

NZ Homœopathic Society

Home remedies By Dr Lambert Mount

- Aconite** **SHOCK, ACUTE INFLAMMATION, FEVER, ANXIETY**
Acute conditions which come on suddenly, ears throat, chest, bladder
When hot, very thirsty, anxious, frightened, restless. Also, for SHOCK, croup,
effects of fright or chills, any EMERGENCY. Numb, tingling pains too. Worse in cold
dry winds
- Antim tart** **COUGH & ASTHMA**
Cold clammy sweat; feels weak, pale face, white coated tongue. Breathless,
gasping, must sit up, rattling cough, unable to expectorate, worse warmth
- Arsenicum alb** **SICKNESS & DIARRHOEA, RESTLESS PROSTRATION**
Sickness & diarrhoea simultaneously. Feeling very cold, can't rest. Burning pains in
stomach. Thirst, warm drinks, can't bear light, smell food. Great restlessness,
anxiety. Intense burning pains. Acute colds with runny burning discharge.
- Belladonna** **ACUTE INFLAMMATION**
Burning hot, flushed, wide eyed, excited, can be delirious, Fever, red rash, Sore
throats, colic, throbbing headaches, throbbing boils.
- Bryonia** **CHEST PAIN, HEADACHE, STOMACH**
Bursting headaches, Migraine, Arthritis, pleurisy. Pains worse for any movement,
even breathing, warmth. Better for pressure, keeping still. Feels cool parched,
thirsty for cold drinks, irritable, may have indigestion, tender/sour stomach
bloating, constipation
- Chamomilla** **FRANTIC PAIN, OVERSENSITIVE TO PAIN, TEETHING**
For Unbearable Pains, Earache, toothache, teething, better being picked up, one
cheek hot. Colic, diarrhoea, green motions.
- Colocynth** **COLIC PILLS**
For agonising colic, better doubling up, for hard pressure, heat, twisting about.
Gripping pains causing distension, belching, vomiting, diarrhoea. Colic & neuralgia
from anger, "getting worked up"

Gelsemium	<p>INFLUENZA, “NERVES”</p> <p>Trembling, hot, flushed, aching, dizzy, drowsy, “drugged, heavy, dull & weak. Headache, eyes heavy. Back chilly. Sneezing, runny nose. Sore throat. Difficulty swallowing. Not thirsty. Upsets from “nerves”</p>
Ipecac	<p>NAUSEA & COUGH</p> <p>For persistent NAUSEA, may be vomiting, with much saliva. Onset violent suffocating wheezing bouts coughing. Also nose bleeds, haemorrhages</p>
Merc sol.	<p>FEVERISH COLDS, GLANDS, DIARRHOEA</p> <p>Thick cold, Tonsils swollen, fever, sweat, Glandular fever. Feels chilly and hot weak, trembling, offensive sweat & breath. Profuse greenish catarrh, salivation, THIRST. Diarrhoea with straining & slime, blood. Worse night. Worse any change of temperature.</p>
Nat mur	<p>MUCOUS & COLDS, DEPRESSION & GRIEF</p> <p>For “sneezy” colds, much nasal discharge, fever, mouth blisters. Feeling cold WORSE WARMTH. Cough with tears. Thirsty, irritable, weak, weepy. Liable to black moods, depression, sulks. Loves salt on food, oily skin on face. Difficult character.</p>
Nux vom	<p>TENSION, FLU, STOMACH</p> <p>Chilly, irritable, quarrelsome, oversensitive. Delayed indigestion, nausea, constipation, frequent ineffectual urging. Itching piles. “Flu” pharyngitis, chilled when uncovers or drinks. Stuffy colds, raw throat, infants snuffle. Hangovers. Worse in morning. Headaches from mental exertion or anger.</p>
Phosphorus	<p>LARYNGITIS & CHEST</p> <p>Chest tight, hoarse, hurts to talk, loss of voice. Dry tickling, racking cough. Worse cold air, worse talking. Feels chilly. Craves cold drinks, vomits immediately, nervous, Nose bleeds, highly sensitive, very imaginative</p>
Pulsatilla	<p>CATARRH, EARS, MEASLES</p> <p>Thick yellow green catarrh, eyelids, nose. Loss of smell. Dry mouth (NO THIRST) Better open air. Catarrhal cough, worse warm room. MEASLES Indigestion from fat rich food. Tearful, changeable, clinging. Loves sympathy. Rheumatism better for moving.</p>
Sulphur	<p>RASHES, BURNING, ITCHING</p> <p>For Burning itching. Skin rashes, worse WARMTH, scratching, washing clothing, BURNING boils, eyelids & piles. Hungry, tired, “flushes”, burning feet, kicks off bedclothes. Morning diarrhoea. Red rimmed eyes. Quarrelsome. Egotistical. Dislikes work & washing.</p>

Rhus tox**RHUEMATISM, SHINGLES**

Pains with stiffness, worse wet weather, for cold air, in bed after rest (first movements hurt) BETTER KEEPING MOVING. "FLU", dry coughs with above symptoms Also itching blisters, shingles, better for heat.

Dosage:

In acute cases use low potency, 6c or 30c. If no improvement after 6 doses, review your situation and remedy, try another or seek professional assistance

Can I treat myself?

You can learn to use some homeopathic remedies at home for simple acute conditions such as colds, ear infections, flus, coughs, tummy bugs, etc. All ongoing chronic conditions require consultation with a professional homeopath. Refer to the New Zealand Council of Homeopaths professional register using the link below.

<https://homeopathy.co.nz/find-a-homeopath/>

About the New Zealand Homœopathic Society

The Homœopathic Society is run by a small team of dedicated volunteers. New volunteers are warmly welcomed. Join the Society to receive our quarterly newsletter and for up-to-date information on homeopathic news, events, and tips on remedies for common ailments. Visit our online bookstore for a comprehensive selection of books about Homeopathy. Access the 'Members Only' pages on our website where past journals are available to view or download.

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