

Clinical Therapeutics

The following remedy suggestions for clinical conditions are based on some of the most widely seen conditions in practice in our clinics. Of course, no list or suggestion is complete. Only some of the major remedies are listed or suggested and for a broader list of remedies and conditions, go to **Chapters Nine and Ten** to get further confirmation. Rubrics for certain conditions may also be found in the Repertory section.

Abdomen pains

Abdominal pain can be due to many reasons. The following are some of the most common: intestinal pain due to food poisoning or general diarrhea; spasms of the intestines, maybe related to emotions or neuralgic contractions in stomach or intestines; pains in the lower right quadrant, indicating appendicitis; pains in upper right quadrant indicating liver or gallbladder pains; pains in lower abdomen/uterus connected to menstrual issues, ovarian pains in lower right or left quadrant; inflammation of the colon in colitis or Crohn's disease. These conditions can be both acute and chronic. If chronic, then a more comprehensive case ideally needs to be taken. The first thing is to diagnose what area is being affected and any specific symptoms relating to this. Look for the unusual symptoms in the case, the SRP's. Look for the specific conditions in this chapter - or in *Chapter Seven: Acute Infectious and Tropical Conditions* - for conditions such as Appendicitis, Crohn's Disease, Gall bladder conditions, Hepatitis, Irritable Bowel Syndrome, Liver conditions, Stomach/Digestion conditions, Ulcerative Colitis etc.

Allergies: (also common cold) (compare with Fever/Flu in Chapter Seven)

Allergies can be acute or part of a chronic condition. Here we are addressing the more acute expressions of an allergic state, whether it is in the respiratory tract or skin. However, if symptoms persist, then a more chronic case taking and remedy is needed.

Allium cepa: Streaming eyes, (often burning), nose runs profusely (often bland), with sneezing, and a dry, tearing cough coming from the larynx. There may be hoarseness. Pains may be felt like needles, shooting along the lines of nerves.

Apis: When the allergy becomes more serious, affecting respiration or threatening to close the throat. The face and skin in general may be red, puffy and with stinging, burning pains. Allergy only on the skin, with hives and redness, itching and burning, which is worse from warmth in general.

Arsenicum album: Profuse watery discharge from the nose that often burns, the nose may be stopped up and a feeling of great restlessness and agitation. Anxiousness and fear with the symptoms. Asthma following hay fever.

Euphrasia: Eyes are burning, watery, and often red. Simple conjunctivitis. The watery discharge from the eyes may be irritating. Can also be taken externally in an eye-dropper.

Nux vomica: Great irritation in nose and eyes, watery, burning discharges and violent bursts of sneezing. Feeling emotionally very irritated by the symptoms, and much worse in the wind and cold.

Pulsatilla: Production of yellow/green thick discharge from nose, post nasal area and also from eyes and ears. Loss of smell and taste.

Rhus tox: Allergies on the skin, with itching, burning, redness and bumps. Restlessness with the eruption and intense itching of the skin.

Sabadilla: The nose symptoms predominate with burning runny discharge and violent spasmodic sneezing. The nose may be itching intensely and the eyes may water profusely which is worse in open air. Chill, wants to be warm.

Urtica urens: Hives on the skin, with stinging and burning < after food allergies e.g., eating shellfish or from bee stings. Hives along with rheumatism. Feels better in cool, moist air. Decreased secretion of milk from breasts along with inflammation, swelling and itching/burning. Pruritis vulvae, itching and stinging in genitalia.

Apoplexy (see stroke)

Appendicitis

Acute appendicitis is a potential emergency that can often need surgical intervention. At times it comes on very suddenly for no apparent reason, while at other times, it comes on in recurring milder bouts, which may then intensify requiring intervention. It may be caused by foreign bodies in the appendix or bacterial infection which leads to inflammation. If serious and not treated effectively, it can lead to perforation of the appendix and a more serious infection in the abdomen. Homeopathy has been successful in treating appendicitis but it is important to back this up with further medical intervention. The classic symptoms are a pain in the lower right quadrant of the abdomen (ileo-caecal region), above the right hip, often better from hard pressure and worse when releasing pressure. Movement often aggravates pain. The following remedies can be considered.

