



Quick Reference to the Commonly Indicated Homœopathic Medicines in Naturopathic Practice

This quick reference is designed to aid the study of homœopathic materia medica in preparation for NPLEX Part II clinical exam. This is not an exhaustive guide but a summary of the top 3-5 most commonly indicated remedies for each category considering only those remedies listed in NPLEX blueprint. The indications are gathered from Morrison's Desktop Guide to Keynotes and Confirmatory Symptoms.

How to Use this Reference: *One can consider learning the 70 medicines listed individually. This will be both laborious and ineffective. Whether you are studying to pass board exams or studying on a path to mastery of the homœopathic materia medica, the most efficient method of study is by comparison. One can learn 15-20 "polycrest" remedies of many uses in both acute and chronic situations (notated with * on the final page). Compare them with each other and then to less frequently used remedies. The guide is organized similar to complete symptoms (complaint/sensation, location and modality) which are also convenient categories to compare and contrast remedies. Given that schema...What organ/tissue does the remedy affect? What is the effect on those organs/tissues (burning, ulceration, cramping)? What circumstances improve/worsen the symptoms? Is there a typical mind state that accompanies most complaints (irritability, mildness, anxiety)?*

1. *Begin studying sensations, modalities, general symptoms and common complaints of polycrest remedies listed below and synthesize it into a phrase containing about 5-7 characteristics: Silicea is indicated in chilly, sweaty patients that tend to be timid, have stitching pains and suppurations/pus formations in any location. Then compare and contrast the intersections of remedies. For example, comparative study of Arsenicum, Phosphorus and Sulphur is valuable because all 3 remedies have characteristically burning pains and affect the GI tract. Then note points of differentiation. Arsenicum is a chilly remedy with complaints worse after midnight whereas Sulphur is a warm remedy aggravated at 5am (with diarrhea) or 11am (with sinking hunger). Phosphorus and Arsenicum are both anxious/fearful in the mental disposition but Phosphorus has tremendous thirst for ice cold drinks and frequent bronchitis (every cold goes to the chest) while Arsenicum is thirsty for sips, better from warm drinks and has acid, irritating nasal discharges. Then comparing Sulphur with Phosphorus, the former tends to be egotistical or haughty and the latter impressionable and sympathetic. This comparing and contrasting is the exact process required in clinic for homœopathic differential diagnosis. Each remedy studied in this manner makes LESS work for the next remedy studied.*

2. Next, compare polycrest remedies with smaller remedies that share a similar symptom. Sulphur and Podophyllum both have diarrhea at 5am but Podophyllum has great rumbling in the abdomen and explosive stool and does not share Sulphur's egotism or burning pains. There's not much else to be remembered about Podophyllum.

Some remedies listed are almost freebies like Equisetum which the most important thing to be remembered is "something to do with the urinary tract" or perhaps fullness of the bladder not relieved by urination, Cina in irritability and intestinal worms or Pyrogenium in sepsis, lymphangitis or high fever with slow pulse.

3. Finally, integrate botanical materia medica knowledge whenever possible. You're getting a 2 for 1 in your study efforts in this area because there will be a direct correlation in the indications, the main difference will be dosage. For example, Sanguinaria canadensis is classified as a stimulating expectorant in botanical medicine and also has escharotic/caustic properties. The homœopathic indications mirror the botanical toxicologic effects. Sanguinaria is indicated homœopathically for hacking coughs with burning, rawness, tickling in the respiratory tract and rust-colored sputum [cough from irritation/"stimulant" effect + escharotic effect destroying tissue]. Other medicines such as Arnica will have very similar botanical and homœopathic indications.

With a systematic approach it is possible to develop a working knowledge of these medicines in a short time. Happy studying!

Descriptors/Sensations

Band-like pain	Cramp / Spasm / Twitch / Jerks
1. Anacardium	1. Belladonna
2. Platina	2. Causticum
	3. Hyoscyamus
Bed feels too hard	4. Ignatia amara
1. Arnica montana	5. Magnesia phosphorica
2. Pyrogenium	6. Stramonium
	Discharge, Bland (non-excoriating)
Blunt Plug / Foreign Body Sensation	1. Pulsatilla
1. Anacardium	
	Discharge, Excoriating
Burning	1. Allium cepa
1. Arsenicum album	2. Arsenicum album
2. Cantharis	3. Nitricum acidum
3. Phosphorus	
4. Sanguinaria	Discharge, Green
5. Sulphur	1. Natrum sulphuricum
	2. Pulsatilla
Bruised / Sore	
1. Arnica montana	Dryness (internal or external parts)
	1. Bryonia

Offensive Odor (discharges, perspiration)

1. Hepar sulphuris
2. Mercurius vivus
3. Nitricum acidum
4. Psorinum
5. Silicea (perspiration feet)
6. Sulphur

Over-sensitive to Pain

1. Chamomilla
2. Hepar sulphuris

Pulsating/Throbbing/Heart beat-like

1. Belladonna
2. Glonoinum
3. Lachesis

Restlessness

1. Aconitum napellus
2. Arsenicum album
3. Colocynthis (with excruciating pain)
4. Rhus toxicodendron

Side, Left

1. Lachesis (or left going to right)
2. Sepia
3. Thuja occidentalis

Side, Right

1. Belladonna
2. Causticum
3. Lycopodium (or right going to left)
4. Sanguinaria

Stinging

1. Apis mellifica

Stitching/Splinter-like/Stabbing

1. Hepar sulphuris
2. Kali carbonicum
3. Nitricum acidum
4. Silicea

Swelling, edema

1. Apis mellifica (local and systemic)

Trembling

1. Gelsemium

Weakness/Fatigue

1. Arsenicum album
2. Gelsemium
3. Veratrum album

Modalities

Air, Open/Fresh aggravates (draft, breeze, window open)

