

OPT Homoeopathy for better health.

Homoeopathy is safe sure and economical.

Health For 2000 AD can be achieved thro' Homoeopathy.

Let us spread the word HOMOEOPATHY.

Our Motto :

"Treat ten daily freely
Teach one Homoeopathy daily"

HOMEO FIRST - AIDER

SIMILIA SIMILIBUS CURENTUR



Dr. SAMUEL HAHNEMANN

(1755 - 1843)

HOMOEOPATHIC SELF - RELIANCE FORUM
ANANTAPUR - 515 004. A.P.

HOMOEOPATHIC FIRST - AIDER

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Dedicated to

Late Sri T.N. RAJAGOPALA RAO, B.A., B.L.,
HOMOEOPATH - Advocate
ANANTAPUR (A.P.)

Chalapathi
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I acknowledge my indebtedness to the members of The Homoeopathic Self Reliance Forum for helping me in compiling these notes from various sources. During these thirty years of my Homoeo service innumerable patients have visited my humble clinic for homoeopathic treatment and thereby enriched my knowledge of sickness and the art cure in Homoeopathy.

I am extremely grateful to them all for the opportunity given to me to serve them and the cause of Homoeopathy.

Anantapur - 515 004
10.4.1992.

G.V. Chalapathi
B.A. D.Litt. Honoris Causa
President
The Homoeopathic Self
Reliance Forum

With the best Compliments :-

N.V. GUPTA MEMORIAL TRUST, PAMIDI (AP) 515 775

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THE HOMOEOPATHIC SELF RELIANCE FORUM

Started in the year 1977 as a nucleus of Homoeopathy enthusiasts, THE HOMOEOPATHIC SELF-RELIANCE FORUM, ANANTAPUR, deriving inspiration from the selfless service of the Late Dr. T.N. Rajagopala Rao, has now evolved into a network of free clinics run by its members under the guidance of M/s. G.V. Chalapathy and K. Lakshminarayana. The forum seeks to help all those who desire to be self-reliant and rely on the safe Homoeopathic alternative for health care.

The members of the forum have created a sense of security in the minds of the public from 1978, from the dreaded "BRAIN FEVER" by identifying and introducing the drug "BELLADONNA 200". This forum is unique by itself having no collections or elections. The only binding factor is to learn Homoeopathy and serve the community freely. They have visited more than 50 places in Andhra State, Karnataka and Goa lecturing on the Philosophy and the use of homoeopathy as a first aider by the lay person. It has number of invitations from different places as on hand.

The only motto of this forum is :-

"TREAT TEN DAILY FREELY
TEACH HOMOEOPATHY ONE DAILY."

GENERAL INSTRUCTIONS

1. All the indicated medicines to be given should be of 30c potency unless otherwise indicated specifically against the drug.
2. Repetition of the drug should be minimum 4 to 6 hourly once but in acute condition may be repeated one to two hourly once.
3. Milk/Coffee/Tea/Food should not be taken one hour before and after the medicine.
4. Consuming alcohol, smoking, eating zarda chewing of tobacco is strictly prohibited.
5. Medicines should be kept in the closed boxes.
6. Medicines should not be exposed to sun light, perfumes and strong smells.
7. Medicine should be given in a white paper without any printing matter or on hand cleaned and free from smell.

ADVISE

As a first aid try for a day or two and if no favourable results are obtained contact the nearest Homoeo Doctor for better medication. Tell him what drugs you have tried earlier.

MAY GOD BLESS YOU ALL BEST OF HEALTH.

DIETICS

1. Eat when you need.
2. Observe silence while eating.
3. Wash your hands and nails before eating.
4. Make simple and silent prayer before starting eating.
5. Be with a free relaxed mind and cheerful.
6. Listen to light desirable music while eating.
7. Rise from the dinning table with a little space in stomach.
8. Eat Wisely, grow healthy and live long.
9. Live not to eat but eat to live.
10. Never eat stale food.

OPT HOMOEOPATHY FOR BETTER HEALTH

1. It is both a science and an Art.
2. It treats the person and not the disease.
3. It treats the Patient as a whole and not Limb by limb (Holistic approach)
5. Homoeo drugs are obtained from Vegetable, Mineral and Animal (poison) kingdom.
6. It stimulates the nature in the body called VITAL FORCE (Dynamis) to remove the cause of sickness and restore Health.
7. Cures Gently, quickly and permanently.
8. Single drug, Minimum dose and infrequent repetition is the order of Homoeopathy.
9. Homoeo drugs have no expiry dates.
10. Can safely be used with great success in Animals.

HOMOEOPHYLOSOPHY :

Homoeopathic system of medicine was founded by Dr. Samuel Hahnemann a German Physician (1755-1843). The basic principle is "LIKES CURE LIKES". A drug capable of producing a set of symptoms in a healthy individual cures when administered in micro form to a sick individual having similar set of symptoms. The cure is GENTLE, QUICK AND PERMANENT. The order of cure is centre to circumference, upward to downward and last come first go. This system searches for the cause of the sickness. Totality of symptoms are taken into account before arriving at a drug. It deals with the whole patient as one unit and not by part. It believes in SINGLE DRUG, MINIMUM DOSE & INFREQUENT REPETITION. Homoeo drugs are obtained from vegetable, mineral and animal kingdoms. It aids the nature in the body to vitalise itself and thus repair the system. The cause for any sickness is due to IMBALANCE IN the vital force (dynamis) in the body. There are acute and chronic diseases as per the system. The Acute one runs its course and disappears with or without medicine. The chronic one is deep seated, either acquired or inherited from the parents. Chronic diseases are due to three MIASMS in the body as per the Homoeopathy i.e., PSORA (Itch mental and physical), SYPHILIS AND SYCOSIS (Gonorrhoea).

Psora is all pervading and the other two are the offshoots of Psora in action. In treating chronic diseases one should eradicate the above miasms from the body and for this a constitutional, prolonged, individualised treatment is required.

POTENCY : Homoeo medicines are represented in the form of "C" about the strength of the medicine. The safe potency for a beginner is 6C, 30C.

REPETITION : It after taking a selected drug, improvement is observed, the old potency and the earlier drug should be repeated at infrequent intervals to get back to normally.

CHANGE IN POTENCY : Any change to the higher potency may be done after consulting your nearest senior Homoeopath.

SECOND PRESCRIPTION : A drug is selected after taking into consideration all the symptoms. If during the course of treatment fresh and new symptoms arise and the course of the disease is changing, a fresh look has to be taken and an alternative medicine to be selected.

TONICS : A drugs which restores the sick person to the normalcy will work as a tonic if taken for two or three days more after normalcy is reached.

The process of cure goes in the reverse order of the disease progress i.e., the last appeared symptoms going first and the first appeared symptoms at the end.

The principles of Homoeopathy are codified and written in a book called "ORGANON".

Homoeopathy is the cheapest one in the present day world. It has no side effects and can be safely used by a lay person as a first aid for two to three days.

Children love to have these medicated sugar pills.

FIRST AID AT A GLANCE

ACONITE NAP :

Effects of fear, toothache, earache, fear of death, sudden on-set of fever, cough and cold due to exposure to dry cold wind, palpitation of heart.

ARNICA MONT :

Fall, Fractures, Sprains, Injuries.

ARSENIC ALB :

Food poisoning, vomiting, motions, Asthama, Jaundice.

BELLADONNA :

Headache, tonsils, racing temperature, Preventive to brain fever.

