




# Insomnia

Insomnia is a **common sleep disorder** that can make it hard to fall asleep, hard to stay asleep, or cause you to wake up too early and not be able to get back to sleep. You may still feel tired when you wake up.



# WHAT CAUSES INSOMNIA?



CROSSING TIME ZONES



BLUE LIGHT



STRESS



ALCOHOL, SMOKING OR CAFFEINE



HEAVY FOOD



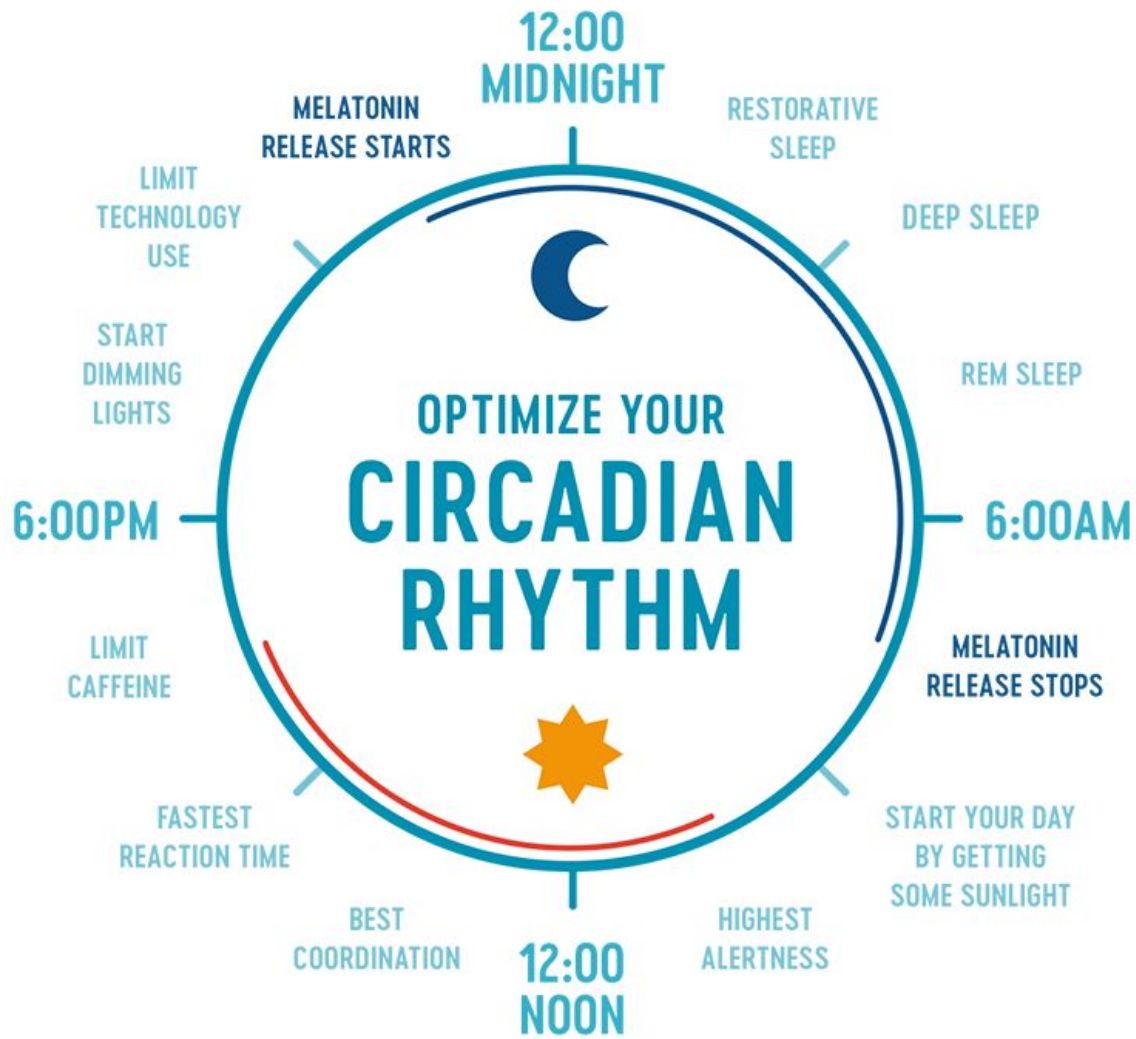
MEDICINES



ENVIRONMENTAL FACTORS



UNCOMFORTABLE BED OR PILLOW



# Types and Causes of Insomnia in MS



## Initial Insomnia

- Inability or difficulty falling asleep
- May be caused by neuropathic or musculoskeletal pain, as well as certain medications



## Middle Insomnia

- Waking during the night and being unable to fall back asleep
- May be caused by daytime fatigue, muscle spasms, and nocturia



## Terminal Insomnia

- Waking up too early
- May be caused by lack of exposure to daylight

# Types of INSOMNIA



There are 3 types of Insomnia:



## Acute insomnia

*or short-term insomnia. It is brief and occurs because of life circumstances. Acute insomnia can go be treated without invasive methods.*



## Chronic insomnia

*happens at least three times per week and lasts at least three months. There are a number of at-home and professional treatment available for chronic insomnia, it may involve medication or special therapies to address the condition.*



## Transient insomnia

*is short-term, lasting up to three nights. Transient insomnia is temporary and sleep will return to the normal state on its own.*


## ***ACUTE INSOMNIA***

- **Stress.** – here Individualisation helps – finding remedy based on exciting factor , or state

For eg – Grief – IGN

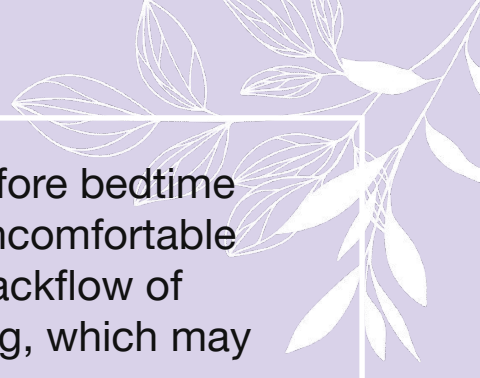
- **Travel or work schedule.** Your circadian rhythms act as an internal clock, guiding such things as your sleep-wake cycle, metabolism and body temperature. Disrupting your body's circadian rhythms can lead to insomnia. Causes include jet lag from traveling across multiple time zones, working a late or early shift, or frequently changing shifts.

Here remedy like CORTISONE – which acts at Cortisol hormone cycle – based on Circadian rhythms

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- **Poor sleep habits.** Poor sleep habits include an irregular bedtime schedule, naps, stimulating activities before bed, an uncomfortable sleep environment, and using your bed for work, eating or watching TV. Computers, TVs, video games, smartphones or other screens just before bed can interfere with your sleep cycle.

Here remedies like NUX VOM can be thought of



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- **Eating too much late in the evening.** Having a light snack before bedtime is OK, but eating too much may cause you to feel physically uncomfortable while lying down. Many people also experience heartburn, a backflow of acid and food from the stomach into the esophagus after eating, which may keep you awake.

Puls



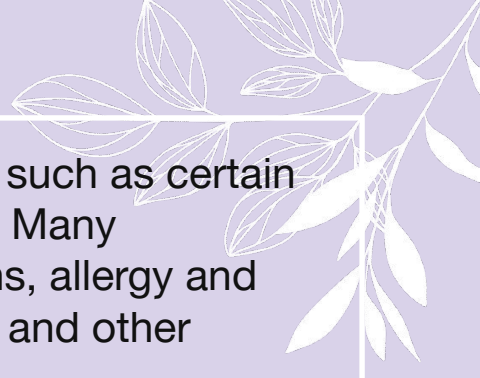


## Chronic insomnia

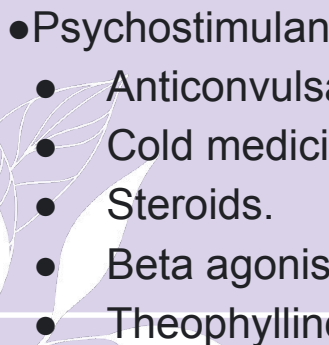
may also be associated with medical conditions or the use of certain drugs. Treating the medical condition may help improve sleep, but the insomnia may persist after the medical condition improves.


Additional common causes of insomnia include:

- **Mental health disorders.** Anxiety disorders, such as post-traumatic stress disorder, may disrupt your sleep. Awakenings too early can be a sign of depression. Insomnia often occurs with other mental health disorders as well.


- 
- **Medications.** Many prescription drugs can interfere with sleep, such as certain antidepressants and medications for asthma or blood pressure. Many over-the-counter medications — such as some pain medications, allergy and cold medications, and weight-loss products — contain caffeine and other stimulants that can disrupt sleep.


**Medications that can cause insomnia include:**

- Selective serotonin reuptake inhibitors (antidepressants such as Prozac<sup>®</sup> and Zoloft<sup>®</sup>)
  - Dopamine agonists (includes some medications for Parkinson's disease)
  - Psychostimulants and amphetamines.
    - Anticonvulsants.
    - Cold medicines and decongestants.
    - Steroids.
    - Beta agonists.
    - Theophylline.
- 

- 
- **Medical conditions.** Examples of conditions linked with insomnia include chronic pain, cancer, diabetes, heart disease, asthma, gastroesophageal reflux disease (GERD), overactive thyroid, Parkinson's disease and Alzheimer's disease.


Joint pain – sleeplessness- kali iod , kalmia



- 
- **Sleep-related disorders.** Sleep apnea causes you to stop breathing periodically throughout the night, interrupting your sleep. Restless legs syndrome causes unpleasant sensations in your legs and an almost irresistible desire to move them, which may prevent you from falling asleep.

Sleep apnea – Grindelia



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- **Caffeine, nicotine and alcohol.** Coffee, tea, cola and other caffeinated drinks are stimulants. Drinking them in the late afternoon or evening can keep you from falling asleep at night. Nicotine in tobacco products is another stimulant that can interfere with sleep. Alcohol may help you fall asleep, but it prevents deeper stages of sleep and often causes awakening in the middle of the night.

*remedies like*

*Plantago - Smokers*

*Thea , Coffea - Caffeine drinkers*



# The four stages of sleep



# The 4 Stages of Sleep



## NREM Stage 1

- transition period between wakefulness and sleep
- lasts around 5 to 10 minutes



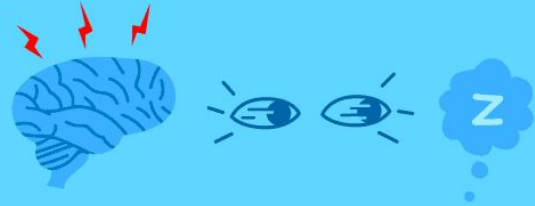
## NREM Stage 3

- muscles relax
- blood pressure and breathing rate drop
- deepest sleep occurs



## NREM Stage 2

- body temperature drops and heart rate begins to slow
- brain begins to produce sleep spindles
- lasts approximately 20 minutes



## REM Sleep


- brain becomes more active
- body becomes relaxed and immobilized
- dreams occur
- eyes move rapidly




Rx

Syphilinum 1M bd 2 days

Sac lac 21 days







Follow up

Itching is reduced by 50%

After medication he got yellow discharge from ear

His hearing problem is reduced

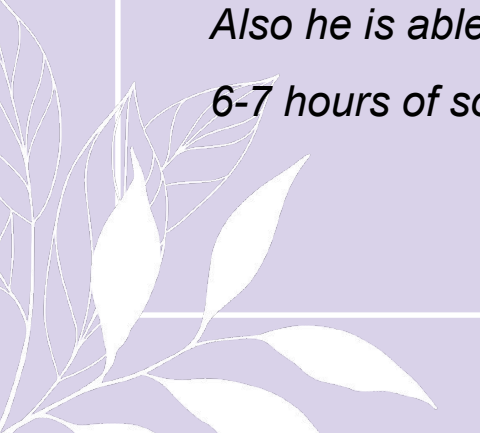
Mentally he is becoming calm

And started talking with people

Now he is taking things positively

*Also he is able to sleep better,*

*6-7 hours of sound sleep*



# Insomnia

|                                    | For example             |
|------------------------------------|-------------------------|
| ● Stress and mental health         | Ignatia, phos acid, etc |
| ● Medication                       | Tautopathy              |
| ● Pain                             | Kalmia                  |
| ● Sleep apnea                      | Grindelia               |
| ● Drugs, coffee, alcohol, nicotine | Plantago                |
| ● Sleep pattern                    | Cortisone               |

# **SYPHILINUM**

Syphilis Nosode

- The genius of *Syphilinum* often is syphilitic taint with *lot of weakness, pain with very few symptoms.*
- *Syphilinum* is not a remedy one will often prescribe from local indications but more of a remedy that one can prescribe after taking an overview of the case.

- *Syphilinum* can be very useful in ophthalmic pathologies especially chronic ophthalmic pathologies with very few symptoms. *Syphilinum* is often very useful in stopping the progress especially in progressive atrophy of optic nerve, also, in premature macular degeneration and in retinitis pigmentosa in children cases. Especially in ophthalmic cases where cool bathing amel with a lot of photophobia and lachrymation.
- One has to differentiate *Argentum nitricum*, *Conium* and *kali bichromicum* in ophthalmic pathologies.

- *Syphilinum* is used also in neurological cases with very few symptoms especially with paralysis of one side with difficulty in speech, twitching of muscles. Aphasia with paralysis.
- This remedy is especially useful in slowly advancing hemiplegia.

- It also has a specific action on the musculo-skeletal system especially in spinal pathologies where there is especially pain in the coccyx on sitting for a long time. There is a lot of bone pains in this remedy. In worst form of sciatica aggravated at night.

