

## Selecting the Correct Homeopathic Remedy

It is imperative that you match the symptoms of the illness to get the correct homeopathic remedy.

**Bottom Line: If you get it wrong  
IT WILL NOT WORK.**



### Why is symptom selection so important?

Modern medicine generally looks at different parts of the body, not *the body as a whole* and has a specialist for some 12 different organ systems.

Homeopathy views the body as an integrated whole. Each system interacts with all others; there are billions of interactions occurring at any given moment. Since the human body functions as a whole, it is important to *consider all of the symptoms* a person is experiencing, including mental and emotional symptoms.

Each person's symptoms are different and it's *that difference* which makes it crucial in finding the perfect homeopathic remedy.

### Example of remedy selection based on symptoms

Consider the following scenario:

It was 8 am on Saturday morning, Carla, a mother of 3 teenage girls, phoned with complaints of a bladder infection. Her symptoms were similar to a bladder infection she had experienced two years ago.

Carla had gone to the health food store, purchased the homeopathic remedy *Cantharis* and followed the instructions. "I looked at the label and the bottle said *for bladder infections*, I followed the instructions ...so why didn't it work? I don't want to go the antibiotic route but now I am beginning to wonder. I am also feeling uncharacteristically irritable. No pun intended, but everything "p...es me off."

*Me: 'What are your symptoms?'*

*Carla: 'I have a bladder infection and my bladder is painful.'*

Me: 'Describe your pain.'

Carla: 'It hurts when I pee and it's really bad at the end, especially the last few drops; there's a terrible burning, cutting pain, like razors scraping.'

Me: 'What does the urine look like?'

Carla: 'It's kind of cloudy.'

Me: 'What about your bladder?'

Carla: 'I feel like I have to pee all the time and feel pressure in my bladder.'

Me: 'What happens when you begin to urinate?'

Carla: 'When I start to pee, it comes on very slowly.'

Me: 'Is there anything which makes it worse or better?'

Carla: 'It sounds weird, but the urine comes out easier if I pee while standing.'

Me: 'Carla, while **Cantharis** is a common bladder remedy it is not **your remedy**; your symptoms more closely match those which should be treated by the homeopathic remedy **Sarsaparilla**.

**Cantharis** would be used to treat slightly different symptoms with frequent urging every 2 or 3 minutes but can only expel a few drops of urine. There is an intolerable burning, scalding sensation. Each drop of urine feels like scalding acid. The burning occurs in the beginning, is worst in the middle, and not as bad at the end of urinating. Sitting in cool bath water may give relief. This is different from the condition treated with **Sarsaparilla** where you experience cutting knife pain and the worst pain is at the end of urinating.

'Bladder Infection' is a very general description as is fever, sore throat, and tooth ache. While there are thousands of homeopathic remedies, there are probably between 10 and 20 commonly prescribed Bladder Infection remedies. Most people need the more commonly prescribed bladder remedies but there are exceptions. **It is the subtle differentiation of symptoms that is used to determine proper remedy selection.**

## Symptoms need definition

### Four necessary criteria in pinning it down:

1. **Sensation:** In your own words what do your symptoms feel like?  
For instance, if you are in pain, is it dull, sharp, pressing, burning, exploding, pounding? etc..

*In the Sarsaparilla case above the pain was cutting like a razor and burning; constant urging, slow at start.*

2. **Location:** Where exactly is it located? If you have a headache, is it in back of your head, temples, forehead, behind your eyes, worse on one side, etc.

*Sarsaparilla case: bladder and urethra*

3. **Modalities:** Everything that makes it better or makes it worse. Modalities are most essential because it gives precision to the sensation. Is it better from warmth or cold, a certain time of day, lying still or motion, light, noise, pressure, being consoled or being left alone. There are thousands of possibilities and it is the combination of these modalities which are crucial in leading you to the proper prescription.

*Sarsaparilla case: standing made urinating easier.* This eliminates a lot of other possible remedies.

4. **Concomitants:** The accompanying symptoms.

*Sarsaparilla case: irritability. Carla took the Sarsaparilla as prescribed and noticed an immediate improvement, 2 days later all bladder symptoms were gone.*

## Can I treat myself and family?

You can treat yourself for acute problems, acute meaning an illness such as influenza, sprained ankle, otitis media, all conditions from which you will eventually heal on your own, even if not treated.

Chronic illnesses such as asthma, allergies, arthritis, etc. is a condition from which you cannot recover without outside intervention. Treatment of chronic illness needs a trained homeopath.

Recommended Publications for Prescribing Treatment  
of Acute Conditions:

*Everybody's Guide to Homeopathic Medicine, Cummings and Ullman*

*Homeopathic Medicine at Home, Panos and Heimlich*

*The Complete Homeopathy Handbook, Miranda Castro.*

*Homeopathic Self-Care- The Quick and Easy Guide for the Whole Family,*

*Reichenberg-Ullman and Ullman*

*Help! and Homeopathy- What to do in a 911 Emergency Eileen Neuman*