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Homeopathy in Acute Conditions

A Guide for Everybody

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eBook Edition

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translated by Peter Vint

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Homeopathy in Acute Conditions, A Guide for Everybody

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This book / ebook is not intended to replace medical advice or professional help. It is only to supply information regarding alternative possibilities in acute conditions and is to be considered an informational guide. Any medical decision regarding the treatment of himself or others is the sole responsibility of the reader. Neither the author nor the publisher are responsible for the individual results of the use of any remedy or treatment of any medical condition discussed in this publication.

In case of doubt we strongly advise the reader to consult a specialist and/or call the ambulance. The same applies for any serious ailment or condition.

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Features of the Ebook-Edition

For the present eBook edition great care has been taken to "link" all relevant information in order to make the use of the book as easy as possible. In the chapter «[Indications](#)» a simple tap on the name of the remedy e.g. [Arnica](#) will take you right to the detailed description of this remedy in the chapter «[Portraits of the Remedies](#)». Within this chapter for every remedy you also find a heading called «[Indications](#)». There you find listed all other indications / conditions where the remedy has been mentioned, each separated by a dash « - ». Again a simple tap e.g. on the indication [Cystitis](#) will take you to this section with all the remedies associated to this condition. - Just have a try with the terms of this section [highlighted in blue](#).

The same is true for references and cross-references. With a simple tap on the phrase you are at the right section. To give two examples: [Abdominal pain](#) see [Gastrointestinal disorders](#) and the cross-reference [Whooping cough](#) (see also [Cough](#)).

Preface

Classical homeopathy is a medical therapy that has been rising in popularity over the last years. More and more people turn to it for help with their health problems.

Nowadays many people have the wish to treat simple health conditions themselves using homeopathic remedies. This is both possible and appropriate. But there are a few things to keep in mind in order to achieve a positive effect, otherwise your efforts will fail to bear fruit.

To be successful you have to know both the principles of homeopathic treatment as well as the various remedies. Applied the wrong way they could do more harm than good. This book will show you the basics for the successful self-treatment of acute conditions. **But chronic or recurring diseases are not suitable for self-treatment.** They absolutely belong into the hands of an experienced homeopath.

At this point we would like to emphasize the difference between classical homeopathy and the treatment with the so-called complex remedies. In classical homeopathy only a single substance that matches the symptoms exactly is given at a time. With the so-called complex remedies it's a different story. Here we have a mix of different substances. As a result the organism is flooded by too many stimuli and too much information and thus is unable to react adequately and in the right direction. More often than not the effects of different substances cancel each other out or suppress or block the organism's self-healing powers. But with the correct single substance the curative action is as strong as can be.

For the purpose of self-treatment in acute conditions we deliberately limited ourselves to the most important and most often indicated remedies. We could have added many to the list of 32 remedies we describe and use in this book. But this would have resulted in a loss in clarity and conciseness, both of which are especially important when

treating acute conditions, in order to be able to react quickly.

For the use at home or in sports and leisure activities there are special homeopathic remedy kits. In order to achieve a certain competence and skill regarding the choice of the appropriate remedy we recommend a course in homeopathic first aid.

But let's emphasize one issue of highest importance: There are limits to homeopathic self-treatment we all have to respect. Especially when you haven't got a lot of experience with homeopathy yet and don't know much about medicine special care must be taken.

Especially in **difficult situations**, like accidents, allergies, shortness of breath, bleedings, etc., it's necessary **not to hesitate unduly to consult a specialist**. You might give the appropriate remedy before he arrives or in agreement with him. In case you are under homeopathic treatment you should only take a homeopathic remedy from your kit after consulting your homeopath. The reason is simple: often wrong self-medication will retard if not even prevent the healing process. Because in acute conditions you normally are under time pressure to choose the appropriate remedy, we can only recommend to spend some time studying homeopathy and the various homeopathic remedies in the days of health. A close study of this book is one way, visiting appropriate courses and lectures another.