1. Causticum
2. Hepar sulphuris
3. Kali carbonicum
4. Rhus toxicodendron
5. Rumex crispus (cold air)
6. Silicea

Air, Open/Fresh ameliorates (draft, breeze, window open)

1. Lachesis
2. Lycopodium
3. Pulsatilla
4. Tabacum
5. Tuberculinum

Alcohol aggravates

1. Nux vomica

Anger/Indignation, Ailments from

1. Colocynthis
2. Staphysagria

Ascending Stairs aggravates

1. Calcarea carbonica

Bending Double ameliorates

1. Colocynthis
2. Magnesia phosphorica

Cold Applications ameliorate

1. Apis mellifica
2. Belladonna
3. Ledum (despite chilliness)
4. Pulsatilla

Consolation aggravates/aversion

1. Ignatia amara
2. Natrum muriaticum

Consolation ameliorates/desire

1. Pulsatilla

Drinks, cold aggravate
(Drinks, warm ameliorate)

1. Arsenicum album
2. Lycopodium (aversion)

Drinks, cold ameliorate
(Drinks, warm aggravate)

1. Causticum

Eructations/Belching ameliorates

1. Carbo vegetabilis
2. Lycopodium
3. Sanguinaria

Fasting/Missing a Meal

1. Lycopodium
2. Phosphorus
3. Psorinum

Fright or Mental Shock, from

1. Aconitum napellus
2. Belladonna
3. Gelsemium
4. Stramonium

Grief, Ailments from

1. Aurum metallicum
2. Ignatia amara
3. Natrum muriaticum
4. Staphysagria

Heat/Becoming Warm aggravates

1. Graphites (warm bed <)
2. Lycopodium
3. Mercurius vivus (warm bed <)
4. Psorinum (warm bed <)
5. Pulsatilla
6. Sulphur (warm bed <)

Injuries, from

1. Arnica montana (soft tissue)
2. Hypericum (nerves)
3. Ruta graveolens (periosteum, tendons)
4. Symphytum (eye and orbit)

Jarring/Knocking/Bumping aggravates

1. Arnica montana
2. Belladonna

Light aggravates

1. Belladonna
2. Nux vomica

Loss of Fluids, Ailments from (hemorrhage,
etc.)

1. Cinchona officinalis
2. Phosphorus (hemorrhage)

Lying, Left side aggravates

1. Lachesis
2. Phosphorus

Motion aggravates

1. Belladonna
2. Bryonia

Motion ameliorates

1. Rhus toxicodendron
2. Sepia (vigorous exercise >)

Noise aggravates

1. Cinchona officinalis
2. Nux vomica
3. Silicea

Occupation/Being Busy ameliorates

1. Calcareo carbonica
2. Sepia

Over-exertion aggravates

1. Arnica montana
2. Rhus toxicodendron

Pressure aggravates (or binding, clothing, collars)

1. Lachesis
2. Lycopodium
3. Nux vomica

Pressure ameliorates (or binding the part)

1. Belladonna
2. Bryonia
3. Cinchona officinalis (but touch <)
4. Colocynthis

Standing aggravates

1. Sulphur

Sun Exposure aggravates

1. Belladonna
2. Glonoinum
3. Natrum muriaticum

Suppressed Sexual Desire (Celibacy) aggravates

1. Conium
2. Lachesis

Uncovering aggravates

1. Hepar sulphuris (general and head)
2. Nux vomica
3. Rumex crispus
4. Silicea

Uncovering ameliorates

1. Tabacum

Warm Applications ameliorate

1. Colocynthis
2. Magnesia phosphorica
3. Nux vomica
4. Rhus toxicodendron (hot bathing)

Washing/Bathing aggravates

1. Sulphur

Weather, Damp/Wet aggravates

1. Medorrhinum
2. Natrum sulphuricum
3. Thuja occidentalis
4. Tuberculinum

Wind aggravates

1. Aconitum napellus (cold dry)
2. Chamomilla
3. Nux vomica

Time

Morning + on waking aggravates

1. Lachesis
2. Lycopodium
3. Podophyllum (4 or 5am)
4. Sulphur (5am)

10am aggravates

1. Natrum muriaticum

11am aggravates

1. Sulphur

3-5pm aggravates

1. Sepia

4-8pm aggravates

1. Lycopodium

Evening ameliorates

1. Medorrhinum

Night aggravates

1. Aurum metallicum
2. Mercurius vivus
3. Syphilinum

Midnight to 2am aggravates

1. Arsenicum album

2-4am aggravates

1. Kali carbonicum

Thirst

1. Bryonia (large quantities)
2. Sulphur
3. Veratrum album

Thirst for cold drinks (+ amelioration)

1. Aconitum napellus
2. Natrum muriaticum
3. Phosphorus
4. Sulphur

Thirst for small sips frequently

1. Arsenicum album

Thirstless

1. Apis mellifica
2. Belladonna
3. Gelsemium
4. Pulsatilla

Typical Thermoregulatory/Temperature

Cold Patients

(Heat in general ameliorates)
(Cold in general aggravates)