BRYONIA :

Fever, Constipation, Thirst, Stomachache, Giddiness.

CALENDULA :

Externally to be used for all sorts of wounds and cuts.

CANTHARIS :

After burns internally and externally, Burning urination.

CARBO VEG :

Corpse reviver, oldage cough, craves fanning, gas upward.

CHINA :

Anti malarial-to stop bleeding of women, gas upward and downward.

COLOCYNTH :

Stomachache, Pain in the abdomen, mucus and blood motions, sciatica pain.

DULCAMARA :

After effects of getting wet in rain.

EUPATORIUM PERF :

Flue, - Antiflue, bone pains.

FERRUM PHOS :

For any inflammatory condition of first stage.

GLONINE : Sun stroke.

HAMAMELIS : Painless bleeding piles.

HEPAR SULPH : Homoeo knife for boils.

HYPERICUM :

Lacerations, sentient nerve-end, pain in the lower back (slipdisk).

IPECAC :

Feeling of vomiting, cough and cold of first stage, fever in children, nose bleeding. Severe headache on the top with vomiting and nausea.

LEDUM PAL : Homoeo ATS.

MAG PHOS : Homoeo pain killer.

NUX VOMICA :

Drug for intellectuals, winners and diners.

ORNITHOGALUM : Ulcers in the stomach.

PODOPHYLLUM : Watery motion with or without stomachache.

PULSATILLA :

Indigestion, After effects of eating oily and pastry food, ice cream eating.

RHUS TOX :

Sprains, Strains, Rheumatism.

SILICEA :

Good in septic condition, drainer of pus.

SULPHUR :

Dirty looking, undercurrent drug for any ailment.

TARANTULA C : Carbuncles.

URTICA URENS : Burns

VERATRUM ALB : Gastroenteritis - Cholera.

ZINCUM MET :

Trembling and Twitching of Various muscles.

COMMON AILMENTS

HEAD :

1. General and first drug for Headache : BELLADONNA
2. Headache at the top of the head with a feeling of Vomitting : IPECAC
3. Headache starting at the back of neck and spreading to the top of the head : GELSEMIUM
4. Headache on the Right side, starting from the morning, increases along with the sun and decreases with the sun : SANGUINARIA
5. As No. 4 on the left side only : SPIGELIA
6. Headache due to reading : RUTA - G.
7. Headache due to constipation : BRYONIA
8. Headache due to exposure to sun / or sunstroke : GLONINE
9. To prevent Headache while going out in sun : NATRUM MUR.
10. Headache due to Hair cutting : BELLADONNA

EYES :

1. Eyes becoming red and swollen / Madras Eye : *BELLADONNA*
2. Burning, watering in the eyes and rubbing : *ALLIUMCEPA*
3. Feeling of sand in the eyes-rubbing : *ACONITE*
4. Injury to the Eye by blow Etc. : *ARNICA MONT*
5. Pain in the eyes from sunrise to sunset : *NATRUM MUR*
6. Pain in the eye due to Reading, Cinema Seeing, Needle Work : *Ruta - G.*
7. Heaviness of eye-lids-cannot keep the eyes open - feels drowsy : *GELSEMIUM*
8. Broadbased Eye drug-if cause cannot be located : *EUPHRASIA*

(Note : Euphrasia eye drops is desirable for all eye troubles)

EAR :

1. Pain in the ear coming suddenly. Pain in the ear due to exposure to dry cold wind : *ACONITE*

2. Pain in the ear every few minutes once. Pain in the ear of children : *CHAMOMILLA*
3. Pain with yellow discharge or only pus discharge : *PULSATILLA*
4. Discharge of honey like fluid or streaks of blood : *GRAPHITES*
5. Sudden deafness or hard hearing : *ACONITE*
6. Pain due to blow on the ear : *ARNICA MONT*
7. Pain due to boil -- to open-out the boil : *HEPAR SULPH.*
8. Pain in the ear due to inflamed Tonsils : *BARYTA CARB*

Mullian oil inside the ear advised.

NOSE :

1. Discharge of burning water from nose : *ALLIUM CEPA*
2. Yellow discharge : *PULSATILLA*
3. Blockade of nose mostly in the night : *ARSENIC-IOD*
4. Sneezings in the morning after sleep : *NUX - VOM*

5. Bleeding from the nose-to stop immediately : *IPECAC*
6. To stop further bleeding : *NATRUM-CARB*
7. Boring the nose, more so in children : *CINA*
8. Ulcers in the nose-To abort : *SILICIA*

(Inhaling of cold water and expelling the same from mouth is desirable in most of the Nose problems).

MOUTH :

1. Thirst with intake of small quantities of water at shorter intervals. : *ARSENIC ALB*
2. Thirst for large quantities of water taken at longer intervals : *BRYONIA*
3. Bad breath from the mouth due to indigestion : *CARBO VEG*
4. Bad breath after meals or in the morning : *NUX VOMICA*
5. Bad breath in the evening or night : *PULSATILLA*
6. Dryness of mouth in diabetic patients : *ACID PHOS*
7. Snoring with mouth wide open : *OPIUM*

GUMS :

1. Gums swollen, spongy/bleeding /offensive : *MERC. SOL*
2. Inflammation with robbing pain : *BELLADONNA*
3. Pain and swelling of gums after wearing false-teeth (dentures) : *ARNICA MONT*
4. External application for the condition of No. 3. : *HYPERICUM*

TEETH :

1. Pain in tooth due to exposure to cold or with no cause. : *ACONITE*
2. Pain due to decayed tooth. : *KREOSOTUM*
3. Pain of tooth in Pregnancy. : *SEPIA*
4. Pain after removal of tooth/ Munching of hard substances : *ARNICA*
5. Toothache without any cause - a broad based drug to remove pain : *PLANTAGO*
6. Pain appearing and disappearing suddenly : *CHAMOMILLA*
7. Looseness of tooth : *CARBO. Veg.*

(External application of *PLANTAGO* Tincture is desirable).

TONGUE :

1. Spongy, white tongue : *BRYONIA*
2. Ulcers on the tongue-
red : *MERC COR.*
White : *MERC SOL*
Chronic-at frequent intervals
appearing- red/white : *NATRUM MUR*
3. Difficulty in speech-suspect
paralysis of tongue : *CAUSTICUM*
4. Inflammation - due to hot drinks/
burning : *CANTHARIS*

THROAT :

1. Loss of voice due to exposure
to cold wind. : *ACONITE*
 2. Hoarseness of voice of
teachers/Public speakers : *ARNICA MONT*
 3. Pain in the throat with infla-
mmed red tonsils : *BELLADONNA*
 4. To prevent tonsils getting infla-
mmed or becoming septic -
To avoid an operation-daily one
dose : *BARYTA CARB*
- A) Sluggish and dwarf children : *BARYTA CARB*
B) For intelligent children. : *BARYTA MUR*

5. Hoarseness in the morning
and unable to raise the voice : *CAUSTICUM*
6. Mumps - on one side or two
sides : *PHYTOLACCA*

FACE :

1. Pimples on the face of
growing children : *ARNICA MONT.*
- in bunches : *HEPAR SULPH*
- big like boils
2. Loss of hair in the beard
(barber's itch) : *RHUS TOX*
3. Hair on the lips-girls and
women daily twice : *OLEUM JAC-3X*
OLEUM JAC-3x Thrice daily for
2 to 3 Months
(Thuja-200 monthly once)
4. Cracked lips : *NATRUM MUR*
5. Violent pains with red face,
flushing eyes : *BELLADONNA*

