

Miranda Castro

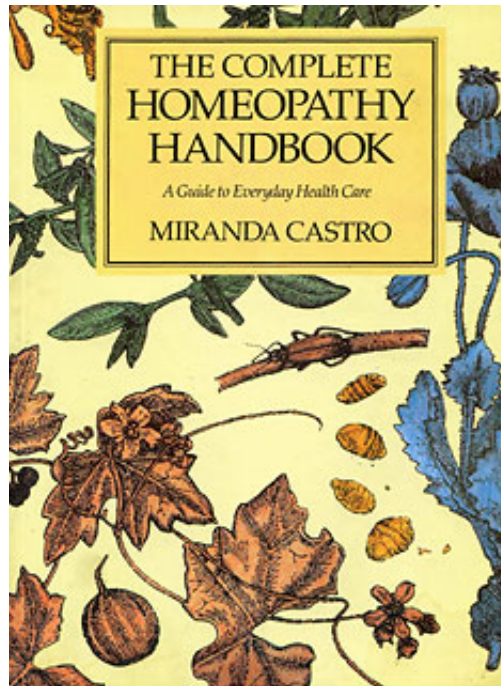
The Complete Homeopathy Handbook

Reading excerpt

[The Complete Homeopathy Handbook](#)

of [Miranda Castro](#)

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INTERNAL MATERIA MEDICA

ACONITUM NAEPELLUS (Aco.)

Family name: *Ranunculaceae*

Other names: monk's-hood; wolf's-bane; common aconite



This plant grows in moist pastures and wastelands in the mountainous districts of Europe, Russia and Central Asia. It grows to a height of between two and six feet and has bluish-violet hooded flowers.

Aconite contains a deadly poison (the root possesses 90 per cent more than the leaf) which is said to be more potent even than prussic acid and is the

poison that was used by the ancient Greeks - in throughout history it has been renowned more for its power to kill than to heal. It is said that the huntsmen of the Alps dipped their arrows in it when hunting wolves - hence the name wolf's-bane.

According to Mrs Grieve (*A Modern Herbal*), *Acanto* and *Belladonna* were the ingredients of witches' 'flying ointments', with their combined actions (palpitations and delirium) producing a sensation of flying!

Hahnemann published his provings of *Aconite* in 1805, and it soon became a widely used remedy, especially for fevers and inflammations, which until then had been largely 'cured' by bloodletting. And so it became known as the 'homeopathic lancef.

The homeopathic remedy is prepared from the whole plant (except the root), which is taken at flowering time in June/July and chopped, pounded to a pulp and the juice expressed, mixed with alcohol, and then succussed.

GENERAL SYMPTOMS

Complaints from: cold dry wind; fear; getting chilled; shock. Face red. Onset of complaint sudden. Likes cold drinks. Pains unbearable. Palpitations. Sweat: hot; on covered parts of the body. Thirsty. Taste: mouth tastes bitter. *Better* for fresh air. *Worse* at night; for touch.

This remedy will work only at the very beginning of ail illness - within the first twenty-four to forty-eight hours. The symptoms are often a result of fright, shock or being chilled. Someone who has been very angry can also bring on an *Aconite* state. Exposure to drought, or a cold, dry wind, can cause a wide range of symptoms (colds, coughs, cystitis, etc.). If in pain, pains - in the head, throat, teeth, or wherever - airtl

intolerable, and will drive these people to despair. f
Generally, people who need *Aconite* will be worse at f
right; though they are usually OK on going to bed, I
they wake up around midnight (usually before mid-
night) with the cough, croup, earache, etc. They will I
not want to be touched (examined or interfered with) and
will be better for some fresh air.

EMOTIONAL/MENTAL SYMPTOMS

Anxious: when chilled; generally; during a fever.
Expression: anxious; frightened. **Fearful:** in a crowd;
of death during pregnancy /labour. **Screaming** with
pain. **Sensitive** to noise. **Tearful** during a fever.

Someone who needs *Aconite* looks anxious, and has
shocked, staring, glassy eyes (the pupils may be di-
lated). '*Aconite* shock' is the opposite of '*Arnica* shock'
in that a person needing *Aconite* will be extremely
distressed (anxious and fearful). They may well be
inconsolable. They are scared of going out into a
situation where there will be lots of people. Their
pains may be severe, especially in childbirth, for
example, and patients may say, 'I want to die'. *Aconite*
types may also scream with the pain.

