

# ILLUSTRATED GUIDE

*to the*

# HOMEOPATHIC TREATMENT

*By*

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## ILLUSTRATED GUIDE TO THE HOMEOPATHIC TREATMENT

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## **PREFACE TO THE THIRD EDITION**

It is exciting to be a homeopath as every year brings new ideas, new methods and new remedies to explore. Homeopathy has an invaluable foundation and an historical tradition that remains unchanged, during lapse of centuries. It has solutions to seemingly confusing and complex problems which arise in a clinic and in life. In essence, homeopathy means learning the medical science and letting it grow further and further. Staying informed is vital for protecting health—health of loved ones and health of the patients. Keeping this view, I have prepared this third edition. I had no necessity to change anything and have followed the lines laid out in the previous editions but I have made additions here and there due to a fresh knowledge gained during these years. New chapters “Adultery, Adrenalitis, Athlete’s foot, Autism, Chlorosis, Pelvic floor prolapse, Vulvodynia, etc. and a few new illustrations have been added.

One problem with most patients is that they do not have patience. They may be suffering for years from a disease but want immediate cure. Not frequently, doctors complain that the homeopathic materia medica and repertory are too vast and too time consuming to study for selection of a suitable remedy. This book is unique in the sense that it contains knowledge about medicines, diseases, their cause and their prevention , illustrations to explain, food and general knowledge which makes reading interesting. All this saves valuable time of patients as well as time of physicians.

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## **PREFACE TO THE SECOND EDITION**

In preparing the second edition, I have revised the first edition and have made changes that the time rendered necessary. New chapters like Aphthae, Black heads, Buttocks, Cellulitis, Chronic diseases, Crohn's disease, Erythema, Excitement of sexual desire, Osteoporosis, Pains, Sclerosis, Stress and Cancer related diseases like Lymphoma, Hodgkin's disease have been added. Many more illustrations are included. The bulk of the work and old headings stand as it were before. Since the last edition, medical and surgical science has made further advances and hence there are a few changes here and there in almost all the chapters. Homeopathy is a standard law and requires no change. None of the homeopathic remedies have been recalled inspite of the enormous addition in their numbers.

General arrangements are unchanged and nothing has been omitted. On the contrary, great importance has been added. Objections are raised that medical works, like the present, encourage amateur practitioners and are therefore dangerous. They also interfere in the working of legitimate medical profession. These objections are entirely groundless as homeopathic medicines are absolutely harmless even if employed wrongly. The author wishes to call special attention to the chapters of this work which are devoted to hygiene and dietetics. These subjects are primarily important. The homeopathic physician should believe in himself and his knowledge of remedies — this is his key to success.

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## **PREFACE TO THE FIRST EDITION**

*'The Illustrated Guide to Homeopathic Treatment'* has been specially written for the benefit of the students of homeopathy and laymen who want to treat their own diseases. Simple language and easy words have been used for easy understanding.

Illustrations are given where necessary. Diseases have been described for treatment in a non-boring way. This guide is useful as "Teacher's Notes" of practical homeopathic therapeutics. Remedies have been arranged alphabetically for sake of convenience. That is not all. This book will also be found useful by the homeopathic medical practitioners as being a short cut to the repertory of the homeopathic materia medica and for easy selection of a remedy.

No definite and scientific guide is available for the selection of a potency. Some practitioners use high potencies with success while others use low potencies with satisfactory results. I use high potencies in chronic cases and low in acute and recent cases. I consider 30C potency neither low nor high. Thus selection of a potency is a matter of one's own choice and experience. In this book, where Q is mentioned against a remedy, it means mother tincture, where X is mentioned beside the potency, it means potency in decimal scale and where neither of these two are mentioned, it means potency in the centesimal scale and where no potency is mentioned, it means 30 in this scale.

It will be agreed that diseases like death, old age, etc. (about 10% in all) are not curable. Likewise, all the diseases cannot be cured by oral medicines alone. Surgery is required in some cases like fracture of bones, etc. I have given methods of surgery employed by surgeons in some cases because questions about it are generally asked by students as well as patients. Machines like X-rays, ultrasound, scan or magnetic resonance imaging unit (M.R.I), etc, are used in surgical cases and also in some other cases. M.R.I. gives incredible snap shots of the body for detection of bone marrow illness, disorders of ligaments and cartilages and their injuries. It also detects tumors and nervous disorders.

Microscopic and other laboratory tests are useful in their own way like examination of stools for the presence and kind of worms, urine for presence of casts, etc. and blood for its disorders. Use of machines makes it easier for the homeopath to treat the diseases and save the patient from surgery in several cases. It is very important that the cause of disease be known so that, the treatment can be directed at the source of the problem.

Our life depends upon the diet taken. Useful suggestions as to what can be taken and what should not be taken during ailments are given in each chapter. Medical science is a continuous process of study and research. Results of latest studies and research, as collected from various journals and newspapers are incorporated to keep the homeopaths abreast of the latest developments. I hope that this multipurpose book will be found useful by laymen, students, teachers of homeopathy, homeopathic medical practitioners, researchers and all those who love homeopathy.

