + SR378 Coccus (12C)

**Radiation (including ill effects of EM waves such as from TV, computer, microwave, mobile phones)** <sup>1053</sup>: SR306 Phosphorus (30C) + SR310 Radium + SR324 X-Ray

**Thymus - to balance: #1)** SR229 Emerald +SR535 Thymus Gland; **#2)** SR221 Heart Chakra, one dose per week

**Vaccinations (ill effects of):** SR318 Thuja (30C), SR416 Variolinum, nosode of vaccine

- **Post Vaccination Syndrome** <sup>CH1019</sup>: *In using the following method of increasing potencies of vaccine nosode, caution and discernment are essential.* If there is a pullout on any potency, wait for aggravation to subside and then repeat that potency until there is no aggravation. If the pullout is very strong (usually ears and eyes are affected), this can be treated with nosode made in water at 30C potency. If there are many pullouts on different potencies, then the whole cycle of treatment should be repeated once or twice more with at least two weeks in between:

Day 1 .....one dose at 30C potency;

Day 2 or when no aggravation at 30C.....one dose at 200C potency;

Day 3 or when no aggravation at 200C... one dose at 1M potency;

Day 4 or when no aggravation at 1M.....one dose at 10M potency;

**Vitality Tonic** <sup>1871</sup>: NM2 Blood + NM3 Bone I + NM5 Brain TS + NM7 CB 7 + NM12 Combination 12 + NM17 Eye + NM21 KBS + NM45 Atomic Radiation + NM48 Vitamin Eye Compound + NM63 Back-up + NM86 Immunity + NM90 Nutrition + NM104 Tops + BR18 Circulation + SM14 Chemical Poison + SM26 Immunity + SR233 Ruby +SR281 Carbo Veg + SR360 Vibgyor + SR561 Vitamin Balance + for elderly, BR23 Skeletal

## Kidney and Bladder

*Includes urinary tract and adrenal/suprarenal glands*

### Adrenal/Suprarenal Glands:

- **general (for all adrenal and kidney problems):** SR218 Base Chakra + SR531 Suprarenal/Adrenal Gland + SR233 Ruby
- **Addison's Disease (adrenal gland deficiency):** NM96 Scar Tissue + SR266 Adrenaline + SR313 Sepia (200C) + SR531 Suprarenal/Adrenal Gland

**Albuminuria:** NM21 KBS + SR255 Calc Sulph + SR291 Gelsemium (200C) + SR375 Chinin Sulph (200C)

**Bladder Infection** <sup>CH1373</sup>: BR10 Fever & Infection + BR16 Female or BR17 Male + SM26 Immunity + SM27 Infection + SR456 Bladder ...every two hours

**Bright's Disease (inflammation of kidneys)** <sup>0009</sup>: SM29 Kidney + SR356 Plumbum Met (200C) + Urinary Tract General Infection (See [Urinary Tract](#) below)

**Diuretic (excess kidney fluid)** <sup>0009</sup>: NM21 KBS + SR263 Nat Sulph + SR270 Apis Mel

**Gout** <sup>0009</sup>: NM21 KBS + NM22 Liver + NM82 Gout + SR322 Urtica Urens + SR369 Benzoic Acid

**Haematuria (blood in urine)** <sup>0009</sup>: SR299 Lycopodium (200C) + SR415 Terebin

**Kidney Failure (dialysis)** <sup>CH0707</sup>: SR523 Pituitary Posterior + OM15 Kidney + SR240 Kidney Meridian + SR231 Onyx + SR341 Alfalfa

### Kidney Stones:

- **dissolve, to: #1)** NM21 KBS + SM2 Divine Protection + SR276 Berberis (200C) + SR280 Calc Carb (30C) + SR285 China Off (6X) + SR322 Urtica Urens + SR346 Cantharis + SR493 Gall Bladder + SR501 Kidney + if acute pain, SR325 Rescue; **OR** <sup>0009</sup>: NM16 Drawing + NM21 KBS + SR276 Berberis (CM) + SR293 Gunpowder (CM) + if acute pain, SR325 Rescue; **#2)** If large hard stubborn stones, Hydrangea Q, mother tincture from a homoeopathic store; prescribe five drops to be added to a tablespoon of water (15 ml) and taken every five minutes for at least two hours, then reduce the frequency;
- **Kidney Stones** <sup>CH0009</sup> See case history
- **pain:** NM16 Drawing + NM21 KBS + SR276 Berberis (CM) + SR 293 Gunpowder (CM) + SR325 Rescue + Ocinum Can (30C) from homoeopathic store. This may also expel the broken stones, so you may consider dissolving the stones simultaneously.
- **Kidney Stones - pain** <sup>CH0009</sup> See case history

### Urinary Tract:

- **general infection** <sup>0009</sup>: NM36 War + NM37 Acidity + SM29 Kidney + SR270 Apis Mel + SR276 Berberis + SR293 Gunpowder + SR322 Urtica Urens + SR346 Cantharis
- **cystitis:** NM6 Calming + NM21 KBS + NM36 War + SR346 Cantharis (30C) + SR369 Benzoic Acid; **OR** <sup>0009</sup>: SR369 Benzoic Acid + Urinary Tract General Infection (see above) + if after coition in a young women, SR315 Staphysagaria; **OR** <sup>1550</sup>: NM18 General Fever + NM21 KBS + NM36 War + NM59 Pain + SM27 Infection + SR456 Bladder + SR536 Urethra

### Urination:

- **bedwetting: #1)** NM65 Bedwetting + SR264 Silicea + SR522 Pituitary Ant; **OR:** NM7 CB 7 + NM21 KBS + NM65 Bedwetting + SR374 Causticum (30C) + SR456 Bladder + SR510 Muscles + if during first sleep, SR313 Sepia (30C) **#2)** if chronic, SR249 Medorrhinum (1M)...one dose every two weeks (four doses maximum)
- **incontinence: #1)** NM7 CB 7 + NM21 KBS + SR369 Benzoic Acid; **#2)** SR249 Medorrhinum (1M)...one dose every two weeks (four doses maximum)
- **involuntary on coughing:** NM7 CB 7 + SR351 Kali Carb + SR374 Causticum (30C)
- **sphincter muscles (paralysis)** <sup>0009</sup>: SR260 Mag Phos (200C) + SR291 Gelsemium (200C)

## Male Organs

**Male Tonic: #1)** BR17 Male + NM93 Prostate + SM32 Male + SR290 Endocrine Integrity + SR360 VIBGYOR; **OR:** NM5 Brain TS + NM67 Calcium + NM93 Prostate + NM110 Essiac (6X) + SM2 Divine Protection + SM32 Male + SR261 Nat Mur (30C) + SR268 Anacardium

(30C) + SR573 Osteoporosis (200C) + Immunity Booster - see [Immune System](#); **#2**) SR249 Medorrhinum (1 M)...one dose, repeat in two weeks; may repeat in six months

**Aging (over 45)** <sup>0009</sup>: **#1**) SR344 Avena Sat; **#2**) SR249 Medorrhinum (1 M)...one dose, repeat in two weeks; may repeat in six months

**Infertility**: Also see *Female Organs* ([Infertility](#))

- **general**: OM22 Male Genital + SR216 Vitamin E + SR254 Calc Phos (200C) + SR262 Nat Phos (200C) + SR522 Pituitary Anterior + SR534 Testes
- **[Infertility](#) (low sperm count)** <sup>CH0009</sup>: SM32 Male + SR254 Calc Phos + SR522 Pituitary Anterior + SR534 Testes

**Premature Ejaculation** <sup>1111</sup>: OM22 Male + SR534 Testes

**Prostate**:

- **general**: **#1**) NM21 KBS + NM36 War + NM93 Prostate; **OR**: NM21 KBS + NM36 War + NM93 Prostate + SR287 Digitalis + SR293 Gunpowder (50M) + SR309 Pulsatilla (30C) + SR374 Causticum (1M) + SR318 Thuja (30C) + SR525 Prostate Gland + if over 65, SR315 Staphysagaria + Sabal Ser (200C) from homoeopathic store; **#2**) If under 50, SR249 Medorrhinum (1M)...one dose, repeat in two weeks
- **[Prostate](#)** <sup>CH1383</sup>: NM93 Prostate + SR318 Thuja (30C) + SR374 Causticum (1M) + SR525 Prostate Gland...TDS

**Testicles**:

- **hydrocele (fluid around the testes)** <sup>0009</sup>: **#1**) OM22 Male Genital + SR253 Calc Fluor (200C) + SR273 Aurum Met + SR425 Clematis + SR335 Gaertner; **#2**) Iodium (30C) and Fluoric Acid (200C) both from homoeopathic store
- **undescended** <sup>0009</sup>: **#1**) NM16 Drawing + OM22 Male Genital + SR273 Aurum Met + SR534 Testes + SR546 Baryta Carb; **#2**) SR251 Syphilinum (1M)...one dose, repeat in two weeks
- **varicocele (scrotum veins enlarged)**: NM32 Vein-Piles + SR256 Ferrum Phos (200C) + SR387 Hamamelis (200C)