Belladonna: Great pain worse for any touch, even pressure of clothing, and worse from any jar. A generalized dry high fever may be seen.

Bryonia: the abdomen is very sore and tender, with sharp, stitching pains worse from any motion and jar. Constipation may be seen and irritability. This is the first remedy to consider if no other remedy is found. Often compared with Belladonna as the worse pains are from motion and jar are similar.

Colchicum: the affected part is very sensitive to touch and pressure and there is great distension in the abdominal area. Pains are griping, tearing, stitching. Motion leads to vomiting and pain. Great prostration is seen and a loathing from the sight and smell of food.

Colocynthis: sharp, cutting, stitching, radiating pains, that double the patient up. Patient must bend double and pressure on the part relieves the pain. Heat to the part also relieves. Intestines feel as if squeezed between stones.

Hepar sulph: Great sensitivity to slightest touch. Great irritability, touchy mentally. Averse to cold, Feeling of great chill. Cold swelling on head. Swelling in ileo-caecal region.

Lachesis: swelling of the ileo-caecal area and where the person must lie on the back with knees drawn up. Great sensitivity to touch of the region. Fever, feeling septic. Burning pains.

Nitric acid: Sticking, prickling pains. Extreme sensitivity to touch and slightest jar or movement. Very anxious, dissatisfied, touchy. Chilly, wants to be covered.

Other possibilities: Aconite, Arsenicum album, Mercurius, Merc corrosivus, Phosphorus, Sepia, Silicea, Thuja.

Arthritis (rheumatoid and osteo, general rheumatic pains in joints and back and gout)

ACUTE

Symptoms coming on quite suddenly, affecting one or more joints, often with acute pain, swelling and heat of affected part. This may be part of an underlying chronic picture with an acute episode. If one can, always take a full case and look at the complete symptom picture but if the acute symptoms are the strongest, then they should be focused on first. Acute and chronic is not so easy to differentiate and the following lists should be seen rather broadly. The distinction is more in the presentation of symptoms and their intensity, than simply in the time line of the condition. Therefore, all the remedies listed in the acute section can also be chronic.

Benzoic acid: gout in joints with wandering pains, including in the heart region, which may alternate with urinary symptoms. Urine is highly coloured, brown and offensive smelling, ammoniacal or like horses' urine. Painful gouty nodes. Cracking in knee joints. Ganglion in wrist.

Berberis: gouty and rheumatic states along with history of urinary or liver problems. Pains are wandering in nature, moving place to place, and changing in nature. Radiating pains. Backache with severe prostration.

Bryonia: swelling of single joints, with redness, swelling and bursting or stitching pains. Pains are much < from any motion. Swelling of knees.

Caulophyllum: acute inflammation of small joints, especially the fingers or toes. Joint pains are worse before menses or when pregnant or after birth.

Cimicifuga: acute rheumatic pains which wander from place to place. They are erratic. Joints and muscles involved. Often rheumatic pains in neck with spasms and contractions. Pains are worse in the cold. Rheumatic pains with painful periods and/or in pregnancy.

China: joint inflammation after malaria or consequence of chloroquine medication.

Colchicum: Symptoms of gout. Joints red, hot, swollen, stiff, wandering rheumatism. Swelling of big toe with extreme sensitivity to touch. Puffy swelling and coldness of feet and legs. Many joints affected at once. Often little swelling. Weakness, restlessness, and coldness. Worse cold, damp weather and changing weather.

Dulcamara: rheumatic pains come on after exposed to cold and damp, especially after having been hot. Effects of sudden changes in temperature, before storms. Rheumatic symptoms alternating with diarrhea or acute eruptions. Stiff neck, pain in small of back.

Guajacum: rheumatic pains with contraction of muscles and joints, and painful rigidity. Tonsillitis with rheumatism (similar to Phytolacca), muscles feel short, contractions creating distortions. Feels need to stretch. Short hamstrings. Symptoms < heat. Rheumatic symptoms in Lyme Disease.

Kalmia: intense, violent, shooting, lancinating pains with inflamed joints and rheumatic sx. Pains wandering, rapidly moving around. Deltoid rheumatism. Pains < motion. Lyme Disease.