CHEST AND LUNGS :

1. Sore and bruised feeling in
chest : *ARNICA MONT*
2. Pains in the chest shooting into
the shoulders : *RHUS TOX.*

3. Rattling cough : *IPECAC*
4. Asthamatic type of cough : *ARSENIC-ALB*
5. Pain in the right side of the chest with belchings : *CARBO VEG.*
6. Dry cough with elongation of Uvula : *NUX VOMICA*
7. Pain in the chest-due to physical fatigue : *ARNICA MONT*
8. Pain in the chest-lifting of heavy weights : *RHUS TOX*
9. ANXIETY / PALPITATION in the chest with no cause : *ACONITE*
10. Old age asthma : *CARBO VEG*
AMMONIA CARB

STOMACH :

1. Burning in the Stomach : *CARBO VEG*
CAPSICUM
2. Pain in the stomach immediately after food : *NUX VOMICA*
3. Pain in the stomach, when it is empty-relieved by eating or drinking : *GRAPHITES*
ANACARDIUM
4. Pain in the Stomach, relieved by bending forward : *COLOCYNTH*

5. Pain in the stomach relieved by bending backward : *DIOSCORIA*
6. Spasmodic pain in the stomach -with no cause etc. : *MAG PHOS 6X*
7. Stomach pain due to eating of oily and pastry food : *PULSATILLA*
8. Stomach pain due to eating of Spicy food : *NUX VOMICA*
9. Nausea in the stomach : *IPECAC*
10. Belchings (gas upward) : *CARBO VEG*
Flatus (Gas downward) : *LYCOPODIUM*
/Noisy/Bad smell
Release of Gas both UP and DOWNward : *CHINA*

URINATION :

1. Burning urination-drop by drop : *CANTHARIS*
2. Constant or frequent urination : *EQUISETUM*
3. Increased urination in cold climate : *CAUSTICUM*
4. Bloody / difficult and painful urination : *CANTHARIS*
5. Stoppage of urination - to create urination : *ACONITE - 6*

- STOOL:**

- | | | |
|---|---|-----------------------|
| 1. Constipation | : | <i>BRYONIA</i> |
| 2. Constipation in old people | : | <i>ALUMINA, OPIUM</i> |
| 3. Loose watery motions | : | <i>PODOPHYLUM</i> |
| 4. Motion with mucus. | : | <i>MERC. SOL</i> |
| 5. Motion with blood | : | <i>MERC COR</i> |
| 6. Motion with blood and mucus - 1st stage | : | <i>COLOCYNTH</i> |
| - 2nd stage | : | <i>ALOES</i> |
| - 3rd stage | : | <i>SULPHUR - 6</i> |
| 7. Motions due to overeating / oily food and pastry foods | : | <i>PULSATILLA</i> |
| 8. Constipation in piles patients | : | <i>NUX VOMICA</i> |
| 9. Motions due to excess taking of milk | : | <i>NATRUM CARB</i> |
| 10. Motions immediately after eating | : | <i>FERRUM MET</i> |

Carbo Veg. is corpse reviver - Use in last stages of life.

1. If the surface is red/shiny/
painful : *BELLADONNA*
2. To remove the pus i.e. formed : *HEPAR SULPH - 6*
3. To drain completely the unwan-
ted matter in the wound and to
create the healing process : *SILICIA*
4. To completely heal the wound : *CALCAREA SULPH*
5. If the wound is in the initial
stages of forming pus - to
abort the case : *MERC SOL*

(External application for healing CALENDULA EXTERNAL TINCTURE)

PILES :

1. Pain/burning uneasiness in the part / slight bleeding any one or in combination : *ACID NITRICUM*
2. Bleeding without pain : *HAMAMELIS*
3. Bleeding with pain and burning : *RATANHIA*
4. External piles : *AESCLUS HIP*
5. Piles with constipation : *NUX. VOM.*

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FALLS & ACCIDENTS :

1. The chief remedy for all sorts of falls/accidents including concussion on the brain-sprains : *ARNICA MONT*
2. As a second stage drug after *ARNICA*. (should not be given in the night) : *BELLIS PERENNIS*
3. For sprains and strains and dislocations after No.1 : *RHUS TOX*
4. Blow on the spine or damage to the spine after No.1 : *HYPERICUM*
5. After fracture is band-aged, for early joining of the bones. (One dose a day for fortnight at 6 AM) : *SYMPHYTUM-200*
6. Alongwith *Symphytum* give daily twice for one month or till the bandage is removed (For 2 Months) : *CALC PHOS-6X*
2 Tablets 10 AM.
10 PM.

PROPHYLACTICS (PREVENTIVE) :

1. Brain Fever - : *BELLADONNA - 200*
2. Madras Eye : *BELLADONNA - 200*

Helping hands are holier than praying lips.

3. Cholera - : *CAMPHOR-200*
ARS. ALB-200
4. Hydrophobia - : *HYDRO-*
PHOBINUM-200
5. Mumps - : *PHYTOLOCCA-200*
PAROTIDINUM-200
6. Whooping Cough : *DROSERA-200*
(One dose only)
7. Flue -- : *INFLUENZINUM-200*
8. Malaria : *MALARIA OFF-1 M*

(Note : To be given for habitual malaria patients when they are not in the grip of fever - dosage once a month - 3 pills).

9. Measles : *PULSATILLA-200*
10. Bus Travel Sickness : *NUX VOM/*
COCULUS IND.

(Note : One dose of 30 potency one hour before travel and once in 2 or 3 hours during the journey)

- Air sickness : *BELLADONNA*
Sea sickness : *TABACUM*
11. Sunstroke- : *GLONOINE*

Peace begins where ambition ends.

12. POLIO

: LATHYRUS-200

Note : One dose a day for 3 continuous days during epidemic.

HOMOEOPATHIC EXTERNALS :

The following external medicine can be used with great success along with internal medication.

1. *CALENDULA* : For all kinds of wounds on the skin-can be rubbed on the gums with water 1:10 after removal of teeth.
First drug to be used (on the wound).
2. *CANTHARIS* : For all sorts of burns wound and wherever the skin is having a burning feeling.
3. *ARNICA MONT* : Useful on the parts where blows, contusion, sprains and bruised feeling is there (should not be used if there is open wound).
4. *ARNICA HAIR OIL* : Desirable to use with coconut oil as 1-5 combination. It keeps the growth of hair, stops decay of hair, stops fall of hair and keeps the head cool.

Don't speak - Act

Don't announce - Realise

5. *HYPERICUM* : A remedy for the injuries on the nerves of the tailend of fingers, hands and legs-crushed fingers - would due to ear bore punctures, if any deep wound is unhealed for a long time apply this tincture.
6. *RHUS TOX* : For joint pains-dry eczema in winter and rainy season - soreness of joints-good for herpes zoster.
7. *GRAPHITES* : For chronic eczema.
8. *THUJA* : For warts of all kinds - corns - spongy tumours.
9. *AESCULUS HIP* : Useful for external piles.
10. *HAMAMELIS* : Bleeding painless piles.
11. *PLANTAGO & BLUE : CHAMOMILLA* : Toothache of acute condition will be relieved by application of anyone of these tinctures.
12. *MULLION OIL* : A household remedy internal into the ear for all ear troubles.