## *Mental-Emotional*

**General**: NM4 Brain, NM5 Brain Tissue Salts, NM6 Calming, NM25 Shock, NM64 Bad Temper, NM69 CB 8, NM83 Grief, BR2 Blood Sugar, BR3 Depression, BR4 Fear, BR6 Hysteria, BR7 Stress, BR16 Female, BR17 Male, SM1 Removal of Entities, SM2 Divine Protection, SM4 Stabilising, SM6 Stress, SM8 Insomnia, SM9 Lack of Confidence, SM39 Tension, SR226-234 Gems, SR290 Endocrine Integrity, SR360 VIBGYOR, Bach Flower Remedies SR325-SR329 and SR417-SR450 and single homoeopathic remedies as appropriate (SR265-SR324, SR340-SR359, SR361-SR417, SR551-SR558)

**See *Handbook on Healing Book 1* pp150-166 and *Book 2* pp 414-433 for comprehensive approach and list of remedies; for useful tips, including diet and relaxation, see *Handbook on Healing Book 2* pp 373-377 as well as *Book 1 "Diet of Mind, Body and Soul,"* pp 332-348**

**Alcoholism** (*Potentise sample of addictive substance, if available*)

- **addiction** <sup>0009</sup>: **#1**) SR272 Arsen Alb (1M), SR302 Nux Vom (1M), SR327 Walnut, SR330 Addiction to Alcohol (200C & 10M), SR431 Honeysuckle, Angelica (200C &



10M), Sulphuric Acid (200C & 10M) from homoeopathic store; **#2)** SR251 Syphilinum (1M)...one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)

- **craving, prevention of:** SR271 Arnica (200C) + SR317 Sulphur (200C)
- **craving, treatment of <sup>0009</sup>:** **#1)** SR271 Arnica (30C) + SR302 Nux Vom (30C) + Sulphuric Acid (3X) from homoeopathic store; **#2)** SR251 Syphilinum (1M)...single dose only; see [Miasms \(Precautions and Guidelines\)](#)

**Living out of reality:** SR233 Ruby + SR218 Base Chakra, *one dose, wait and see*

**Calming:** NM6 Calming + NM25 Shock + NM95 Rescue Plus

**Drug Addiction:** (*Potentise sample of addictive substance, if available*) **OR:** NM72 Cleansing

### Eating Disorders:

- **anorexia <sup>0009</sup>:** NM22 Liver + NM29 Sufi + BR9 Digestion + SR254 Calc Phos + SR280 Calc Carb (200C) + SR530 Stomach
- **bulimia:** SR230 Moonstone + SR417 Agrimony + SR498 Hypothalamus + SR564 Bulimia (200C)
- **compulsive eating <sup>1051</sup>:** SR230 Moonstone + SR417 Agrimony
- **food and water craving <sup>0009</sup>:** **#1)** SR341 Alfalfa + SR498 Hypothalamus; **#2)** If always hungry, SR250 Psorinum (1M); see [Miasms \(Precautions and Guidelines\)](#)
- **inedibles <sup>0009</sup>:** **#1)** SR264 Silicea (30C) + SR267 Alumina (30C) + SR280 Calc Carb (30C); **#2)** SR249 Medorrhinum (1M)...one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)
- **mud craving <sup>0009</sup>:** **#1)** SR301 Mercurius (200C); **#2)** SR249 Medorrhinum (1M)...single dose only; see [Miasms \(Precautions and Guidelines\)](#)
- **sweets craving <sup>0009</sup>:** SR319 Thyroid Gland + SR343 Argent Nit + SR377 Cina

**Emotional Strain and Blockage:** SR221 Heart Chakra + SR223 Solar Plexus Chakra; see *Endocrine System* ([Chakras - Precautions and Guidelines](#))

**Fatigue Tonic:** SR271 Arnica (30C) + SR378 Coccus; **especially beneficial for those who sleep late at night**

**Homesickness:** SR327 Walnut + SR372 Capsicum (30C)

### Memory:

- **forgets own name <sup>0009</sup>:** SR249 Medorrhinum (1M)...single dose only; second dose in two weeks if needed and no aggravation; see [Miasms \(Precautions and Guidelines\)](#)
- **to improve:** NM104 Tops + SR261 Nat Mur (30C)

**Obsessive Compulsive behaviour <sup>2062</sup>:** NM25 Shock + SM2 Divine Protection + SM5 Peace and Love Alignment + SM302 Nux Vom + SR329 Crab Apple + SR419 Beech + SR560 All Miasms

### Shock/Trauma:

- **general (emotional and/or physical) <sup>0009</sup>:** NM25 Shock + NM91 Paramedic Rescue + SM2 Divine Protection
- **past - even from birth:** Due to its strong pull-out properties, NM25 Shock is normally

given as a three-week course when the patient is in a reasonably good state of health...  
TDS for the first week, followed by OD for the next two weeks

### Sleep:

- **breathlessness during sleep (sleep apnoea)** <sup>0009</sup>: SR279 Cadmium Sulph (200C) + SR298 Lachesis (30C)
- **insomnia** <sup>0009</sup>: SM8 Insomnia + SR401 Passiflora...before bed, two doses, two hours apart
- **sleepiness** <sup>0009</sup>: SR261 Nat Mur (200C) + SR368 Bellis Perennis (200C)
- **sleepiness after eating** <sup>0009</sup>: SR311 Rhus Tox (30C)
- **sleeplessness**: NM6 Calming + NM28 Sleep
- **sleeplessness (due to emotions)** <sup>1814</sup>: NM25 Shock + NM83 Grief + SM5 Peace and Love Align. + SM6 Stress + SM39 Tension + SR271 Arnica (200C) + SR334 Dysentery Co + SR338 Proteus
- **snoring**: SR303 Opium (30C), SR410 Stramonium, SR520 Phrenic Nerve

### Smoking Addiction:

- **craving** <sup>0009</sup>: Daphne Indica (10M) from homoeopathic store; use as drops on tongue
- **stopping**: NM117 Anti-Smoking + BR7 Stress

### Speech:

- **loss of**: See *Nervous System* ([Aphasia](#))
- **stammering/stuttering**:
  - **general**: SR459 Brain (Broca's Area) + SR460 Brain (Cerebellum); **OR** <sup>0009</sup>: SR260 Mag Phos (200C) + SR371 Bovista + SR410 Stramonium + SR435 Mimulus + SR459 Brain (Broca's Area)

### Stress/Tension:

- **general**: NM20 Injury + SM6 Stress + SM41 Uplift
- **crowd stress (before, during and after)**: NM20 Injury + NM91 Paramedic Rescue + BR2 Blood Sugar + SM6 Stress + SM2 Divine Protection + SM39 Tension + SM41 Uplift
- **holiday stress**: NM20 Injury + BR2 Blood Sugar + SM6 Stress + SM39 Tension + SM41 Uplift

### Suicidal Tendencies:

- **general (stabilising)** <sup>0009</sup>: **#1**) SR265 Aconite + SR422 Cherry Plum + if always contemplating, SR273 Aurum Met; **#2**) If by jumping out window, SR343 Argent Nit; if by drowning, SR342 Antim Crud (200C); if by shooting oneself, SR263 Nat Sulph (CM)

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## Miasms

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*Genetic predisposition to diseases/imbances as first identified by Samuel Hahnemann*

***Medorrhinum, Psorinum, Syphilinum, Tuberculinum-Bacillinum; and now Cancer, a fifth miasm***

**Precautions and Guidelines:**

- Miasms should not be given unless the patient is relatively in good health.
- Before giving miasms, SR218 Base Chakra is recommended, one dose and wait. If there is no pullout, repeat in two weeks otherwise repeat two weeks after pullout has finished. Give a maximum of four doses – see p 307 Soham Series vol 2.
- The standard dosage is one dose at 200C and if there is no pullout, give one further dose every two weeks, maximum four doses.
- These should not be given when treating acute problems because they may cause a strong pullout. For this reason, no other medicines are usually given for 24 hours except those prescribed by the patient's doctor.
- Use only one miasm at a time and monitor dosage with caution and discernment. Higher potencies may be given on an individual basis but always with extreme caution. See miasms below on usage for specific problems particularly when they are given at higher potencies.
- When aggravation is too severe, stop all medicines for three days and if necessary, drink black coffee (except when taking Psorinum) or take a few sniffs of unlit, crushed camphor (caution – camphor can burn) to neutralise the effect of the vibration given.
- Children and infants may be given the TB Miasm SR252 but only with great caution. For further information see below under Tuberculinum- Bacillinum.
- Do not give infants and children any other miasms and also don't give SR282 Carcinosin - remedy for cancer, latter is regarded as the 5<sup>th</sup> miasm.
- A pendulum may be used for prescribing remedies, potencies, dosage, duration of treatment etc. If used with humility and respect, it will always provide the highest wisdom. See Handbook on Healing 1 pp17-20.

**Medorrhinum SR249:**

- **Dosage:** 200C or 1M ...one dose, repeat in two weeks if no pullout. When there is a pullout wait and repeat two weeks after pullout stops. Maximum of 4 doses can be given.
- **Guiding Symptoms in Order of Importance:**
  - ❑ GROWTHS – wart like growths, particularly on or around genitals.
  - ❑ Male and female urogenital problems.
  - ❑ Tumours and growths, both internal and external.
  - ❑ Fungal infections and growths.
  - ❑ Great disturbance and irritability of nervous system, nerves quiver and tingle.
  - ❑ Rheumatoid arthritis, gout diseases of the spinal cord.
  - ❑ Alcohol craving.
  - ❑ Weak memory, difficult concentration, nervous and restless.
  - ❑ Early ageing, senility and Alzheimer's.
- **Symptoms better:** in damp weather, at the seashore, lying on stomach or with knee at chest.