Ledum: sudden rheumatic pains, often beginning in feet and extending upwards. Affected parts can swell, become blue, puffy, feel cold but < warmth. Wandering, shifting pains, with often painful, cold, swollen joints. Shifting, tearing pains. Painful soles of feet and swelling of big toe joint. First remedy in Lyme Disease with rheumatic pains after a bite.

Medorrhinum: all forms of rheumatic sx from suppressed gonorrhoea. Rheumatic symptoms with any residual genito/urinary symptoms.

Phytolacca: rheumatic symptoms after tonsillitis, or from suppressed gonorrhoea. Aching all over the body, neck and back especially affected. Pains come and go suddenly, changing places. Right arm numb. Pain and stiffness in right shoulder, cannot raise the arm. Electric shock pains. Hip and thigh pains < change of weather. Painful, hard, shiny swelling of finger joints.

Pulsatilla: inflammation and pain in single or many joints, but pains mostly wandering, erratic and unpredictable. Joints swollen and red. Pains moving from side to side. History of gonorrhoea.

Rhododendron: rheumatic, gouty pains, sudden, shooting, tearing pains, moving direction. Paralytic pains. Weakness after slight exertion. Pains come on after exposure to damp, stormy weather, getting wet. Drawing, tearing in periosteum of long bones. Pain in Achilles tendon on stepping.

Rhus tox: rheumatic pains, with stiffness, < with initial motion > continued motion. Hot swelling of joints. Great stiffness with pains. Stiff neck with painful tension < cold wind, air. Rheumatism much < in the damp and cold. Sciatic pains extending down thighs.

Sabina: rheumatic symptoms from suppressed gonorrhoea. Acutely inflamed arthritic nodes. Symptoms with concerns of female genitalia. Affects small joints mostly.

Thuja: rheumatic symptoms from suppressed gonorrhoea.

CHRONIC

Rheumatic symptoms that have been gradually getting < over at least six months. Symptoms tend to be general stiffness, pain, some swelling. Osteoarthritis tends to affect mostly the hips, back and knees and due to chronic wear and tear. Rheumatoid arthritis can affect single or multiple joints and can come on suddenly or more gradually, leading to general inflammation, limitation of movement and painful swelling of joints. Gout can be both acute and chronic, mostly being chronic but with serious acute episodes. Most indications for chronic remedies will come from the more general picture of the remedy, not just the acute symptoms.

Aurum metallicum: chronic rheumatoid arthritis. Wandering pains, along with bone pains < night. Face often looks sad, but also critical. Can be stern and critical features. Mentally conservative, perfectionistic, responsible, serious.

Calcarea carbonica: all joints affected. Symptoms < cold > warmth. Knees and back with stiffness, pain, inflammation. Tendency to large bodies, stocky or chubby. Often works hard, but exhausted. Concerned about daily life, family, security. Easily sweats, anxious, many fears.

Calcarea phosphorica: more tendency to rheumatoid arthritis and gout. Hip joint disease. Arthritic nodosities. Stiffness, pain < cold. Thinner build than Calcarea carb. Athletic body. More restless in nature. Easily irritated, impatient, dissatisfied but also open and sympathetic.

Calcarea sulphurica: general rheumatic pains. Soreness soles of feet. Often looks like Sulphur but more anxious and feels needs appreciation. Irritability, despondency. Generally worse from heat. Inflammatory states, with suppuration e.g., colitis, sinusitis, otitis, abscesses, skin eruptions.

Causticum: chronic rheumatoid arthritis, affecting all joints. Often with arthritic deformities. Sensation of contraction of muscles and joints. Feels needs to stretch body. Pains < initial motion > continued motion, < cold and damp. Generally chilly. Mentally tendency to extreme sensitivity, excitability and sympathetic nature, but becoming exhausted, weak, despondent, depressed and anguish. Fears that something

will happen, of the dark. Tendency to paralytic states.

Ferrum metallicum: affects especially shoulder joints, with pain, stiffness, inflammation. One or other shoulders strongly affected. Pains > slow motion < night. Often large bodied, even obese but with strong facial characteristics. Looks stern. Easy flushings of heat, congestive, pulsating headaches, exhausted after prolonged exertion. Mentally easily irritated < noise, feels others resist him/her. Feels need to work and push hard. (Ferrum muriaticum, Ferrum phosphoricum)

Kali bichromicum: osteo and rheumatoid arthritis. Pains alternating with digestive or respiratory conditions. Wandering pains. Sharp, stitching pains in joints. Sciatic pains > motion. Generally chilly. Mentally critical, likes to have order and conservative nature. Gloomy, avoids people.