1. Arsenicum album
2. Calcarea carbonica
3. Causticum
4. Hepar sulphuris
5. Kali carbonicum
6. Magnesia phosphorica
7. Nitricum acidum
8. Nux vomica
9. Psorinum
10. Rhus toxicodendron
11. Sepia
12. Silicea
13. Thuja occidentalis
14. Veratrum album

Warm Patients

(Heat in general aggravates)
(Cold in general ameliorates)

1. Apis mellifica
2. Belladonna
3. Lachesis
4. Pulsatilla

5. Sulphur

Uncovers feet

1. Chamomilla
2. Medorrhinum
3. Pulsatilla
4. Sulphur

Perspiration

1. Calcarea carbonica (head at night/ feet)
2. Silicea (head at night/ feet)
3. Thuja occidentalis
4. Tuberculinum
5. Veratrum album

Typical Pace/Onset of Complaints

Gradual/Slow

1. Bryonia
2. Gelsemium

Sudden/Fast

1. Aconite
2. Apis mellifica
3. Belladonna

Typical Mental Disposition

Anxious/Anxiety

1. Aconitum napellus
2. Arsenicum album
3. Calcarea carbonica
4. Kali carbonicum
5. Nitricum acidum
6. Phosphorus

Anger/Violent/Tantrum

1. Belladonna
2. Chamomilla
3. Cina
4. Lachesis
5. Nux vomica
6. Stramonium

Capricious

1. Chamomilla
2. Cina

- Company, aversion
1. Natrum muriaticum
 2. Sepia

- Company, desires
1. Arsenicum album
 2. Phosphorus

- Confusion
1. Glonoinum
 2. Natrum sulphuricum

- Depression or Suicidal Ideation
1. Aurum metallicum
 2. Mercurius vivus
 3. Natrum muriaticum
 4. Natrum sulphuricum
 5. Psorinum

- Extroverted/Outgoing
1. Lachesis
 2. Medorrhinum
 3. Sulphur

- Introverted/Shy/Mild/Reserved
1. Baryta carbonica
 2. Gelsemium
 3. Mercurius vivus
 4. Natrum muriaticum
 5. Pulsatilla
 6. Silicea

- Irritable
1. Chamomilla
 2. Bryonia
 3. Cinchona officinalis
 4. Cina
 5. Hepar sulphuris
 6. Nitricum acidum
 7. Nux vomica
 8. Sepia

- Jealous
1. Apis mellifica
 2. Hyoscyamus
 3. Ignatia amara

4. Lachesis
5. Platina

- Loquacious/Talks Much
1. Hyoscyamus
 2. Lachesis

- Low Self-Esteem/Confidence
1. Anacardium
 2. Baryta carbonica
 3. Lycopodium
 4. Silicea
 5. Staphysagria
 6. Thuja occidentalis

- Mania
1. Belladonna
 2. Hyoscyamus
 3. Stramonium
 4. Veratrum album

- Obstinate
1. Calcarea carbonica
 2. Silicea
 3. Tuberculinum

- Offended Easily
1. Ignatia amara
 2. Natrum muriaticum
 3. Nux vomica
 4. Staphysagria

- Proud/Haughty/Conceited
1. Lycopodium
 2. Platina
 3. Sulphur
 4. Veratrum album

- Sexual Desire, Decreased/Aversion
1. Sepia

Sexual Desire, Excessive

1. Hyoscyamus
2. Lachesis
3. Medorrhinum
4. Phosphorus
5. Platina
6. Staphysagria
7. Tuberculinum

Shameless/Publicly Inappropriate

1. Hyoscyamus

Stage fright

1. Gelsemium
2. Lycopodium
3. Silicea

Weepy/Crying

1. Pulsatilla
2. Sepia

Swearing/Cursing

1. Anacardium
2. Nux vomica
3. Nitricum acidum
4. Hyoscyamus
5. Stramonium

Sympathetic

1. Causticum
2. Phosphorus

System/Condition

Sensorium

Vertigo, Dizziness

1. Calcarea carbonica
2. Conium
3. Gelsemium

Head

Concussion/Head Injury

1. Arnica montana
2. Natrum sulphuricum

Headache/Migraine

1. Belladonna
2. Natrum muriaticum
3. Sanguinaria (with vomiting)

Face

Cold Sores/Herpetic Eruptions

1. Natrum muriaticum
2. Rhus toxicodendron
3. Sepia

Paralysis/Bell's Palsy

1. Aconitum napellus
2. Causticum

Impetigo

1. Graphites
2. Sulphur

Ear

Earache/Otitis Media

1. Belladonna
2. Chamomilla
3. Hepar sulphuris
4. Mercurius vivus
5. Pulsatilla
6. Silicea

Eye

Conjunctivitis

1. Allium cepa (bland lachrymation with excoriating nasal discharge)
2. Euphrasia (excoriating lachrymation with bland nasal discharge)
3. Pulsatilla
4. Sulphur

