FitJeevan Family Health Series

Homeopathy Book for Every Home

151 common problems · every remedy checked against the standard reference book

Now in easy English

An educational reference handbook · For the whole family



151 topics | 14 parts | Dose rules by age | "See a doctor immediately" signs on every page | Easy English, with pictures

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Publisher
ANSYS (FitJeevan)

Homeopathy Book for Every Home

151 common problems: symptoms, home care, homeopathic options and when to see a doctor

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What this book is, and what it is not

This is a health information book for ordinary readers. The homeopathic information in it has been written after checking it with the standard homeopathic reference book (William Boericke's *Pocket Manual of Homoeopathic Materia Medica*), and the general dose rules are based on the home-use leaflets of the Central Council for Research in Homoeopathy (CCRH, Ministry of AYUSH). The list of sources is at the end of the book.

> **Important warning:** This book is not a substitute for a doctor's check-up, advice or treatment. It does not claim to cure, prevent or remove any disease from the root. The author is not a doctor. Before taking any medicine, consult a registered doctor (for homeopathy, BHMS/MD Hom). In pregnancy, breastfeeding, for babies under 3 months, in serious or long-standing illness, and if you are already taking any medicine, do not take any medicine on your own. Never stop a medicine given by a doctor on your own. In an emergency, call 112 or 108 immediately.

Limits of responsibility

The author and publisher have tried their best to keep the information correct, but every person's body and illness is different. Responsibility for any result of using the information in this book lies with the reader alone. Company names in the book are only for information; the author-publisher is not linked to any medicine company and does not promote any brand. The pictures in the book are imaginary pictures made to explain; the people shown in them are not real patients.

Corrections and contact

If you find a mistake in any information, tell us through the contact page of fitjeevan.co.in. It will be corrected in the next edition. Any dispute will come under the jurisdiction of Kanpur (Uttar Pradesh).

Before you read: an honest word

Homeopathy is a recognised system of medicine in India under the Ministry of AYUSH. The government body CCRH itself issues small leaflets for home use. But the truth is also that major scientific reviews around the world have not found firm proof that it works. So this book presents homeopathy as **a support in mild, everyday problems**, not as treatment for serious illness.

This book will help you

- Understand every problem in simple language
- Give the right home care and diet
- Spot danger signs in time
- Understand symptoms before talking to a homeopath
- Understand potency, dose and precautions

What this book does not do

- Claim to cure any disease or remove it from the root
- Take the place of a doctor, tests or hospital
- Treat diseases like BP, sugar, thyroid, heart, cancer, TB
- Offer a substitute for vaccines
- Promote any company or brand

How we checked the information

- **The symptoms for every remedy** were checked against the original text of Boericke's Materia Medica (1927). Whatever did not match was removed.
- **Risky or strong-acting medicines** (mother tinctures, 200C and above, nosodes, some arsenic- and mercury-based medicines) were kept out of the home list or marked "Doctor only".
- **Dose rules** were taken from the home leaflets of CCRH (Government of India): 30 potency, 3 pills, every 3 hours, stop as soon as better, see a doctor if no relief in 24 hours.
- **"See a doctor immediately" signs** are given on every page, because the biggest danger comes not from the medicine but from delay.

Never break these three rules

1. Ongoing medicine
Do not stop BP, sugar, thyroid, heart, epilepsy or any other medicine given by a doctor on your own.

2. 24 hours
If there is no relief in 24 hours in a child, or in 2-3 days in adults, or the problem gets worse: see a doctor.

3. Danger signs
If you see any sign from the red box on the page: no home medicine, go straight to hospital.

Emergency numbers

112 Emergency services	**108** Ambulance	**102** Mother and child ambulance	**14416** Tele-MANAS mental health
1098 Child helpline	**181** Women helpline	**1800-11-6666** TB (Nikshay)	**1800-11-2356** Quit tobacco

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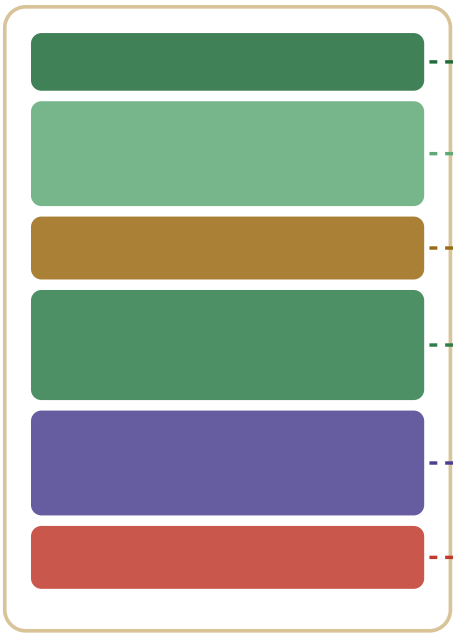
How to read this book

The book is in 14 parts, each part covering the common problems of one part of the body. Each topic is on one full page, always in the same order, so that you find the right information even in a hurry.



