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**QUICK PRESCRIBER
IN HOMOEOPATHY**



INSTRUCTIONS ABOUT USING THIS BOOK

This book is intended for Homoeopathy students and practitioners alike.

There are no 'specifics' in Homoeopathy. But some remedies work as 'near-specifics' in certain ailments and conditions. Clinical experiences have brought them to light. These near specifics make the science more practical, useful, simple and sure in many cases. This compilation is on this basis.

- ♦ This compilation can be used to quickly prescribe a remedy.
- ♦ The indicated remedy could be given orally or as per indicated.
- ♦ The remedies indicated in this book are to be taken 4 pills per dose.
- ♦ In many conditions the remedies are indicated to be taken alternatively.
- ♦ (alternate) – means, to give one medicine after the other with a gap of at least two hours.
- ♦ Never go on giving medicines without watching their effect. If relief occurs, decrease the doses and stop. If no relief is obtained after 3 doses of each medicine, stop.
- ♦ For single remedies mentioned, they can be taken morning, noon, evening – three times a day. Result should be available in maximum 3 days – otherwise stop. If good results – decrease and stop.
- ♦ Q should be taken 5 drops at a time in ½ cup of water
- ♦ Also learn from brief of materia medica and increase your knowledge by reading more books.

PROBLEMS OF CHILDHOOD

Ailments – during dentition

Cramps	-	Belladonna 30, Chamomilla 30 (alternate)
Fever	-	Belladonna 30, Chamomilla 30 (alternate)
Diarrhea	-	Chamomilla 30, Podophyllum 30 (alternate)
Teasing cough	-	Belladonna 30, Chamomilla 30 (alternate)
Measles	-	Aconite 30, Pulsatilla 30 (alternate) or Ars alb 30, Rhus tox 30 (alternate)
Whooping cough	-	Drosera 30 (1 dose only), Carbo veg 30 (twice a day) or Bryonia 30, Ipecac 30 (alternate)
Mumps	-	Rhus tox 30, Phytolacca 30 (alternate)
Tonsilitis	-	Baryta mur 30 or Belladonna 30, Hepar sulph 30 (alternate)
Adenoids	-	Bacillinum 30 - 4 dose (once a week – 4 weeks), then Calc phos 30
Mosquito bites	-	Cantharis 200 (only 2 doses)
Dwarfism	-	Baryta Carb 200 (twice a week), Sulphur 30 (once a week for 2 months only)
Chest affections	-	Aconite 30, Bryonia 30 (alternate), Sulphur 30 (once)
Worms	-	Cina 30, Nat phos 3X (Bio)/6 (alternate)
Headache	-	Nat mur 30, Calc phos 30 (alternate)
Masturbation habit-		Staphysagria 30

Marasmus

- | | | |
|-----------------|---|------------------------------|
| with legs thin | - | Abrotanum 30 |
| neck very thin | - | Nat mur 30 |
| bones very weak | - | Calc carb 1M (one dose only) |
| glands enlarged | - | Iodium 30 |

ANTIDOTES

Those who have spoiled their health by too much

- | | | |
|--------------------|---|----------------------|
| Alcohol/medication | - | Nux vom |
| Beer | - | Aloes |
| Tobacco | - | Ars alb or Caladium. |

this will enable them to regain their lost vitality to a great extent.

FEMALE COMPLAINTS

- | | | |
|-------------|---|---|
| Leucorrhoea | - | Nat sulph 30, Mag phos 30 (alternate)
or
Pulsatilla 30, Caulophyllum 30 (alternate) |
|-------------|---|---|

Menses

- | | | |
|-----------|---|--|
| Profuse | - | Ustilago 200, Trillium Q (alternate)
Calc iod 30 (once in a week for 4 weeks) |
| Scanty | - | Pulsatilla 30, Nat mur 30 (alternate) |
| Irregular | - | Nat mur 30 (morning)
Sepia 30 (evening) } once a week |
| Painful | - | Mag phos 1M (twice a week) |

Frequent urge to urinate

- | | | |
|------------------|---|-------------------------|
| With pain | - | Colocynth 30 (3 hourly) |
| In newly married | - | Staphysagria 30 |

PREGNANCY

Nausea	-	Ipecac 30
Legs feel very heavy and aching	-	Bellis 30
Abdomen pains	-	Viburnum op 30 or Cimicifuga 30, Mag phos 6X (alternate)
False pains	-	Caulophyllum 30
Threatened abortion	-	Sabina 30 (only 2 doses) or Cimicifuga 30, Viburnum op Q (alternate)

POST PARTUM

To check infections and complications after delivery-		Arnica 30 (every 2 hours, 4 times a day – for 2 days)
Breast, sore and hard with fever	-	Bryonia 30, Phytolacca 30 (alternate)
Agalactosis	-	Lac defl 30 (3 hourly for 2 days)
Milk drops from breast	-	Chamomilla (3 doses only)

MENOPAUSE

Headaches and hot flushes-		Belladonna 30, Glonoine 30, Chamomilla 30 (alternate) Only for one or two days or Sanguinaria 30 (4 doses only)
Back pains	-	Rhus tox 30

EMERGENCIES

The remedies in injury and emergencies help some times to give the patient time to reach the hospital or doctor. They also provide immediate relief without any side effect.

