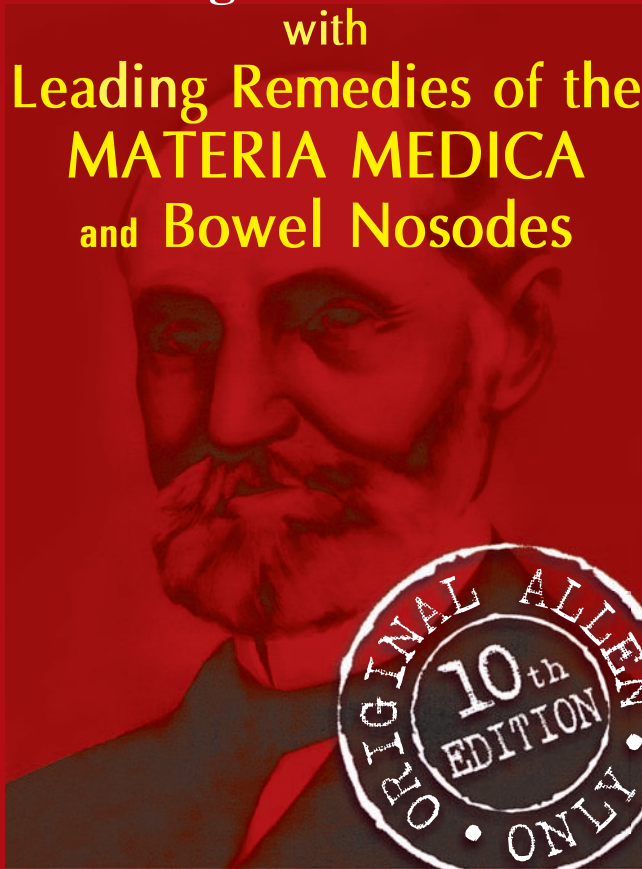


# Allen's Keynotes

Rearranged and Classified  
with  
Leading Remedies of the  
**MATERIA MEDICA**  
and **Bowel Nosodes**



**H.C. ALLEN, MD**

**KEYNOTES**  
**REARRANGED AND CLASSIFIED**  
*With*  
**LEADING REMEDIES OF THE**  
**MATERIA MEDICA**  
*And*  
**BOWEL NOSODES**

*By*  
**H.C. ALLEN, M.D.**

**Tenth Edition**



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**Note from the Publishers**

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

**KEYNOTES REARRANGED AND CLASSIFIED WITH LEADING  
REMEDIES OF THE MATERIA MEDICA & NOSODES**

Tenth Edition: 2004

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# **PREFACE TO TENTH EDITION**

Working on “Allen’s Keynotes” is not less than a reward for me. It was not only a part of my student life, but it has an important place in my practice and teaching also, because of its preciseness and comprehensiveness. Like “Geetasar” in Hindu religion, Allen’s Keynotes provides a bundle of knowledge in a few words.

It is Dr. Allen’s attempt to render the student’s task less difficult, to simplify the study of materia medica, to make it both interesting and useful, to place its mastery within the reach of every homoeopathic professional. It is really a great contribution to the field of homoeopathy and worthy of appreciation.

In the ninth edition, a good attempt was made to re-arrange the randomly placed symptoms in a logical sequence but still the task was not fulfilled. Some symptoms were placed haphazardly or unnecessarily under different small headings like teeth, tongue, bones, glands, perineum, child, elderly, etc.

A thorough reading is given to the book and following Dr. Hering’s “The Guiding Symptoms of Our Materia Medica”, these symptoms are placed under their appropriate headings at the same time avoiding numerous small conventional headings for better understanding.

Keeping in mind the feelings and aim of Dr. Allen, the symptoms are unaltered in substance and the language remains unchanged.

Symptoms like desire, aversion, appetite, thirst, sweat, sleep, dreams, general modalities, side, general symptoms which affect the body as a whole e.g. susceptibilities, oversensitiveness, prostration, exhaustion, fainting, physical factors, pains, discharges, hemorrhages, bones, glands, marasmus, etc., are placed under a common heading of physical generals.

There are a few symptoms / disease conditions related to more than one organ or system of the body that can be placed under dual headings but these are put under a particular heading according to their merit and rhythm of medicine.

I hope this little effort will make the task of students or readers much more easier and interesting.

