

Introduction

Nature's Materia Medica: 1,400 Homeopathic and Herbal Remedies

The word 'materia medica' originates from the Latin word of 'mater' which means materials and 'medica' which refers to their use in medicine, therefore a materia medica translates as a Book of Medicines. The first Homeopathic Materia Medica was created by Hahnemann which he called the Materia Medica Pura, which translates as the Book of Pure Medicines. Homeopathic remedies were pure because their true medicinal actions were determined via provings not from theories or speculations. These energy medicines were also 'purified' of their earthy matter by the homeopathic method of potentizing substances via dilutions, triturations and succussions.

Nature's Materia Medica is a Book of Natural Medicines, because the homeopathic and herbal remedies have an affect on health and disease by enhancing the vital state of a person. Once the constitutional vitality is increased the healing forces become activated and health can be restored and fortified. This book contains over 1,400 of these Natural Medicines from the homeopathic and herbal materia medicas.

The writings of Allen, Anshutz, Boericke, Burnett, Clarke, Cooper, Hale, Hahnemann, Hering, Julian, Paracelsus, Phatak and Radamacher formed the major resources from which the remedy monographs were compiled, formatted and updated. Each remedy is reviewed as to its pharmacy, historical uses, keynotes, generals, provings, case histories and toxicological reports. Also, traditional herbal folklore and information from the ancient medicine was consulted, especially on the use of herbal and spagyric tinctures as therapeutic agents and general tonics.

Nature's Materia Medica: Book Outline

1. **Preface** - Acknowledgements and publication information. Updated information about this edition.
2. **Introduction** - Outline of Remedy Monographs. Homeopathic and Herbal prescribing.
3. **Table of Contents** - Outline of Book. Remedies Lists.
4. **Nature's Materia Medica** - Homeopathic and Herbal Monographs A to Z.
5. **Nature's Repertory** - Clinical Index. Remedy Groups.
6. **Remedy Index** - Common and Latin Names, Synonyms.
7. **Remedy References** - Homeopathic and Herbal References.
8. **Homeopathic-Herbal Glossary** - Homeopathic and Herbal Terminology.
9. **Homeopathic-Herbal Directory** - Homeopathic and Herbal Resources. Homeopathic Schools, Bookstores, Publishers, Pharmacies, Organizations, etc.

Outline of Remedy Monographs

Title - The standard latin botanical or chemical name, Sub-title - the common name or the remedy's traditional name.

Pharmacy - The remedy's abbreviation is found as it is written in the Homeopathic Clinical Repertory. The remedy's Latin and common names are given. The abbreviation N. O., stands for Natural Order or botanical family of the plant. Geographic location. How the remedy is prepared, by tincture or trituration. What parts are used to make the remedy. **Historical doses:** This section reviews the doses that have been used of the particular remedy, in a tincture, trituration or potencies. All remedies can be used in potency, but only the non toxic plants should be used for the spagyric and herbal tinctures. Remedies with possible spagyric or herbal uses are marked in the table of contents by underlining the remedy's Latin Name.

Clinical - In the clinical section is an alphabetical list of disorders and conditions that the remedy has helped in the past and present. The disorders in *italic type* are known to have been historically cured by the remedy.

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Herbal - This section, shows the herbal remedy's folklore and traditional uses. The medical, herbal or history of the remedy, clinical experiences, herbal signatures, poisonings and case histories are reviewed. This section gives the botanical information of the remedies.

Homeopathic - The homeopathic section gives the remedy's therapeutic and general uses. The remedy's affinities for organs, systems or tissues are covered and the major keynote, general and particular symptoms, plus the pathological uses of the remedy are given. Information from the homeopathic proving are included.

Mind - This section reviews the mental and emotional symptoms or states. Personality, ego and behavior. Mental functions such as, attention, memory, concentration, reason, thoughts, intellect. Emotions, such as fears, moods, weeping, anxieties, worries, depression, grief, frights, anger, hate, impulses, delusions, delirium, obsessions, gestures. Also, perceptions, self confidence, beliefs, insanity, etc.