Any injury	-	Arnica 30 (2 hourly)
Before and after tooth extraction	-	Arnica 30, Hypericum 1M (alternate)
Fracture (pains before bone is set)-		Arnica 30 (2 hourly)
Pain due to dislocation (before it is set right)	-	Arnica 30 (2 hourly)
To ensure union of bones quickly	-	Symphytum 30 (3 times a day for 1 week)
Sprains	-	Arnica 30, Rhus tox 30 (alternate)
Crushed finger	-	Hypericum 1M (3 doses)
Stretching pain post surgery	-	Staphysagria 30
Gas in abdomen post surgery	-	Carbo veg 30, China 30 (alternate)
Hiccough post surgery	-	Hyoscyamus 30
Cuts and wounds	-	Hypericum 1M (internally) Hypericum Q (5 drops in ½ cup of water - externally)
Pains post eye surgery	-	Rhus tox 30 (4 doses)
Burns	-	Cantharis 200 (1 dose for every 2 hours– totally 4 dose)
Acute gas formation	-	Carbo veg 30, China 30 (alternate)
Pulse sinking	-	Digitalis 30 (3 doses)
Acute asthma	-	Acon 30, Arn 30, Ipec 30 (alternate) or Arsenic 30, Nat sulph 30 (alternate)

Acute colic	-	Colocynth 3X, Mag phos 1M (alternate) or Colocynth 3X, Dioscoria 6 (alternate)
Gall stone colic	-	Belladonna 30, Calc carb 30 (alternate) – 3 doses each
Renal colic	-	Berb vulg Q, Belladonna 30 (alternate) – 3 doses each
Acute dysentery	-	Colocynth 3X, Merc Cor 30 (alternate)
Vomits with colic	-	Bismuth 30
Diarrhea	-	Podophylum 30, China 30 (alternate)
Vomit and diarrhea (simultaneous)	-	Verat alb 30, Ars alb 30, China 30(alternate)
Continuous nausea	-	Ipecac 30
Conjunctivitis with pus	-	Euphrasia 30/Arg nit 30/Merc cor 30

GENERAL / COMMON AILMENTS

Head

Dandruff	-	Ars alb 30 (morning) Nat sulph 30 (noon) Thuja 6 (evening) 3 days only
Alopecia	-	Flouric acid 30, Silicea 30 (alternate) (for 2 days – then repeat after 15 days, stop.) Bacillinum 30 (1 dose a week for 4 weeks)
Migraine, due to		
acidity	-	Iris vers 30, Nux vom 30 (alternate)
Menopause	-	Sanguinaria 30
Anaemia	-	Calc phos 30, Nat mur 30 (alternate)

Eyes

- Inflammation - Euphrasia 30
- Styes - Pulsatilla 30, Silicea 30 (alternate)
or
Staphysagria 30

Nose

- Common cold - Allium cepa 30, Pulsatilla 30 (alternate)
or
Ars alb 30, Nat sulph 30 (alternate)
or
Aconite 30, Pulsatilla 30 (alternate)
- Sinusitis - Puls 30, Kali bich 30 (alternate)
or
Kali iod 30, Hepar sulph 30 (alternate)
- Nose block - Carbo veg 30 } (alternate)
Lycopodium 30 } for 2 days
Nux vomica 30 }

Ear

- Wax, excess - Conium 30 (2 doses only)
- Pain - Pulsatilla 30, Chamomilla 30 (alternate)
- Pus discharge - Kali mur 30, Pulsatilla 30 (alternate)
or
Mezerium 30, Merc sol 30 (alternate)

Lips

- Crack - Rhus tox 30, Nat mur 30 (alternate)
- Corners crack - Antim crud 30 (3 dose only)

Face

- Acne - Kali brom 30, Berberis Aq 30 (alternate)
or
Sulphur 30 (morning) } for 2 days only
Silicea 30 (noon) }
Carbo veg 30 (evening) }

Warts - **Causticum 30, Staphysagria 30 (alternate)**
(for 2 days – then repeat after 15 days, stop.)