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## FOREWORD

It gives me pleasure to acknowledge that I read the pre-released copy of the “*Illustrated Guide to Homeopathic Treatment*” by Dr. Harbans Singh Khaneja. The author has taken pains in compiling and arranging the guidelines for the homeopathic treatment. He has given very valuable suggestions for taking selective foods during ailments. He has also given methods of surgery and has compared the conventional treatment with the homeopathic treatment at places. He has suggested further fields of research for researchers. Naturally, such a work cannot be very perfect and complete, and reference to materia medica, etc. may become necessary in some cases. In my opinion, this book is revolutionary and will prove useful for all the lovers of homeopathy.

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Any information given in this book is not intended to be taken as replacement of medical advise. Any person with a condition requiring medical attention should consult a qualified practitioner or therapist.



## **ACKNOWLEDGEMENTS**

It is my pleasant duty to express my gratitude to thousands and thousands of different individuals who came to me for treatment since more than 50 years of my homeopathic practice. They gave me all the practical knowledge and experience. My debt of gratitude also goes to several authors of homeopathic books from whom I acquired the theoretical knowledge.

I remained as the president of the Homeopathic Medical Association, Jalandhar (Punjab) and the senior vice president of its Punjab State Branch for several years. I continue to be a member of the National United Professional Association of Trained Homeopaths in Canada. These two associations deserve my special thanks for enabling me to attend several homeopathic conferences and seminars which added to my knowledge.

My thanks are also due to my wife, Mrs. Harbans Kaur Khaneja who took off all the domestic worries from my shoulders during the years I remained busy writing this book. My thanks are also due to Dr. Jasleen Kaur Khaneja, D.H.M.S. Gold Medalist, for typing the book for me.

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## ABDOMEN



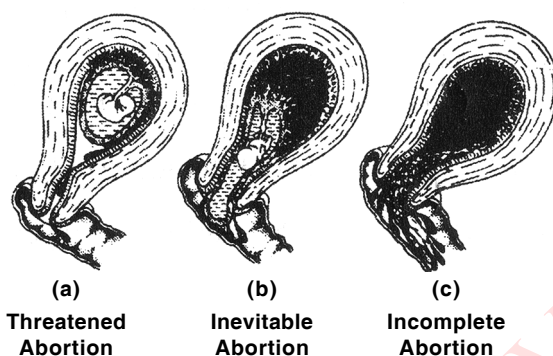
- Abies nig.** 30 (bd) : Sensation of a lump at the cardiac end of the stomach.
- Aceticum acidum, Ammonium carb., Medorrhinum, Podophyllum, Stramonium** (tds) : Feel relieved by lying on the abdomen.
- Ambra grisea** (bd) : Sensation of weakness in the abdomen in the old people after passing a stool.
- Apocynum can.** 3x (tds) : Bloated due to dropsy. Has a very quick action. Reduces waist and weight within a month.

- Bacillinum** 200 (hs) : Once every 15 days, when abdomen is distended in thin rickety children.
- Calcarea carb.** (bd) : Distention of abdomen in fat, scrofulous children. Increase of fats generally. Abdomen is sensitive to slight touch and pressure. Patient cannot bear tight clothing around waist.
- Carbo veg.** (tds) : Distention of abdomen with contracting pain which extends to chest. Cannot bear tight clothing around waist and abdomen. Better passing wind.
- Cina** (tds) : Distention due to worms.
- Colchicum autum.** (tds) : Abdomen bloated with gas. Cannot stretch legs.
- Conium mac.** (bd) : Sensation of a lump about the liver region.
- Dioscorea** (bd) : Distention due to wind with pain in the belly.
- Gnaphalium** : Gurgling sound in the large intestines due to the passage of flatus.
- Hedeoma** 1x (bd) : Everything taken into the stomach causes pain.
- Helleborus** : Gurgling as if intestines were full of water.
- Kalium bich.** (tds) : Cutting pain in the abdomen soon after eating.
- Kalium carb.** (tds) : Sensation of a lump in the pit of the stomach.
- Lachesis** 200 (od) : Cannot bear even light clothing around the waist.
- Bovista** 30 (tds)
- Lycopodium** (tds) : Distention of abdomen with or without constipation and due to flatulence.
- Lycopodium,**  
**Rhus tox.** (tds) : Abdomen is bloated immediately after a light meal.
- Magnesium phos.** 6x (tds) : Bloating of abdomen due to pains. Must pass flatus constantly.
- Medorrhinum** 1M (hs) : Sleep more comfortably on the abdomen. Feels better lying on abdomen when suffering from oppression of breathing, asthma or dyspnea.
- Repeat after 15 days
- Natrium sulph.** 6x : Cannot bear tight clothing around the waist.
- Bovista** 30, **Lachesis** 30 (tds)

- Oxalicum acidum** : Burning and pain in small spots of the abdomen.
- Plumbum met.** (bd) : Sensation of abdomen being drawn to the spine by a string.
- Podophyllum** (tds) : Enlarged and hanging abdomen after giving birth to a baby.
- Sanicula aqua** (bd) : Pot bellied children.
- Selenium met.** (tds) : Sensation of pulsations after eating.
- Sepia** (tds) : Pot bellied or hanging down abdomen of women after giving birth to several children. Many brown spots on abdomen.
- Silicea** 12x (tds) : Distention of abdomen in children generally with large heads and weak legs.
- Staphysagria** 200 (od) x 3 days : Burning pains in the scar after abdominal operation.
- Sulphur** (od) x 7 days : Large abdomen of unmarried girls at puberty. Movements in the abdomen as if there is something alive in it.
- Tabacum** 200 (od) x 3 days : Wants abdomen uncovered.
- Thuja occ.,  
Crocus sativus** (tds) : Hard distention with a feeling as if a living child or an animal were in the abdomen. Sense of fake pregnancy.
- Uranium nit.,  
Kalium carb.,  
Dolichos** (tds) : Abdomen bloated with gas. Kalium carb. has abdominal pain due to gas.

