

WHOLEHEAL

HOMEOPATHY

Notes on Bowel Nosodes

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1. Morgan Pure

Mainly linked to **Sulphur** (but also to: Calc, Graph, Petr, Psor, Puls, Sep)

Keywords: *congestion, introspection, liver, constipation*

It is specifically linked to chronic skin eruptions and/or disturbance of the liver.

Physical symptoms:

- major remedy for eczema in young children
- skin is very irritant with great sensitivity to touch. Itching eruptions < heat, washing, night
- dry inflammation of the skin, fissures or oozing, cracked heels, acne, boils, carbuncles
- offensive foot sweat
- alopecia as a result of skin conditions
- „bilious attacks“, congestive headache with stomach problems (vomiting of mucus and bile)
- migraine triggered by onset of menstruation, periodic migraines (usually once a week)
- inflammatory conditions of the mouth and throat with dryness and redness
- sinusitis with dryness or catarrh (respiratory conditions < winter and spring), post-nasal catarrh.
- bronchitis with dry cough, shortness of breath and tightness of chest recurring each year < night
- high blood pressure with vertigo
- congestion and sluggishness of liver with haemorrhoids, varicose veins and phlebitis (inflammation of the walls of veins)
- constipation or morning urgency for loose stool (Sulphur)
- painful cystitis with burning but without blood
- arthritic conditions of joints (usually in knees) or rheumatism > movement, < first movement (Rhus.), night, heat
- catarrhal deafness

Mental & emotional symptoms:

- introverted and unstable
- thoughts of suicide
- fear of diseases: cancer, general dread of being ill. Once he starts thinking about the disease he can't stop.
- tense, active, irritable
- fear of crowds but anxious when left alone
- claustrophobic

Modalities:

Worse for: washing, hot atmosphere, excitement, onset of menses, night

Wholeheal Homeopathy: <https://www.wholeheal-pl.co.uk/> email: info@wholeheal.co.uk

Better for: eating, movement



2. Morgan Gaertner

Mainly linked to **Lycopodium** (but also to: Kali-B, Chel, Pul, Sil, Nat-M, Hep, Lach)

Physical symptoms:

- remedy for liver, gallbladder (esp. acute inflammatory conditions), jaundice
- PMT, leucorrhoea heavy- brown, corrosive, bad odour
- chronic cystitis
- chilly people
- migraine and headaches > eating
- flatulent indigestion (most windy bowel nosode!), foul-smelling
- distended stomach with feeling of fullness
- constipation, weak bowel action
- painful and/or bleeding piles, prolapsed rectum
- desire for sweets, salt and hot food (eggs and fats agg.). Drowsy after food.
- nasal and post- nasal catarrh, sinusitis with clear or white discharge
- cracked corners of the mouth
- psoriasis (elbow, knees and ankles)
- rheumatism, stiff and painful knees
- kidney stones
- morning cough on waking
- feet too hot at night

Mental & emotional symptoms:

- self-centred, self-pitying
- irritable, short- tempered, impatient
- easily offended
- fear of company and/or being alone
- tense (i.e. nail biting) and restless
- jaelous
- fastidious

Modalities:

Worse for: eating, eggs, fats,

Better for: passing wind, movement

3. Dysentery co.

Mainly linked to **Arsenicum Album, Lycopodium** (but also to: Arg-N, Anac, Nux-V, Tub, Kalm, Verat)

Keywords: *anxiety, tension, excitement, perfectionism, fear*

Physical symptoms:

- ulcers that arise after period of anxiety
- sleeplessness caused by anxiety (esp. school children)
- children are hypersensitive, shy, timid, alert.
- cyclical vomiting in highly strung individuals
- infantile masturbation
- adult onset of hay fever and rhinitis
- general hypersensitivity
- low grade inflammatory conditions of respiratory tract, asthma
- frontal headaches at regular time periods (i.e. 7 or 14 days cycle)
- muscular tics and twitches (esp. face)
- acute pain in stomach relieved by vomiting mucus (esp. at night)
- fullness and bloating in stomach and abdomen after eating
- desire for cold drinks (which aggravate)
- sharp pains when passing stools. Constipation and/or diarrhoea (esp. morning), bowels affected by emotions. Sore anus from diarrhoea
- heart palpitations (before any event or after food), poor exercise tolerance
- shortness of breath, feeling of suffocation (esp. at night)
- desire for heat with dislike of stuffy atmosphere
- easily perspiration from excitement or exertion
- skin eruptions, eczema at bends of joints, urticaria from emotions

Mental & emotional symptoms:

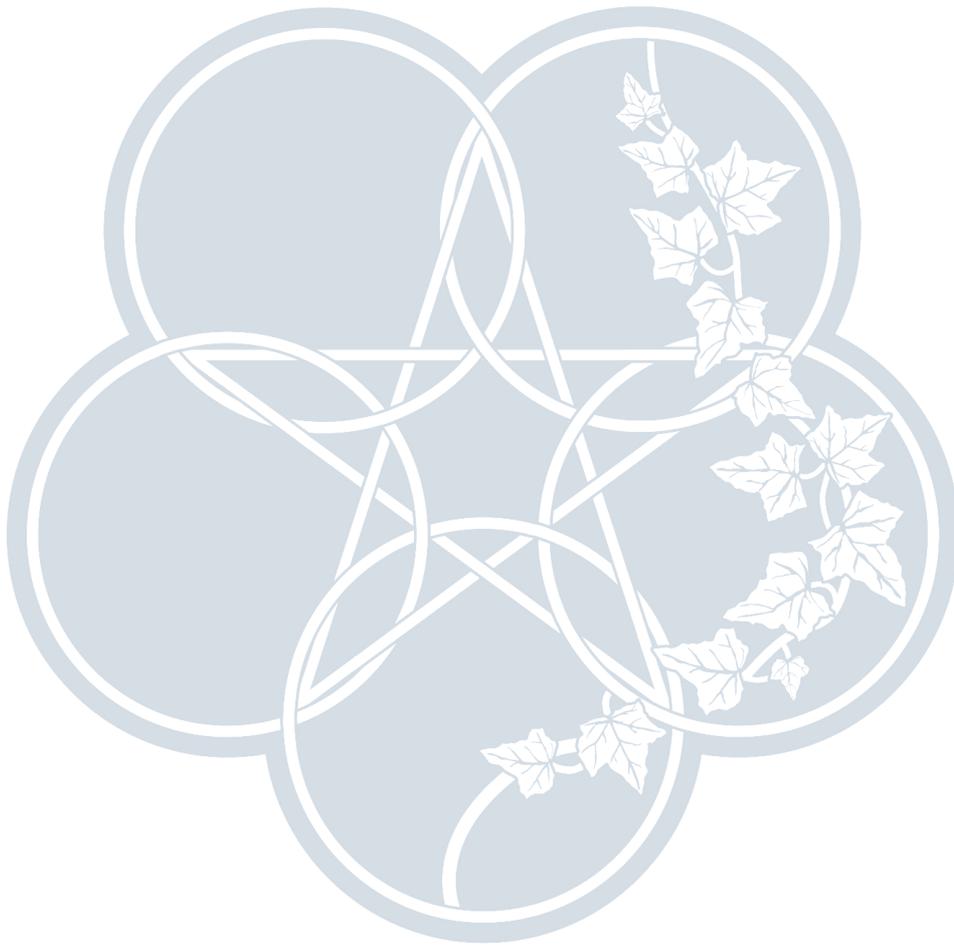
- nervous temperament, performance anxiety
- lack of ability to relax (patient may hyperventilate and feel dizzy)
- insecurity and lack of self- confidence
- OCD
- excitability, fearfulness, phobias, restlessness
- inability to relax
- extremely sensitive to criticism, outbursts of violent anger from being criticised
- easily embarrassed, blush easily
- ambition, fear of failure, desires to succeed
- planning every eventuality, will not leave anything to chance
- sensitivity to all external stimuli

Modalities:

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Worse for: warm rooms, crowds, consolation, eating, fats, sweets, exertion

Better for: warmth, open air



4. Proteus

Mainly linked to **Natrum Mur** (but also to: Ammon Mur, Aurum Mur, Apis, Baryta Mur, Calc Mur, Cuprum, Ign, Mag Mur, Staph)

Keywords: *brainstorms, suddenness, anger, destructiveness*

Physical symptoms:

- linked to chlorine metabolism, affecting the balance of sodium
- adrenal glands are affected by prolonged stress
- symptomless duodenal ulcer until it ruptures (vomiting of blood)
- heartburn, acidity, sourness
- pain of stomach as if from hunger but eating does not relieve it
- diarrhoea from emotional upsets, constipation with non-productive straining
- painful bleeding haemorrhoids, anal itching
- will eat huge quantities of food but use it up (Proteus is never fat!)
- major remedy for epilepsy (Ignatia)
- muscular spasms and cramps, sciatic pains
- palpitations from slightest emotions when lying down, tightness of chest from emotions
- salty taste in mouth
- poor peripheral circulation with Ménière's disease (disorder of inner ear) or Raynaud's disease (restricted blood flow to fingers or toes, "dead fingers") with sudden onset
- disturbance of peripheral nervous system (spasms, "dead fingers")
- osteo- and rheumatoid- arthritis
- allergic reactions involving the digestive tract (sudden & systemic)
- herpes, cold sores, cracks at corners of the mouth
- sudden onset of frontal headaches (week before menses), nausea with migraine attacks, brain feels dehydrated
- pains in eyes > pressure
- face feels congested on the right side
- inflexibility of body and mind
- bronchitis with productive cough < cold
- chronic rhinitis or blocked nasal passages
- marked sensitivity to UV light, eyes extremely sensitive to the sun
- intense burning pains in urethra
- severe itching in all parts of the body, esp. around genitals

Mental & emotional symptoms:

- violent outbursts of anger, could commit a murder if crossed

- „Nux Vomica on a bad day is Proteus on a good day“. Proteus is well followed by Nux Vom or Ignatia
- hysteria, ever-changing nature, versatile
- anxiety and tension from long periods of stress (external)
- brain storm, mental instability
- crying from anger
- intense stress and tension with equally strong emotional control. When control snaps the result is sudden outburst of symptoms (without warning! Nux-V, Ign, Nat-Mur)
- feeling of being stretched to the limit
- dislike of change
- dislike of being ignored
- unresponsive, antisocial, feeling of being victim
- easily offended, sensitive to criticism
- contradiction can produce great anger, inflexibility
- disappointment (Ign.)
- inflation of ego, superiority and self- importance
- frustrated at work, think others do not do things properly
- likes consolation

Modalities:

Worse for: waking in the morning, wine, lying down at night, extreme temperature (hot or cold), exertion

Better for: whisky, resting, stretching, being in mountains, eating

5. Sycotic co.

Mainly linked to **Thuja** (but also to: Nit-Ac, Lyc, Puls, Med, Bac, Tub, Sep, Rhus Tox, Kali Bich, Caust)

Keywords: *irritability, catarrh, mucus, inflammation*

Physical symptoms:

- mucus membranes are affected, esp. those of urogenital system
- bland leucorrhoea, copious discharges from the genital system with fishy smell
- vaginal warts, uterine polyps, ovarian cysts, bacterial vaginitis
- inflammatory conditions of the bladder, urethra, uterus, vagina
- affinity for respiratory system with inflammatory and catarrhal conditions (bronchitis, tracheitis, pleurisy, bronchopneumonia)
- asthma > seaside, < damp, cold
- allergy, hay fever (esp. of adult origin)
- production of catarrh, esp. nose, ears and eyes. Discharges yellow, green, thick.
- headache from infection of sinuses
- pain in chest, spasmodic cough with thick sputum (can induce vomiting)
- chronic enlargement of tonsils and adenoids, thick mucus production in the throat
- deafness and excessive wax formation
- conjunctivitis, photophobia
- nasal polyps with catarrhal discharges
- ulceration of the membranes of the mouth
- greasy skin, warts, brittle painful nails, cracks on hands and feet, fungal infections
- ailments from vaccinations, skin eruptions triggered by vaccinations
- rheumatic and arthritic conditions, general stiffness (good for any joint problems)
- convulsions and muscle twitching from hysteria
- pains involving sciatic nerve
- restless and unrefreshing sleep, unpleasant dreams, grinding teeth during sleep
- loose, foul-smelling stools (morning or immediately after eating)
- sharp pains in rectum with diarrhoea, almost never constipation
- rectal prolapse
- distention of abdomen
- desire or aversion to milk, salt and fats, desire for sweets
- aversion to vegetables, tea, tomatoes, craving or aversion to vinegar

- aversion to breakfast, smell of cooking causes nausea

Mental & emotional symptoms:

- feeling that they are not good enough, hiding their own feelings (Thuja)
- want of approval and love (hence ambition and sometimes perfectionism)
- feeling that he / she have sinned and will be found out and shamed (Thuja)
- very good at reading people's expression („do they like me?“)
- sudden outbursts of anger
- irritability, restlessness
- nervousness, shyness, tendency to depression
- temper tantrums
- feeling of resentment
- fears: future, darkness, animals, being left alone
- nail biting, headaches, sinusitis- release mechanisms for suppressed negative emotions
- nightmares and dreams of dead bodies

Modalities:

Worse for: damp, cold, changes of weather, initial movement,

Better for: heat, prolonged movement, being near sea, rest

6. Gaertner Bach

Mainly linked to **Merc Viv, Phosphorus, Silica** (but also to: Carc, Calc, Tub, Bac, Kali Phos, Syph)

Keywords: *malnutrition, emaciation, failure to thrive, overactive mind with undernourished body, „children’s nosode“*

Physical symptoms:

- overactive mind with undernourished body
- NBWS salmonella, DPT, MMR (causes disruption in the gut)
- allergies
- recurrent ear problems from teething (when Cham. failed to act)
- strong connection with nutrition and alimentary system
- problems with change from mother’s milk to solid diet
- ailments from overuse of antibiotics
- coeliac disease, digestive allergies
- malnutrition and emaciation despite good appetite (very thin people)
- recurring worms in children (circles under eyes, itching nose, biting nails, pot bellied, itchy anus, desire for sugar)
- teeth are of poor quality
- dry eruptions around the lips
- children bite their nails
- excess acidity in the stomach
- strong desire for sweets which aggravate (vomiting)
- vomiting will often include a headache
- inability to digest fats
- constipation or (more commonly) offensive diarrhoea
- nasal catarrh and nasal polyps
- blood and mucus in the urine, burning in the urethra
- sciatica and great pain in lower back and hips < night
- pustular skin eruptions in head, neck and back
- boils on arms and legs
- restless hands and feet

Mental & emotional symptoms:

- lots of mental activity (sometimes hyperactivity)
- great sensitiviti to stimuli on all levels (esp. noise)
- ADD, ADHD, easily bored

- restlessness, inability to concentrate, general excitability
- problems with communication and feeling of vulnerability
- high intelligence but lacking mental stamina, precocious children
- irrational guilt
- lack of confidence
- easily irritated by trifles
- anticipatory anxiety when facing new situations (tries to avoid them!)
- coping mechanism includes conforming to the group and desire to please its members
- need to know exactly what is happening and why, at all times
- pessimism, generally negative attitude to life
- intense fears: darkness, being alone
- restless sleep with nightmares

Modalities:

Worse for: cold, nervousness, apprehension, stuffy atmosphere, eggs, wheat, milk

Better for: heat, company

7. Bacillus no. 7

Mainly linked to **Iodum, Bromium, Kali Carb** (but also to: Kali Iod, Calc Fluor, Rhus Tox, Caust, Ars/Calc/Ferr/Merc/Nat- Iodatums)

Keywords: *mental & physical fatigue, stiffness & rigidity*

Physical symptoms:

- prematurely aged look
- extreme physical exhaustion, becomes fatigued at the mere idea of effort
- gradual onset of symptoms
- lack of action, lack of nerve and muscle tone
- light, restless and unrefreshing sleep
- dull headaches
- catarrhal deafness
- weak digestion, fullness and flatulence after food
- constipation
- haemorrhoids
- hypo/hyper thyroidism (can be given along with Thyroidinum)
- hypotension
- faintness and vertigo from standing for too long
- tendency to chilliness with sensitivity to cold and damp
- excessive perspiration
- asthma
- bronchitis with thick mucus, chest pains > 2am
- tonsillitis, swelling in the throat
- loss of function in genital system in both sexes, loss of sexual function
- weak flow of urine
- distention of the stomach due to muscle weakness
- swelling and pain of joints, rheumatoid arthritis, backache when standing
- cracking of joints, esp. knees

Mental & emotional symptoms:

- great disinclination to make any effort at all
- tiredness and tension

Modalities:

Worse for: standing, movement, draughts, cold, damp

Better for: rest, warmth

8. Bacillus no. 10

Mainly linked to **Calc Fluor** (but also to: Natrum Sulph, Thuja, Aralia, Sepia, Kali Bich)

Keywords: *sycosis*

Physical symptoms:

- frontal headaches with congestive pain over the eyes (esp. left)
- bad breath, spongy gums, blood in saliva
- leucorrhoea with green, corrosive discharges with fishy odour
- increased sexual desire
- frequent urination without cystitis
- warts on hands and feet
- excessive perspiration from the axillae
- eating disorders
- craving for fried fish and chocolate, aversion to breakfast, eggs, bread, tomato, tea
- sluggish bowels, itchy anus
- nasal catarrh, cough < mornings
- ringworm
- rheumatoid arthritis of left knee

Mental & emotional symptoms:

- restless, always „on the go“
- overactive mind
- anxiety, sadness, depression with irritability or sensitivity to criticism
- OCD
- life revolves around routine (i.e. exercising, cleanliness, fixed behaviours, etc.)
- anorexia or bulimia