Wise is the man who takes his health in his own hands and who avoids recourse to Doctor

COMMON AILMENTS OF WOMEN :

1. Pain during periods (to have immediate relief) 2 tablets with little warm water every 15 minutes once till better : *MAG PHOS 6X*
- 1A. One week before periods : *VIBURNUM - OP - 30*
(Twice daily)
2. Pain before periods (two to three days before 3 pills daily twice till periods appear) : *PULSATILLA*
3. On the fifth day after menses take one dose only : *MAG PHOS 10M (OR)*
MAG PHOS 50M
4. *Leucorrhoea (White discharge)* in general : *SEPIA*
5. Before periods : *CALCAREA CARB*
6. After Menses : *ACID PHOS*
7. Offensive Smell : *KREOSOTUM*
8. Thin Watery : *Acid-Nit*
9. Scanty menses (in between periods) daily once : *PULSATILLA*
SENECIO-A
- On the fifth day after menses to take one dose at 6 a.m. : *SULPHUR 1M*
(only one dose)

Never boast about anything, Let your acts speak of you.

10. Much bleeding (to stop) take : *CHINA-6*
2 hourly once : *SECALE COR 6*
11. To remove the weakness after severe bleeding take daily twice for one week after bleeding stops : *CHINA-30*
12. Before menses pain in the breasts : *CONIUM*
Before menses anger for no reason : *NAT. MUR.*
Before menses fever or feverish with chill : *LYCOPodium*
Without chill : *CALC. CARB*
Before menses Headache : *NAT. MUR.*
13. Pain in breasts occasionally : *PHYTOLACCA*
CONIUM
14. Habitual abortion in 3rd month. (Consult local Homoeopath for constitutional drug) : *SABINA-30*
15. To increase milk (daily twice for 10 days) : *ASAFOETIDA*
RICINUS

Note : At this difficult period i.e. MENOPAUSE of their lives Women need much sympathy from their husband as their condition is apt to make them emotionally unstable (DR. OLIVER)

Our sight is our imagination when imagination is perfect - sight is perfect.

PREGNENCY MANAGEMENT

Pregmency is ideally suited for the chronic ailments of the lady to get cured. A detailed treatment from the 3rd month of pregnancy upto delivery time will prevent the chronic diseases of parents visiting the newborn infants. This will provide healthy intillegant child to the mother. Mother will have uncomplicated, safe and easy delivery.

A HEALTHY CHILD IS NOT ONLY A PRIDE OF THE FAMILY BUT OF THE NATION ALSO. So opt for Homoeopathy. Try it once before you discord.

During the pregnancy

Dos and Donts

- | | |
|--|---|
| 1. Light gardening, gentle open air walk, rest and sleep of 8 hours at--night. | 1. Violent excercise hard work. |
| 2. Take lot of water to avoid constipation. | 2. Stimulent drinks |
| 3. Citric fruits like lemon oranges, grapes may be taken. | 3. Wearing tight cloths around belly and chest. |
| 4. Brushing teeth twice is good. | 4. Going up and down the stairs. (Upstairs) |
| 5. Honey with meal (child will have good hair.) | 5. Seeing crime and sorrowful cinemas. |

- | | |
|---|--|
| 6. From 3rd month first day : Upto delivery soak two dried dates fruits (Karjur) at night in water and next day morning eat flesh (outer) and drink the water. (To have fair complexioned child) | 6. To loose temper |
| 7. Rub mildly Arnica-Q tincture with oil on the belly in the later stages of pregnancy. | 7. Bad thoughts. |
| 8. Skin to skin contact bet- ween mother and child for 5 months after deliver- establishes relationship to create life long bonds between both. | 8. Lifting heavy weights. |
| 9. Light music hearing daily is good. | 9. Talking, Laughing and crying loudly. |
| | 10. Tub bath in the last few months of pregnancy. |

Few Tissue salts to be safely taken during pregnancy and after delivery are noted for the beginners use :-

Pregnent women under Homoeocare from third month, mostly have safe, easy delivery of loveble baby.

1. To facilitate Labour
To take 4th and 5th month --- Nat mur 6X twice daily
 2. As a general tonic two tablets
from :- Calc Fluor 6X + Calc Phos 6X + Kaliphos 6X
+ Mag Phos 6X + Nat mur 6X
Total 10 tablets daily at 10 AM and 10 PM
Whole of 7th and 8th Month.
 3. During Pregnancy:- Constipation : Nat mur 6X, Silicea 6X
Loss of appetite ... Calc Phos 6X
To remove craving for excess salt ... Nat mur 6X
Swelling of feet ... Nat sulp 6X
Piles Nat mur 6X
To Reduce Bp Nat mur 12X
Vomitting Nat Phos 6X
Involuntary urination Ferrum phos 12X
Kaliphos 6X
 4. To avoid difficult Labour : Kaliphos 6X + Calc Flour 30X --
4 weeks before delivery date.
 5. Weak and irregular pains or Expulsion power
wanting Kaliphos 6X
 6. After delivery as a tonic ... Ferrum phos 12X + Kaliphos 6X
(daily thrice for a week)
 7. Milk :
Failure or scanty milk ... Calc fluor 6X, Silicea 6X
Bad milk Calc Phos 6X
To increase milk Calc Phos 6X
To reduce excess milk Nat mur 6X
 8. Jaundice to new born Nat sulp 6X
- For greater details refer "TISSUE REMEDIES" by B.N. Mitra.

CHILD CARE

(COMMON AILMENTS)

"CHILD IS THE FATHER OF MAN" -- If this line of Wordsworth is interpreted in the light of the child care, it should mean to say that we will have to be doubly careful about child. An unhealthy child is a liability to the nation. Cure the Children and you have the Parents.

1. **CRYING** : It is an expression of dis-comfort. Observe the child then you can locate the part affected and nature of suffering for the child's cry.
 - A. Child cries in the NIGHT ONLY : JALAPA
 - B. Child cries due to constipation : ANTIMONIUM CRUEL
 - C. Child cries while urinating : LYCOPODIUM
 - D. Child cries when washed : SULPHUR
 - E. Child cries and moans in sleep : BELLADONNA
2. **EYE** :
 - A. Red / burning : BELLADONNA
EUPHRASIA
 - B. Rubs the Eyes : ACONITE
EUPHRASIA
 - C. Watering of the Eye : ACONITE
ALLIUM CEPA*

* (If the Child has cold DONT GIVE)

 - D. Sticky after sleep : EUPHRASIA
 - E. Yellow eyes : ACONITE
Ars Alb (Grownups)

3. EAR :

- A. Child holds the ear and cries : *ACONITE*
- B. Pus in the Ear : *PULSATILLA*
KALI MUR
- C. Blood and watery discharge : *GRAPHITES*
- D. Child cries with pain which appears and disappears suddenly like Lightening : *CHAMOMILLA*
- E. Child does not allow anyone to touch ear : *BELLADONNA*

4. MOUTH :

- A. Ulcers in the mouth child unable to drink or eat : *BORAX*
- B. Ulcers with motions : *NAT. SULPH.*

5. NOSE :

- Bleeding to Stop : *IPECAC*
- Bleeding to avoid : *NAT. CARB*

6. CONSTIPATION :

- A. Due to tinned milk : *ANT. CRUD.*
- B. Due to mother's food intake : *PULSATILLA*

- C. White / hard / foul smell stool. : *ANT. CRUD.*
BRYONIA
- D. No desire for stool : *ALUMINA*
- E. Happy with no stool for days together : *CALC. CARB*

It is said constipated children will be misers in later years of Life.

