

REMEDY SUMMARIES

Out of over 3000 homeopathic remedies currently known and documented, there are literally hundreds that might be useful in the treatment of an individual with knee pain or injuries. We will focus on those best known for their affinity for acute situations. Armed with these few remedies, the practitioner will have the means to safely alleviate suffering and speed the healing process – helping the individual pass the acute phase quickly and enter longer term healing and recovery. At that point, it is certainly recommended that a full homeopathic case may be taken and that homeopathic remedies may then be used in concert with appropriate therapies to insure the individual regains the best possible health.

The following remedies will be presented in summary form.

- Aconitum napellus (Aconite)
- Apis mellifica
- Arnica montana
- Belladonna
- Bellis perennis
- Bryonia
- Calcarea phosphoric
- Calendula
- Causticum
- Hypericum
- Ingatia amara
- Kali carbonicum
- Ledum palustre
- Natrum muriaticum
- Phytolacca
- Pulsatilla
- Rhus toxicodendron
- Ruta graveolens
- Sulphur
- Sticta Pulmonaria
- Symphytum

Aconitum Napellus

Common names: Monkshood, Monk's Blood, Fuzi, Wolf's Bane

A state of fear, anxiety; anguish of mind and body. Physical and mental restlessness, fright, is the most characteristic manifestation of Aconitum Napellus. Acute, sudden, and violent invasion, with fever, call for it. Does not want to be touched. Sudden and great sinking of strength. Complaints and tension caused by exposure to Dry, cold weather, draft of cold air, checked perspiration, also complaints from Very hot weather, especially gastro-intestinal disturbances, etc. First remedy in inflammation, inflammatory fevers. Serous membranes and muscular tissues affected markedly. Burning in internal parts; Tingling, coldness and numbness. Influenza. TENSION of arteries; emotional and physical mental tension explain many symptoms. When prescribing Aconite remember Aconite causes only functional disturbance, no evidence that it can produce tissue change - its action is brief and Shows no periodicity. Its sphere is in the beginning of an acute disease and not to be continued after pathological change comes. In hyperaemia, congestion not after exudation has set in.

Selected Keynotes :

Mind

- FEAR AND PREDICTING DEATH. Convinced they will die, PREDICT THE TIME.
- FEARS: CROWD, NARROW PLACES, OPEN SPACES, darkness, elevator, tunnel, heart-disease, heart will stop, brainstroke, fainting, air plane, earthquake.
- Fearful RESTLESSNESS.
- PANIC STATES: Sudden, violent. Like internal earthquake.
- Calm in between the panic states.

Generalities

- Extreme excitability of nervous and vascular system.
- Desire open air.
- agg. COLD DRY weather, dry COLD WIND, east wind, -agg. becoming cold when overheated.
- agg. Motion; lying on affected side; touch (esp. during fever).
- agg. FRIGHT, SHOCK; experience of IMMINENT DEATH.
- agg. Twilight.
- amel. Discharges (vomiting, diarrhea).

- Plethoric. local congestions.
 - Epilepsy or convulsions.
 - Numbness, tingling agg. left side.
 - Intolerable pains; stinging, burning. Protects painful part with hands.
- Stiff neck muscles, especially due to draught of air
- Extremities
- Acute rheumatism with sensation of enlargement of the part.
 - Affections often associated with NUMBNESS, TINGLING.
 - Paralysis, from exposure to cold, dry wind, from fright; hysterical.
 - Paralysis on waking, unable to move, gives panic.

Modalities:

BETTER in open air.

WORSE in warm room, in evening and Night; worse lying on affected side, from music, from tobacco-smoke, dry, cold winds.

Apis mellifica

Source: Honey Bee

Acts on cellular tissues causing oedema of skin and mucous membranes.

The very characteristic effects of the sting of the bee furnish unerring indications for its employment in disease. Swelling or puffing up of various parts, EDEMA, red rosy hue, stinging pains, soreness, intolerance of heat, and slightest touch, and afternoon worse are some of the general guiding symptoms. Erysipelatous inflammations, dropsical effusions and anasarca, acute, inflammation of kidneys, and other parenchymatous tissues are characteristic pathological states corresponding to Apis Mellifica. Apis acts especially on outer parts, skin, coatings of inner organs, serous membranes. It produces serous inflammation with effusion, membranes of brain, heart, pleuritic effusion, etc. Extreme sensitiveness to touch and general soreness is marked. Constricted sensations. Sensation of stiffness and as of something torn off in the interior of the body. Much prostration.

Selected Keynotes:

SWELLING, EDEMA, agg. HEAT.

Mind

- PASSIONATE, intense emotions, not easily expressed.
- Simulates good mood when feeling wretched.
- JEALOUS. Ailments from grief.
- High sexual interest. Even sexual mania.
- BUSY. Restless.
- AWKWARDNESS. Clumsiness.
- Irritable. Quarrelsome.
- Rage with uncontrolled emotions; say things to hurt.
- Discouraged, weepy. Try to hide their feelings.
- Fear of birds.
- Shrieking with pain, in sleep; brain cry.
- Loquacious delirium, agg. menses; with meningitis.
- APATHY. Indifference.

Generalities

- STINGING, BURNING pains.
- agg. HEAT; touch.
- agg. Right side.
- amel. COLD APPLICATION.
- EDEMATOUS SWELLINGS.
- Sudden, rapid developing complaints.
- Ailments from suppressed eruptions, suppressed sexual desire.
- Anaphylactic shock.

Extremities

- Swelling, inflammation of joints. Rheumatism.
- Swelling of ANKLES (Med.).
- Heavy and powerless, as if paralysed.

Muscle and joint stiffness due to synovitis

Modalities

BETTER, In open air, uncovering, and cold bathing

WORSE, heat in any form; TOUCH; pressure; late in afternoon; after sleeping; in closed and heated rooms. Right side.

Arnica montana

Source: Leopard's Bane, Compositae

Produces conditions upon the system quite similar to those resulting from injuries, falls, blows, contusions. Tinnitus aurium. Putrid phenomena. Septic conditions; prophylactic of pus infection. Apoplexy, red, full face.