- **Symptoms worse:** inland, during the day, when thinking of ailment, with heat.

### Psorinum SR250:

- **Dosage** 200C...one dose, repeat in two weeks or longer. ***Skin aggravation can be very strong.*** Therefore with skin problems be vigilant and proceed very carefully. Always wait for this to stop before giving next dose. Severe pullout may occur only after second dose. Maximum of 4 doses can be given.
- **Guiding Symptoms in Order of Importance:**
  - ❑ SKIN – Any skin condition dry or with vesicles with itch. Dirty, smelly, itchy, skin. Herpetic eruptions especially on scalp and bends of joints.
  - ❑ Extreme sensitiveness to cold. Debility, independent of any organic disease. Weakness after acute illness like pneumonia or measles.
  - ❑ Mental anxiety, full of fears, chronic grumblers.
  - ❑ Chronic asthma, dry hard cough with great weakness in chest.
  - ❑ Chronic headaches, hungry during attacks, with vertigo. Hammering pain; brain feels too large. Dull pressive pain in occiput. Humid eruption on scalp; hair matted. Hair dry.
  - ❑ Hayfever returning each year.
- **Symptoms better:** with heat or warmth, wearing warm clothes even in summer.
- **Symptoms worse:** after coffee, change of weather, hot sun; dreads least cold or draft, headache from sunrise to sunset.

### Syphilinum SR251:

- **Dosage** 200C or 1M...one dose, repeat in two weeks if no pullout. Maximum of 4 doses can be given.
- **Guiding Symptoms in Order of Importance:**
  - ❑ DECAY OF TISSUE - decay of ossicles in ear, decay of nasal bones, teeth decay at gum etc.
  - ❑ Ulceration of mouth, nose, genitals, skin. Succession of abscesses.
  - ❑ Mind is apathetic, feels as if going insane or being paralysed. Fears the night.
  - ❑ Pain in bones of head. Hair falling out. Linear pains from temple across, or from eyes backward causing sleeplessness.
  - ❑ Chronic asthma in summer, wheezing and rattling. Dry hard cough, worse at night.
  - ❑ Rheumatism of shoulder-joint. Rheumatism, muscles are caked in hard knots and lumps. Redness and rawness between toes.
  - ❑ Suppurating ulcers.
  - ❑ Alcohol craving.
- **Symptoms better:** inland and on mountains, during the day, when moving about slowly.
- **Symptoms worse:** pains between sunset to sunrise, utter prostration and debility in the morning.

### Tuberculinum - Bacilinum SR252, a combination of Psorinum and Syphilinum Miasms:

- **Dosage:** In the case of infants and children one or two doses of 200C is usually

sufficient. Give only when they are healthy, then aggravation will be minimal like a small cough or rash. Wait two weeks after any pullout before giving another dose. With adults, who have been generally unwell much of their lives with some of the symptoms given below, treatment may take longer and the increasing potency table should be considered

- ❑ **General:** 200C or 1M ...one dose, repeat in two weeks if there is no pullout otherwise two weeks after pullout.
- ❑ **Increasing potencies** <sup>0002</sup>: On any potency, if there is a pullout, wait for aggravation to subside and then repeat that potency until there is no pullout.  
 200C...one dose; second dose after two weeks  
 1M...one dose, one month after last 200C potency  
 10M...one dose, one month after last 1M potency  
 50M...one dose, one month after last 10M potency  
 CM...one dose, two months after last 50M potency
- **Guiding Symptoms in Order of Importance:**
  - ❑ LUNG, CHEST, ENLARGED TONSILS, NASAL CONDITIONS – hard dry cough, shortness of breath, sensation of suffocation even in fresh air, longs for cold air, profuse sweating and loss of weight.
  - ❑ Respiratory problems alternating with skin problems.
  - ❑ Kidney and bladder problems, chronic cystitis.
  - ❑ Eczema covering body with intense itching.
  - ❑ Perforated ear-drum.
  - ❑ Rapid wasting of the body even with a good appetite.
  - ❑ Epilepsy.
  - ❑ Brain headaches and intense neuralgia as of an iron band, Meningitis.
  - ❑ Low recuperative power specially in narrow-chested subjects; susceptible to changes in weather. Always tired, aversion to work - wants constant change.
  - ❑ Allergy to cats, pollen or fear of dogs.
  - ❑ CHILDREN AND INFANTS who have been sickly from birth. Who have frequent colds, tonsillitis, sinus, ear infections, chest problems, eczema, frequent diarrhoea. Hyperactive children, mentally deficient or slow in development.
- **Symptoms better:** in open air.
- **Symptoms worse:** with movement, before a storm; early morning; standing; with dampness; from draught; after sleep.

### All Miasms SR560:

- **Dosage:**
  - ❑ **general:** (200C)...one dose, wait and see, repeat when no aggravation.
  - ❑ **all patients** <sup>1804</sup>: (200C)...one dose every week.

**Carcinosin SR282, a cancer nosode:** Note that cancer is now considered a fifth miasm, an inherited presence of all four miasms and should be used with the same caution and discernment as miasms; no other miasm to be given while on Carcinosin.



- **Dosage:** (10M)...one dose a week for six weeks **OR** (CM)...one dose, wait and see.
- **General usage:** Background remedy for all cancers; specific for pain and prevention of cancer.

## Miscellaneous

*Includes problems of newborns and elderly, multiple problems, plants, prevention, travel sickness, vertigo, etc.*

**General (all problems, worse at night):** See *Miasms* ([\*Syphilinum\*](#))

**Aging:** See [\*Elderly\*](#) below and *Nervous System* ([\*Senility and Alzheimer's\*](#))

**Allergies:** See [\*Immune System\*](#), [\*Respiratory System\*](#) and [\*Skin\*](#)

**Candida:** See *Fevers and Infections* ([\*Fungus\*](#))

**Children (including newborns):**

- **asthma (initial stages) :** #1) NM8 Chest + NM9 Chest TS + NM49 Chest Tonic + SR272 Arsen Alb (30C) + SR297 Ipecac (30C); #2) SR252 Tub-Bac (1M)...single dose only; **miasms not usually given to children under five;** see [\*Miasms\*](#) ([\*Precautions and Guidelines\*](#))
- **asthma, babies** <sup>0009</sup>: SM26 Immunity + SM27 Infection + SM31 Lung & Chest
- **chest (undernourished with emaciated body)** <sup>0009</sup>: #1) NM3 Bone I + NM8 Chest + NM9 Chest TS + SR289 Drosera (30C) #2) SR252 Tuberculinum, if five years old or more (1M), if less than five (200C) ...single dose only; wait one or two months before a second dose (two doses maximum); **miasms not usually given to children under five;** see [\*Miasms\*](#) ([\*Precautions and Guidelines\*](#))
- **diarrhoea from milk** <sup>0009</sup> : #1) SR398 Nat Carb (30C); #2) SR252 Tub-Bac (1M)...one dose every two weeks (four doses maximum); **miasms not usually given to children under five;** see [\*Miasms\*](#) ([\*Precautions and Guidelines\*](#))
- **fontanelles, to close** <sup>0009</sup>: SR254 Calc Phos (30C) + SR280 Calc Carb (30C) + SR521 Pineal Gland
- **hernia:** See *Digestive System* ([\*Hernia\*](#))
- **hyperactive, hyperkinetic** <sup>0009</sup>: #1) NM6 Calming + SR543 Agaricus Mus + SR521 Pineal Gland + SR535 Thymus Gland; #2) SR252 Tub-Bac (1M)...single dose only; **miasms not usually given to children under five;** see [\*Miasms\*](#) ([\*Precautions and Guidelines\*](#))
- **lagging behind** <sup>0009</sup>: #1) NM5 Brain TS + SR253 Calc Fluor (200C) + SR261 Nat Mur (30C) + SR268 Anacardium (30C) + SR458 Brain Whole; #2) SR252 Tub-Bac (1M)...single dose only; **miasms not usually given to children under five;** see [\*Miasms\*](#) ([\*Precautions and Guidelines\*](#))
- **miasms**
  - ❑ **age: not usually given to children under five;** miasms (including SR282 Carcinosis) should not be given to infants; SR250 Psorinum, for skin problems, should not be given until older (see *Skin Problems* below); Tuberculinum (200C) may be given to children under 5 and Tuberculinum (1M) to children over five
  - ❑ **dosage (with extreme caution):** give one dose and wait for one or two months before second dose; one or two doses should be sufficient; close supervision is

essential

- **dosage (standard):** give one dose every two weeks (four doses maximum); in case of strong pull-out, give one dose and wait for aggravations to subside before giving another dose; miasm remedies not to be taken home; a healer should administer and monitor dosage; must be closely monitored for aggravation, therefore close communication and supervision essential
- **standard:** Give one dose and wait; if no aggravation, a second dose in one or two weeks (one or two doses is usually sufficient; four doses maximum)
- **repeating dosage after four months minimum, usually six months or a year:** this is often required, but may be for precautionary measures; usually one or two doses is sufficient as follow-up;
- **not eating well** <sup>0009</sup>: NM22 Liver + NM29 Sufi + SR254 Calc Phos (30C & 200C) + SR280 Calc Carb (30) + SR299 Lycopodium (200C) + SR374 Causticum (30C)
- **problems (teething, tantrums)** <sup>0009</sup>: SR265 Aconite (200C) + SR275 Belladonna (30) + SR283 Chamomilla (200C)
- **slow development (late walking/not eating well)** <sup>0009</sup>: NM22 Liver + NM29 Sufi + SR254 Calc Phos (30C & 200C) + SR280 Calc Carb (30C) + SR299 Lycopodium (200C) + SR374 Causticum (30C)
- **upper respiratory infection** <sup>1871</sup>: NM18 General Fever + NM36 War + SR393 Gunpowder

