

**Louis Klein**

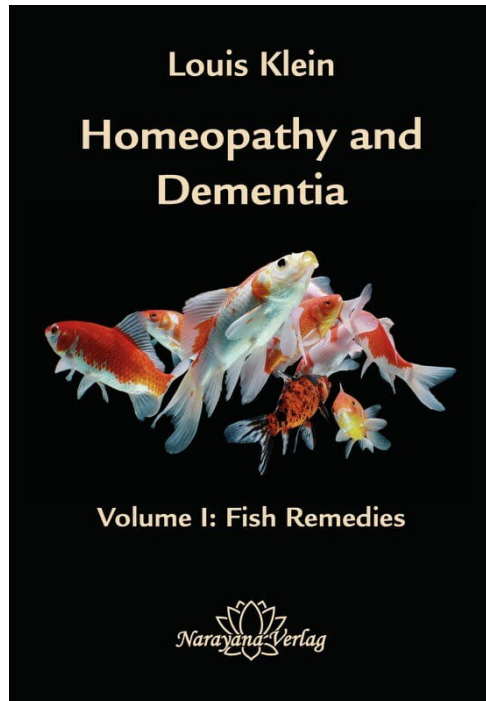
## **Homeopathy and Dementia**

Leseprobe

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von [Louis Klein](#)

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# CONTENTS



PREFACE AND ACKNOWLEDGEMENTS.....	VIII
<b>Section 1 Introduction</b> .....	<b>1</b>
The Homeopathic Approach to Alzheimer's Disease and Dementia .....	2
Fish Homeopathy Remedies.....	7
Fish Symbolism.....	36
<b>Section 2 Fish Materia Medica</b> .....	<b>43</b>
Acipenser transmontanus, <i>White sturgeon</i> .....	45
Acipenser sturio ex oviis, <i>Sturgeon caviar</i> .....	57
Amphiprion percula, <i>Blackfinned clownfish</i> .....	61
Arripis trutta, <i>New Zealand Kahawai</i> .....	72
Barbae cyprinae ova (also known as Barbus barbus), <i>Roe of river barbel</i> .....	80
Carassius auratus, <i>Red cap veiltail goldfish</i> .....	85
Carcharodon carcharias, <i>Great white shark</i> .....	104
Chelmon rostratus, <i>Copperband butterflyfish</i> .....	113
Clupea harengus, <i>Atlantic herring</i> .....	117
Cyprinus carpio, <i>Carp</i> .....	131
Danio rerio, <i>Zebrafish</i> .....	144
Electrophorus electricus, <i>Electric Eel</i> .....	152
Erythrinus, <i>Red wolf fish</i> .....	159
Esox lucius, <i>Pike</i> .....	170

