

INDIGESTION, COLIC, DIARRHOEA AND VOMITING

REMEDY	General feeling	Local symptoms	Emotional state	Better or worse	Peculiar symptoms
ARSENICUM	Burning pains stomach, retching, vomiting, diarrhoea. Great weakness, food poisoning.	Offensive watery diarrhoea. Burning in rectum, anus red and sore. Nausea & vomiting after eating, drinking.	Very anxious and restless. Wants reassurance	worse: cold, cold food, midnight - 3am better: warmth, warm drinks	Burning pains which are better for heat.
BRYONIA	Sickness from taking cold, esp from cold drinks. Dietary excesses. Heaviness in stomach after eating.	Offensive flatus, putrid diarrhoea, gushing in morning. Yellow mushy stools. Constipation with hard dry stools.	Peevish and wants to be left alone. Does not want to talk or think. Lethargy.	worse: morning, motion, summer heat better: lying on painful part, warm applications. Keeping still	
CHAMOMILLA	Colic & diarrhoea (especially of teething infants). Distended abdomen, passing of wind without relief. Cutting pains.	Diarrhoea slimy grass green stools or like chopped eggs, bad egg smell. Regurgitation of food, bad egg burps.	Irritable, demanding. Nothing pleases or satisfies them, asks for many things and then refuses them. Can be weepy in a rude and irritable way.	worse: teething, coffee, night, 9pm - midnight better: warm applications, being carried around	Teething child will be hot, may have one red cheek and will draw legs up with stomach pain.
COLOCYNTHIS	Agonising cramping pains in abdomen, must bend double or draw knees up. Frequent urging.	Spluttery diarrhoea, stools are copious thin yellowish. Bitter taste in mouth.	Angry and easily offended. They want instant pain relief.	worse: emotions, vexations, night better: hard pressure, warmth, bending double.	Intestines feel squeezed between stones
GELSEMIUM	Travel sickness. Diarrhoea from anticipation and emotional upset.	Pain in stomach on motion, painless diarrhoea dark yellow. Sudden diarrhoea from anticipation	Wants to be left alone.	worse: strong emotions, travelling, evening, pressure on stomach	
NUX VOMICA	Hangovers, diarrhoea, nausea, vomiting caused by over indulgence Weight and pain in stomach, dull headache.	Retching, desires to vomit. Colic in nursing infants if mother has had strong food or drink. Diarrhoea and constipation.	Irritable, hypersensitive to noise, light .	worse: morning, eating, overindulgence, coffee, tobacco, early hours of the morning 3-4am. better: vomiting, hot drinks	Feels that if only they could, burp, break wind, vomit, or pass a stool they would feel better, but can't.
PULSATILLA	Diarrhoea, flatulence, belching, changeable symptoms, nervous diarrhoea. Diarrhoea and stomach upset from rich fatty food.	Heaviness, cramping in stomach. Coldness of abdomen. Green, yellow or white stools. Feels as if about to vomit.	Weepy, wants company and attention. Clingy . Changeable moods.	worse: rich fatty foods, ice cream, warm stuffy rooms better: fresh air, gentle motion, a good cry	