Photophobia

1. Conium
2. Euphrasia
3. Graphites

Styes

1. Silicea
2. Staphysagria

Nose

Hay Fever or Common Cold

1. Allium cepa
2. Arsenicum album
3. Natrum muriaticum
4. Nux vomica
5. Sanguinaria

Nasal Discharge, Thick

1. Kali bichromicum (stringy)
2. Kali carbonicum
3. Pulsatilla

Nasal Discharge, Thin

1. Arsenicum album
2. Allium cepa

Sinusitis

1. Kali bichromicum
2. Medorrhinum
3. Silicea

Epistaxis

1. Ipecacuanha
2. Phosphorus

Mouth

Teething or Toothache

1. Chamomilla
2. Nux vomica
3. Phytolacca
4. Staphysagria

Throat

Dysphagia or Globus

1. Ignatia
2. Lachesis
3. Natrum muriaticum

Enlarged Tonsils or cervical glands

1. Baryta carbonica
2. Calcarea carbonica
3. Conium (Hard glands anywhere)
4. Hepar sulphuris
5. Mercurius vivus
6. Phytolacca

7. Silicea

8. Tuberculinum

Hoarseness

1. Causticum
2. Kali bichromicum
3. Phosphorus
4. Spongia tosta

Sore Throat/Pharyngitis

1. Belladonna
2. Hepar sulphuris
3. Kali carbonicum
4. Lycopodium
5. Mercurius vivus
6. Nitricum acidum
7. Phytolacca

Respiration/Pulmonary

Asthma

1. Arsenicum album
2. Euphrasia (allergic)
3. Ipecacuanha
4. Kali carbonicum
5. Natrum sulphuricum
6. Pulsatilla

Cough, dry

1. Bryonia
2. Rumex crispus
3. Sanguinaria
4. Spongia tosta

Cough, wet

1. Antimonium tartaricum (with difficult expectoration)
2. Ipecacuanha

Cough, Whooping or Paroxysmal

1. Drosera
2. Ipecacuanha (with retching, vomiting)

Croup

1. Aconitum napellus
2. Hepar sulphuris
3. Spongia tosta

Dyspnea

1. Carbo vegetabilis
2. Pulsatilla

Frequent Colds/Bronchitis

1. Phosphorus
2. Psorinum
3. Silicea
4. Tuberculinum

Cardiovascular

Angina

1. Aconitum napellus
2. Arsenicum album
3. Aurum metallicum
4. Glonoinum

Palpitation

1. Aurum metallicum
2. Lachesis
3. Natrum muriaticum
4. Phosphorus

Gastrointestinal

Abdominal Colic/Pain

1. Chamomilla
2. Colocynthis
3. Nux vomica

Appendicitis

1. Bryonia

Bloating/Distention/Fullness

1. Carbo vegetabilis
2. Cinchona officinalis
3. Lycopodium

Constipation

1. Bryonia
2. Calcarea carbonica
3. Nitricum acidum
4. Nux vomica (ineffectual urging)
5. Sepia (lump in rectum)
6. Silicea

Diarrhea

1. Arsenicum album
2. Gelsemium (from fright, anticipation)
3. Natrum sulphuricum
4. Podophyllum
5. Sulphur
6. Veratrum album

Epigastric/Stomach pain/Vomiting/Ulcers

1. Arsenicum album
2. Graphites
3. Kali bichromicum
4. Kali carbonicum
5. Natrum phosphoricum (hyperacidity)
6. Nitricum acidum
7. Phosphorus
8. Sulphur
9. Veratrum album

Gallbladder/Gallstones

1. Cinchona officinalis
2. Lycopodium
3. Natrum sulphuricum
4. Podophyllum

Hemorrhoids

1. Nitricum acidum
2. Nux vomica
3. Pulsatilla
4. Sulphur

Nausea

1. Ipecacuanha
2. Tabacum

Worms

1. Cina

Urinary

Cystitis/UTI

1. Cantharis
2. Equisetum
3. Nux vomica
4. Pulsatilla
5. Staphysagria

Kidney Stones

1. Lycopodium
2. Nux vomica

Stress Incontinence

1. Causticum
2. Phosphorus
3. Sepia

Female Reproductive

Breast Tenderness

1. Calcarea carbonica
2. Conium

Dysmenorrhea

1. Belladonna
2. Lachesis
3. Magnesia phosphorica
4. Nux vomica
5. Platina
6. Pulsatilla
7. Sepia

Hot Flashes

1. Apis mellifica
2. Belladonna
3. Glonoinum
4. Lachesis
5. Sepia

Ovarian Cysts/Pain

1. Belladonna
2. Colocynthis
3. Medorrhinum
4. Phosphorus
5. Platina

Premenstrual Tension Syndrome (PMS)

1. Lachesis
2. Nux vomica
3. Pulsatilla
4. Sepia

Mastitis

1. Belladonna
2. Hepar sulphuris

3. Phytolacca

4. Silicea

Vaginitis

1. Medorrhinum
2. Sepia

Male Reproductive

Impotence / Erectile Dysfunction

1. Conium
2. Graphites
3. Lycopodium

Prostate Problems

1. Conium
2. Pulsatilla
3. Sepia

Testicular problems

1. Aurum metallicum
2. Pulsatilla
3. Spongia tosta

Musculoskeletal

Arthritis/Rheumatism

1. Arnica montana
2. Bryonia
3. Ledum
4. Rhus toxicodendron
5. Ruta graveolens
6. Urtica urens (gouty)

Back Pain

1. Eupatorium perfoliatum (as if bones broken)
2. Kali carbonicum
3. Natrum muriaticum
4. Nux vomica
5. Rhus toxicodendron
6. Ruta graveolens