GADUS – The Atlantic Cod Remedies, Both <i>Gadus morhua</i> and <i>Oleum jecoris</i> .....	176
<i>Oleum jecoris aselli</i> .....	178
<i>Gadus morhua</i> .....	192
<i>Galeocerdo cuvier</i> hepar, <i>Tiger shark liver</i> .....	200
<i>Hippocampus kuda</i> , <i>Spotted seahorse</i> .....	212
<i>Hirundichthys rondeletii</i> , <i>Blackwing flying fish</i> .....	235
<i>Ictalurus punctatus</i> , <i>Channel catfish</i> .....	242
<i>Lepomis gibbosus</i> , <i>Pumpkinseed sunfish</i> .....	246
<i>Muraena melanotis</i> , <i>Honeycomb moray eel</i> .....	273
<i>Oncorhynchus tshawytscha</i> , <i>Pacific salmon</i> .....	284
<i>Oreochromis niloticus</i> , <i>Nile tilapia</i> .....	303
<i>Ostracion cubicus</i> , <i>Yellow boxfish</i> .....	310
<i>Paracanthurus hepatus</i> , <i>Blue tang</i> .....	338
<i>Pleuronectes platessa</i> , <i>European plaice</i> .....	357
<i>Poecilia reticulata</i> , <i>Guppy</i> .....	368
<i>Pterophyllum scalare</i> , <i>Freshwater angelfish</i> .....	379
<i>Pyrarara</i> ( <i>Phractocephalus hemiolepis</i> ), <i>Redtail catfish</i> .....	385
<i>Salmo trutta fario</i> , <i>Brown trout</i> .....	394
<i>Sarpa salpa</i> , <i>Salema porgy</i> .....	401
<i>Scorpaena scrofa</i> , <i>Scorpionfish</i> .....	404
<i>Sebastes norvegicus</i> , <i>Rosefish</i> .....	414
<i>Serum anguillae</i> ( <i>Ichthyotoxinum</i> ), <i>Serum from common/freshwater eel</i> ...	421
<i>Silurus glanis</i> , <i>Wels catfish</i> .....	430
<i>Sphyrna barracuda</i> , <i>Great barracuda</i> .....	438
<i>Synanceia horrida</i> , <i>Estuarine stonefish</i> .....	442
<i>Synanceia verrucosa</i> , <i>Reef stonefish</i> .....	444
<i>Thunnus albacares</i> , <i>Yellowfin tuna</i> .....	446
<i>Trachinus</i> ( <i>Trachinus draco</i> and <i>Trachinus vipera</i> ), <i>Greater and lesser weever fish</i> .....	487
<i>Urolophus</i> ( <i>Urobatis</i> ) <i>halleri</i> , <i>Haller's round ray</i> .....	498

<b>Section 3 Grouping the Fish Remedies</b>	<b>511</b>
Indications from Scientific Classification .....	512
Carp Group.....	515
Catfish Group.....	518
Salmon Group .....	520
Scorpionfish Group .....	522
Shark Group.....	523
Sturgeon Group.....	526
Grouping Based on the Fish and Their Habitat.....	528
<b>Section 4 Overview of Dementia and Alzheimer's Disease</b>	<b>533</b>
<b>INDEX</b>	<b>566</b>
Remedy Index.....	566
Subject Index.....	571
Appendix.....	581
About the Author .....	584
List of Illustrations .....	585

# The Homeopathic Approach to Alzheimer's Disease and Dementia



Towards the latter part of my homeopathic practice, I started to see an alarming increase in the number of new patients with brain pathology and cognitive decline. As well, many patients feared the fate of ending up like their relatives with Alzheimer's disease with no effective conventional treatment.

This prompted a project on the homeopathic treatment of patients with cognitive problems, Alzheimer's and dementia, even though the books I have previously written have always been through the perspective of homeopathic classifications and not disease categories. It has, therefore, been a challenge for me to write a book based on a diagnostic category. However, each case is prescribed on its individual features and certainly the treatment of someone with Alzheimer's disease or dementia still requires careful individualization. The book strongly imparts that.

Here, in Volume 1, I talk about my discovery of connections between fish homeopathic remedies and Alzheimer's disease as well as all the other clinical information on remedies in other kingdoms. I also incorporate the subsequent research I have done, both conventional and homeopathic, so it may be used by homeopathic clinicians.

Homeopaths developed not only a wondrous method of utilizing a general universal principle of 'similar cures similar', but also a method of actually understanding and perceiving if a patient is getting better in an overall fashion. The question we ask in every case is "Are we contributing to the long term health of a patient or not?" This question is not really asked very much in allopathic methods, which treat pathology without regard to the impact the treatment has on the whole body except for immediate and gross 'side effects' (which are really 'effects') of the treatment or medication.

In fact, homeopathy developed 'laws of cure' first elucidated by Constantine Hering (1800–1880). Hahnemann's writings in *The Chronic Diseases, their Peculiar Nature and their Homeopathic Cure* is the basis for Hering's Laws of Cure:

1. Improvement in pain takes place from above downwards.
2. Improvement in disease takes place from within outwards.
3. The most important organs being first relieved.
4. The affection passes off in the order in which the organs had been affected.

More intricate determinations and research have been proposed by Vithoulkas, Vijayakar and other modern homeopaths.

