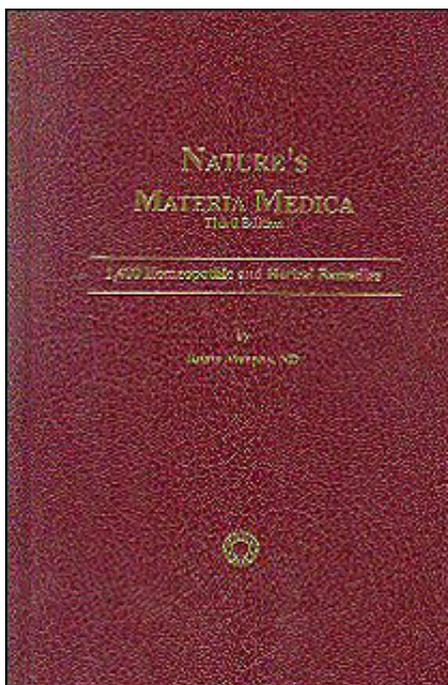


Robin Murphy Nature's Materia Medica

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[Nature's Materia Medica](#)
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Publisher: Lotus Health



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IBERIS AMARA

(Bitter Candytuft)

PHARMACY - iber. Iberis amara. Bitter candytuft. Lepidium iberis. N. O. Crucifer. Tincture of seeds. **Historical dose:** Tincture and all potencies.

CLINICAL - Angina pectoris. Asthma. Bradycardia. Bronchitis. Debility. Dropsy. **Dyspnea.** Fatigue. **Heart, disorders. Heart, enlarged.** Heart, weakness. Liver, pain. Numbness. **Palpitations.** Rheumatic myocarditis. Tachycardia. Vertigo.

HERBAL - The genus was named by Dioscorides from Iberia, Spain, its supposed original habitat. Ancient authorities mentioned Iberis as useful in the treatment of hypertrophy of the heart. This led Hale to have the remedy proved. Hale considered Iberis's primary depressing action a transient one, the secondary, exciting action is more persistent.

HOMEOPATHIC - Iber. has a marked action on the heart and is useful in heart diseases. Sylvester observed that Iber. controlled the violence and sharp action of the heart and softened the pulse. Hale's provers confirmed this observation, the pulse being softened even during palpitations.

Controls vascular excitement in hypertrophy with thickening of the heart's walls. **Heart enlarged with thickening of the heart walls.** Infarction of the myocardium. Parox-

ysmal tachycardia. **Conscious of heart's action.** State of nervous excitement and fright.

Dull or stitching pains. "On turning on left side a sharp sticking pain is felt as if a needle were crosswise in the ventricles and pricked at each contraction." Sharp, stinging pains, through the chest. Pains down the left arm and numbness with an intermittent pulse.

Palpitations with vertigo and choking in the throat, worse slightest exertion, laughing, coughing. Palpitations and breathlessness on slightest exertion. Dyspnea and palpitations on going up the stairs (Calc.).

Darting pains through heart. Weakness of heart after influenza (Crat.). Cold hands and feet.

Numbness and tingling in left hand and arm. Feeling of lameness and soreness through whole body, as from a cold. Fullness and heat in head and neck, vertigo, nausea. Liver region full and painful. Choking sensation in the throat. White stool (Dig.). Desire for stimulants.

MIND - Nervous and irritable, especially on rising in the morning. Frightened, indefinable fear with trembling. Excited, cold sweat on face. Fear of taking too much medicine. Depression. Sad, downhearted, oppressed with desire to sigh. Aware of heart's action.

Bad-tempered. Very irritable with dullness of mind and lack of memory. Inability to fix mind on any one thing. Diminution in intellectual capacity with poor powers of concen-

tration. Trouble in remembering recent events, but can remember past events.

Abdomen - Heaviness and pain in the hepatic region. Fullness with oppression in right hypochondriac region. Fullness and distention of bowels. Intestinal process accelerated with painful cramps, eased by the elimination of gas.

Back - Sensation of fullness in neck and head.