- Typically, the *Syphilitum* constitution has almost no expressions on the face. It has a darker *Sepia* like saddle, the teeth are decayed at the edges of the gum. There is a deep longitudinal crack along the center of the tongue, the nails are distorted. They generally feel better by applied heat





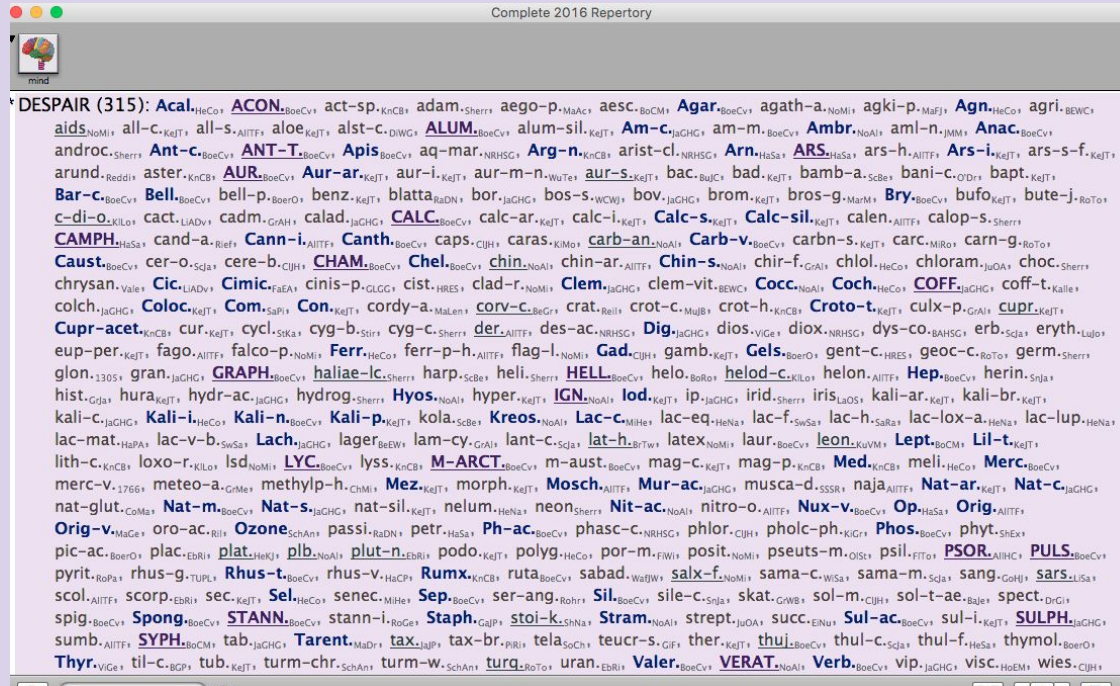
- *Syphilinum* is one of the top remedies for the worst form of fissures in anus with obstinate constipation the patient has to take enema frequently [compare *Lac defloratum* and *Tarentula*].
- There is total sleeplessness in *Syphilinum* without any cause, total loss of appetite for months. Most of the symptoms are without any cause.

- It's a very important remedy for ovarian diseases especially the ovarian pain where slightest touch aggravates, sensitivity to touch [*Medorrhinum* feels better by pressure in the ovarian pains].
- It has a peculiar offensive leucorrhoea, which is often concomitant to the ovarian pain with itching in the genitals.

- *Syphilinum* could be a very important remedy for many collagen vascular disorder diseases like Wegner's granulomatosis, etc.
- The sinuses are often painful with green discharges. There is often a deep seated structural damage causing this.
- Most of these symptoms are aggravated lying on the right side and aggravated in humid weather.

- *Syphilinum* has a strong damp weather aggravation, many cases where *Natrum sulph* has failed, *Syphilinum* has helped clinically.
- Especially in cancerous pathologies in worst form of osteosarcoma with persistent bone pain or even in cases of Hodgkin's disease.
- Night aggravation and better by slow motion are two of the consistent general modalities of *Syphilinum*.

One of the main Rubric of *Syph* is despair, a state of no hope, or no reaction, this is often a genius of the remedy at physical and mental level.



## DESPAIR



mind

\* recovery, of (105): **ACON.**<sub>JaGHG</sub>, adam.<sub>Sherr</sub>, agath-a.<sub>NoMi</sub>, agn.<sub>HeCo</sub>, **all-s.**<sub>AIITF</sub>, alst-c.<sub>DiWG</sub>, **ALUM.**<sub>BoeCv</sub>, am-c.<sub>JaGHG</sub>, ambr.<sub>CIJH</sub>, **Anac.**<sub>PhSR</sub>, ant-t.<sub>AIITF</sub>,  
 aq-mar.<sub>NRHSG</sub>, arn.<sub>HutJ</sub>, **ARS.**<sub>JaGHG</sub>, aur.<sub>WafjW</sub>, aur-ar.<sub>KeJT</sub>, aur-i.<sub>KeJT</sub>, aur-m-n.<sub>WuTe</sub>, **Aur-s.**<sub>KeJT</sub>, bac.<sub>BuJC</sub>, bapt.<sub>KeJT</sub>, bar-c.<sub>WiPe</sub>, **Bell.**<sub>HeCo</sub>, benz.<sub>CIJH</sub>,  
 bor.<sub>JaGHG</sub>, **Bry.**<sub>JaGHG</sub>, cact.<sub>LiADv</sub>, calad.<sub>JaGHG</sub>, **CALC.**<sub>JaGHG</sub>, calc-ar.<sub>KeJT</sub>, calc-s.<sub>KeJT</sub>, **Camph.**<sub>HaSa</sub>, cann-i.<sub>KeJT</sub>, caps.<sub>CIJH</sub>, caras.<sub>KiMo</sub>, carc.<sub>MiRo</sub>, caust.<sub>GajP</sub>,  
 cham.<sub>KeJT</sub>, chin.<sub>CIJH</sub>, chlol.<sub>HeCo</sub>, cimid.<sub>JuOA</sub>, clem.<sub>NeRa</sub>, **COLOC.**<sub>ViGe</sub>, cyg-c.<sub>Sherr</sub>, der.<sub>AIITF</sub>, dig.<sub>1253</sub>, falco-p.<sub>ErjY</sub>, gad.<sub>CIJH</sub>, germ.<sub>Sherr</sub>, haliae-lc.<sub>EbRi</sub>,  
**Hell.**<sub>KeJT</sub>, helo.<sub>BoRo</sub>, hep.<sub>GajP</sub>, hura.<sub>KeJT</sub>, **Ign.**<sub>JaGHG</sub>, kali-ar.<sub>KeJT</sub>, kali-br.<sub>KeJT</sub>, kali-c.<sub>JaGHG</sub>, kreos.<sub>JaGHG</sub>, **Lac-c.**<sub>LiADv</sub>, **lach.**<sub>JaGHG</sub>, lat-h.<sub>BrTw</sub>, laur.<sub>CIJH</sub>,  
 lil-t.<sub>FaM</sub>, lsd.<sub>NoMi</sub>, lyc.<sub>HaSa</sub>, m-arct.<sub>JaGHG</sub>, mag-c.<sub>MeJu</sub>, **Med.**<sub>BoerW</sub>, **Merc.**<sub>GajP</sub>, nat-c.<sub>JaGHG</sub>, nat-m.<sub>JaGHG</sub>, nat-s.<sub>JaGHG</sub>, nit-ac.<sub>KeJT</sub>, **Nux-v.**<sub>JaGHG</sub>, op.<sub>CIJH</sub>,  
**PH-AC.**<sub>JaGHG</sub>, phasc-c.<sub>NRHSG</sub>, phlor.<sub>CIJH</sub>, phos.<sub>JaGHG</sub>, phyt.<sub>ShEx</sub>, plat.<sub>HeKJ</sub>, plut-n.<sub>EbRi</sub>, pseuts-m.<sub>OiSt</sub>, **Psor.**<sub>AIiHC</sub>, puls.<sub>JaGHG</sub>, **sabad.**<sub>WafjW</sub>, salx-f.<sub>NoMi</sub>,  
 sama-c.<sub>WiSa</sub>, sars.<sub>ScPi</sub>, **Sep.**<sub>KeJT</sub>, sil.<sub>KeJT</sub>, **Sol-m.**<sub>CIJH</sub>, stann-i.<sub>RoGe</sub>, strept.<sub>JuOA</sub>, sulph.<sub>JaGHG</sub>, **SYPH.**<sub>LiADv</sub>, **Tarent.**<sub>KnCB</sub>, tax.<sub>JajP</sub>, ther.<sub>KeJT</sub>, **Thyr.**<sub>ViGe</sub>,  
 turm-w.<sub>SchAn</sub>, valer.<sub>CIJH</sub>, **Verat.**<sub>DuRE</sub>, zinc.<sub>KeJT</sub>

## DESPAIR

## recovery, of



mind

convalescence, during (5): **ALUM.**<sub>ScPi</sub>, **ARS.**<sub>ScPi</sub>, **CALC.**<sub>ScPi</sub>, **Psor.**<sub>FaEA</sub>, **SYPH.**<sub>ScPi</sub>

There is a self-destructive trait in the patients requiring *Syph*, the love for once life has almost disappeared for them.

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**DESTRUCTIVENESS**

mind

self-destructive (11): cer-o.<sub>ScJa</sub>, cimi.<sub>BaSK</sub>, herin.<sub>SnJa</sub>, kali-br.<sub>MaMa</sub>, mand.<sub>MeAl</sub>, nat-s.<sub>1674</sub>, **Plb.**<sub>ViGe</sub>, psor.<sub>BuWM</sub>, syph.<sub>BaSK</sub>, thul.<sub>ScJa</sub>, tub.<sub>BaSK</sub>



This could be observed even in the dreams, where the dreams is where they see their own death, often their own disease which terminates into death, dreams of being buried alive (*Chel, Arnica*)







# DREAMS buried

mind

\* alive (10): adam.<sub>JuOA</sub>, agn.<sub>WIEH</sub>, aids.<sub>NoMi</sub>, **Arn.**<sub>KnCB</sub>, bell-p.<sub>JaJP</sub>, chel.<sub>KeJT</sub>, ign.<sub>KeJT</sub>, lap-be-e.<sub>RoMo</sub>, pariet.<sub>CIJH</sub>, syph.<sub>LoPh</sub>




macOS window titled "DREAMS" with a "mind" icon. The text "skeletons (3): op.<sub>JaGHG</sub>, pier-b.<sub>MuKJ</sub>, syph.<sub>VeFr</sub>" is displayed in a pink bar.



There is a Strong fear about the night, because night is a Strong agg time for a *Syphilinum* patient, even thinking about the suffering is painful for them.

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 **FEAR**  
**night**  
**agg.**  
mind

exhaustion on waking, from mental and physical (1): **Syph.**<sub>AIHC</sub>

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FEAR morning

waking, on (12): alum-sil.<sub>KeJT</sub>, arn.<sub>KeJT</sub>, calc-sil.<sub>2127</sub>, kali-ar.<sub>GeAl</sub>, lach.<sub>CJH</sub>, lyc.<sub>AIITF</sub>, mag-s.<sub>KeJT</sub>, med.<sub>WaJW</sub>, **Podo.**<sub>KnCB</sub>, puls.<sub>KeJT</sub>, sulph.<sub>LiCon</sub>, syph.<sub>CJH</sub>



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FEAR sleep

\* go to, to (34): aeth.<sub>ViCe</sub>, apis<sub>LoA</sub>, aq-mar.<sub>NRHSG</sub>, bapt.<sub>KnCB</sub>, calad.<sub>KnCB</sub>, calc.<sub>ScPi</sub>, calc-ar.<sub>MuKJ</sub>, calc-sil.<sub>BIMG</sub>, camph.<sub>KeJT</sub>, caust.<sub>JuOA</sub>, cench.<sub>KeJT</sub>, chrysan.<sub>Vale</sub>, cimic.<sub>BoCM</sub>, coff.<sub>HoTS</sub>, corv-c.<sub>JuOA</sub>, dig.<sub>KeJT</sub>, glon.<sub>KeJT</sub>, **Grin.**<sub>KeJT</sub>, herin.<sub>SnJa</sub>, **Hydr-ac.**<sub>KnCB</sub>, **Lach.**<sub>KnCB</sub>, **Led.**<sub>AIITF</sub>, m-aust.<sub>BoCM</sub>, merc.<sub>JaGHG</sub>, nat-m.<sub>KeJT</sub>, nic-r.<sub>PIRI</sub>, **Nux-m.**<sub>HeCo</sub>, nux-v.<sub>HeCo</sub>, **Rhus-t.**<sub>KeJT</sub>, sabal.<sub>KeJT</sub>, **Syph.**<sub>BuWM</sub>, thea.<sub>DoKo</sub>, tyto-a.<sub>SWF</sub>, urt-u.<sub>CJH</sub>

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FEAR

 mind

\* paralysis, of (10): acon.<sup>LiADv</sup>, **Anac.**<sup>KeJT</sup>, arn.<sup>KeJT</sup>, asaf.<sup>KeJT</sup>, bapt.<sup>HeCo</sup>, bell.<sup>KeJT</sup>, **Kali-p.**<sup>LiADv</sup>, med.<sup>WafjW</sup>, **Sel.**<sup>FaEA</sup>, syph.<sup>KeJT</sup>

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FEAR  
suffering, of

 mind

exhaustion, from, on waking (2): **Lach.**<sup>BoerW</sup>, **Syph.**<sup>AIITF</sup>

One of the important rubrics of *Syph* is state of Fear which remains after strong impactful situation in their life after which they become hopeless about their life.

- Mind; FRIGHT, fear agg., ailments from; shock, after

There develops much later a State of Indifference, where nothing affects them , they almost become non reactive and indifferent towards life.

