

NUX VOMICA

Plant Family: Loganiaceae

Pathologies: Influenza, IBS, chemical sensitivities, chronic fatigue, arrhythmia, headache, insomnia, lower back pain

Body Parts Affected: Mind, cerebral-spinal axis, respiratory system, digestion (stomach, bowels), liver

Key Sx: Craves stimulants/coffee/spicy food;
Back pain,
Fever with shivers,
Wakes at night due to worry b/w 3-4 AM,
Hung over

State of Mind: *Chilly*, sense of responsibility driven, compulsive, have to do the “right thing”, “have to keep up/attain goals”;
great sensitivity to stimulants/stimulation,
Can’t turn the mind off

Sensations: Body feels AS IF it’s made of threads; Feels AS IF somebody else got into bed and there is no more room;
AS IF IT’S NOT FAIR!

Miasm: Typhoid (Shocked! Sudden! I MUST recover SOON!)

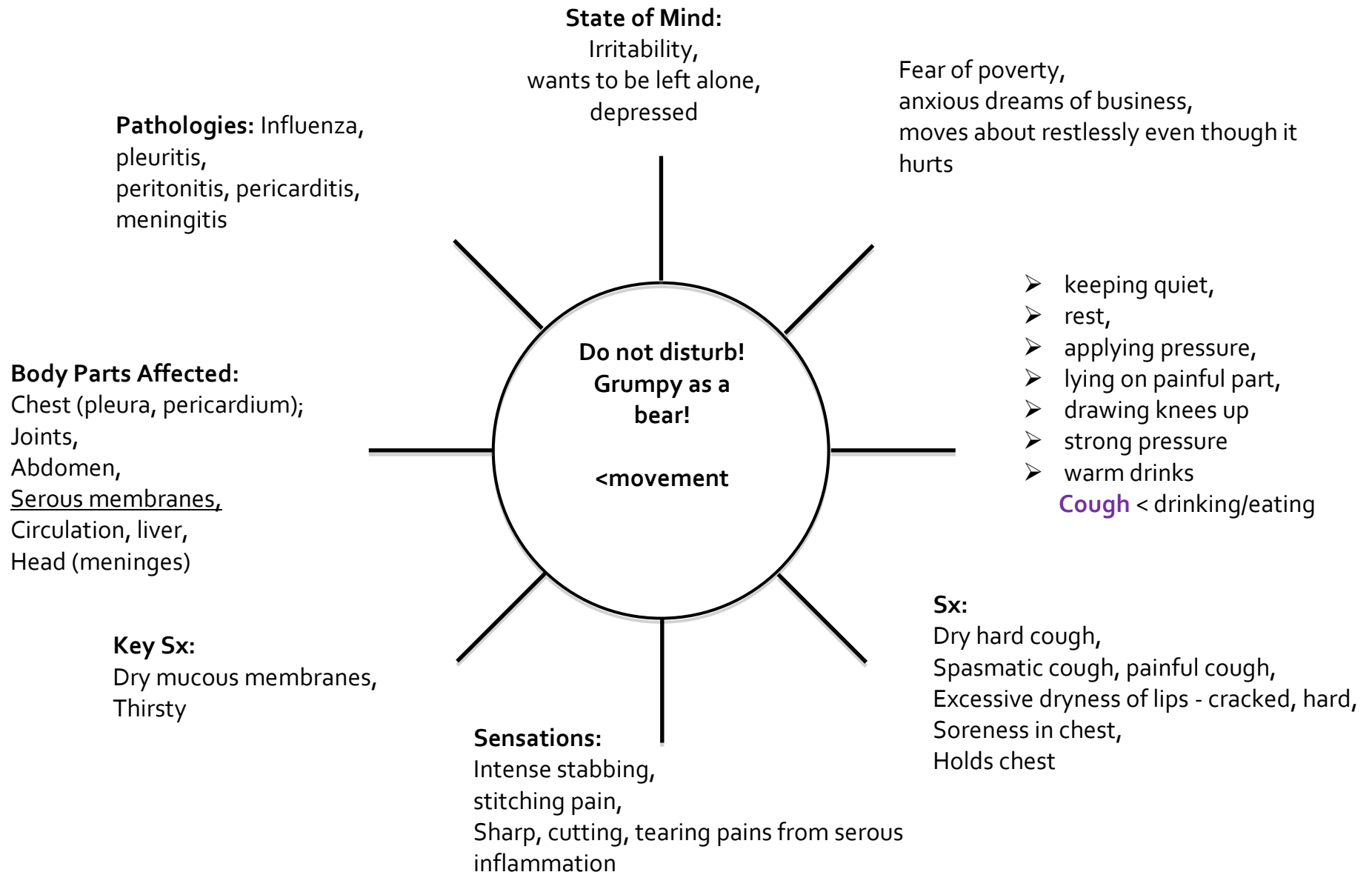
ETIOLOGY: Sx begin after overwork, overindulgence, loss of sleep