Chest - Fullness in chest with fullness and heat in head and neck and flushed face. Continued feeling of weight and anxiety in chest. Slight pain under sternum, at articulation of third rib. Fullness and constriction under sternum with sharp pain through chest.

Ears - Dullness of hearing and comprehension, labored breathing. Roaring in ears with heaviness of head, slight nausea and palpitation of heart.

Eyes - Red eyes with flushed face. Feeling in eyes as if being forced outward. Flashes before eyes with dull headache and palpitations of heart.

Face - Sick looking. Flushed hot face and red eyes with palpitations. Cold sweat on face, with fearfulness.

Food - Loss of appetite with feeling of indigestion. Desire for stimulants. Ameliorated by eating.

Head - Headache with nausea and loss of appetite. Dull headache, with vertigo and feverish chilli-

ness. Sensation of heaviness and fullness in the head with buzzing in the ears. Congestion and headache, ameliorated by fresh air.

Heart - Conscious of heart's action. Heart's action weak and fluttering, with small weak pulse.

Pulse full, irregular intermittent. Pulse has peculiar double beats, which seem to run into each other. Pulse full, soft and easily compressed. **Enlarged heart.** Dropsy with enlarged heart. Dilation of heart. Hypertrophy of heart. **Tachycardia.** Palpitations with vertigo and choking in throat. **Violent palpitations induced by slightest exertion or by laughing or coughing.** Wakes with palpitations about 2 a.m. On turning on left side, stitching pain as of needles through ventricles felt at each systole. Darting pains through heart. Stabbing pain in heart with constriction in throat. Sharp pains in cardiac region. Sensation of weight and pressure with occasional sharp, stinging pains.

Kidneys - Frequent but scanty urination. Excessive evacuation of urine. Frequent presence of bile pigment in the urine.

Limbs - Cold feet and hands. Numbness and tingling in left hand and arm. Whole body sore, lame and trembling.

Lungs - Dyspnea and palpitations on going upstairs. **Heart dyspnea, shortness of breath.** Constant desire to draw breath without relief (Carb-v.). Respiration more frequent and labored. Pul-

monary rattle with viscous, stringy sputum. Constant hawking of thick, stringy mucus until after a meal. Cough causes redness of face.

Modalities - Better by eating, belching, expelling gas, cold. Worse lying down, on left side, on turning in bed, motion, exertion, sitting still. Worse from heat, warm room, at night, morning, on rising.

Mouth - Dryness of the mouth with bitter or peppery taste.

Rectum - Pain in region of liver with large, clay-colored stool. Tenderness of bowels with thin, whitish stool.

Sleep - Sleep disturbed with aggravating dreams. Restless turning in bed with ludicrous dreams.

Stomach - Heavy and full sensation in the gastric region. After eating, sour belching, better hawking of stringy mucus. Nausea with cold, chilly feelings over body. Heartburn, nausea with belching, which eases the condition.

Temperature - Cold, chilly feeling with nausea. Feverish chilliness. Quickly passing febrile symptoms. Heat and fullness in neck and head with flushed face and cold feet and hands.

Throat - Dryness in the throat and larynx with feeling of constriction. Tickling in throat. Throat as if filled with dust. As if both tonsils were enlarged. Throat and trachea fills up with mucus. Constant hawking up of thick, viscid, stringy mucus better after a

meal. Choking sensation in throat with fullness and heat, just above cricoid cartilage. Constrictive sensation in throat with stabbing pains in heart, dyspnea and palpitations.

Vertigo - Vertigo and pains around heart. ***Vertigo, as if occiput were turning around.*** Vertigo, eyes feel forced outwards. Vertigo on standing, ameliorated by lying down. Vertigo with dull pain and chilliness.

COMMENTS - Proctor related his own experience with this remedy. After an attack of influenza of moderate intensity in 1890, he suffered from cardiac weakness for over two years. Every waking moment was attended with cardiac distress.