Kali carbonicum: chronic osteo, rheumatoid arthritis and gout. Affects all joints. Back especially affected. Back feels as if to break. Pains and stiffness < cold, damp, < initial motion. Arthritic deformans. Sharp, stitching, wandering pains in joints. Joint conditions along with respiratory, digestive conditions. Face has strong, critical features, can look a bit intimidating. Critical nature. (All Kalis have this)

Kali iodatum: similar symptoms to other Kalis, but especially affecting the knees and mostly much < for warmth, both local and general.

Kali sulphuricum: wandering rheumatic pains, < warmth > cold. Looks like Pulsatilla and Sulphur. Rheumatic and skin conditions.

Lithium carbonicum/muriaticum: arthritic nodosities. Rheumatic pains/inflammation in fingers, hands and toes and feet. Ankle pains while walking < extending outward. Pain in joints > hot water. Arthritic complaints with heart and eye symptoms. Soreness, as if bruised and beaten (all over body).

Lycopodium: all sorts of arthritic symptoms, < right side. Pains < cold, damp, initial motion > continued motion, warmth. Rx given more on constitutional factors e.g., mentally sensitive, critical but lacking confidence. Sexual issues of impotency. Digestive, liver and chest conditions. Generally easily chilled. Food, aversion to onions.

Medorrhinum: all arthritic symptoms < cold, damp > warm. History of STI's and sycotic miasm (warts, skin, genito/urinary conditions, asthma, alcoholism/drug use, erratic states)

Mercurius: joint issues with bone pains, < night. Syphilitic cases. Generally < warmth although can feel cold. Easy, offensive discharges, especially perspiration.

Strontium carb: rheumatic pains which come and go. Fleeting pains. Pains in bones along with weakness. Chronic weak ankles and mentally lacks confidence, looking for support, when beginning new things.

Sulphur: all forms of arthritic conditions, often with burning, pain, and inflammation. Generally < warmth. Face often looks either rough and rugged or thin and intense. The body type can be strong, with large bones and sturdy frame or very thin, with stooped shoulders. Often intellectually minded, but also easy to get on with, with humour and egotistical tendencies. Often like to eat a lot, indulges him/herself.

Asthma (also see chest conditions)

Asthma can present as either an acute episode or most likely as a chronic state with acute episodes. Homeopathically we are mainly looking at the chronic/constitutional picture for the remedy. The symptoms of the asthma may or may not be useful in finding the remedy. Any major remedy can be indicated to treat asthma. Asthma is particularly important in children and therefore some focus is on remedies particularly used in children. The following are some of the remedies used, both in acute and chronic states for both children

and adults.

Antimonium tart: acute and chronic asthma with suffocative attacks of loose cough, difficulty to bring up expectoration. Great weakness with attacks, feels as if drowning. Asthma that develops with pneumonia. < night, 3am, lying down. Great wheezing and rattling. Loose, rattling cough. Mentally child is often cross, irritable, averse to be touched and looked at.

Arsenicum album: acute attacks of asthma with great anxiety and restlessness. Tight sensation in chest, constriction with tight, wheezing cough. Asthma comes after getting a cold. Asthma attacks < midnight-2am.

Carcinosin: chronic asthma in cases with cancer miasmatic qualities, especially in children. Children very controlled, emotionally repressed alternating with wild outbursts. Fearful, anxious conditions.

Cuprum: acute, severe attacks with great constriction in respiratory system, with clenching of teeth and of hands. Spasms of body, with violent spasmodic cough > cold drinks.

Ipecac: acute and chronic asthma states with suffocative attacks and loose cough, cannot bring up mucus. Great rattling, and symptoms with nausea, retching and vomiting.

Kali carbonicum: asthma coming on between 2-4am in morning. Has to bend forward and have arms on knees. Asthma worse motion or walking. Cough which is retching, choking, with stitching pains in chest. Expectoration difficult, or in balls flying from mouth. Salty, thick, yellow/green, may be profuse. (if expectoration very thick, stringy, sticky, which if can bring up, relieves asthma, and worse around 2am, consider Kali bichromicum).