**Diabetes:** See *Digestive System* ([Diabetes](#))

**Diuretic (excess fluid):** See *Circulatory System* ([Heart](#) and [Swelling](#)), *Kidney and Bladder* ([Diuretic](#)), and *Respiratory System* ([Lung](#))

**Dizziness:** See [Vertigo](#) below

**Elderly**

**tonic:** NM2 Blood + NM3 Bone I + NM6 Calming + NM7 CB 7 + NM12 Combination12 + NM21 KBS + NM22 Liver + NM67 Calcium + SR360 VIBGYOR + SR561 Vitamin Balance

**Fainting:** See [Vertigo](#) below

**Gangrene:** See *Circulatory System* ([Gangrene](#))

**Gout** <sup>CH1221</sup>: NM3 Bone I + NM20 Injury + NM63 Back-up + NM67 Calcium + NM82 Gout + NM97 Sciatic

**Multiple Problems:**

- **Multiple Problems** (lungs, bladder, heart, blood pressure, colon fistula, cataracts, depression, low energy) <sup>CH1039</sup>: See case history for full details

**Pain** <sup>1176</sup>: NM59 + SM33 + OM33

**Plants:**

- **general** <sup>0512</sup>: SM26 Immunity + SM41 Uplift + SR315 Staphysagaria
- **dry, withering** <sup>0746</sup>: NM91 Paramedic Rescue + SM2 Divine Protection
- **invaded by insects** <sup>1147</sup>: SR325 Rescue ... Twice per week for 1 month

**Prevention (prophylactics):** See [Fevers and Infections](#), [Female Organs](#), and [Male Organs](#)

- **general:** Any vibrionic remedy can be taken three times per week or more often to

prevent a disease or imbalance

**Rabies, Suspected** <sup>0009</sup>: Give both of the following for ten days: **#1**) NM25 Shock + NM59 Pain + SR275 Belladonna (30C) + SR325 Rescue...TDS; **#2**) SR393 Lyssin (CM)...OD

**Shock/Trauma**: See *First Aid* ([Shock/Trauma](#))

**Sleep**: See *Mental-Emotional* ([Sleep](#))

**Stammering/Stuttering**: SR459 Brain (Broca's Area) + SR460 Brain (Cerebellum); **OR** <sup>0009</sup>: SR260 Mag Phos (200C) + SR371 Bovista + SR410 Stramonium + SR435 Mimulus + SR459 Brain (Broca's Area)

**Sunstroke**: See *First Aid* ([Emergencies](#))

**Surgery**: See *First Aid* ([Surgery](#))

**Tetanus**: SR295 Hypericum (200C) + SR353 Ledum (200C) + SR575 Tetanus

- **prevention**: SR295 Hypericum (200C) + SR353 Ledum (200C) + SR575 Tetanus

**Travel Sickness and Jet Lag** <sup>0009</sup>: SR364 Apomorphia (1M) + SR378 Coccus + SR380 Colchicum (1M)

**Tumours and Growths (benign and malignant)**: See [Cancers and Tumours](#)

**Underweight** <sup>1144</sup>: NM12 Combination 12 + NM90 Nutrition + NM229 Emerald + SR386 Glycerinum

**Vaccination (ill effects)**: See [Immune System](#)

**Vertigo (dizziness, fainting)** <sup>0009</sup>: NM91 Paramedic Rescue + SR265 Aconite + SR271 Arnica (200C) + SR281 Carbo Veg + SR325 Rescue; **OR** if sudden, SR381 Conium + SR461 Brain (Medulla) + SR462 Brain (Pons) **OR** if lying down, SR389 Kali Bic **OR** if on rising or walking, SR287 Digitalis **OR** of elderly, SR368 Bellis Perennis

**Vitality Tonic** <sup>1871</sup>: NM2 Blood + NM3 Bone I + NM5 Brain TS + NM7 CB 7 + NM12 Combination 12 + NM17 Eye + NM21 KBS + NM45 Atomic Radiation + NM48 Vitamin Eye Compound + NM63 Back-up + NM86 Immunity + NM90 Nutrition + NM104 Tops + BR18 Circulation + SM14 Chemical Poison + SM26 Immunity + SR233 Ruby + SR281 Carbo Veg + SR360 Vibgyor + SR561 Vitamin Balance + for elderly, BR23 Skeletal

## Nervous System

*Includes brain and nerve disorders, dementia, senility and Alzheimer's*

**General (living out of reality)**: SR233 Ruby + SR218 Base Chakra, *one dose, wait and see*

**Alzheimer's**: See [Senility and Alzheimer's](#) below

**Aphasia (loss of speech)** <sup>0009</sup>: SR374 Causticum (200C) + SR383 Cuprum Met + SR390 Kali Brom (200C) + SR400 Oxalic Acid + SR410 Stramonium + SR459 Brain (Broca's Area) + if from walking in wind, SR399 Nux Mosch (200C)

**Bell's Palsy** : **#1**) SR291 Gelsemium (30C) + SR374 Causticum (30C) + SR378 Coccus + SR463 Cranial Nerves; **#2**) SR249 Medorrhinum (1M)...one dose every two weeks (four doses total); see [Miasms](#) ([Precautions and Guidelines](#))

**Cerebral Haemorrhage**: See [Circulatory System](#)

**Dementia** <sup>0009</sup>: **#1**) NM5 Brain TS + SR344 Avena Sat; **#2**) SR249 Medorrhinum (1M)

alternating with SR251 Syphilinum (1M)...one dose of first miasm, wait two weeks; if no aggravations, one dose of second miasm; alternate (no more than two doses of each miasm); see [Miasms \(Precautions and Guidelines\)](#); **#3**) Aswagandha - an Ayurvedic remedy, when available

### Epilepsy:

- **general:** NM50 Epilepsy + NM78 Epilepsy-B + SR390 Kali Brom (CM); **OR**<sup>0009</sup>: NM6 Calming + NM54 Spasm + SR383 Cuprum Met + SR390 Kali Brom (CM) + if full moon or new moon attack, SR264 Silicea (CM)
- **epilepsy during menses** <sup>0009</sup>: SR309 Pulsatilla (200C) + SR383 Cuprum Met (30C) + SR390 Kali Brom (30C)
- **Infantile Convulsions** <sup>CH1143</sup>: NM63 Backup, NM50 Epilepsy, SM12 Brain & Paralysis, NM18 General Fever, OM20 Paralysis Flaccid, SR460 Brain (Cerebellum) see case history for full details

**Memory:** <sup>1682</sup>: NM5 Brain TS + NM104 Tops + BR4 Fear + SM9 Lack of Confidence; **OR** <sup>0009</sup>: NM5 Brain TS + NM104 Tops + SR261 Nat Mur (30C) + SR268 Anacardium (30C); **OR**<sup>1103</sup>: SR328 White Chestnut + SR425 Clematis + SR426 Elm + SR427 Gentian + SR434 Larch; **OR**<sup>1863</sup>: NM104 Tops + BR7 Stress + SR219 Brow Chakra

### Multiple Sclerosis:

- **general:** OM20 Paralysis Flaccid + OM21 Paralysis Spastic...6TD or 8TD; **OR:** SR497 Histamine (1X and 10MM) + BR22 Paralysis (6X and 50M)...6TD or 8TD
- **Multiple Sclerosis** <sup>CH0512</sup>: OM11 Eye, OM20 Paralysis Flaccid, OM21 Paralysis Spastic, BR18 Circulation
- **Multiple Sclerosis (paralysis, bed-ridden, nervous)** <sup>CH0568</sup>: NM72 Cleansing, BR6 Hysteria, BR4 Fear, SR218 Base Chakra, SR314 Spinal Integrity; see case history for full details

**Nerve Injury, After** <sup>0009</sup>: SR295 Hypericum (200C) + SR365 Allium Cepa

**Neuralgia:** NM5 Brain TS, NM44 Trigeminal Neuralgia, SR230 Moonstone, SR234 Sapphire, SR295 Hypericum (200C)

- **face:**
  - **general (entire face)** : NM44 Trigeminal Neuralgia + SR352 Kalmia + SR388 Hekla Lava + SR552 Iris Ver (200C)
  - **around eyes** <sup>0009</sup>: OM13 Trigeminal + SR375 Chinin Sulph (200C)
- **ovaries** : SR265 Aconite (200C) + SR275 Belladonna (200C) + SR276 Berberis (200C) + NM36 War or NM293 Gunpowder
- **under fingernails** <sup>0009</sup>: SR267 Alumina (200C) + SR293 Gunpowder + SR342 Ant Crud (200C)