This indifference is much deeper to the Emotional Indifference of Phos acid.

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 **INDIFFERENCE, apathy**  
mind

appearance, about personal (21): aesc.<sub>FaHA</sub>, aur-s.<sub>WuTe</sub>, cinis-p.<sub>GLGG</sub>, clad-r.<sub>NoMi</sub>, coca<sub>GIFE</sub>, conch.<sub>KIFI</sub>, ephe.<sub>HaJo</sub>, flag-l.<sub>NoMi</sub>, kola.<sub>ScBe</sub>, latex<sub>NoMi</sub>, lsd<sub>NoMi</sub>, oxyg.<sub>MuKJ</sub>, **Phyt.**<sub>ViGe</sub>, posit.<sub>NoMi</sub>, psor.<sub>RaRF</sub>, scorp.<sub>EbRi</sub>, sile-c.<sub>SnJa</sub>, SULPH.<sub>KeJT</sub>, syph.<sub>VeFr</sub>, tax.<sub>JaJP</sub>, uran.<sub>EbRi</sub>




## INDIFFERENCE, apathy

everything, to (220): absin.<sub>ViGe</sub>, acet-ac.<sub>KeJT</sub>, **Acon**.<sub>NoAl</sub>, acon-c.<sub>CJH</sub>, adam.<sub>Sherr</sub>, adren.<sub>AIITF</sub>, aego-p.<sub>MaAc</sub>, agar.<sub>KeJT</sub>, agki-p.<sub>MaFJ</sub>, agn.<sub>BoerO</sub>, ail.<sub>KeJT</sub>, alch-v.<sub>OsBGM</sub>, aloe.<sub>MeCL</sub>, am-m.<sub>ScJa</sub>, am-s.<sub>ScJa</sub>, ambr.<sub>KeJT</sub>, aml-n.<sub>JMM</sub>, ammc.<sub>NoAl</sub>, anac.<sub>KeJT</sub>, androc.<sub>Sherr</sub>, anth.<sub>ViGe</sub>, **Apis**.<sub>GIFE</sub>, aq-mar.<sub>NRHSG</sub>, arg-n.<sub>BoerO</sub>, arist-cl.<sub>NRHSG</sub>, **Arn**.<sub>JaGHC</sub>, **Ars**.<sub>NoAl</sub>, asaf.<sub>JaGHC</sub>, astac.<sub>ItMa</sub>, aur-m-n.<sub>WuTe</sub>, bac.<sub>BuJC</sub>, bamb-a.<sub>ScBe</sub>, **Bapt**.<sub>LiADv</sub>, bell.<sub>JaGHC</sub>, beryl.<sub>ScJa</sub>, bism.<sub>JaGHC</sub>, bov.<sub>KeJT</sub>, brachy-s-p.<sub>Sage</sub>, bry.<sub>BoerO</sub>, bung-f.<sub>MaFJ</sub>, bute-j.<sub>Sho</sub>, buth-aust.<sub>MeJu</sub>, cadm.<sub>ScJa</sub>, **Calad**.<sub>ViGe</sub>, calc.<sub>HeCo</sub>, calc-f.<sub>SaRa</sub>, calc-i.<sub>AIITF</sub>, calc-p.<sub>ZaAn</sub>, calop-s.<sub>Sherr</sub>, cann-s.<sub>KeJT</sub>, canth.<sub>KeJT</sub>, caps.<sub>JaGHC</sub>, **CARB-V**.<sub>AIITF</sub>, carc.<sub>JuOA</sub>, carn-g.<sub>RoTo</sub>, cath-a.<sub>RoTo</sub>, caul.<sub>ScBe</sub>, caust.<sub>NoAl</sub>, cer.<sub>ScJa</sub>, cer-c.<sub>ScJa</sub>, cer-o.<sub>S4S</sub>, cham.<sub>JaGHC</sub>, chin.<sub>HaSa</sub>, choc.<sub>Sherr</sub>, cic.<sub>JaGHC</sub>, cimic.<sub>BoerO</sub>, **Cina**.<sub>JaGHC</sub>, cinis-p.<sub>GLCG</sub>, clad-r.<sub>NoMi</sub>, coca.<sub>TuGe</sub>, com.<sub>SaPi</sub>, **Con**.<sub>KeJT</sub>, cordy-a.<sub>MaLen</sub>, croc.<sub>JaGHC</sub>, crot-h.<sub>NoAl</sub>, cub.<sub>AIITF</sub>, culx.<sub>ShJa</sub>, culx-p.<sub>GrAl</sub>, cur.<sub>AIITF</sub>, cyg-b.<sub>Stir</sub>, cypr.<sub>KeJT</sub>, cypra-e.<sub>SchAn</sub>, dig.<sub>KeJT</sub>, diox.<sub>NRHSG</sub>, diph.<sub>ViGe</sub>, dulc.<sub>NoAl</sub>, erb.<sub>ScJa</sub>, eryth.<sub>Lujp</sub>, falco-p.<sub>NoMi</sub>, ferr.<sub>AIITF</sub>, fl-ac.<sub>BoerO</sub>, gado-n.<sub>ScJa</sub>, galeoc-c.<sub>GrMe</sub>, galv.<sub>NoAl</sub>, **Gels**.<sub>BoerO</sub>, **Germ**.<sub>Sherr</sub>, glyc.<sub>BoerO</sub>, grat.<sub>NoAl</sub>, harp.<sub>ScBe</sub>, **Hell**.<sub>KeJT</sub>, helod-c.<sub>KiLo</sub>, hep.<sub>MorRo</sub>, herin.<sub>SnJa</sub>, hoch.<sub>EbRI</sub>, hydr.<sub>KeJT</sub>, hydr-ac.<sub>BoerO</sub>, hydrog.<sub>Sherr</sub>, **Hyos**.<sub>JaGHC</sub>, **IGN**.<sub>NoAl</sub>, ignis.<sub>Einu</sub>, indol.<sub>BoerO</sub>, **Iod**.<sub>PhSR</sub>, **Ip**.<sub>SaAn</sub>, irid.<sub>Sherr</sub>, **Kali-ar**.<sub>KeJT</sub>, **Kali-br**.<sub>FaEA</sub>, **Kali-c**.<sub>NoAl</sub>, kali-chl.<sub>JaGHC</sub>, **Kali-m**.<sub>MuKP</sub>, kali-n.<sub>NoAl</sub>, kali-p.<sub>TaWE</sub>, kola.<sub>ScBe</sub>, lac-dr.<sub>BNMBM</sub>, lac-h.<sub>HoHa</sub>, lach.<sub>BoerO</sub>, lant-c.<sub>ScJa</sub>, lap-gr-m.<sub>Einu</sub>, latex.<sub>NoMi</sub>, laur.<sub>NoAl</sub>, lepi.<sub>KeJT</sub>, lil-t.<sub>BoerO</sub>, lim-b-c.<sub>HeNa</sub>, lisd.<sub>NoMi</sub>, **Lyc**.<sub>NoAl</sub>, m-art.<sub>NoAl</sub>, mag-c.<sub>NoAl</sub>, mag-p.<sub>ScJa</sub>, med.<sub>ZaAn</sub>, melal-l.<sub>ScJa</sub>, meny.<sub>NoAl</sub>, **Merc**.<sub>NoAl</sub>, merl.<sub>KeJT</sub>, methyl-p.<sub>ChMi</sub>, **MEZ**.<sub>JaGHC</sub>, mobil-ph.<sub>BoRI</sub>, mur-ac.<sub>NoAl</sub>, nad.<sub>Ril</sub>, naja-m.<sub>Smal</sub>, nat-c.<sub>JaGHC</sub>, **Nat-m**.<sub>JaGHC</sub>, nat-p.<sub>KeJT</sub>, nat-s.<sub>MorRo</sub>, nat-sil.<sub>ZaAn</sub>, nelum.<sub>HeNa</sub>, neod.<sub>ScJa</sub>, neod-c.<sub>ScJa</sub>, nit-ac.<sub>NoAl</sub>, **Nit-s-d**.<sub>KnCB</sub>, nitro.<sub>BoRI</sub>, **Nux-m**.<sub>AIITF</sub>, **Nux-v**.<sub>KnCB</sub>, ol-an.<sub>NoAl</sub>, olnd.<sub>NoAl</sub>, onc-t.<sub>Sherr</sub>, **OP**.<sub>NoAl</sub>, oryc-c.<sub>FDSH</sub>, ozone.<sub>SchAn</sub>, pass-d.<sub>FDSH</sub>, **PH-AC**.<sub>KeJT</sub>, phlor.<sub>CJH</sub>, **Phos**.<sub>NoAl</sub>, phyt.<sub>ShEx</sub>, **Pic-ac**.<sub>AIITF</sub>, **Pitu-p**.<sub>ViGe</sub>, **Plat**.<sub>JaGHC</sub>, polyst.<sub>SaRa</sub>, por-m.<sub>FIW</sub>, posit.<sub>NoMi</sub>, pot-a.<sub>JaJP</sub>, psil.<sub>FITo</sub>, **PULS**.<sub>JaGHC</sub>, pyrit.<sub>RoPa</sub>, rat.<sub>NoAl</sub>, **Rheum**.<sub>JaGHC</sub>, rhod.<sub>NoAl</sub>, **Rhus-t**.<sub>FaEA</sub>, rib-ac.<sub>JuOA</sub>, ros-ca.<sub>HaNAN</sub>, ros-d.<sub>OsBGM</sub>, ruta.<sub>NoAl</sub>, salx-f.<sub>NoMi</sub>, scorp.<sub>EbRI</sub>, sec.<sub>NoAl</sub>, sel.<sub>RajR</sub>, **SEP**.<sub>NoAl</sub>, ser-ang.<sub>Rohr</sub>, sima.<sub>BoerO</sub>, **Sol**.<sub>NRHSG</sub>, soph-m.<sub>GrAl</sub>, spong.<sub>NoAl</sub>, stan-e.<sub>GrMe</sub>, stann.<sub>NoAl</sub>, **STAPH**.<sub>NoAl</sub>, sul-ac.<sub>NoAl</sub>, sulph.<sub>KeJT</sub>, syph.<sub>KeJT</sub>, tab.<sub>NoAl</sub>, tax.<sub>JaJP</sub>, telo-s.<sub>GrAl</sub>, terb-o.<sub>ScJa</sub>, thal-s.<sub>ShQu</sub>, **THYR**.<sub>ViGe</sub>, tong.<sub>NoAl</sub>, tub.<sub>BuWM</sub>, tyto-a.<sub>SWF</sub>, verat.<sub>JaGHC</sub>, vip.<sub>KIF</sub>, ytte-n.<sub>ScJa</sub>, zinc.<sub>NoAl</sub>, ziz.<sub>KeJT</sub>



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 **INDIFFERENCE, apathy**

future, to, far away feeling (3): erb.<sub>ScJa</sub>, ped.<sub>CUJH</sub>, syph.<sub>KnCB</sub>

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 **INDIFFERENCE, apathy**

relations, to (17): acon.<sub>KeJT</sub>, bac.<sub>BuJC</sub>, falco-p.<sub>NoMi</sub>, **Fl-ac.**<sub>KeJT</sub>, **HELL.**<sub>KeJT</sub>, hep.<sub>KeJT</sub>, hydrog.<sub>Sherr</sub>, kali-p.<sub>KeJT</sub>, lap-gr-m.<sub>EiNu</sub>, nat-c.<sub>KeJT</sub>, nat-p.<sub>KeJT</sub>,  
olea.<sub>Sherr</sub>, **PHOS.**<sub>ScPi</sub>, plat.<sub>KeJT</sub>, posit.<sub>NoMi</sub>, **SEP.**<sub>ScPi</sub>, **Syph.**<sub>ScPi</sub>



mind

## INDIFFERENCE, apathy

\* pleasure, to (66): alum.<sub>KeJT</sub>, anac.<sub>KeJT</sub>, androc.<sub>Sherr</sub>, **Apis**<sub>OrPS</sub>, **Arg-n**<sub>KeJT</sub>, **Ars**<sub>KeJT</sub>, ars-i.<sub>KeJT</sub>, aur-m-n.<sub>WuTe</sub>, bar-p.<sub>ScJa</sub>, calc-ar.<sub>KeJT</sub>, cench.<sub>KeJT</sub>, Cham.<sub>KeJT</sub>, chin-ar.<sub>KeJT</sub>, **Chin-s**<sub>KeJT</sub>, cina.<sub>HaSa</sub>, clad-r.<sub>NoMi</sub>, cocc.<sub>KeJT</sub>, croc.<sub>KeJT</sub>, cycl.<sub>CJH</sub>, diox.<sub>NRHSG</sub>, dys-co.<sub>BAHSG</sub>, ferr-p.<sub>KeJT</sub>, ferr-p-h.<sub>PuMe</sub>, germ.<sub>Sherr</sub>, glyc-g.<sub>CDC</sub>, graph.<sub>KeJT</sub>, harp.<sub>ScBe</sub>, **HELL**<sub>KeJT</sub>, hep.<sub>KeJT</sub>, herin.<sub>SnJa</sub>, hura.<sub>KeJT</sub>, ip.<sub>KeJT</sub>, kali-ar.<sub>KeJT</sub>, kali-c.<sub>KeJT</sub>, kali-chl.<sub>KeJT</sub>, kali-m.<sub>MaMa</sub>, kali-sil<sub>KeJT</sub>, lap-be-e.<sub>RoMo</sub>, lsd.<sub>NoMi</sub>, mag-c.<sub>MeJu</sub>, mag-m.<sub>KeJT</sub>, meph.<sub>JuOA</sub>, mez.<sub>KeJT</sub>, mur-ac.<sub>KeJT</sub>, nat-ar.<sub>KeJT</sub>, nat-c.<sub>KeJT</sub>, **NAT-M**<sub>KeJT</sub>, **Nit-ac**<sub>KeJT</sub>, OP<sub>KeJT</sub>, petr.<sub>KeJT</sub>, plut-n.<sub>Sherr</sub>, posit.<sub>NoMi</sub>, prun.<sub>KeJT</sub>, **Puls**<sub>KeJT</sub>, salx-f.<sub>NoMi</sub>, sars.<sub>KeJT</sub>, **Sep**<sub>KeJT</sub>, spig.<sub>KeJT</sub>, stann.<sub>KeJT</sub>, staph.<sub>KeJT</sub>, stram.<sub>KeJT</sub>, **SULPH**<sub>BeEW</sub>, **Syph**<sub>ScPI</sub>, tab.<sub>KeJT</sub>, tax.<sub>JaJP</sub>, ther.<sub>KeJT</sub>