I express my heartfelt thanks to my wife Dr. Geetika Rai, for her assistance and encouragement to complete this work in the shortest possible time period.

I am thankful to Mr. Kuldeep Jain of M/s B. Jain Publishers (P) Ltd., for expressing confidence while assigning this task to me.

Finally I am grateful to God and my parents for their blessings.

20th August, 2003  
Janmashtami

**Dr. Azad Rai,**  
486, St.-0, Janak Puri,  
Ludhiana (India).

# PREFACE TO NINTH EDITION

“Allen’s Keynotes” is one of the most popular and widely read materia medicas. The reason for its popularity being, its preciseness and comprehensiveness.

Keeping in view, its usefulness for the students and practitioners of homoeopathy, the ninth edition has been brought out with certain changes.

In the previous editions, the symptoms do not conform to any order and are randomly placed. They also do not follow each other in a logical sequence.

In this edition, all the symptoms belonging to one organ or organs having a similar and related function, are grouped together, so as to facilitate a deeper understanding of the pathogenesis of a drug and the genesis of a symptom.

For e.g., fecal vomiting is normally listed under the heading, stomach. But the primary cause of fecal vomiting is, intestinal obstruction. Hence, instead of using the conventional headings stomach, abdomen, rectum, stool, used frequently in various materia medicas, the heading *gastro-intestinal system* has been used. This is because all the organs of the *GIT* are related, as they serve a common function, albeit in different stages.

Also some of the abbreviations used in the previous editions were outdated and pointed to more than one remedies. All the abbreviations used in this edition are standardized according to the SYNTHESIS.

The symptoms are unaltered in substance and the language remains unchanged. The difference between this edition and the previous editions is that the symptoms have been re-arranged and they now follow each other in a logical sequence, so that no symptom is lost to the reader even on casual reading.

The fact remains that Dr. Allen had left an indestructible monument of the homoeopathic materia medica, one that is true to its science and immensely useful to anyone who consults it.

6th May, 1999

**B. Jain Publishers,**  
New Delhi,  
India.

## **PREFACE TO SIXTH EDITION**

What applied to former editions applies to this. The fact that a sixth is demanded is convincing proof that Dr. Allen left an indestructible monument of homoeopathic materia medica, one that it true to homoeopathy and immensely helpful to every physician who consults it.

**The Publishers**

## **PREFACE TO THIRD EDITION**

The first edition of this book was only about half the size of the second, as it was prepared somewhat hastily for a special purpose, but Dr. Allen took his time in the second edition, and gave the world a well rounded out and complete standard book on the homoeopathic materia medica. We do not mean that the first edition was faulty as to its matter, for it was used unchanged in the later edition, but it did not embrace a sufficient number of remedies. As Dr. Allen died before a third edition was needed we concluded to bring it out unchanged. It is a masterpiece of materia medica work; its symptomatology is made up of the unchanging landmarks of our remedies that are in constant use; it is, in short, a book that needs no revision.

Philadelphia, Pa.

**The Publishers**



# **PREFACE TO SECOND EDITION**

In preparing the second edition for the press the work has been enlarged and practically rewritten. Many more remedies have been included and symptoms and comparisons extended, yet care has been taken that every symptom has been verified. The original plan has been maintained, viz.: to give only those symptom—guides that mark the individuality of the remedy, that the student of materia medica may use them as landmarks to master the genius of the remedial agent.

At the suggestion of the publishers and in response to numerous enquiries a more extended symptomatology of the nosodes has been included, for these invaluable additions to our armamentarium, like the so-called tissue remedies of Schüessler, only need more extensive provings to place them in the list of polychrests.

That the student may acquire the correct pronunciation of our remedial agents, an alphabetical list of remedies with the accentuation is given for a homoeopathic physician may properly be held accountable for the correct use of terms peculiar to his profession. An index of remedies and comparisons is also included.

