



Ruth Raspe The Heart of Homeopathy

Reading excerpt

[The Heart of Homeopathy](#)

of [Ruth Raspe](#)

Publisher: Narayana Verlag

The Heart of Homeopathy

Homeopathic Memory Aids

Ruth Raspe



<http://www.narayana-verlag.com/b12285>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copyright:

Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email info@narayana-verlag.com

<http://www.narayana-verlag.com>

[Narayana Verlag](#) is a publishing company for books on homeopathy, alternative medicine and a healthy life. We publish books of top-class and innovative authors like [Rosina Sonnenschmidt](#), [Rajan Sankaran](#), [George Vithoulkas](#), [Douglas M. Borland](#), [Jan Scholten](#), [Frans Kusse](#), [Massimo Mangialavori](#), [Kate Birch](#), [Vaikunthanath Das Kaviraj](#), [Sandra Perko](#), [Ulrich Wette](#), [Patricia Le Roux](#), [Samuel Hahnemann](#), [Mohinder Singh Jus](#), [Dinesh Chauhan](#).

[Narayana Verlag](#) organises [Homeopathy Seminars](#). Worldwide known speakers like [Rosina Sonnenschmidt](#), [Massimo Mangialavori](#), [Jan Scholten](#), [Rajan Sankaran](#) & [Louis Klein](#) inspire up to 300 participants.

Table of Contents

Preface.....	viii
Acknowledgments	ix
Notes on Self-Medication	x
Notes on How to Take the Remedies	x
Reader's Guide	xii

Remedies

Aconitum napellus	1
Aether	3
Allium cepa	5
Alumina	6
Apis mellifica.....	7
Argentum nitricum	9
Arnica montana	10
Arsenicum album	12
Astacus fluviatilis.....	14
Baryta carbonica	15
Belladonna.....	17
Bellis perennis	19
Berberis vulgaris	21
Bryonia alba.....	22
Calcarea carbonica.....	24
Calcarea fluorata.....	26
Calcarea phosphorica	27
Calcarea sulphurica	29
Cantharis vesicatoria	30
Carbo vegetabilis.....	31
Cardiospermum halicacabum	32
Castor equi	33
Causticum Hahnemanni	34
Chamomilla	36

Table of Contents

China officinalis	38
Chloroformium	39
Cimicifuga racemosa	40
Cocculus indicus	41
Coffea cruda	42
Colocynthis	43
Conium maculatum.....	44
Eupatorium perfoliatum	46
Euphrasia officinalis	47
Ferrum phosphoricum	48
Folliculinum	49
Galphimia glauca	50
Gelsemium sempervirens.....	51
Ginkgo biloba	53
Ginseng.....	54
Glonoinum.....	55
Gnaphalium polycephalum	56
Graphites.....	57
Hamamelis virginiana	59
Hepar sulphuris calcareum.....	60
Hyoscyamus niger.....	62
Hypericum perforatum	63
Ignatia amara.....	65
Ipecacuanha.....	67
Jaborandi.....	68
Kali bichromicum	69
Kali carbonicum	71
Kali muriaticum.....	73
Kali phosphoricum	75
Kali sulphuricum	76
Lac caninum.....	77
Lac delphinum	79
Lac felinum	80
Lac humanum	81

Lachesis muta	83
Ledum palustre	85
Lilium tigrinum	87
Lycopodium clavatum.....	88
Magnesia carbonica.....	90
Magnesia muriatica	92
Magnesia phosphorica.....	94
Mercurius solubilis.....	96
Myristica sebifera	98
Natrum carbonicum	99
Natrum muriaticum.....	100
Natrum sulphuricum	102
Nux vomica	104
Phosphoricum acidum.....	106
Phosphorus.....	108
Platinum metallicum.....	110
Plumbum metallicum	112
Pulsatilla pratensis.....	113
Rhus toxicodendron	115
Sepia	116
Silicea terra	118
Staphisagria	120
Stramonium.....	122
Sulphur.....	124
Symphytum.....	126
Tabacum.....	127
Thuja occidentalis	128
Tuberculinum	130
Veratrum album	132
About the Author	133
References and Sources of Graphics	135
Remedy Index.....	136
Index.....	138

Aconitum napellus

Acon.

