

Swami Narayani's

Notes on Single Remedies



Compiled by Dr. Atiq Ahmad Bhatti

Swami Narayani wrote many books in which she described Homeopathic remedies in a new light, adding much information based on her own individual experience. Here is some of that insight. It is hoped the reader will gain valuable knowledge and information on these remedies, which have been extensively used at the Sohum Sanctuary in South Africa.

Aconite 30x:

- Any sudden symptoms
- First stage of fever
- Fright
- Numbness

Alumina 30x:

- Dry skin
- Weak spine
- Congestion of venous system

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Anti Tart 30x:

- White coated tongue
- Chesty with rattling mucus, worse in evening
- Colic
- Flatulence
- Headache
- Lower back pain

Apis Mellifica 30x:

- Redness, swelling, burning pain
- Insect bite.

Argentum Nit 30x:

- Anxiety
- Red, swollen eyes
- Canker sore in mouth
- Belching
- Colic

Arsenicum Album 30x:

- First remedy for food poisoning
- Discharges that cause burning

Belladonna 30x:

- Fever, throbbing pain
- Dry throat and sinus
- Redness

Bryonia 30x:

- Aching muscles worse with movement
- All symptoms worse on right side
- Cough with mucus
- Vertigo upon awakening

Calcarea Sulph 6x:

- Skin Diseases with yellow crust or discharge
- Helps recoat lining of stomach
- Burning in hands and feet

Calcarea Fluora 6x:

- Hard glands
- Varicose veins
- Knots in breast

- Depression
- Cataracts
- Suppuration of middle ear
- Teeth and gums painful
- Lumbago
- Ganglia on wrist

Calcarea Phosphorica 6x:

- All bone problems
- Teeth decay
- Pain in lower back
- Stiffness of extremities
- Teething problems
- Worse in damp cold

Cantharis 30x:

- Burning sensations
- Raw burning pain of gastrointestinal tract
- Constant urge to urinate with intense burning
- Excessive burning sole of feet

Carbo Veg 30x:

- Burning in eyes
- Puffy face
- Flatulence with pain
- Dryness of ears
- Burning rectum

Causticum 30x:

- Tearing pain of joints and back leading to paralysis
- Pain in jaw
- Menstruation stops during night
- Burning in chest with cough

Chamomilla 30x:

- Cannot bear pain
- Hysterical teething child
- Restless patient
- Ringing in ears

Cocculus Indica 30x:

- Patient feels sick in moving carriage
- Facial muscle in spasm

- Cramp in chest
- Arms go to sleep
- Numbness, jet lag

Colocynthis 30x:

- Severe pain make patient double over
- Sharp pain in eyes better with pressure
- Bitter taste and tongue feels scaled
- Burning in urethra
- Stiffness of joints
- Worse from anger

Drosera 30x:

- Dry spasmodic cough
- Hoarseness and sore throat
- Stiffness and pain in joints of feet
- Abscess in bone
- Whooping-cough

Note: not to be repeated for more than three doses.

Dulcamara 30x:

- Patient is worse with wet and cold weather
- Paralysis of single part of the body
- Congestive headache
- Dry coryza and swelling of parotids
- Facial neuralgia
- Asthma with dyspnoea
- Pruritus worse in wet and cold weather

Eupat Perf 30x:

- Aching bones and muscular pain during influenza
- Periodical headache every 4th or 7th day
- Bitter taste
- Green water stools with cramps

Euphrasia 30x:

- Catarrh headache
- Profuse phlegm
- Coryza from nose
- Conjunctivitis
- First stage of measles

Ferrum Phos 6x:

- First stage of fever
- Anemia
- Frequent bronchitis of young people
- Severe pain in ears
- Inflamed throat
- Restless and sleepless
- Always better with cold application

Graphites 30x:

- Skin oozes a sticky substance
- Unhealthy skin, every injury suppurates
- Nails are brittle and thick
- Awakening with one sided headache
- Dryness of eyelids
- Dryness of inner ear

Gunpowder CM:

- To hold infection and prevent sepsis
- Purify blood
- Herpes on face
- Threatened peritonitis

Hepar Sulph 30x:

- Ulcer on cornea
- Scabs on skin behind ears
- Pustules in auditory canal
- Stuffy colds
- Desire for acids
- Burning in stomach
- Swelling of finger joints.