We are very grateful to Brigitte Kurath-Grollmann and Kathrin Büchi-Möller, which were of great support in the creation of this book with both their advice and their editorial help.

Heidi Grollmann & Urs Maurer

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If you want to learn more about homeopathy, just have a look at our **publishing program** at the [end of the book](#) or visit our homepage www.gromaverlag.ch.

How to Use this Book

The book is divided into three parts to make its use as easy and efficient as possible: a theoretical part «Introduction to Homeopathy», the «Indications» and the «Portraits of the Remedies».

Chapter 1: Introduction to Homeopathy

Here we will show in a comprehensible way the principles how to apply homeopathic self-treatment in acute conditions. In order for the treatment to be successful it is to study these principles thoroughly.

Chapter 2: Indications

Here you find all the conditions together with the relevant homeopathic remedies in alphabetical order. In most cases there are several remedies worthy of consideration for the treatment.

The most important symptoms are highlighted in **bold** typeface. This way it is easy to work out the differences that distinguish the different remedies.

Due to limited selection of remedies described in this book it's possible that you don't find an adequate remedy. In such a situation it might help to wait a bit until the

remedy picture is fully developed otherwise you will have to turn to your homeopath for help.

Symbols used:

- ☹️ Worse from ...
Here everything is listed that makes the condition or the complaints worse.
- 😊 Better from ...
Here everything is listed that makes the condition or the complaints better.

Chapter 3: Portraits of the Remedies

This section presents in detail the 32 remedies we consider the most important ones. You will learn the typical characteristics of the remedies, their true nature. You should always have an overall idea of a remedy because this helps you to decide which remedy to take.

In a way you should be able to form a picture of the remedy. This helps when it comes to choosing the appropriate remedy.

Again we limited ourselves to describe the remedies in regard of acute conditions. Much more could be said about each but that's beyond the scope of this book. If you're interested have a look at the [end of the book](#).

Introduction to Homeopathy

What's Homeopathy?

Homeopathy is a science that is more than 200 years old. It was discovered and introduced by the German medical doctor Samuel Hahnemann. Homeopathy is an independent medical therapy with its own laws. The most important principle is: «Similia similibus curentur». In English: «let like be cured by like». In other words: an illness will be treated by a homeopathic substance that - given to a healthy person - will produce similar symptoms as those of this illness. Let's look at an example to make it clear.

When stung by a honey bee, you will observe - depending on your individual sensibility - rapid swelling of the part stung, burning, stabbing pain. The site will be very sensitive to touch and it's worse from warmth but better from something cold. When a patient shows the above symptoms (e.g. in a case of hives, arthritis, etc.) the homeopathic remedy **Apis** (bee poison) will help in short time.

Very often homeopathy gets confused with naturopathic medicine, herbal medicine (phytotherapy), acupuncture, zone therapy, Bach flower therapy, kinesiology, etc. But homeopathy is a therapy of its own with its own laws and principles. It has nothing to do with any of these other therapies.

In case you are not familiar with classical homeopathy, we recommend to study our book «[Understanding Classical Homeopathy](#)» as an introduction. It describes the

homeopathic method in detail and in a comprehensible way. A short description you find [here](#).

The Homeopathic Remedies

There are some 2,000 proven homeopathic remedies. They are prepared in a very special way, i.e. the substances are diluted step by step and shaken (potentized). This process results in augmenting the curative powers of the remedies.

Homeopathic remedies are prepared from:

- ▶ Plants, e.g. monkshood (**Aconitum**), deadly nightshade (**Belladonna**), the small pasque flower (**Pulsatilla**),
- ▶ Animals, e.g. the venom of the honeybee (**Apis**), venom of the bushmaster snake (**Lachesis**),
- ▶ Metals, e.g. copper (**Cuprum metallicum**), gold (**Aurum metallicum**),
- ▶ Minerals, e.g. silica (**Silicea**), chalk (**Calcium carbonicum**), sulfur (**Sulphur**).
- ▶ Even substances produced by diseases are used (so-called nosodes).