Title and part
Topic name, in English

Picture + What is it
Explained in simple words

Symptoms, causes
To recognise it

Home care, what not to do, diet
The first and most important step

Homeopathic options
Match symptoms, choose only one

See a doctor immediately
If you see these signs: no medicine, go to hospital

A coloured label (tag) on every page

Home care + options — A mild, common problem that gets better in a few days. Home care first, then one homeopathic option chosen by matching symptoms, as per CCRH rules.

With doctor's treatment — A long-lasting problem, or one that needs tests (like BP, sugar, thyroid, PCOS). Here you get information and care; medicine only after asking a homeopath, along with the doctor's treatment.

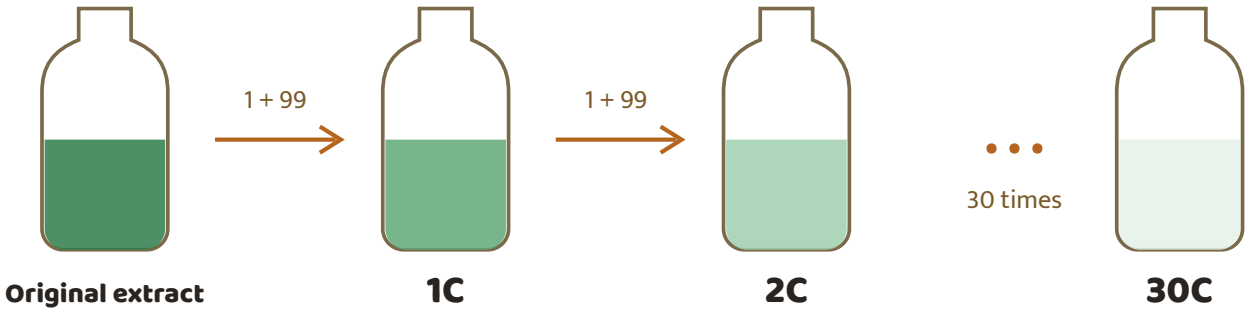
Warning only: doctor needed — Serious illness (like heart attack, dengue, TB, paralysis). These pages give no medicine, only how to recognise it and "What to do".

5 steps for the right use

1. First read the **red box**. If you see any of its signs, do not read further: go to a doctor.
2. Then **What to do at home** and **Diet**: in most problems, this helps the most.
3. If you need to choose a medicine, look among the options for the **one** medicine whose symptoms match the most. Do not take many medicines together.
4. For the dose, follow the rule on page 12: 30C, 3 pills, every 3 hours, stop as soon as better.
5. If there is no relief in 24 hours (children) or 2-3 days (adults), see a registered doctor.

Understanding potency (strength)

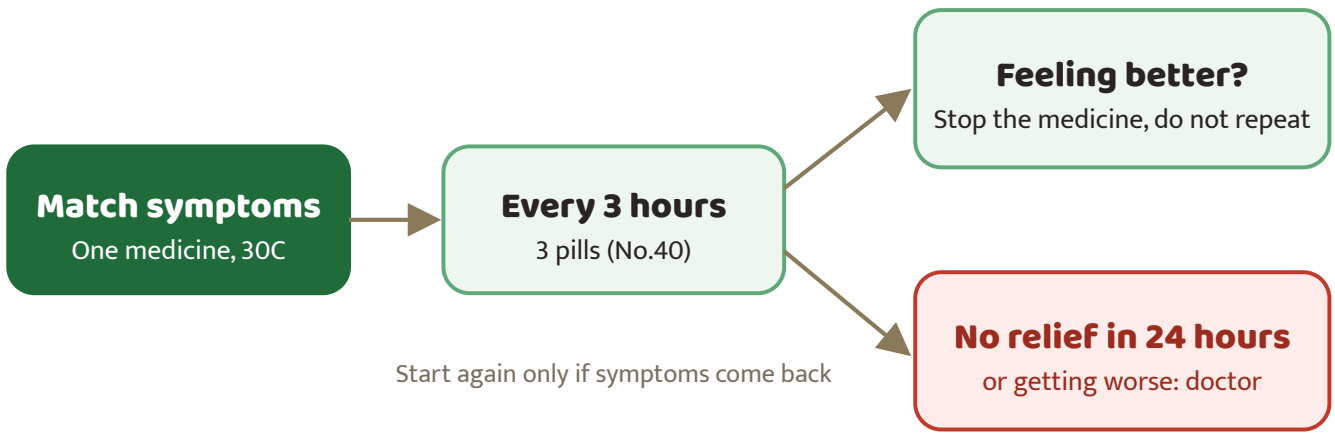
The mark like 6X, 30C, 200C, Q written after the medicine name is called **potency**. It tells how many times the original substance was diluted and shaken. In homeopathy it is believed that a higher potency acts deeper and longer, so high potencies are decided only by a doctor.



