

# Isaac Golden

## Homoeopathic Body-System Prescribing

Reading excerpt

[Homoeopathic Body-System Prescribing](#)

of [Isaac Golden](#)

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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email [info@narayana-verlag.com](mailto:info@narayana-verlag.com)

<http://www.narayana-verlag.com>



## 1. HEAD AND BRAIN - MENTAL DISORDERS

### MIGRAINE

**DEFINITION:** Episodic severe headache, often one-sided, accompanied by visual or gastro-intestinal disturbances, or both. Attacks last for hours or days with total freedom between episodes.

**SYMPTOMS:** Intense headache, usually situated over one or other eye. Headache is usually preceded by a feeling of sickness and blurring of sight. In 15-20% of cases this disturbance of sight takes the form of bright lights (aura). The majority of attacks are accompanied by vomiting. Duration varies, but more severe cases can last up to 24 hours.

Attacks can be provoked by the following; anxiety, emotion, depression, shock, excitement physical and mental fatigue prolonged focusing on T.V. or cinema screen noise, especially loud or high pitched certain foods e.g. chocolate, cheese, citrus, pastry, alcohol prolonged lack of food irregular meals menstruation and pre-menstrual period.

#### RUBRICS:

VISION	Sparks before h/ache	284 L 25	Blurred vision before h/a	271 R 0
HEAD	Pain, head, periodical	145 L 20	Pain, f/head, above r eye	159 R 60
	Pain, f/head, above l eye	159 R 90	Pain, head, < movement	143 R 0
STOMACH	Vomiting during headache	533 R 80		

#### REMEDIES:

**SEPIA:** Pulsating headache in cerebellum. Stinging pain from within outward and upward, mostly left or in forehead, with nausea, vomiting < indoors and when lying on painful side. Headache in terrible shocks around menses, with scanty flow. Dullness in attacks of outward boring pains extort screams and cause vomiting.

Worse - forenoon and evening, washing, laundry work, dampness, left side, after sweat, cold air, before thunderstorm, towards night; slightest moving or shaking of head; turning eyes, stooping, sitting. Better - exercise, pressure, warmth of bed, hot applications, cold bathing, after sleep, in darkness, rest, open air, closing eyes.

**LACHESIS:** Pain through head on awaking. Pressure and burning on vertex. Waves of pain < after moving. Sun headache. With headache, flickering, dim vision, very pale face. Hammering headache when stooping..

Worse - after sleep, Lachesis sleeps into aggravation. Ailments that come on during sleep, left side, in the spring, warm baths, pressure or constriction.

Better - appearance of discharge (menses or nasal catarrh), warm applications.

**KALI BICHROMIUM:** Headache over eyebrows, precede by blurred vision. Frontal pain; usually over one eye. Bones and scalp feel sore. Blindness followed by violent headache, sight returns as headache increases. Pains shooting or pressing, mostly in forehead and temples; as though cut to pieces with knives; periodical; in small spots or radiating there from.

Worse - cold air, motion, stooping, at night, beer, morning, undressing.

Better - heat, nosebleed, lying down.

**PHOSPHORUS:** Neuralgia, parts must be kept warm. Out-pressing, bursting, stupefying ache with a pale face. Enervation of music, laughing, stepping hard, etc, are intolerable. Stitches now here, now there or over either eye.

Worse - early on awakening till noon, after dinner; in warm room; sitting; in evening, in bed; at rest; after anger; chewing; motion; stooping; mental exertion; after motion in open air; changes of weather; storms; music.

Better - walking in cool air; after sleep; lying; rubbing; during meals; temporarily > from pressure and after eating.

**SANGUINARIA:** Worse right side, sun headache. Periodical sick headache, pain begins in occiput, spreads upwards and stops over eyes, especially right. Veins of temples are distended. Pain better lying down and sleep. Headache returns at climacteric; every seventh day. Pain in back of head "like a flash of lightning".  
Worse - sweets, right side, motion, touch.  
Better - acids, sleep, darkness.

**NATRUM MURIATICUM:** Blinding, throbbing headache. Pains as though the brain was being hammered, worse in the morning on awakening, after menstruation, from sunrise to sunset. Chronic headache, semi-lateral, congestive, from sunrise to sunset, with pale face, nausea, vomiting; periodical; from eyestrain; menstrual. Numbness and tingling in lips, tongue and nose before attack, relieved by sleep.  
Worse - awaking from sleep; early in the morning; motion; cold air; anger; reading; writing; looking fixedly; mental exertion; talking.  
Better - sitting or lying quietly, especially with head high; open air, after sweat.

**NOTE ALSO:** BELLADONNA, GELSEMIUM, CHINA, NUX VOMICA, SPIGELIA, BRYONIA AND ARSENICUM ALBUM.



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