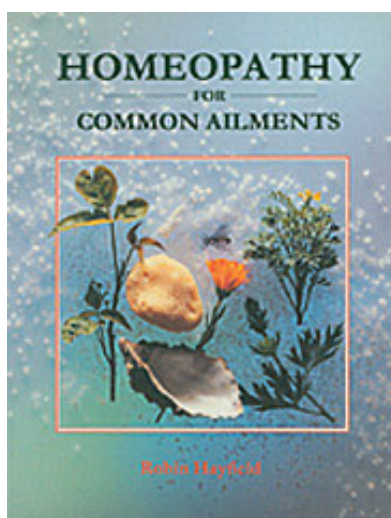


# Robin Hayfield

## Homeopathy for Common Ailments

Reading excerpt  
[Homeopathy for Common Ailments](#)  
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Narayana Verlag GmbH  
Blumenplatz 2  
D-79400 Kandern, Germany  
Tel. +49 7626 9749 700  
Fax +49 7626 9749 709  
Email [info@narayana-publishers.com](mailto:info@narayana-publishers.com)  
<http://www.narayana-publishers.com>

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PART ONE  
SECTION ONE

THE COMMON  
AILMENTS

Anxiety and Anticipation	Fractures
Asthma	Grief
Bites and Stings	Haemorrhoids
Boils	Hayfever
Bruises	Indigestion
Burns	Measles
Chickenpox	Mumps
Colds and Influenza	Nausea and Vomiting
Colic	Nosebleeds
Coughs and Croup	Shock
Cuts and Injuries	Sinusitis
Cystitis	Sore Throats and Tonsillitis
Diarrhoea	Sprains and Strains
Earache	Surgery and Dentists —
Eye Injuries	before and after
Eye Strain	Teething Toothache
Eyes - Inflammation	Travel Sickness
Eyes - Styes	Whooping Cough
Fainting and Collapse	

*Arnica (facing page) is an essential component of any first-aid kit since it is a wonderful remedy for bruises and accidents.*

## *Treating common ailments*

This chapter describes 37 common ailments that can be treated safely and easily by you at home, and offers a range of remedies for their treatment. Most of the ailments can be identified easily and few are likely to require diagnosis from an orthodox medical practitioner. The exceptions are mumps, measles, chickenpox, and whooping cough.

Firstly consult the list on page 19, then turn to the appropriate entry. Each ailment is presented in alphabetical order within the chapter. The general description of the symptoms will help to confirm your diagnosis and indicate the likely progress of the condition (though names of diseases are not of paramount importance to the homeopath). Several remedies are suggested; each one suiting a particular range of symptoms, both physical and emotional. The treatment will be more effective if the remedy covers your emotional and mental symptoms as well as the physical ones.

Read through all the remedy suggestions to see which of them matches the particular symptoms most closely. Once you have selected the remedy for the ailment, check it against the remedy entry in Part Two, the "Materia Medica" (see pp. 62-89), which gives a more detailed description of every remedy mentioned in the book. For information on dosages, see the facing page. If the treatment brings no improvement, find the remedy with the next closest match to the symptoms. See the facing page for instructions on handling and using the remedies.

The remedies suggested in this chapter should bring improvement or cure in most cases. Read the notes on each ailment carefully, and always consult a doctor where indicated. Do not treat skin diseases such as acne, eczema, or psoriasis. Homeopathic practitioners regard the skin as an organ of elimination for poisons from inside the body. To cure the skin without dealing with the problem that lies behind it merely suppresses the symptoms and can be counter-productive. Deep, chronic prescribing from a qualified homeopath is needed.

### *Dosage*

Use one remedy and one pill at a time. If there is no improvement after a day or so then try the next best remedy. In cases of emergency if there is no improvement after an hour change the remedy. As a general rule take one pill a day of the 30th potency, or one pill of the 6th potency three times a day. If the condition is really acute you can increase the frequency of the dosage to every few hours, or even hourly. Once you, or the sufferer, start to get better, stop taking the remedy. Having a clean tongue is helpful, so before you take the remedy, wait fifteen minutes before or after eating, or cleaning your teeth. Suck the remedy, don't just swallow it. Handle only the tablet you are taking. If you touch any others, or drop some, throw them away — don't put them back in the bottle.

### *Caution*

Serious illnesses and emergencies, of course, are beyond the scope of this book and need medical help. Warnings and cautions are included throughout the book indicating when this is necessary. Some conditions are obvious: no one should attempt to treat cancer, a stroke, asthma, or high blood pressure at home unaided. For persistent abdominal or chest pains, continuous bleeding, or any suspicious lumps, refer immediately to your doctor. For chronic diseases (any condition that does not clear up within a reasonable period after home treatment) consult a professional homeopath, who will prescribe constitutional or appropriate treatment. Use the golden rule: if in any doubt seek help.