PHYSICAL COMPLAINTS

Chicken pox

Symptoms With *Aconite* general and emotional/mental
symptoms, and fever.

Common cold

Symptoms With HEADACHE (see below).
Causes shock; getting chilled; cold, dry wind.
Give *Aconite* at the first sign of a cold if the stress is as
above.

Cough

Symptoms COUGH: barking; dry; hoarse; irritating;
short; tickling. BREATHING fast.
Worse at night; during fever; dry, cold air.
Causes cold, dry wind.
All the air passages are irritated. It is often worse at
night after being out in a cold, dry wind (especially a
north or an east wind).

Croup

Symptoms Symptoms of COUGH (above). Unless you
have strong indications for another remedy, this is
the first remedy to think of giving for croup.

Cystitis

Symptoms PAINS pressing.
Causes getting chilled.

Earache

Symptoms PAINS unbearable. **Causes**
getting chilled; cold, dry wind.

Eye inflammation

Symptoms EYES sensitive to light; whites of eyes red.
PAINS: aching; burning. With a COMMON COLD.
Causes getting chilled; foreign body in eye. **Worse**
for cold, dry wind.

Fever

Symptoms HEAT: alternating with chills at night;
burning; dry at night. PULSE: fast; strong. With
ANXIETY.
Better for uncovering.
Worse at night; in the evening.
Causes getting chilled.

The person feels hot inside and chilly externally. The
cheeks may alternate between hot and red and pale
and ghostly (the colour may drain from the face on
getting up); or one cheek will be hot and red and the
other pale and cold, especially in teething children.
Those parts of the body that are covered with clothing
become sweaty; the person may kick off the covers.
There is a burning, unquenchable thirst; everything
tastes bitter except water, and even that tastes bad.

Headache

Symptoms PAINS: burning; bursting; throbbing.
Causes fright; shock; getting chilled.

Injuries

Symptoms CUTS/WOUNDS bleed freely. With SHOCK
(see below).
Aconite helps with wounds that are bleeding excess-
ively where the characteristic shock is present.

Insomnia

Symptoms Restless SLEEP. Anxious DREAMS.

Measles

Symptoms ONSET sudden. SKIN RASH: itches; -burns.
With FEVER; COUGH.
Sudden onset with restlessness, fever, cough and
thirst.

NB SEE ALSO PAGES 203-26 FOR GENERAL ADVICE, DOS AND DONTs.

intolerable, and will drive these people to despair. Generally, people who need *Aconite* will be worse at night; though they are usually OK on going to bed, they wake up around midnight (usually before midnight) with the cough, croup, earache, etc. They will not want to be touched (examined or interfered with) and will be better for some fresh air.

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Sudden onset with restlessness, fever, cough and thirst.

NB SEE ALSO PAGES 203-26 FOR GENERAL ADVICE, DOS AND DONTs.

Mumps

Symptoms ONSET sudden. With FEVER.

Period problems

Symptoms PERIOD late.

Causes fright; shock; getting chilled; pregnancy.

Shock

Causes injuries; surgery; childbirth. This is accompanied by the extreme *Aconite-type* fear and anxiety. It is useful during or following operations, and for shocked mothers and/or babies either during or after labour, especially a fast labour. The mother may experience some shaking with the shock, whereas the baby may just be very still, with an anxious or fearful look in its eyes.

Sore throat

Symptoms PAINS: burning; stitching.

Causes getting chilled.

Teething

Symptoms CHEEKS hot and red. With symptoms of FEVER (see above). PAINFUL IN CHILDREN with restless sleep.

Children toss and turn in their sleep and bite their fists and scream. The teething may well be accompanied by fever.

Toothache

Symptoms PAINS: tearing; in good teetiv

Causes cold, drv wind.