On the least agitation the weakness developed into irregular palpitation with great anxiety. Worse from tobacco, which had to be discarded. Worse from wine, except port. After all the usual remedies had been taken in vain, he took Iber., one drop in a powder on the tongue, two or three times a day.

After about ten days the heart suddenly fell almost into its perfect, regular, unconscious beat and retired at once and finally from further observation. Proctor repeatedly gave Iber. since then in similar cases with the same success.

RELATIONS - ***Compare:*** (1) Aml-n., Lepi., Spig., Dig., Cact., Bell., Crat., Phase. (2) Spig. - Palpitations, violent contraction of the heart with op-

pression and anxiety. (3) Cact. - Sensation of constriction in the heart like a vice. Constriction of the head and chest. (4) Aur. - Palpitations with hot flushes, forcing the patient to remain seated with the body bent forwards.

REFERENCES - Boericke. Clarke. Julian.

ICHTHYOLUM

PHARMACY - ichth. Ichthyolum. Ammonium ichthyol sulphonate. Solution. The most important of the salts are the ichthyosulphonic acids, prepared from a bituminous mineral of Tyrol, which is rich in fossilized remains of fish. A clear, reddish-brown viscid liquid. **Historical dose:** Tincture and all potencies.

CLINICAL - Acne, rosacea. Alcoholism. Arthritis. **Boils.** Bronchiectasis. Bronchitis. Chilblains. Coryza. **Cough.** Eczema. Gonorrhoea. Gout. Hay fever. **Hives. Nausea.** Neuralgias. Polyarthritis. Pruritus, vulvae. Psoriasis. Rheumatism. Scabies. Skin disorders. **Tuberculosis. Uric acid.** Urticaria.

HOMEOPATHIC - Ichthyolum is an unproved remedy which has been used in old-school therapeutics as an external application and internally in skin affections, rheumatism, scrofula, nephritis and gonorrhoea.

Ichth. is a powerful antiseptic. It has achieved marked results as an external application to rheumatic joints. A solution of equal parts of Ichthyol and water is warmed and applied to the affected joint on calico and covered with heated cloths,

outside of which is an impervious fabric to prevent evaporation.

Pure Ichthyol or an ointment of Lanoline and Ichthyol may be used instead with Lanoline making up 20 to 50 percent of the ointment. Externally, it is used as an ointment for chronic eczema, psoriasis, acne rosacea, gouty joints, chilblains and scabies. Rectal suppositories for senile prostate. Its action on skin, mucus membranes and kidneys is prompt and useful.

It is strongly anti-parasitic, redness, pain and inflammation, and decreases tension. Polyarthritis. Chronic rheumatism. **Uric acid diathesis.** Gouty joints. Alcoholism, when nothing will stay on stomach.

Hay fever. **Chronic hives.** Excellent in winter coughs of old people. **Tuberculosis, helps nutrition.** Scarpa claimed to have used it with excellent effect in a large number of cases of tuberculosis.

MIND - Irritable and depressed. Forgetful, lack of concentration.

Abdomen - Gripping in umbilical and left hypogastric region.

Eyes - Burn, red, worse any change of temperature.

Face - Skin feels dry and itches. Acne on chin.

Female - Fullness in lower abdomen. Nausea at time of menses.

Food - Increased appetite.

Head - Dull aching, better cold, pressure. Dull frontal and supra-orbital headache, worse moving eyes, cold air, better warmth.

Kidneys - Burning pain in meatus. Increased in quantity and frequency. Uric acid deposits.

Limbs - Lameness in right shoulder and right lower extremity.

Lungs - *Dry, teasing cough.* Bronchitis, especially of the aged. Bronchiectasis and tuberculosis.

Mouth - Disagreeable taste, burning sensation, very thirsty.

Nose - Bland coryza, stuffed feeling, feels sore inside. Irresistible desire to sneeze.

Rectum - Disposition to soft, shapeless stools. Early morning diarrhea.

Skin - Heat and irritation, *itching.* Scaly and itching eczema. Psoriasis. *Hives.* Acne rosacea, erysipelas. *Crops of boils.* Itching during pregnancy.

