



## SWASTHYA MEDICINE KIT

For our travelling patients, this kit will come handy in face of few common acute travel emergencies.

It is light to carry and compact to fit into your travel bags.

### Storing:

- Store out of direct light away from strong odour and excess moisture.
- Store in original bottles and keep the bottle cap clean.

### Safety Precautions:

- Keep medicines out of reach of children.
- Administer according to label or homoeopathic doctor's recommendations; use only one remedy at a time.
- Never self diagnose or treat serious ailments or illnesses (Consult a homoeopathic practitioner because it is not only about the medicine but which is best suitable at that given moment of time will be the call of the homoeopathic doctor).
- If new symptoms come, stop the remedy and consult the physician immediately.

Dosage: As advised by your homoeopath.

## HOMOEOPATHIC REMEDIES IN THIS KIT AND THEIR INDICATIONS:

REMEDY	AILMENT	SYMPTOM
ANT ARS	RESPIRATORY	Cough with breathlessness and wheezing. Worse on eating and lying down. Lot of mucus secretion.



ANTIMONY TART

RESPIRATORY

Great rattling of mucus with scanty expectoration. Lot of nausea, retching and vomiting. Feels as if would suffocate must sit up.

ARNICA

INJURY

Any type of injuries such as fall, blows, contusion, burns, etc. Ecchymosis, bruise, abrasion, caused from Injury.

ARSENIC ALBUM

GASTRIC

Loose motions with mucus in stool and with lot of weakness. Especially when the outside food is eaten. Diarrhoea after eating or drinking.

BELLADONA

THROAT INFECTION

Acute throat infection/ inflammation with redness of throat. Fever with flushing of face (redness). Throbbing headache. Starts especially after taking cold things.

BRYONIA

RESPIRATORY

For dry cough, no sputum. With or without fever. With lot of thirst. Pains while coughing and deep breathing better by absolute rest.



CHAMOMILLA

GASTRIC

Especially for children who are irritable, cranky, restless. They have increased thirst. Wants to be constantly carried about. Vomiting of food and diarrhoea hot, green, watery, slimy with colic.

CINA

WORMS

Excellent for worms in children. They are highly irritable and want to be carried. Weeping in sleep with grinding of teeth.

GELSEMIUM

FEVER

Fever with chills. Great drowsiness, dullness. No thirst. Tongue numb, thick, yellow coated. Bad taste in mouth and breath.

HEPAR SULPH

THROAT INFECTION

Throat infection with lot pus follicles. Splinter like pain in the throat, very sensitive. Also for ulcers with pustules.

IPECAC

GASTRIC

Repeated vomiting with normal frequency and consistency of stools. Profuse salivation.



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JASMINE FLORA		AS ADVISED BY YOUR PHYSICIAN
NUX VOMICA	RESPIRATORY/GASTRIC	Cold, coryza especially due to cold weather. Acidity. Heaviness in the stomach as if tight pressure. Unsatisfactory stools.
PHOSPHORUS	GASTRIC/THROAT	Vomiting and diarrhoea with lot of exhaustion. Craves for cold things like ice. Thirst for very cold water. Very bad smelling stools. Also indicated for bad throat pain, hoarseness of voice and dry cough form tickling of throat.
PULSATILLA	GASTRIC	Indigestion due to rich fatty food. Thirstlessness. Secretions are thick, yellowish green.
RHUS TOX	JOINTS/MUSCLES	Joint pains, stiffness or muscle pains which are more during rest position and better with body movements. Also useful for sprains. And joint pains in cold weather.

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### PLEASE NOTE

📌 Administer after consulting your homoeopathic doctor for best effect.



- ⊙ These indications given are very specific. Try to note down symptoms which are bothering the patient / you the most and according to the symptoms choose a closest remedy. Please consult the physician always if convenient and in case of difficulties.
- ⊙ Stop the medicines if not improving or if new symptoms come up. Consult your doctor immediately.

In cases of ACUTE EMERGENCIES please contact:

Emergency number: 9920243727

Parle Clinic number: 26208881

### About Homoeopathy:

Homoeopathy is a holistic science. This holistic approach aims at healing a patient at all levels that is physical, emotional and beyond. The biggest advantage with such approach is the patient experiences health at all these levels thus balancing him physically and mentally. Such balance helps the body, mind, emotions to function effectively. With such approach not only the illness at that time (ACUTE) is taken care of but even the immunity is boosted and improved, reducing the frequency of such attacks. It reduces the access of such infectious intruders.

In short, the homoeopathy is a holistic approach of treating a human being by providing minute quantities of medicine derived from plant, animal and mineral sources.

#### **SWASTHYA HOMOEOPATHIC HEALING:**

**Branch 1:** B/1, Ground Floor, New PutlibaiKapolNiwas, Before VanilalSaree showroom, S.V.Road, Vile Parle (west), Mumbai-400056

Tel : 91-22-26208881

**Branch 2:** 602, KuberBhuvan, S.V.P.Road, Near Ram Mandir, Borivali (west), Mumbai 400103

Tel : 91-22-28927642

**Email :** [swasthyaclinic2@gmail.com](mailto:swasthyaclinic2@gmail.com), [drurvi@swasthyaudaan.com](mailto:drurvi@swasthyaudaan.com)

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