(Lemonjuice with honey advised once a day)

7. DIARRHOEA :

- A. Due to tinned food (Milk) : *ANT-CRUD.*
- B. Due to excess of intake of milk : *NAT. CARB*
- C. Faulty and excess feeding : *ANT-CRUD*
- D. Green grass colour : *CHAMOMILLA*
- E. Yellow : *CHAMOMILLA*
IPECAC
- F. White : *ANT. CRUD*
- G. Involuntary and watery : *PODOPHYLLUM*
- H. During teething period : *CHAMOMILLA*
CALC. PHOS - 6X
- I. During summer : *BRYONIA*

8. DYSENTRY :

- A. Blood in the begining of the stool : *ACONITE*
- B. Stool with scrappings and burning in the Anus : *CANTHARIS*
- C. Bloody stool : *MERC. COR*
- D. Mucus only and paingul anus : *MERC SOL*
- E. Both blood and mucus
- I st stage : *COLOCYNTH*
- II nd stage : *ALOES*
- III rd stage : *SULPHUR 3 or 6*
- (Bland diet advised)

9. WORMS

- (Eating of sweets and confectionery prohibited)
- : *CINA*
- : *SANTONINE*
- : *MERC. SOL*
- : *NAT. SULPH-6X*

10. URINE :

1. Child not urinated after birth : *ACONITE-6*
2. Child urinates in bed. (Don't scold them when going to Bed) : *BELLADONNA*
3. Child urinates first part of night : *SEPIA*
4. Child urinates with history of worms : *CINA*

5. Urination in bed by grownups : *CAUSTICUM*
(Taking lemon / Coconut water desired)
6. Involuntary urination : *EQUISETUM*
LYCOPODIUM

7. Crying while urinating : *CANTHARIS*

11. TONSILS :

1. Red and inflamed, unable to swallow anything : *BELLADONNA*
2. As a preventive in between the attacks : DWARF ; Iq High : *BARYTA MUR*
DWARF ; IQ Low : *BARYTA CARB*

12. WHOOPING COUGH :

1. As a preventive : *DROSERA-200 OR PERTUSSIN-200*
(one dose only don't repeat)
Later give
2. Continuous cough with vomiting : *IPECAC*
3. Dry, Hacking, Incessant, fatiguing, cough : *RUMEX*
4. Cough with convulsions : *CUPRUM MET.*
5. Other suggested drugs : *CARBVEG*
ANT. TART.

13. MEASLES :

1. Preventive : *PULSATILLA-200*
OR BRYONIA-200
(Only one dose OR
Puls-6 thrice a day
for 3days)
2. To erupt the same in full : *BELLADONNA/*
FER. PHOS-12X
(thrice a day for 2
days only)
3. Eyes inflames/ulcerated/
watering : *EUPHRASIA*
4. Cough during and after : *ANT-TART*
5. Stool offensive during and after : *ARS. ALB.*
6. Loose motion : *PODOPHYLLUM*
7. To avoid any complication after
measles give : *THUJA-200 OR*
SILICEA-200
(one dose only
immediately
after Bath)

Diet : After bath three days to come Bland diet.

14. CONVULSIONS :

1. To avoid children getting into
convulsions during FEVER : *BELLADONNA*

2. Due to worms : *CINA*
3. Exposure to Sun : *CLONOINE*
4. Due to fear - crying : *OPIUM...*
5. Due to teething diarrhoea : *CHAMOMILLA*
6. Broad based drug : *CUPRUM MET*

(During attack soak cotton with the tincture of "AMYL
NITRATE-Q" and allow the child to inhale. Patient comes
back to Normalcy)

15. MUMPS : (Swelling just below the ears)

1. A regular and a routine drug with : *PHYTOLACCA*
great results being used in daily life (Thrice daily three
days)
- NB : No Exposure to Cold.
2. Swelling of the rightside only : *BELLADONNA*
 3. Appearing after Measles : *RHUS TOX*
 4. Preventive : *PAROTIDINUM-200*
PHYTOLACCA-200
(one dose)

16. FEVERS :

1. Sudden onset of fever with : *ACONITE*
restlessness
2. Routine drug in the first stages of : *IPECAC*
fever

3. Cough and cold with fever : *IPECAC*
4. White tongue - constipated : *ANT-CRUD*
5. White tongue with intake of lot of water at infrequent intervals : *BRYONIA*
6. High fever with racing temperature : *BELLADONNA*

17. COUGH AND COLD :

1. Sudden onset : *ACONITE*
2. Cough with rattling : *IPECAC*
3. Dry cough : *NUX-VOMICA, BRYONIA*
4. Cough - Child unable to throw out the phlegm (Dont give it to INFANTS) : *ANT-TART*
5. Chronic - long standing cough : *SPONGIA*
6. Cough in winter : *NAT. SULPH. 6X RHUS TOX*
7. Cough in summer : *BELLADONNA BRYONIA*
8. Cough in rainy season : *NAT. SULPH 6X DULCAMARA RHUS TOX*
9. Cough in windy season : *ACONITE*

18. VOMITING :

1. First drug : *IPECAC*
2. Vomiting of curdled milk : *AETHUSA-C*
3. Vomiting in high fever : *BELLADONNA*
4. Vomitting due to indigestion : *ANT. CRUD*
5. Vomiting due to excess eating of fruits : *PULSATILLA/ ARSENIC ALB*
6. Vomiting immediately after anything taken : *ARS. ALB-6*
7. Vomiting few minutes after anything taken : *PHOSPHORUS* (To use sparingly)

19. MISCELLANEOUS :

1. Late walking : *BARYTA CARB*
2. Late talking : *BARYTA CARB CAUSTICUM*
3. Late teething : *SILICEA*
4. Child cries before cough : *BELLADONNA*
5. Child holds the chest/head before cough : *BRYONIA*
6. Child develops convulsions in high temperature : *BELLADONNA*

7. Child develops convulsions in low temperature : *HYOSCYAMUS*
8. Child cries when you want to 'LEAD' it : *CINA*
9. Child hides in corner and weeps : *CAMPHOR*
10. Child cries with the least attention to it : *CAUSTICUM*
11. Child unwilling to play during day : *CINA*
12. Child is perverted : *CALC. PHOS*
13. Child is hard to be managed/hasty : *SULPHUR*
14. Child is mischievous reckless and wanton : *ANACARDIUM*
15. Child is highly disobedient : *STRAMONIUM*
16. Child hates others for no reason : *BELLADONNA*
CHAMOMILLA
17. Child strikes the head against the wall etc. : *CHAMOMILLA*
18. Child is uncivil in behaviour : *CHAMOMILLA*
19. Child cries when being taken to bathroom : *SULPHUR*
20. Child has to be dragged into the consultation room of the doctor : *SILICEA*
21. Child wants to be carried very slowly : *PULSATILLA*

22. Child wants to be carried very quickly : *ARS. ALB.*
23. Child wants to be carried and shaken : *VERATRUM ALB.*
24. Child quiets when carried in the arm : *CHAMOMILLA*
25. Child quiets when rocked on the lap : *ANT. CRUD*
26. Child wants to be carried Continuously : *ANT. TART & KALI CARB.*
27. Child dislike to be carried : *ANT. CRUD*
28. Child desires to be mesmerised : *BELLADONNA*
29. Child does not want anyone near : *PHOSPHORUS SILICEA*
30. Child cannot bear to be touched : *CINA*
31. Child cannot like to be looked at : *CHAMOMILLA*
CINA
32. Child cries when touched or spoken after fever : *SILICEA*
33. Child cries all night : *JALAPA*
34. Child cries all day : *ANT. CRUD*
LYCOPODIUM
35. Child is afraid to go to bed in dark : *CAUSTICUM*