*Syph* Constitution can often be perverse and has a Syphilitic Taint in them. They can be often have quality of lying, stealing, perverse sexuality, deceiving, cheating, blaming everyone else not taking responsibility for themselves or their family , desire to go away and hide themselves.



mind

\* KLEPTOMANIA (44): absin.<sub>AIITF</sub>, alco.<sub>HePa</sub>, ars.<sub>KeJT</sub>, **Art-v.**<sub>KnCB</sub>, **BELL.**<sub>JaGHC</sub>, bov.<sub>JaGHC</sub>, bry.<sub>KeJT</sub>, calc.<sub>GajP</sub>, carb-v.<sub>GajP</sub>, carc.<sub>MiRo</sub>, caust.<sub>KeJT</sub>, cic.<sub>BoerO</sub>,  
clad-r.<sub>NoMi</sub>, **Cur.**<sub>KeJT</sub>, dpt.<sub>MaLen</sub>, epe.<sub>Hajo</sub>, hoch.<sub>EbRI</sub>, hyos.<sub>BoerO</sub>, kali-br.<sub>ZaAn</sub>, kali-c.<sub>KeJT</sub>, lac-leo.<sub>HeNa</sub>, lach.<sub>CoCR</sub>, lam-cy.<sub>GrAl</sub>, lyc.<sub>KeJT</sub>, mand.<sub>MaMa</sub>,  
nat-c.<sub>JaGHC</sub>, nat-m.<sub>GajP</sub>, nicc.<sub>JaGHC</sub>, **Nux-v.**<sub>KeJT</sub>, op.<sub>GrAH</sub>, oxyt.<sub>BoerO</sub>, plat.<sub>BoerO</sub>, puls.<sub>KeJT</sub>, sac-alb.<sub>SoMe</sub>, sep.<sub>KeJT</sub>, sil.<sub>GajP</sub>, **Staph.**<sub>KnCB</sub>, stram.<sub>KeJT</sub>,  
**Sulph.**<sub>ScPi</sub>, syp.<sub>BoCM</sub>, **Tarent.**<sub>KeJT</sub>, tela.<sub>SoCh</sub>, terb-s.<sub>PeMa</sub>, thuj.<sub>ViGe</sub>





mind

\* LAMENTING, bemoaning, wailing (121): **Acet-ac.**<sub>KeJT</sub>, **ACON.**<sub>HaSa</sub>, **act-sp.**<sub>KeJT</sub>, **Agar.**<sub>HeCo</sub>, **Alum.**<sub>JaGHG</sub>, **alum-p.**<sub>KeJT</sub>, **am-c.**<sub>KeJT</sub>, **ambr.**<sub>KeJT</sub>, **anac.**<sub>KeJT</sub>, **ant-t.**<sub>JaGHG</sub>, **arg-n.**<sub>KeJT</sub>, **arn.**<sub>BoeCv</sub>, **ARS.**<sub>HaSa</sub>, **ars-h.**<sub>KnCB</sub>, **ars-s-f.**<sub>KeJT</sub>, **asaf.**<sub>JaGHG</sub>, **AUR.**<sub>KeJT</sub>, **aur-ar.**<sub>KeJT</sub>, **aur-m-n.**<sub>WuTe</sub>, **aur-s.**<sub>KeJT</sub>, **Bac.**<sub>BuJC</sub>, **bar-s.**<sub>KeJT</sub>, **Bell.**<sub>KeJT</sub>, **Bism.**<sub>JaGHG</sub>, **brachy-s-p.**<sub>Sage</sub>, **brom.**<sub>KnCB</sub>, **Bry.**<sub>BoeCv</sub>, **bufo.**<sub>KeJT</sub>, **calad.**<sub>KeJT</sub>, **Calc.**<sub>KeJT</sub>, **Calc-ar.**<sub>KeJT</sub>, **calc-s.**<sub>KeJT</sub>, **calc-sil.**<sub>KeJT</sub>, **camph.**<sub>KeJT</sub>, **cand-a.**<sub>Rief</sub>, **Canth.**<sub>JaGHG</sub>, **caps.**<sub>KeJT</sub>, **carc.**<sub>Frau</sub>, **caust.**<sub>GaJP</sub>, **Cham.**<sub>JaGHG</sub>, **Chin.**<sub>JaGHG</sub>, **chin-ar.**<sub>CIJH</sub>, **Cic.**<sub>KeJT</sub>, **cimic.**<sub>KnCB</sub>, **Cina.**<sub>JaGHG</sub>, **cist.**<sub>HRES</sub>, **Cocc.**<sub>KnCB</sub>, **Coff.**<sub>Kalle</sub>, **COLOC.**<sub>KnCB</sub>, **con.**<sub>JaGHG</sub>, **Cor-r.**<sub>AIITF</sub>, **cupr.**<sub>KeJT</sub>, **cupr-acet.**<sub>AIITF</sub>, **cycl.**<sub>KeJT</sub>, **dig.**<sub>KeJT</sub>, **garden.**<sub>Vale</sub>, **gent-c.**<sub>HRES</sub>, **gink.**<sub>SchAn</sub>, **haliae-lc.**<sub>EbRI</sub>, **hell.**<sub>KeJT</sub>, **Hyos.**<sub>KeJT</sub>, **ign.**<sub>HaSa</sub>, **ignis.**<sub>EINu</sub>, **imp-g.**<sub>HRES</sub>, **iodof.**<sub>CIJH</sub>, **ip.**<sub>KeJT</sub>, **kali-ar.**<sub>KeJT</sub>, **kali-br.**<sub>KeJT</sub>, **kali-c.**<sub>JaGHG</sub>, **kali-i.**<sub>KeJT</sub>, **kali-p.**<sub>KeJT</sub>, **lac-h.**<sub>HoHa</sub>, **LACH.**<sub>JaGHG</sub>, **LYC.**<sub>KnCB</sub>, **lyss.**<sub>KnCB</sub>, **m-arct.**<sub>JaGHG</sub>, **Mag-p.**<sub>KnCB</sub>, **merc.**<sub>JaGHG</sub>, **merc-c.**<sub>JaGHG</sub>, **morph.**<sub>AIITF</sub>, **Mosch.**<sub>NoAl</sub>, **nat-ar.**<sub>KeJT</sub>, **nat-c.**<sub>KeJT</sub>, **nat-m.**<sub>KeJT</sub>, **nit-ac.**<sub>KeJT</sub>, **Nux-m.**<sub>FaEA</sub>, **Nux-v.**<sub>HaSa</sub>, **Op.**<sub>JaGHG</sub>, **ozone.**<sub>SchAn</sub>, **petr.**<sub>KeJT</sub>, **ph-ac.**<sub>HaSa</sub>, **phos.**<sub>HCTF</sub>, **plat.**<sub>KeJT</sub>, **plb.**<sub>KnCB</sub>, **prun.**<sub>JaGHG</sub>, **Puls.**<sub>JaGHG</sub>, **querc-r.**<sub>JoMa</sub>, **ran-b.**<sub>KeJT</sub>, **RHEUM.**<sub>KeJT</sub>, **rhus-t.**<sub>JaGHG</sub>, **rob.**<sub>KeJT</sub>, **sabad.**<sub>WafjW</sub>, **salx-f.**<sub>NoMi</sub>, **sec.**<sub>AIITF</sub>, **Sep.**<sub>KeJT</sub>, **Sil.**<sub>HaSa</sub>, **stann.**<sub>HaSa</sub>, **staph.**<sub>GaJP</sub>, **Stram.**<sub>JaGHG</sub>, **stry.**<sub>KeJT</sub>, **Sulph.**<sub>JaGHG</sub>, **syph.**<sub>KeJT</sub>, **tarent.**<sub>KeJT</sub>, **thal.**<sub>JuOA</sub>, **thyr.**<sub>CIJH</sub>, **til.**<sub>AIITF</sub>, **uran.**<sub>EbRI</sub>, **VERAT.**<sub>BoeCv</sub>, **VERAT-V.**<sub>KeJT</sub>, **viol-t.**<sub>KeJT</sub>, **zinc.**<sub>KeJT</sub>

Complete 2016 Repertory




mind

\* LIAR (39): agath-a.<sub>NoMi</sub>, ALCO.<sub>AIITF</sub>, alum-s.<sub>MeCL</sub>, androc.<sub>Sherr</sub>, arg-n.<sub>ScPi</sub>, astac.<sub>ItMa</sub>, bell.<sub>GajP</sub>, bos-s.<sub>WCWJ</sub>, calc.<sub>GajP</sub>, carb-v.<sub>GajP</sub>, caust.<sub>GajP</sub>,  
clad-r.<sub>NoMi</sub>, coca.<sub>AIITF</sub>, con.<sub>GajP</sub>, **Cupr-acet.**<sub>KnCB</sub>, dpt.<sub>MaLen</sub>, electr.<sub>EbRI</sub>, falco-p.<sub>LeBe</sub>, hura.<sub>Somm</sub>, kola.<sub>ScBe</sub>, lac-c.<sub>RoHA</sub>, lyc.<sub>GajP</sub>, lyss.<sub>KnCB</sub>, **Med.**<sub>KnCB</sub>,  
merc.<sub>GajP</sub>, MORPH.<sub>ScPi</sub>, nat-m.<sub>GajP</sub>, nux-v.<sub>HeCo</sub>, OP.<sub>ScPi</sub>, phos.<sub>CoCR</sub>, puls.<sub>GajP</sub>, scorp.<sub>EbRI</sub>, sil.<sub>GajP</sub>, **Staph.**<sub>GajP</sub>, sulph.<sub>GajP</sub>, **Syph.**<sub>ScPi</sub>, thal-s.<sub>ShQu</sub>,  
**Thuj.**<sub>ZaAn</sub>, VERAT.<sub>FaEA</sub>

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
LOVE

 mind

\* perversity (27): agn.<sup>BoerO</sup>, anac.<sup>MorRo</sup>, brachy-s-p.<sup>Sage</sup>, calc.<sup>PaTP</sup>, caust.<sup>GajP</sup>, hyos.<sup>WHCE</sup>, ind.<sup>HeCo</sup>, lute-f.<sup>ScJa</sup>, **Lyss.**<sup>HeCo</sup>, manc.<sup>ViGe</sup>, mand.<sup>MeAl</sup>, **MED.**<sup>HeCo</sup>, morg-g.<sup>KILo</sup>, nux-v.<sup>HeCo</sup>, **ONOS.**<sup>CJH</sup>, phos.<sup>GajP</sup>, **Plat.**<sup>GajP</sup>, plut-n.<sup>EbRI</sup>, polyst.<sup>SaRa</sup>, **Sabal.**<sup>PhSR</sup>, staph.<sup>BoerO</sup>, **Sulph.**<sup>JaGHG</sup>, syph.<sup>VeFr</sup>, thiop.<sup>JuOA</sup>, thul.<sup>ScJa</sup>, thul-f.<sup>ScJa</sup>, verat.<sup>GajP</sup>

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LOVE

 mind

perversity

sadomasochistic (5): anac.<sup>MorRo</sup>, mand.<sup>MeAl</sup>, syph.<sup>VeFr</sup>, thul.<sup>ScJa</sup>, thul-f.<sup>ScJa</sup>