Bone Pain

1. Aurum metallicum
2. Syphilinum

Fractures

1. Arnica montana
2. Eupatorium perfoliatum
3. Symphytum

Muscle Cramps

1. Calcarea carbonica

Sciatic Neuralgia

1. Colocynthis
2. Lachesis
3. Magnesia phosphorica

Sprains/Strains

1. Arnica montana
2. Bryonia
3. Ledum
4. Rhus toxicodendron
5. Ruta graveolens

Integumentary

Abscess

1. Belladonna (non-fluctuant)
2. Hepar sulphuris
3. Ledum
4. Mercurius vivus
5. Silicea

Burns

1. Cantharis
2. Urtica urens

Bruises

1. Arnica montana
2. Ledum (esp. periorbital)

Cracks/Fissures

1. Graphites
2. Lycopodium (heels)
3. Nitricum acidum (lips, mucocutaneous junctions)
4. Sepia
5. Sulphur

Cuts/Surgical Incision

1. Hypericum

2. Staphysagria

Eczema

1. Graphites
2. Mercurius vivus
3. Psorinum
4. Sulphur

Nail Problems

1. Calcarea carbonica
2. Graphites
3. Silicea
4. Thuja occidentalis

Poison Ivy/Poison Oak

1. Anacardium
2. Rhus toxicodendron

Puncture Wounds

1. Hypericum
2. Ledum

Urticaria/Nettlerash

1. Apis mellifica
2. Natrum muriaticum
3. Urtica urens

Shingles/Zoster

1. Arsenicum album
2. Lachesis
3. Rhus toxicodendron

Skin Heals Slowly

1. Graphites
2. Hepar sulphuris
3. Silicea

Stings/Bites

1. Apis
2. Ledum
3. Urtica urens

Ulcerations

1. Lachesis (purple/blue/black)
2. Mercurius vivus
3. Nitricum acidum (esp. mucus membranes)

Vesicles/Blisters

1. Cantharis
2. Rhus toxicodendron

Warts

1. Causticum
2. Medorrhinum
3. Nitricum acidum
4. Staphysagria
5. Thuja occidentalis

Nervous System

Numbness

1. Platina

Seizures

1. Belladonna
2. Cina
3. Hyoscyamus
4. Ignatia amara
5. Stramonium

Sleep

Insomnia

1. Arsenicum album
2. Cinchona officinales
3. Kali carbonicum
4. Natrum muriaticum
5. Nux vomica

Night Terrors

1. Stramonium

Fever

Fever

1. Aconitum napellus (pupils constricted)
2. Belladonna (pupils dilated)
3. Ferrum phosphoricum (no individualizing symptoms)

Influenza

1. Eupatorium perfoliatum
2. Gelsemium (chills up and down back)
3. Pyrogenium

Periodic/Malarial

1. Cinchona officinalis
2. Natrum muriaticum

Severe Infection/Sepsis

1. Pyrogenium

General

Anemia

1. Cinchona officinalis
2. Ferrum phosphoricum
3. Natrum muriaticum
4. Pulsatilla

Collapsed State

1. Carbo vegetabilis
2. Phosphorus
3. Veratrum album

Delayed Development

1. Baryta carbonica
2. Calcarea carbonica
3. Silicea

Aconitum napellus
Allium cepa
Anacardium
Antimonium tartaricum
Apis mellifica
Arnica montana
*Arsenicum album
*Aurum metallicum
Baryta carbonica
*Belladonna
Bryonia
*Calcarea carbonica
Cantharis
Carbo vegetabilis
*Causticum
*Chamomilla
Cina
Cinchona officinalis
Colocynthis
Conium
Drosera
Equisetum
Eupatorium perfoliatum
Euphrasia
Ferrum phosphoricum
Gelsemium
Glonoinum
Graphites
Hepar sulphuris
Hyoscyamus
Hypericum
*Ignatia amara
Ipecacuanha
Kali bichromicum
Kali carbonicum
*Lachesis
Ledum
*Lycopodium
Magnesia phosphorica
Medorrhinum
*Mercurius vivus
*Natrum muriaticum
Natrum phosphoricum
Natrum sulphuricum
Nitricum acidum
*Nux vomica

*Phosphorus
Phytolacca
Platina
Podophyllum
Psorinum
*Pulsatilla
Pyrogenium
*Rhus toxicodendron
Rumex crispus
Ruta graveolens
Sanguinaria
*Sepia
*Silicea
Spongia tosta
*Staphysagria
Stramonium
*Sulphur
Symphytum
Syphilinum
Tabacum
*Thuja occidentalis
Tuberculinum
Urtica urens
Veratrum album