It is especially suited to cases when any injury, however remote, seems to have caused the present trouble. After traumatic injuries, overuse of any organ, strains. Arnica Montana is disposed to cerebral congestion. Acts best in plethoric, feebly in debilitated with impoverished blood, cardiac dropsy with dyspnoea. A muscular tonic. Traumatism of grief, remorse or sudden realization of financial loss. Limbs and body ache as if beaten; joints as if sprained. Bed feels too hard. Marked effect on the blood. Affects the venous system inducing stasis. Ecchymosis and Hemorrhages. Relaxed blood vessels, black and blue spots. Tendency to hemorrhage and low-fever states. Tendency to tissue degeneration, septic conditions abscesses that do not mature. Sore, lame, bruised feeling. Neuralgias originating in disturbances of pneumogastric. Rheumatism of muscular and tendinous tissue, especially of back and shoulders. Aversion to tobacco. Influenza. Thrombosis. Haematocele.

Selected Keynotes:

* AILMENTS FROM INJURY/TRAUMA, physical or psychic.
SORENESS.

Mind

- FEAR OR AVERSION OF BEING TOUCHED, others approaching them.
- Says he is well, thinks he is well, sends doctor away.
- Sensitive to pain.
- Defensive: Irritable, obstinate when approached.

Contradictory, capricious.

- Restless because of soreness. Feels as if bed is too hard.
 - Forgetful. Absentminded.
 - Stupor, unconsciousness, coma during high fever, from brain damage,...
- Answers correctly when aroused and falls back into stupor.

Generalities

- Complaints ever since a TRAUMA (Nat-s).
- AILMENTS FROM INJURIES WITH A BLUNT INSTRUMENT; OVEREXERTION, labor, surgery,...

- agg. Cold wet.
- agg. Jar.
- agg. Evening, night; movement; noise.
- amel. Lying head low.
- SORE, BRUISED PAINS.
- Tendency to hemorrhages, externally and internally.
- Any bruised muscle
- Cramps which occur when fatigued
- Muscle stiffness after exertion and strenuous games
- Sore bruised feeling, strained back muscles, sore muscles
- Extremities
- Arthritis, rheumatism agg. cold wet weather.
- Joint pains agg. jar.
- SPRAINS. BRUISES.

Modalities:

- BETTER, lying down, or with head low.
- WORSE, least touch; motion; rest; wine; damp cold.

An interesting side note concerning Arnica – the ‘picture’ of arnica is the individual who, while holding a broken arm, will say ‘I’m alright’ or ‘no problem’ and brush help aside. They do not melt into a sobbing puddle and want to be held and stroked.

Belladonna

Source: Deadly Nightshade. Solanaceae

Belladonna acts upon every part of the nervous system, producing active congestion, furious excitement, perverted special senses, twitching, convulsions and pain. It has a marked action on the vascular system, skin and glands. Belladonna always is associated with hot, red skin, flushed face, glaring eyes, throbbing carotids, excited mental state, hyperaesthesia of all senses, delirium, restless sleep, convulsive movements, dryness of mouth and throat with aversion to water, Neuralgic pains that come and go suddenly (Oxytropis.) Heat, redness, throbbing and burning. great children’S remedy. Epileptic spasms followed by nausea and vomiting. Scarlet fever and also prophylactic. Here use the thirtieth potency. Exophthalmic goitre. Corresponds to the symptoms of "air-

sickness" in aviators. Give as preventive. No thirst, anxiety of fear. Belladonna stands for Violence of attack and Suddenness of onset. Bell. for the extreme of thyroid toxæmia.

Selected Keynotes:

* GREAT INTENSITY of symptoms.

Mind

- Often emotionally balanced with fits of anger, etc.
- Vivid emotions, imaginations.
- Senses acute. Sensitive to light, noise, jar.
- Irritability. Sudden fits of anger.
- Fear of dogs.
- Want to hit people, pull their hair, spit, bite.
- Knocks head against the wall.
- Attempt to escape; des. to hide.
- Violent impulses and mania. Psychosis.

Generalities

- Robust, vital, plethoric.
- Circulation: CONGESTION, flushes, PULSATING PAINS. High blood pressure.
- Pains (esp. neuralgic) come and go suddenly.
- Convulsions, twitches.
- agg. RIGHT SIDE.
- agg. 3 P.M.
- agg. JAR, MOTION; noise, light, touch.
- agg. Heat, sun.
- agg. Draft, cold after being overheated.
- agg. Sudden change of temperature.
- agg. Hormonal changes, menses.
- amel. LYING ON ABDOMEN, pressure.
- amel. Semi erect position, covering the head.

Extremities

- Cold extremities with congested head.

Modalities

BETTER Rest; standing or sitting erect; warm room.

WORSE From touch, motion, noise, draught of air,; after 3 p. m.; night, after midnight; while drinking; uncovering the head; summer sun; lying down.

Bellis perennis

Common name: Common Daisy

It acts upon the muscular fibers of the blood-vessels. Much muscular soreness. Lameness, as if sprained. Venous congestion, due to mechanical causes. First remedy in injuries to the deeper tissues, after major surgical work. Results of injuries to nerves with intense soreness and intolerance of cold bathing. After gout, debility of limbs.

Traumatism of the pelvic organs, auto-traumatism, expresses the condition calling for this remedy; ill effects from masturbation. Excellent remedy for sprains and bruises. Complaints due to cold food or drink when the body is heated, and in affections due to cold wind. Externally, in naevi. Acne. Boils all over. sore, bruised feeling in the pelvic region. Eructations, stasis, swelling, come within the range of this remedy. Rheumatic symptoms. Does not vitiate the secretions. "It is a princely remedy for old laborers, especially gardeners." (Burnett.)

Selected Keynotes:

* SPRAINS, BRUISES, injuries, bone fractures. etc.

Mind

- Psychic traumatism. Doesn't tell or show it.
- Obstinate. Fixed ideas.
- Confusion of surroundings.

Generalities

- SPRAINS, BRUISES, injuries, bone fractures. etc.
- Injuries to deeper tissues after major operation, esp. on pelvis organs, abdomen.

TRAUMATISM OF PELVIC ORGANS; after parturition.

Sore, bruised feeling in pelvic region (uterus).

- agg. OVEREXERTION.
- Ailments after: cold drinks (cold food), getting cold when heated.
- Overworked old labourers, gardeners, commercial travellers, railway spine.

Back

- Injuries of coccyx (Hyper.).

Healing of cuts and wounds

Deep tissue pain

Sprains with great soreness

Wrist feels contracted as from elastic band around joint
Pain down anterior of thighs
Itching on back and flexor surfaces of thighs
Joints sore, muscular soreness

Modalities

WORSE left side; hot bath and warmth of bed; before storms; cold bathing; cold wind.