## MORAL affections

antisocial (12): aesc.<sub>WhFJ</sub>, aml-n.<sub>JMM</sub>, **Anac.**<sub>PhSR</sub>, **Cic.**<sub>SaAn</sub>, herin.<sub>SrJa</sub>, hyos.<sub>WHCE</sub>, ilx-a.<sub>WhFJ</sub>, lap-gr-m.<sub>EINu</sub>, naja-m.<sub>Smal</sub>, pseuts-m.<sub>QISr</sub>, sac-alb.<sub>SmT</sub>  
**Syph.**<sub>PhSR</sub>





mind

## REPROACHES

\* others (76): **ACON**.<sub>NoAl,</sub> alum.<sub>KeJT,</sub> ambr.<sub>ThMi,</sub> **Apis**.<sub>ViGe,</sub> arist-cl.<sub>NRHSG,</sub> **ARS**.<sub>JaGHG,</sub> aur.<sub>KeJT,</sub> aur-ar.<sub>KeJT,</sub> aur-m-n.<sub>WuTe,</sub> aur-s.<sub>WuTe,</sub> bar-s.<sub>ZaAn,</sub> bell.<sub>JaGHG,</sub> bor.<sub>HaSa,</sub> calc.<sub>GajP,</sub> **calc-i**.<sub>MeCL,</sub> **calc-p**.<sub>KeJT,</sub> caps.<sub>KeJT,</sub> **Carc**.<sub>ViGe,</sub> **Caust**.<sub>BoeCv,</sub> cham.<sub>KeJT,</sub> **CHIN**.<sub>HaSa,</sub> cic.<sub>KeJT,</sub> cinis-p.<sub>GLGG,</sub> **croc**.<sub>SaAn,</sub> fic-mac.<sub>GrAl,</sub> flag-l.<sub>NoMi,</sub> gado-n.<sub>ScJa,</sub> gels.<sub>ViGe,</sub> **Gink**.<sub>JuOA,</sub> gran.<sub>KeJT,</sub> **Guai**.<sub>BoeCv,</sub> hema-h.<sub>dir,</sub> herin.<sub>SnJa,</sub> **hist**.<sub>StJa,</sub> **Hyos**.<sub>JaGHG,</sub> **ign**.<sub>NoAl,</sub> ignis.<sub>EiNu,</sub> irid.<sub>Sherr,</sub> lac-lup.<sub>HeNa,</sub> **Lach**.<sub>KeJT,</sub> **lap-be-e**.<sub>RoMo,</sub> lap-gr-m.<sub>EiNu,</sub> **Lil-t**.<sub>SaAn,</sub> **LYC**.<sub>NoAl,</sub> **m-arct**.<sub>NoAl,</sub> m-aust.<sub>HaSa,</sub> marm-a.<sub>EiNu,</sub> med.<sub>ViGe,</sub> merc.<sub>KeJT,</sub> **mez**.<sub>NoAl,</sub> mosch.<sub>JaGHG,</sub> mus-m.<sub>LoKI,</sub> musca-d.<sub>SSSR,</sub> myric.<sub>AlITF,</sub> nat-ar.<sub>KeJT,</sub> **Nat-m**.<sub>KeJT,</sub> neon.<sub>Sherr,</sub> **NUX-V**.<sub>HaSa,</sub> par.<sub>KeJT,</sub> petr.<sub>JaGHG,</sub> **Ph-ac**.<sub>GajP,</sub> **plac**.<sub>EbRi,</sub> **Plat**.<sub>BoeCv,</sub> plut-n.<sub>EbRi,</sub> por-m.<sub>FIWi,</sub> pseuts-m.<sub>OISr,</sub> rhodi.<sub>LujO,</sub> rhus-t.<sub>KeJT,</sub> sep.<sub>KeJT,</sub> **Staph**.<sub>ScPi,</sub> sulph.<sub>GajP,</sub> syph.<sub>LoPh,</sub> tax.<sub>JajP,</sub> teg-a.<sub>HeGu,</sub> uran.<sub>EbRi,</sub> **Verat**.<sub>JaGHG</sub>



mind

## RESPONSIBILITY

\*aversion to (31): bos-s.<sub>WCWJ</sub>, calc.<sub>Sherr</sub>, cer-c.<sub>ScJa</sub>, dys-co.<sub>BAHSG</sub>, erb-c.<sub>ScJa</sub>, eryth.<sub>LujO</sub>, fic-i.<sub>ChaS</sub>, **Fl-ac.**<sub>LamJa</sub>, hema-h.<sub>dIR</sub>, hoch.<sub>EbRI</sub>, holm.<sub>ScJa</sub>,  
 hydr-ac.<sub>SGdHo</sub>, ind.<sub>LeRPa</sub>, lac-dr.<sub>BNMBM</sub>, lac-h.<sub>HoHa</sub>, latex.<sub>NoMi</sub>, lim-b-c.<sub>HeNa</sub>, lute.<sub>ScJa</sub>, **Lyc.**<sub>VaPo</sub>, marm-a.<sub>EiNu</sub>, **Med.**<sub>ScPi</sub>, mobil-ph.<sub>BoRI</sub>, phos.<sub>BuJC</sub>,  
**Ran-b.**<sub>ViCe</sub>, ros-ca.<sub>HaNAN</sub>, ros-g.<sub>HeNa</sub>, soph-m.<sub>GrAl</sub>, **Syph.**<sub>LoPh</sub>, tax.<sub>JaJP</sub>, uran.<sub>EbRI</sub>, xan.<sub>JoBh</sub>  
 evening amel (1): tax


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 **FANCIES**  
lascivious

mind

perverted (7): carb-v.<sup>HaSa</sup>, **Hyos.**<sup>LiADv</sup>, **Lil-t.**<sup>LiADv</sup>, **Med.**<sup>BuWM</sup>, **Plat.**<sup>SaAn</sup>, **Stram.**<sup>LiADv</sup>, **syph.**<sup>VeFr</sup>

Complete 2016 Repertory

 **FANCIES**  
lascivious

mind

tormenting (14): aq-mar.<sup>JuOA</sup>, aster.<sup>HeCo</sup>, bani-c.<sup>JuOA</sup>, canth.<sup>KeJT</sup>, coca<sup>ChRK</sup>, con.<sup>KeJT</sup>, galeoc-c.<sup>GrMe</sup>, graph.<sup>KeJT</sup>, med.<sup>KrKo</sup>, ozone<sup>JuOA</sup>, **Staph.**<sup>KeJT</sup>,  
stram., syph.<sup>VeFr</sup>, tarent.<sup>JuOA</sup>

Memory and Intellect is often affected where they forget everything previous to their illness. I suspect there is often a History of Shock behind this causing an indifference followed by this effect of the intellect.

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FORGETFULNESS  
happened, for what has

 mind

remembers past events, but (1): syph.BoerO

Complete 2016 Repertory

FORGETFULNESS  
names, for

mind

books, of (1): **Syph.**<sub>ViGe</sub>


Complete 2016 Repertory

FORGETFULNESS  
names, for

mind

\* persons, of (30): alum.<sub>KeJT</sub>, anac.<sub>JaGHG</sub>, aza.<sub>MaPC</sub>, camph.<sub>KnCB</sub>, chen-a.<sub>GhRK</sub>, **Chin-s.**<sub>NoAl</sub>, chlor.<sub>NoAl</sub>, cic.<sub>CIJH</sub>, croc.<sub>JaGHG</sub>, guai.<sub>JaGHG</sub>, kali-bi.<sub>LISa</sub>, kali-br.<sub>KeJT</sub>, **Lith-c.**<sub>JuOA</sub>, lyc.<sub>LISa</sub>, m-aust.<sub>CaEE</sub>, **Med.**<sub>LIADv</sub>, merc.<sub>NoAl</sub>, oena.<sub>CoJS</sub>, olnd.<sub>NoAl</sub>, ph-ac.<sub>KeJT</sub>, plut-n.<sub>EbRi</sub>, psor.<sub>BuWM</sub>, **Rhus-t.**<sub>NoAl</sub>, sec.<sub>AIITF</sub>, sulph.<sub>NoAl</sub>, **Syph.**<sub>ViGe</sub>, titan.<sub>AGSFNR</sub>, tyto-a.<sub>SWF</sub>, valer.<sub>KeJT</sub>, zinc-p.<sub>WrEI</sub>

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 **FORGETFULNESS**

remembers everything previous to his disease, but (1): **Syph.**<sup>PhSR</sup>

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 **MISTAKES, making  
talking, in  
words, wrong**

aphasia, with (1): **Syph.**<sup>KnCB</sup>



Cypripedium Pubescens  
Yellow lady's slipper  
Family - lilidae





Cypripedium pubescens [cypr]

Yellow Lady's Slipper

Syn.: Cypripedium calceolus pubescens

German: Nervenwurzel

English: Water Nerve-root, Indian Shoe, Bleeding Heart, American Valerian

Cypripedium pubescens

Plantae; Spermatophyta, Angiospermae - Flowering Plants; Monocotyledonae;

Liliiflorae / Liliidae; Orchidales; Orchidaceae - Orchid Family

Cypr.

CR 2013

Mind

RESTLESSNESS, NERVOUSNESS. (859) - Clar

Restlessness, nervousness: night. (303) - Stau

Restlessness, nervousness: children, in. (109) - Boer

Restlessness, nervousness: dentition agg. (11) - Boer

Restlessness, nervousness: thoughts: activity of, with. (3) - Clar



Thoughts: persistent. (296) - Clar

THOUGHTS: RUSH, FLOW OF. (168) - Kne

THOUGHTS: RUSH, FLOW OF: SLEEPLESSNESS: WITH. (98) - Kne

Vivaciousness. (145) - Clar

Vivaciousness: night. (4) - Clar

Cypr.

CR 2013

Mind

**PLAY: DESIRE TO, PLAYFUL. (90) - Her**  
**PLAY: DESIRE TO, PLAYFUL: NIGHT. (3) - Her**



Sleeplessness: nervousness, from. (64) - Lil

Sleeplessness: pain, with. (189) - Hart

• **SLEEPLESSNESS: PLAYING AND LAUGHING, CHILD IS.** (1) - Kne

Sleeplessness: pregnancy, in. (33) - Lil

**SLEEPLESSNESS: RESTLESSNESS, FROM.** (204) - Lil

Sleeplessness: restlessness, from: legs, in. (14) - Mez

Sleeplessness: talk, desires to. (2) - Hart

**SLEEPLESSNESS: THOUGHTS, FROM.** (198) - Hart

Sleeplessness: thoughts, from: pleasant. (3) - Hart

**SLEEPLESSNESS: TWITCHING, FROM: LIMBS, IN.** (32) - Kne

Sleeplessness: uterine complaints, in. (22) - Lil

Sleeplessness: vivacity, from. (45) - Stau

**SLEEPLESSNESS: WAKING, AFTER.** (102) - Farr

Sleeplessness: weakness: from. (33) - Her

Sleeplessness: weakness: general, with. (3) - Clar

## Cypridium [Cypr.]

Is subject to nervous disorders from mental excitement or to nervous weakness due to influenza, her child wakes up in the night and is full of play, she is irascible fitful, sleepless, indifferent to everything, subject to vertigo, which causes her to lie down, and which is followed by heaviness and dragging of her left foot, he has spermatorrhoea with great nervous prostration and dejected spirits.

Clinical: For the injurious results from the excessive use of tea and coffee.




all kinds of pleasant idea.

Little babies are often seen to wake up in the middle of the night and laugh and gambol in the bright light; if this continues night after night, the parents should take warning, as often such functional irritability and cerebral hyperaesthesia end in convulsions. A few doses of *Cypripedium* will avert the impending danger. In respect of sleeplessness it compares well with *Coffea* and *Scutellaria*.

In *Coffea* the insomnia is due to an over-excitement of body or mind, the result of excessive joy or agreeable surprise.

In *Scutellaria* the sleeplessness is due to neurasthenia. The patient wakes up suddenly with some disturbing disagreeable dream, and finds it hard to fall asleep again.



**Passiflora incarnata**  
**Passion flower**  
**Family- violales**





Passi.

Wichman

Natural History

*Passiflora incarnata* [passi.]

Passion Flower

*Passiflora incarnata*

Plantae; Spermatophyta, Angiospermae - Flowering Plants; Dicotyledonae;  
Dilleniidae; **Violales**; Passifloraceae - Passion Flower / Grenadilla Family

An efficient anti-spasmodic. Whooping-cough. Morphine habit. Delirium tremens. Convulsions in children; neuralgia. Has a quieting effect on the nervous system. Insomnia, produces normal sleep, no disturbance of cerebral functions, neuroses of children, worm-fever, teething, spasms. TETANUS. Hysteria; puerperal convulsions. Painful diarrhoea. Acute mania. ATONIC CONDITION generally present. ASTHMA, 10-30 gtt. every ten minutes for a few doses. Locally, in erysipelas.



Restless and wakeful, resulting from exhaustion. Especially in the feeble, **infants** and the aged. Insomnia of **infants** and the aged, and the mentally worried, and overworked, with tendency to convulsions. Nocturnal cough.



- Sleeplessness: asthmatic complaints, with. (6) - Bane
- SLEEPLESSNESS: CARES, WORRIES, FROM. (62) - Boer**
- SLEEPLESSNESS: CHILDREN, IN. (44) - Boer**
- Sleeplessness: convulsions, spasms, before or with. (37) - Stau
- Sleeplessness: dentition agg. (21) - Boer
- Sleeplessness: drunkards, in. (14) - Stau
- SLEEPLESSNESS: EXCITEMENT, EMOTIONAL, AGG. (213) - Boer**
- SLEEPLESSNESS: INFLUENZA, AFTER. (3) - Mad**
- SLEEPLESSNESS: NERVOUSNESS, FROM. (64) - Clar**
- Sleeplessness: neurasthenia, in. (2)
- SLEEPLESSNESS: OLD PEOPLE. (9) - Boer**
- Sleeplessness: pain, with. (189) - Boer
- SLEEPLESSNESS: RESTLESSNESS, FROM. (204) - Clar**
- Sleeplessness: screaming, with. (5) - Stau
- Sleeplessness: screaming, with: children, in. (1) - Stau

**Piscidia erythrina**  
**Family - leguminosae**



Pisc.

Wichman

Natural History

*Piscidia erythrina* [pisc.]

Jamaica Dog-wood

Syn.: *Camptosema pinnatum*, *Erythrina piscipula*, *carthaginensis*

german: Piscidie, Hundeholzbaum

English: White Dogwood

*Piscidia erythrina*

Plantae; Spermatophyta, Angiospermae - Flowering Plants; Dicotyledonae;

Rosiflorae / Rosidae; Fabales; Leguminosae / Fabaceae / Papilionaceae - Legume

Family / Pea Family



Pisc.

Boericke

General

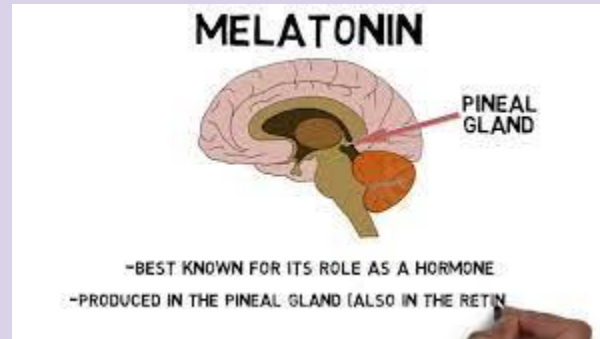
## *Piscidia erythrina* [Pisc.]