**H.C. Allen**

## PREFACE TO FIRST EDITION

The life-work of the student of the homoeopathic materia medica is one of constant comparison and differentiation. He must compare the pathogenesis of a remedy with the recorded anamnesis of the patient; he must differentiate the apparently similar symptoms of two or more medicinal agents in order to select the *simillimum*. To enable the student or practitioner to do this correctly and rapidly he must have as a basis for comparison some knowledge of the *individuality* of the remedy; something that is *peculiar, uncommon, or sufficiently characteristic* in the confirmed pathogenesis of a polychrest remedy that may be used as a pivotal point of comparison. It may be a so-called “keynote,” a “characteristic,” the “red strand of the rope,” and central modality or principle—as the aggravation from motion of *Bryonia*, the amelioration from motion of *Rhus tox.*, the furious, vicious delirium of *Belladonna* or the apathetic indifference of *Phosphoricum acidum*—some familiar landmark around which the symptoms may be arranged in the mind for comparison.

Something of this kind seems indispensable to enable us to intelligently and successfully use our voluminous symptomatology. Also, if we may judge from the small number of homoeopathic physicians who rely on the single remedy in practice, and the almost constant demand for a “revision” of the materia medica, its study in the past, as well as at present, has not been altogether satisfactory to the majority.

An attempt to render the student’s task less difficult, to simplify its study, to make it both interesting and useful, to place its mastery within the reach of every intelligent man or woman in the profession, is the apology for the addition of another monograph to our present works of reference.

It is all-important that the first step in the study of homoeopathic therapeutics be correctly taken, for the pathway is then more direct and the view more comprehensive. The object of this work is to aid the student to master that which is guiding and characteristic in the individuality of each remedy and thus utilize more readily the symptomatology of the homoeopathic materia medica, the most comprehensive and practical work for the cure of the sick ever given to the medical profession. It is the result of years of study as a student, practitioner and teacher, and is published at the earnest solicitation of many alumni of Hering College, with the hope that it may be of as much benefit to the beginner as it has been to the compiler.

**H. C. ALLEN**

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## NAJA TRIPUDIANS

*Cobra Virus*

*Elapidae*

### Mental Generals

- *Suicidal insanity*, broods constantly over imaginary troubles (Aur.).

### Cardio-vascular System

- Simple hypertrophy of heart.
- For restoring a heart damaged by acute inflammation, or from relief of sufferings of chronic hypertrophy and valvular lesions.
- Irritating, dry, sympathetic cough in the acute stage of rheumatic carditis, or chronic organic lesions (Spong.).
- Threatened paralysis of heart, post-diphtheritic.
- Pulse irregular in force, but regular in rhythm.
- Inability to speak with choking, nervous, chronic palpitation, especially after public speaking; pain < by carriage riding or lying on side.
- Severe stitching pain in region of heart.

### Relation

- *Compare:* Ars., Cact., Crot-h., Lach., Mygal., Spig.

## NATRIUM CARBONICUM

*Carbonate of Soda*

$Na_2CO_3 \cdot 10H_2O$

### Constitution

- Constitutions with aversion to open air and dislike to exercise, mental or physical.

### Mental Generals

- *Inability to think* or to perform any mental labor; causes

headache; feels stupefied if he tries to exert himself; comprehension slow, difficult; imbecility.

- Intolerable melancholy and apprehension; is wholly occupied with sad thoughts.
- Attacks of anxiety and restlessness during a thunderstorm (Phos.); < from music (Sabad.).

### Physical Generals

- *Great debility; caused by heat of summer* (Ant-c.); exhaustion *from least effort*, mental or physical; ready to drop after a walk; **chronic effects of sunstroke.**
- Chronic effects of sunstroke; now, with return of hot weather, suffers from headaches.
- Emaciation with pale face and blue rings around the eyes, dilated pupils; dark urine; anemic; milky, watery skin and great debility.
- Aversion to milk; diarrhea from it.

### Head

- Headache: From slightest mental exertion; from *sun* or *working under gaslight* (Glon., Lach.); with tension in nape or occiput before menses; head feels too large, as if it would burst.

### Face

- Face pale, with blue rings around the eyes; eyelids swollen.

### Throat

- Catarrh: Extends to posterior nares and throat; hawking much thick mucus from throat; profuse discharge during day, stopped at night (Nux-v.); droppings into the throat from posterior nares.
- Thick, yellow, green offensive, musty, hard discharge from nose; often ceasing after a meal.

### Female Reproductive System

- Bearing down as if everything would come out (Agar., Lil-t., Murx., Sep.); heaviness, < sitting, > by moving.

- Discharge of mucus from vagina after an embrace, causing sterility.

**Extremities**

- Easy dislocation and spraining of ankle (Led.); so weak that it gives way; foot bends under (Carb-an., Nat-m.).