36. Child wants to go home while at school : *CALC. PHOS 6X*
- Child wants to go to school while at home : *CALC. PHOS 6X*
(To give 2 tablets twice daily for a month)
37. Cannot assimilate cow's milk : *TUBERCULINUM 1*
38. Afraid of animals especially Dogs : *TUBERCULINUM 1*
To be given once only. Not to be repeated.
39. Cannot sleep in messy room sensitive to disorder and confusion : *ARS ALB*
40. Hiccough : *MAG PHOS 6X*
(Put little sugar on the tongue)
41. If the child has swallowed, 5 Ps coin etc., : *SILICEA*
(To throw it out Give Banana to Eat)

POINTS TO REMEMBER :

1. From infancy careful toilet training is necessary for developing regular defaecation habit.
2. Give juice or ripe oranges to children who are denied mother's milk.
3. Spoonful of grape juice morning and evening checks weeping habit and teething troubles.
4. To prevent teething diarrhoea - Rub mother's milk to infant on both temples at bed time. Clockwise 10 times daily.

5. Tea spoonful of grape juice twice daily is highly effective for constipation of children.
6. Children with constipation fever, dysentery, stomach trouble should be fed first two days with apples and then next two days other fruits.
7. A glass of cold water on rising in morning helps bowel movement.
8. During vomiting give thin barley gruel+little salt or coconut water. Give teaspoonful each time. Small pieces of Ice to be kept on tongue.
9. To combat dehydration due to vomiting give Glucose and lemon water.
10. To combat dehydration due to diarrhoea-common salt + kitchen soda + Sugar + boiled cooled water.
11. Desirable :- healthy children should not be allowed to sleep in the same bed with children infested with worms.

OLDAGE - AILMENTS .

It is said that oldage is a sin if not an embarrassment. One dreads more the oldage than the devil with the pangs of neglect, disobedient limbs, dwindling finances, darts of disgrace and agony of ailments prolonged in nature, he feels wornout and torn to pieces. He is physically crippled, mentally crushed and spiritually downtrodden. Sweet Angel Homoeo drugs stretches her compassionate hand to

cure the disease, ease the mental agitation and accord peace to the soul at the fag miserable end of one's life.

1. ANXIETY : Anxiety of life -- *Aconite*
2. ASTHAMA : For most of the -- *Carbo Veg*
asthama troubles *Ammonia-Carb*
Ant-Tart
Ipecac
3. BLOOD : High B.P. -- *BarytaMur-200*
PRESSURE To reduce -- *Aconite-200*
4. COUGH AND : General in -- *Carbo Veg.*
COLD Nature *Arnica*
Ant-Tart
Rhus Tox.

* Take lemon juice in hot water at bed time. Do not add sugar or salt.

5. CONSTIPATION: In General -- *Ant Crud*
Bryonia
Alumina
Nux Vomica
6. CRAMPS : In legs -- *Cuprum Met*
In stomach -- *Bryonia*
or abdomen
7. DEPRESSION: Feels life not -- *Selenium*
worth living *Anacardium*
Kali Phos 6X

8. DEBILITY : In general : *Carbo Veg.*
Baryta Carb
9. DIARRHOEA : Loose motions -- *Podophyllum*
In general -- *Ant. Crud*
Carbo Veg.
With consti- -- *Ant Crud*
pation *Nux Vomica*
DYSENTERY : In general -- *Colocynth*
Aloes
Carbo Veg.
10. DIGESTION : Feeble and -- *Ant Crud*
Impaired. *Carbo Veg.*
Nux Comica
Pulsatilla
Dyspeptic -- *Ant Crud*
Carbo Veg.
Lycopodium
11. DROPSY : Limbs -- *Acid Fluor*
(SWELLING) Face/Feet *Apis Mel.*
Nat. Mur.
12. EMACIATION : (RUN DOWN CONDITION)
Broken -- *Baryta Carb*
condition -- *Staphysagria*
Depleted -- *Acid Phos*
Acid Pic.
Loss of fat -- *Baryta Carb*
Lycopodium

13. FLATUS (GAS) : Due to poor digestion. -- *Ant Crud*
 Upward -- *Carbo Veg.*
 Downward -- *Lycopodium*
 Noisy/ Fowl Smell. -- - do -
 Both upward and downward -- *China*
14. GIDDINESS : In general -- *Bryonia, Conium Calc. Phos 6X*
15. HEADACHE : In general -- *Ammonia Carb Baryta Carb Gelsemium*
16. HEARING : Impaired -- *Baryta Carb*
 Deaf -- *Causticum*
17. HEART : In general -- *Carbo Veg.*
- To avoid heart attack take mixture of Calc. Phos - 12X + Kali Phos- 3X + Nat. Mur - 3X. Daily twice
18. MEMORY : Forgetful -- *Lycopodium*
 Loss/Weakness -- *Acid Phos Kali Phos 6X*
19. NOSE : Bleeding :
 To stop immediately -- *Ipecac*

- To avoid -- *Natrum Mur. Carbo Veg.*
20. RHEUMATISM: In general -- *Arnica Bryonia Ledum Pal Rhus Tox.*
21. SLEEP-LESSNESS : In general -- *Aconite Coffea Crud Passiflora*
22. URINARY TROUBLE : Involuntary -- *Ferrum Phos Gelsemium Equisetum*
23. VISION : Weakness/ Loss off -- *Calc. Flour Aurum Met.*
24. VOICE : Imperfect -- *Baryta Carb Kali Mur*
25. VITAL HEAT : LOSS OFF. -- *Carbo Ani. Carbo Veg.*
26. WEAKNESS : Mind and Body -- *Anacardium Baryta Carb Lycopodium*
27. WHITE DISCHARGE (Women) : -- *Kreosote Sepia Merc. Sol.*

| | | | | |
|-------------------|---|--------------------|----|---|
| 28. MISCELLANEOUS | : | Cerebral | -- | <i>Arnica</i> |
| | : | Haemorrhage | | |
| | : | Paralysis | -- | <i>Arnica</i> <i>Gelsemium</i> <i>Causticum</i> <i>Rhustox</i> |
| | : | | | |
| BONY | : | Lack of vitality | -- | <i>Kali Phos</i> |
| | : | Childish behaviour | -- | <i>Baryta Carb</i> |
| | : | Idiotic symptoms. | -- | <i>Baryta Carb</i> <i>Kali Phos</i> |
| | : | Weeping Mood | -- | <i>Kali Phos</i> |
| | : | | | |
| OLDAGE SPINSTERS | | | -- | <i>Conium</i> |
| DRUNKARDS | | | -- | <i>Nux Vomica</i> |
| MISERS | | | -- | <i>Lycopodium</i> |

EPILEPSY

EPILEPSY as is popularly believed by laymen, is not caused by devils or evil spirits. It is the result of damage to brain, either at the time of birth or due to a fall in infancy. Epileptic persons will not be idiots, for heroes like Julius Ceaser, Alexander and Nepolean suffered epilepsy but yet brilliant. Mismanaged epilepsy, other causes incidental to epilepsy, abuse of epileptic drugs, injury to brain, may lead to idiocy in children.