### Paralysis:

- **general:** 1) NM69 CB 8, OM20 Paralysis Flaccid, OM21 Paralysis Spastic, SM12 Brain & Paralysis, BR22 Paralysis, SR233 Ruby, SR295 Hypericum (30C) **#2)** <sup>0009</sup> If gradual weakening, SR374 Causticum (30C); if starting from limbs, SR381 Conium; if from alcohol abuse, SR303 Opium (30C); if from overstrain, SR271 Arnica (30C) + SR356 Plumbum Met (30C); if from lying on damp floor or with numbness, SR311 Rhus Tox (30C); if acute with numbness and swollen feeling, SR374 Causticum (1M)

- **Gerard Syndrome:**

- **Paralysis (waist down)** <sup>CH0009</sup>: See case history for full details
- **hands (drops things): #1** SM15 Circulation + SR263 Nat Sulph (200C) + SR404 Picric Acid; **#2** Ambra Grisa (30C) from homoeopathic store
- **Hemiplegia:**
  - **Hemiplegia (one-sided paralysis after a stroke)** <sup>CH0512</sup>: BR22 Paralysis, OM20 Paralysis Flaccid; see case history for full details
- **legs:** NM97 Sciatic + OM18 Sacral & Lumbar + OM20 Paralysis Flaccid; **OR** <sup>0009</sup>: SM12 Brain & Paralysis + BR22 Paralysis + SR267 Alumina (200C) + SR291 Gelsemium (30C) + SR543 Agaricus Mus
- **If one-sided** <sup>0009</sup>: **#1** SR378 Coccus; **#2** SR251 Syphilinum (1M)...one dose every two weeks (four doses total); see [Miasms \(Precautions and Guidelines\)](#)
- **rectum** : SR260 Mag Phos (200C) + SR291 Gelsemium (200C) + SR481 Colon Total
- **tongue (dribbles saliva)** <sup>0009</sup>: SR291 Gelsemium (200C) + SR356 Plumb Met (200C) + SR374 Causticum (200C) + SR546 Baryta Carb
- **sphincter muscles** <sup>0009</sup>: SR260 Mag Phos (200C) + SR291 Gelsemium (200C)
- **vocal cords:** See [Aphasia](#) above

**Parkinson's Disease:**

- **general:** NM43 Tremors + NM54 Spasm + OM20 Paralysis Flaccid + OM34 Parkinson's + SM12 Brain & Paralysis
- **Parkinson's Disease (first stage)** <sup>CH0921</sup>: NM43 Tremors + OM34 Parkinson's

**Senility and Alzheimer's** <sup>0009</sup>: **#1** NM5 Brain TS + NM75 Debility + SR268 Anacardium + SR344 Avena Sat; **#2** SR249 Medorrhinum (1M)...one dose, repeat in two weeks; may repeat in six months; see [Miasms \(Precautions and Guidelines\)](#); **#3** Aswagandha - an Ayurvedic remedy, when available

**Spasms:**

- **general** <sup>0009</sup>: SR260 Mag Phos (200C) + SR383 Cuprum Met + SR543 Agaricus Mus
- **spasm after spasm** <sup>0009</sup>: SR269 Antim Tart + SR289 Drosera (30C) + SR383 Cuprum Met (30C)

**Stammering/Stuttering:** SR459 Brain (Broca's Area) + SR460 Brain (Cerebellum); **OR** <sup>0009</sup>: SR260 Mag Phos (200C) + SR371 Bovista + SR410 Stramonium + SR435 Mimulus + SR459 Brain (Broca's Area)

**Tremors:** NM43 Tremors + if hands, SR363 Ammonium Carb

**Water on the Brain (Hydrocephalus):** NM5 Brain TS + NM34 Water Balance (30C and CM) + SR261 Nat Mur + SR458 Brain Whole + Hedra Helix (200C) from homoeopathic store

## Respiratory System

*Includes lungs, chest, throat, nose, tonsils and sinuses*



**Air Conditioning and Drafts, Effects of:** SR265 Aconite + SR272 Arsen Alb (30C) + SR309 Pulsatilla (30C)

**Allergies: Listed by disease;** also see [Immune System](#) and [Skin](#)

- **general:** Potentise allergen, if known (200C)
- **general:** NM36 War + NM46 Allergy 2 + NM62 Allergy B + + OM23 Sinus + SR308 Pituitary Gland + SR497 Histamine

**Asthma:**

- **general:** NM8 Chest + NM9 Chest TS + NM70 CB 9 + NM71 CCA + OM2 Respiratory + SR451 ACTH Hormone
- **after eating** <sup>0009</sup>: SR281 Carbo Veg
- **alternating with skin rashes** <sup>0009</sup>: SR272 Arsen Alb (200C) Caladium (200C) from homoeopathic store
- **babies** <sup>0009</sup>: SM26 Immunity + SM27 Infection + SM31 Lung & Chest
- **bronchial** <sup>0009</sup>: SR272 Arsen Alb (30C) + SR297 Ipecac (30C); **OR**<sup>1263</sup> : NM8 Chest + NM9 Chest Tissue Salts + NM62 Allergy B + NM86 Immunity + BR13 Allergy
- **cardiac** <sup>0009</sup>: SR366 Aspidosperma + SR413 Sumbul (6X) + SR541 Adonis Ver
- **children (initial stages): #1)** NM8 Chest + NM9 Chest TS + NM49 Chest Tonic + SR272 Arsen Alb (30C) + SR297 Ipecac (30C); **#2)** SR252 Tub-Bac, if under five (200C), if over five (1M)...single dose; see [Miasms \(Precautions and Guidelines\)](#)
- **emergency:** NM91 Paramedic Rescue + SR265 Aconite + SR271 Arnica (200C) + SR281 Carbo Veg + SR325 Rescue + SR366 Aspidosperma

**Bronchitis:**

- **general** <sup>0009</sup>: SR272 Arsen Alb (30C) + SR297 Ipecac (30C) + SR333 B Morgan + SR339 Sycotic Co

**Chest:**

- **general:** NM8 Chest + NM9 Chest TS + NM70 CB 9; **OR**<sup>0009</sup>: NM21 KBS + SR263 Nat Sulph + SR270 Apis Mel + SR277 Bryonia (30C) + SR317 Sulphur (30C) + SR541 Adonis Ver + Adonidin (30C) from homoeopathic store
- **congestion** <sup>CH1500</sup>: Nosode of sputum (200C)
- **difficult breathing (chronic congestion):** NM46 Allergy2 + NM62 AllergyB + OM23 Sinus + SR272 Arsen Alb + SR297 Ipecac + SR308 Pituitary + SR497 Histamin
- **mucous expectoration** <sup>0009</sup>: If yellow, SM27 Infection; if white, SR263 Nat Sulph + SR269 Antim Tart (6X); if tough, SR277 Bryonia (200C) + SR294 Hepar Sulph (6X)
- **painful:** NM9 Chest TS + NM59 Pain + SR277 Bryonia (200C) + if infection, SM27 Infection
- **problems worse at seaside** <sup>0009</sup>: SR252 Tub-Bac (1M)...one dose, may repeat in a week, one or two doses should be sufficient; see [Miasms \(Precautions and Guidelines\)](#)
- **problems alternating with skin problems** <sup>0009</sup>: SR252 Tub-Bac (1M)...one dose, may repeat in a week, one or two doses should be sufficient; see [Miasms \(Precautions and Guidelines\)](#)

**Cold:**

- **general:** NM11 Cold + SR261 Nat Mur (CM) + SR263 Nat Sulph (CM)...frequently
- **from exposure to inclement weather:** NM9 Chest Tissue Salts + NM11 Cold + NM36 War + SR261 Nat Mur + SR265 Aconite
- **from getting wet:** SR261 Nat Mur + SR265 Aconite + SR311 Rhus Tox (1M) + SR342 Antim Crud (1M) + if cough usually follows cold, SR311 Rhus Tox (30C)
- **repeated attacks:** SM26 Immunity + SM27 Infection + SM41 Uplift

**Cough:**

- **general** <sup>0009</sup>: NM8 Chest + NM26 Penmycin + SR294 Hepar Sulph Calc + SR269 Antim Tart
- **chronic** <sup>1682</sup>: NM71 CCA + NM86 Immunity + BR14 Lung + SR230 Moonstone + SR243 Lung Meridian;
  - **violent** <sup>1144</sup>: NM9 Chest Tissue Salts + NM49 Chest Tonic + NM71 CCA + NM73 Croup + NM76 Dyspnoea
- **dry:** SR265 Aconite + SR275 Belladonna (30C) + SR289 Drosera (30C) + SR277 Bryonia + SR381 Conium + SR355 Oleum Jec
- **dry with cold** <sup>1815</sup>: NM9 Chest TS + NM11 Cold + NM36 War + SR261 Nat Mur + SR265 Aconite + SR275 Belladonna (30C) + SR277 Bryonia + SR289 Drosera (200C)
- **recurring and non-stop due to weather (eosinophilia high):** OM1 Blood + SR272 Arsen Alb (30C) + SR313 Sepia (30C) + SR529 Spleen
- **while eating, talking, singing:** SR306 Phosphorus (200C)