Bryonia

Common names: White Bryony, Wild Hop. Cucurbitaceae

Acts on all serous membranes and the viscera they contain. Aching in every muscle. The general character of the pain here produced is a stitching, tearing; worse by motion, better rest. These characteristic stitching pains, greatly aggravated by any motion, are found everywhere, but especially in the chest; worse pressure. Mucous membranes are all dry. The Bryonia Alba patient is irritable; has vertigo from raising the head, pressive headache; dry, parched lips, mouth; excessive thirst, bitter taste, sensitive epigastrium, and feeling of a stone in the stomach; stools large, dry, hard; dry cough; rheumatic pains and swellings; dropsical effusions into synovial and serous membranes.

Bryonia Alba affects especially the constitution of a robust, firm fiber and dark complexion, with tendency to leanness and irritability. It prefers the right side, the evening, and open air, warm weather after cold days, to manifest its action most markedly.

Children dislike to be carried or raised. Physical weakness, all-pervading apathy. Complaints apt to develop slowly.

Selected Keynotes:

* agg. MOTION, amel. REST.

Mind

- AVERSION BEING DISTURBED. Irritable, wants to be left alone. Reserved.
- Fear of poverty, fear of starving, anxiety about future.

- Materialistic. Possession oriented.
- Insecurity, withdrawn into themselves, isolated from social contact.
- Thoughts, talks about BUSINESS. Determined.
- Despair of recovery. Seem to hold others responsible for their suffering.
- Dullness morning on waking, agg. exertion, conversation.
- Children ask for things that are difficult to find, immediately throw it away (Cham).

Generalities

- agg. Least MOTION. But may be restless from severe pains.
- agg. Heat. Over-heating.
- agg. 9 p.m.
- amel. REST (being quiet).
- amel. PRESSURE, lying on painful side.
- amel. Cold applications, except stomach: agg. cold applications.
- DRYNESS mucous membranes; emotionally.
- Often slow onset of acute diseases.
- Injuries, sprains, etc.
- Stitching pains.

Acute

- Slow onset (Gels).
- GREAT THIRST FOR LARGE QUANTITIES, often; at long intervals.
- Also possible: dry mouth and thirstless.
- Pains: agg. SLIGHT MOTION, agg. heat.

Extremities

- RHEUMATISM of joints and muscles, arthritis, gout; inflammation of joints with swelling and stiffness.
- agg. Motion, heat; amel. rest, cold, pressure.
- For pain in the intercostals muscles, with or without involvement of the pleura

Pain that feels like bone in hurting

Modalities

BETTER, lying on Painful side, pressure, rest, cold things.

WORSE, warmth, any motion, morning, eating, hot weather, exertion, touch. Cannot sit up; gets faint and sick.

Calcarea phosphorica

Common Names: Phosphate of Calcium

One of the most important tissue remedies, and while it has many symptoms in common with Calcarea CARB., there are some differences and characteristic features of its own. It is especially indicated in tardy dentition and troubles incident to that period, bone disease, non-union of fractured bones, and the anaemias after acute diseases and chronic wasting diseases. Anaemic children who are peevish, flabby, have cold extremities and feeble digestion. It has a special affinity where bones form sutures or symphyses, and all its symptoms are worse from any change of weather. Numbness and crawling are characteristic sensations, and tendency to perspiration and glandular enlargement are symptoms it shares with the carbonate. Scrofulosis, chlorosis and phthisis.

Selected Keynotes:

Mind

- Sensitive. Sympathetic. Anxiety about others.
- Inner DISCONTENTMENT.
- DESIRE TO TRAVEL, from discontentment. Restless.
- Irritable. Peevish. Complaining. Critical.

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- Sighing.
- Weakness of memory. Difficult comprehension and concentration.
- Ailments after SUDDEN BAD NEWS, grief, cares, stress.

Moaning, groaning, complaining

Generalities

- agg. COLD WET weather, esp. MELTING SNOW. Change of weather.
- agg. Draft.
- agg. MENTAL EXERTION, STRESS.
- Ailments from MAL-ASSIMILATION.

Bones become soft, brittle. Fractures don't heal.

Emaciation. Weakness.

- CHILDREN: SLOW DEVELOPMENT, SLOW CLOSING OF FONTANELLES.

GROWING PAINS.

- Main remedy for overstrained school children go from active and open to sluggish, wearisome.
- Polyps.

Back

- STIFFNESS, pain CERVICAL REGION, agg. draft, cold, wet weather
- Scoliosis. Spina bifida.

Extremities

- RHEUMATISM. Gout. Arthritic pains.
- STIFFNESS, agg. morning, amel. motion
- Weakness of muscles, ligaments.
- Bone problems. Growing pains.
- Carpal tunnel
- Cramps while writing.
- Numbness, tingling.

Modalities

BETTER In summer; warm, dry atmosphere

WORSE Exposure to damp, cold, changeable weather; east winds; melting snow; mental exertion

Calendula Officinalis

Common names: Marigold

A most remarkable healing agent, applied locally. Useful for open wounds, parts that will not heal, ulcers, etc. Promotes healthy granulations and rapid healing by first intention. Hemostatic after tooth extraction. Deafness. Catarrhal conditions. Neuroma. Constitutional tendency to erysipelas. Pain is excessive and out of all proportion to injury. Great disposition to take cold, especially in damp weather. Paralysis after apoplexy. Cancer, as an intercurrent remedy. Has remarkable power to produce local exudation and helps to make acrid discharge healthy and free. Cold hands.

Selected Keynotes :

* HEALING OF WOUNDS.

Mind

- Extremely nervous. Sensitive to noise.
- Easily frightened. Starting with fright.
- Fear something will happen (Caust., Phos.).
- Restlessness with fear of impending misfortune.
- Irritable.
- Bulimia.

Generalities

- WOUNDS: RAW, INFLAMED, RED, STINGING.
- Open, cut, LACERATED, RAGGED, SUPPURATED.
- PROMOTES HEALTHY GRANULATIONS AND RAPID HEALING.
- Exhaustion from loss of blood or excessive pain; esp. if out of proportion to the injury.
- Pain is excessive and out of all proportion to injury.
- Prevents lymphangitis, gangrene, sepsis.
- Injuries of muscles, tendons.

Extremities

- Weakness, agg. lower limbs.

Modalities

WORSE, in damp, Heavy, cloudy weather.