### **Anxiety and Anticipation**

You will need the help of a homeopathic practitioner to treat chronic fears and anxieties, but there are a number of "one off crises that you can usually treat yourself. These include worries and panics about taking exams, attending important interviews, meeting new people, flying, public speaking, taking a driving test, and many other similar problems. In extreme situations, use the Rescue Remedy (see p. 90), which you can use in addition to any other homeopathic remedy.

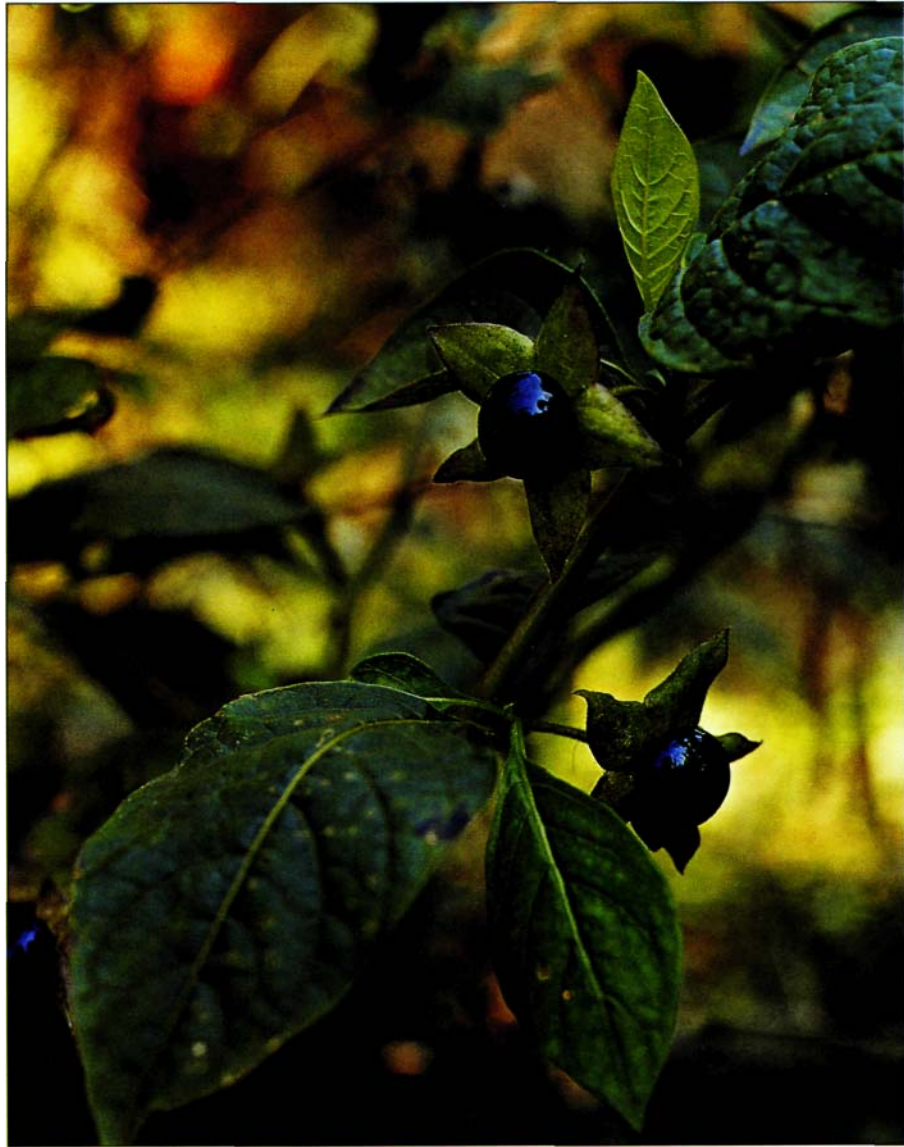
*Aconite* You feel real terror and fright, and even fear of death. You "know" the plane is going to crash and nothing will save you! Try using Aconite before and after the event if you cannot shake off the nightmare feeling.

*Arg nit* You feel anxiety rather than sheer terror; you simply cannot face the world and feel almost paralysed into inactivity. The anxiety can cause diarrhoea. Arg nit is a good claustrophobia remedy, so it may be useful if, for example, you are afraid of flying or travelling on underground trains.

*Arsenim* You cannot bear to be alone and feel very restless. You need constant reassurance that you will survive the ordeal. Midnight, or the hours after, can be a particularly bad time.

*Gehemium* You experience anticipatory fears, you feel weak and tired and your muscles will not obey your will. This remedy helps in situations that induce the "shakes and trembles".

*Phosphorus* This remedy acts best if you are nervous and very sensitive; you feel much better in company. Twilight and shadows can cause you deep anxiety and sudden loud noises, such as a clap of thunder, tend to be very frightening.