Helmet flower, wolfsbane



“What a shock!”

*“The proud knight, in full
armour with a helmet
(helmet flower) and sword,
suddenly arrives on his noble
battle steed and surges
forward like a wild wolf
(wolfsbane), smashing
EVERYTHING to bits!”*



“I will die in three days!”

“Homeopathic sedative!”

Predicts his or her hour of death! Use after strong wind, fright, shock or fear and for highly acute situations, as well as vehement and painful states.

Sudden high fever, severe headache, situations of fright and shock with restlessness.

Typical situations: people who walk around in an agitated state of shock following a car accident. Is a child injured? Then the mother first needs Aconitum so that she can stay calm and help her child properly!



Panic, fright, fear.



Rest, being outside, warm sweat.



Vehement emotions, cold, wind, at night.



The effect of *Aconitum* dissipates very quickly; as a rule, it is also used for highly acute processes. So these are two reasons for taking it in a high potency. My experience has shown that it is better to use a minimum of 200C.

Doping: one hour before the sprint, a dose of 30C. “Run as if chased by death.”

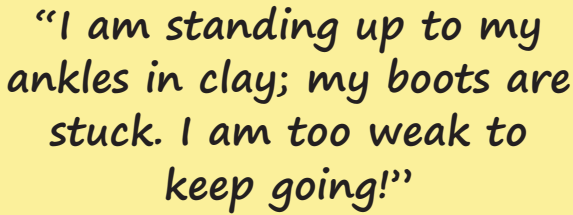


Grimm's The Town Musicians of Bremen.

Alumina

Alum.

Aluminium oxide



"I am standing up to my ankles in clay; my boots are stuck. I am too weak to keep going!"

Inwardly hasty, but slow in taking action and comprehending. As if paralysed.

Older people, lack of warmth in life. Prematurely aged young people with weakness and inertia of the functions. Sluggish.



Slowness becomes paralysis.



Morning on waking, warmth, warm room, winter, potatoes.



Evening, when outside, light physical exercise.



Major remedy for dementia! 30C or – when constitutionally appropriate – higher to the LM potency.



Peat Bog Soldiers (German song).

Baryta carbonica

Bar-c.

Heavy earth



“The invention of slowness!”

“Let’s finally get going!”

Enormous difficulties in making decisions. Hide themselves. Conspicuously childish behaviour. Mouth breathing with visible tongue. Chronic adenoiditis.

Infantile, indecisive and sorely lacking in self-confidence. Delayed growth. Late in learning how to walk, talk and read. Hard swelling of the lymph nodes (soft swelling is Calcarea carbonica). Very sensitive to cold, hard swelling of the tonsils. Stubborn. Obstinate. At the beginning and end of life. State is often compensated, usually with a higher position and social responsibility; only rarely experiences obvious sense of incapability.



Child hides behind the mother or furniture when strangers are present. Says difficult words with eyes closed. Slow!



Wraps up warmly and doesn't think about the illness.



Company and thinking about complaints.



Good remedy for schoolchildren who need an energy “kick” once in a while.
Give 30C as one dose or once per day for a week.

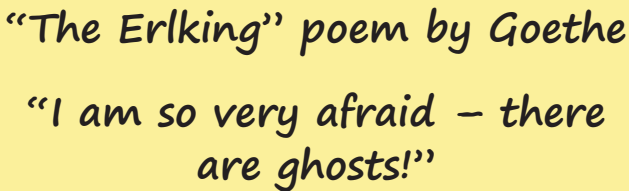


Tom Thumb, Forrest Gump, Kaspar Hauser, Nadolny's The Discovery of Slowness.

Belladonna

Bell.