Each step: 1 part medicine + 99 parts alcohol/water, then shaken hard (C = scale of 100). In the X scale, 1 + 9 (scale of 10).

General dose rule (CCRH, Government of India)

The Central Council for Research in Homoeopathy (CCRH), Ministry of AYUSH, gives this rule in its "Mother and Child Care" home leaflets. This is the rule for every medicine on the A-pages of this book.



How much is one dose

30C pills (globules): 3 pills of No.40 size, or **4 pills** of No.30 size. Fewer if the pills are big, more if they are small.

The pill count does not change with age (CCRH and the Ministry of AYUSH both give the same count for children and adults). For a small child, dissolve in water.

How often, for how long

Every 3 hours while symptoms are strong. As soon as relief starts, **stop the medicine**; start again only if the same symptoms come back.

No relief in 24 hours, or the problem gets worse at any time: stop the medicine, see a doctor. Do not take any medicine daily for a long time on your own.



Other forms besides pills

Form	Usual dose (check with the bottle label)	Not for whom
6X biochemic pills	Adults: 4 pills, children: 2 pills (half), 3-4 times a day (as per company label)	People with lactose problems: ask a doctor
30C liquid (dilution)	3-5 drops in half a cup of water. **It contains about 90% alcohol**, so the book considers pills better	**Children, pregnant women, breastfeeding mothers, liver disease, people giving up alcohol**
Q (mother tincture)	Only the amount written by a doctor	**Not for anyone at home**
Cream / external lotion	Only on unbroken skin, as written on the pack	Open wounds, eyes, mouth

Sources: CCRH home leaflets (diarrhoea, teething); Ministry of AYUSH homeopathy guideline; medicine company labels. If another company's label gives a different dose, follow the label or the doctor.

Dose by age

In the government rule (CCRH, Ministry of AYUSH), the 30C pill count does not change with age. What changes with age is **the way of giving** and **when to go to a doctor**. In 6X tissue salts, children are given half the adult dose (as per company label).

Age / condition	30C pills	6X	How to give, when to stop
0-3 months	**No medicine on your own**	-	At this age, fever, not feeding, dullness, fast breathing: go straight to a doctor/hospital.
3 months - 5 years	**3 pills (No.40)**	6X: 2 pills	Dissolve 3 pills in one spoon of clean drinking water and give with a spoon. Continue breastfeeding. No relief in 24 hours: doctor.
5 - 12 years	**3 pills (No.40)**	6X: 2 pills	Let it dissolve on the tongue, or give in water. Only under an adult's watch.
Above 12 years, adults	**3 pills (No.40) or 4 (No.30)**	6X: 4 pills	Every 3 hours, stop as soon as better. No relief in 2-3 days: doctor.
Above 60 years	**3 pills (No.40)**	6X: 4 pills	Elderly people are often on many medicines; tell the doctor first about any new medicine. High fever, confusion, falling: go straight to a doctor.
Pregnancy, breastfeeding	**Not on your own**	Not on your own	Any medicine, even homeopathic, only after asking a doctor/homeopath.
People with long-term illness	**Not on your own**	Not on your own	BP, sugar, thyroid, heart, kidney, epilepsy, cancer: along with your own doctor's treatment, after asking a homeopath.

This table is FitJeevan's **safety rule**, made from CCRH home leaflets and medicine company labels. For a particular illness, your homeopath may change the potency, the number of times and the number of days. What they write always overrides this book.

