

HOMEOPATHIC MEDICINE CHEAT SHEET

Allergies (Seasonal)

ALLIUM CEPA - burning nose & eyes - watery discharge - red, irritated eyes - sensitive to light - sometimes sneezing and coughing	ARSENICUM - frequent sneezing - blocked nose/watery discharge - inflamed eyes - right side more affected than left Worse: lying down	EUPHRASIA - discharge from eyes - eyes feel "sandy" - nose & throat symptoms less marked - watery mucus Better: cool/open air Worse: light, wind	NAT MUR - profuse, watery nasal discharge - violent sneezing - loss of taste/smell - itchy nose - pulsating headache Worse: heat of sun	NUX VOMICA - irritable - sensitive to odor - alternating stuffed nostrils - itchy ears, nose, eye Better: nap Worse: morning	WYETHIA - intense itching roof of mouth/behind nose - sometimes moving to throat & ears - irritable throat - dry cough - head feels dry
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Common Cold

ACONITE - early stages - sudden symptoms - worse in evening - wants cold drinks - dry skin Better: fresh air Worse: touch	ALLIUM CEPA - runny eyes & nose - burning nasal discharge - headache - feverish cold Better: cold room Worse: stuffy room	ARSENICUM - runny/dry nose - sneezing - shivering - blocked nose Better: heat/ Worse: cold/damp	GELSEMIUM - gradual symptoms - sluggish - dull headache at back of neck - chills - achy muscles - burning throat	NUX VOMICA - chilled - nose blocked at night/runny in day - sneezing - raw throat Better: heat/sleep Worse: cold/eating	RHUS TOX - stiff muscles - hot/chilled - headache - pain in eyes Better: warmth Worse: night/first movement
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Cough

ACONITE - sudden onset - croupy sounding - runny nose - sneezing - dry throat Better: on back Worse: talking	ANT TART - loose/rattling cough - old/young too weak to expel mucus Better: sitting up Worse: lying flat/eating	BRYONIA - dry/non-productive cough - spasmodic cough - pain in abdomen from coughing Better: fresh air Worse: deep breaths	CAUSTICUM - sore chest - dry cough from tickling in throat - non-productive Better: cold drinks Worse: lying down/talking	COCCUS CACTI - hard/hacking cough - ropes of mucus Better: cold air/drinks Worse: being hot/warm rooms	DROSERA - irritating cough/like whooping cough - dry in morning/loose in evening - yellow/green mucus Better: holding chest Worse: lying down
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Cough

HEPAR SULPH - hard to describe coughs - productive cough - thick yellow mucus - croupy cough Better: warmth Worse: cold air	IPECACUANHA - wheezing cough - incessant & violent - with every breath - chest feels full yet unproductive Better: warm drinks Worse: lying down	PHOSPHORUS - dry or loose - descends to chest - raw larynx - scratchy/tickly throat Better: lying on right side Worse: talk/laugh	PULSATILLA - yellow/green mucus - lumpy mucus - dry at night/loose in morning Better: fresh air/sitting up Worse: warmth	RUMEX - tickling/irritating - incessant/violent - non-productive - intense tickle in larynx prevents sleep Better: warm air Worse: cold air	SPONGIA - dry/barking cough - wheezing - dry nasal passages - mucus tastes salty - loose in morning Better: warm drinks Worse: talking
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Dental

ARNICA MONTANA - relieves pain, bruising & swelling - good for after dental work/surgery - help with minor bleeding	BELLADONNA - early abscess with throbbing pain - grinding problem that causes pain - toothache that worse from pressure	CALENDULA - sensitive to pain - dealing with pain after dental work - apply as tincture to gums and around teeth to reduce chance of infection	CHAMOMILLA - raises low pain threshold - speeds up the wearing off of numbness - toothache worse with warm and not better with cold	COFFEA CRUDA - relieves tooth pain triggered by hot drinks - helps pain that is worse at night - calming effect	GELSEMIUM - ease anxiety - may feel weak from dread, develops a headache - feels lethargic
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Dental

HEPAR SULPH - abscess with pus - chronic abscesses	HYPERICUM - relieves pain that seems to follow the path of the nerve - tender gum tissue - promotes healing	MERC SOL - tender, swollen gums - teeth that easily loosen & decay - bad breath - swollen glands	PHOSPHORUS - swollen gums that bleed easily - over-production of saliva - persistent bleeding	PULSATILLA - pain made worse by heat & relieved with cold water - diminished saliva - states of anxiety	STAPHYSAGRIA - speeds healing of incisions after soft-tissue surgery - use for pain from major decay of a number of teeth
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Fever - best left alone; use only to make comfortable