Deadly nightshade



“The Erlking” poem by Goethe
“I am so very afraid – there
are ghosts!”

Acute *Belladonna* state. *Belladonna* face: glassy eyes, large and dilated pupils, cheeks that are red and hot, red face. Hallucinations and delusional ideas. Trees are ghosts. Visibly throbbing carotid artery. Wild gaze. A true angel when healthy, but like a devil when sick.

High fever, cold extremities, hot head and body. Vehement course. Typical fever situation with chills. Every pain that is very intense and possibly causes fear. Fear of dogs. Rage with a red face. Sensitive to light, also for patients with a pounding headache. Strawberry tongue. Scarlet red. Headache after haircut.



Red face, dilated pupils and hot body with cold limbs. Desire to bite others and set fire to things. Rage.



Rest, lying down, bending of affected parts.



Sun, night, childbirth, cooling off, haircut.



Remedy of choice for scarlet fever, sunstroke, ear pain due to low pressure in planes, mastitis in breastfeeding mothers.

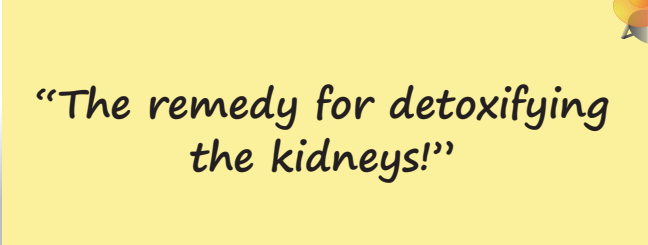


Death Wish, Gone with the Wind.

Berberis vulgaris

Berb.

European barberry, common barberry



*“The remedy for detoxifying
the kidneys!”*

Protection for the kidneys, kidney remedy for detoxifying and support for the excretion of medication. Cystitis. Stimulates all glands.



Inflammation of the bladder. Burning pain when urinating with the feeling of incomplete emptying.



Unknown.



Exercise, concussion, fatigue, urinating.

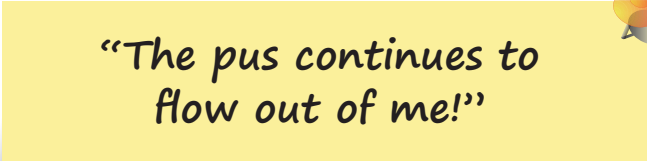


Bladder infections, when appropriate. Kidney protection and detoxification: one dose of 6C or 12C every day in the morning. Also important when patients are taking long-term medication for serious illness – in this case, in combination with *Nux vomica* for liver protection.

Calcareo sulphurica

Calc-s.

Gypsum



“The pus continues to flow out of me!”

“Do you think that I’m nice?” “No one likes me!”

Sibling rivalry. Cold, putrid foot sweat with burning soles.



Tendency towards suppuration and constant discharge of thick, yellow pus.



Bathing in cold water, face-washing, when outside, eating, undressing.



Draught, being touched, warm room, wrapping up, overheating, physical exertion, bathing, local heat, standing.



First remedy of choice for open pyorrhoea; controls pus and stops ulcers.



Birth of a sibling.

Magnesia muriatica

Mag-m.

Magnesium chloride



"I never get into
arguments!"

"Threat during pregnancy!"

"It's my fault that my
parents fight!"

People who cannot bear injustice.



Cannot quarrel, avoid every form of confrontation or aggression. Inner violence surfaces as a fit of anger.



Hard pressure, firm bandaging ameliorates headache. Curling up when lying down.



Lying on the right side. Milk. Winter air when snowy.



Important remedy for children who were threatened during pregnancy.



Andersen's The Little Mermaid.

*The Heart of
Homeopathy*
Homeopathic Memory Aids

Ruth Raspe



Ruth Raspe

[The Heart of Homeopathy](#)
Homeopathic Memory Aids

164 pages, hb
publication 2013



order

More books on homeopathy, alternative medicine and a healthy
life www.narayana-verlag.com