**Croup:** if symptoms just started, SR265 Aconite; if a few hours old, SR294 Hepar Sulph Calc, SR557 Spongia Tosta

- **prevention:** SR306 Phos (10M)...three doses per week

**Dyspnoea (shortness of breath):**

- **general** <sup>0009</sup>: SR287 Digitalis + SR304 Oxygen + SR363 Ammonium Carb
- **Dyspnoea** <sup>CH1456</sup>: NM8 Chest, NM9 Chest TS, SM26 Immunity, SM27 Infection, SM31 Lung & Chest, SR252 Tuberculinum, SR505 Lung; see case history for full details

**Flu (influenza):** NM18 General Fever + NM36 War + NM79 Flu Pack + NM81 Glandular Fever + SR385 Eupatorium Perf

- **prevention:** NM79 Flu Pack...three doses per week

**Hayfever:** Also see *Immune System* ([Allergies](#)), *Skin* ([Allergies](#))

- **Hayfever** <sup>CH1253</sup>: NM19 Hayfever + NM62 Allergy-B + BR4 Fear + BR13 Allergy + NM92 Post Nasal Drip + SR322 Urtica Urens + SR434 Larch

**Lungs:**

- **chronic frequent infections** <sup>1176</sup>: NM36 War + NM114 Elimination + SM31 Lung & Chest + SM35 Sinus + SM40 Throat; Also helpful for acute problems
- **diuretic (pulmonary oedema, excess lung fluid):** NM34 Water Balance + SR277 Bryonia (30C) + SR317 Sulphur (30C)

- **diuretic (whole body swollen, especially ankles and below eyes)** <sup>0009</sup>: NM21 KBS + SR263 Nat Sulph + SR270 Apis Mel + SR277 Bryonia (30C) + SR317 Sulphur (30C) + SR541 Adonis Ver + Adonidin (30C) from homoeopathic store

#### Nose:

- **congested**: SR253 Calc Fluor + SR254 Calc Phos + SR299 Lycopodium (30C) + SR302 Nux Vom (30C) + SR512 Nasal Mucous Membrane + SR545 Aurum Trip
- **obstructions (nasal polyps, deviated septum)**: #1) NM3 Bone I + SR253 Calc Fluor (200C) + SR254 Calc Phos (200C) + SR264 Silicea + SR318 Thuja (30C) + SR339 Sycotic Co + SR455 Artery + SR457 Bone + SR517 Parathyroid + SR539 Vein + if polyps, Agraphis Nutans (30C) from homoeopathic store; #2) SR249 Medorrhinum (1M)...one dose every two weeks (four doses maximum)

#### Pneumonia:

- **general** <sup>0009</sup>: NM9 Chest TS + BR14 Lung + SR284 Chelidonium + if left lung, SR277 Bryonia + if right lung, SR299 Lycopodium (200C)
- **bronchi-** <sup>0009</sup>: SR260 Mag Phos + SR265 Aconite + SR325 Rescue + SR542 Aethusa Cyn (200C)

#### Sinus:

- **general** <sup>0009</sup>: #1) NM16 Drawing + NM99 Sinus + BR15 Sinus + SR294 Hepar Sulph (6X); #2) SR252 Tub-Bac (1M)... one dose, may repeat in two weeks, if no aggravation may repeat in six months; see [Miasms \(Precautions and Guidelines\)](#)
- **blocked**: OM23 Sinus + NM16 Drawing
- **infection (sinus, glands and throat)**:
  - **Sinus (with ear infection)** <sup>CH0956</sup>: #1) SM27 Infection + SM35 Sinus; #2) NM16 Drawing + BR10 Fever & Infection + SM19 Ears
- **loss of smell**: SR464 CN1:Olfactory + SR512 Nasal Mucous Membrane + SR527 Sinus Paranasal

#### Throat and Tonsils:

- **hoarseness (loss of voice)** <sup>0009</sup>: SR545 Aurum Trip; **OR** <sup>1957</sup>: NM6 Calming + NM30 Throat + SM26 Immunity
- **pain acute**: NM30 Throat + NM31 Tonsils + SR293 Gunpowder; **OR** <sup>0009</sup>: NM31 Tonsils + NM36 War + SM40 Throat + SR546 Baryta Carb + SR554 Lac Can
- **splinter feeling when swallowing** <sup>0009</sup>: SR294 Hepar Sulph Calc + SR343 Argent Nit + SR354 Nitric acid
- **sore throat with swollen lymph glands** <sup>1566</sup>: NM36 War + NM30 Throat + NM81 Glandular Fever + NM92 Post Nasal Drip + NM99 Sinus + SR385 Eupatorium Perf
- **tonsils** <sup>0009</sup>: #1) NM31 Tonsils + SM40 Throat + SR257 Kali Mur + SR546 Baryta Carb + (during attack, NM26 Penmycin + SM27 Infection + SM41 Uplift); #2) SR252 Tuberculinum-Bacilinum (1M)...one dose, repeat in two weeks; see [Miasms \(Precautions and Guidelines\)](#)

**Tuberculosis (lungs)**: #1) NM26 Penmycin; #2) SR252 Tub-Bac (1M)...one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)

# Skeletal and Locomotor Systems

*Includes spine, joints, muscles, and extremities*

**Arthritis and Rheumatism:** Also see [Extremities](#) below

- **general: #1)** NM24 Rheumatism & Arthritis + SR310 Radium + SR311 Rhus Tox (200C); **#2)** SR221 Heart Chakra; see *Endocrine System* ([Chakras](#) - [Precautions and Guidelines](#)); **#3)** SR249 Medorrhinum (1M)...one dose, repeat in two weeks see [Miasms](#) ([Precautions and Guidelines](#))
  - **arm pain (shoulders to fingers)** <sup>0009</sup>: NM258 Kali Phos (200C) + NM276 Berberis (200C)
  - **hand** <sup>0009</sup>: NM58 Hand Rheumatism + SR311 Rhus Tox (30C) + SR373 Caulophyllum
  - **small joint pain** <sup>0009</sup>: SM34 Arthritis + SR262 Nat Phos + SR373 Caulophyllum + SR380 Colchicum
- **osteoarthritis:**
  - **general** <sup>0760</sup>: SR254 Calc Phos + SR277 Bryonia + SR307 Phytolacca + SR311 Rhus Tox + SR380 Colchicum + SR405 Ruta; all remedies (4X)...6TD, or every half hour for acute pain
  - **Osteoarthritis (knees, menopause)** <sup>CH0760</sup>: NM3 Bone I, NM40 Knees, OM16 Knees, SM28 Injury, SM36 Skeletal, SR533 Synovial Tissue, NM10 Climacteric, SR339 Sycotic Co, SR477 Capillary, BR16 Female, NM6 Calming, NM21 KBS, NM22 Liver, SR333 B Morgan; see case history for details
- **rheumatoid arthritis:**
  - **general** : SR473 CN10:Vagus + SR221 Heart Chakra + SR223 Solar Plexus Chakra...one dose per week
  - **general** <sup>0009</sup>: **#1)** NM3 Bone I + NM7 CB 7 + SM28 Injury + SR342 Antim Crud (1M); **#2)** SR249 Medorrhinum (1M) and SR251 Syphilinum (1M); **one miasm at a time; one dose, second dose in two weeks if no aggravation; see [Miasms](#) ([Precautions and Guidelines](#))**
  - **Rheumatoid** <sup>CH0512</sup>: SM34 Arthritis, SM29 Kidney, SM36 Skeletal; see case history for full details
  - **Rheumatoid (hysterectomy)** <sup>CH1096</sup>: NM24 Rheumatics & Arthritis + NM58 Hand Rheumatism + SM16 Cleansing + SM28 Injury + SM29 Kidney + SM34 Arthritis + SR233 Ruby

**Bone Decalcification** <sup>0009</sup>: OM3 Bone I + SR457 Bone + SR517 Parathyroid

**Extremities:** See [Arthritis and Rheumatism](#) above

- **general:**
  - **arm pain (shoulders to fingers)** <sup>0009</sup>: NM258 Kali Phos (200C) + NM276 Berberis (200C)
  - **small joint pain** <sup>0009</sup>: SM34 Arthritis + SR262 Nat Phos + SR373 Caulophyllum + SR380 Colchicum

