

Homoeopathy Home Kit, Common Ailments & Remedies

1. Fever, headache and body ache

- Running nose, headache, fever -exposure to dry, cold winds –(Nov to Feb)- **Aconite Nap**
- Chill-feeling very cold, very thirsty but taking small sips of water constantly - **Arsenic Album**
- Headache - congestive/throbbing, high fever due to exposure to cold- with no thirst - **Belladonna**
- Splitting frontal headache and fever early morning (often due to constipation), muscles stiff/painful (often due to exposure to cold air at night), aggravation on movement, desire to lie down/sinking in mattress, heaviness of the body, thirsty-drinks huge quantity of water, Kolkata weather when days are hot and nights are cold -**Bryonia**
- Throbbing headache around the temples, head feels tied with a band, occipital headache-settles in orbits, pain in the lower neck, shoulders and backbone, eyelids are heavy-drooping sluggish back, fever & chills in spine, heat stroke-very good medicine - **Gelsemium**
- Muscular pain or stiffness-better on movement-feels better in the evening, exposure to the sudden change from heat to cold - **Rhus tox**
- Piercing headache- (as if a nail is driven in) - **Coffea**
- Right-sided headache - **Sanguinaria Can**

2. Colds and throat pain

- Running nose, headache, fever -exposure to dry, cold winds–(Nov to Feb)- **Aconite**
- Violent sneezing with watering nose and eyes - **Allium Cepa**
- Running nose - **Arsenic Album**
- Tonsils-Swollen and pain on swallowing and earache - **Belladonna**
- Tough, stringy mucus, cold & earache, internal nasal drip causing severe cough at night, the inward flow of mucus is reversed and flows out - **Kali Bichrome**
- Yellow mucus - **Pulsatilla**
- Watering eyes – **Euphrasia**

3. Stomach pain, gas, bloating, nausea and vomiting

- Rumbling, gurgling in the stomach with loose watery & gaseous stool Suddenly stool escapes with wind - **Aloe Soc**
- Food Poisoning due to spoilt food-nausea, vomiting and loose motions -**Arsenic Album**
- Acidity, slow digestion, gas in the stomach, sour belching, heaviness in upper stomach, hungry at mealtimes but previous meal not digested, undigested food in stool -**Carbo Veg**
- Acute nausea and vomiting due to exposure to cold winds, with fever & headache nausea not relieved by vomiting- **Ipecacuanha**
- Severe griping pain around the navel, blood in the stool, Amoebiasis - **Merc Sol**
- Stomach pain after any meal, indigestion due to late nights-Nausea-due to irregular food timings, international travel, night duty etc- **Nux Vomica**
- Acute Acidity -**Robinia**

4. Injury and shock

- Sudden stiffness/tightness of body, sudden fear and acute symptoms of illness - **Aconite Nap**
- Physical or emotional Injury & trauma - **Arnica Montana**
- Cut injury & skin bruises-Antiseptic - **Calendula**
- Burns caused by fire, sunlight, boiling water, scalds etc - **Cantharis**
- Surgery shock - **Carbo veg**
- Crushed fingertips, nerve injuries, spinal injury upon falling-specially in the coccyx region, blow on the head causing convulsion - **Hypericum**
- Muscle, ligament, tendon injury - **Rhus Tox**
- Ligament, bone and cartilage injury, injury from a fall, the body feels bruised - **Ruta G**
- Fractures - **Calcarea Phos & Symphytum**

5. Children & Infants-

- Birth shocks, urine stoppage, scratching of genitalia - **Aconite Nap**
- Burning, swelling, stinging pain due to Insect bites - **Apis Mel**
- Tonsils-Swollen and pain on swallowing and earache - **Belladonna**

- Teething, whining, crying, wants to be carried Children & infants' medicine - **Chamomilla**
- Stomach worms - **Cina**
- Corns - **Antim crud**
- Bedwetting - **Equisetum Hyemale**
- Dentition diarrhea - **Podophyllum**
- Wind & colicky pain- **Senna**

6. Some Common Cures

- Sudden stiffness/tightness of body, birth shocks, urine stoppage, sudden fear and acute symptoms of illness - **Aconite Nap**
- Burning, swelling, stinging pain due to insect bites swelling/puffing under lower eyes - **Apis Mel**
- Sudden fatigue, sore, bruised, lame feeling as if beaten, before and after surgery- also relieves pain - **Arnica Montana**
- Airsickness - **Belladonna**
- Burning and difficult urination Burning sensation anywhere, blisters - **Cantharis**
- Sudden weakness - **Carbo veg**
- Pregnancy nausea - **Ipecacuanha**
- Recurrent mouth ulcers - **Merc sol & Borax**
- An antidote to allopathic drugs and alcohol - **Nux Vomica**
- Stomach hernia - **Nux Vomica**
- Thorn like feeling in the throat - **Hepar sulph**
- Itching (upon undressing)- **Rumex**
- Cough (stops on taking a hot drink)- **Spongia**