Mouth

Apthae - **Borax 30 (for children 3 doses for 2 days)**
or
Nitric acid 30 (morning)
Ars alb 30 (noon) } **for 2 days**
Nat sulph 30 (evening)

Bleeding gums - **Carbo veg 30, Silicea 30 (alternate for 3 day)**
(repeat after 1 week – 2 times)

Throat

Hoarse voice - **Carbo veg 30, Causticum 30 (alternate)**
For 2 days only

Swollen, burning sensation - **Phytolocca 30, Kali iod 30 (alternate)**

Neck

Cervical spondylosis- **Colocynth 30 (morning)**
Rhus tox 30 (noon) } **3 days**
Arsenic 30 (evening)

Stiff neck - **same as above**

Chest

Cough - **Bryonia 30, Ipecac 30 (alternate)**
or
Aconite 30, Spongia 30 (alternate)
or
Bryonia 30 (morning)
Amm carb 30 (noon) } **for 2 days**
Bryonia 30 (evening)

Pleurisy - **Aconite 30 (morning)**
Bryonia 30 (noon)
Sulph 30 (evening)

STOMACH AND INTESTINES

Acidity	-	Pulsatilla 30, Acid sulph 30 (alternate)
Indigestion	-	Carbo veg 30, China 30 (alternate)
Dysentery	-	Colocynth 3X, Merc Cor 30 (alternate)
Loose stools due to ice cream, fruits etc	-	Carbo veg 30, China 30, } (alternate) Arsenic 30, Nat sulph 30 }

URINARY COMPLAINTS

Glycosuria	-	Syzy Q, Uran. nit 3X (alternate)
Burning micturition	-	Cantharis 200 (2 doses)
Prostate, enlarged	-	Sabal serul Q, Calc flour 30 (alternate)

SEXUAL COMPLAINTS

Impotency	-	Carbo veg 30, Lyco 1M (1 dose) Once a month for 3 months
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JOINT PAIN AND SCIATICA

Knee	-	Rhus tox 30, Ruta 30, Calc phos 30 (alternate for 1 week)
Sciatica	-	Colocynth 30, Rhus tox 30, Ars alb 30 (alternate for 1 week)
Back pain	-	Pulsatilla 30, Rhus tox 30 (alternate for 3 days)

High blood pressure (relief only)

-	Belladonna 30, Glonoine 30 (alternate)
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Low blood pressure (relief only)

-	Crataegus Q (twice a day)
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FEVER

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|---|---|---|
| Flu | - | Bryonia 30, Nux vom 3X (alternate)
or
Baptisia 30, Gelsemium 30 (alternate) |
| Continued fever | - | Bryonia 30, Rhus tox 30 (alternate) |
| with throat affection- | | Rhus tox 30, Phytolacca 30 (alternate) |
| Intermittent | - | Rhus tox 30, Ars alb 30 (alternate)
then, Sulph 30, China 30, Ars alb 30
(alternate when no fever) |
| Intermittent
(much aching) | - | Rhus tox 30
or
Eupatorium 30, Nat mur 30
(alternate when no fever) |
| Sudden high fever
with bursting headache | - | Bell 30, Chamomilla 30 (alternate) for 1 day |
| Sudden high fever
due to dry cold wind | - | Acon 30 (only 3 doses)
next day Sulphur 30 (1 dose) |

ANUS

- | | | |
|---------------------|---|--|
| Haemorrhoids | - | Sulphur 30, Nux vom 3X (alternate)
or
Ratanhia 6, Peonia 6 (alternate) |
| Fissure | - | Flouric acid 30, Silicea 30 (alternate)
2 days- a gap of 1 week- repeat for 4 weeks |
| Prolapsus | - | Ruta 30, Calc phos 30 (alternate) |

EPILEPSY

- | | |
|---|--|
| - | Cuprum met 30 (1 dose)
Calc carb 1M (1 dose)
(repeat after 1 month) |
|---|--|

Hysteria - **Ignatia 30, Nat mur 30 (alternate)
once a week (4 weeks total)**

SKIN

Urticaria - **Apis 1M, Nat mur 1M (alternate) for 2 days
or
Hep sul 30, Ars alb 30, Rhus tox 30
(alternate) for 2 days**

Skin itches - **Lobelia 30, Rhus tox 30 (alternate) - 2 days**

Itching with pustules - **Rhus tox 30, Croton 30 (alternate)**

Eczema - **Sulph 30, Graph 30 (alternate)
once in a fortnight (total 4 times)**

Corns on soles - **Antim crud 30 (3 doses)
repeat once a week**

Whitlow - **Myristica 30 (2 hourly)**

DEBILITY

General weakness - **Carbo veg 30, China 30 (alternate)**

Weak memory - **Anacardium 30 (twice a week) 1 month only**