Sections - This section of the monograph is an alphabetical schema of anatomical and physiological topics. *Abdomen, Back, Blood, Bones, Brain, Breasts, Causations, Chest, Constitutions, Coughing, Ears, Eyes, Face, Female, Food, Head, Heart, Kidneys, Larynx, Limbs, Liver, Lungs, Male, Mind, Modalities, Mouth, Muscles, Neck, Nerves, Nose, Rectum, Skin, Sleep, Stomach, Stool, Teeth, Temperature, Throat, Tongue, Urine, Vertigo.*

Comments - This section of the book includes historical and modern commentaries, folklore, case histories, remedy reviews, homeopathic provings, etc. Real life experiences and stories from the past are discussed from a practical point of view.

Relations - This part of the remedy monograph gives the various relationships remedies can have with one another. For example there are antidotal, complementary, which remedies follows each other well and other relationships. **Compare:** Here the homeopathic or herbal remedy is compared with other remedies with similar symptoms or therapeutic uses. This section can be used to study similar remedies or to give new ideas for other remedies to consider in complex cases.

References - This section gives the major homeopathic or herbal references for each remedy's outline or commentary that is presented. The name of the author where the original material came from is listed. A list of all sources is found in the back of the book.

Homeopathic Remedies

Homeopathic remedies are energy medicines prescribed on the principle of similarity. Remedies that are in opposition to the immune response are antipathic or allopathic. Sympathy reflects the principle of likes cures likes. There is a sympathetic relationship between the action of the remedy on healthy persons, the provings and the therapeutic action on disease.

Homeopathic remedies contain prana or qi, (vital energy), they are pure prana remedies. When prana is suspended in a fluid or dry medium it can be potentized through a series of dilutions and succussions. The higher the potency means the prana of the remedy has become purer and more exalted in its healing energy. Therefore these remedies work deeper and last alot longer in their action. Homeopathic remedies have gentle power to restore or to heal. Their function is to neutralized disorders and to arouse the *Vix Medicatrix Naturae*, (the healing power of nature).

Higher states of vitality and health is a natural consequence of giving the proper homeopathic remedies. The goal in natural therapeutics is to always do the least and also to emphasize hygiene in all chronic disorders. Homeopathic remedies facilitate the self-restoration process. They neutralize the foci of disorder and therefore remove old shocks and traumas to the life principle.

Homeopathic Prescribing Techniques

Acute prescribing - Acute remedies are homeopathic remedies prescribed for acute infections and fevers. Examples: Aconite, Arsenicum album, Baptisia, Belladonna, Bryonia, Chamomille, Gelsemium, Ferrum phos., Pulsatilla, Pyrogen.

Acute remedies are prescribed in the following manner: (1) Take the acute disease case, consider the keynote and the major symptoms. (2) Diagnose the cause and the type disorder the person has. (3) Find a primary rubric or rubrics in the Homeopathic Clinical Repertory such as, influenza, pneumonia, etc. (4) Differentiate the major remedies in the primary rubric, (influenza), by reading them in Nature's Materia Medica. (5) Choose the most similar remedy. (6) Choose the potency, amount and repetition of the dose. (7) Follow-up the case and review to determine if the person needs the same remedy and potency, same remedy and different potency, different remedy and potency, etc.

The 30c and 200c are effective potencies for acute and emergency prescribing. When indicated, follow the acute with a deeper acting chronic remedy or a constitutional remedy to help restore health and prevent relapses.

Chronic prescribing - This refers to giving homeopathic remedies for chronic or long term degenerative diseases and weaknesses. Therefore the goals and method of approaching the case is different than in acute or emergency prescribing. Low potencies are very effective for these long term conditions. The homeopathic remedies can be given in a 6c or a Lm1 potency, one to three times a day for weeks or months at a time according to the case. The frequency can be adjusted to once or twice a day if three times a day is too strong for the patient. If after a period of time the 6c or Lm1, stops affecting the vitality, then go up to the next potency in the scale, like 9c or a Lm2 potency. Homeopathic remedies can be also given in a single dose of a high potency remedy which is repeated only after the improvements have relapsed.