Epilepsy is not to be feared and is as common and familiar as headache, colds and fever. Since it involves a disorder in brain functioning, the treatment will be rather prolonged. As Homoeopathic drugs have no known side effects it is advisable to give *AMYL NITRATE-Q* tincture to be smelled by the patient. The commonly held belief, like handling iron material, pouring water, holding the patient tight, burning with white hot metal etc. as curatives or palliatives has no rationality and are not advised.

The Society and the guardians of epileptic patients believe that it to be a communicable disease and so should not be put to school, participate in playing, exercises etc. Except Cycling, Driving, Diving, Swimming and Climbing trees all other activities are open to epileptics. They can marry and beget healthy children.

1. Please get the patient thoroughly examined for identifying the cause, the symptoms speak eloquently for a cure.
2. Prolonged, regular, timely medication under competent medical guidance is a must.
3. Do not change the Doctor or system abruptly.
4. Periodical visit to the Doctor and posting with the details is a must.

Genetic disorders can be safely be stopped from visiting the infants if taken during the pregnancy

Epileptic fits though look dreadful are not to be dreaded, provided you are aware of the above elements of truth.

Besides rendering first aid through AMYL NITRATE Q homoeopathically, regular drugs for treatment can be given by a well informed HOMOEOPATH.

As a FIRST AID keep AMYL NITRATE-Q tincture (30 ml) at Home. Tie cotton to the bottle. Let it be kept at a place in the house easily accessible to all the members of the family including servants. (Bottle should be tightly corked, else it gets dried up fast.)

HOW TO USE :

Soak cotton in the tincture and keep near both the nostrils. 90% of the attacks get subsided in a minute's time. TRY IT.

Patient deserves sympathy - Let us shower it.

Note : THERE IS DETAILED TREATMENT AVAILABLE, FOR WHICH THE NEAREST HOMOEOPATH MAY BE CONSULTED.

Read the Book. Spasms and Convulsions DR. HOLCOMBE.

WATCH YOUR EYE - CARE FOR IT

1. Strain is the cause for many eye trouble. Relaxation of Physique, mind, and nerves helps in curing the complication.
2. Protect your eye from sand, dust, and smoke.
3. Keep the eyes away from eye for they carry infection.
4. Never use common hand kerchiefs, towels etc.
5. Correct the methods of reading, writing, seeing movies etc.
6. Take care to have correct illumination for work.
7. In elderly persons, failing vision must be reported to the Doctor. Cataract and glaucoma in early stages may often be treated.
8. Never watch solar eclipse without protective glasses.
9. Wash your eyes as many times as you like. Cold water is Good.
10. Avoid reading in bed or in a bending posture.
11. For a restful night take a cup of milk, fruit juice, or vegetable soup before going to bed.
12. Curd, spinach, carrots, fresh coconut, apple, Lettuce and tomatoes are good for eye sight.
13. Whenever possible rest the eye for a while.

14. T.V. viewing for long hours is bad to eyes.
15. Avoid eating too much of sweets and ghee and hydrogenated oils (DALDA).

For more information read "BETTER SIGHT without Glasses" By Dr. R.S. Agarwal.

SPORTS DRUGS

I. BOXING :

- | | | |
|-------------------------|----|--------------------|
| A. Shock after | -- | <i>Arnica Mont</i> |
| B. Nervous before fight | -- | <i>Gelsemium</i> |
| C. Black eye due to | -- | <i>Ledumpal</i> |
| D. Contusion of head | -- | <i>Arnica Mont</i> |
| E. Blow on the heart | -- | <i>Cactus G</i> |
| F. Contusion of spine | -- | <i>Hypericum</i> |

II. FOOTBALL :

- | | | |
|---|----|--|
| A. Sprain/strain | -- | <i>Rhustox external/ Internal also</i> |
| B. Kicks on stiff parts of the body, thighs calf muscle | -- | <i>Rhustox, Arnica mont Bellis Perennis.</i> |
| C. Blow on the knee or heart | -- | <i>Ruta G</i> |
| D. Nose bleeding from blow | -- | <i>Arnica Mont Ferrum Phos</i> |

III. HOCKEY, CRICKET, TENNIS :

- | | | |
|-------------------------------|----|--|
| A. Blow on the head | -- | <i>Natrum Sulph</i> |
| Blow on the legs | -- | <i>Ruta G.</i> |
| Blow on the fingers | -- | <i>Hypericum</i> |
| B. Sunstroke | -- | <i>Bell, Gelsemium</i> |
| C. Tennis ball blow to eye | -- | <i>Arnica Mont Rhustox Symphytum</i> |
| D. Blow to genitals | -- | <i>Arnica Mont</i> |
| Blow to genitals bad pain | -- | <i>Hypericum</i> |
| E. Tennis Elbow | -- | <i>Mixture of Arnica + Ruta + Rhustox.</i> |

IV. ATHLETICS :

- | | | |
|--------------------------------------|----|----------------------------------|
| A. Pain in calf muscle in runners | -- | <i>Agaricus</i> |
| B. - do - cannot move | -- | <i>Bryonia</i> |
| C. Cramps anywhere | -- | <i>Cuprum Met, Cal Carb.</i> |

(Keep a large key at the feet in the bed to avoid this)

- | | | |
|--|----|---|
| D. Injury due to shoe spikes (Runners) | -- | <i>Ledumpal (Calendula. external advised)</i> |
| E. Over exertion of runners | -- | <i>Arnica Mont</i> |
| F. Weakness of knees | -- | <i>Cal Carb.</i> |
| G. Weakness of ankles | -- | <i>Cal Carb. Ruta</i> |
| H. Wounds of the foot | -- | <i>Silicea</i> |

V. SWIMMING :

- | | |
|--------------------------------------|-----------------------------------|
| A. Exhaustion | -- <i>Arnica Mont</i> |
| B. Cramps | -- <i>Cuprum Met</i> |
| C. Stings from insects in water | -- <i>Ledumpal</i> |
| D. Nausea, vertigo tendency to faint | -- <i>Coculus</i> - <i>Ind</i> |
| E. Sea sickness, if the sea is rough | -- <i>Tabacum</i> |
| F. Ailments after diving | -- <i>Bellis - P</i> |

VI. SKIER :

-- *Rhustox*

VII. Excessive anxiety before competition or tournament.

-- *Gelsemium*

TISSUE REMEDIES (Twelve Tissue Salts)

Tissue remedies first identified by Dr. Sohussler in 1873 are the twelve essential salts required for the body tissue activities. When these salts are in balance there is health and any imbalance causes diseases. Correction of this imbalance restores health. This system is considered as an independent system is considered as an independent unit and as ancillary to homoeo treatment by a few. These salts can stand a prolonged usage without any adverse effects and habit formation. The areas of health where these twelve tissue salts will be useful are given under for guidance.

CHOICE OF REMEDY : For a beginner in the initial stages it looks difficult to prescribe a single drug since the knowledge will be inadequate. Hence a combination of any of these salts is permitted as per the symptoms of the case on hand.

DOSAGE AND POTENCY : Two tablets or 5 grains of powder can be taken as a dose. In the normal course 3 to 4 times may be given in any given case. They may be repeated at frequent intervals in acute cases till relief is obtained. The safest potency will be 6X unless otherwise specified. It is advised that tablets may be given for adults and powders for children and old.

These drugs may also be indicated alongwith the homoeopathic drugs. They work as supporting drug and thus help the patient for early recovery. They may be given as tonics after a prolonged illness. These salts are also incorporated in homoeopathic medicine in the centesimal potencies. The above salts are safe and can be administered without any side effects even by the lay people.