White dogwood - a nerve sedative. **INSOMNIA DUE** to worry, nervous excitement, spasmodic coughs; pains of irregular menstruation; regulates the flow. Neuralgic and spasmodic affections. Use tincture in rather material doses.

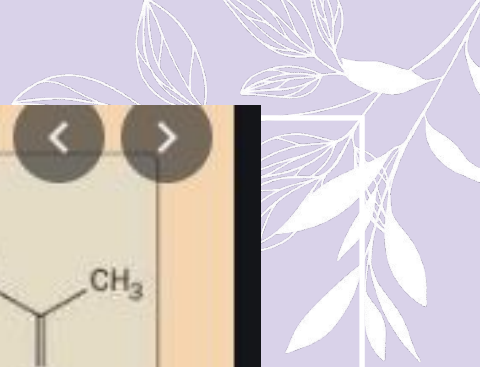
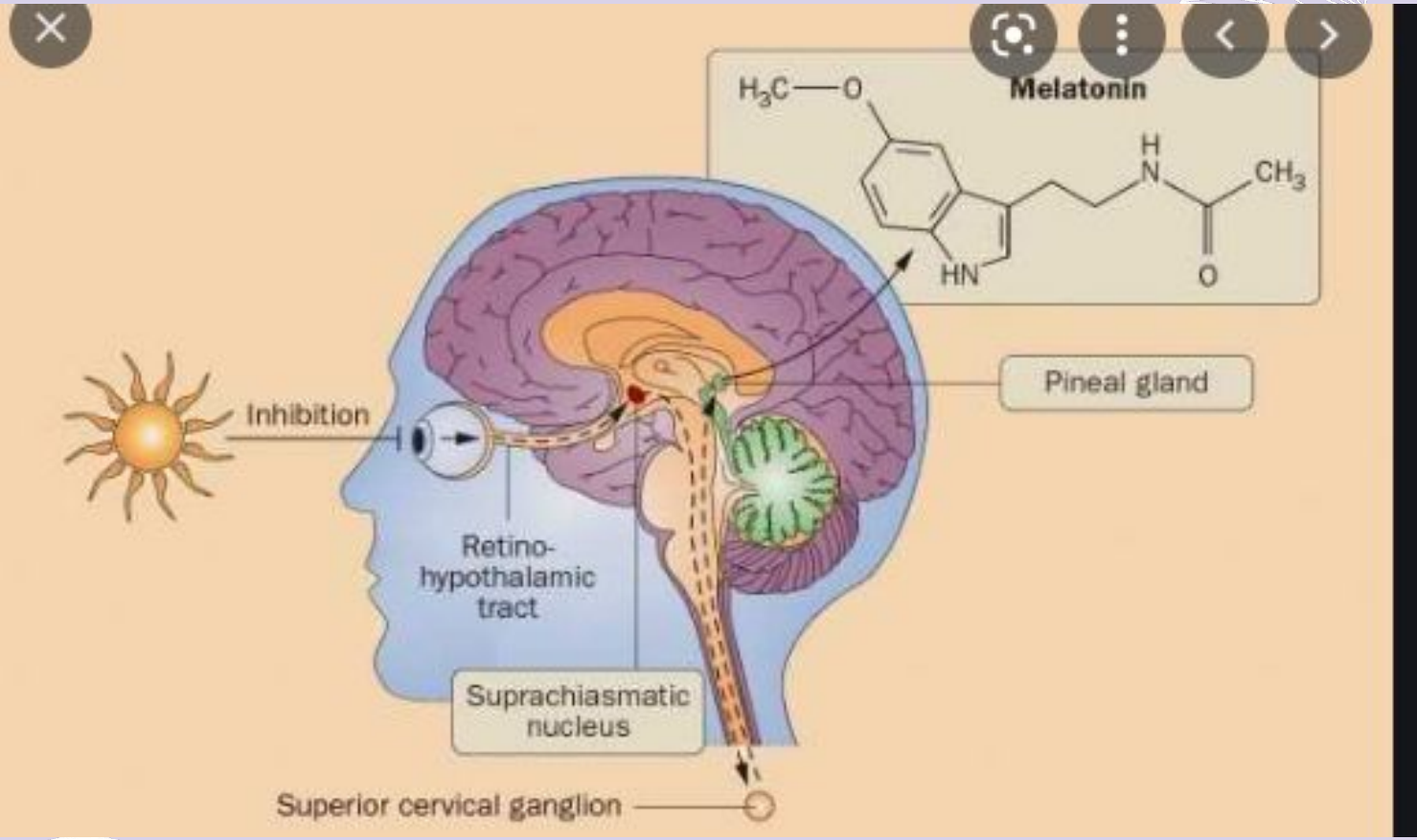


# Melatonin

## Pineal gland secretion







# Relationship between Melatonin & sleep via Circadian rhythms

- ▶ We all have an internal biological clock that regulates our 24-hour sleep-wake cycle, also known as our circadian rhythms. Light is the primary cue that influences circadian rhythms.
- ▶ At night, when there is less light, our brain triggers the release of melatonin, a hormone that makes us sleepy. When the sun comes up in the morning, the brain tells the body that it's time to wake up.
- ▶ When your circadian rhythms are disrupted or thrown off, you may feel groggy, disoriented, and sleepy at inconvenient times. Circadian rhythms have been linked to a variety of sleeping problems and sleep disorders, as well as depression, bipolar disorder, and seasonal affective disorder (the winter blues).



Melat.

Murphy III

General

# MELATONIN

(Pineal Gland Hormone)

PHARMACY - melat. Melatonin. A pineal gland hormone. Historical dose:

Tincture and all potencies.



**BREASTS** - Breast cancer in women who sleep irregular hours, sleep with lights on, or work late hours, night shifts.

**CAUSATIONS** - Sleep deprivation. Ailments from nursing loved ones.

**FEMALE** - Infertility.

**HEAD** - Headaches.

**HEART** - High or low blood pressure. Stroke.

**MODALITIES** - Worse loss of sleep. Worse working night shifts. Worse irregular sleep patterns. Worse sleeping with lights on. Worse during winter.

**RECTUM** - Constipation.

**SLEEP** - Daytime drowsiness. Insomnia. Severe sleep disorders. Sleep deprivation. Altered sleep patterns. Sleep with lights on or work late hours, night shifts. Vivid dreams. Nightmares.

**STOMACH** - Nausea. Vomiting.

# Senna

## Family leguminosae



Senna [senn.]

Senna

Syn.: *Cassia obovata*, *lenitiva*, *lanceolata*, *senna*

German: Sämschblätter

Senna {*Cassia acutifolia*}

Plantae; Spermatophyta, Angiospermae - Flowering Plants; Dicotyledonae;  
Rosiflorae / Rosidae; Fabales; Leguminosae / Fabaceae / Papilionaceae - Legume  
Family / Pea Family



**Sleeplessness: children, in.** (44) - Clar

Sleeplessness: congestion, from. (48) - Jahr

**SLEEPLESSNESS: FLATULENCE, FROM.** (11) - Bane

Sleeplessness: restlessness, from. (204) - Stau

Sleeplessness: screaming, with. (5) - Jahr

- **Sleeplessness: shrieking, with, in children.** (1) - Clar



Is of much use in infantile colics when the child seems to be FULL OF WIND. Oxaluria, with excess of urea; increased specific gravity. Where the system is broken down, bowels constipated, muscular weakness, and waste of nitrogenous materials, Senna will act as a tonic. Ebullitions of blood at night. ACETONAEMIA, prostration, fainting, constipation with colic and flatulence. Liver enlarged and tender.





Fluid yellowish, with pinching pains before. Greenish mucus; never-get-done sensation. (MERC.) Burning in rectum, with strangury of bladder. CONSTIPATION, with colic and flatulence. Liver enlarged and tender, stools hard and dark, with loss of appetite, coated tongue, bad taste, and WEAKNESS.

Shrieking, screaming, shouting: children, in: sleep, during. (25) - Jahr

Shrieking, screaming, shouting: sleep: during. (113) - Jahr

**SLEEP: DURING.** (638) - Jahr

Sleep: after. (151) - Vith

Tossing about. (264) - Ken

Violence, vehemence. (327) - Jahr

Vomiting: with. (76) - Jahr

Waking: on. (425) - Vith

Weeping, tearful mood. (565) - Jahr

Weeping, tearful mood: children, in. (98) - Jahr

Weeping, tearful mood: children, in: babies. (31) - Jahr

• Weeping, tearful mood: children, in: flatus, from incarcerated. (1) - Alle

Weeping, tearful mood: nurslings, in. (11) - Jahr

**Coffea cruda**  
**Unroasted coffee**  
**Family - rubiaceae**



SLEEPLESSNESS: CHILDREN, IN. (44) - Boe

Sleeplessness: children, in: newborns, in. (7) - Kne

Sleeplessness: chill, during. (41) - Boe

SLEEPLESSNESS: CLIMACTERIC PERIOD, IN. (16) - Kne

SLEEPLESSNESS: CLOSE EYES, CANNOT. (4) - Lipp

SLEEPLESSNESS: COFFEE ABUSE, AFTER. (5) - Kne

SLEEPLESSNESS: COMPLAINTS, FROM OTHER. (124) - Boe

Sleeplessness: convalescence, during. (11) - Kne

Sleeplessness: convulsions, spasms, before or with. (37) - Kne

Sleeplessness: cramps, from. (14) - Kne

Sleeplessness: cramps, from: calves, in. (9) - Kne

SLEEPLESSNESS: DELIVERY, PARTURITION, AFTER, PUERPERAL. (16) - Boe

SLEEPLESSNESS: DENTITION AGG. (21) - Boe

SLEEPLESSNESS: EXCITEMENT, EMOTIONAL, AGG. (213) - Boe

SLEEPLESSNESS: FANCIES, IMAGES, FROM. (39) - Boe

Coff. CR 2013 Mind

JOY: AILMENTS FROM, AGG. (46) - Boe

JOY: AILMENTS FROM, AGG.: EXCESSIVE. (30) - Boe

JOY: DIARRHEA, WITH SUDDEN. (4) - Ken

Joy: trembling, with. (9) - Ken



EXCITEMENT, EXCITABLE. (500) - Boe

EXCITEMENT, EXCITABLE: NIGHT. (69) - Jahr

EXCITEMENT, EXCITABLE: AILMENTS FROM, AGG. (1206) - Boe

EXCITEMENT, EXCITABLE: AILMENTS FROM, AGG.: MENTAL AND EMOTIONAL CONSEQUENCES OF. (610) - Boe

- EXCITEMENT, EXCITABLE: AILMENTS FROM, AGG.: SUDDEN, PLEASANT. (1) - Kne

- Excitement, excitable: air, open, amel. (1) - Jahr

Excitement, excitable: children, in. (26) - Lil

EXCITEMENT, EXCITABLE: CHILL: DURING. (36) - Her

Excitement, excitable: climacteric period, in. (11) - Stau

Excitement, excitable: convulsions: before, epileptic. (6) - Ken

Excitement, Excitable: Convulsions: During. (6) - Kne

Excitement, excitable: convulsions: during: children. (3) - Kne

- EXCITEMENT, EXCITABLE: CONVULSIONS: DURING: DELIVERY,

**Daphne indica**  
**Spurge laurel**  
**Family - thymelaceae**



PHARMACY - daph. Daphne indica. Spurge laurel. Daphne odora.  
Sweet-scented spurge laurel. N. O. Thymelaeaceae.

It's a Syphilitic remedy – with Lot of electric shock like pains , erratic pains – ALONG with Sleeplessness ++  
Exostosis, stitching pains, pressing or dull pains, especially worse at night.





*Sleep; SLEEPLESSNESS; Aching in bones: daph.*



Daph.

CR 2013

Sleep

**SLEEPLESSNESS: PAIN, WITH.** (189) - Jahr

Sleeplessness: pain, with: bones, in. (5) - Jahr

Sleeplessness: pain, with: legs. (10) - Ken

Sleeplessness: pain, with: limbs, in. (52) - Ken

Sleeplessness: pain, with: limbs, in: lower. (24) -

Ken

Sleeplessness: sleepiness: with. (138) - Ken

**SLEEPLESSNESS: TOTAL.** (40) - Jahr

Fetidity of breath, urine and sweat is another noteworthy feature of Daphne.

The tongue of Daphne is peculiar in that it is coated on one side only as in Rhus-tox.



Dreams: animals, of: biting him. (34) - Ke

Dreams: animals, of: black. (26) - Noack

**DREAMS: CATS, FELINES.** (72) - Noack

Dreams: cats, felines: black. (6) - Noack

- Dreams: cats, felines: black: seizing him by hand.

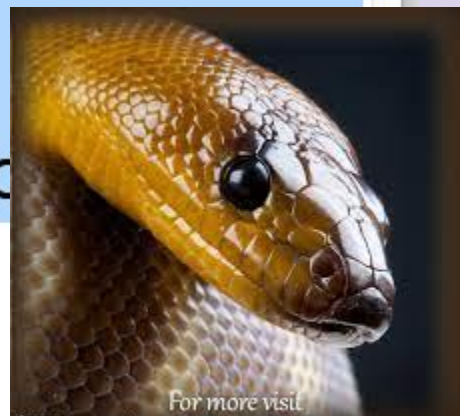
(1) - Wils

Dreams: Fire. (126) - Noack

Dreams: frightful, nightmare. (469) - Noack

Dreams: snakes. (87) - Boer

Dreams: vivid. (271) - Boer



Fear: heart: disease, of. (48) - Alle

- Fear: sleep: lack of, of. (1) - Faya



## ***Case of NM Chaudhary -***

A common laborer, a great victim to rheumatism had a peculiar symptom. He felt that hands were detached from his body although he could control them at will. Various remedies were tried but to no effect, till Daphne removed this peculiar sensation together with the other annoying symptoms. This symptom, *of a part of the body being separated from the rest of the limbs*, is a characteristic point in Daphne.

