

TEACHING TOOL

Table 1: Summary of Homeopathic Medicines⁸

Homeopathic Medicine	Source	Characteristics: Symptom Sensations, Modalities (Worsening or Improvement), Concomitant Symptoms	Common Uses	Dilution Recommendation*s
<i>Arnica montana</i>	Mountain arnica plant, Asteraceae family	<ul style="list-style-type: none"> Bruising, achiness, muscle pain Worsens by slight touch, movement, cold moisture Improves by rest, lying down 	<ul style="list-style-type: none"> Trauma from surgery, falls, wounds, accidents, sporting events Pre- and postoperative treatment Muscle ache, muscle fatigue 	<ul style="list-style-type: none"> 9C, five pellets every hour, increase dosing interval as symptoms improve.
<i>Bellis perennis</i>	Daisy plant, Asteraceae family	<ul style="list-style-type: none"> Achiness, stiffness, bruising 	<ul style="list-style-type: none"> Trauma of the breast (biopsy, lumpectomy) 	<ul style="list-style-type: none"> 5C, five pellets twice or three times daily for one week.
<i>Calendula officinalis</i>	Garden marigold plant, Asteraceae family	<ul style="list-style-type: none"> Topical: antiseptic Systemic: analgesic 	<ul style="list-style-type: none"> Systemic: Skin ulcers, wounds Topical: Wound care, local inflammation from insect bites Mouthwash: Canker sores 	<ul style="list-style-type: none"> Oral: 5C, five pellets twice to four times daily. Topical: apply 4% mother tincture ointment to clean wound, cover with dressing; change dressing daily. Mouthwash: Mother tincture, after each meal for one week.
<i>Atropa belladonna</i>	Deadly nightshade plant, Solanaceae family	<ul style="list-style-type: none"> Dry mucous membranes, throbbing pains Worsens by bright light, touch, cold air Improves by rest Concomitant symptoms: profuse sweating, variable thirst 	<ul style="list-style-type: none"> First-degree burns, sunburns, radiodermatitis 	<ul style="list-style-type: none"> 9C, five pellets every hour, increase dosing interval as symptoms improve. Treat for 1 day.
<i>Apis mellifica</i>	Honeybee, Apidae family	<ul style="list-style-type: none"> Stinging and burning pain Worsens by heat, touch Improves by cold Concomitant with lack of thirst 	<ul style="list-style-type: none"> Localized: Insect bites, first-degree burns Systemic: Sunburns, hives (from plant, food, medication) 	<ul style="list-style-type: none"> 9C, five pellets twice to six times daily. Treat for 3 months.
<i>Cantharis vesicatoria</i>	Spanish fly, Meloidae	<ul style="list-style-type: none"> Intense burn, raw skin or mucous membrane Worsens by touch, urination 	<ul style="list-style-type: none"> Second-degree burns from radiodermatitis lesions 	<ul style="list-style-type: none"> 15C, five pellets every two hours, increase dosing interval as symptoms improve.

<i>Arsenicum album</i>	Arsenic trioxide	<ul style="list-style-type: none"> • Severe burning, intense fatigue, excessive sensitivity to cold • Worsens by cold • Improves by heat • Concurrent symptoms of thirst when febrile, craving for hot food and beverage, anxious about “fatal outcome” 	<ul style="list-style-type: none"> • Acute gastroenteritis, food poisoning, fever • Pain, burning nerve pain • Extreme fatigue, weight loss • Reactive depression 	<ul style="list-style-type: none"> • Acute: 9C, five pellets every four hours, increase dosing interval as symptoms improve. • Chronic: 15C or 30C, 5 pellets once or twice daily.
<i>Nux vomica</i>	Poison nut, Loganiaceae family	<ul style="list-style-type: none"> • Hypersensitivity to light, noise, odors, cold environment, and confusion, usually in the morning, similar to a “hangover” • Worsens by the morning rises, after meals, cold environments, and substances including alcohol, coffee, spices, or tobacco 	<ul style="list-style-type: none"> • Behavioral disorders: Irritability, anger, addictive tendency, along with digestive conditions including heartburn and “hangover” effects from excessive alcohol consumption 	<ul style="list-style-type: none"> • 15C or 30C, five pellets daily, increase dosing interval to every other day or every three days as symptoms improve.
<i>Gelsemium sempervirens</i>	Yellow jasmine, Loganiaceae family	<ul style="list-style-type: none"> • Generalized aches • Worsens by emotion or bad news • Improves by urination or sweating 	<ul style="list-style-type: none"> • Behavioral disorders: nervous apprehension, anxiety, and sleeplessness due to anticipatory anxiety 	<ul style="list-style-type: none"> • Nervous apprehension: 30C, one unit-dose tube the evening prior and one unit-dose tube one hour prior to the procedure or event. • Anxiety: 15C, five pellets every morning, repeat throughout the day as needed (up to 1 unit-dose tube per week). Treat for 3 months. • Sleeplessness: 9C, five pellets at bedtime until resolution.
<i>Ignatia amara</i>	St. Ignatius bean tree, Loganiaceae family	<ul style="list-style-type: none"> • Hypersensitivity to pain and smells • Worsens by emotion • Improves by distraction • Concomitant signs of numerous, deep sighs 	<ul style="list-style-type: none"> • Behavioral disorders: nervous apprehension, anxiety, sleep disturbances, reactive depression, and stress-related conditions 	<ul style="list-style-type: none"> • Nervous apprehension: 9C, one unit-dose tube daily for one week or five pellets daily for several weeks. • Stress: 15C, one unit-dose tube weekly for 3 months or 15C, five pellets in an acute episode.

*Dilution recommendation is based on the referenced source. In general, low dilution is less than 6C; medium dilution is 6C to 9C; high dilution is 15C or 30C.