Reading excerpt
A Select Homoeopathic Materia Medica
of Kulkarni Ajit / Tarkas P. I.
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# AVENA SATIVA

*Oat*

## REGION

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<thead>
<tr>
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<th>WORSE</th>
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<tbody>
<tr>
<td>Nutritional</td>
<td>Alcohol</td>
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<td>Brain</td>
<td>Tobacco</td>
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<td>Nerves</td>
<td>Morphine</td>
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<tr>
<td>Sex organs</td>
<td>Opium</td>
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<td></td>
<td>Onanism</td>
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<td>Depletions</td>
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<td>Old age</td>
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**Action**: Acts on the brain and nerves disturbing depressingly their nutrition, and later, general nutrition. Hence a tonic par excellence for nervous exhaustion, fatigue. Also a sedative. Asthenic stage or after-stage of convalescence, infection or exanthematous diseases.


**Nerves**: Weakness: Cerebral asthenia (brain fag). Neurasthenia. Asthenic (i.e. later) stage of infections, inflammatory or eruptive (feeble development of exanthema) diseases, or during convalescence thereof (e.g. cholera, influenza, T.B., diphtheria). Nervous exhaustion from: addictions, sexual excesses, brain work, worry, anxiety, old age (with wasting), exhausting diseases, dissipation. Lameness, esp. of hands.

Paresis. Local, paralysis after diphtheria. Nerve tremors or paralysis agitans, of aged, of neurasthenics (*Methyl.*), of onanists or convalescents.

Numbness of limbs as if paralysed.

Chorea. Hysteria. Epilepsy.
Emaciation: Phthisical; of aged.
Poor circulation and local congestions (Arist-c.).

SELECT PARTICULARS

Mind: Melancholia. Peevishness. Lack of concentration (Alet.) (after masturbation). Vagaries of thoughts (or fancies). Loss of initiative; of the will to get well and resume one's work (Dr. Bach).


Stomach: Torpor of digestive functions. Troubles in precordium during digestion (Lye.); gastro-cardiac syndromes (pseudo-angina pectoris, hysterical angina pectoris or splenic flexure syndrome). Nervous dyspepsia (Alet., Alt.).

Sexual: Phosphaturia (Alf., Aspar., Lee.). Spermatorrhea. Functional irregularities (like impotence, i.e. sexual neurasthenia) after onanism, excesses or of young weds.

Nervous states or hysterical manifestations of uterine and or ovarian disorders. Dysmenorrhea or amenorrhea (due to feeble circulation).

Heart: Cardiac weakness. Nervous palpitation and irritation (arrhythmia), worse during (colon) digestion, from nervous debility and exhaustion, or during convalescence. Rheumatic heart. Cardio-neurosis.

Sleep: Insomnia; from nervousness; of aged; of addicts (also after withdrawal); of onanists; of alcoholics, bordering on delirium tremens.

Relations: Represents the depressive stage of Lee. Oat contains plenty of silica prized by us (in its dynamic form) as a great 'back bone builder'. Malnutrition is more
pronounced in Alet., Alt., Lec.; and mental-nervous traumas are exclusive to Lee. Passi. is counterpart.

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A Select Homoeopathic Materia Medica

775 pages, hb

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