Homeopathic Self-Treatment

Homeopathy is a curative method, a medical therapy, that can be used with success both in acute and in chronic conditions. Whereas chronic diseases and repeatedly recurring conditions (e.g. rheumatism, hay fever, chronic cystitis, migraine) belong into the hands of an experienced homeopath, whereas more simple conditions and complaints (e.g. fever, common cold, gastrointestinal disorders, insect

stings, etc.) to a certain extent you may treat yourself on your own responsibility.

But in any case and again and again you should consider the fundamental question, whether or not a medical treatment, even when conducted with homeopathic remedies, really is necessary. In general the organism's own power suffices to cure itself in case of smaller indispositions. Experience shows that too often we resort to medical substances. It's an interesting fact that choosing the remedy is particularly difficult in such cases because neither the symptoms nor the corresponding «remedy picture» are fully developed yet. It's primarily the patient's self-healing powers that should be supported, e.g. with household remedies like teas, compresses, baths, etc.

Only if this isn't sufficient or when the symptoms are insupportable you should turn to homeopathic remedies. It's not advisable to try to treat all and everything with remedies from the medicine cabinet. This only overwhelms the organism with too many energetic informations and in case of an emergency the organism is not able any more to react quickly to the necessary homeopathic remedy. When you know the basic principles of classical homeopathy and thus capable of selecting and administering the right remedy, then you will be able to treat simple disturbances of health yourself. But under no circumstances the medicine cabinet may substitute the consultation of a doctor in case of severe, life-threatening conditions. In such cases a remedy might only be used to alleviate the situation until the doctor arrives. If a disease occurs regularly and has been treated again and again with the same homeopathic remedy this means that the disease hasn't been cured entirely. In such a case you need a deeper

acting remedy that only can be prescribed after an extensive anamnesis by the homeopath himself.

With the homeopathic medicine cabinet you have a basic set of homeopathic remedies at home, that could be administered immediately in difficult cases after consulting your homeopath.

In case you are under homeopathic treatment already you should not take any remedies from your medicine cabinet without consulting your homeopath. Otherwise this could interfere with the curative action of the remedy administered by him or even suppress it altogether.

Choosing the Homeopathic Remedy

To find the appropriate homeopathic remedy for a condition you don't look for a disease name or a diagnosis. The symptoms of the patient are your guide.

In other words it's not that important which disease the patient suffers from, but how the respective disease shows itself. Every patient is looked at as an individual personality. It is quite possible that in five patients which all suffer from the same disease (e.g. diarrhea) each one will need another remedy because of his individual symptoms.

First of all the patient needs to be observed well and questioned in detail.

- ▶ What is the disease he has? (diarrhea, fever, sore throat, ...)
- ▶ What does he look like? (pale, reddened, bloated, exzema,)

- ▶ What caused the complaints? (injury, food, heat, cold, stress,)
- ▶ What's the behavior of the patient like? (apathetic, anxious, excited, annoyed, aggressive, does he need company, does he want to be alone,)
- ▶ What are the sensations of the patient? (feel cold, sweating, itching, stabbing,)
- ▶ What are his pains like? (pulsating, stabbing, burning, drawing,)
- ▶ What makes the complaints better 😊, or worse 😞? (warmth, cold, at rest, movement, during the day, at night,)

With the help of all these observations you now search for the right remedy.

1. Go to the [list of indications](#) to the complaint in question and have a look at the remedies you can choose from.
2. Choose those remedies that match best the symptoms of the case.
3. Go to the [Portraits of the Remedies in chapter 3](#) to study these remedies. Compare them with the symptoms and complaints of the patient. The remedy that shows the greatest similarity with the picture of the disease most likely will be the right one.