## **ABORTION (MISCARRIAGE)**

- Aconitum nap.** 200 : If the abortion is threatened due to fear and excitement, repeat this remedy every 15 minutes.
- Aletris far.** Q (bd) : Habitual tendency to abortion due to weakness and anemia.



- Apis mel.** (bd) : For abortion during 1st and 3rd month of pregnancy.
- Arnica mont.** (tds) : Threatened abortion due to an accident.
- Baptisia** (tds) : Threatened miscarriage from mental depression, shock and low fevers.
- Caulophyllum 3x** (tds) : It is as helpful as Vib-p. in habitual abortions and when it is due to a weak uterus.
- Chamomilla** (tds) : If the abortion is threatened due to mental excitement.
- Crocus sativus** (tds) : Threatened abortion during the 1st month of pregnancy — especially if the blood is dark and stringy.
- Crotalus hor.** 200 (od) : If there is oozing of black blood which does not coagulate. Miscarriage during course of a septic disease or from other blood poisonings.
- Helonias Q** (1 to 3 days) : Use 5-10 drops 1/2 hourly if the abortion is threatened from over-exertion or irritating emotions.
- Ipecacuanha Q** (1 to 3 days): If there is a continuous flow of bright red blood, colic and nausea, give this remedy every 1/2 hour.
- Kalium carb.,  
Sabina** (tds) : Threatened abortion in the 2nd month. Habitual abortion every 2nd or 3rd month. Blood is generally dark red and clotted.
- Pulsatilla nig.** (tds) : Discharge of blood is arrested for a little while, then returns with redoubled violence; this ces-



- sation and renewal are often repeated. Passes black blood with labor pains.
- Pyrogenium** 200 (hs) : After effects of abortion, whether induced or Repeat after 1 week otherwise, like fever, offensive diarrhea, etc.
- Sepia** 200 (hs) : Threatened abortion during 5-7 months of Repeat every 3rd day pregnancy.
- Secale cor.** (tds) : For abortion, more especially about the 3rd month with copious flow of black, liquid blood.
- Syphilinum** 1M (hs) : Abortion due to syphilis.
- Thuja occ.** 1M (hs) : It mends the tendency to abortion specially in women having a gonorrheal history in themselves or in their family.
- Thyreoidinum** 1M (hs) : It helps to avoid miscarriage and tendency to premature labor when the cause is not of a mechanical origin. It controls slow oozing from the uterus. Prevents threatened abortion when there is thyroid dysfunction.
- Trillium pend.** 3x, (qid) : Checks bleeding of abortion. Very effective remedies.
- Ficus ind.** Q (tds)
- Tuberculinum** 1M (hs) : Abortion due to tuberculosis.
- Viburnum prun.** Q, (tds) : Its use helps to prevent habitual miscarriages. They also help to prevent abortion due to an accident or due to drugging.
- Viburnum op.** Q (tds)

## ABORTION PRODUCING

Several countries have laws that make it illegal to cause an abortion in the healthy females. The following course can be tried only when the continuing of the pregnancy can cause damage to the health of the patient or to the baby when born and that also, keeping in view the law of the land. The course must be taken no later than 9th week after the start of last menstruation.

1. **Gossypium Q + Macrotinum Q** - mixed in equal quantity and given in 40 drops a dose, *thrice daily causes abortion within five days*. If it does not occur in five days, wait for five more days before trying the *second course*. More than two courses are not advisable. Stop the treatment when the bleeding starts.

2. **Carica papaya Q** induces abortion when locally applied to the mouth of the uterus. It causes the cervix to soften and dilate, and the uterus to contract, expelling the fetus.

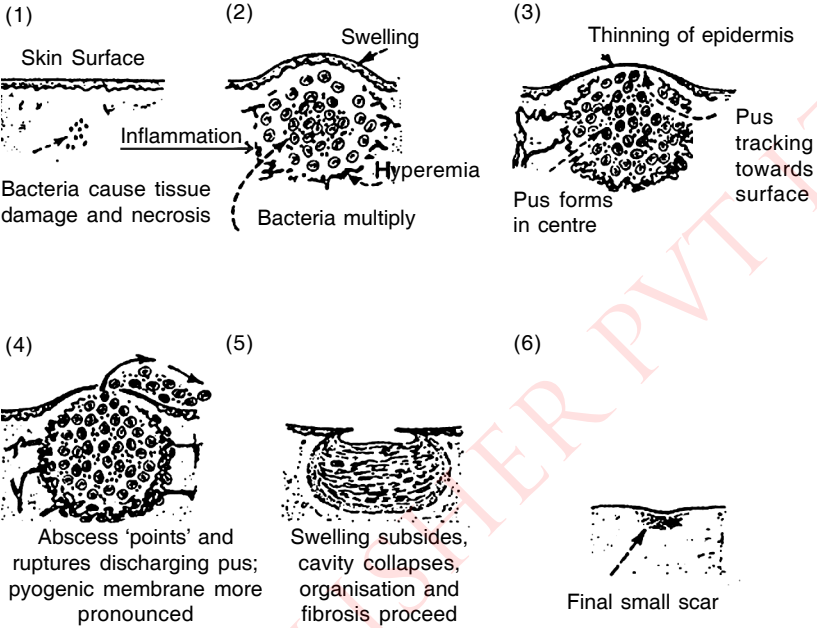
**NOTE:** Both the treatments should be given simultaneously.