Retention of urine

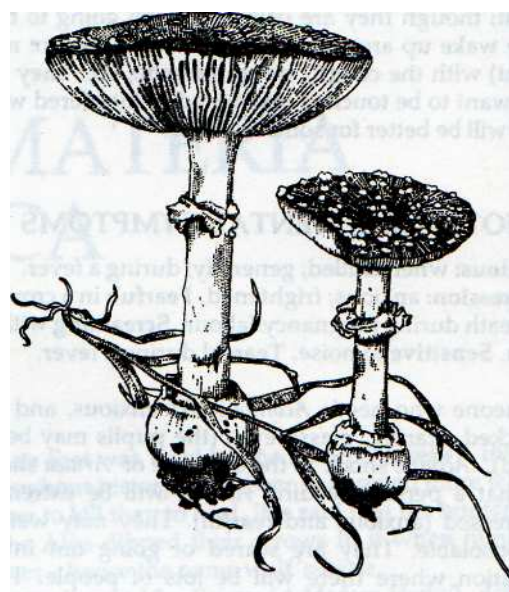
Symptoms IN NEWBORN BABIES; IN CHILDREN who catch cold.

This is especially useful for newborn babies who don't pee, who have been shocked by the birth (especially a fast labour).

AGARICUS MUSCARIUS (Agar.)

Natural order: fungi

Common names: fly agaric; bug agaric; toadstool



This poisonous toadstool grows in dry places, especially in dry pine woods, in Europe, Asia and the USA. It is uncommon in England but abundant in some parts of Scotland.

Agaricus is thought to be the oldest of hallucinogens used for ritualistic purposes. Medicine men ate this toadstool to achieve ecstatic states (although these periods of great animation, which were often accompanied by dancing, singing and talking to imagined persons, alternated with times of deep depression). It was also employed at one time in the making of alcoholic beverages but this practice was beset with dangers in view of the terrible deaths that sometimes occurred from the poisonings.

For the homeopathic preparation, the mushroom is well washed, mashed in a mortar, then equal parts of alcohol are added to it. This is left to stand for three days before being strained and succussed.

GENERAL SYMPTOMS

Clumsy: trips easily while walking. Trembling.

Twitchy.

Worse for cold.

This remedy is a specific cure for chilblains, especially of the feet and toes, and, used with *Tamus* ointment, will cure most cases of straightforward chilblains where no other strong symptoms would lead you to prescribe a more 'important' remedy.

DISEASES YOU CAN TREAT USING THIS BOOK

It is important to understand fully the difference between acute and chronic disease so that you know which illnesses you may safely and appropriately treat and which you need to take to a professional homeopath. For an explanation of the difference between the two, see page 14.

This section tells you whether the particular complaint you wish to treat is within your scope as a home prescriber, *before* you attempt to take the case and work out *a* remedy. A good general first-aid book or family medical encyclopaedia will give you more detailed information about the complaints themselves. If your complaint has an obvious cause it is important to remove the stress (for example, don't drink for a few days if your headache was caused by an excess of alcohol). Use commonsense measures and take sensible care of yourself when you are ill.

Having established that your complaint is within the scope of this book, turn to Chapters 4 and 5 to work out the remedy you need.

Your complaint may be treatable either by internal or external remedies, or both. You can establish this in each case by looking up your symptoms in the Repertories (pages 37 and 165-98).

I also strongly advise you to take a first-aid course with the St John Ambulance or the Red Cross to learn the mechanics of first-aid.

A criticism levelled at homeopathy is that it encourages people to take their lives in their hands by treating serious illnesses at home. *Never* treat serious injuries or complaints yourself. If in any doubt seek expert advice. Cause for concern below lists general alarm symptoms, and specific alarm symptoms to watch out for are indicated in the individual complaints that follow.

Cause for Concern

The following symptoms may indicate serious problems and so signal the need for immediate professional help. Some of them also appear in the remedy pictures, for example the laboured breathing of *Antimonium tartaricum* and the delirium of a *Belladonna* fever. If you are very worried about the general state of your patient I suggest you call for help and then give the indicated homeopathic remedy. In some instances, where the picture is very clear and/or you know from past experience that your patient is not seriously ill, you will be able to give the remedy and wait for improvement. If he or she does not show signs of improving quickly you can then call for help.

See overleaf for disease conditions *not* covered by this book.