Causticum

Source: Causticum Hahnemanni – Potassium Hydrate

Manifests its action mainly in chronic rheumatic, arthritic and paralytic affections, indicated by the tearing, drawing pains in the muscular and fibrous tissues, with deformities about the joints; progressive loss of muscular strength, tendinous contractures. Broken down seniles. In catarrhal affections of the air passages, and seems to choose preferable dark-complexioned and rigid-fibered persons. Restlessness at night, with tearing pains in joints and bones, and faint-like sinking of strength. This weakness progresses until we have gradually appearing paralysis. Local paralysis, vocal cords, muscles of deglutition, of tongue, eyelids, face, bladder and extremities. Children are slow to walk. The skin of a Caucasian person is of a Dirty white sallow, with warts, especially on the face. Emaciation due to disease, worry, etc., and of long standing.

Burning, rawness, and soreness are characteristic.

Selected Keynotes:

* GRADUAL PARALYSIS with induration of tendons.

Mind

- SENSITIVE, excitable, perceptive individuals.
- Sensitive to environment, feelings of people.
- SYMPATHETIC. Full of cares. Anxiety about others.
- STRONG SENSE OF JUSTICE. Idealism.
- History of many shocks, griefs, disappointments. They suffer a lot.
- Ailments from fright, prolonged grief.
- Become closed. Mind loses flexibility.
- Many FEARS SOMETHING BAD IS GOING TO HAPPEN, twilight, dark, being alone at night, dogs, ghosts.
- Mind gets tired, weak, breaks down.

Generalities

- Complaints of nervous and musculo-skeletal system.
- agg. DRY COLD WIND, WEATHER.
- amel. WET, DAMP, CLOUDY WEATHER (Hep., Nux-v.).
- agg. From suppressed eruptions.
- Chilly.
- NERVOUS SYSTEM: Tics, chorea, twitching, convulsions, restlessness.

Degenerative neurological diseases: e.g. MS.

- PARALYSIS, esp. right side.
- Numbness agg. left side. Pain in hamstrings, with limited extension

Contractures of tendons, stiff neck

Stiffness around knees and ankles with tightness of the hamstrings

Back

- Stiffness.
- Torticollis.
- Sciatica agg. cold, coughing, amel. warmth, of bed.

Extremities

- GRADUAL PARALYSIS.
- Ataxia.
- CONTRACTIONS, INDURATIONS OF TENDONS.
- Carpal tunnel syndrome (Calc-p., Guaj., Viol-o.).

- Rheumatic pain agg. cold bathing, amel. wet weather, heat.
- RHEUMATISM, ARTHRITIS OF SMALL JOINTS.
- Restless legs at night, during sleep.
 - Twitchings, convulsions. Chorea.
 - Paralysis, pain right deltoid.

Modalities

BETTER, in Damp, wet weather; warmth. Heat of bed.
 WORSE, dry, cold winds, in Clear fine weather, Cold air; from motion of carriage.

Hypericum perforatum

Common name: St. John's Wort

The great remedy for injuries to nerves, especially of fingers, toes and nails. Crushed fingers, especially tips. Excessive painfulness is a guiding symptom to its use. Prevents lockjaw. Punctured wounds. Relieves pain after operations. Quite supersedes the use of Morphia after operations. Spasms after every injury. Has an important action on the rectum; hemorrhoids. Coccydynia. Spasmodic asthmatic attacks with changes of weather or before storms, better by copious expectoration. Injured nerves from bites of animals. Tetanus. Neuritis, tingling, burning and numbness. Constant drowsiness.

Selected Keynotes:

* Injuries to nerves and spine.

Mind

- MENTAL/EMOTIONAL SYMPTOMS AFTER INJURIES (Nat-s); depression, dullness, forgetfulness, hysteria;
- agg. before thunderstorm.
- Feels as if lifted in the air.
- Fear of falling from height, downward motion (Bor).
- Mistakes in writing. Forgets what she wanted to say.

Generalities

- INJURIES TO PARTS RICH IN NERVES (Led).

- PAIN: SHOOTING, UPWARD, ALONG NERVE.
- Prevents tetanus (Led).
- Convulsions after injury, esp. to spine, head (Nat-s).
- Ailments from PUNCTURED WOUNDS, lacerations, bites of animals; after operations.
- Ailments of shock, fright, mesmerism.
- Phantom pains (All-c, Staph).
- agg. Foggy weather.

Back

- INJURIES TO SPINE, COCCYX (Sil).
- Pain shoots up the spine and down limbs.
- Bruised coccyx after labor.

Extremities

- Neuritis.
- Injuries to finger tips.
- Needle or splinter, under nail, in finger or footsole (Led).
- Rheumatic pains.

Modalities:

BETTER, bending head backward.

WORSE, in cold; dampness, in a FOG; in close room; least exposure; touch.

Ignatia amara

Source: *Strychnos ignatii*

Common name: St. Ignatius Bean

Produces a marked hyperaesthesia of all the senses, and a tendency to clonic spasms. Mentally, The emotional element is uppermost, and co-ordination of function is interfered with. Hence, it is one of the chief remedies for hysteria. It is especially adapted to the nervous temperament - women of sensitive, easily excited nature, dark, mild disposition, quick to perceive, rapid in execution. Rapid change of mental and physical condition, opposite to each other. Great contradictions. Alert, nervous, apprehensive, rigid, trembling patients who suffer acutely in mind or body, at the same time made worse by drinking Coffee. The Superficial and erratic character of its symptoms is most characteristic. Effects of grief and worry. Cannot bear tobacco. Pain is small,

circumscribed spots . The plague. Hiccough and hysterical vomiting.

Selected keynotes :

Mind

- Emotional sensitivity. Refined, artistic.
 - Romantic. Idealistic.
 - CONFLICT BETWEEN (romantic) FEELINGS AND REALITY.
 - Dissatisfied with emotional life.
 - Ailments from grief, disappointment.
 - Unable to cry. Cries when alone. Sobbing. Tries to control crying during interview.
 - Brooding. SILENT GRIEF.
 - SIGHING.
 - Close themselves off. Mistrustful. Rude.
 - Changeable moods. UNPREDICTABLE. Hysterical.
 - Women's liberation. Wants to prove herself.
 - Gets overstrained, frustrated. Conflict between her (romantic) nature and her work.
- Become tense, sharp.
- Fear of birds (poultry), claustrophobia, insanity. Anxiety about health.
 - Anorexia Nervosa.

