

SOME SPECIFICS IN HOMOEOPATHY

by Enid Segall

Strictly speaking there should be no such thing as a "specific" in homoeopathy if we are prescribing correctly by looking for the simillimum, the remedy which most closely matches the patient's symptoms. Perhaps near specific would be a better description. However, we all use Arnica for shock and bruising without looking in the Materia Medica to check all the symptoms. Likewise Hypericum when injury to areas of the body rich in nerve endings occurs. Tips of fingers, the spine and coccyx all come to mind.

Treating only on therapeutic indications has been frowned upon and yet many people have kept themselves well for years using only Clarke's book "The Prescriber" and the wide use of complexes in France and Germany is based on this premise and seems to work otherwise why would they be so popular?

Let us take a look at some of the most commonly used specifics or near specifics, bearing in mind that they are medicines which are known to nearly always work when given in similar circumstances. A consultation with a homoeopathic doctor should be your next option.

Nervous exhaustion - Avena sativa mother tincture. Five drops in a little water three times a day.

Acute gout - Urtica urens mother tincture. Five drops in a little warm water three times a day.

Altitude sickness - Coca 30. As required.
Black eye - Symphytum 200 (Symphytum is the Arnica of the eye).

Cold sores - Natrum mur. 6. Suck one tablet three times daily for a week.

Food poisoning - Arsen. alb. 30. Every hour for up to twelve doses.

Fractures - Symphytum 6. To aid healing. Morning and night for 10 days.

Hangover - Nux vomica 30. Hourly until better. Drink plenty of fluids as well.

Heat stroke - Glonoinum 30. One dose hourly as required.

Ingrowing toe nail - Mag. pol. Aust. 1M
One dose is sufficient.

Infected wounds - Gunpowder 6. One tablet every two hours for up to 12 doses.

Phlebitis - Hamamelis 30 internally.
Hamamelis mother tincture (diluted ten drops in a little water) externally. The tablets should be taken morning and night until the condition improves.

Prostate problems - Sabal serr. 3x Three times daily. (Remember Dr Jack's article "Homoeopathy for Men" in HOMOEOPATHY June 1994).

Ringworm - Bacillinum 30 or 200. Three doses: night, morning, night.

Teething - Chamomilla 6. Every hour for up to 12 doses if necessary, followed by twice a day for two or three days. Repeat as necessary.

Warts all over hands - Ferrum pic. 6. Three times daily for three weeks. Stop medicine if improvement comes before three weeks are up.

Wrist ganglion - Ruta 50M. One dose.
N.B.

Where only a single dose of a high potency is indicated, one powder can be purchased from specialist homoeopathic pharmacies.

News from the Groups

The North Cotswold Homoeopathic Group

Meetings held at Winchcombe Library,
Winchcombe, Glos.
Wednesday 26 April 1995: Jan Rosser-Smith on
Holistic Dentistry
Wednesday 24 May 1995: Homoeopathic Topic to
be decided.
For further information: 0242-621-281

Okehampton & District Homoeopathic Group

Meetings to be held the third Thursday of the
month at the Riverside Centre, Castle Hospital,
Okehampton 7.30pm.
Talk: Alexander Technique - please phone for
details.
6 April: Discussing Charity Status. Members
meeting. Also homoeopathic books for sale.
For further information: Mrs Anita Sturton
01837-53096

Caterham Homoeopathic Group

Meetings to be held on the third Thursday of
each month, St Mary's Church Hall, Church
Hill, Caterham-7.45 for 8.00pm.
20 April: Diana Church BPharm. ASK 111-Health
on The Stress Connection
18 May: Enid Segall General Secretary of the
BHA on How I came into Homoeopathy (to be
confirmed). Further dates for your diary: 15
June, 21 Sept & 16 Nov.
For further information: 0883-346-817

The North London Homoeopathic Group.

Meetings are held on the third Monday of the
month at 7.30pm at St Stephens Church Hall at
the corner of Village Road and Park Avenue,
Enfield.
April 17th Easter Monday - No Meeting.
May 29th: Dr Trevor Cook
For further information: 081-455-2107 ask for
Sam Needleman.

