

# Homeopathic Home Prescriber Course - Level One

## Week One - Introduction

We will cover the following 18 remedies

Aconite, Apis, Arnica, Arsenicum,, Belladonna, Bryonia Cantharis, Chamomilla, Gelsemium, Hypericum, Ignatia, Ledum, Merc Viv, Nux vomica, Pulsatilla, Rhus tox, Ruta, Silica

And a range of common therapeutic situations including -

Emotional Shock, Grief, Panic, Disappointment, Bad News  
Accidents, Injuries, Sprains, Strains, Puncture Wounds, Allergic Reactions  
Fevers & Chills  
Sore Throat  
Coughs, colds, catarrh  
Earache  
Teething Pain

### Three ways we will learn -

- 1) Materia Medica - the individual remedy pictures
- 2) Therapeutics - groupings of remedies under a specific theme e.g. colds, injuries, sore throat etc
- 3) Practice - prescribe the best indicated remedy whenever an opportunity presents itself - you'll easily remember the remedies you give that have worked!

## **Aconite**

Aconitum Napellus is the Monkshood, and is a highly poisonous plant in its crude form. It should only be used in homeopathic potency!

### **Affinities**

Mind; Nerves: Brain: Heart; Arterial Circulation

### **Therapeutic Indications**

Sudden fright, shock, panic attack. PTSD. Frantic with fear, feels will die imminently.

Fever or chill comes on rapidly after exposure to cold, dry wind

Dry, burning heat or chills alternating with heat

Give at first sign of a cold, earache, sore throat, croup etc

Heart palpitation or pain with intense anxiety & panic; fears is having a heart attack

Sudden inflammation, intense pain, neuralgia

### **Key Symptoms**

Rapid onset of symptoms

Intense symptoms that come & go quickly like a passing storm

Acute, violent pains & inflammations

### **Worse**

Cold, dry winds; getting chilled; noise; light; at night, in bed; midnight

### **Better**

Open air; rest

## **Ignatia**

Ignatia Amara is made from the St Ignatius bean, which contains strychnine.

### **Affinities**

Mind; Nervous system

### **Therapeutic Indications**

Ailments from: Grief. Fright. Emotional Shock. Worry. Disappointed love. Jealousy.

Acute grief states or someone who has never recovered since a loss.

Spinal injuries.

Choking sensation; as if a lump in throat; needs to keep swallowing

Sudden painful spasms in back.

Spasmodic yawning; sighing; hiccoughs.

Pains in single spot > pressure

### **Key Symptoms**

Over sensitive; nervous; mood swings; hysterical weeping or laughter.

Sudden, violent spasms. Jerking, twitching, tremors etc.

Emotional oversensitivity; intolerant of contradiction & reprimand

### **Worse**

Emotions; Touch; Coffee; Tobacco

### **Better**

Change of position; Lying on painful part; pressure; alone

## **Gelsemium**

Gelsemium Sempervirens is also called Yellow Jasmine.

### **Affinities**

Motor nerves; Muscles; Brain & spinal cord; Occiput & Neck;  
Circulation; Mucous membranes; Eyes; Right side

### **Aetiologies**

Bad News; Fright; Anticipation; Anger; Heat of sun; Alcohol

### **Therapeutic Indications**

Dullness of mind, cannot think clearly or fix attention. Brain fog.

Stage fright; exam funk

Diarrhoea or vertigo from anticipation, excitement, bad news or fright.

Trembling - of hands or legs on attempting to move them; of tongue on protruding.

Eyelids heavy & drooping. Flushed face. Muscles refuse to obey the will.

Torpid, sleepy and dreads movement; Fear of falling.

Headache > by profuse flow of urine.

Colds & flu with slow, gradual onset & great weakness; chills up & down the spine

### **Key Symptoms**

Sluggish, heaviness, aching & tired. Drowsy, dizzy & tremulous.

Functional paralysis. Relaxation & prostration of the muscular system with motor paralysis.

Thirstlessness with low-grade fever.

### **Worse**

Damp weather, esp. warm damp; thunderstorms; fog; humidity; motion; heat; sun; tobacco; before, during & after menses

### **Better**

Stimulants; alcohol; sweating; profuse urination; cold, open air

Shock - Fright - Fear - Panic



Aconite

Anticipatory Anxiety



Gelsemium

Grief - Loss - Disappointment  
Relationship Break-Up



Ignatia

Bad News



Gelsemium or Ignatia