Generalities

- Paradoxical, CONTRADICTORY symptoms
 - e.g. nausea amel. eating heavy food.
 - ALIMENTS FROM GRIEF, EMOTIONAL SHOCK.
 - Hysterical tendency and symptoms
- Numbness. Cramps. Spasms. Tics. Chorea.
- Sudden momentary paralysis.

Back

- Spasms.

Extremities

- Jerks, twitchings, chorea.
- Hysterical numbness, tingling, paralysis

Marked affinity for grief or hysteria

Modalities

BETTER, while eating, change of position

WORSE, in the morning, open air, after meals, Coffee, smoking, liquids, external warmth.

Kalium carbonicum (Kali Carb)

Common Names: Potassium Carbonate

The weakness characteristic of all Potassium Salts is seen especially in this, with soft pulse, coldness, general depression, and very characteristic stitches, which may be felt in any part of the body, or in connection with any affection. All Kali pains are Sharp and cutting; nearly all better by motion. Never use any Salts of Potash where there is fever (T. F. Allen). Sensitive to every atmospheric change, and Intolerance of cold weather. One of the best remedies following labor. Miscarriage, for consequent debilitated states. Early morning worse is very characteristic. Fleshy aged people, with dropsical and paretic tendencies. Sweat, backache, and weakness. Throbbing pains. Tendency to dropsy. Tubercular diathesis. Pains from within out, and of stinging character. "Giving-out" sensation. Fatty degeneration. Stinging pains in muscles and internal parts. Twitching of muscles. Pain in small spot on left side. Hypothyroidism. Coxitis.

Selected Keynotes:

Mind

- RIGID, INFLEXIBLE, DOGMATIC.
- Systematic, proper, routine-oriented.
- Matter-of-fact way of thinking.
- Can be sensitive but will not show it.
- Emotions, anxiety felt in SOLAR-PLEXUS
- Hypersensitive to TOUCH, ticklish.
- Irritability at trifles.

Generalities

- CHILLY, agg. cold.
- agg. DRAFT, uncovering,
- agg. 2-4 A.M.
- Stout.
- STITCHING pains

Back

- Weakness. Lumbago, sciatica.

Extremities

- Deformative arthritis, agg. cold, wet.
- Dropsies.
- Sensitive footsoles

Modalities

BETTER

WORSE

Ledum Palustre

Common names: Marsh Tea, Labrador Tea

Affects especially the rheumatic diathesis, going through all the changes, from functional pain to altered secretions and deposits of solid, earthy matter in the tissues. The Ledum Palustre rheumatism begins in feet, and travels upward. It affects also the skin, producing an eruption like Poison-oak, and is antidotal thereto, as well as to stings of insects. There is a general lack of animal heat, and yet heat of bed is intolerable. For punctured wounds, produced by sharp-pointed instruments or bites, particularly if the Wounded parts are cold, this is the remedy. Tetanus with twitching of muscles near wound.

Selected Keynotes :

* Rheumatic complaints. Punctured wounds, stings and bites.

Mind

- Irritable. Dissatisfied.
- Desire for solitude. Misanthrophy.
- Restlessness, must constantly move.

Generalities:

- CHILLY BUT agg. HEAT.

- PAINS amel. BY COLD APPLICATIONS.
- agg. Heat, heat of bed.
- agg. Night.
- COLDNESS OF AFFECTED PART. Antidote of animal poisons.
- Complaints go from below upward (Thal).
- Ailments from PUNCTURED WOUNDS. Prevents tetanus.
- Tetanus with twitching of muscles near wound.
- Hemorrhages. Dark blood.

Extremities

- RHEUMATISM. GOUT. Mainly of lower limbs. Podagra. Nodosities.

AFFECTIONS TRAVELLING UPWARD FROM FEET.

amel. COLD APPLICATIONS (Guaj, Lac-c, Puls, Sulph).

Put their feet in ICE WATER.

agg. HEAT in bed, motion.

Swelling of affected joints.

- Cross-wise pains (Agar, Rhus-t, Tarax), left shoulder and right hip.
- Itching of feet and ankles agg. heat of bed, scratching.
- Elephantiasis of lower extremities.
- Felon.
- Easy spraining of ankles.

Muscles involved in stab wounds and hypodermic injections

Muscle stiffness due to cold and damp

Black eyes and old yellow bruises

Pain feels better from cold application

bites, stings, punctured wounds

Modalities:

BETTER, from cold, putting feet in cold water.

WORSE, at night, and from heat of bed.

Natrum muriaticum

Common Names: Common Salt NaCl

The prolonged taking of excessive salt causes profound nutritive changes to take place in the system, and there arise not only the symptoms of salt retention as evidenced by dropsies and oedemas, but also an alteration in the blood causing a condition of anaemia and leucocytosis. There seems also to be a retention in the tissues of effete materials giving rise to symptoms loosely described as gouty or rheumatic gout. The provings are full of such symptoms (Dr. Stonham.) A great remedy for certain forms of intermittent fever, anaemia, chlorosis, many disturbances of the alimentary tract and skin. Great debility; most weakness felt in the morning in bed. Coldness. Emaciation most notable in neck. Great liability to take cold. Dry mucous membranes. Constrictive sensation throughout the body. Great weakness and weariness. Oversensitive to all sorts of influences. Hyperthyroidism. Goitre. Addison's disease. Diabetes.

Selected Keynotes:

Mind

- Intolerant of any form of grief, rejection, ridicule or humiliation.
- Avoid being hurt or to hurt others at all costs.
- Tries not to show emotions; to maintain control over their circumstances. Fastidious.
- Great sense of responsibility. Integrity. People confide in them.
- Self-contained. Serious. Objective.
- Can appear cold, at a distance.
- Hysterical tendency when emotions can't be controlled anymore. Uncontrolled, hysterical sobbing with shaking, spasms, twitchings.
- Changeable moods.
- Dwells on past disagreeable occurrences.

Generalities

- Mainly warm (can be chilly).
- agg. SUN, heat.
- agg. or amel. Sea.
- agg. Noise.
- agg. 10 a.m.
- AILMENTS FROM GRIEF.
- Stitching pains.
- Multiple sclerosis.

Back

- Lumbago, amel. hard pressure, lying on hard surface

Extremities

- Skin of fingers cracked, esp. about nails; peeling off of tips.
- Hangnails. Biting nails.

- Trembling of hands, agg. writing, amel. rubbing.
- Painful corns.

Modalities

BETTER In the open air , cold bathing; lying on right side

WORSE At 10 or 11 a. m.; at the seashore or from sea air; heat of sun or stove; mental exertion, reading; lying down.