SEEK HELP IF THERE IS:

Bleeding, unexplained, from any part of the body, including the skin
Breathing, rapid - over fifty breaths per minute at rest
in children under two - over forty breaths per minute in children aged two to ten - over thirty breaths per minute in anyone over thirty
Breathing, shallow or laboured (difficult)
Chest pain, severe
Convulsions
Delirium
Fever above 105°F, 40°C
Fever, high, with a slow pulse (normal adult pulse is about 90 beats a minute and 120 in a child)
Fever, persistent - lasting for longer than 24 hours in an infant
Headache, severe - especially if accompanied by one or more of the other symptoms in this section

Mental confusion, uncharacteristic

Neck stiff

Stools, pale - grey or almost white

Urination profuse, accompanied by a great thirst

Urine dark and scanty/bloody (certain foods when eaten in quantity can change the colour of urine; beetroot for example, can turn urine red. This is nothing to worry about)

Vomiting, unexpected, repeated - comes on some time after the onset of a viral infection (i.e. a childhood illness)

Weakness, extreme

Wheezing, severe

Yellowing of the skin or whites of the eyes

IF SOMEONE SEEMS VERY ILL, EVEN IF THEY DO NOT HAVE ANY EASILY IDENTIFIABLE SYMPTOMS, ALWAYS TRUST YOUR INSTINCTS AND GET HELP.

ALWAYS SEEK PROFESSIONAL HELP IF YOUR SYMPTOMS RECUR OR DO NOT IMPROVE.

DISEASES AND CONDITIONS NOT COVERED BY THIS BOOK

With the exception of treating the acute pain of arthritis and rheumatism, this book does not cover *chronic diseases*; these are complex conditions and need careful diagnosis and treatment at all stages. The homeopathic treatment of chronic disease often requires a long-term commitment so that the homeopath can treat these underlying weaknesses in the constitution.

The following symptoms are not dealt with in this book for the reasons given in each case:

Serious degenerative diseases such as cancer, hepatitis, heart disease, AIDS, and so on, are not within the scope of the first-aid prescriber. These conditions require time and skill to treat and should not be regarded lightly.

Frequently recurring symptoms from flu, headaches, diarrhoea and coughs, to depressions, etc. Symptoms occurring as often as every week, which can be so bad that work has to be cancelled. They are *not* symptoms that occur two or three times a year and that have obvious causes, for example headaches after the stress of exams.

Skin symptoms including eczema, psoriasis, dermatitis, etc., should never be attempted by the first-aid prescriber. Read the Laws of Cure (page 15) to understand the dangers of suppressing a skin disease.

Asthma is a deep-seated chronic disease and needs careful management to cure it. The acute attacks of asthma can be alleviated, but these should always be prescribed by a homeopath who is in charge of the whole case and who is prescribing constitutional remedies between attacks so that their severity and frequency is lessened.

Hayfever for the same reasons as asthma. It is, however, possible to alleviate symptoms, and for this reason a few remedies are included in this book. However, I strongly advise that you take up constitutional treatment for the months when you are free of hayfever in order to help clear the disease from the system. It can take several years for this to happen, with the symptoms lessening in severity each year.

Persistent constipation can mask a more serious, underlying complaint that needs professional treatment, but it may simply be a result of poor diet (lots of low-fibre junk food), in which case the first step is to make the necessary dietary changes. Remedies are included for occasional constipation caused by a change in environment (although the occasional dose of a laxative will do no harm).

Persistent abdominal pain should always be checked by a professional. Never self-prescribe, except in the few instances outlined in this book. Always see your GP to make sure there is no need for urgent surgery (such as appendicitis).

Ulcers, of the skin, stomach, etc. These are evidence of a deep-seated chronic condition that needs expert attention. You may treat occasional mouth ulcers yourself. If they recur, especially frequently, then they need deeper, constitutional treatment.

Lumps and bumps - cysts, growths, warts, etc. anywhere on or in the body (except for styes, bruises and warts, as outlined in the book) must always be taken to a professional homeopath so that he or she can prescribe on the underlying weakness and prevent their recurrence.

COMPLAINTS YOU CAN TREAT

Abscesses

You can treat a simple tooth (gum) abscess yourself while waiting for your dental appointment. If the pain is greatly relieved as a result and/or the abscess discharges its pus then wait a little while before starting on antibiotics as they may not be necessary. If the pain returns, or doesn't clear completely and quickly, take the medicines prescribed by your dentist, or visit a professional homeopath who can treat these abscesses.

DO

- rest and eat well to build up your defences.
- apply hot compresses to the abscess.