But one thing is certain, the brain is the most vital of all organs and, as such, the fact that we are seeing such widespread brain pathologies like dementias is saying that the general state of health of the human race has declined dramatically. I feel some urgency in addressing this.

Kent describes how the mind is innermost and closest to the energetic level: 'simple substances' he calls it or the 'vital force', on which homeopathy is postulated to work. A homeopathic interview and analysis will include details of the physical diagnosis of the patient, but, most importantly, the individual mind and disposition. This is through much questioning and perception about the patient's state of mind. Finding their individual mind symptoms and characteristics means unravelling the unconscious or instinctual responses. There are a number of applied techniques or approaches used to do this in modern homeopathic case taking methods.

We know that the remedy has sparked a change when there is a significant shift in the most interior part of the body – the mind. Hahnemann and then James Tyler Kent, in his book, *Lectures on Homeopathic Philosophy* always emphasized this:

Another general remark needs to be made, namely, that we should know by the symptoms if the changes occurring are sufficiently interior. If the changes that are occurring are exterior, the physician must be acquainted with the meaning of them, so that he will know by that whether the disease is being healed from the innermost or whether the symptoms have merely changed according to their superficial nature.

All well and good. But in the case of a patient with the later stages of dementia, like Stage 6 or 7 Alzheimer's (outlined in subsequent chapters), these types of changes are not apparent since the patient does not even seem capable of relating their mind state effectively. So what to do? How do you clinically maneuver this state to bring about changes and track the change? It is even more difficult because in some cases the manifest mental symptoms of the patient are caused by a severe scarring organic pathology, which I will describe subsequently.

Importantly, clinical patience in the later stages is needed with a target of significant positive change. And this is difficult in the climate of allopathic medicine and general social promotion where something medical is considered to work only when there is a dramatic instantaneous chemical change. This goes back to the underlying philosophy of allopathy, which is to instigate specific bodily change without addressing the real underlying causative factors or the whole person.

In homeopathy, we attempt something different. We also recognize, even in the case of severe physical pathology, that the underlying nature of the disease is still energetic.

In this book, I will give some guidance in the area of case management and follow-up even in this difficult and complex situation. The goal is always the restoration of health and of course, more brain resiliency.