## ABORTION, ILL EFFECTS OF

- Arsenicum alb.**,  
**Natrium mur.** (bd) : Try either of the remedies when the patient has a feeling of guilt having aborted.
- China off.** (tds) : For weakness due to excessive bleeding.
- Kalium carb.** (tds) : Removes weakness remaining after labor or miscarriage.
- Nux vomica** (tds) : Hemorrhage after abortion with sensation as if bowels wanted to move.
- Pulsatilla nig.** Q (tds) : It expedites expulsion of the fetus. 10-15 drops in  $\frac{1}{2}$  cup of water is sufficient to produce the expulsion.
- Pyrogenium** 200 (hs) : When there is fever and a danger of septice-mia.
- Sabina** (tds) : Pain in the lower back and genitals.
- Sepia** (tds) : Use it when the placenta has not been expelled or has been expelled partially.
- Thuja occ.** 1M,  
**Psorinum** 1M (hs) : If there is a danger of illness after the miscarriage try either of the remedies according to the symptoms.
- Trillium pend.** Q : Give 5 drop doses every two hours if the bleed-ing prolongs in case of an induced abortion.

**NOTE:** Women having history of high blood pressure or a history of heart disease should not take treatment for abortion.

# ABSCESS



- Acidum fluor.** (tds) : To form healthy granulation after the use of Silicea.
- Anthracinum 1M** (hs)  
Repeat. after 1 week : Carbuncles and boils with intense burning and high fever.
- Apis mel.** (tds) : When there is swelling and pain is stinging and burning like the one produced by the sting of a honey bee, but there is no pus.
- Arsenicum alb.** (bd) : Unhealthy abscesses which discharge offensive pus with burning. Restlessness, and fever may be present.
- Belladonna** (tds) : Use it in the early stages when there is not much of swelling but there is redness and throbbing pain. Abscess and inflammation of the breast. The use of Belladonna will cure it. If not cured, use Hepar after it.
- Calcarea carb.** 200 (od) : Abscess in patients of tubercular diathesis.
- Calcarea sulph.** 6x (tds) : Specific for an abscess on the tonsils. It may be tried in other cases when Silicea fails.

- Calendula off.** (tds) : If the abscess is septic with yellow thick pus, use Calendula 30 internally and Calendula Q mixed with warm water for washing.
- Gunpowder** 3x (tds) : Boils, herpes and blood poisoning.
- Hepar sulphuris** 3x (bd) : Abscess with thick pus and great throbbing pain. When given high (200) will abort the pus and if given low (3x) will often open up the abscess. It is useful in the abscess near the ear. It is also useful in case of abscess in lungs. In 2x or 3x potency, it hastens suppuration and 1M or 10M potency checks suppuration.
- Mercurius sol.** (tds) : If the pus has formed and the abscess is taking a septic form. The skin becomes bluish.
- Myristica seb.** (tds) : It often acts better and powerfully in the opening of an abscess. It is known as a homeopathic knife. Very effective for abscess at the end of fingers and phalanges.
- Pyrogenium** 1M (hs)  
Repeat after 1 week : Recurring abscess, fever and septic conditions are cured by the use of this remedy.
- Rhus tox.** (tds) : Abscess near the arm pit or the parotid gland. Pus is mixed with blood. It is useful for suppurating glands. Pus is thin, copious and corroding.
- Silicea** (tds) : Ripens abscess and promotes its suppuration. It helps to heal a boil which is of an obstinate nature.
- Staphysagria** 200 (od) : Use it in the case of an abscess in the lumbar region.
- Symphytum off.** 1M (hs)  
Repeat every 3rd day : After amputation of any part of the body or a limb, if an abscess is formed on the remaining part.
- Tarentula cub.** 200 (od) : It is almost specific for an abscess in the arm-pit. One dose reduces the pain and either opens up the abscess when it is very ripe or aborts it. Hepar also acts likewise in such cases.

## **ABSENT MINDEDNESS (SEE 'MEMORY')**

### **ABUSIVENESS**

- Anacardium ori.** (tds) : Tendency to use violent, abusive language. The patient is generally mentally disturbed and wants to swear and curse. He uses abusive language during debates and discussions.
- Hyoscyamus nig.** 200 (od) : The patient is talkative and uses obscene and filthy language in talking. He will abuse if somebody engages him in arguments or when he suspects that somebody is doing mischief to him.
- Lilium tig.** (tds) : Constant inclination to weep and is depressed. On being consoled, uses abusive and obscene language for the person consoling him.
- Tuberculinum** 1M (od) : The patient is cruel, destructive and desires to use foul language; curse and swear.  
Repeat after 1 week

### **ACIDITY (HEARTBURN)**

Heartburn is substernal (behind the chest bone) pain and burning, usually associated with a reflux of gastric juices into the esophagus.