At times it might happen that you don't find a matching remedy. Sometimes it is quite difficult to decide in favor of one remedy because two or three are equally worthy of consideration. In most cases the situation can be resolved by further and more close observation or questioning of the patient. In case the chosen remedy shows insufficient success you might decide in favor of the next in question.

But you should avoid to try out many different remedies. The more different remedies have been administered to the organism, the more difficult it becomes for it to react on the one that in the end is the right one.

Should you be unable to find the appropriate remedy we advise you to get in touch with your homeopath.

Taking the Remedy

There are a few things that have to be taken into account when taking a remedy and that contribute in an essential way to the success of the treatment. In classical homeopathy you give **only one remedy** at a time.

- ▶ The remedy should not be touched by the hand since the globuli (small pills) are impregnated with the respective remedy. The best way to take them is by using a plastic spoon or by tipping them into the lid of the flask.
- ▶ Only take the remedy when your mouth is clean; never directly after brushing your teeth.
- ▶ For 30 minutes before and after taking the remedy you should not smoke, eat or drink. In acute situations of course, e.g. after an accident, a dose might be given right away.
- ▶ Allow the remedy to dissolve slowly in your mouth.
- ▶ Avoid taking camphor products (e.g. in cremes, ointments, for inhalation, etc.).
- ▶ Avoid as well essential oils (e.g. tea tree oil) and coffee. These may neutralize or considerably diminish the action of homeopathic remedies.

The Right Dosage

For the treatment of acute cases the potency 30C has proven its worth. In case of **Arnica** 200C. The normal dose both for adults and children is 3 to 5 granules.

In acute cases the granules may be dissolved in a glass of water (aprox. 0.2 l), every 15 minutes one sip until improvement sets in. In most cases an improvement begins within 2 to 3 hours.

Often a single dose is sufficient. If necessary, the remedy might be repeated after 3 hours. As soon as improvement sets in, no further remedy must be taken, even if the symptoms haven't disappeared completely yet.

This certainly sounds unusual, but this rule of a minimal dosage is very important. The homeopathic remedy stimulates the organism to cure itself. If the remedy is repeated too often this unbalances the harmonious course of the healing process.

Improvement is to be understood as follows:

- ▶ The symptoms of the disease are less severe.
- ▶ The physical condition of the patient is better or he falls asleep. Even if the symptoms of the disease should be unchanged (e.g. the fever is as high as before) you should refrain from giving another dose. Please note: Never wake up a patient in order to give him a remedy!
- ▶ A rash, profuse sweating or discharge appears. This is a healing reaction of the body and to be considered a positive sign, a kind of outlet or «self-cleaning». The organism is on its way to disburden itself and afterwards the patient feels relieved.

Only in case of a relapse you may give another dose of the selected remedy as long as it is indicated by the picture of

all symptoms. If the symptoms changed you have to search for a new, better matching remedy.

In rare cases after giving the remedy the complaints get worse. Normally this only lasts for a short time. As a rule soon afterwards there is improvement.

Storing Homeopathic Remedies

You may keep homeopathic remedies for an unlimited time provided they are stored the right way. Especially when traveling by car or plane special care is needed.

Please take care of the following:

- ▶ Avoid high temperatures. Remedies should never be exposed to sun or heat!
- ▶ The remedies have to be protected from light and humidity!
- ▶ Don't leave your homeopathic remedy kit in the car.
- ▶ The remedies shouldn't be stored close to strongly smelling substances (e.g. perfumes, cleansing agents, essential oils, etc.)!

Indications

Abdominal pain see **Gastrointestinal disorders**

Abrasions see **Wounds**

Abscesses, boils, carbuncles

Arnica

- ▶ Early stage.
- ▶ **Before** suppuration.
- ▶ Small boils all over the body.
Sore feeling. Sensitive to touch.

Arsenicum album

- ▶ **Burning** pain.
 - ▶ Sensation as if glowing coals would burn the affected site.
- ☹ after midnight, 0.00 - 2.00 a.m.
- ☺ **warmth**, warm compresses.