Lachesis: asthma attacks < night, especially on falling asleep. Great feeling of suffocation and constriction of chest, with constriction around the throat.

Medorrhinum: children's asthma with a sycotic history. Asthma often < damp, with loose and tight cough. Attacks come on suddenly. Asthma > in knee/chest position, lying on abdomen and face. Erratic mental behavior, extremes of behavior. History of bronchitis and pneumonia at a young age. Consider Thuja as a complementary remedy.

Natrum sulphuricum: asthma in both children and adults. Symptoms are often < damp and warmth with rattling respiration and < 4-5am. Complementary to Arsenicum album and Medorrhinum. Active sycotic miasm. Green discharges from nose and expectoration. Asthma after grief, loss or injuries.

Pulsatilla: asthma which is mostly < from warm rooms and with great desire for open air. Asthma after suppressed eruptions or suppressed menses. Indicated in children who are very emotional, needing affection and support. Changeable mental state, desires open air.

Sambucus: asthma in children with much perspiration. Wakes up suddenly with attack, has to sit up. Symptoms < after midnight from 2-5am. Sudden suffocation on falling asleep, with strangling cough.

Spongia: acute asthma with whistling, noisy inspiration. Great suffocation feeling, with weakness. Throws head back to breathe. Cough tight, hollow, deep, barking. So weak, can barely talk. Asthma worse on falling asleep or on waking. Respiration, loud, wheezing, rattling, sawing.

Sulphur: chronic asthma that does not get relieved by other remedies.

Tuberculinum: acute and chronic asthma in children who get frequent colds, coughs, bronchitis or pneumonia, which turns to asthma. More dry, irritating cough with asthma. Feels > in open air and in the wind. Mentally restless, seeks change and new experiences. Can be wild and violent. Often thin build. Craving for meat, smoked food, milk.

Attention Deficit Disorder (ADD): (see development challenges)

Autism: (see development challenges)

Back conditions

There are many reasons for back pains and it is important to know what they are. Also, one needs to decide if this is a chronic condition requiring a chronic/constitutional remedy or a more acute remedy. Even a remedy given on the most immediate acute symptoms may act in a more chronic way. Initially, think of a diagnosis. Is the pain due to some trauma or accident, including head injury. If so, then consider all the trauma remedies. *See Chapter Five*. If the pain is chronic, again is it due to trauma. If not then consider if it is arthritic pains, or due to scoliosis or some other congenital or acquired structural problem or due to sciatic nerve involvement. If the person is older and has worked many years, and the pain is in the lower back then it is likely to be more rheumatic in nature and often pain can be referred to and from the hips. In many cases chronic back pain also has a psychological component to it. Prolonged stress, worry and *pressure* can often manifest in the back. Some of the constitutional remedies that can be considered for chronic back pain include *Aurum metallicum (salts)*, *Calcarea carbonica (salts)*, *Ferrum metallicum (salts)*, *Kali carbonicum*, *Lycopodium*, *Nux vomica*, *Phosphorus*, *Sepia*, *Silicea*, *Sulphur* etc. If it is more acute, then remedies which are listed in the acute sections of the arthritis sections can also be indicated. If it is connected to neurological conditions, check Neurological Conditions in this chapter. Even if it is a chronic pain but it seems to stem from strain or over exertion, look at *Arnica*, *Bellis perennis*, *Bryonia*, *Conium*, *Hypericum*, *Natrum sulphuricum*, *Rhus tox*, *Ruta graveolens* and *Silicea*. Check the individual picture of trauma remedies in Chapter Five. Remember that each remedy has its unique characteristics that can be used to indicate it in many different conditions and situations. One of the most common back pains are due to sciatica, an inflammation of the sciatic nerve that leads to pain often on one side only and extends down the leg. Some of the following remedies will be indicated in sciatica, but also look at the Sciatica section. The following list of remedies is just a sample of some key symptoms in acute and chronic back conditions due to many different causes. Especially in more chronic conditions, the whole picture and constitutional qualities need to be considered:

Aesculus: pain in lumbar, sacral and small of back, with lame sensation. Feeling as if the back could break, worse from rising. Much worse from walking or stooping. Affects sacrum and hips. Pains connected with piles, constipation, uterine problems, leucorrhea etc. Sciatic pains with piles.

