

## **Week Three**

### **3 Major Digestive Remedies**

**Arsenicum - Nux-Vomica - Pulsatilla**

# **Arsenicum**

Arsenicum Album - the white oxide of metallic arsenic.

## **Affinities**

Mind. Mucus Membranes. Respiration. Skin. Digestion. Blood. Heart. Nerves. Spleen

## **Aetiologies**

Food Poisoning, esp meat or fruits. Suppressed Eruptions. Quinine. Tobacco. Sea bathing. Climbing mountains. Care, worry, anxiety.

## **Therapeutic Indications**

Burning pains, like hot coals or needles

Vomiting & diarrhoea; < after eating or drinking; < night; Thirst for frequent small sips; Faintness, icy cold

Watery, acrid coryza or hay fever with sneezing but nose feels stopped up: < open air > indoors;

Burning, watery eyes.

Colds descend to the chest.

Influenza with chills, sweats; burning or coldness in chest; gastric flu

Asthma < around midnight, with restless anxiety; from suppressed eruptions; whistling respiration; fears suffocation, must sit up

Skin dry, rough, scaly, unhealthy; Tendency to sepsis, ulceration, gangrene, necrosis

Shingles with burning pains

## **Key Symptoms**

Restless, anxious, chilly & great exhaustion < slightest exertion

Fastidious, sensitive to disorder, insecure; fears death & disease; fears being alone; fear of contagion; despair of recovery.

Burning pains & sensations; > heat

## **Modalities**

< Cold Air, cold drinks, cold food. After Midnight. 12.00 - 3am. Periodically.

> Heat, warm applications, warm drinks, head elevated

## **Pulsatilla**

Pulsatilla Nigricans is a delicate plant known as the Wind Flower.

### **Affinities**

Mind; Female organs & hormonal system; Mucous membranes; Genito-urinary tract; Digestive tract; ears; Conjunctiva; Circulatory system; Veins:  
Skin

### **Aetiologies**

Puberty. Pregnancy. Contraceptive pill. Eating pork; fats; pastries; ice-cream. Getting feet wet. Excessive tea. Abuse of iron tablets. Measles. Suppressed eruptions

### **Therapeutic Indications**

Otitis media in children; styes on upper lids  
End stages of colds with loss of smell & thick, yellow-green catarrh  
Nose stuffed indoors, flows freely outside  
Indigestion from fatty or rich foods  
Menses too late, or suppressed, esp from wetting the feet (Ign: from grief).  
Delayed first menses; too late, scanty, painful, irregular; pain with restlessness & tossing about; flow more during the day; milky, creamy leucorrhoea.  
Breech presentation during pregnancy.  
Sluggish circulation & deoxygenation; varicose veins; phlebitis; anemia  
Tendency to obesity

### **Key Symptoms**

Mild, yielding temperament; desire to please; weeps easily & > for consolation  
Children are whiny, clingy, crave affection; feel forsaken & alone  
Craves fresh air, opens the windows; claustrophobia  
Thick, bland, yellow-green discharges  
Changeable symptoms - pains move about; stools change colour;  
haemorrhages stop & start  
Thirstless even with fever

### **Modalities**

< in warm room; warm applications; warm clothes; evening; twilight; fats;  
before & during menses; before storms; damp; first motion; hanging down  
limbs; lying on one side, esp. Left;  
> cool, open air; walking around slowly; cold food or drink; consolation,  
sympathy;

## **Nux Vomica**

Nux Vomica is made from the seeds of Strychnos Nux Vomica which (like Ign) contain strychnine.

### **Affinities**

Nerves, Digestive organs - Stomach, Liver, Bowels. Respiration. Cerebro-spinal axis.

### **Aetiologies**

Anger. Grief. Coffee. Alcohol. Debauchery. Overwork. Sexual excess. Injury. Sitting on cold steps. Exposure to cold wind.

### **Therapeutic Indications**

Constipation with ineffectual urging, incomplete stools; passing small quantities at each attempt

Alternate constipation & diarrhoea

Gastritis; Peptic ulcer; Spastic colon; IBS; sleepy after eating

Nausea, retching, straining with inability to vomit

Coryza - stuffed up outdoors & flows fluently indoors (rev. Puls); runs freely during day & stuffs up at night.

Influenza, chills - must be covered, or chilliness on being uncovered, yet averse to being covered.

Spasms & convulsions. Backache, must sit up to turn over in bed.

Delirium tremens. Hangover.

Insomnia due to overwork, over-stimulation; Sleepy in evening, awakes 3 or 4 am, later falls into a dreamy, troubled sleep, from which awakens late feeling wretched

### **Key Symptoms**

Overstimulated nervous system with over-sensitivity & irritability; easily offended; quick to anger.

Over-sensitive to light, noise, strong odours, jarring etc.

Abuse of drugs, alcohol, coffee, stimulants, purgatives, painkillers, sleeping pills etc

Toxic overload

### **Modalities**

< COLD; uncovering; COLD DRY AIR; early morning; stimulants; sedentary habits; disturbed sleep; mental exertion; during & after menses; touch; eating

> Warmth; rubbing; pressure; after stool; wet weather

## 3 Digestive Remedies - Comparison

### **Arsenicum**

Anxious, fearful, restless  
Vomiting & Diarrhoea  
Food Poisoning  
Gastric flu  
Chilly, < Cold Air  
< 12 - 3am

### **Pulsatilla**

Tearful, clingy, despondent  
Slow to Digest  
< Fats, Rich Food, Ice cream  
< Warm room < Evening  
> Open air, Cold applications

### **Nux Vomica**

Irritable, short tempered  
Over-sensitive  
Liverish, Toxic Overload  
Retching, straining  
Ineffectual Urging  
Spasmodic pains  
< Cold < On Waking