Phytolacca

Source: Phytolacca decandra

Common name: Poke root

Aching, soreness, restlessness, prostration, are general symptoms guiding to Phytolacca Decandra. Pre-eminently a glandular remedy. Glandular swellings with heat and inflammation. Has a powerful effect on fibrous and osseous tissues; fasciae and muscle sheaths; acts on scar tissue. Syphilitic bone pains; chronic rheumatism. Sore throat, quinsy, and diphtheria. Tetanus and opisthotonos. Decrease of weight. Retarded dentition.

Selected Keynotes :

* Glandular remedy.

Hot inflammation and swelling of glands.

Mind

- Sensitive to pain.

Weary of life from pain.

Children weep during difficult dentition.

- Indifference to life.

Generalities

- agg. COLD, WET WEATHER.

- agg. Night, motion.

- amel. Warm and dry, rest.

- Sensitive to electric changes.
- Syphilitic bone pains.

Extremities

- PAIN WHERE TENDONS ATTACH TO BONE (Rhod, Rhus-t).
- Rheumatic pains agg. cold and wet, morning.
- Bone pains agg. night.

Muscle pains in heavy built persons, especially for pain in the deltoids

Modalities:

BETTER, warmth, dry weather, rest.

WORSE, sensitive to electric changes. Effects of a wetting, when it rains, exposure to damp, cold weather, night, exposure, motion, right side.

Pulsatilla

Common Name: Anemone. Ranunculaceae

The weather-cock among remedies.

The disposition and mental state are the chief guiding symptoms to the selection of Pulsatilla. It is pre-eminently a female remedy, especially for mild, gentle, yielding disposition. Sad, crying readily; weeps when talking; Changeable, contradictory. The patient seeks the open air; always feels better there, even though he is chilly. Mucous membranes are all affected. Discharges thick, bland, and yellowish-green. Often indicated after abuse of Iron tonics, and after badly-managed measles. Symptoms ever changing. thirstless, peevish, and chilly. When first serious impairment of health is referred to age of puberty. Great sensitiveness. Wants the head high. Feels uncomfortable with only one pillow. Lies with hands above head.

Selected Keynotes:

Mind

- FORSAKEN FEELING, often expressed in the need for attention. They do anything to fulfil this need.
- CONSOLATION amel..
- Often mild, but can be irritable.
- Changeable moods.

- Timidity, blushes easily.

Generalities

- CHANGEABLE SYMPTOMS.
- Hormonal disturbances.
- WARMBLOODED, agg. HEAT (but can be chilly).
- agg. SUN, WARM ROOM.
- agg. MENSES, PREGNANCY, MENOPAUSE, SUPPRESSED MENSES.
- agg. Getting feet wet, twilight.
- amel. OPEN AIR.
- amel. COLD APPLICATIONS (Guai, Lac-c, Led, Sulph).
- amel. Slow motion (Ferr).
- WANDERING PAINS (Form, Kali-bi, Kali-s).

Back

- SENSATION OF COLD WATER POURED DOWN THE BACK.

Extremities

- WANDERING ARTHRITIS.
- PAINS, amel. COLD APPLICATIONS, SLOW MOTION; agg. WARMTH.
- HOT FEET, UNCOVER THEM AT NIGHT (cham, Med, Lyc, Sulph).
- Pains in the heels.

Modalities

BETTER In the open air; lying on painful side (Bry.); cold air or cool room; eating or drinking cold things; cold applications

WORSE In a warm close room; evening, at twilight; on beginning to move; lying on the left, or on the painless side; very rich, fat, indigestible food; pressure on the well side if it be made toward the diseased side; warm applications; heat

Rhus Toxicodendron

Common name: Poison ivy

The effects on the skin, rheumatic pains, mucous membrane affections, and a typhoid type of fever, make this remedy frequently indicated. Rhus Toxicodendron affects fibrous

tissue markedly - joints, tendons, sheaths - aponeurosis, etc., producing pains and stiffness. Post-operative complications. Tearing asunder pains. Motion always "limbers up" the Rhus patient, and hence he feels better for a time from a change of position. Ailments from strains, overlifting, getting wet while perspiring. Septic conditions. Cellulitis and infections, carbuncles in early stages. Rheumatism in the cold season. Septicaemia.

Selected Keynotes:

Rheumatic complaints. Skin.

Mind

- BUSY, RESTLESS.
- Timid and mild, yet lively.
- Later on irritable, impatient.
- Depressed, morose.
- Becomes rigid and stiff as with the muscles and joints.
- SUPERSTITIOUS. Compulsive, ritualistic behaviour.
- Behavior disorders with restlessness, irritability.
- Fear of being poisoned.

Generalities

- amel. MOTION, agg. BEGINNING TO MOVE.
- agg. REST and agg. OVER-EXERTION.
- agg. COLD, COLD WET, foggy, cloudy weather, becoming wet.
- agg. Draft.
- agg. Uncovering, cooling down single parts.
- agg. Thunderstorms.
- agg. Evening, night.
- agg. Left side.
- amel. WARM AND DRY. HOT BATHING.
- amel. Stretching.
- Sudden periodic chills esp. at night.
- Fever 10 a.m. : as if dashed with cold water.
- Hemiplegia agg. left side.
- Parkinson's disease.

Back

- PAIN AND STIFFNESS

agg. Overlifting, rest, beginning to move, cold wet weather.

amel. Motion, heat, hard pressure, massage.

- STIFFNESS OF THE NECK, agg. DRAFT (Calc-p, Cimic), cold, wet weather. Needs to stretch and move. Massage neck constantly. Muscles bound up in neck.

Extremities

- ARTHRITIS, RHEUMATISM WITH PAINFUL STIFFNESS, agg. REST, BEGINNING TO MOVE, morning on waking, night in bed, COLD WET WEATHER, before storm, EXERTION.

amel. MOTION, WARMTH, DRYNESS.

- Pain LEFT SHOULDER, inner side left scapula.

- RESTLESS EXTREMITIES. Restless legs in bed at night.

- Sprains. Overexertion.

- Bursitis. Tendonitis.

- Chorea. Twitching. Tics.

Joint pains and fevers

Overstretching or overexertion leaves muscles inflamed, stiff and in need of gentle motion and warmth

Sore muscles, bruised feeling, strained back muscles

Muscles are painful and stiff

Modalities

BETTER, warm, dry weather, motion; walking, change of position, rubbing, warm applications, from stretching out limbs.