**Modalities**

- *Aggravation:* From music; *in the sun*; excessive summer heat; *mental exertion*; a thunderstorm.

**Relation**

- *Compare:* Nat-s., for yeast-like vomiting; Calc., Sep.
- *Follows well:* After, Sep. in bearing down.

## NATRIUM MURIATICUM

*Common Salt*

*NaCl*

**Constitution**

- For the anemic and cathectic; whether *form loss of vital fluids* – profuse menses, seminal losses—or mental affections.

**Mental Generals**

- For the bad effects: Of anger (caused by offence); of grief, fright, vexation, mortification or reserved displeasure (Staph.)
- Irritability: Child cross when spoken to; crying from slightest cause; gets into a passion about trifles, especially when consoled with.
- Awkward, hasty, drops things from nervous weakness (Apis, Bov.).
- Marked disposition to weep; sad weeping mood, without cause (Puls.), but consolation from other < her troubles.
- Dreams: *Of robbers* in the house, and on waking will not believe to the contrary until search is made (Psor.); of burning thirst.

### Physical Generals

- **Great emaciation; losing flesh while living well** (Abrot., Iod.); throat and neck of children emaciate rapidly during summer complaint (Sanic.).
- Great liability to take cold (Calc., Kali-c.).
- Craving for salt (Calc., Caust.); great aversion to bread.
- For the bad effects of acid food, bread, quinine, *excessive use of salts*; of cauterization of all kinds with the silver nitrate.

### Head

- Headache: Anemic, of school girls (Calc-p.); *from sunrise to sunset*; left-sided clavus; as if bursting; with red face, nausea and vomiting before, during and after menses; as though a thousand little hammers were knocking in the brain during fever; > by perspiration.
- Headache; *beginning with blindness* (Iris, Kali-bi.); with zig-zag dazzling, like lightning in eyes, ushering in a throbbing headache; from eye strain.
- The hair falls out when touched, in nursing women (Sep.); face oily, shiny, as if greased (Plb., Thuj.).

### Eyes

- Lachrymation; tears stream down the face whenever he coughs (Euphr.).

### Mouth

- Sensation as of a hair on the tongue (Sil.).
- Tongue: **Mapped**, *with red insular patches*; like ringworm on sides (Ars., Lach., Merc., Nit-ac., Tarax.); heavy, difficult speech, *children slow in learning to walk*.

### Gastro-intestinal System

- Constipation: Sensation of contraction of anus; torn, bleeding, smarting afterwards; stool dry, hard, difficult, crumbling (Am-c., Mag-m.); stitches in rectum (Nit-ac.); involuntary, knows not whether flatus or feces escape (Aloe, Iod., Mur-ac., OInd., Podo.).

**Urinary System**

- Urine: Involuntary when walking, coughing, laughing (Caust., Puls., Squil.); has to wait a long while for urine to pass, *if others are present* (Hep., Mur-ac.); cutting in urethra *after* (Sars.).

**Male Reproductive System**

- Seminal emission: Soon after coition, with increased desire; weakness of organs with retarded emission during an embrace; impotence, spinal irritation, paralysis, after sexual excesses.

**Female Reproductive System**

- Pressing, pushing towards genitals every morning; must sit down to prevent prolapsus (Lil-t., Murx., Sep.).

**Respiratory System**

- Hay fever: Squirming sensation in the nostril, as of a small worm; brought on by exposure to hot sun or intense summer heat.

**Cardio-vascular System**

- Fluttering of the heart; with a weak faint feeling < lying down (Lach.).
- The heart's pulsations shake the body (Spig.).

**Extremities**

- Painful contractions of the hamstrings (Am-m., Caust., Guaj.).

**Fever**

- Fever blisters, *like pearls* about the lips; lips dry, sore and cracked, ulcerated (Nit-ac.).
- Intermittent: *Paroxysm at 10 or 11 a.m.*; old, chronic, badly treated cases, especially after suppression by quinine; headache, with unconsciousness during chill and heat; sweat > pains.

**Skin**

- Hangnails: Skin around the nails dry and cracked (Graph., Petr.); herpes about anus and on borders of hair at nape of neck (in bend of knees, Hep., Graph.).