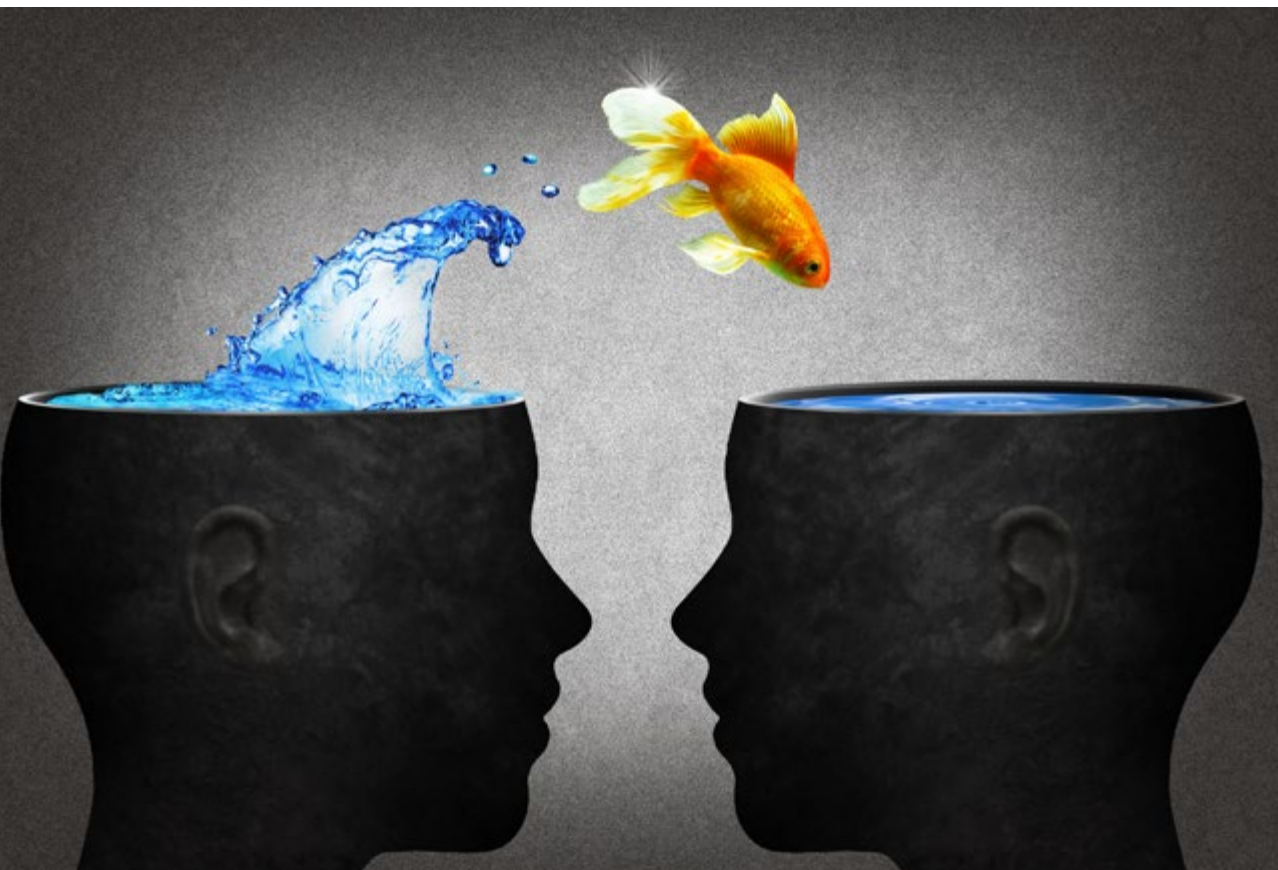
## Intrinsic versus immediate causative factors

Intrinsic and immediate causative factors can determine the type of homeopathic remedy and treatment to choose.

What I mean by intrinsic is that the onset can be traced back many years. The development and symptoms of the pathology is slow, long term, and you can see by the history that there were indications of the remedy even *many* years prior to the more recent change of state and pathological manifestations. But there can also be a trigger that prompts an even faster decline.

## Immediate causative factors

There is also a situation where there is clearly an emotional or physical trauma leading to an almost immediate decline (within days to a few weeks). This emotional trauma can be simply a significant social change. So for example, an elderly patient who is put into a care home and feels isolated may have a very profound reaction. This issue of isolating the elderly has increased with the 'lock down' strategy towards care facilities and isolation of those considered at high risk for contracting viruses and other infectious diseases. In Volume 2 of this series of books, I'll discuss remedies for these factors that create an immediate change of state.



## Volume 1

This volume is primarily a materia medica of homeopathic fish remedies. It also gives an introduction to conditions of cognitive decline and both the homeopathic and conventional perspectives of Alzheimer's disease, dementias, and other deep brain/neurological conditions involving cognitive decline.

With fish remedies, there is an underlying *intrinsic* long term development of the pathology and remedy state. Even in the early phases of the provings of fish remedies and in healthier patients needing a fish remedy, there is a 'dementia quality' to the early symptoms. Some provers of fish remedies even said that they felt as if they had Alzheimer's.

In fish remedies, the nervous system and the brain, including mental understanding and expression, is affected in the beginning and slowly gains more pathological relevance and limitation. This will become clearer when I discuss the general themes and symptoms of fish remedies as well as each specific fish remedy. In the following chapters, I give the reasoning behind using this group of remedies for patients with Alzheimer's disease and dementia as well as the clinical indications.

Although there is much causative and situational information in the commentaries, they are part of this extended process of the development of the remedy state. It is part of a longer continuum. The patient's intrinsic character contributes much to the picture for homeopathic prescribing. The lifetime of the patient and the history has to be taken into careful consideration. This history is gathered from family, caregivers and, in the earlier stages, the patient themselves. In later stages, it is only the family that can provide the information.

