



# Classical Homoeopathy

*Dr Manjari*

## **TRAVEL MUST HAVES - IN COLLABORATION WITH B BETTER**

1. JET LAG/TRAVEL FATIGUE - **ARNICA 30**- ONE PILL UNDER THE TONGUE ONCE A DAY FOR 3 DAYS  
( [https://www.amazon.com/Boiron-Arnica-Montana-Pellets-Medicine/dp/B0006NYI7C/ref=sr\\_1\\_3?crid=28NA2RDE3WBG&keywords=arnica+30&qid=1690478249&srefix=arnica+3%2Caps%2C426&sr=8-3](https://www.amazon.com/Boiron-Arnica-Montana-Pellets-Medicine/dp/B0006NYI7C/ref=sr_1_3?crid=28NA2RDE3WBG&keywords=arnica+30&qid=1690478249&srefix=arnica+3%2Caps%2C426&sr=8-3) )
2. VOMITING NAUSEA INDIGESTION DIARRHOEA DUE TO EATING SPOILT FOOD OR STALE FOOD. - **ARSENICUM ALBUM 30**- DISSOLVE ONE PILL IN A GLASS OF 200 ML WATER, TAKE ONE TSP 2 HOURLY UNTIL YOU FIND RELIEF.  
( [https://www.amazon.com/Boiron-Arsenicum-Homeopathic-Medicine-Poisoning/dp/B005P0XNVI/ref=sr\\_1\\_2?crid=1YMFV66PVR5Y&keywords=arSENICUM+ALBUM+30&qid=1690478361&srefix=arsenicum+album+30%2Caps%2C262&sr=8-2](https://www.amazon.com/Boiron-Arsenicum-Homeopathic-Medicine-Poisoning/dp/B005P0XNVI/ref=sr_1_2?crid=1YMFV66PVR5Y&keywords=arSENICUM+ALBUM+30&qid=1690478361&srefix=arsenicum+album+30%2Caps%2C262&sr=8-2) )
3. TRAVELLER'S CONSTIPATION OR INDIGESTION DUE TO FLIGHT/AIRPORT/HOTEL FOOD OR A HANGOVER - **NUX VOMICA 30**- DISSOLVE ONE PILL IN A GLASS OF 200 ML WATER, TAKE ONE TSP AT BEDTIME FOR 2 NIGHTS .  
( [https://www.amazon.com/Boiron-Nux-Vomica-3-Pack/dp/B009DPGVYW/ref=sr\\_1\\_17?crid=105W7PEZM32RO&keywords=nux+vomica+30&qid=1690478596&srefix=nux+vomica+30%2Caps%2C308&sr=8-17](https://www.amazon.com/Boiron-Nux-Vomica-3-Pack/dp/B009DPGVYW/ref=sr_1_17?crid=105W7PEZM32RO&keywords=nux+vomica+30&qid=1690478596&srefix=nux+vomica+30%2Caps%2C308&sr=8-17) )
4. STINGS/ INSECT BITES / - **APIS MELLIFICA 30**- DISSOLVE 1 PILL IN A GLASS OF 200 ML WATER. TAKE ONE TBSP FROM THIS TWICE A DAY UNTIL SWELLING REDNESS AND PAIN SUBSIDE.
5. OVERSTRAINING/ OVERSPRAINING / MUSCLE PAIN DUE TO OVEREXERCISING/MUSCLE SPASM IN COLD WEATHER/ GETTING DRENCHED/COLD IN WET WEATHER- **RHUS TOX 30** - DISSOLVE 1 PILL IN A GLASS OF 200 ML WATER. TAKE ONE TBSP TWICE A DAY UNTIL YOU FIND RELIEF.  
  
( DON'T TAKE BEYOND 2-3 DAYS IF SYMPTOMS DO NOT SUBSIDE, YOU NEED TO SEE A NEARBY DOCTOR IMMEDIATELY.
6. NAT PHOS 6X TO REGULATE THE GUT FROM INFLAMMATION AND EATING DIFFERENT/OUTSIDE FOOD EVERYDAY. DISSOLVE ONE TAB IN 50 ML WARM OR ROOM TEMP WATER AND DRINK THE WHOLE THING FOR ONCE A DAY 14 DAYS . [https://www.amazon.com/Reckeweg-Natrum-Phosphoricum-Biochemic-Tablet/dp/B099KPPKMC/ref=sr\\_1\\_5?keywords=natrum+phosphoricum+6x&qid=1690479260&sr=8-5](https://www.amazon.com/Reckeweg-Natrum-Phosphoricum-Biochemic-Tablet/dp/B099KPPKMC/ref=sr_1_5?keywords=natrum+phosphoricum+6x&qid=1690479260&sr=8-5)



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7. MAG PHOS 6X - TO RELAX THE MUSCLE, TO ALLEVIATE CRAMPS AND TO HELP SLEEP BETTER. DISSOLVE ONE TAB IN 50 ML WARM OR ROOM TEMP WATER AND DRINK THE WHOLE THING FOR ONCE A DAY 14 DAYS .

[https://www.amazon.com/Dr-Reckeweg-Germany-Magnesium-Phosph-Pack/dp/B01276NHFE/ref=sr\\_1\\_2?crid=1D95XPTAJ2M0Z&keywords=MAGNESIUM+phosphoricum+6x&qid=1690479315&prefix=magnesium+phosphoricum+6x%2Caps%2C267&sr=8-2](https://www.amazon.com/Dr-Reckeweg-Germany-Magnesium-Phosph-Pack/dp/B01276NHFE/ref=sr_1_2?crid=1D95XPTAJ2M0Z&keywords=MAGNESIUM+phosphoricum+6x&qid=1690479315&prefix=magnesium+phosphoricum+6x%2Caps%2C267&sr=8-2)

8. KALI PHOS 6X- TO HELP RELAX ON A FLIGHT / TO REDUCE DIASTOLIC BLOOD PRESSURE/ TO CALM NERVES/ TO HELP ACHIEVE RESTFUL SLEEP. DISSOLVE ONE TAB IN 50 ML WARM OR ROOM TEMP WATER AND DRINK THE WHOLE THING FOR ONCE A DAY 14 DAYS . [https://www.amazon.com/Reckeweg-Natrum-Phosphoricum-Biochemic-Tablet/dp/B099KPPKMC/ref=sr\\_1\\_5?keywords=natrum+phosphoricum+6x&qid=1690479260&sr=8-5](https://www.amazon.com/Reckeweg-Natrum-Phosphoricum-Biochemic-Tablet/dp/B099KPPKMC/ref=sr_1_5?keywords=natrum+phosphoricum+6x&qid=1690479260&sr=8-5)

9. RESCUE REMEDY- 4 DROPS ON TONGUE FOR INSTANT RELIEF FROM NERVOUSNESS /PANIC. CALMS THE MIND AND HELPS SLEEP DEEP. NON HABIT FORMING. [https://www.amazon.com/RESCUE-Wellbeing-Homeopathic-Gluten-Free-Non-Alcohol/dp/B0B24DF995/ref=sr\\_1\\_1\\_sspa?crid=25POE0ULPZGQU&keywords=RESCUE+REMEDY&qid=1690479347&prefix=rescue+remedy%2Caps%2C285&sr=8-1-spons&sp\\_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1](https://www.amazon.com/RESCUE-Wellbeing-Homeopathic-Gluten-Free-Non-Alcohol/dp/B0B24DF995/ref=sr_1_1_sspa?crid=25POE0ULPZGQU&keywords=RESCUE+REMEDY&qid=1690479347&prefix=rescue+remedy%2Caps%2C285&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1)



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