Anaemia

The anaemia covered by this book is iron-deficiency anaemia, which is caused by infection, poor diet, during pregnancy when the iron count drops, and by loss of blood after an accident, tooth extraction, heavy period, nosebleed or childbirth.

Other types of anaemia need to be treated by a professional homeopath. **DO**

- eat healthy, iron-rich foods such as liver, greens (not spinach as the acid in it makes the iron difficult to absorb), cabbage and dried apricots.
- rest.
- drink plenty of fluids but cut out tea (which prevents the absorption of iron).
- take a herbal iron tonic if it suits you.

DONT

- take iron pills available from high street chemists as they often cause constipation and can make the condition worse by blocking the absorption of iron.

Arthritis see Joint pain**Athlete's foot**

This is best treated with internal remedies. If it is a persistent (chronic) problem, it will require professional homeopathic treatment. **DO**

- keep your feet clean and dry meticulously after bathing.
- use *Calendula* talcum powder (available from some homeopathic pharmacies) or use the cream if the skin is cracked and painful.
- go barefoot as much as possible, and wear sandals in the summer.

DONT

- wear running shoes, which can exacerbate the problem.
- use anti-perspirants on your feet. This form of suppression can lead to more serious complaints.

SEEK HELP IF

- there is swelling or pain, especially if it spreads to the ankle.

Backache and back injuries

Homeopathic remedies will provide relief for an acute problem, but seek help from an osteopath or a physio-therapist. Chronic (long-term) back problems need long-term treatment.

There is an increased tendency to back problems in people who are overweight. The muscles in a weak back can be strengthened and further problems averted by gentle exercise. **DO**

- rest as much as possible.
- use heat or cold to ease the pain.

DONT

- further stress the back by lifting heavy bags, etc.

SEEK HELP IF

- back pain is accompanied by fever.
- the urine smells strong or is bloody (it looks pink or is flecked with red or brown).
- there is trouble with either bowels or bladder.
- it is difficult to move the legs or they feel numb.

NB NEVER ATTEMPT TO TREAT A SERIOUS BACK INJURY YOURSELF:**Bedwetting**

I have included a few remedies that can help in cases of occasional bedwetting in children.

DO

- cut out all fruit juices from the diet and give water instead.
- investigate whether the bedwetting is related to emotional stress, such as problems at school or at home, and talk about it in a helpful and sympathetic way. Seek counselling help if necessary.

DONT

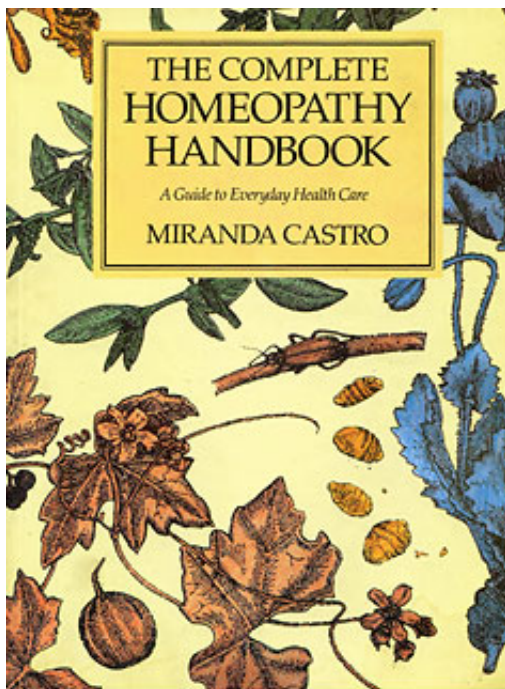
- punish a child for wetting the bed.

SEEK HELP IF

- it is accompanied by an increased thirst.
- any of the symptoms below accompany the bedwetting (especially in an older child who was formerly 'dry' at night):
 - pain on urinating; very copious urination;
 - frequent urination; blood in the urine (it looks pink or reddish); pain in the abdomen; fever;
 - pain in the kidneys (in the back just above the waist).

Bites /stings

Homeopathic remedies can be used to treat bites and stings internally and externally, and can help people who seem very susceptible to being bitten become less attractive to insects (large doses of garlic in its natural form or as pearls is also thought to be a good preventive). Some people can have severe allergic reactions to bites, with great swelling; these require urgent medical help.



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A Guide to Everyday Health Care

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