WORSE, during sleep, cold, wet rainy weather and after rain; at night, **During rest**, drenching, when lying on back or right side.

Ruta graveolens

Common name: Rue

Acts upon the periosteum and cartilages, eyes and uterus. Complaints from straining Flexor tendons especially. Tendency to the formation of deposits in the periosteum, tendons, and about joints, especially wrist. Over strain of ocular muscles. All parts of the body are painful, As if bruised. Sprains (after Arnica). Lameness after sprains. Jaundice. Feeling of intense lassitude, weakness and despair. Injured "bruised" bones.

Selected Keynotes:

* Stiffness. Inflexibility (mental/emotional and physical).

Mind

- The mind loses flexibility.
- Fogginess, slowness. Difficulty understanding gives all sort of reactions.
- Defensive, irritability, discontented, quarrelsome, defiant.
- Difficult thinking and communicating. Dullness, aversion to mental work. forgetful.
- Remorse. Feel guilty, as if they did something wrong.
- Fears: Cancer, heart disease, evil, water, death, fainting, something terrible will happen, heights, snakes, agoraphobia, claustrophobia.
- FEARS AND ANXIETY agg. WHEN BECOMING WARM. Fears during fever.
- Panic attacks (Acon, Ars, Phos). They need someone to pull them out of their panic.

Generalities

- STIFFNESS. Loss of elasticity of muscles and tendons.
- agg. Overexertion.
- agg. Cold, wet weather.
- Weakness, easily tired.
- Bruised pains (Arn).

Back

- PAIN amel. LYING ON BACK, pressure.
- Drawing pain and stiffness in neck.
- Stiffness and pain making breathing difficult.

Extremities

- RHEUMATIC PAINS: agg. cold wet, exertion.
- STIFFNESS WITH BRUISED PAINS and weakness.
- Stiffness, compelled to move limbs or walk, but agg. motion.
- Weakness, esp. of lower extremities. Standing and rising difficult.
- HARD NODULES IN TENDONS AND PERIOST FROM OVERUSE OR INJURY.
- INJURIES TO TENDONS AND PERIOST.
- INFLAMMATION AND CONTRACTION OF TENDONS (Caust).
- Pain in thighs when stretching legs.
- Dupuytren (Plb). Ganglion cysts.

Key medicine for bruising of the lining of the bones with deep aching pain, rheumatism, tendon injuries, painful bruises and sciatic nerve pain

Trauma or sprain of the ligaments; conditions involving the tendons, fibrous tissue, or periosteum; joint stiffness, eye strain

Pulls and repetitive use injuries

Bruises to bone surfaces – especially thinly covered bones such as elbows, wrists, spine and shins

Modalities

BETTER - gentle movement, indoors, warmth, massage

WORSE, from cold, wet weather, lying down, sitting, strenuous exercise

Silicea (Silica)

Source: flint

Imperfect assimilation and consequent defective nutrition. It goes further and produces neurasthenic states in consequence, and increased susceptibility to nervous stimuli and exaggerated reflexes. Diseases of bones, caries and necrosis. Silicea can stimulate the organism to re-absorb fibrotic conditions and scar-tissue. In phthisis must be used with care, for here it may cause the absorption of scar-tissue, liberate the disease, walled in, to new activities (J. Weir.) Organic changes; it is deep and slow in action. Periodical states; abscesses, quinsy, headaches, spasms, epilepsy, feeling of coldness before an attack. Keloid growth. Scrofulous, rachitic children, with large head, open fontanelles and sutures, distended abdomen, slow in walking. Ill effects of vaccination. suppurative processes. It is related to all pustulous burrowings. Ripens abscesses since it promotes suppuration. Silica patient is cold, chilly, hugs the fire, wants plenty warm clothing, hates drafts, hands and feet cold, worse in winter. Lack of vital heat. Prostration of mind and body. Great sensitiveness to taking cold. Intolerance of alcoholic stimulants. Ailments attended with Pus formation. Epilepsy. Want of grit, moral or physical.

Selected Keynotes:

* LACK OF STAMINA.

Mind

- Want of self-confidence. Irresolution. Timid.
- Fears: public speaking, examinations, pointed objects and pins.
- Complaints from long mental exertion. Brain fog.
- Clairvoyance from mental weakness.

Generalities

- REFINED, DELICATE people.

- CHILLY (can be agg. heat in acutes).
- agg. COLD, DRAFT, UNCOVERING.
- agg. Suppression of perspiration.
- STITCHING PAINS, splinter-like (Hep, Nit-ac).
- Frequent colds and infections with enlarged glands, that may suppurate.
- CHRONIC SUPPURATIVE PROCESSES. Abscesses. Fistulas.
- Ailments after vaccination (Thuj).
- WEAKNESS, lack of energy.
- sensitivity
- diseases of bone.

Back

- DISEASES OF BONE OF SPINE. Scoliosis. Curvatures. Caries.
- Weakness. Lumbago. Sciatica.
- Coldness. Sensitive to draft.
- Ailments from injury to the spine (Hyper, Nat-s).
- irritation of the spine

Extremities

- Coldness.
- NAILS: Break easily. Crippled. WHITE SPOTS.
- pain in ankles and wrists
- Bunions. Felon, panaritium.
- PROFUSE, OFFENSIVE, CORROSIVE FOOTSWEAT. Excoriates skin and destroys socks.
- Arthritis agg. cold, cold wet weather.

Pain arising from neglected injuries

Modalities :

BETTER for warmth, wrapping up head, summer; warm food and drinks, in wet or humid weather.

WORSE in morning, from washing, uncovering, lying down, damp, lying on left side, cold, weather changes, mental or physical exertion,

Sulphur

Common Names: Brimstone; Flowers of Sulphur. The Element

This is great Hahnemannian anti-psoric. Its action is centrifugal-from within outward-having an elective affinity for the skin, where it produces heat and burning, with itching; made worse by heat of bed. Inertia and relaxation of fiber; hence feebleness of tone characterizes its symptoms. Ebullitions of heat, dislike of water, dry and hard hair and skin, red orifices, sinking feeling at stomach about 11 am, and cat-nap sleep; always indicate Sulphur homeopathically. Standing is the worst position for Sulphur patients, it is always uncomfortable. Dirty, filthy people, prone to skin affections. Aversion to being washed. When carefully-selected remedies fail to act, especially in acute diseases, it frequently arouses the reactionary powers of the organism. Complaints that relapse. General offensive character of discharge and exhalations. Very red lips and face, flushing easily. Often great use in beginning the treatment of chronic cases and in finishing acute ones.