Constitutional prescribing - The proper constitutional remedy will enhance and help maintain the general health. Constitutional remedies fortify people through times of stress or help one to recover from infectious or debilitating diseases. When the vitality is weakened, then one's susceptibility is increased to certain diseases. These homeopathic remedies are prescribed for the genetic vitality of the person. Constitutional remedies are often given to children while they are developing and to the weak and elderly. Some important constitutional remedies are: Bar-c., Calc., Calc-p., Sil., Phos., Graph., Sulphur and Lyc.

Emergency prescribing - Homeopathic remedies prescribed for injuries, bites, burns, shocks and traumas in any form. The important things to know are the causative factors and differentials for each emergency condition. Potency is selected as to availability, severity and how much time you have. The 30c and 200c are effective potencies for first aid. Emergency and acute dosage. One dose equals a few of the pellets, tablets or two to four drops of liquid remedies. Take one dose of a 30c, 3 times daily for a few days, or as needed or take a dose of 200c, a few times daily for a few days, again repeat as needed. In severe cases, one may need to repeat the remedy more often if needed.

Epidemic prescribing - The epidemic remedies are found by using the frequent appearing symptoms and strong symptoms of the epidemic disease. The epidemic remedy is given in repeated doses for a short period of time, a few days or longer if needed. These conditions are treated as acute diseases with 30c or 200c, or Lm potencies. In case of mass epidemics the use of water potencies is essential. Take a few pellets or drops of the remedy and put it into a bottle of water, (4 or 8 oz. size) and shake well. This bottle can be preserved for long periods if 15% to 20% of the bottle is filled with pure alcohol. Also, each medicated remedy solution bottle can be grafted into new bottles by adding a teaspoon of the original to the new bottle and shaking.

Fundamental prescribing - The fundamental remedies give the personality types of the medicine. In some cases, the fundamental will be the same remedy as it is for the pathological layer. In some cases, the constitutional remedy will cover the fundamental and the pathological layers.

Isopathic prescribing - Isopathically using the 'same' substance potentised as a remedy (rather than a 'similar' substance). These remedies are made from discharges, toxins, allergens and nosodes. Isopathic remedies help eliminate toxic chemicals and heavy metals. If there is a strong history that a certain disease, bacteria or virus caused a person's condition then one would consider giving a isopathic remedy.

Miasm prescribing - Miasms are the tendencies and predispositions to certain diseases, like allergies or infectious diseases. If a person has predisposition to get colds and sore throats, then the acute remedy was given and it worked, but the colds and sore throats keep coming back. Here an anti-miasmatic remedy is indicated like Tub., or Bac.

There are five major miasms: Psora, Cancer, Sycosis, Syphilis and the Tuberculosis miasm. Miasms can be dormant or active. Miasms can be acquired by a person during their lifetime or miasms can be inherited from the parents. Miasms should not be treated routinely, but only when they are clearly activated or when one gets stalled in a case and there is a miasm present. Gonorrhea and Cancer are the dominant miasms today.

Acquired miasms are very prevalent, because alot acute diseases get suppressed by drugs. These suppressed diseases can alter one's susceptibility to the environment and lower their vitality. A family history of certain disease patterns helps to confirm, the presence of an active or dormant miasm. Treat the active miasms when ever they show themselves. Let the dormant miasm alone until they become activate.

Pathological prescribing - Pathological remedies are given for their similarity to the disease, as opposed to the fundamental and constitutional remedies which are aimed at the person in general. A pathological state should usually be treated first in many cases because it is the source of much suffering and pain. Pathological states are not limited to physical diseases alone. Also, mental and emotional diseases can form pathological layers and diseases. Examples are depression, mania, personality disorders, senility, violence behavior, insanity, etc. Low potencies in repeated doses are effective for severe pathologies like cancer and for those cases in which the patient is taking allopathic drugs.