Arnica: any backache, acute or chronic, which may stem from trauma, even if many years ago. Sore, bruised sensation or chronic lameness and weakness. Sore feeling worse touch and jar.

Belladonna: intense stitching back pain, worse jar and motion. Associated with any fever condition. Back feels as if broken.

Berberis: back problems often associated with liver issues and urinary and uterine complaints. Backache with severe prostration. Sharp, shooting pains, changing place, pains extending from iliac crest down the front of thighs. Sore spot under right scapulae (Compare with *Chelidonium* and *Lycopodium*). Pains worse motion, jarring, stepping hard.

Bryonia: severe stitching back pain, which is worse any motion, jar, coughing etc. Wants to keep perfectly still. Hardness of back muscles after trauma. Follows *Arnica* well. Also compares with *Belladonna*. Pain better lying on painful side.

China: acute and chronic back pain, including sciatica, which is much worse from any touch (Chinium sulph). History of malaria or any other debilitating disease e.g., flu, fevers, leaving a sore back, as if sitting bent too long. Lumbago worse slight motion. Pain between scapulae, as if pressure from stones.

Colocynthis: sciatic and spinal pains with numbness. Pains can be cramping, squeezing, cutting, pinching, clawing, aching etc. Jerking and constriction with pains. Pains as a result of anger, irritability, indignation. Pains better from hard pressure, lying on painful side, heat, rest, gentle motion and also from bending double. Pains extend down the legs.

Eupatorium perfoliatum: severe back pain, as if broken or beaten, worse during fever and chill. Chill shaking, running up and down the back. Overall bruised, aching, sore feeling. Important remedy in flues and Dengue. Compare with Gelsemium.

Gnaphalium: specific remedy for sciatica, especially with numbness (Colocynthis, Phytolacca, Rhus tox etc). Pains worse lying down, motion, stepping and better flexing limbs up to the abdomen, by sitting in a chair.

Helonias: great weakness and dragging down in the back. Tired, weak and achy. Consequence of too much work, pregnancies and/or abortions or menstrual issues. Tearing pains extending down the legs. Compare with Sepia.

Hypericum: severe neuralgic, shooting pains anywhere in spine, stemming from trauma, especially to coccyx area. Violent pains and inability to walk or stoop. Pains radiating up the spine and down the limbs.

Kali carbonicum: acute and chronic back pains. In acute situations, associated with pregnancy. Pains feels as if the back would break or feeling that it has no strength, must lie down and a weak, broken feeling. Pains extending up and down the thighs. Back pain after delivery or abortion. Pain worse at 3am.

Lycopodium: Right sided sciatic pain and chronic lumbago which is better walking but also worse from slight motion and from sitting. Back problems associated with liver conditions (compare with Berberis).

Nux vomica: acute lumbago. Paralytic pain, pain as if to break. Must sit up to turn in bed. Pains associated with digestive disorders, piles. Spasmodic, cramping pains, great irritability with pains. Spinal sensitivity. Intense sciatic pains.

Rhus tox: whether due to acute or chronic trauma, or a rheumatic condition, the main symptoms are great stiffness which is worse on initial motion and better from continued motion. Desire to walk with the pains. Pains are stitching and as if breaking. Pain > hard pressure and lying on something hard and walking. Continued motion ameliorates until a point. Sciatic pains extend down the legs. Paralytic pain. Pains better for warmth and worse cold and damp. Worse lying on painful side. Numbness with sciatica. Pains worse lying on painful side. Compare with Ruta graveolens.

Tellurium: chronic sciatic pains worse coughing, sneezing, even straining at stool. Pains extend down the thighs, especially right side. Sensitivity of the spine (especially dorsal region). Pains worse touch and lying on painful side and worse any jar, sneezing, laughing. > walking. Problems stemming from effects of injuries, falls, especially to the spine. (Hypericum, Arnica). Fear of being touched. Sensitive, broken down with chronic back pains.

Bladder and Kidneys

BEDWETTING/ENURESIS

This is a common condition for young children and also sometimes older children. Causation can be physical, psychological, or just habit. All the remedies listed in the cystitis and chronic urinary conditions may be indicated. Also, the following remedies are

important to consider:

Belladonna: involuntary urination due to deep sleep.