- Acidum phos.** (tds) : Pyrosis with flatulence, diarrhea and debility. Thirst for cold milk. Craves juicy things.
- Acidum sulph.** (tds) : Chronic acidity. Burning in esophagus. Nausea. Vomiting, if it occurs, is very sour, even the teeth feel sour. Eructations are sour. Craves alcohol.

- Ammonium carb.** (tds) : Heartburn with pain in the pit of the stomach. Nausea and waterbrash.
- Argentum nit.** (tds) : Acidity and sour eructations in nervousness due to anticipation of coming events. Desire for sweets.
- Calcarea carb.** (tds) : Acidity with pain in the chest and longing for cold drinks. Heartburn with loud belching. Great desire for eggs.
- Capsicum** (tds) : Smarting in the stomach and esophagus as if red pepper were sprayed there. Shuddering after each drink. Intense desire for stimulants.
- Carbo veg.** (tds) : Acidity after meals. Flatus is fetid. Much eructations by mouth, which relieve.
- Conium mac.** 200 (od) : Heartburn with nausea, worse after going to bed and after few hours of taking meals. Amelioration from eating.
- Gentiana lutea** : Abnormal hunger. Acidity, stomach pain and occasional vomiting. Gas in abdomen and pain around naval on touch. Taken half an hour before meals is a good preventive measure.
- Iris vers.** (tds) : Hyperacidity. Sour and bitter belching, nausea and vomiting of bitter fluids, etc.
- Natrium carb.** (tds) : A little error of diet causes acidity which is relieved by taking alkaline foods like soda biscuits. This remedy suits old dyspeptics who are always belching.
- Natrium phos.** 6x (tds) : For an occasional acidity. Flatulence with sour risings. Spits mouthfuls of food. Specially suited to children.
- Nux vomica** (tds) : Acidity after about half an hour of taking food.
- Pulsatilla nig.** (tds) : Acidity after taking rich fatty food. There is no thirst or very little thirst.
- Robinia** (tds) : Acidity worse at night. Vomiting. Acidity of children. Irritating eructations and frontal headache.
- Strontium brom.** (tds) : It is an anti-fermentative and neutralizes excessive acidity. Nervous dyspepsia.

**NOTE :** To avoid acidity:

1. Do not lie down soon after eating.
2. If overweight, lose weight.
3. Do not smoke or cut down smoking.
4. Avoid fatty and spicy foods, alcohol and foods containing caffeine.
5. In general, fruits and vegetables are alkali producing foods.
6. A cup full of cold milk without sugar taken during the attack, gives immediate but temporary relief.

## **ACNE**

### **(PIMPLES AND BLOTCHES)**

Acne is an inflammatory disease of sebaceous (oil) glands. During puberty, sex hormones speed up the secretion of oil from these glands. Problems begin where there is a build up of oil in the narrow gland openings or drainage passages in the skin. It is, therefore, important that the perspiration and other coatings clogging the skin pores be washed off. Acne should not be squeezed as it leads to inflammation and scarring.

Four main types of acne are:

- a. **White Heads:** Round white blemishes that form when hair follicles become clogged.
- b. **Black Heads:** Round, dark blemishes that form when white heads reach the skin's surface and touch air.
- c. **Pimples:** Red, swollen bumps that form when plugged follicle walls break near the skin's surface.
- d. **Deep Cysts:** Pimples filled with pus that form when plugged follicle walls break deep within the skin.

- Antimonium crud.** (tds) : Pimples on the face and shoulders of fat persons with dry skin and indigestion.
- Arsenicum brom.** (bd) : Acne rosacea. Violet papules on nose worse in spring weather. Pimples on face, nose, upper lip and chin of young girls.
- Arsenicum alb.** (tds) : Acne on the nose.
- Asterias rub.** (tds) : Red pimples on the sides of nose, chin and

- mouth. Pimples in the period between puberty and maturity.
- Belladonna** (tds) : Red pimples. May be burning and may be painful.
- Berberis aq.** (bd)  
10 drops in ½ cup of water : Dry pimples and blotches. Clears complexion and helps removing marks left after cure of acne and blotches.
- Borax** 3x (tds) : Pimples on the nose and the lips which become swollen.
- Calcarea carb.** 200 (od) : Little pimples on the roots of the hair which bleed when scratched in fat and flabby girls.
- Calcarea phos.** 6x (tds) : Acne of anemic girls at puberty with menstrual troubles.
- Calcarea sulph.** (tds) : Pimples and pustules on the face and around ears discharge a yellowish secretion.
- Calotropis** (tds) : It heals the ulcers and blotches from the skin and perfects the cure.
- Causticum** (tds) : Acne on the nose.
- Chelidonium** (tds) : Painful red pimples.
- Dulcamara** : Eruptions on hands, arms or face around the menstrual periods.
- Eugenia jam.** (tds) : Simple and indurated acne. Painful pimples. Black head pimples. Red pimples and rosy skin on the sides of the nose, chin and mouth. Useful for all ages.
- Fagopyrum** (tds) : Red and sore blotches here and there and also on the hairy parts. Itching worse by scratching.
- Graphites** (od) : Acne worse during and after periods, with dry skin.
- Hepar sulphuris** (tds) : Pimples which suppurate with white pus. May be as large as a pea.
- Hydrocotyle** 3x (tds) : Great dryness of the skin. Acne of red color on the face, nose and chin.
- Juglans regia** (tds) : Black head pimples. Red pustules.
- Kalium ars.** (bd) : Acne pustules worse during menses.