Belladonna

- ▶ Early stage.
 - ▶ **Before** suppuration. The most frequently indicated remedy in case of abscesses of the root of a tooth, acute abscess of glands, toothache, inflammation of the nail root, paronychia.
 - ▶ **Sudden** intensely **pulsating** pain. Pain comes and goes suddenly. The affected site is **hot, red**, swollen and very **sensitive to touch**.
- ☹ cold, touch.
- ☺ warmth.

Hepar sulphuris

- ▶ Suppuration.
- ▶ **Painful** abscess of gums, roots of teeth, dental fistula, toothache, inflammation of the roots, paronychia.
- ▶ **Sensitive to touch.** Pressure of clothes is unbearable. Feels cold all over, but sweats with pain.
- ☹ **cold**, draft, touch, pressure.
- 😊 **warmth**, warm compresses, wrapping up.

Mercurius solubilis

- ▶ Suppuration.
- ▶ Abscesses in the mouth with **salivation**, offensive **breath**. Abscess of glands.
- ▶ Stabbing pain. Profuse sweat.
- ☹ **at night**, cold and heat.
- 😊 moderate temperatures.

Sulphur

- ▶ **Suppuration.**
- ▶ **Burning**, itching, excoriating.
- 😊 **contact with water**, warmth, at night.

Allergies (to medicine, food, plants), nettle fever, hives
(consider consulting a **specialist**)

Apis

- ▶ Light red **swelling**.
Sudden accumulation of water in the body.
- ▶ Burning, stabbing pain.
- ☹ warmth, touch.
- 😊 **cold**, cold compresses.

Arsenicum album

- ▶ **Burning** pain.
- ▶ **Anxiety** and **restlessness**. Fear not to recover.

Weakness.

- ☹ after midnight, 0 - 2 a.m.
- ☺ **warmth**, warm compresses.

Dulcamara

- ▶ Effects of **cold** and **wetness**.
- ▶ Intense itching in damp and cold weather.

Pulsatilla

- ▶ Effects of pork, heavy, **fat food**.
- ▶ Diarrhea.

Rhus toxicodendron

- ▶ Effects of getting wet, rain, **humidity**, **profuse sweating**, physical exertion, contact with plants.
- ▶ **Formation of small blisters** with intense **itching**.
Skin dark red and swollen.
- ☹ scratching, in winter.
- ☺ **warmth**, movement.

Sulphur

- ▶ Burning itching.
- ☹ **contact with water**, warmth, at night.

Angina with suppuration

Arsenicum album

- ▶ **Burning** pain.
- ▶ Slimy, dark coating. Foul breath. Drinks small quantities of warm drinks.
- ▶ Wants to get up. Must lie down again because of his **weakness**. Tendency to collapse.
- ▶ **Anxiety**, restlessness.
- ☹ after midnight, 0 - 2 a.m.

☺ **warmth**, warm drinks.

Hepar sulphuris

- ▶ Prevents formation of abscesses.
- ▶ When swallowing **splinter-like** pain as if from fish bones. Stabbing pain **radiating** into the ears or into the **lower jaw**.
- ▶ Sweats and is very sensitive to cold. Very **sensitive to pain** and **touch**.
- ▶ Irritable, annoyed, discontented.
- ☹ **cold**, draft, touch, noise.
- ☺ **warmth**, covers, wrapping up, at rest.

Mercurius solubilis

- ▶ Painful, dark to bluish red swelling of the tonsils. **Painful cervical lymph nodes**.
- ▶ **Compulsion to swallow**. When swallowing **stabbing** pain **radiating** into the ears. **Salivation** especially at night. Offensive **breath**.
- ▶ Swollen tongue with indentations from the teeth. Profuse sweating at night.
- ☹ **at night**, warmth of the bed, cold and heat, change of temperature.
- ☺ at rest, moderate temperatures.