*Polycrest remedies marked with **

Remedy	Keynotes	SRP	Modalities
Aconite	Sudden onset, fear of death, high fever, ailment from fright. Injury to eyeball.	Predicts time of death, red face pale on rising (vs	<midnight
Agaricus musc	Twitching, itching. Frostbite, electric like shock pain	Cough ends in sneeze	
Allium cepa	Acrid nasal d/c, profuse bland tears for hay fever, common cold. Sneezing in a warm	Phantom limb pain. Great thirst	<warm, >cool, open air
Aloe	Rectal pain, diarrhea, 5am, hemorrhoids, like a bunch of grapes, burning pain in	invol. stool and mucous when passes gas	
Antimonium tart	<u>Rattling mucus</u> in chest, can't expectorate, bronchitis, asthma, pneumonia.	Aversion to being looked at it. White coating on tongue.	>Expectoration >Warmth < Lying
Apis	Thirstless,<heat, redness, thirstless, stinging pain. jealous For edema-tight swelling, anaphylaxis, rt.	Restlessness Drops things. Sudden screams in Meningitis	<heat, >cold
Arnica	Injured part feels bruised. For bruising	Whatever they are lying on is too hard, think they are well but aren't	Aversion to touch <heat, >cold
Arsenicum	worry about health, fear of disease, insecure, controlling, obsessive & fastidious, putrid d/c, restless but weak, Anxiety = Fear of death.	<u>Burning pains,</u> <u>>heat</u> Desire sips at frequent intervals. Obstruction with	<cold,>heat, <midnight to 2am
Aurum	Self reproach, suicidal ideation, grief. Purulent nasal-	Music ameliorates	
Baptisia	Malodorous secretions, painless dusky red throat, tremendous collapse	Feeling of being "scattered around the bed" (parts)	

Belladonna	Bright red face, thirstless, dilated pupils, red throat, high fever w/o sweat, radiating heat, violent, , delirious. Cold hands and feet during fever and heat in the head.. For complaint with rapid onset, inflammation: OM (rt. Sided) htn, heatstroke, throbbing HA (sun HA) Sudden lightning like pains and sx that come and go quickly.	Desire lemons, lemonade, desire to bite. Desire to escape. Ailments from cutting hair. Throbbing carotid arteries	<jarring, <afternoon <lying flat, >45 degree angle.
Bryonia	Pain<slightest mvmnt, talk about business; Desire to go home; Dryness of synovia and mucus membrane. Pleurisy.	>lying on injured part, drink lrg amnt at infreq interval, <fever	>firm pressure, >lying still
Calc carb	<cold, profuse sour sweat on head when sleep, large head, sweat when cold, cold clammy hands and feet, sick frequently, sensitive to cold damp, fears.	<cold, longs for cold drinks, <hearing about cruelty, craves soft boiled eggs. Obese children	<cold damp <Cold
Cantharis	Burning pain, strong sexual desire. For 3 rd degree burns, UTI, comes on like freight train and cystitis, burning pain.	Bloody urine passed drop by drop	>cold,>night
Carbo veg	Collapse, extreme weakness, wants to be fanned, feels internally hot, but cyanotic and wants to be fanned, food poisoning, bloating, COPD.	Cond from eating fatty foods.	>cold, >air, >belching, >fanned

Causticum	Sympathetic, 2 nd degree burns, shortening of tendons (or feet short), intolerant to injustice, paralytic problems, Bell's Palsy from cold air, respiration: sense need to cough deeper, bladder retention: involuntary urine	Craves smoked meat. Fear to be alone in the dark. Cystitis from forced retention.	<clear weather, >cloudy damp, <cold wind
Chamomile	Capricious (Nothing satisfies), irritable. For teething, OM (esp rt.), colic, GI sx, 3 rd stage labor Pain with numbness. Green	Fever: one cheek pale other one red, wants things then refuses them	<heat, want to be rocked or carried, not held
Cina	Irritable, worms, desire to rub or bore finger in nose, blue around mouth Stretches out: stiffens body.	Nose picking/ Rubbing. Grinds teeth. .	
Cinchona (started homeopathy)	Weakness from fluid loss, nervous exhaustion, intermittent fever, painless diarrhea. Periodicity.	Fantasize about heroic deeds, gas/ bloating not better from passing gas	>warm, <light tough, firm pressure ameliorates, <summer
Colocynthis	Doubled over in pain. For abd. pain, Left. sided sciatica (will lay on Lt side), Neuralgic pains	Feelings of stones being ground together in abd, gripping/twisting	>leaning forward,>hard pressure, >warmth<anger, >Lt side, <anger (comes on from indign., embarras., suppressed anger)
Conium	Affinity for glands, swollen, hard, BPH, prostate and breast CA, hard nodule from banging (i.e. breast hit)	Ailments from lack of sexual outlet. Vertigo worse turning in bed.	

Cuprum	Convulsions (rolling of eyes upward), cramps move in from limbs, profuse diarrhea, gastroenteritis	<cold, but >cold drinks Spasmodic cough > cold drinks.	
Drosera	Deep voice, paroxysmal cough, hoarse voice, hold chest, the pain of coughing is so painful, cough triggered by lying down (as soon as head	Cough with sensation of feather or pit/crumb in throat pit Pertusis.	<around midnight
Equisetum	Nocturnal enuresis in children who dream of urinating.	Enuresis for no reason.	
Eupatorium perf	Feel pain as if bones broken (pneum, flu) chilly restless Influenza. Pneumonia.	During or before chill craves cold drinks.	
Euphrasia (opp of alium)	Acrid tears, bland nasal d/c profuse nasal and other d/c. for conjunctivitis, allergies, hay fever, asthma, resp. prob with eye irrit.	Tears burn but nasal d/c bland, coughing	<sun, <heat, >open air
Ferrum phos	Bright red blood, early stages of fever/inflam.,. For grad onset of URI/influenza, Easy hemorrhage, nose bleed	Circum red cheeks	>walking slowly in the open air (Puls), >cold, <4-6am, and pm.
Gelsemium	Weakness: dull drowsy, dumb and dizzy, trembling after fright, thirstless, apathetic about their illness, sluggish circulation, face hot, heavy, for weakness, HA, fever, flu,	Feels must stay in motion or heart will stop, ailment from bad news. Shocks. Averse to company	>alone, <bad news <damp, >stimulants.
Glonoine	Heat stroke, sun HA, bursting, throbbing. Palpitations.	Loses way in familiar place	
Graphitis	Cracked skin oozing yellow honey colored discharge. Obese, timid, people. Weeps easily or irritable. Fissures, Keloids,	Large stool, can be held together with white mucus. Chilly	