## Volume 2

In Volume 2 of this series, other remedies for Alzheimer's and dementia from all the kingdoms, besides fish remedies, will be explored. There are homeopathic remedies from the Plant kingdom, Fungi kingdom, Mineral kingdom, Animal kingdom (other than fish), as well as Imponderable remedies that are known to have a good impact with patients who have severe cognitive problems.

I have taught, and have much clinical experience to conclude, that plant remedies are good for 'wounds', not only physical but also mental and emotional. These wounds create a more immediate change of state.

I will give an example here. We know that, even in general herbal usage, *Ginkgo biloba* is a good remedy for memory issues. There have been two homeopathic provings of this remedy – in 1987 and 2000:

Schadde A, *Ginkgo biloba, die homoopatische Prüfung*, Muller & Steinicke (Muenchen), 2000.

Swoboda F, *Proving of Ginkgo biloba*, 1987.

In the homeopathic provings of *Ginkgo*, the poor memory and concentration issues, confusion, and even stupefaction were temporarily very extreme, thus this is an important

aspect. There are a tremendous number of symptoms and rubrics of mental weakness, mistakes in talking and writing, confusion, vanishing of thoughts, and memory loss garnered from the proving and confirmed in clinical experience.

Yet, homeopathy is much broader than just a limited number of indications when it comes to developing understanding and thereby individualizing and matching a remedy to the patient. In the proving, there is an additional important aspect that fits with the trauma faced by an elderly patient who is put into a full care facility, thus isolated and alone. Remarkably, for *Ginkgo*, there were many symptom rubrics in the proving that were predictive of the decline seen from this type of trauma:

Delusion he or she is neglected  
Delusion separated from the world  
Dependent, at the mercy of others  
Sadness with weariness  
Morose, morning on rising

Thereby, *Ginkgo biloba* has proven to be an important remedy for patients who were clear minded and happy, but when put in this isolating situation suffer sudden dementia with memory loss, confusion, weakness, moroseness, and depression. Clinically, I have seen homeopathic *Ginkgo biloba* trigger a wonderful return to health – their joy for life returns and their memory and concentration is restored.

This is more of a representation of an immediate causative situation. Therefore, this plant and others are good for circumstantial immediate ‘wounds’ like this one. I will be discussing this remedy and other plant remedies at length in Volume 2.

Also in Volume 2, I will be exploring many of the environmental factors for cognitive decline. In the modus of ‘similar curing similar’, I discuss remedy solutions, such as homeopathic remedies energetically potentized from toxic metals such as aluminum, mercury, and other environmental toxic elements. Homeopathic preparations of pharmaceuticals and anaesthetics made from inert gases indicated for mental decline following surgery will also be discussed.

I enthusiastically start, though, in Volume 1, with an introduction to the homeopathic treatment of various brain problems, especially Alzheimer’s disease, with solutions based on fish remedies.

# Fish Homeopathy Remedies



## Discovery of Fish Remedies in General

This book's materia medica focus is fish homeopathic remedies. I am going to discuss both how I discovered their importance including their relationship to dementia and also their standing as a unique class of remedies in our materia medica. This chapter goes through my historical discovery of their use and an overview of materia medica fish themes. Individual fish remedies, including how to distinguish their individual homeopathic indications is discussed in further chapters.

There are now quite a few sea remedies in homeopathy. Interestingly, the only animal kingdom remedy that Hahnemann proved was sepia ink, coincidentally a sea remedy. But there is a difference between fish remedies and remedies made from sea mollusca like *Sepia* or *Murex* in our historic materia medica. Notwithstanding, there were a few fish remedies in the classical homeopathic texts.