- Warts on palms of hands (sore to touch, Nat-c.).
- Eczema; raw, red, inflamed, especially in edges of hair; < from eating too much salt, at seashore, or from ocean voyage.
- Urticaria, acute or chronic; over whole body, especially after violent exercise (Apis, Calc., Hep., Sanic., Urt-u.).

### Modalities

- *Aggravation:* At 10 or 11 a.m.; at the seashore or from sea air; heat of sun or stove; mental exertion, talking, writing, reading; lying down.
- *Amelioration:* In the open air (Apis, Puls.); cold bathing; *going, without regular meals*; lying on right side (on painful side, Bry., Ign., Puls.).

### Relation

- *Complementary:* To, Apis; acts well before and after it.
- Natrium mur. is the chronic of Ignatia, which is its vegetable analogue.
- Is followed by Sepia and Thuja.
- Cannot often be repeated in chronic cases without an intercurrent, called for by the symptoms.
- Should never be given during fever paroxysm.
- If vertigo and headache be very persistent, or prostration be prolonged after Natrium, Nux will relieve.

## NATRIUM SULPHURICUM

*Sodium Sulphate*

$NaOSO_3$ ; 10Aq

### Constitution

- Patient feels every change from dry to wet; cannot tolerate sea air, nor eat plants that thrive near water; a constitution in which the gonorrhoeal poison is most pernicious; recovers slowly from every sickness.



- Every spring, skin affections reappear (Psor.).

### **Mental Generals**

- *Mental traumatism*; mental effects from injuries to head; chronic brain effects of blows, falls.
- Inability to think (Nat-c.).
- Sad, gloomy, irritable; worse in morning; dislikes to speak or be spoken to (Iod., Sil.).
- Depressed; *lively music makes her sad*; satiety of life; must use great self-control to prevent shooting himself.

### **Physical Generals**

- Ailments which are < by, or which depend upon, *dampness of weather, damp houses or cellars* (Aran.).

### **Eyes**

- Granular lids: *Like small blisters* (Thuj.); green pus and terrible photophobia; gonorrhoeal or syctic.

### **Nose**

- Nosebleed during menses (instead of menses, Bry., Puls.).

### **Mouth**

- Toothache > by cold water, cool air (Coff., Puls.).
- Dirty, greenish-gray or brown coating on tongue.

### **Gastro-intestinal System**

- Diarrhea: Sudden, urging, gushing, much flatus; *on first rising and standing on the feet*; after a spell of wet weather; living or working in basements.

### **Male Reproductive System**

- Gonorrhoea: *Greenish-yellow, painless*, thick discharge (Puls.); chronic or suppressed (thick, green Kali-i.).

### **Respiratory System**

- Dyspnea: Desire to take a deep breath during damp, cloudy weather.

- Humid asthma in children; *with every change to wet weather*; with every fresh cold; always worse in damp, rainy weather; sputa green, greenish, copious (greenish-gray, Cop.).
- Sycotic pneumonia: *Lower lobe of left lung*; great soreness of chest, during cough, has to sit up in bed and hold the chest with both hands (Nicc.—right lung, Bry.).

### Nervous System

- Spinal meningitis: Violent, *crushing gnawing pains at base of brain*; head drawn back; spasms with mental irritability and delirium; violent congestion of blood to head; delirium; opisthotonos.

### Modalities

- *Aggravation*: Damp basements or dwellings; damp weather (Aran., Ars-i., Dulc.); rest; lying.
- *Amelioration*: Dry weather; pressure, sitting up (cough); changing position (but > in wet weather, Caust.); open air.  
Must change position frequently, but it is painful and gives little relief (Caust.).

### Relation

- *Compare*: Nat-m. and Sulph., which are very similar; Thuj. and Merc. in syphilis and sycosis occurring in hydrogenoid constitutions.

## NITRICUM ACIDUM

*Nitric Acid*

$HNO_3$

### Constitution

- Ailments: Which depend on some virulent poison; from mercury, syphilis, scrofula, in broken-down cachectic constitutions.
- Especially suited to thin persons of rigid fibre, dark

complexions, black hair and eyes—the brunette rather than the blonde—nervous temperament.

- Persons suffering with chronic diseases who take cold easily; are easily disposed to diarrhea; rarely to those who suffer with constipation.
- Old people with great weakness and diarrhea.