Epsom and Leatherhead Homoeopathy & Healing Group

Meetings are held on the fourth Thursday of
each month at the St John's Ambulance Hall,
Hook Road, Epsom. Annual Subscription £6
(couples:£8, Unwaged £4) Admission £2 for non-
members.
For further information: Leane Salaman 0372-
278-4298

South East Essex Homoeopathic Group

All meetings take place on the 2nd Tuesday in
the month, in Swans Green Hall, Hart Road,
Thundersley, Essex. Doors open at 7.15pm. All
are welcome.
April 11th: Argent Nit by Rita Niehorster D.Hom
& Anxiety and Panic Attacks by Jim John.
May 9th: Varicose Veins and Haemorrhoids by
Boon Gray, Midwife, LCH & Remedies to take

on Holiday by Anne Kingsbury, D.Hom.
Jun 13th: Homoeopathy in Dentistry (to be
arranged). Stress & Traumas by June Sayer,
D.Hom.

For further information:0268-753-544 ask for Len
Littlejohn

The Devon Homoeopathic Group

Meetings are held on the third Thursday of each
month. The Meetings are always friendly and
informal and non-members are most welcome!
Refreshments and 'Question Time' follow the
talks and a wide range of books is always avail-
able.

The Fife Homoeopathic Group

Will meet at the Muiredge Surgery, Merlin
Crescent, Buckhaven, Fife. The speaker for the
first meeting was Dr Robert Humphreys fol-
lowed with the chairman's talk on Arnica.
For further information: 0592-715502

The Pinner and District Homoeopathic Group.

Meetings are held at Friends Meeting House, 456
Rayners Lane, Harrow.
For further information:081-429-3724.

East Dorset Homoeopathic Group

Please note: The Group has changed Halls from
Wimborne Memorial Hall to:
St Catherine's Church Hall, Llewens Lane,
Wimborne, Dorset.
Meetings are held every second Tuesday of the
month except January and August. The Group
has a selection of books and tapes from the
Guildford group.

North London Irritable Bowel Syndrome Group

at The Parlour, The Bourne Methodist
Church, The Bourne, London N14. All meetings
are in the 'Luther Hall' except in May and
November when it is held in the 'Augustine
Hall'.
Everybody welcome. Meetings held every 4th
Tuesday evening.
April: No meeting
30 May: Dr J Allen: The Clinical Use of
Hypnotherapy.
27 June: Mr Sam Needleman: Homoeopathy
25 July: Mr Simon Cole, Research Fellow at
Central Middx Hospital.
29 August: Members Night
26 Sept: Mrs Hilary Scott on Reflexology
31 October: Mrs Lisa MacGechan on
Aromatherapy.
28 November: Mrs Julian Wright - Medical
Herbalist.
Fee £1.50 to cover tea, refreshments and hall
charge.
For further information: Dr Allen on 081-441-
2704 or Mrs Badley on 081-441-7876.

THE REVIEW COLUMN

Natural Remedies for Your Cat

by Christopher Day

This is a delightful book with charming illustrations and is conveniently divided into a number of sections. The first section is devoted to:

Nutrition and lifestyle: This first section includes a short discussion about diet which is both concise and informative.

Vaccination: The arguments for and against the use of conventional vaccines, or alternatively giving Homoeopathic protection through the use of Nosodes are clearly defined for the pet owner to make his or her own decision.

The remedies: This section outlines the five forms of treatment which are referred to later in the text, namely Homoeopathy, Herbs, Aromatherapy, Bach Flower Remedies and Biochemic Tissue Salts.

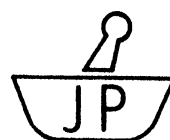
The Alphabet: The illnesses and conditions from which cats commonly suffer are detailed in alphabetical order. Each letter of the alphabet is complemented with a drawing of cats in different situations presented in a fascinating way, which draws the attention of the reader to the next letter and the conditions described beneath it. This, the major part of the book, is clearly written and easily understood and the different forms of treatment available for each condition are simple to follow.

Dosage regimes are set out for most of the various forms of recommended therapies.

Christopher Day writes in an engaging way and this combined with the fine illustrations to support and augment the text results in an interesting, instructive and very readable book.

BHA

*Review by Mr Francis Hunter, MRCVS
Vet. MF Hom.*



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