6 rules for giving medicine to children

- Only pills; do not put alcohol drops (dilution) directly in the mouth
- Do not give a whole pill to a small child, it can get stuck in the throat: dissolve in water
- Medicine always from an adult's hand, kept out of children's reach
- Write the name and date on the bottle, and the time of each dose on a paper
- Along with the medicine, continue ORS, water, breast milk and rest
- Child dull, almost unconscious, crying a lot or breathing fast: no medicine, go to hospital

Swallowed a whole bottle by mistake? 30C pills are mostly sugar/lactose, still tell a doctor. **If mother tincture, dilution (with alcohol) or any other medicine was swallowed, go to hospital immediately**, and take the bottle with you.

If the shop gives you drop medicine



In the market, most homeopathic medicine comes in a **30 ml drop bottle (dilution)**. The doses in this book are in **pills**, because pills are easy to count, they have no alcohol, and the count is the same for children and adults. Three easy ways to go from the bottle to pills:

1. Get pills made at the shop

Easiest · for all ages



Tell the shopkeeper: **"Please make No.40 pills of this medicine in a 2 dram vial."** Most homeopathic shops do this in just a few minutes.

2. Make them at home

For all ages



With a vial of plain pills (No.40) and the drop medicine. See the 5 steps below. One bottle makes many vials.

3. Drops directly

Only for adults

3-5 drops in half a cup of water (check with the label). **Children, pregnant women, breastfeeding mothers, liver disease, people giving up alcohol: no drops, only pills.**

5 steps to make medicine pills at home

1

Take plain pills

From the shop: plain (without medicine) No.40 pills and a clean 2 dram glass vial.

2

Fill three-quarters

Fill the vial with pills to about 3/4, leave a little space at the top.

3

Add the drops

About 10 drops, just enough to wet all the pills. Not so much that they start to melt.

4

Shake and keep

Close the cap and shake for 1 minute, then keep it aside for 10-15 minutes.

5

Write the name

On the vial: medicine name, potency (30C) and date. Only one medicine in one vial.

Know the form written on the bottle

On the label	What is it	As per this book
Dilution / Liquid, 30C (30 ml)	Drop medicine, in alcohol	Get pills made; adults: 3-5 drops in water
Globules / Pills, 30C (No.30, No.40)	Sugar pills with medicine	No.40: 3 pills, No.30: 4 pills
Biochemic / Tissue salt, 6X (Tablets)	Small lactose tablets	Adults 4, children 2, 3-4 times a day (label)
Mother Tincture (Q / Ø)	Thick plant extract	**Not at home, doctor only**
Ointment / Cream	For external use	Only on unbroken skin

Ask at the shop like this (example)



Arnica montana · 30C · No.40 pills · 2 dram

Take the medicine name written in English (Latin) exactly as printed in this book. Always write the potency: **30C**. Do not take 200C, 1M or Q.

Good habits

- ✓ Keep the medicine-pill vial away from sun and heat, cap tightly closed
- ✓ Do not leave the drop bottle open, the alcohol evaporates
- ✓ Pills from the cap straight into the mouth, not on the palm
- ✓ Write every dose in "My medicine diary"

Hives (urticaria)



What is it

Sudden raised, very itchy red rashes on the skin that change place within a few hours. Most of them go away within 24 hours.

Signs (symptoms)

- Raised red-white rashes
- Intense itching, burning
- Rashes change place

What to do at home

- ✓ Cold compress
- ✓ Loose clothes
- ✓ Stop any new thing/medicine, write it in a diary

Common causes

- Food (peanuts, eggs, seafood)
- Medicines
- Insect bites
- Infection, heat, cold, pressure

What not to do

- × Hot water, scratching

Diet

- Avoid the food that caused it

Homeopathic options

Match symptoms, choose one

	**Apis mellifica** Apis	30C	Hives with unbearable itching, sting-like pricking, swelling
	**Urtica urens**	30C	Burning and intense itching like ants crawling; after eating fish/shellfish
	**Dulcamara**	30C	Red patches and hives from cold, damp or a sour stomach; worse at night
	**Astacus fluviatilis** Astacus	30C	Hives and itching all over the body; with liver trouble
	**Natrum muriaticum** Natrum mur	30C	Hives and itching after hard work

Give **only the one** medicine whose symptoms match best. Dose: 3 pills (No.40) of 30C every 3 hours, stop as soon as better; 6X: adults 4, children 2 pills. Full rules on pages 12-13. If no relief in 24 hours or the problem gets worse, see a doctor.

See a doctor immediately if

- Swelling of the lips, tongue, throat
- Breathlessness, change in voice, dizziness - call 108/112 immediately
- More than 6 weeks (chronic) - doctor

My medicine diary

Writing down every dose gives the doctor the right information and stops a double dose by mistake. Print this page and use it.

Date	Time	For whom	Medicine and potency	How are the symptoms	What next