**Plantago major**  
**(plantain)**  
**Family - plantaginaceae**



PHARMACY - plan. Plantago major. Plantain. Ribwort. N. O.  
Plantaginaceae. Plan. must not to be confounded with Musa, sometimes  
called "Plantain," which belongs to a different class.

***This is main remedy for chronic tobacco smokers – sleeplessness***  
Sleep; SLEEPLESSNESS; Chronic nicotinism (1) : plan.



Sleeplessness: abdominal complaints, from. (52) - Kne

Sleeplessness: drugs, after. (15) - Boer

- Sleeplessness: drugs, after: nicotinism, chronic. (1) - Boer

Sleeplessness: irritability, from. (42) - Lil

Sleeplessness: irritability, from: intestinal. (12) - Lil

Sleeplessness: nervousness, from. (64) - Hart

Sleeplessness: pain, with. (189) - Alle

Sleeplessness: pain, with: face, in. (4) - Alle

Sleeplessness: restlessness, from. (204) - Hart





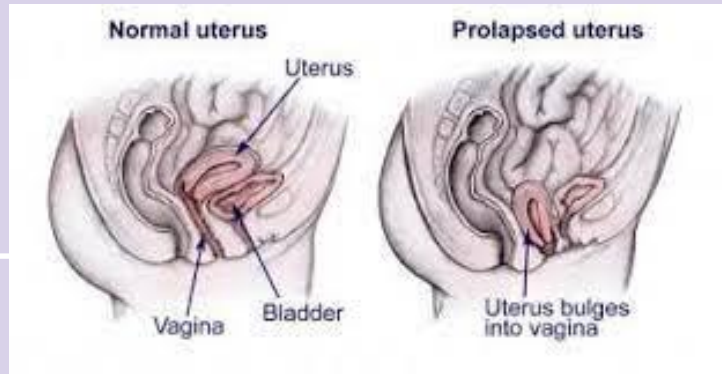
**Senecio aureus  
(Golden ragwort)  
compositae**



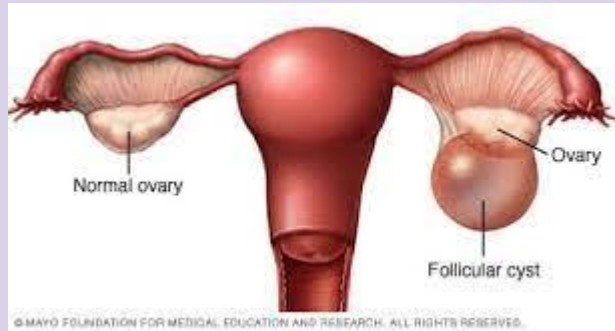
PHARMACY - senec. Senecio aureus. Golden ragwort. Senecio gracilis. Squaw-weed. N. O. Compositae.

Climacteric / menopausal women with uterine issues – fibroids etc – senecio is one of the main remedy in such cases

- Sleep; SLEEPLESSNESS; Menopause, women with prolapsus uteri or uterine irritation (1) : senec.8



I remember a beautiful case of Dr LM Khan who treated a case of Amenorrhea , Ovarian cyst with senecio – when he found concomitant sleeplessness with it



Sleeplessness: night. (374) - Clar

**SLEEPLESSNESS: AMENORRHEA, DURING. (2) -**

Kne

**SLEEPLESSNESS: CLIMACTERIC PERIOD, IN. (16) -**

Kne

- Sleeplessness: climacteric period, in: prolapse of uterus or uterine irritation, in. (1) - Clar

Sleeplessness: cough, from. (58) - Hart

Sleeplessness: dreaming, after. (24) - Hart

Sleeplessness: excitement, emotional, agg. (213) -


Hart



MENSES RETARDED, suppressed. FUNCTIONAL AMENORRHOEA OF YOUNG GIRLS with backache. Before menses, inflammatory conditions of throat, chest, and bladder. After menstruation commences, these improve. Anaemic dysmenorrhoea with urinary disturbances. Premature and too profuse menses. (CALC.; ERIG.)

**Conium maculatum**  
**Poison hemlock**  
**umbelliferae**





PHARMACY - con. Conium maculatum. Poison hemlock. N. O.  
Umbelliferae. Conium. Tincture of fresh plant in flower

In very difficult cases of neurology – for eg – Multiple sclerosis , etc  
When there is concomitant – Sleeplessness – CONIUM is one of main  
remedy

***Sleep; SLEEPLESSNESS; Multiple neuritis : con***



- Sleeplessness: neurosis, multiple. (1) - Boer
- Sleeplessness: pain, with. (189) - Boe
- Sleeplessness: pain, with: back, in. (24) - Kne
- Sleeplessness: pain, with: limbs, in. (52) - Boe
- SLEEPLESSNESS: PERSPIRATION: FROM. (31) - Ken
- Sleeplessness: perspiration: with. (64) - Boe
- Sleeplessness: pregnancy, in. (33) - Alle
- Sleeplessness: pregnancy, in: last days. (1) - Alle
- SLEEPLESSNESS: RESTLESSNESS, FROM. (204) - Boe





***especially in old people – who ( celibacy ) – this is one of main remedy***

***Dr Sarabhai would often use this remedy in religious people ( esp saints etc )***



- **HYPOCHONDRIASIS: CELIBACY, FROM.** (1) - Jahr  
Hypochondriasis: chilliness, during. (4) - Jahr
- Hypochondriasis: continence in unmarried men,  
from. (1) - Hahn
- HYPOCHONDRIASIS: MASTURBATION, FROM.** (5) -  
Farr
- Hypochondriasis: menses: during. (6) - Min
- **HYPOCHONDRIASIS: MENSES: SUPPRESSION OF,**  
**WITH.** (1) - Schm
- HYPOCHONDRIASIS: SEXUAL.** (14) - Jahr
- HYPOCHONDRIASIS: SEXUAL: DESIRE, FROM**



**CELIBACY: AILMENTS FROM, AGG. (16) - Hahn**

- Celibacy: ailments from, agg.: men. (1) - Hahn



**Crataegus oxyacantha**  
**Hawthorne berries**  
**rosaceae**

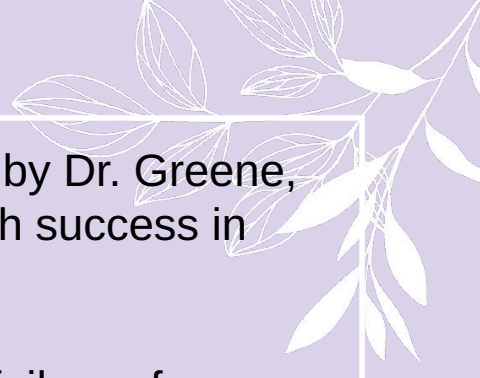
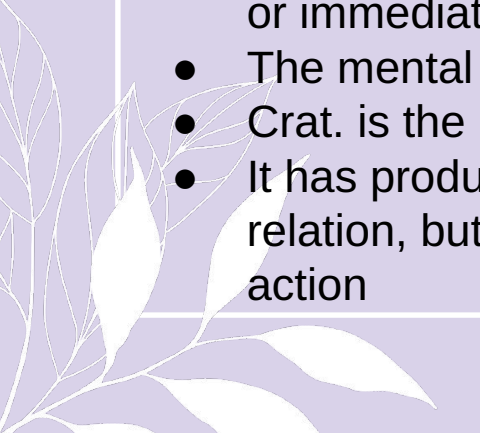


PHARMACY - crat. Crataegus oxyacantha. Hawthorn berries. Crataegus monogyna. Crataegus laevigata. N. O. Rosacea. The fresh berries are pounded to a pulp and macerated in two times their weight of alcohol.

Patients with Cardiac issues – with Sleeplessness

Sleep; SLEEPLESSNESS; Aortic disease (1) : crat.8



- 
- Crataegus was introduced into medicine as a heart remedy by Dr. Greene, of Ennis, Ireland, and it has been used empirically with much success in cases of heart failure.
  - It has usually been given in 5-drop doses of the tincture.
  - Weak and rapid pulse, dyspnea and dropsy, dependent on failure of heart-power whether from valvular affection or from anemia, appear to be the leading indications.
  - Heart-failure threatened from slightest exertion.
  - The drug may cause nausea when given in the tincture unless given during or immediately after a meal.
  - The mental state is that of irritability, crossness, and melancholy.
  - Crat. is the nearest approach to a positive heart tonic that I know of.
  - It has produced some heart symptoms and has, doubtless, a homeopathic relation, but it is not a heart-poison like Digitalis, and has no cumulative action
- 

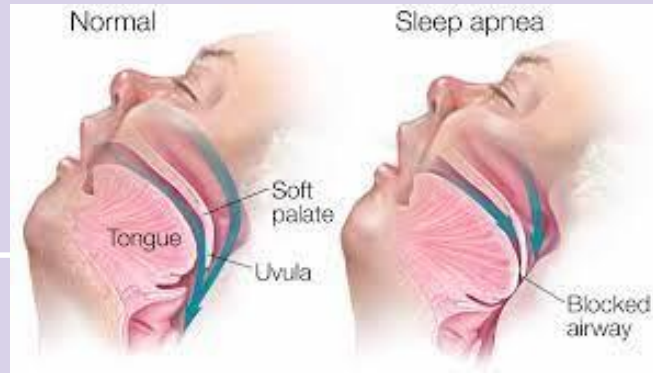
**Grindelia robusta**  
**Rosin wood**  
**Family - Compositae**



PHARMACY - grin. Grindelia robusta. Rosin-wood. Grindelia squarrosa.  
N. O. Composite.

Is one of the main remedies to be thought about for SLEEP APNEA

Acts on the pulmonary circulation. Asthma, with profuse tenacious expectoration, which relieves. **STOPS BREATHING WHEN FALLING ASLEEP; WAKES WITH A START, and gasps for breath. Must sit up to breathe. CANNOT BREATHE WHEN LYING DOWN.**





**FEAR: DARK, OF. (106) - Clar**

Fear: sleep: go to, to. (33) - Ken

Fear: suffocation, of. (76) - Boer

Fear: suffocation, of: mucus in: bronchia, from. (2) -  
Boer

Hydrophobia. (79) - Kne

Light: desire for. (46) - Ken

Light: desire for: sunshine. (8) - Ken

Light: desire for: sunshine: society, mankind, and.  
(3) - Ken

**RESPIRATORY COMPLAINTS, WITH. (210) - Farr**



**( Snake remedies – OPHIDIA group – also have SLEEP APNEA )**



**Thea sinensis**  
**Chinese tea**  
**theaceae**



PHARMACY - thea. *Thea sinensis*. Chinese tea. *Camellia thea*. N. O. Ternstroмиaceae, Theaceae.

Tea contains an alkaloid, Thein, which is considered by some identical with caffeine, and both tea and coffee are used to stimulate the jaded faculties. The stimulation will enable persons to endure fatigue and get more enjoyment out of themselves than they could obtain by mere food. Coffee and tea are different in their effects though they may be alike in their chemistry.



- Sleeplessness: conversation: amel. (1) - Alle
- Sleeplessness: nervousness, from. (64) - Clar
- Sleeplessness: pain, with. (189) - Alle
- Sleeplessness: pain, with: limbs, in. (52) - Alle
- Sleeplessness: pain, with: limbs, in: upper. (5) - Alle
- Sleeplessness: pulsation, from. (19) - Boer
- Sleeplessness: restlessness, from. (204) - Clar
- Sleeplessness: thinking amel. (1) - Alle



- Concentration: active: fixed easily. (1) - Alle
- Confidence: want of self. (269) - Alle
- Confidence: want of self: beer amel. (1) - Alle
- Confusion of mind. (662) - Ken
- Confusion of mind: motion: agg. (61) - Ken
- Confusion of mind: walking: agg. (47) - Ken
- Contrary. (106) - Jahr
- Conversation: aversion to. (78) - Alle
- Coziness, desire for. (1) - Kitt
- Death: presentiment of. (155) - Robe
- Death: presentiment of: predicts time. (14) - Schm



SUICIDAL DISPOSITION. (202) - Ken

Suicidal disposition: thoughts. (68) - Clar

Suicidal disposition: throwing oneself from:  
windows. (21) - Ken



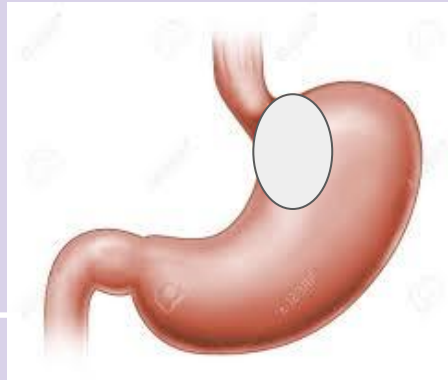
**Abies nigra**  
**(Black spruce)**  
**Family - Conifereae**





PHARMACY - abies-n. Abies nigra. Black Spruce. Double Spruce. Picea mariana. Picea nigra. N. O. Coniferae. Pinaceae. North America.

Characteristic sensation in the cardiac end of the stomach or in the esophagus, "as if a hard body, as a hard-boiled egg had lodged there." Where this symptom is present, whether in dyspepsia or lung disease with or without hemoptysis, constipation, Abies-n. will be the most likely remedy.



A powerful and long-acting remedy, in various forms of disease, whenever the characteristic stomach symptoms are present. Most of the symptoms are associated with the gastric disturbances. IN DYSPEPTIC TROUBLES OF THE AGED, with functional heart symptoms; also after tea or tobacco. CONSTIPATION. Pain in external meatus.