### Mental Generals

- After continued loss of sleep, long-lasting anxiety, over-exertion of mind and body from nursing the sick (Cocc.); anguish from the loss of his dearest friend; indifference; tired of life; sadness before menses.
- Great anxiety about his disease; constantly thinking about his past troubles; morbid fear of cholera (Ars.); depressed and anxious in the evening.
- Irritable, headstrong; hateful and vindictive; inveterate, ill-willed, unmoved by apologies.

### Physical Generals

- Excessive *physical* irritability.
- Pains: **Sticking, pricking as from splinters**; suddenly appearing and disappearing; on change of temperature or weather; during sleep; gnawing here and there as from ulcers forming.
- Sensation: Of a band around head, around the bones (Carb-ac., Sulph.); *of a splinter* in affected parts, ulcers, piles, throat, ingrowing toe nail < on slightest contact.
- Discharges: Thin, offensive, acrid; of a brown or dirty yellowish-green color, rarely laudable pus.
- Affects especially the mucus outlets of the body where skin and mucous membrane join; mouth, nose, rectum, anus, urethra, vagina (Mur-ac.).
- Ulcers: Easily bleeding; in corners of mouth (Nat-m.); *splinter-like pains*, especially on contact (Hep.); zig-zag, irregular edges; base looks like raw flesh; exuberant granulations; after mercury

or syphilis or both, engrafted on a scrofulous base.

- Cracking: In ears, on masticating; of the joints, on motion (Cocc., Graph.).
- Hemorrhage : From bowels in typhoid or typhus (Crot., Murac.); after miscarriage or post-partum; from over-exertion of body; bright, profuse, or dark.

### Head

- Very sensitive to rattle of wagons over paved streets; headache from pressure of hat (Calc-p., Carb-v., Nat-m.).

### Ears

- Hardness of hearing > by riding in carriage or train (Graph.).

### Nose

- Ozena: Green casts from the nose every morning.

### Gastro-intestinal System

- Diarrhea: Great straining but little passes, as if feces remained and cannot be expelled (Alum.); pain as if rectum or anus were torn or fissured (Nat-m.); violent cutting pains *after stool*, lasting for hours (Rat., Sulph. – during and after, Merc.).
- Fissures in rectum; tearing, spasmodic pains during stools; lancinating, even after soft stools (Alum., Nat-m., Rat.).

### Urinary System

- Urine: *Scanty, dark-brown, strong-smelling*, “like horse’s urine”; *cold when it passes*; turbid, looks like remains of a cider barrel.

### Skin

- Warts, condylomata; sycotic or syphilitic; large, jagged, pedunculated; bleeding readily on washing; moist, oozing; sticking pain (Staph., Thuj.).

### Modalities

- *Aggravation*: Evening and at night; after midnight; contact; change of temperature of weather; during sweat; on walking; while walking.

- *Amelioration:* While riding in a carriage (reverse of Cocc.).

### Relation

- *Complementary:* Ars. and Calad.
- *Inimical:* To, Lachesis.
- *Resembles:* Ars. in morbid fear of cholera.
- Often difficult to distinguish from Merc.; but is adapted to black-haired people, while Merc. is more useful in light-haired persons.
- Relieves ailments resulting from abuse of mercury, especially if there be erethism; bad effects of repeated doses of Digitalis.
- *Follows well:* Calc., Hep., Merc., Nat-c., Puls. or Thuj.; but is most effective after Kali-c.

## NUX MOSCHATA

*Nutmeg*

*Myristicaceae*

### Constitution

- Adapted especially to women and children of a nervous hysterical temperament (Ign.); to people with a *dry skin, who rarely perspire*; complaints of pregnancy.
- Weakness of old age; dyspepsia of old people.

### Mental Generals

- Absence of mind; cannot think; indifference to everything.
- Weakness or loss of memory (Anac., Lac-c., Lyc.).
- Vanishing of thoughts while reading, talking or writing; uses wrong words; does not recognize well-known streets (Cann-i., Lach.).
- Changeable humor; one moment laughing, the next crying (Croc., Ign.); “sudden change from grave to gay, from lively to serene” (Plat.).