- **ankle, sprains easily** <sup>0009</sup>: NM7 CB 7 + SM28 Injury + SR353 Ledum (30C) + SR398 Nat Carb (30C)
- **elbow** <sup>0760</sup>: NM3 Bone I + SM28 Injury + SM36 Skeletal + SR488 Elbow Joint
- **hands:**
  - **drops things:** See *Nervous System* ([Paralysis](#))
  - **rheumatism** <sup>0009</sup>: NM58 Hand Rheumatism + SR311 Rhus Tox (30C) + SR373 Caulophyllum
- **heel pain (better with movement)** <sup>0009</sup>: NM36 War + SR311 Rhus Tox (30C) + SR353 Ledum (30C)
- **knees:**
  - **general: #1)** <sup>1373</sup> NM3 Bone I + NM40 Knees + NM97 Sciatic + SR378 Coccus + SR533 Synovial Tissue; **#2)** NM40 Knees, NM113 Inflammation, OM3 Bone I, OM16 Knees, OM30 Connective Tissue, SR253 Calc Flour, SR457 Bone, SR479 Cartilage, SR533 Synovial Tissue
  - **pain behind** <sup>0009</sup>: Give both of the following; **#1)** See *knees - general* directly above; **#2)** NM 97 Sciatic + OM32 Spine-Dorsal + SR299 Lycopodium (200C) + SR374 Causticum (30C)
- **leg pain-persistent:** SM15 Circulation + SR256 Ferrum Phos (200C) + SR271 Arnica (30C) + SR455 Artery + SR539 Vein + SR561 Vitamin Balance
- **soles and palms, burning** <sup>0009</sup>: **#1)** SR283 Chamomilla (200C) + SR317 Sulphur (200C) + SR555 Lilium Tig; **#2)** SR249 Medorrhinum (1M)...one dose every two weeks (four doses maximum); see [Miasms](#) ([Precautions and Guidelines](#))
- **wrist:**
  - **general:** NM3 Bone I + SM28 Injury + SM36 Skeletal + SR479 Cartilage + SR256 Ferrum Phos + SR405 Ruta (30C) + SR253 Calc Fluor + SR313 Sepia (30C)
  - **carpal tunnel syndrome:** OM27 Supportive Tissue + OM30 Connective Tissue + if needed, NM113 Inflammation
  - **ganglion** <sup>0009</sup>: SR253 Calc Flour (200C)+ SR369 Benzoic Acid + SR405 Ruta (200C)
- **swollen Wrist** <sup>CH0707</sup> : NM16 Drawing + SR270 Apis Mel + SR351 Kali Carb + SR388 Hekla Lava; see [Skin](#) ([Precautions and Guidelines](#)) for use of Drawing

### Fractures:

- **Fractures:** <sup>1159</sup>: NM3 Bone I + NM20 Injury + NM59 Pain + SR271 Arnica (6C) + SR405 Ruta (6C); **OR** <sup>0009</sup>: **#1)** NM3 Bone I + SM27 Infection + SM28 Injury + SM33 Pain + Symphytum (CM) from homoeopathic store; **#2)** NM25 Shock + SR325 Rescue...OD for 15 days
- **Fractures** <sup>CH1317</sup>: NM20 Injury + OM27 Supportive Tissue + OM30 Connective Tissue + SM33 Sleep + SM37 Pain
- **Fractures** <sup>CH1144</sup> (multiple breaks, spiral): NM3 Bone I, NM20 Injury, NM59 Pain, NM67 Calcium, NM6 Calming, NM69 CB 8, BR2 Blood Sugar, BR3 Depression, NM58 Hand Rheumatism, OM30 Connective Tissue; see case history for full details

### Gout:



- **general** <sup>0009</sup>: NM21 KBS + NM22 Liver + NM82 Gout + SR322 Urtica Urens + SR369 Benzoic Acid
- **Gout** <sup>CH1221</sup>: NM3 Bone I + NM20 Injury + NM63 Back-up + NM67 Calcium + NM82 Gout + NM97 Sciatic

**Hip:**

- **general**: NM97 Sciatic + OM18 Sacral & Lumbar
- **stiffness and pain** <sup>0009</sup>: **#1**) NM3 Bone I + SR259 Kali Sulph (200C) + SR351 Kali Carb; **#2**) SR249 Medorrhinum (1M)...one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)

**Jawbone Decay** <sup>0009</sup>: **#1**) NM3 Bone I + SR280 Calc Carb (200C) + SR318 Thuja (200C) + SR388 Hekla Lava; **#2**) SR251 Syphilinum (1M)...one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)

**Knee Injury** <sup>1144</sup> **#1**) NM20 Injury + NM38 Back Pain + OM16 Knees + SR355 Oleum Jec; **#2**) SM 28 Injury + SM34 Arthritis + SM36 Skeletal + SR310 Radium

**Mastoid Inflammation** <sup>0009</sup>: SR293 Gunpowder + SR372 Capsicum

**Muscle:**

- **cramps anywhere in body** <sup>0009</sup>: also see *Female Organs* ([Menses](#)), *Circulatory System* ([Heart-Emergencies](#)); NM14 Cramps + NM67 Calcium + SR254 Calc Phos (200C) + SR262 Nat Phos (200C) + SR280 Calc Carb (30C) + SR383 Cuprum Met (30C) + SR550 Gnaphalium
- **pulled/strained**: NM14 Cramps + NM20 Injury + SR256 Ferrum Phos (200C) + SR311 Rhus Tox (200C)

**Muscular Dystrophy** <sup>0009</sup>: **#1**) NM7 CB 7 + SR291 Gelsemium (200C) + SR374 Causticum (1M) + SR390 Kali Brom (200C) + SR392 Lathyrus; **#2**) SR251 Syphilinum (1M) ...one dose every two weeks (four doses maximum); see [Miasms \(Precautions and Guidelines\)](#)

**Osteoporosis:**

- **general**: SM36 Skeletal + SR573 Osteoporosis
- **Osteoporosis** <sup>CH0760</sup>: NM3 Bone I + SM28 Injury + SM36 Skeletal

**Posture Out of Alignment**: NM20 Injury for all strains in any part of body

**Sciatica:**

- **general**: NM36 War + NM97 Sciatic + OM18 Sacral & Lumbar + OM31 Spine Lumbar-Sacral + SR 374 Causticum (1M) + SR548 Colocynthis + if burning, SR265 Aconite + if left-sided, SR264 Silicea (200C) + if right-sided, SR311 Rhus Tox (200C) + if worse on stooping, SR547 Carduus Mar + if worse on bending backwards, SR372 Capsicum
- **Sciatica** <sup>CH1339</sup>: NM97 Sciatic, SM36 Skeletal, SR314 Spinal Integrity; see case history for full details

**Shoulder:**

- **general**: NM20 Injury + OM4 Cervical
- **frozen**: NM20 Injury + NM36 War + OM4 Cervical + SR295 Hypericum (200C) + if right shoulder, SR284 Chelidonium + if left shoulder, SR278 Cactus and SR374

Causticum (30C)

- **loose joint:** [Shoulder, Elbow, Wrist](#) <sup>CH0760</sup> NM3 Bone I + SM28 Injury + SM36 Skeletal + SR503 Ligament

### Spine:

- **general:** SR233 Ruby, SR218 Base Chakra, SR221 Heart Chakra, SR223 Solar Plexus Chakra; see *Endocrine System* ([Chakras - Precautions and Guidelines](#))
- **back pain:**
  - **general** <sup>0009</sup>: **#1**) NM38 Back Pain (200C) + SR280 Calc Carb (200C) + SR314 Spinal Integrity + SR351 Kali Carb + SR500 Intervertebral Discs + SR540 Vertebrae; **#2**) SR249 Medorrhinum...one dose every two weeks (four doses maximum); see [Miasms](#) ([Precautions and Guidelines](#))
  - **coccyx, inflamed** <sup>0009</sup>: NM36 War + SR295 Hypericum (200C) + SR298 Lachesis (30C) + SR345 Calendula (30C) + SR368 Bellis Perennis (200C)
  - **copulation, after** <sup>0009</sup>: SR285 China Off (200C) + SR315 Staphysagaria + SR403 Phosphoric Acid
  - **lumbar-sacral:** OM18 Sacral & Lumbar + OM31 Spine Lumbar-Sacral + OM32 Spine Dorsal **OR** <sup>1159</sup>: NM95 Rescue Plus + OM27 Supportive Tissue + OM31 Lumbar Sacral + OM33 Spine: Brainstem + SR314 Spinal Integrity + SR540 Vertebrae
  - **muscular** <sup>0009</sup>: NM7 CB 7 + SR260 Mag Phos (200C) + SR271 Arnica (30C) + SR368 Bellis Perennis (200C)
  - **nerve involvement** <sup>0009</sup>: SR258 Kali Phos (200C) + SR295 Hypericum (200C)
  - **small of back** <sup>0009</sup>: SR271 Berberis (200C)
- **scoliosis (curved)** <sup>0009</sup>: NM 3 Bone I + SR254 Calc Phos + SR314 Spinal Integrity
- **slipped disc** : OM3 Bone I + SR293 Gunpowder + SR295 Hypericum (200C) + SR457 Bone + SR463 Cranial Nerves + SR479 Cartilage + SR500 Intervertebral Discs + SR517 Parathyroid
- **spur** : NM3 Bone I + SR295 Hypericum (200C) + SR388 Hekla Lava

**Surgery:** See *First Aid* ([Surgery](#))

**Thighs (pain while walking):** **#1**) SR542 Aethusa Cyn; **#2**) SR249 Medorrhinum (1M) ... one dose every two weeks (four doses maximum)

**Tuberculosis (bone):** See *Fevers and Infections* ([Tuberculosis](#))

## Skin

*Includes Hyper-C ointment and Bites & Stings*

**Precautions and Guidelines:** **Caution and discernment required in the use of miasms, NM16 Drawing, NM72 Cleansing, SR292 Graphites, SR317 Sulphur and SR318 Thuja because of the possibility of a strong pullout - see p4 Soham Vol 2. NM16 Drawing to be used for treating morbid condition in a specific area or organ of the body but NOT in case of a widespread skin condition and eruptions because the pullout may be too drastic and hence frightening for the patient.**