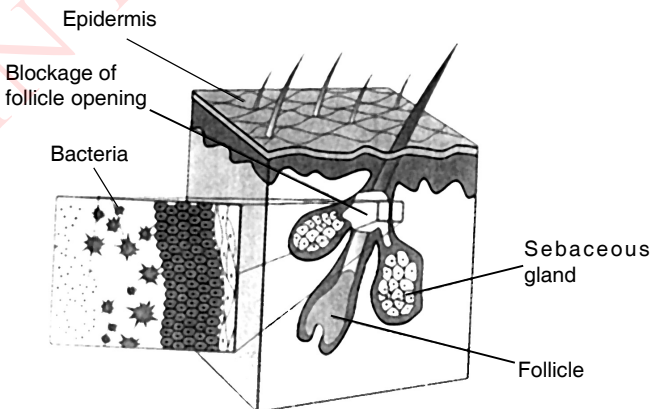
- Kalium brom.** (tds) : Itchy pimples on the face, chest and shoulders. Blackheads, pustules with a depressed centre as if papular eruptions of smallpox, with burning and pain. Acne may be associated with increased sexual urge, hormonal changes or puberty. It also helps removal of scars left after cure of acne.
- Kalium mur.** (tds) : Vesicular type of acne - containing thick white contents.
- Ledum pal.** (tds) : Red pimples on forehead and cheeks.
- Magnesium mur.** (tds) : Pimples on face and forehead which appear before the start of menses and when the patient is constipated.
- Medorrhinum 1M** (hs)  
Repeat after 1 week : Acne and blotches of red color on the face.
- Mercurius sol.** (bd) : Pimples. Vesicular and pustular eruptions along with the pimples. Skin is always moist with viscid sweats.
- Natrium mur.** 200 (od) : Pimples with an oily skin. Earthy complexion.
- Nitricum acidum** (tds) : Black pores on face, papules worse on the forehead.
- Oophorinum 3x** (tds) : Acne rosacea and other skin disorders during climacteric.
- Pulsatilla nig.** (tds) : Pimples worse at puberty and at the start of menstruation, especially in girls who are overweight and have delayed menses.
- Radium brom.** (bd) : Small pimples with itching, burning, swelling and redness. Great burning is the keynote for the use of this remedy. Acne rosacea, birth marks, moles and ulcers are influenced by its use.
- Sanguinaria** (tds) : Red blotchy eruption on the face and body with a sensation of burning and itching.
- Selenium met.** (tds) : Black pimples and black corns.
- Sepia** (tds) : Pimples on the forehead near the roots of hair.
- Silicea 6x** (tds) : Rose colored blotches. Skin pale and waxy. Patient is chilly.

<b>Streptococcinum</b> 200 (hs)	:	Chronic cases resisting treatment.
Repeat x 1 week		
<b>Sulphur</b> 30 (od)	:	Acne in the orifice of the eye.
<b>Sulphur iodatum</b>	:	Acne, papules and pustules on the face.
<b>Syzygium jamb.</b> Q (bd),	:	Red pimples with violent itching, specially in
<b>Insulinum</b> 3x (tds)	:	diabetic patients.
<b>Tarentula cub.</b> (tds)	:	Septic, burning, painful and red pimples.
<b>Thuja occ.</b> 1M (hs)	:	Blotches (i.e. pimples with pus) worse after
Repeat after 1 week		scratching. An excellent remedy for acne
		facialis. The skin is dry.

## ACNE FACE LOTION

1. Take 5 ml each of **Berberis aq.** Q, **Ledum pal.** Q **Echinacea** Q and **Bellis per.** Q. Mix all the four with 20 ml of water if skin is oily. In case of dry skin, use mustard oil instead of water. Rub on the face which has previously been washed with soap and water, and dried. It improves the complexion also. Mustard oil contains Rhodallin which dissolves scar tissue.

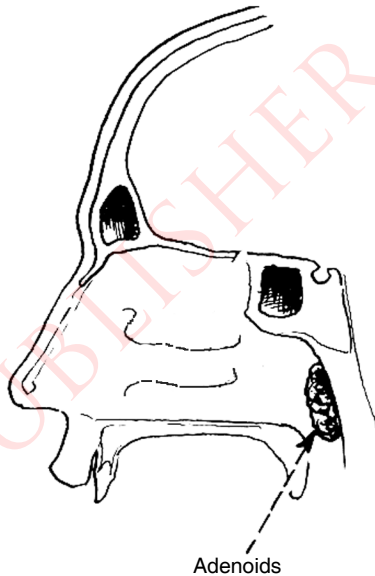
It is a very useful lotion and may obviate necessity for using any other medicine orally.