Hepar sulph calc	Suppuration,, smells offensive (old cheese), slight offense causes major suffering/upset. Needle-like pains, stick sensation, desire to kill with a	Extremely sensitive to cold, <touch Sensitive to drafts	<cold, <touch, >warm
Hypericum	For nerve injuries, or periosteum, to fingers/toes, coccygeal inj, shooting pains, puncture or lacerating wounds esp in nerve-rich areas, radiating pains, spasms or convulsions after cuts, post-op incisions	Pn radiating from periph to center	
Ignatia	Mood swings, sighing, aversion to tobacco smoke, idealistic, perfectionist, sleepless after grief. For ailments from grief, esp with spasticity or hysteria, romantic	Fear of birds, lump in throat,. Ailment from shock, fright, Disappointment.	<consolation
Ipecac	Gushing red blood, cough, irritable, For persistent n/v, nausea not relieved by vomiting, irritable(looks like	Nausea with clean tongue Respiratory conditions	
Kali bich	Thick gluey(stringy, ropy) d/c, wandering jt pain, small spots of pain For sinusitis , ulcerative problems with	Ulcers with clear margins, chilly. Lower resp. conditions <2-3am	<cold<in morning,<2-3 am
Kali carb	Respiratory conditions, GI. Desires company but treats them outrageously. Rigid personality. Flatus	Swelling of upper lid. Startles easily feels it in stomach. Stitching pains,	<2-4am Must sit up and lean forward with asthma.

Lachesis	Lt. Sided extends to Right, can't stand constraint, >any discharge, rambling, loquacious,, jealous (as foolish as it is irresistible), suspicious,, lesions-purple, Good for cardiac, htn,	Fear snakes, any discharge brings relief to symptoms, as fall asleep feel as if suffocated (fright)	<heat<sun<touch, <longer sleep<tight clothes
Ledum	Puncture wounds, injuries to orbit Excess extravasation of blood	Wounded part feels cold but desires cold appl. Esp. jt	
Lycopodium	Inferiority complex/bully, GI upset and poor digest., Liver disorder Complaints Rt side, performance anxiety,	>loosening clothes, aversion to cold food and drinks. Painful cracks in	>passing gas, <4-8pm, > Loosening clothes
Mag phos	Cramping pain, spasms<cold, rt sided complaints, neuralgia		>heat >pressure, <light touch
Medorrhinum	GU complaints. Chronic cases. Weak memory, Clairvoyance, Timid or aggressive. Fear of someone over their shoulder in the dark. Time passes	Sleeps knee-chest, or on abdomen Craves sour food, esp. oranges. Burning soles of feet and uncovers	>at night, seaside
Nat mur	Grief, craves salt, sad (related to disappointed love), unable to cry, passionate about trifles, for ailments from grief or disappointed love, dwell on past, HA in school girl, H/A come and go with sun: 10-2PM. Crack in the middle of the lower lip.	Bashful bladder, difficulty urinating in public, dream of robbers, cold starting with sneezing, albuminous d/c, herpetic eruptions esp. lower lip. sensitive to music	(sun, <heat, >open air, <consolation
Nat sulph	Suicidal (restrains from shooting self because of responsibility), problems after head injury, responsible, perfectionist ----sad from lively music, diarrhea in am after rising	Brown bitter tongue coating, cheerful after stool asthma hereditary in child. Diarrhea morning after up and	<damp or humidity. <damp warm weather.

Nux vomica	Type A personality (irritable workaholic, domineering, zealous, ambitious), always cold, oversensitive esp to odors, noise, light, etc. sedentary, foggy mind, bad temper, abuses stimulants,, sensitive and expressive. For dyspepsia and c/o from overheating, HA and migraines, esp from hangovers, insomnia, allergies, colds, hay fever,	Crave spicy, fatty foods, constipation with ineffectual urge, crave etoh	<touch, <cold, <3 am (awakens 3 am)
Phosphorus	left sided, , fearful esp to be alone., sympathetic, easily frightened, restless, clairvoyant, hemorrhage, for respiratory c/o (bronchitis, pneumonia) fatty degen. Of LV	Craves ice, cold drinks, vomit cold drinks when become warm in stomach, frightened of thunder storm	<heat, sensitive to odors<lying on L, side, worse twilight. >sleep even short naps, desires company, crave ice cream, carbonated
Phytolacca	For mastitis, lymphadenopathy, (cyanotic)Rt sided sore throat>cold drink, tonsillitis,	sore throat with aching pn in other parts of body	
Podophyllum	Any diarrhea, sputtering profuse diarrhea (Usu. in morning) with food in it (with or without cramping pain)	Teething. Desire to Grind teeth together.	<Diarrhea < 5am
Pulsatilla	Weepy and emotional, changes constantly, thirstless with dry mouth, yielding, bland mucoid d/c, no 2 stools alike, suppurative OM, cough at night or loose cough morning/ dry at night,	Sleep with hand over head , craves butter fat and creamy things.	<fatty foods, <warm room >consolation, >cold, open air, > twilight