### Physical Generals

- Oversensitive: To light; of hearing; of smell; to touch.
- All the ailments are accompanied by **drowsiness and sleepiness** (Ant-t., Op.) *or an inclination of faint* even from slight pain (Hep.); **complaints cause sleepiness**.
- Stupor and insensibility; unconquerable sleep.
- Great soreness of all the parts upon which one lies (Bapt., Pyrog.); tendency to bedsores.
- Sleep: Irresistibly drowsy; sleepy, muddled, as if intoxicated; coma, lies silent, immovable; eyes constantly closed (with stertorous breathing, Op.).
- Fatigue, must lie down after the least exertion.
- Rheumatic affections; from getting feet wet; from exposure to drafts of air while heated (Acon., Bry.); < in cold, wet weather, or cold wet clothes (Rhus-t.); of left shoulder (Ferr.).

### Eyes

- Dryness of eyes; too dry to close the lids.

### Mouth

- Sensation of great dryness without real thirst and without actual dryness of the tongue.
- **Great dryness of the mouth** (Apis, Lach.); *tongue so dry it adheres to roof of mouth*; saliva seemed like cotton; throat dry, stiffened, no thirst (Puls.).

### Gastro-intestinal System

- Eating a little too much causes headache; painfulness and distress in stomach *while eating* or immediately after (Kalibi.).
- Abdomen enormously distended after every meal.
- Diarrhea: In summer, from *cold drinks*; epidemic in autumn, white stools (Colch.); from boiled milk; during dentition; during pregnancy; with sleepiness and fainting; in autumn, epidemic, white, fetid (Colch.).

**Female Reproductive System**

- At every menstrual menses, mouth, throat and tongue become intolerably dry, especially when sleeping.
- Leucorrhoea in place of menses (Cocc.); patient awakened with dry tongue (Lach.); dysmetra (Lac-c., Lyc.).
- Pain, nausea and vomiting during pregnancy; from wearing pessaries.

**Respiratory System**

- Sudden hoarseness, < from walking against the wind (Euphr., Hep.).
- Cough caused by: Getting warm in bed; being overheated; during pregnancy (Con.); bathing, standing in water; living in cold, damp places (Nat-s.); loose after eating, dry after drinking.

**Back**

- Backache, while riding in a carriage.

**Modalities**

- *Aggravation:* Cold, wet windy weather (Rhod.); weather changes; cold food, water and cold washing; carriage driving (Cocc.); lying on painful side (on painless side, Puls.).
- *Amelioration:* In dry, warm weather; warm room; wrapping up warmly.

**Relation**

- Nux moschata antidotes mercurial inhalation, lead colic, oil of turpentine, spirituous liquors, and especially the effects of bad beer.

## NUX VOMICA

*Poison Nut*

*Loganiaceae*

### Constitution

- One of the best remedies with which to commence treatment of cases that have been drugged by mixtures, bitters, vegetable pills, nostrums or quack remedies, especially aromatic or “hot medicines,” *but only if symptoms correspond.*
- Adapted to thin, irritable, careful, zealous persons with dark hair and bilious or sanguine temperament. Disposed to be *quarrelsome, spiteful, malicious*; nervous and melancholic.
- Debauchers of a *thin, irritable, nervous disposition*, prone to indigestion and hemorrhoids (persons with light hair, blue eyes, Lob.).
- “Nux is chiefly successful with persons of an ardent character; of an irritable, impatient temperament, disposed to anger, spite or deception.”—Hahnemann.
- Anxiety with irritability and inclination to commit suicide, but is afraid to die.
- Hypochondriac: Literary, studious persons, who are too much at home, suffer from want of exercise, with gastric, abdominal complaints and costiveness; especially in drunkards.

### Mental Generals

- Persons who are very particular, careful, but inclined to become easily excited or angered; irascible and tenacious.

### Physical Generals

- Bad effects of: Coffee, tobacco, alcoholic stimulants; highly spiced or seasoned food; over-eating (Ant-c.); long-continued mental over-exertion; sedentary habits; loss of sleep (Cocc., Colch., Nit-ac.); aromatic or patent medicine; sitting on cold stones, especially in warm weather.
- **Oversensitive:** *To external impressions; to noise, odors, light*



*or music* (Nux-m.); *trifling ailments are unbearable* (Cham.); every harmless word offends (Ign.).

- Pains are tingling, sticking, hard, aching, worse from motion and contact.
- Tendency to faint (Nux-m., Sulph.); from odors; in morning; after eating; after every labor pain.
- Cannot keep from falling asleep in the evening while sitting or reading hours before bedtime, and awakes at 3 or 4 a.m.; falls into a dreamy sleep at daybreak from which he is hard to arouse, and then feels tired and weak (reverse of, Puls.).