Angina without suppuration

Aconitum

- ▶ Effects of **cold, dry weather**, cooling, wind, draft of air.
- ▶ **Suddenly** violent pain in the throat with high fever. Pharynx hot, dry, red, burning. Tonsils swollen and red.

Very thirsty for cold drinks.

No sweat.

▶ **Anxiety, restlessness.**

☹ warmth, at night, when alone.

☺ cold, sweating, in company.

Apis

▶ Baggy, **rose pink swelling** of pharynx, tonsils, esp. **uvula.**

▶ **Burning, stabbing pain.**

▶ Feeling of oppression, **suffocation.**

Can't bear tight collars.

☹ warmth, touch.

☺ **cold**, cold compresses.

Belladonna

▶ **Suddenly** very painful sore throat, esp. right, with high fever.

▶ Throat, tonsils **bright red** and swollen.

▶ Red tongue (strawberry tongue). Dry throat, **sensitive to touch.**

▶ **Sensation of a lump in one's throat.** Sensation of an obstacle in the throat.

▶ Bends head forward when swallowing.

▶ Irritable, restless, **aggressive**, doesn't allow to be examined.

☹ cold, swallowing, at night.

☺ warmth.

Ferrum phosphoricum

▶ **Slow development.**

▶ Slight fever.

▶ Pharynx and tonsils red and swollen. Sore throat, e.g. of singers.

Ignatia

- ▶ Effects of **grief**, worries, disappointed love, excitement.
- ▶ **Sensation of a lump in one's throat.** Sensation he will suffocate. Stabbing pain when he doesn't swallow.
- ☹️ **empty swallowing**, drinking.
- 😊 **solid food.**

Nux vomica

- ▶ Rough throat, hoarseness.
Shooting pain radiating into the ear.
- ▶ Sensitive to **draft** and **cold, feels chilly.** Seeks warmth (oven, heating, open fire).
- ▶ **Annoyed**, quick-tempered, oversensitive.
- ☹️ **cold**, draft.
- 😊 **warmth.**

Animal bites see Wounds

Anxiety, fears

Aconitum

- ▶ **Sudden panic**, fear of death, afraid of the dentist, hospitalization, operations, competitions.
- ▶ Shock after road accident (without injuries), frightening events, thunderstorms, lightning.
Palpitations. Intense **restlessness**, excitement, vertigo, sleeplessness.
- ▶ Can't be alone. Exaggerates his complaints.

Argentum nitricum

- ▶ Anxious premonitions, fear of the future, **exam nerves, fear of heights, claustrophobia** (crowds,

lift, narrow rooms), stage fright.

- ▶ Diarrhea with flatulence and belching, vertigo, sleeplessness, headache.
 - ▶ Intense **restlessness** and **nervousness**. Trembling.
- ☺ cold, fresh air.

Arnica

- ▶ Effects of accidents, **injuries**.
- ▶ Fear of **being touched**. Doesn't allow to be examined. Plays down his complaints.

Arsenicum album

- ▶ Profound anxiety, discouragement. Fear to die, afraid of **diseases**, to become infected.
 - ▶ **Restlessness**, agitation, **exhaustion**.
- ☹ after midnight, 0 - 2 a.m., when alone.

Gelsemium

- ▶ Effects of **bad news**, irritation, anxiety, fear, fright, excitement.
- ▶ Fear of **upcoming events**, anticipatory anxiety, **exam nerves**, fear of failure.
- ▶ Blackout. Inwardly tense, apathetic, **reserved**. Wants to be alone. Headache.
- ▶ «Nervous» bladder, overactive bladder.

Ignatia

- ▶ Theatrical behavior. Very nervous. **Overreacting**, oversensitive.
- ▶ **Constrictive feeling**, sensation of a lump in one's throat.
- ▶ Sensation he will suffocate. Works himself up into his complaints.

☺ Sighing.