**Acne:** NM2 Blood + NM37 Acidity + NM61 Acne + SR293 Gunpowder + SR309 Pulsatilla

(30C) + SR329 Crab Apple + SR342 Antim Crud + Echinacea (30C) from homoeopathic store; **OR**<sup>1957</sup>: NM61 Acne + SR293 Gunpowder + SR309 Pulsatilla + SR342 Antim Crud

**Allergies:** Also see [Immune System](#) and [Respiratory System](#)

- **general:** Potentise allergen, if known (200C); **OR:** NM36 War + NM46 Allergy 2 + NM62 Allergy B + OM23 Sinus + SR308 Pituitary Gland + SR497 Histamine
- **bed sores**<sup>0009</sup>: NM16 Drawing + NM26 Penmycin + NM27 Skin + SR272 Arsen Alb (200C) + NM36 War
- **rash or itch due to allopathic medicines:** NM62 Allergy-B + NM102 Skin Itch + SR232 Pearl
- **sun allergy**<sup>1263</sup>: NM62 AllergyB + NM86 Immunity; **OR**<sup>1144</sup>: NM27 Skin + BR13 Allergy + SR294 Hepar Sulph Calc + SR497 Histamine + SR512 Nasal Mucous Membrane

**Blisters (water)**<sup>0009</sup>: SR261 Nat Mur + SR311 Rhus Tox (200C)

**Boils:**

- **general: #1)** NM2 Blood + NM16 Drawing + NM27 Skin + NM36 War + SR264 Silicea (30C) + SR271 Arnica (30C); **#2)** Hyper-C Ointment for pain and for drawing out pus (see [Ointment](#) below)
- **Boils**<sup>CH0707</sup>: NM16 Drawing + SR271 Arnica (6x) + SR293 Gunpowder;
- **burns: #1)** NM20 Injury + SR322 Urtica Urens + SR404 Picric Acid + SR528 Skin + affected organ remedy; **OR:** SR346 Cantharis (30C); **#2)** Cantharis (1X) in lanolin cream/unperfumed petroleum jelly (Vaseline) base on affected area or Cantharis cream for burns from homoeopathic store
- **Corns**<sup>0009</sup>: NM16 Drawing + SR264 Silicea + SR299 Lycopodium (200C) + SR318 Thuja (30C) + SR342 Antim Crud

**Cracks in Heels and Hands: #1)** NM100 Skin F+ SR253 Calc Fluor (200C) + SR259 Kali Sulph (200C) + SR402 Petroleum (1M); **#2)** Hyper-C Ointment (see [Ointment](#) below)

**Eczema:**

- **general**<sup>0009</sup>: **#1)** NM27 Skin + SR261 Nat Mur (30C) + SR263 Nat Sulph + SR267 Alumina (30C) + SR272 Arsen Alb (30C) **#2)** SR250 Psorinum (1M); **#3)** SR252 Tub-Bac (1M); see [Miasms \(Precautions and Guidelines\)](#)
- **dry**<sup>0009</sup>: SR253 Calc Fluor (200C) + SR257 Kali Mur (200C) + SR259 Kali Sulph (200C) + SR311 Rhus Tox (30C) + SR402 Petroleum (1M)
- **wet: Eczema**<sup>CH0009</sup> **#1)** SR253 Calc Fluor (200C) + SR259 Kali Sulph (200C) + SR402 Petroleum (1M) + SR528 Skin + if thick epidermis, Hydrocylte (1M) from homoeopathic store; **#2)** Hyper-C Ointment (see [Ointment](#) below); **#3)** SR250 Psorinum; see [Miasms \(Precautions and Guidelines\)](#)

**Fistula**<sup>0009</sup>: **#1)** SR292 Graphites + SR293 Gunpowder + SR354 Nitric Acid; **#2)** SR251 Syphilinum (1M)...one dose every two weeks (four doses total); see [Miasms \(Precautions and Guidelines\)](#)

**Freckles:** NM27 Skin + SR299 Lycopodium (200C) + SR313 Sepia (200C) + SR317 Sulphur (200C) + SR351 Kali Carb + SR354 Nitric Acid

**Fungus (including Candida, Thrush): #1)** SR249 Medorrhinum, see [Miasms \(Precautions and Guidelines\)](#); **#2)** NM2 Blood, NM6 Calming, NM27 Skin, NM37 Acidity, NM115

Venereal, SM27 Infection, SR370 Borax, SR566 Fungi-pathogenic, SR528 Skin + if thrush, SR256 Ferrum Phos + if nails, SR264 Silicea + SR292 Graphites

**Herpes: #1)** NM36 War or SR293 Gunpowder + NM60 Herpes + NM86 Immunity + SM27 Infection + SR295 Hypericum (200C); **#2)** see [Ointment](#) below

**Itching: #1)** NM102 Skin Itch; **#2)** See [Ointment](#) below

**Keloids** <sup>0009</sup>: NM96 Scar Tissue, SR264 Silicea (6X), SR292 Graphites

**Liver Patches** <sup>0009</sup>: NM22 Liver + NM35 Worms + BR12 Liver

**Nails:** NM264 Silicea + NM267 Alumina (30C) + SR292 Graphites (30C) + SR342 Antim Crud + if skin peeling, SR261 Nat Mur + if fungus, see [Fungus](#) above

### Ointment (Hyper-C) for Drawing and Healing (external use only):

- **general, except itchy skin:** mix equal amounts of Hypericum and Calendula Mother Tinctures from homoeopathic store and label bottle as Hyper-C Liquid; mix thoroughly 500 grams of unperfumed white petroleum jelly to 60 ml of above Hyper-C Liquid
- **itchy skin:** make in water or vibhuti in place of petroleum jelly **OR** Apis Mel ointment from homoeopathic store
- **burns:** mix 10% of Cantharis mother tincture from homoeopathic store **OR** Cantharis (1X) to unperfumed white petroleum jelly (Vaseline) or lanolin cream. This ointment is also available from homoeopathic store

**Psoriasis: #1)** NM6 Calming + NM27 Skin + NM41 Psoriasis + SR261 Nat Mur (200C); **OR** <sup>1608</sup>: NM6 Calming + NM27 Skin + NM36 War + NM41 Psoriasis + SR387 Hamamelis; **#2)** SR250 Psorinum (1M); alternate with SR252 Tub-Bac (1M) - one dose every two weeks; see [Miasms \(Precautions and Guidelines\)](#)

**Stings and Bites:** Also see *Immune System* ([Allergies](#))

- **general:** NM27 Skin + NM36 War + NM102 Skin Itch + NM103 Stings & Bites **#2)** Apis Mel ointment
  - [Stings and Bites](#) <sup>CH0545</sup>: See case history for details
- **acute reactions** <sup>0009</sup>: NM103 Stings & Bites + Epinephrine B (200C) from homoeopathic store
- **mosquito bite (also for prevention):** SR353 Ledum (200C)

### Sweating:

- **armpit, excessive** <sup>0009</sup>: SR264 Silicea (200C) + SR371 Bovista
- **cold** <sup>0009</sup>: NM34 Water Balance + SR272 Arsen Alb (200C) + SR323 Veratrum Alb (200C)

**excessive** <sup>1957</sup>: NM6 Calming + NM34 Water Balance + NM95 Rescue Plus + BR7 Stress + SR264 Silicea + SR280 Calc Carb

- **feet, excessive** <sup>0009</sup>: **#1)** NM34 Water Balance + SR264 Silicea (200C) + SR402 Petroleum (200C) + SR414 Tellurium; **#2)** SR250 Psorinum (1M)...one dose, repeat after two weeks; see [Miasms \(Precautions and Guidelines\)](#)
- **head and face** <sup>0009</sup>: NM34 Water Balance + SR264 Silicea (200C) + SR280 Calc Carb (200C)
- **whole body (bad smell)** <sup>0009</sup>: **#1)** NM34 Water Balance + SR406 Petroleum (1M); **#2)** SR250 Psorinum (1M)...one dose; if necessary, repeat after two weeks

**Urticaria (nettle rash)** <sup>0009</sup>: NM21 KBS + SR268 Anacardium (200C) + SR270 Apis Mel + SR319 Thyroid Gland + SR322 Urtica Urens + SR353 Ledum (200C)

**Warts** <sup>0009</sup>: **#1**) SR318 Thuja (30C); **#2**) SR339 Sycotic Co **#3**) SR249 Medorrhinum (1M); one dose, repeat in two weeks (four doses maximum); repeat after six months if necessary

**Whitlow (fingertip infection):** **#1**) NM16 Drawing + SR294 Hepar Sulph Calc + SR295 Hypericum (200C) + SR363 Ammonium Carb (1M) + if unbearable pain, SR410 Stramonium; **#2**) Hyper-C Ointment (see [Ointment](#) above)

**Wrinkles (face, hands and feet):** SR260 Mag Phos + SR306 Phosphorus (200C) + SR323 Veratrum Alb (30C) + SR408 Secale Corn (200C) + SR561 Vitamin Balance

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