### **Nose**

- Catarrh: Snuffles of infants (Am-c., Samb.); coryza, dry at night, fluent by day; < in warm room, > in cold air; from sitting in cold places, on stone steps.

### **Gastro-intestinal System**

- Eructations: Sour, bitter; nausea and vomiting every morning with depression of spirits; after eating.
- Nausea: Constant; after eating; in morning; from smoking; and feels "If I could only vomit I would be so much better."
- Stomach: Pressure an hour or two after eating as from a stone (immediately after, Kali-bi., Nux-m.); pyrosis, tightness, must loosen clothing; cannot use the mind for two or three hours after a meal; sleepy after dinner; from anxiety, worry, brandy, coffee, drugs, night watching, high living, etc.
- Constipation; with frequent unsuccessful desire, passing small quantities of feces (in upper abdomen, Ign., Verat.); sensation as if not finished.
- Frequent desire for stool; anxious, ineffectual, > for a time after stool; in morning after rising; after mental exertion (inactive, no desire, Bry., Sulph.).
- Alternate constipation and diarrhea (Sulph., Verat.), in persons who have taken purgatives all their lives.
- Strangulated hernia, especially umbilical.

### Female Reproductive System

- Menses: Too early, profuse, lasts too long; or keeping on several days longer, with complaints at onset and remaining after; every two weeks; irregular, never at right time; stooping and starting again (Sulph.); during and after, < of old symptoms.
- Labor pains: *Violent*, spasmodic; cause urging to *stool or to urinate*; < in back; prefers a warm room.

### Back

- Backache: Must sit up to turn over in bed; lumbago; from sexual weakness, from masturbation.

### Nervous System

- Convulsions, *with consciousness* (Strych.); < anger, **emotion, touch, moving**.

### Fever

- Repugnance to cold or to cold air; chilly, on least movement; from being uncovered; **must be covered in every stage of fever**—chill, heat or sweat.
- Fever: Great heat, whole body burning hot (Acon.), face red and hot (Bell.), yet patient *cannot move or uncover without being chilly*.

### Modalities

- *Aggravation: Morning; waking at 4 a.m.; mental exertion*; after eating or over-eating; touch, noise, anger, spices, narcotics, dry weather; in cold air.
- *Amelioration: In evening, while at rest; lying down, and in damp wet weather* (Caust.).

### Relation

- *Complementary: Sulphur* in early all diseases.
- *Inimical: To, Zinc.*; must not be used before or after.
- *Follows well: After, Ars., Ip., Phos., Sep., Sulph.*
- *Is followed well: By, Bry., Puls., Sulph.*
- Nux should be given on retiring or, what is better, several hours before going to bed; it acts best during repose of mind and body. ■

## OPIUM

*Poppy*

*Papaveraceae*

### Constitution

- Especially adapted to children and old people; diseases of first and second childhood (Bar-c., Mill.), persons with light hair, lax muscles, and want of bodily irritability.

### Mental Generals

- Delirium: Constantly talking; eyes wide open, face red, puffed; or unconscious, eyes glassy, half-closed, face pale, deep coma preceded by stupor.
- Thinks she is not at home (Bry.); this is continually in her mind.
- Picking of bed clothes during sleep (while awake, Bell., Hyos.).
- Delirium tremens: In old emaciated persons; bloated face, stupor, eyes burning, hot dry; with loud snoring.

### Physical Generals

- **Want of susceptibility to remedies;** lack of vital reaction, the well chosen remedy makes no impression (Carb-v., Laur., Valer.).
- **All complaints: With great sopor; painless, complains of nothing; wants nothing.**
- Sleep: Heavy, stupid; **with stertorous breathing**, *red face, eyes half closed*, blood-shot; *skin covered with hot sweat*; after convulsions.
- Sleepy, but cannot sleep (Bell., Cham.), sleeplessness with acuteness of hearing, clock striking and cocks crowing at a great distance keep her wake.
- Ailments: With insensibility and partial or complete paralysis; that originate *from fright*, bad effects of, the fear still remaining (Acon., Hyos.); from charcoal vapors; from inhaling gas; of drunkards.