Stomach - *Nausea.*

Throat - Irritated, pain to ears, sore, dry with hawking and expectoration.

COMMENTS - Anshutz wrote: "The principal action of Ichthyol in the following proving seems to have been on the mucus membranes of the nose and throat, on muscle tissue, producing rheumatic pain, on the skin and on the urine.

"The blood count was not conclusive, only two cases being tested and in one a diminution of red blood corpuscles before after taking the drug) was noted. No marked change in the number or character of the leucocytes and lymphocytes was noted.

"Most of the provers had increased appetite and after taking the drug for some time a marked feeling of well-being. Stool became free in some cases diarrhea and

offensive.

"A languid, tired feeling with mental torpidity while actively taking the drug was usually followed by a feeling of improved, vigorous health when the drug was left off to be again repeated upon renewed administration of the remedy.

"The skin showed many interesting changes worthy of further proving, pruritus, acne and urticaria being produced. Rheumatic pains in different parts of the body were also noted.

"The urine showed valuable changes: Increased urination was noted in all cases with a change in color from the usual straw to a dark straw or reddish tint. The solids were increased, as were the sulphates.

"In many cases uric acid was deposited in the form of brick-dust or red sand, which microscopically proved to be the lozenge, plate and gravel form of uric acid crystals.

"Calcium oxalate crystals were also found in a few cases and in several instances the passage of the crystals produced a mild inflammation of the pelvis of the kidney (mild catarrhal pyelitis) which in the writer's case disappeared after six months, when the urine had again become normal.

"Therapeutically it would seem that in Ichthyol we have a potent remedy for the uric acid diathesis with its various manifestations and symptoms. Lithemia, as indicated by the urinary proving, should prove amenable to the drug if given in potency.

"Hay fever symptoms were also prominent in the proving of the drug and its application in this intractable affection is awaited with interest, local applications of Ichthyol having been used by a number of physicians in cases of hay fever with quite satisfactory results for some time.

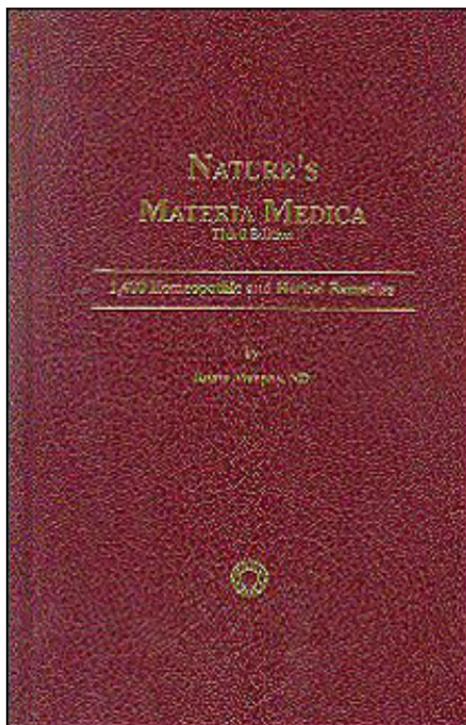
"The lachrymation, coryza and the dry, teasing cough of measles seems also well pictured in some of the symptoms produced by this drug. Whooping cough tonsillitis and tiresome intractable cough of the aged suffering from bronchial disorders would also appear to offer a chance for trial with this remedy.

"It was prescribed it in several cases of gonorrhoea with frequent urination and burning in the anterior urethra with some success. Some have seen the remedy act beneficially in dry, hacking coughs such as were developed by the provers.

"The 3x, 6x and 8x potency, especially the latter, were employed."

RELATIONS - Compare: (1) Hep., Calc., Sil., Sulph., Ars., Petr. (2) Ichth. belongs to the Petroleum class of remedies. (3) Carb-ac. (4) Caust. - lime-water compresses to allay inflammations. (5) Plantago - anodyne application.

REFERENCES - Boericke. Clarke. Phatak.



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