Kalium Mur 6x:

- All catarrhal affections
- Tonsils
- Swollen glands with ulcer in mouth
- Dandruff
- Asthma, dry with scales on skin
- Difficult to cough up phlegm

Kalium Phos 6x:

- Nerve remedy
- Weak and tired

- Brain fatigue
- Loss of memory
- Students with headaches
- Humming in ears
- Spongy gums
- Paralytic lameness in back
- Bleeding from urethra

Kalium Sulph 6x:

- Key remedy for dry skin
- Loss of hair
- Burning thirst, and vomiting
- Rattling of mucus in chest
- Psoriasis and eczema with burning eruption

Lycopodium 30x:

- Headache worse from 4:00 pm to 8:00 pm
- Moist eczema behind ear
- Dryness of throat
- Ulceration of tonsils
- Weakness of digestion
- Bloating after light meal
- Pain before urination
- Right ovary pain
- Burning between scapulae
- Right sided sciatica

Mag Phos 6x:

- Great anti-spasmodic remedy
- Cramps
- Eyes hot, tired, blurred vision
- Pain behind right ear
- Colic and flatulence
- Menstrual colic
- Intercostal neuralgia
- Angina
- Cramps in arms and legs
- General muscular weakness

Merc Sol 30x:

- Frontal congestion
- Headache
- Burning with soreness in eyes
- Ulcers in cornea
- Post nasal swelling
- Muscular membrane dry
- Pyorrhea
- Red painful swollen throat with burning, mouth ulcers

Nat Mur 6x:

- Headache worse at noon
- Pain under right shoulder blade
- Anemia
- Gout
- Ill effects of grief
- Oily sensation of face
- Heartburn
- Dryness of genitals
- Sensation of coldness of heart
- Constriction in heart and chest
- Palms hot and perspiration
- Crusty eruptions in joint creases

Nat Sulph 6x:

- Liver remedy
- People are worse in cold and wet air
- Skin eruption every spring
- Headache after injury or fall
- Pain in the ear in damp weather
- Nasal catarrh
- Thick mucus from posterior nares
- Bitter taste on tongue
- Liver sore to touch
- Burning abdomen and rectum
- Asthma
- Inflammation around route of nails

Nat Phos 6x:

- Balance acid level
- Flatulence with sour reflux
- Cracking of joints
- White of eyes dirty yellow

- One ear hot or itchy
- Blisters on lips or tongue
- Rheumatism of knee joint
- Swelling of lymph glands

Nux Vomica 30x:

- Very irritable
- Headache over eyes
- Morning vertigo
- Smarting and dryness of eyes
- Auditory canal feels dry and itchy
- Nose stuffed up and as acrid discharge
- Jaws contracted
- Mouth ulcers
- Throat feels raw
- Sour eructation
- Condition worse after eating
- Irritable bladder
- Burning in spine
- Arms and hands go to sleep
- Numbness

Phosphorus 30x:

- Respiratory tract infection
- Bone fragility
- Vertigo
- Heat in spine
- Neuralgia with burning, sharp cutting pain in abdomen
- Bright's disease
- Uterine polyps
- Congestion of lungs
- Ascending paralysis
- Bleeding anywhere bright blood

Pulsatilla 30x:

- Highly emotional, weepy females, timid
- Seeks open air
- Eyelids inflamed
- Styes
- Dry mouth with thirst
- Amenorrhea
- White leucorrhoea and burning
- Enlarged prostate

- Burning urination
- Aversion to fats
- Heartburn

Rhus Tox 30x:

- Sensation of bruising and stiffness all over body
- Restless, patient keeps changing positions
- Lower back pain better from movement
- Facial neuralgia
- Dry cough from midnight to morning

Sabina 30x:

- Menses too early and profuse
- Tendency to abortion
- Retained placenta from atony of uterus
- Intense pain after birth
- Hemorrhoids
- Small joint pain

Silicea 6x:

- No courage
- Old looking
- Silicea will remove all morbid mater from body
- Sweating of scalp with nodules
- Styes and pustular affection of eyelids
- Tear duct blockage
- Sweating of hands and feet
- Stubborn children

Staphysagria 30x:

- Suppressed anger
- Sensitive people easily offended
- Burning urine
- Frequent bladder infections
- Styes on eyelids
- Arthritic nodes on fingers
- Injury from sharp objects

Sulphur 30x:

- Skin eruptions
- Burning in eyes with redness
- Sick head every week
- Great desire for sweets

- Abdomen sensitive to pressure
- Burning of feet at night
- Burning in vagina
- Burning sensation in chest with difficult respiration
- Stiffness of knee and ankle

Note: Sulphur should be given during mornings only.

Thuja 30x:

- Warts
- Ill effects of vaccinations
- Polyps
- Skin eruptions
- Ulceration in nostrils
- Painful pressure at root of nose
- Blisters on side of mouth
- Loss of appetite
- Pain after eating
- Flatulence
- Hair loss
- Dandruff
- Anal fissure

Urtica 30x:

- Burns
- Urticaria
- Ill effects of eating shell fish
- Gout
- Neuritis
- Uterine haemorrhage and diminished secretion of milk
- Excessive swelling of breast
- Itchy blotches on skin with redness

Zinc Met 30x:

- Twitching
- Convulsions with pale face and no heat
- Anemia and profound prostration
- Weak memory
- Pterygium and red and inflamed conjunctiva
- Discharge of fetid pus from ears
- Blisters on tongue
- Burning in stomach
- Aversion to wine, hungry at 11 am

- Pain after meal
- Painful breasts
- Burning along spine
- Depression
- Itching along thighs