

NZ Homœopathic Society

Learning Homeopathy by Bruce Barwell

Using Polycrests

Polycrests are remedies with a wide range of uses.

One way of becoming familiar with homeopathy is by starting with the Polycrests, then becoming familiar with the traumatic (First Aid) remedies, then going on to study remedies for acute conditions.

You could study the top 12 and learn these in as great a detail as possible, committing to memory as much of the details as possible of these remedies, so that when a case presenting any of these symptom pictures comes to you, you won't have to repertorise it, or think too hard about it.

Top 12 of the Polycrests to know

Phosphorus	Calcarea Carbonica	Sulphur
Pulsatilla	Nux Vomica	Sepia
Kali carbonicum	Natrum Muriaticum	Mercurius
Lycopodium	Iachesis	Silica

Include in your study the remedies closely allied to the top 12 : - Calcarea Phos, Calc Sulph, Calc Sil, Sulphuricim Acidum, Sulph Iod, The kalis and the mercs.

These are the top remedies which are most frequently presented in Homeopathic prescribing and would cover 60% or more of principally chronic cases and a wide range of ailments not dealing with traumatic conditions or acute infections.

Another way of learning is by gaining experience and confidence by using the traumatic (first aid) remedies.

Traumatic Remedies

Aconite	Arnica	Bellis Perennis	Cantharis	Calendula
Hypericum	Ledum	Rhus Tox	Staphisagria	Urtica Urens

Infections are harder to treat and require more knowledge of remedies. There are a few leading remedies for infections; Antim.Crud (Impetigo) Baptisia (flu) Gelsemium Merc Cor (dysentery) Pilocarpine (mumps)

Influenza really calls for knowledge of a wide range of remedies. People have many different ways of manifesting their symptoms.

The same can be said of the Common Cold, as each person manifests different symptoms as he progresses from one stage to another.

Allergies may be treated in a palliative way with homeopathic Histamine. Otherwise, to effect a cure, knowledge of a wide range of remedies is needed – or you can desensitise people to the things they are allergic to – that is to use remedies made from pollens, dust, feathers, horse hair, dog hair etc.

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. Website: www.homeopathy.ac.nz Email: coordinator@homeopathy.ac.nz

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