

Dr. Perro's Homeopathic Home Kit:

Modalities, Mental Signs, and Key notes to choose the appropriate remedies



Remedy	Mental Signs & Keynotes	Modalities (Worse / Better)	Common Symptoms	References
Aconitum	Anxiety, fear of death, restlessness, sudden onset after cold dry wind; restless tossing, panic, afraid of being alone	Worse: motion, night, cold air; Better: warmth	High fever, sudden chills, dry cough, restlessness, PTSD	[1][2][3][4]
Apis	Irritability, impatience, hypersensitivity to touch	Worse: heat, pressure, touch; Better: cold, open air	Swelling, stinging pain, burning, hives, redness	[5]
Arnica	Fear of being hurt or touched, bruised feeling, mental shock and trauma	Worse: touch, movement; Better: lying down, cold	Trauma bruises, sore muscles, bleeding, shock	[5]
Arsenicum Album	Anxiety, restlessness, perfectionism, fear of death, fastidiousness, insecurity	Worse: night, cold, alone; Better: warmth, company	Vomiting, diarrhea, burning pains, coldness, insomnia, food poisoning	[3][6][5]
Belladonna	Sudden intense agitation, violent delirium, sensitivity to light & noise, flushes of heat	Worse: heat, sunlight, drafts; Better: dark, quiet	High fever with flushed face, throbbing headache, earache, pharyngitis	[5]
Gelsemium	Weakness, anticipation anxiety, dullness, trembling, and paralysis-like fatigue	Worse: damp weather, excitement; Better: fresh air	Flu-like exhaustion, heavy eyelids, chills, anxiety (stage fright)	[5]

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Hepar Sulfuris	Oversensitive, irritable, easily angered, fearful of being touched	Worse: cold, touch; Better: warmth, damp weather	Abscesses, sore throats, sensitivity to cold, wet coughs	[5][7]
Ignatia	Grief, mood swings, sighing, oversensitivity, suppressed emotions	Worse: consolation, tobacco; Better: distraction, change position	Nervous headaches, hiccups, twitching, depression, grief	[3][8]
Ledum	Calm, composed demeanor; introspective, may be restless due to physical discomfort; Coldness of affected parts, puncture wounds from sharp objects, bites/stings	Worse: mental exertion; Better: rest, cold applications, cold air, putting feet in icy water.	Weakness, muscle cramps, headaches, puncture wounds (nail, thorn, insect bites), bruises, swelling, stiffness, coldness/ numbness of affected area	[5]
Lycopodium	Fear of failure, low self-confidence, digestive complaints, craving warm drinks	Worse: 4-8 PM, eating; Better: movement, after midnight	Bloating, indigestion, constipation, flatulence, ear infection	[3]
Nux Vomica	Irritability, impatience, oversensitivity, driven, overworked, digestive issues, overindulgence	Worse: cold, morning, eating; Better: rest, warmth	Nausea, constipation, sour belching, cold extremities	[3][7]
Phosphorus	Sensitive, empathetic, talkative, fearful of death and being alone	Worse: light, odors, fasting; Better: cold foods, sleep	Bleeding tendencies, burning pains, cough with blood	[5][3]
Pulsatilla	Emotional sensitivity, weeping, changeable moods, desire for sympathy and open air	Worse: heat, fatty foods; Better: open air, movement	Thick yellow discharge, colds, coughs, ear pain	[3]
Ruta Graveolens	Mental fatigue, irritability, slow comprehension	Worse: cold, resting; Better: warmth, movement	Sprains, tendon injuries, eye strain	[5]
Sulphur	Proud, careless, irritable, disorganized, philosophizes, neglects hygiene	Worse: heat, bathing, morning; Better: dry weather, air	Skin eruptions, burning feet, itching, eczema	[5]

References

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