



The Ten Homeopathic Remedies Everyone Should Have

Homeopathic remedies come in different strengths depending on the condition you want to treat. All of the remedies below should be purchased at 30c, which is a basic dose for acute care.

Dana Ullman, MPH, a proficient homeopath, suggests the following remedies:



Alium Cepa (Onion)

Because it is known to cause tearing of the eyes and dripping of the nose, it is a frequent remedy for the common cold and hay fever, especially when there is a thin, watery, and burning nasal discharge that irritates the nostrils.

Arnica (Mountain Daisy)

This is the #1 remedy in sports medicine and first aid. It is used for shock and trauma from injury. It also helps to reduce pain and speed up the healing process. Whether you're into competitive sports or exercise, arnica is the place to start.



Arnica (Topical)

Another way to use arnica is in topical external application, such as gels, ointments, or sprays. This application of arnica is great for healing sprains and strains, as well as black and blue bruising (without broken skin).



Chamomilla (Chamomile)

Many parents owe their sleep to homeopathy, not because it helps them directly, but because it is so good for their infant. Chamomilla is THE remedy for irritable infants, especially those who are teething or have colic.





Hypericum (St. John's Wort)

This remedy is the first medicine to consider for injuries to the nerves or to parts of the body rich in them, including the fingers, toes, and back. Any injury with shooting pains should be treated with this remedy.

Magnesia Phosphorica (Phosphate of Magnesia)

This is the most effective remedy for cramps, including menstrual cramps. It has helped prevent many women from turning from Dr. Jekyll into Ms. Hyde as a result of menstrual cramps. It is particularly indicated when a woman's cramps cause her to bend over, and when they experience some relief from applications of warmth.



Nux Vomica (Poison Nut)

This is the premier medicine for ailments exacerbated by conventional or recreational drugs. It is also a common remedy for treating symptoms of overeating or from drinking too much alcohol. Considering how many people have these vices today, this medicine is needed all too frequently.



Pulsatilla (Windflower)

The above-ground parts of the plant, is used for various conditions, including painful reproductive system issues and skin conditions. It can also be beneficial for symptoms related to pregnancy, menopause, or menstruation, such as headaches, mood swings, and hay fever. Additionally, it may address conjunctivitis, indigestion, and mental symptoms like changeable moods and a desire for comfort and company.



Rhus Tox (Poison Ivy)



This medicine is the most common remedy for sprains and strains. It is especially indicated when a person experiences a "rusty gate" syndrome, that is, pain on initial motion, which is reduced the more the person continues to move. It is also often given to people with the flu or arthritis who experience this similar rusty gate syndrome.