Cina: bedwetting from infection with thread worms. Child rubbing and picking of nose. Irritable, dissatisfied. Angry. Convulsions and twitchings.

Causticum: bedwetting during 1st sleep. As a result of worry, anxiety and oversensitivity in child. Sympathetic and full of cares. Involuntary urination from coughing and sneezing.

Kreosotum: urinates when dreaming of the act in sleep. Bedwetting during 1st sleep. Very difficult to wake the child.

Pulsatilla: sensitive, emotional, weepy children. Seeking comfort and tend to be clingy.

CYSTITIS AND NEPHRITIS (INCLUDING RETENTION OF URINE AND RENAL COLIC) (SEE CHRONIC URINARY CONDITIONS)

Cystitis is an acute inflammation of the bladder, often causing great pain when urinating. It can come for any reason, but often happens after having sex or when a person has not been able to drink enough. For some people it is a recurrent condition, which is therefore more chronic in nature. However, in acute situations, it can still be treated homeopathically. It can also be indicative of a deeper infection in the kidneys, which is very important to treat effectively as otherwise, serious damage can occur in the kidneys. Renal colic is due to a stone in the kidney moving down the ureter into the bladder, which can give excruciating pain. Some stones remain in the kidney as they are too big to pass. (Also see remedies in Colic section). In Africa, always be aware of possible bilharzia symptoms of burning in bladder, prostate and with blood in the urine. This can arise even two years after the initial infection.

Issues of urinary retention may be connected to prostate issues, stricture of urethra and other blockage issues, from paralysis of the bladder or kidney issues. Having a diagnosis of the cause of retention is very important and medical intervention may be needed quickly. Homeopathically, the best course is, once a diagnosis is made, prescribe on the symptoms, looking at any aetiology involved.

Aconite: Retention, or suppression of urine in new born, or due to exposure to cold. Sudden violent cystitis, with red, hot, burning urine. Agonizing pain during urination.

Apis: Acute nephritis (kidney infection). Pain is sudden, burning, stinging, fever but with no thirst. There may be puffiness of the eyelids.

Belladonna: Symptoms come on very suddenly and intensely, with great burning and a general fever. Hot head but with cold feet during fever. Throbbing headache.

Berberis: The main remedy to think of when there is pain in the kidney along with cystitis. (Cantharis is the other remedy to think of). The main feeling in Berberis is that pains are radiating outward from the kidney region. Also, pains can be felt in the thighs when urinating. One of the first remedies in renal colic. Often worse on left side. Pain extending from kidney to bladder and urethra. Backache with severe prostration.

Calcarea carbonica: An important remedy in chronic kidney conditions with easy formation of stones. Urine may be dark, brown, sour, foul or strong odour. Gout pains in joints along with urinary symptoms (Calcarea phosphorica, Calcarea sulphuricum). Look for more chronic/constitutional symptoms of the remedy.

Cannabis indica/sativa: An important remedy in acute and chronic urinary conditions, especially if there is a history of gonorrhoea in the past. Urinary retention may be seen, with great urging and fullness. Burning pains are often seen, especially at the end and after urination. Spasmodic closure of sphincter, and constriction of rectum at end of urination.

Cantharis: A constant, violent urge to urinate, often with only a few drops being

passed. Burning and cutting pains can occur before, during and after urination. The main feature is the intensity of the symptoms. The person feels as if they cannot stand the pain and the urging. There may be blood in the urine. Retention of urine.

Equisetum: The main feeling is of a great fullness in the bladder.

Lithium carbonicum: uric acid diathesis. Bladder/kidney symptoms with small joint pains. Pain in bladder region extending to spermatic cords after urination. Urine scanty with red-brown sediment. Stones in kidney.

Lycopodium: has an affinity for right sided kidney pains, including colic and with red sand/sediment in the urine. Chronic tendency to renal calculi. Can have severe pain before urinating, extorting cries. Flow of urine may be slow in coming. Kidney pain along with digestive disorders. Flatulence, bloating and lack of appetite. Smallest amount of food fills person up.

Nux vomica: It is excellent for the intense, cramping, violent pain of kidney stones. Violent, cutting, stitching pains in kidney region. Urging to urinate, but little passes.