1. **MAG. PHOS (Magnesia Phos) :**

It is an analgesic capable of correcting different spasmodic pains. It is useful for better assimilation of digested food. For women, instant remedy for menstrual pains. Useful for right sided neuralgic pains. A remedy for all forms of internal ear disease. Relieves tooth ache.

It acts best at 6X potency preferably when dissolved in lukewarm water and administered in spoonfulls.

2. **KALI PHOS (Potassium Phosphate) :**

It is the best nervine tonic. It is antiseptic and hinders decay of tissue. Clears brain fog through over work, depression and loss of memory. Acts better along with MAG PHOS. Avoids threatened abortion in nervous ladies. Useful to tackle paralytic or rheumatic conditions. Improve brain power and memory. It is a safe examination drug.

3. **NATRUM PHOS (Sodium Phosphate) :**

It is the best corrective for digestive disorders. Clears ailments with excess gastric acidity. Small doses of this salt injected subcutaneously antidotes desire for morphine. It is the drug for intestinal worms and squint. And as well grinding of teeth in children while asleep. Clears obstinate constipation and pains in knees, ankles, and in the hollow and ball of foot.

4. **FER. PHOS (Ferrum Phos) :**

It is a safe anti-inflammatory drug in combination with KALI MUR controls fevers. Useful to control haemorrhages and fresh bleeding wounds through mechanical injury. It is helpful in assimilation of food. Controls burning in eyes and first stage earache. Controls blood vomiting corrects anaemia. Acts better at 12X level. Efficient substitute for Iron tablets particularly for pregnant woman.

5. **CALCAREA PHOS (Calcium Phosphate) :**

Useful for bone building and strengthening of bones. Aids in joining fractured bones. Clears school children's headache. Gives strength for decaying tooth. Early clearance of weakness after a disease. Provides the needed calcium to nursing mothers and to mothers with rapid child bearing. Useful to control teething diarrhoea in infants, Is the drug to tackle chronic enlarged tonsils. In Epilepsy after MAG PHOS. Useful at 3X or 6X levels.

6. **NUTRUM MUR (Sodium Chloride) :**

This is potentised common salt. Useful for summer complaints. Helps in clearing oedema. Controls abnormal appetite and constant sore throat. Corrects malnutrition and anaemia. Good for morning headache, Sunstroke and college girls' headache. Cracking sound in jaws when chewing Colds with sneezing. Cracking of lips and mouth corners. Drug for dandruff. Complaints caused through nearness to sea and heat of the sun.

7. **KALI MUR (Potassium Chloride)**

Controls second stage inflammations. Relieves humming in ears and as well blocked ears. Sole remedy for diphtheria. Diarrhoea after fatty food. Drug for morning sickness clears up dry scaly skin. Obstinate Eczema and is the chief remedy for controlling glandular swellings. It is the remedy for sluggish constitutions. In women white discharges can be controlled with this drug.

8. **CLAC FLUOR (Calcium Fluoride) :**

It is useful to correct ailments connected with bone. Chief remedy for varicose or enlarged veins. Helps to tone delayed teething and enamel of deficient teeth rough and brittle. Dissolves tumors. Rectifies cracks in the palms of the hands. Softens hard glands and aids in opening. Most effective at 3X and 6X levels. In general helps in toning up elastic fibers. It is the drug to cure cataract and also piles.

9. **SILICEA (Silica) :**

It is called an abortent or expeller. Aids to break open suppurated abscess. It is a good drainer of pus from deep seated fistula. Controls foot sweats. Cures brainfog and confusion in school children. Delayed closing of fontanelles. Prevents hair fall. Sister remedy for cutting cataract, piles and styas. Cracking of skin, nails controlled aids in quickening dentition and controls septic tonsils. Helps in expulsion of foreign materials from the flesh and body. Controls shaking of hands while writing. Is the drug for epileptic fits particularly on Full moon and new moon days. Useful in 6X or 12X potencies.

10. **KALI SULPH (Potassium Sulphate) :**

This drug is useful in regularising the glossy skin. Useful to control dandruff. Follows MAG PHOS in stomach colics. Phlegm in chest indicated by rattling. Useful in pneumonia and whooping cough. Checks pus forming. Eczema. The need for this salt can be seen in complaints aggravating in the evening and amelioration in cool air. Useful in modern days skin allergy.

11. **CALCAREA SULPH (Calcium Sulphate) :**

Useful for granulation of healing wounds, oozing pus. Cures pimples and pustules on the face. Is the drug for Gumboils. Useful for rheumatic toothache. Painless abscesses about the anus in case of fistula. Cures burning and itching in soles of feet. Controls gum bleeding on brushing. Cramp in calves. Is a drug for acute and chronic rheumatism.

12. **NATRUM SULPH (Sodium Sulphate) :**

Nat Sulph cures complaints coming off through living in damp houses. Is the drug for complications due to old injuries particularly Head. Eyelids get stuck up. clears Gall-stones. Chief remedy for Diabetes. Is the drug for burning urination. Cures greenish diarrhoea. Can control Asthma. Controls pains from Hip to Knees and cracking of joints. Hand trembles while writing. Safely to be used in Jaundice. Aggravation of all complaints from lying on Left side. It is a cold drug.

**Tissue salts that help in absorbing various
vitamins the food we take.**

| VITAMINS | TISSUE EQUIVALENT |
|----------|--|
| A | <i>CALCAREA PHOS</i> |
| B | <i>KALI MUR</i> |
| B1 | <i>KALI PHOS</i> in alternation with <i>MAG PHOS</i> - 12X. |
| B2 | <i>NATRUM MUR</i> - 3X + <i>SILICEA</i> 12X + <i>CALCAREA PHOS</i> , <i>KALI SULPH.</i> |
| C | <i>NATRUM MUR</i> - 30X + <i>FERRUM PHOS.</i> |
| D | <i>CALC PHOS</i> in alteration with <i>SILICEA</i> 12X |
| E | <i>CALC FLUOR</i> , <i>KALI SULPH</i> -12X, <i>KALI PHOS</i> , <i>SILLICEA</i> -12X OR 200X. |
| K | <i>CALCAREA PHOS</i> , <i>FERRUM</i> 1X. |

(Note : Unless otherwise specifically indicated the potency
is 6X).

**Medicines to be kept for First Aid --
(5ml Pills 20 Size - Potency 30)**

- | | |
|----------------------|-----------------|
| 1. Aconite nap | 16. Hepar Sulph |
| 2. Antimonium crudum | 17. Hypericum |
| 3. Apis - mel | 18. Ipecae |
| 4. Arnica mont | 19. Ledumpal |
| 5. Ars - Alb. | 20. Lycopodium |
| 6. Bellodonna | 21. Mer Cor |
| 7. Bryonia | 22. Merc Sol |
| 8. Cantharis | 23. Nat Mur |
| 9. Chamomilla | 24. Num Vom |
| 10. China | 25. Podophyllum |
| 11. Carbo Veg | 26. Pulsatilla |
| 12. Colocynth | 27. Rhustox |
| 13. Cup met | 28. Sepia |
| 14. Eupatorium perf | 29. Sanguinaria |
| 15. Gelsemium | 30. Spigelia |

TISSUE SALTS :

All the 12 tissue salts to be kept in 6X potency except
Ferrum Phos 12X - 20 Gms. Tablets.

EXTERNAL TINCTURES :

CALENDULA
CANTHARIS

30ML Tincture