Selected Keynotes:

Mind

- Self-conscious. SELFISH. Egotism.
- CRITICAL. Thinks himself better. Eventually DISGUST for others.
- PHILOSOPHICAL/INTELLECTUAL TYPE

Reclusive.

- PRACTICAL TYPE: Over-enthusiasm. Practical idealist. Gives a lot to others. Social.

Extroverted.

- Needs recognition.
- LAZY. Procrastinate. Inertia.
- Aversion to DIRT from others. Don't see their own dirt. Indifference for their environment, for their personal appearance. Their house or office is a mess. Can't keep their cloths clean.
- Fastidiousness can be seen also.
- Obstinate and irritable.
- Hypochondriacal.
- FEAR OF CONTAMINATION, INFECTION, HIGH PLACES, claustrofobia, death, accidents, for his family.

Generalities

- Intellectual type: Pale, lean.
- Practical type: Plethoric.
- WARMBLOODED. Sometimes chilly.
- agg. HEAT, HEAT OF BED.
- agg. 11 A.M.
- agg. STANDING.

- agg. AND AVERSION BATHING
- agg. Winter. Wintersun.
- agg. Night.
- agg. SUPPRESSED ERUPTIONS OR DISCHARGE.
- agg. Wool.
- amel. COLD APPLICATIONS
- agg. LEFT SIDE (Lach, Phos).
- DISCHARGES OFFENSIVE.
- Profuse and offensive perspiration.
- BURNING PAINS.
- Periodicity, 7 days, agg. week-ends.
- Diabetes.

Back

- WEAKNESS AND PAIN agg. STANDING. Can't sit straight up or stand erect.

Extremities

- FEET HOT AND BURNING. UNCOVERS THEM AT NIGHT.
- Offensive perspiration of feet.
- LEFT SHOULDER PAIN.
- ARTHRITIS, amel. COLD APPLICATIONS, agg. HEAT
- Brittle and distorted nails.
- Lymphangitis agg. forearms.

Modalities

BETTER Dry, warm weather; lying on the right side

WORSE At rest; when standing; warmth in bed; washing, bathing, changeable weather

Sticta Pulmonaria

Common Names: Lungwort. Lung Moss.

Offers a set of symptoms like coryza, bronchial catarrh and influenza, together with nervous and Rheumatic disturbances. There is a general feeling of dullness and malaise, as when a cold is coming on; dull, heavy pressure in forehead, catarrhal conjunctivitis, etc. Rheumatic stiffness of neck.

Selected Keynotes:

* Respiratory and rheumatic complaints.

Mind

- Great desire to talk. Doesn't care if anyone listened.
- Dullness with coryza.

Generalities

- agg. Wet weather.
- agg. Sudden change of temperature.
- amel. Open air.
- agg. Night.
- agg. Lying down.

Back

- Stiffness and rheumatic pain of neck, ext. to shoulders.

Extremities

- Chorea-like spasms.
- Legs feel as if floating.
- RHEUMATIC PAINS with stiffness precede catarrhal symptoms.
- Rheumatic pain of right shoulder and arm.
- 'Housemaid's knee'. Shooting pains in knees.
- Red spots of inflammation on affected joint.
- Inflammation of bursae.
- Inflammation at root of fingernails.

Darting pains in arms, fingers, joints, thighs, and toes.

Joints and neighboring muscles red, swollen, painful
Housemaid's knee
Shooting pains in knees
Chorea-like spasms; legs feel floating in air
Pain severe and drawing
Spot of inflammation and redness over affected joint
Swelling, heat, redness of joints

Acute and chronic inflammatory rheumatism of right shoulder, wrist, ankle and knee joints – usually very sudden attack – if not relieved by Sticta will go into exudative stage and become chronic in character.

Symptoms are heat, swelling and circumscribed redness

Symphytum Officinale

Common names: Comfrey and Knit Bone

The root contains a crystalline solid, that stimulates the growth of epithelium on ulcerated surfaces. It may be administered internally in the treatment of gastric and duodenal ulcers. Also in gastralgia, and externally in pruritus ani. Injuries to sinews, tendons and the periosteum. Acts on joints generally. Neuralgia of knee. Of great use in wounds penetrating to perineum and bones, And in non-union of fractures; irritable stump after amputation, irritable bone at point of fracture. Psoas abscess. Pricking pain and soreness of periosteum.

Selected Keynotes :

* Injuries of bones and eyes.

Generalities

- FRACTURES. IMPROVES REUNION OF BONES.

- Pains in bones or periost after injuries.

- Injuries of periost, bones.

- Phantom pains (All-c, Hyper).

Eye

- INJURIES OF THE EYEBALL (Arn, Ham).

Face

- Injuries to face.

- Inflammation of bone.

Back

- Backache from excessive sexual indulgence or violent exertion.

- Caries of vertebrae.

Extremities

- Neuralgia of the knee after injury.

- Painful weakness of joints.

Particularly helpful after broken bone has been set –

Modalities

BETTER for warmth

WORSE for touch or pressure

Urtica urens

Common name: Stinging Nettle

Urtica Urens is a small remedy but important for burns, scalds, fevers, sunburns and frostbite. It has been used for a variety of inflammatory diseases such as whooping cough and rheumatism, but also with kidney stones, puncture wounds, insect bites and stings, chicken pox and worms.

Selected Keynotes:

Generalities

- ALLERGIC REACTIONS AFTER EATING SHELL-FISH.
- Periodicity, yearly.
- Ailments from suppressed nettle-rash, suppressed milk.
- Urticaria alternating with rheumatism.
- agg. Cold bathing. Cool damp air.

Extremities

- Acute gout.
- Rheumatism associated with urticaria-like eruptions.
- Pain in right deltoid, agg. rotating arm inwards.

Skin

- URTICARIA-LIKE ERUPTIONS.
- ITCHING, BURNING AND STINGING.

Red blotches.

Sensitive to touch. agg. Over-heating.

- BURNS AND SCALDS of first and second degree (Canth).
- INSECT BITES AND STINGS (Apis, Led). Chicken pox.

Injuries and accident

Feels as though there is sand in the eyes

Muscles feel bruised

Pains are felt as burning sensation and frequently characterized as stinging, itching and sore

Modalities

BETTER with rest and lying down

WORSE from snow-air; cool water, cold applications, cool moist air, touch. Also worse by any exertion. Sensation of burning will be aggravated by sleep.

END