Ocimum canum: renal colic, especially of the right side. Sore pains in ureters. Renal colic with violent vomiting and bleeding from urethra. Wringing of hands and moaning and crying. Red sand in urine. Pain in upper part of right kidney extending downward and towards pubes. Urine can be the colour of saffron.

Pareira brava: an important remedy in renal colic and prostate conditions. Left sided more affected. Constant urging to urinate, violent pains in the glans penis and down the thighs when urging to urinate. Must get on hands and knees pressing head to the floor to urinate. Urine with red sand or contains thick, stringy, white mucus.

Sarsaparilla: One of the first remedies to consider in cystitis and if you cannot decide which remedy to try, give this remedy first. The burning pain is often found at the end of urination. There may be a chill feeling in the urethra spreading up to the bladder. There may be a strange situation in which the person needs to stand to pass the urine (women) and an even stranger experience of gas passing from the bladder.

Solidago: this is also important as a herbal medicine for kidney and prostate conditions. There are radiating pains in the kidneys, with great weariness, often dark and scanty urine or clear and stinky. Pin extends downwards from kidneys. Kidneys are sore and tender. Prostate gland is also inflamed and enlarged obstructing flow.

Staphisagria: If the cystitis has begun right after having sex, give this remedy first.

Terebinthina: burning in the bladder, kidneys, ureters and prostate, with bleeding. Urine is smoky, with coffee grounds, or thick, yellow, slimy, muddy sediment. Odor of violets. Chronic cystitis or nephritis. Affections of kidneys with rheumatic pains. Aching, soreness, stiffness of muscles. Exhausted. A key remedy for Bilharzia.

Uranium nitricum: nephritis, especially if complicated with diabetes. Burning in urethra, with very acid urine. Dropsical conditions with weakness.

Uva ursi: cystitis with bloody urine. Calculi in the bladder, flow of urine stops suddenly as if stone blocking the way. Urine ropy, tenacious mucous and bloody. Burning and tearing pains in bladder area. Frequent urging with severe spasms of bladder.

CHRONIC URINARY CONDITIONS (SEE SEXUAL CONDITIONS)

Some people experience chronic problems with difficulty to urinate, involuntary urination or frequent urination, which may be connected to a history of urinary tract infections, sexually transmitted diseases, challenges of birth, chronic prostate conditions, or part of a larger neurological condition. Also, some remedies are useful in chronic urinary/kidney disorders with sediment and stones, at times associated with rheumatic conditions. The following remedies can be thought of for all the above, but also compare with remedies in Sexual

Conditions and Prostate Conditions as there is a strong overlap in the remedies used.

Benzoic acidum: Kidney pains associated with gout. Urine dark, brown, strong, hot, and foul ammoniacal odor, or smells like horse's urine. Enuresis, dribbling of urine in old men. Pains change places suddenly, and can be focused around the heart region.

Painful gouty nodes. Symptoms are better the more sediment is seen in the urine.

Causticum: Paralysis of bladder from long retention of urine, following by incontinence.

Involuntary urination, on coughing, walking, blowing nose or sneezing. Retention of urine after childbirth. Lack of feeling in urethra when passing urine. Urine dribbles or passes slowly. Involuntary urine in children during first sleep.

Conium: Chronic weakness in bladder. Dribbling urine in old men with prostate issues and early dementia. Difficulty in passing urine at beginning, then flows freely. Urinary problems in people with multiple sclerosis and other neurological conditions.

Digitalis: Dribbling urine in the elderly with enlarged prostate.

Natrum muriaticum: Involuntary urination on coughing, laughing, sneezing.

Difficulty to urinate in front of others. Must wait for urine to start.

Sepia: Involuntary urination after childbirth. Dragging down sensation in uterus region. Feeling exhausted and weak. Involuntary urination from laughing, coughing, sneezing etc.

Thuja: All sorts of urinary and prostate conditions, from history of gonorrhoea.

Chronic or early enlargement of prostate. One of the 1st remedies to consider for simple enlargement of prostate if nothing else is indicated. Forked stream in urine.

Involuntary dribbling, frequent, hasty urge to urinate. Bladder feels paralyzed. Must wait to go,