ACONITE - sudden onset - red/hot face - hot feet - thirsty - with perspiration	BELLADONNA - throbbing pain - violent headache - red/glistening eyes - red/hot skin - feet are chilly - may dread water Worse: at night	BRYONIA - restless - dull/intense headache - pain at temples - pain over eyes - dry mouth - great thirst	CHAMOMILLA - fever with earaches - diarrhea - teething - crying - child may want to be carried	PULSATILLA - children are clingy and tearful - mild but needy - when other remedies don't fit well	RHUS TOX - whole body weak - needs to lie down - bruised feeling - achy bones - pain in back - great thirst - dry mouth
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Flu

ACONITE - fear and anxiety - loss of strength - "sandy" eyes - intense thirst - vomiting w/ sweat - increased urination Worse: night	ANT TART - respiratory issues - rattle of mucus with little expectoration - thirst for cold water, but very little - very tired	ARSENICUM - watery, burning nasal discharge - sneezing - sensitive to light - restlessness - intolerance of smell of food	BRYONIA - very irritable - dry nose and mouth - wants lots of water - constipation - dry cough Worse: motion	CHAMOMILLA - irritability; especially in children - violent earache - diarrhea	EUPATORIUM - intense aching as if bones were broken - maybe sore flesh - bursting headache - doesn't want to move because of pain - shivering/chills
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Flu

FERRUM PHOS - headache helped by cold compress - burning eyes - ulcers in throat - congestion - rapid pulse - sleeplessness	GELSEMIUM - #1 for acute flu - weakness - chills - headache w/ double vision - sneezing - dry, tickling cough	IPECACUANHA - nausea/vomiting - green diarrhea - tight chest - gagging, dry cough - much saliva Better: open air Worse: over-eating	NUX VOMICA - headache in sunshine - sneezing - stuffy nose - raw throat - dull sinuses - watery eyes	PULSATILLA - dry mouth/no thirst - thick secretions - green/bland discharge - bad smell in nose	VERATRUM ALBUM - extremely cold/blue - weakness - pale face - painful diarrhea followed by weakness
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Headaches

ACONITE - violent onset - bursting, burning - tingling, numb - extreme anxiety - pain in forehead Better: lying down Worse: warm room	BELLADONNA - sudden onset - hot, red face - dilated pupils - throbbing temples Better: pressure, bending head back Worse: motion of eyes	BRYONIA - pressing/bursting - pain in temples & forehead - irritable - thirsty Better: rest, warmth Worse: motion of eyes	GELSEMIUM - blurred vision - lethargic - weak/trembling - band-like feeling Better: urination Worse: motion	NUX VOMICA - angry/over-sensitive - tension/spasm - upset tummy - dull - frontal Better: warmth Worse: cold/light	SANGUINARIA - bursting pain from right back of head to eye - flushes of heat - nausea Better: vomiting Worse: odors
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Sore Throat

ACONITE - after exposure to cold/dry wind - flushed face - restless/anxiety - red tonsils/no pus - painful swallowing yet wants cold drink	APIS - redness/swelling of mucus membranes - swollen uvula - stinging/stitching pains Better: cold drinks Worse: warm drinks	BELLADONNA - #1 for sore throat - angry looking throat - swollen glands - flushed face w/ fever - pain to right ear Better: sitting up Worse: talking	HEPAR SULPH - pain spreads to ear when not swallowing - ulcers on tonsils - bad breath - much saliva Better: warm bed Worse: cold air	LACHESIS - starts on left side - feels like a lump in the throat - purplish throat - wants to swallow Better: solid food Worse: pressure	LYCOPodium - starts on right side - ulcers - dryness w/out thirst - burning sore - raw Better: warm drink Worse: late afternoon
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Stress/Anxiety

ACONITE - sudden, intense anxiety - possibly connected to past trauma - dry mouth - rapid pulse	ARGENTUM - impulsive people - irritate people and then regret it - worry about being late or missing deadlines - anticipatory diarrhea	ARSENICUM - anxiety due to loneliness/darkness/being imperfect - may relieve stress through control or criticism of others - often cold	GELSEMIUM - feeling inadequate - timid and shaky - fear of crowds/public speaking - vulnerable to fainting - desire solitude - avoid pressure	IGNATIA - from grief or loss - very sensitive - prone to mood swings - depressed	PHOSPHORUS - scattered thoughts - hard to focus - difficulty completing tasks - need for approval from friends
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