< moving the blankets,
< morning,
< touch,
< mental exertion,
< anger
➤ Warmth
➤ Rest
➤ Strong pressure

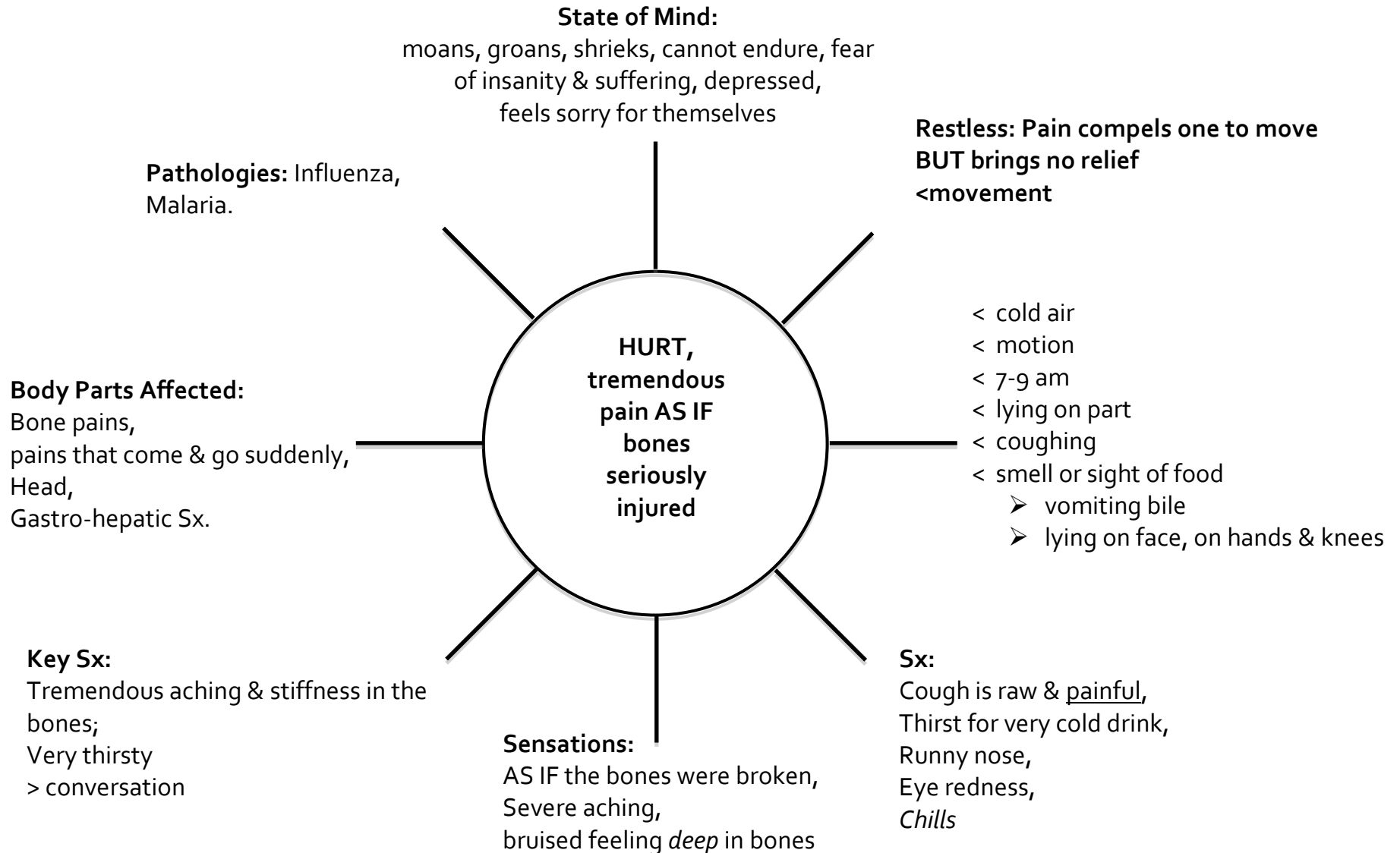
Sx: Nausea, stuffed &/or runny nose, insomnia after overwork, headache, sore throat, dry cough &/or coughing fits, constipation with cramps, urge to urinate but cannot