I first published a chapter about fish in 2003 (19 years ago) where I discussed my clinical experience with *Oleum jecoris* (oil of cod) in the book *Clinical Focus Guide to Homeopathic Remedies*. This discussion came on the heels of a proving of salmon (*Oncorhynchus tshawytscha*) by Jeremy Sherr. I had utilized *Oleum jecoris* for various clinical problems such as coughs or even obstructive pulmonary disease where there is abundant mucus with a thick rattling cough and also fibromyalgia where the disposition agreed. With successful prescriptions and observation of the disposition, general and mental state beyond the few repertory rubrics, I came to an insight into this remedy and also an early insight into fish remedies in general.

In *Oleum jecoris* there is an additional fish remedy aspect having to do with the fact that it was rendered into an oil (oleum). I have divided the chapter on cod into *Oleum jecoris*, made from cod liver oil, and *Gadus morhua*, made from bone of cod. In general, many fish are oily and fish oil is commonly used as a supplement and therapeutic agent and the oil aspect can also be seen in fish remedies in general.

Describing the dispositional state of *Oleum jecoris*, I wrote in the book:

The main characteristic of this patient is that they, in spite of being full of light and virtue, invite in unwanted influences and then suffer, particularly materially, as a result of this. In spite of this, these individuals are usually hard-working and creative (the tubercular quality). Like other fish remedies there is a quite ambitious quality and even high sexuality.

They are pathologically affable and generous in the right circumstance. They attract individuals who have strong personalities, even with criminal tendencies, either as a business partner or as an intimate partner or spouse. They perceive themselves as small.

I put this remedy in a broad category of what I called soft-sided remedies. Meaning that they experienced a kind of vulnerability and could easily feel exposed.

*Oleum jecoris* patients are altruistic and have a great desire for a partnership or other people around them to function in a safe and effective manner. This vulnerability makes them feel quite sensitive to any kind of insult or attack. At the same time, a patient who needs a fish remedy can feel easily ripped off and intensely resentful which can be hard to express to the individual who has taken advantage of them.

As time went on I became clinically more familiar with many different fish remedies. There are some general themes similar to many of the themes of *Oleum jecoris* as well as differences between the fish remedies. These differences are usually a reflection of how the fish function and socialize in their environment.

For example, the Atlantic cod (from which the remedy *Oleum jecoris* is made) are “a shoaling species and move in large, size-structured aggregations” [Wikipedia]. *Oleum jecoris* is also in the rubric “Affable” which means ‘easy to talk to’. But the word affable also has another connotation which describes someone who is pleasant and easy to get along with. After some time, I discovered many of these tendencies are found in fish remedies generally.



Over the years I've prescribed quite a few different fish remedies and come to a substantial understanding which corroborated the original understanding I had of the disposition seen in *Oleum jecoris* patients. *Oleum jecoris* has a strong focus on business, yet not all fish remedies have this focus. In *Oleum jecoris* there is a combination of both materialism and altruism. And you may hear a version of this story: At one time they had a thriving business but then the partner they invited in took it away from them. In other fish remedies the focus is not so much on business but we do see the themes of losing something valuable, or losing out, with affability as well as loss of personal identity.

There are some similarities with the remedy made from salmon (in the Salmonidae) and *Gadus morhua*, the codfish, and *Oleum jecoris*, the oil from its liver. But the big difference in the natural history of these fish is that salmon are anadromous which means they are born in fresh water, migrate to the salt water in the ocean and then return to spawn in fresh water. They go upstream to the place they were born. This is reflected in the homeopathic proving symptoms and my clinical experience. Many of the symptoms are about going home, going back to childhood and mother – going back in utero. I find that *Oncorhynchus tshawytscha* is a very good remedy for someone embroiled for years in therapy, trying to find the source of their problems within their recollections of the group or family. The concepts of circling back and circles is quite strong for *Oncorhynchus tshawytscha* and this can also be a general theme of fish remedies.

As time went on, a number of other fish were proven and with my interest in fish remedies I made more connections and used a varied assortment of fish remedies. For example, the remedy *Erythrinus* (the red wolf fish) was proven by Joy Lucas in 2008 even though it was already in the classical homeopathic literature. The proving of herring, *Clupea harengus*, was done by the British School of Homeopathy. They are both very comprehensive provings of fish remedies and provide an enormous amount of clinical information.