Pyrogenium	Septic states. Influenza, pneumonia. High fever.	Bed feels to hard Pulse out of sync with temp. Restlessness from soreness. Offensive discharges. Large smooth red tongue.	>motion, heat, rocking. < cold
Rhus tox	Arthritis pain<cold, pain worse when motion starts then improves (rusty hinge), Low back pn., skin afflictions with itchy, red skin, stiffness, lig. and jt injuries, restlessness, dry teasing cough, chx pox,	Red tongue with red tip,	<cold >covering,<uncovering, <evening, <temp change > scalding H2O on skin.
Rumex crisp.	Respiratory conditions	Cough from tickling in the throat-pit. Covers face with covers to avoid cold air.	Cough <change of temp. esp warm to cold.
Ruta	Stiffness, strains, feel lame or weak, injured part gives out upon rising or putting weight n it. For periosteal and tendon injuries or pain, arthritis, eye strain, tendinitis, bursitis,	1 st aid remedy for eye strain from overuse.	
Sanguinaria	Easy flushing, rt sided complaints, red flushed face, red colored sputum acute HA, esp start occiput, overhead to Rt eye. Rt Shoulder bursitis.	Burning chest pain that extend to Rt shoulder, uncover feet at night from burning inside sensation as if eye	

Sepia	Hormonal stasis, state of apathy and indifference esp. to loved ones, irritable (PMS, etc.), burned out, aversion to coitus, c/o in PG, esp. nausea from slight odor, (>eating little), for gyn conditions,	Craves acid sour foods such as pickles, vinegar, weeping- don't know why, chilly, constipated Back pain > hard	>alone, >sun<cold, >exercise, >occupation >Dancing < Consolation
Silica	Obstinate but appears yielding, timidity, delicate, weakness and lack of grit, fear of failure, strong ideas which they don't argue for, night sweats on head, cold clammy hands, white spots on nails, constipation, " <u>bashful stool</u> " low stamina, perfection. For abscesses esp dental, foreign bodies such as splinters, sinusitis, bone and nail	Perspires on head in sleep, feet produce malodorous (acid) sweat, fear of pointed objects, fishbone sensation in throat, sick-want to cover head, hot, Sensation of hair on tongue	<cold, >warm >wrapping up head.
Spongia	Mostly used for coughs, esp dry croupy coughs, also ailments from goiter and	Wake terrified going to die	<before midnight, <heat, >eating sweets.
Stannum	For cough, bronchitis, weakness and debility in resp. condition, sputum tastes sweet. Expectorates copious sputum.	Throat feels weak after talking. Weakness in chest.	<use of voice, <lying on Rt side, >hard pressure, >cough

Staphysagria	GU and abdom conditions, innocent, easily irritated, suppress anger, throws things when angry, masturbates with romantic fantasies, pain/ burning after urination Used for stys, sharp cuts especially to sphincters.	Feeling drop of urine constantly rolling around in urethra, black, crumbling teeth, tendency to throw things when angry HA-block of wood/	
Stramonium	Aggressive Mania. Superhuman strength. Bites, cuts and strikes. Dilated pupils.	Fear to be alone at night in the dark. Shrieking. Loquacity. Weeping and praying. Fear of water. Suspicious.	< Looking at glistening objects >light, company, warmth.
Sulphur	Theorize, messy, intellectual, egotistical, lazy, craves fame, critical of others, innovative, doesn't bathe, disorganized, fears contagious dz, and heights, offensive sweat, smelly discharges, for skin conditions, blood sugar problems, neglected pneumonia, end of colds,	Diarrhea in morning (5 am) drives them out of bed, red lips, aversion to own body odors, burning feet, stick feet out of bed, empty hungry 11 am, red orifices	<heat, <wool, <5 am, <bathing
Symphytum	For eye injuries, fractures esp poor healing, phantom limb pain, nonunion of Fracture, wounds penetrating to bone		
Tabacum	For nausea, vomiting, motion sickness, sudden onset with excessive salivation	HA with nausea.	>cool open air >uncovering abdomen.
Tuberculinum	Discontentedness, romantic, longing to travel, irritable on waking, malicious, hyperactive and restless, head banging or pushes head into pillow, fam Hx of TB, for URI, bronchitis,	Craves smoked meats, punch head in pillow, grind teeth at night, desires cold milk and smoked meat. Discontented and	<wet, <cold, wet weather, < 1 st motion, >heat, >dry air

Urtica urens	For skin conditions, minor burns & scalds, urticaria. 1 st degree burns.	Prickly feeling on skin	<cold, <touch
Veratrum album	Extreme cold to the point of being blue, cold sweat (esp on forehead), profuse violent diarrhea, weakness and collapse, hyperactive children, cold collapse, cyanotic with diarrhea, critical, restless, Haughty.	Desires large quantities of cold drinks yet <cold, desires sour, religious mania “street corner preacher”, tear paper into little	>heat, >walking, <night, <cold