Irritable,
nervous,
frustration,
shocked,
I can’t afford
to be sick!

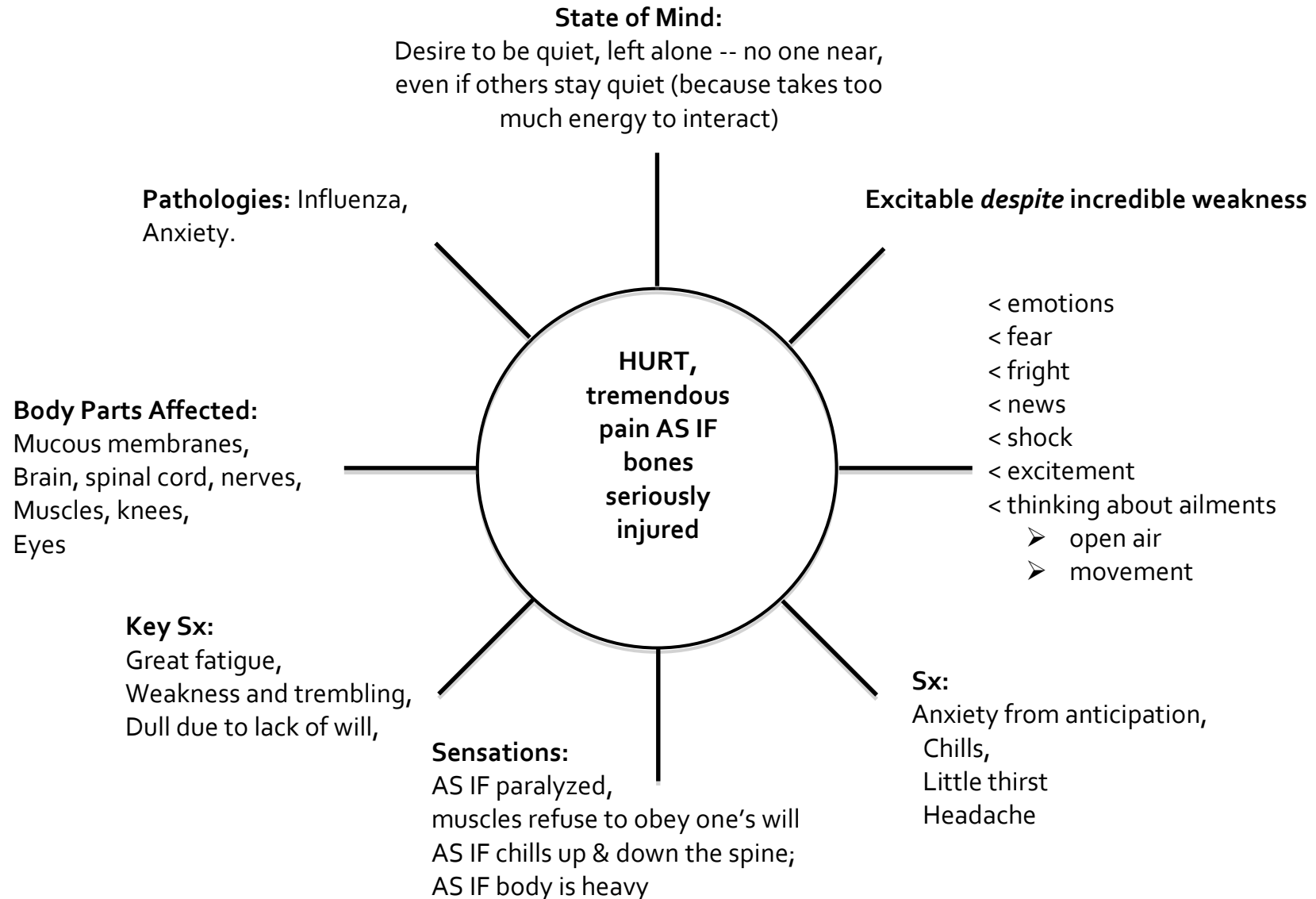
BRYONIA



EUPATORIUM PERFOLIATUM



GELSEMIUM



BAPTISIA

Family: Leguminosæ
(splitting apart,
scattered)

Confusion as if
intoxicated

Miasm: Typhoid (gastric
predominance in fever
typical of typhoid)

Chicken pox, influenza,
gastric fever,
indigestion

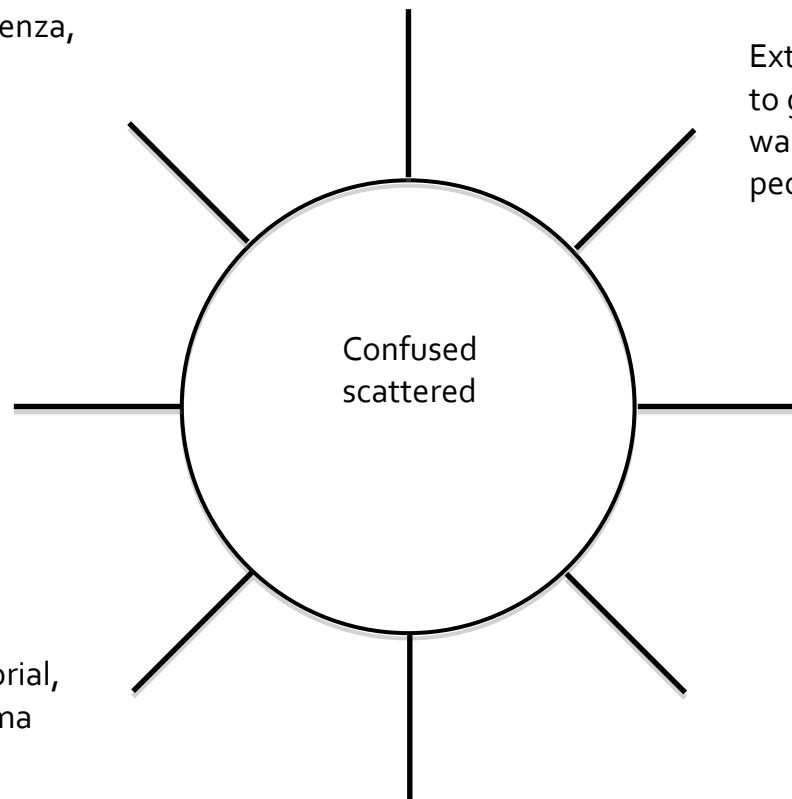
Extreme prostration yet... “trying
to get the pieces together”,
wants to be alone but still wants
people nearby (CATCH 22)

Mind, blood, digestive tract,
mucous membranes

< humidity, heat, fog, indoors,
cold air, motion
> rest

Dimmed sensorial,
stupor and coma

Heavy, sore, as if bruised
limbs. Bowels rumble, ileo-
cæcal tender, offensive
stool, urine and sweat
discharges



Parts feel separated as if scattered
into pieces