2. Put raw egg yolk on the face and let it dry for 10 minutes. Then wash with soap and water. Doing this for a month causes disappearance of acne and lesions.

Egg yolks are an excellent source of vitamin A which has been used for years for treatment of acne. Vitamin A is also present in milk, butter and liver.

## ADENOIDS



Hypertrophy of the adenoid tissue (pharyngeal tonsil) that normally exists in the nasopharynx of children.

**Agraphis nutans** 3x (tds) : Child breathes through mouth and has enlarged tonsils. Adenoids of the throat. Deafness. A good remedy for the disease.

**Bacillinum** 200,  
**Tuberculinum** 1M (hs) : Weak children with history of TB in the family. Give a dose either weekly and start the treatment with this remedy.  
Repeat after 1 week

- Baryta iod.** 3x (tds) : Mentally retarded children with frequent attacks of tonsillitis.
- Calcarea carb.** 30 (bd), 200 (od) : Obese children, whose head perspires at night and who take cold easily.
- Calcarea iod.** 3x : Adenoids with enlarged tonsils and cough.
- Calcarea phos.** (tds) : Thin children with large tonsils. Chronic enlargement of the adenoids.
- Streptococcinum** 200 (hs), Repeat after 1 week : For after effects of the surgical removal of adenoids.
- Sulphur** (od) : Children who have a dread of bathing and are always hungry with nasal polyps.

**NOTE :** Following treatment cures most of the cases of adenoids:

- 1 : Start the treatment with **Bacillinum 200** - one dose. No medicine for the next 24 hours.
- 2 : After 24 hours, give 2 doses of **Agraphis nutans 3x** and 2 doses of **Calcarea phos. 6x**, alternately.
- 3 : To facilitate breathing at night, the use of the following mixture will prove useful: **Hydrastis Q = 1ml** to be mixed with 6ml of glycerine. A cotton plug drenched in this mixture should be inserted in each nostril for 15 minutes and then removed.

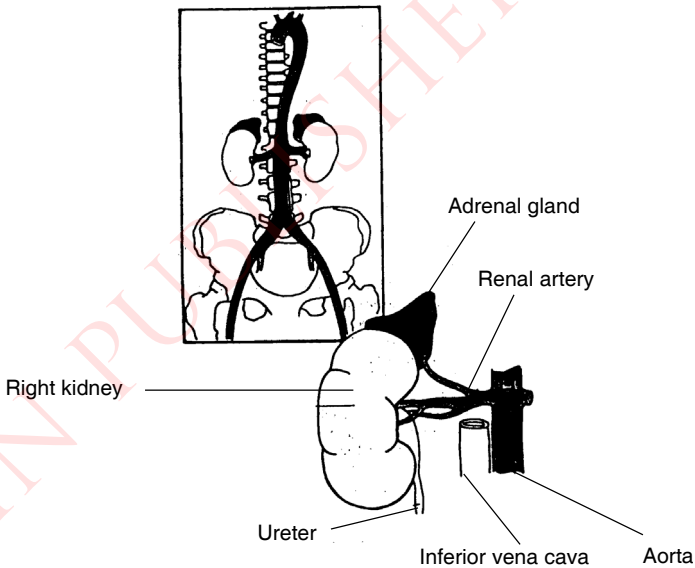
## ADRENALITIS

### (INFLAMMATION OF ADRENAL GLANDS)

Adrenal gland is a triangular-shaped body adjacent to and covering the upper surface of each kidney and secrete a group of hormones. When the secretion of hormones is high, it results in hypertension and increase of urine volume and when it is low it causes anemia, sluggishness, weakness, weight loss, hypotension, nausea, vomiting, diarrhea and mental changes. When such a deficiency is chronic, it is called Addison's disease.

The cause may be hemorrhage in the gland as a result of infection and it may occur at birth resulting from an injury. The following remedies may be found useful, but the selection of the remedy should be made on the totality of symptoms.

- Adrenalinum** 2x, 3x : By stimulating sympathetic nerve endings, it controls hypertension. It checks capillary hemorrhage, nausea and vomiting. There is a sensation of constriction of chest and thorax.
- Argentum nit.** : It improves the memory and reduces bad mental impulses, fear and habit of doing things in haste.
- Arsenicum alb.** : Its use removes mental fear and anxiety, nausea and vomiting. Helpful in the cure of anemia, specially when there is iron deficiency.
- Iodium** 2x : The atrophy and inflammation of the adrenal glands is removed by the use of this remedy by arousing the immune system of the body.