*Belladonna*, otherwise known as *Deadly Nightshade*, can be a helpful remedy in high fevers. Symptoms predominate in the head area and include burning heat, redness, and dryness.

## Asthma

Asthma is usually caused by an unknown allergy and can be aggravated by infections such as colds and influenza, as well as by anxiety. The lung airways contract, exacerbated by a build up of mucus in the tubes. Chest tightness is accompanied by breathlessness and wheezing. Its acute phase can be very frightening, and even dangerous if the attack is severe, when the sufferer is fighting for every breath. If this happens, seek medical help immediately: it can be dangerous to rely solely on self-help methods. It is increasingly a problem among children, and estimates suggest that in Britain one child in ten is equipped with an inhaler for emergencies. Constitutional treatment by a qualified homeopath is essential for a complete cure, and this takes time. Consider the following remedies for mild acute attacks only.

*Arsenicum* The attacks tend to occur between midnight and 3am and force you to sit up to catch your breath. You feel very restless and anxious, and feel better walking around, even though you are quite cold and weak.

*Chamomilla* Your mood is one of extreme irritability; anger may even have brought on the attack. This remedy is especially helpful in treating irritable, asthmatic children.

*Ipecac* Your chest feels full of phlegm that you cannot shift. This provokes spasms of coughing, leading to nausea and vomiting. Fresh air helps.

*Pulsatilla* You are an affectionate, dependent person and possibly hysterical during the attack. You need cool, fresh air; hot, stuffy rooms make you feel terrible.

*Natrum sulph* This is an important remedy if your attacks are brought on by damp or wet weather. The attacks occur very early in the morning and can also follow colds or exertion.

## Bites and Stings

Most insect bites should cause few problems if you are generally healthy. Always clean the wound and use tweezers to extract the sting. Rub *Calendula* cream into the wound or apply diluted tincture (one part in ten) on a cotton pad (*Hypercal* cream or tincture will do just as well). This acts as an antiseptic and speeds up the healing process. For larger animal bites, see Cuts and Injuries (see p. 32). Consider the following remedies for more severe reactions:

*Apis* Use *Apis* when the injury swells up, looks red and angry, and stings and burns like a bee sting (where the remedy comes from). However, do not use it routinely for bee stings; only if there is swelling.

*Arnica* Use *Arnica* if you have considerable bruising and soreness.

*Cantharis* When burning pains overshadow all your other symptoms, use *Cantharis*.

*Hypericum* This remedy can be very helpful when the bite is in a very sensitive area rich in nerves, such as the lips or finger tips. You may feel the pain shooting up the nerve tracks.

*Ledum* Use this remedy when the injury feels cold to the touch yet is better after using cold compresses. Apply the remedy as a cream or diluted tincture, or take it in pill form.

## Boils

A boil is an infected area of tissue and skin around a hair follicle. It contains a core of pus and can be extremely painful until it comes to a head and the pus discharged. Occasionally your body will absorb the boil, in which case, if there is no pain, you need no further treatment. Seek medical advice if the pain persists after a few days.

### *Arsenicum*

Use Arsenicum when the boil is hot and burning yet you are able to ease the pain with hot compresses.

*Belladonna* Use this remedy in the early stages, when the boil is red and throbs violently.

*Hepar sulph* The pains are sharp and penetrating, and worse for cold. The boil is full of yellow-green pus, which may ooze out.

*Tarent cub* This remedy is very helpful when a boil develops rapidly after a slow incubation. It feels very hard, is bluish in colour and the pain is agonizing and burning.

## Bruises

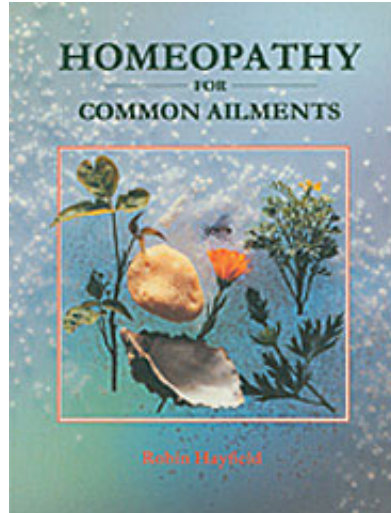
A bruise forms when a blow injures the tissue under the skin without breaking it. The rupture of blood vessels makes the skin appear black and blue.

*Arnica* This is the number one remedy for bruises. Its effects often seem magical and if you use it immediately it will prevent even the most fearful blow from developing into a painful lump. Use Arnica externally or internally, or both if your bruising is severe.

*Hypericum* When the bruise is on a part of the body rich in nerves, such as fingers, toes, lips, nose, ears, or coccyx, Hypericum may be more effective than Arnica. Often you may have shooting pains from the bruising.

*Ruta* This has a special affinity with the periosteum, the membrane covering the bones, so use Ruta after a kick in the shins, or whenever the bone feels bruised.





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