**SLEEPINESS: AFTERNOON: AMEL. (12) - Boer**

**SLEEPLESSNESS. (806) - Her**

Sleeplessness: night. (374) - Her

Sleeplessness: night: sleepiness, with: daytime. (59)

- Her

**SLEEPLESSNESS: HUNGER, FASTING, FROM. (11)**

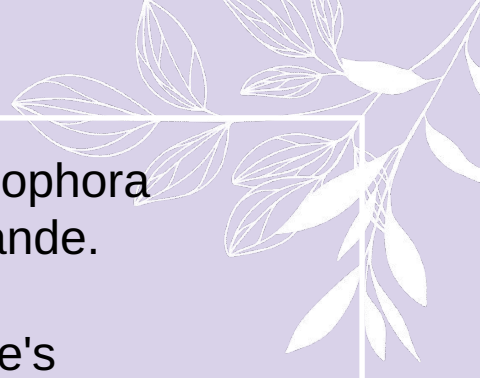
- Ken

Sleeplessness: restlessness, from. (204) -



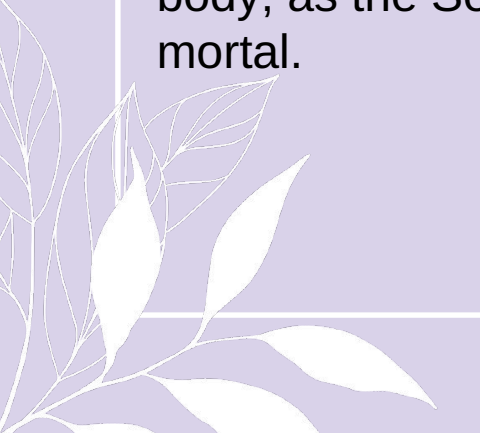
Anhalonium lewinii  
Peyote  
Cactaceae





PHARMACY - anh. Anhalonium lewinii. Peyote. Peyotl. Lophophora williamsii. Mescal buttons. N. O. Cactaceae. Mexico, Rio Grande.

The experience of mescaline is often one of merging with one's surroundings or the feeling of being one with the whole of existence, seeing oneself without any boundaries. This is close to the highest spiritual experience as described in Hindu or Buddhist philosophy as oneness or non-duality of Spirit. This experience implies immortality - what dies is the body; as the Self is continuous with the whole of existence, it cannot be mortal.



Mescal is a strong intoxicating spirit distilled from PULQUE FUERTE. Pulque is made from the Agave Americana of Mexico, locally known as Maguey and is the national beverage of Mexico. Indians call it Peyote. It weakens the heart, produces insanity. Its most striking effects appear in the AUDITORY NERVE for it makes "each note upon the piano a center of melody which seems to be surrounded by a halo of color pulsating to the rhythm of the music." (Hom. World.)

Causes a form of intoxication accompanied by wonderful visions, remarkably beautiful and varied kaleidoscopic changes, and a sensation of increased physical ability. Also visions of monsters and various gruesome forms. A cardiac tonic and respiratory stimulant. Hysteria and insomnia. A remedy for brain-fag, delirium, megrim, hallucinations, with colored brilliant visions. Motor incoordination. Extreme muscular depression; increased patellar reflex. Paraplegia.



Time sense disordered; time periods enormously overestimated; thus, minutes seem hours, etc.



SLEEPLESSNESS. (806) - Step

Sleeplessness: night. (374) - Step

Sleeplessness: night: sleepiness, with: daytime. (59)

- Step

Sleeplessness: **fancies, images, from.** (39) - Mez

Sleeplessness: thoughts, from. (198) - Step

Sleeplessness: visions, from. (21) - Mez





# Clinical tips

*You had a LATE supper / dinner – and then you can't sleep*

- *Sleep; SLEEPLESSNESS; Banqueting, late suppers (1) : puls.*



*Substance abuse / drugs – causing Sleeplessness*  
*3 main remedies –*

- *SUMBUL*
- *OPIUM*
- *SECALE COR*



***Sulph*** wakes up suddenly – WIDE AWAKE out of nowhere

- Sleep; SUDDENLY wide awake (1) : sulph.8
- Sleep; WAKENS frequently (15) : bar-c.8, 2calc.8, dig.8, ferr.8, 2ign.8, lyc.8, nit-ac.8, nux-v.8, 2phos.8, plat.8, sarcol-ac.8, 2sel.8, sil.8, stram.8, 2sulph.8



## Cases of Arthritis – where patient cant sleep due to PAIN

- Sleep; SLEEPLESSNESS; bones; periosteal pains (1) : 3**Kalm.**



## Sleepless with High Blood sugar

- Sleep; SLEEPLESSNESS; diabetes, in, mellitus (1) : 2uran-n.



In cases , where all Opiates fail – in Syphilitic miasm based –

- Sleep; SLEEPLESSNESS; drugs; opiates, could not sleep without (1) : **3Kali-i.**



Children who won't sleep – till they are fondled and caressed only then they would sleep

- Sleep; SLEEPLESSNESS; mental condition; caressed and fondled, will only sleep when (1) : 2kreos.



Sleepless – during Pregnancy  
Constant state of anxiety and worry  
Loquaciousness  
Worried about what will happen

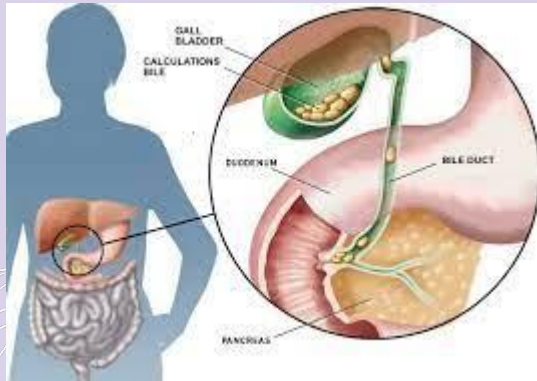
- Sleep; SLEEPLESSNESS; pregnancy, in (3) : 3Cimic

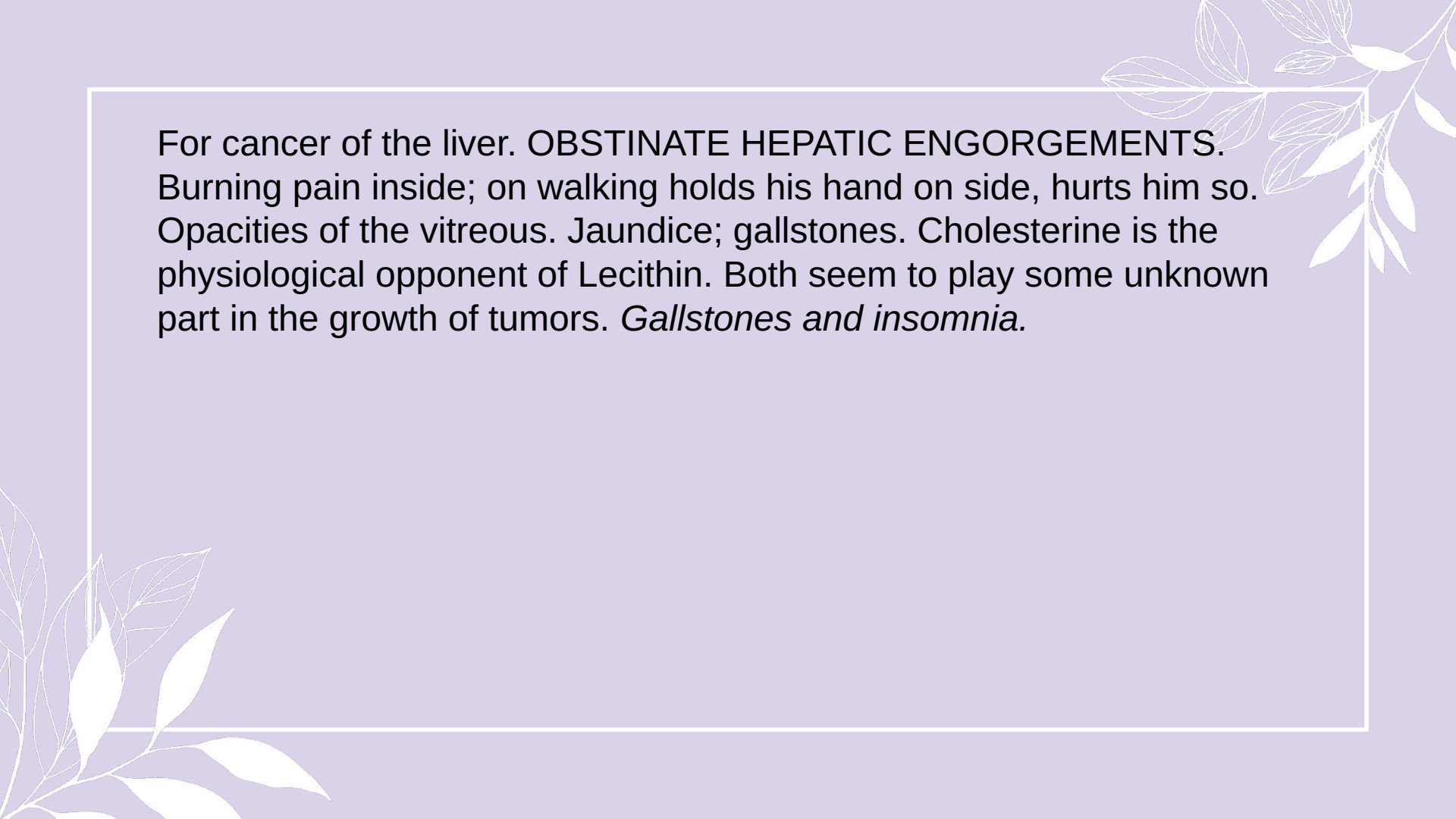




# Cholesterinum

PAINFUL GALLSTONES – with No sleep all night





For cancer of the liver. OBSTINATE HEPATIC ENGORGEMENTS. Burning pain inside; on walking holds his hand on side, hurts him so. Opacities of the vitreous. Jaundice; gallstones. Cholesterine is the physiological opponent of Lecithin. Both seem to play some unknown part in the growth of tumors. *Gallstones and insomnia.*

# Nux vomica

Nux vom is one of lesser known remedy for SLEEPLESSNESS

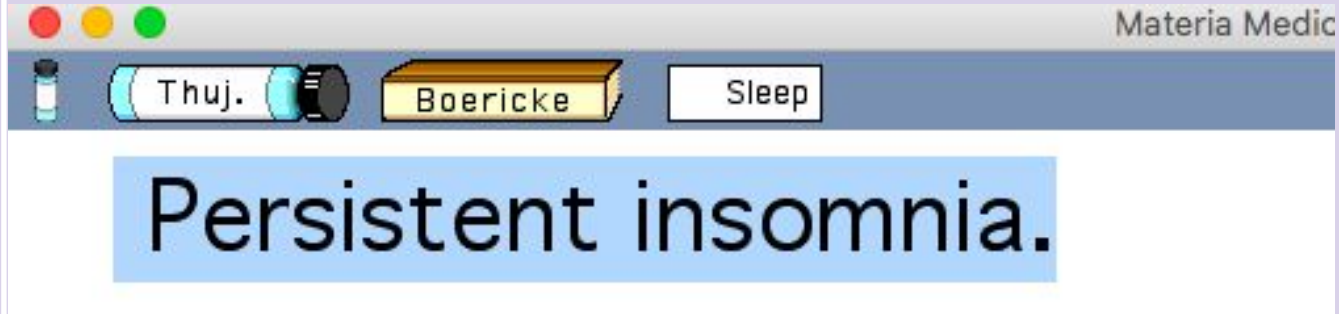
- Sleep; SLEEPLESSNESS; bad effects from loss of sleep; constipation, from night-watching (1) : 4 [NUX-V.](#)
- Sleep; SLEEPLESSNESS; bad effects from loss of sleep; dyspepsia, from night-watching (1) : 4 [NUX-V.](#)



**Thuja occidentalis**  
**Tree of life**  
**Family - Coniferae**



Dr Sarkar's fav remedy for insomnia is THUJA



especially when they LIE on LEFT side  
they get very dangerous and death related dreams



**DREAMS: DANGER. (178) - Boe**

- Dreams: danger: lying on left side. (1) - Ken

Dreams: danger: death, of. (18) - Boe

**DREAMS: DEAD: BODIES. (102) - Jahr**

- **DREAMS: DEAD: BODIES: SLEEPING ON LEFT SIDE, WHEN. (1) - Kne**

**DREAMS: DEAD: PEOPLE, OF. (168) - Hahn**

- **DREAMS: DEAD: PEOPLE, OF: SLEEPING: LEFT. (1) - Ken**

**DREAMS: DEATH, OF. (288) - Hahn**

**DREAMS: DEATH, OF: DYING, OF. (38) - Noack**



# Carcinosin

Sleeplessness in children ( TOP remedy )





- Sleeplessness: anticipation, from. (1) - Mick
- Sleeplessness: anxiety, from. (99) - Mick
- Sleeplessness: cancer, with family history. (1)
- Sleeplessness: cares, worries, from. (62) - Sanc
- SLEEPLESSNESS: CHILDREN, IN.** (44) - Schm
- Sleeplessness: children, in: carried, child must be. (2) - Gre
- SLEEPLESSNESS: CHILDREN, IN: ROCKED, CHILD MUST BE.** (6) - Schm
- Sleeplessness: dreaming, after. (24) - Step
- Sleeplessness: excitement, emotional, agg. (213) -



Sleeplessness: causeless. (19) - Mick

Sleeplessness: chronic. (14) - Mick

- **SLEEPLESSNESS: HEREDITARY.** (1) - Bane