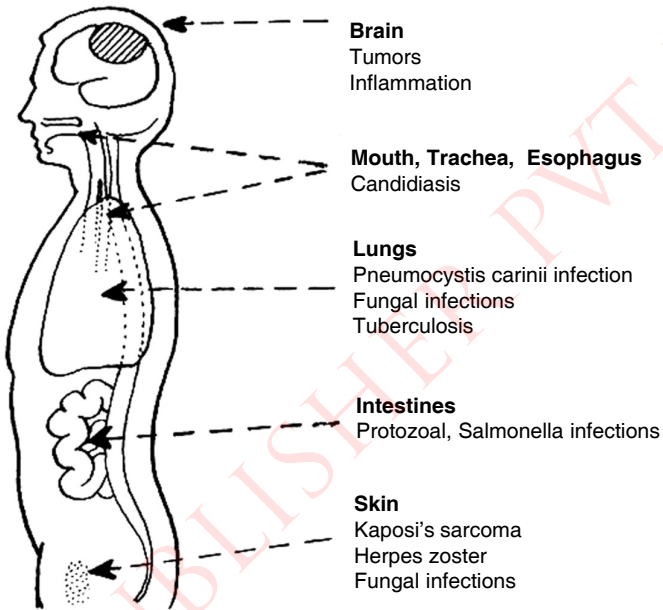


## ADULTERY

- Cauticum** : The man or woman is inclined towards adultery. Husband is not sexually faithful to the wife or the wife is not faithful to her husband.

## AIDS

### (ACQUIRED IMMUNO-DEFICIENCY SYNDROME)



Common AIDS associated diseases and sites.

No case with this label has ever come to me. It is possible that a patient not properly diagnosed and who was unaware of the disease may have come to me. A homeopath treats the diseases on its symptoms only. It is possible that such a patient may have been treated by me on its symptoms. Since the vital force of the patient is rendered deficient and the patient is unable to defend himself against diseases, the following medicines can prove useful taking into account the symptoms.

The following remedies may be used alongwith the indicated remedy of the disease of the patient.

**Camphora** (tds) : The patient presents a picture of collapse. The body is icy cold. Strength appears sinking. Pulse is small and weak. Repeated drop doses

- of Camphora Q on a lump of sugar will strengthen the heart and raise his vital force. He will be able to fight the disease. The medicine can be repeated every 5 minutes till the condition of the patient improves.
- Carbo veg.** (tds) : Vital force nearly exhausted. The disease has greatly depleted the patient. He cannot recover from it, and has cold copious sweat, cold breath, cold tongue and loss of voice. The patient appears to be in the last stages of life. In such cases, this remedy may save the life.
- Echinacea Q** (tds)  
10 drops in ½ cup of water : It is a great stimulant of the immune system. Maybe used with confidence in conditions of abnormal state of blood, blood poisoning and septic conditions. The patient has the tendency of malignancy in acute and subacute disorders. It increases the WBC count and enhances the macrophage function which destroys foreign invaders in the body.
- Iodium** (tds) : It arouses the defensive apparatus of the system by assembling the mononuclear leucocytes.
- Laurocerasus Q**  
10 drops in ½ cup of water : Lack of reaction in chest, heart and lung affections.
- Lobelia purp.** (tds) : Overwhelming drowsiness as produced by the bite of a snake. Intense prostration. Cannot keep eyes open. Vital force becomes very weak with a feeling of paralysis of the body, heart and lungs. Intense chill without shivering.
- Silicea 6x** (tds) : It strengthens the vital and defensive forces. The patient is chilly and likes to keep the head covered. It cures deep-seated diseases and is useful in the cure of AIDS.
- Tuberculinum 200** (hs)  
Repeat after 1 week : AIDS patient has low or no recuperative powers. He is always tired. Motion causes intense fatigue. Medicines, even well indicated, fail to improve the health of the patient. Tuberculinum acts in such cases.

**NOTE 1 :** AIDS is caused by H.I.V. (human immunodeficiency virus) which damages the body's immune system and nervous system and makes it susceptible to the opportunistic infections which would not be a threat to a healthy person.

**NOTE 2 :** It has been a mystery as to where the AIDS virus came from. It is believed that AIDS originated from Africa. Dr. Kevin Decock of USA who heads centres for disease control and prevention in Atlanta, Dr. Beatrice Hahn of the University of Albania along with Dr. David Ho and others from the Aaron Diamond AIDS Research Centre at Rockefeller University, New York have concluded that the AIDS virus originated from chimpanzees, first in Africa and then spread to the world. They stated it in a conference in Birmingham on 31-1-99.

**NOTE 3:** AIDS is not a hereditary disease and is not caused by kissing or masturbating. There is a high risk of contacting H.I.V. by an anal or vaginal sex without using a condom.

**NOTE 4 :** A person cannot get infected by casual contact with an infected person (such as shaking hands), hugging or kissing, being coughed or sneezed upon, swimming in the pool, sitting on a toilet seat and sharing beds, eating food in the same utensils and from insect or animal bite.

**NOTE 5:** A study published late in the year 2004, revealed that worldwide 38 millions people were infected with H.I.V. and 20 million died from AIDS during that year.

## AIR SICKNESS

- Aconitum nap.** (tds) : A person is afraid of travelling by air. A dose will remove his fear.
- Argentum nit.** (tds) : It removes fear of air raids.
- Arnica mont.** (tds) : It prevents mental and physical fatigue after travel by air.
- Belladonna** (tds) : Give one dose as a preventive, 20 minutes before travelling by air and one dose immediately before boarding the plane.
- Borax** (tds) : Use this when the stomach is upset or there is a fear when the plane descends to land. One or two doses of 30 potency will suffice.
- Petroleum** (tds) : If in spite of the above treatment there is ringing and cracking in the ears or heaviness in