Tautopathic prescribing - Tautopathically using the 'same' substance potentised as a remedy (rather than a 'similar' substance). These are the remedies made from allopathic drugs or chemicals. Tautopathics are made from cortisone, morphine, penicillin, histamine, etc. If there is a strong history that a certain drug caused a person's condition then one would consider giving a tautopathic remedy.

Herbal Prescribing Techniques

Herbal Tinctures - The herbal tinctures enhance the vitality and act also as specific tonics for weak organs and the vital systems. Herbal Tinctures are plant extracts which stimulate the organs or systems of the body. These tinctures are alcoholic solutions of plant materials. Herbal remedies are often given to children while they are developing or to assist people through times of stress. These remedies also help one recover from infectious or debilitating diseases. When a person's genetic vitality is weakened, then one's susceptibility is increased towards certain diseases.

Herbal Tonics - The word tonic means tone as in musical tones. When the right tone is given it acts as a tonic. If continual vital tones are given then we achieve a sound body and a sound mind. Spagyric or Herbal Remedies give the vital tones that revitalize and restore the weak spirit and the elemental body. These are the vitality remedies that will raise up the health of the whole person. Tonic remedies improve the strength and harmony of the organs and vital systems.

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The signs of health emerge from prolonged consumption of the spagyric tinctures in small drop doses. Some of the signs of health are: wakes refreshed in the morning, clear mind, calm emotions, sense of well-being, strength, flexibility, stamina, adaptable, vitality, clarity and harmony in all the vital systems.

Tonics are given in the following manner: Take the remedy bottle and succuss it 5 times or hit it against a hard book. Then take 5 or more drops of the herbal tincture and put in 1 oz. water, this is stirred or shaken and then consumed. Repeat this three to four times per day, between meals. To adjust the spagyric tonic the person can increase the number of drops taken, from 5 drops go up to 10 drops, etc. If the tonic is too strong the person may reduce the amount of times they take the remedy from 3 times to 1 or 2 times a day or decrease the.

Spagyric Herbal Tinctures - Spagyria is from two Greek words, 'spao', to draw out, to extract, to divide and 'ageiro' to bind, join, combine, gather. The spagyric art translates as plant alchemy, the art of separating, exalting and recombining medicinal herbs and roots. This word was coined by Paracelsus, a medical alchemist of the 16th century. He also created the phrase: *similia similibus curentur*, the famous 'likes cures likes' principle of homeopathy. These preparations are from plant origins. Their therapeutic effect is more tonic and nutritive becomes they contain the mineral rich plant ashes.

The spagyric herbal tinctures are alcoholic solutions of plant substances. They are prepared by maceration of the plants into pure alcohol and allowing this solution to mature over several weeks. Seven day cycles, usually 14 or 21 days, etc. The work is done at the appropriate planetary day and hour. The mixture is shaken once a week at the right time. After the allotted time has elapsed the mixture is then separated into its liquid and solid components. The plant pulp which most galenic herbalist discard is calcinated, that is, burned to a fine ash. This ash is mineral rich and gives the spagyric a very nutritive and tonic effects. This adds to the remedy an earthy elemental tone to its signature. Thus the spagyric tonics are in a "stereo mode" while normal herbal remedies are in a "mono mode".

Spagyric herbal tinctures are given in the following manner: Take the remedy bottle and strongly shake it 5 times or hit it against a solid object like a book. Then take 5 drops of the spagyric tincture and put in 1 oz. water. This is stirred or shaken and then consumed. Repeat this three to four times per day, between meals. All the spagyric, herbals and homeopathics remedies in low potencies can be given in this same manner. To adjust the spagyric tonic the person can increase the number of drops taken, from 5 drops go up to 10 drops. If the tonic is too strong the person may reduce the amount of times they take the remedy from 3 times to 1 or 2 times a day. There are many levels of spagyric pharmacy and this is a simple method to begin with. The next level is called Spagyric Essences.