More recently, I personally did provings and encouraged my students and colleagues to do more provings of fish remedies. *Paracanthurus hepatus* (blue tang), *Lepomis gibbosus* (sunfish), and *Thunnus albacares* (yellowfin tuna) were proven by myself along with others, and some separately, by graduates of the Homeopathic Master Clinician Course and Great Lakes Proving Group. In the sunfish proving one of the provers discussed teamwork as an important aspect and, like the expansion of all bodies of knowledge, including homeopathy, teamwork is an essential part. As time went on, I was able to get other proving information from Doug Brown, Olga Fatula, Heike Dahl and Paul Theriault and more. Much appreciation is extended to all who led and participated in provings and provided such good information.

[Adapted from an article by Louis Klein in the *New Homeopath*, journal of the UK Society of Homeopaths]

# INDEX



## Remedy Index

### A

Abrotanum 318  
Absinthium 359  
Acanthus genus remedies 350  
Acipenseridae 294  
Acipenser sturio ex ovis 50, 53, 57-60, 84, 350, 513, 526, 530  
Acipenser transmontanus 15, 22, 45-56, 59-60, 350, 513, 526, 530  
Acne 79  
Acridotheres tristis 225  
Actinide remedies 161, 166, 548  
Actinide (Uranium series) remedies 49, 77  
Agaricus 150, 428  
Ailanthus 428  
Alcoholus 112, 557  
Algae 102  
Algae remedies 143, 420  
Alligator Mississippiensis 175  
Alumina 11  
Americium nitricum 53, 161, 166  
Ammonium phosphoricum 308  
Ammoniums 116  
Amniotic fluid 21  
Amphiprion 402  
Amphiprion ocellaris 513  
Amphiprion percula 61-71, 529  
Anacardium orientale 209  
Androctonus 405, 408, 413  
Angustura vera 50  
Anthopleura xanthogrammica 66  
Antimonium arsenicosum 399  
Antimonium tartaricum 225  
Apocynum cannabinum 428

Aqua marina 16, 216  
Arripis trutta 72-79, 513, 520, 529  
Arsenicum 139, 162  
Arsenicum album 116, 420, 428  
Asafoetida 392  
Asarum europaeum 225  
Aurum metallicum 112, 209

### B

Bacillinum 160, 178, 182, 184-185, 189, 355  
Barbae cyprinae ova 80-84, 513, 531  
Barbus barbus. *See* Barbae cyprinae ova  
Baryta carbonica 225, 365  
Baryta carbonicum 67, 71  
Baryta muriaticum 16  
Barytas 189  
Baryta salts 546  
Belladonna 209, 493  
Beryllium 365  
Beryllium muriaticum 71  
Boron 79  
Borrelia burgdorferi 126  
Borrelia burgdorferi Nosode 276, 279  
Bothrops atrox 277  
Botulinum 408, 413  
Brain sarcodes 102  
Brassicaceae 116  
Bromium 16, 134, 150, 181  
Bromiums 189  
Bromium salts 134  
Brucellosis 53  
Bryophyta 102  
Bryophyta (moss) remedies 59  
Bufo 434

Buthus Australis 413  
 Butterflies 116  
 Butterfly remedies 68

## C

Cadmium carbonicum 102  
 Calcarea carbonica 399  
 Calcarea carbonicum 25, 71, 189, 365  
 Calcarea fluorica 491  
 Calcarea phosphoricum 66, 381  
 Californium nitricum 548  
 Candida albicans 99, 143  
 Carassius auratus 15, 20, 85-103, 122, 126, 133-134, 148, 513, 515, 529  
 Carbo fullerenum 507  
 Carbonicum remedies 25  
 Carcharodon carcharias 104-112, 205, 209, 513, 523-524, 529  
 Carcinosis 67, 71, 90, 96, 102, 122, 140, 143  
 Causticum 116  
 Cerium 241  
 Cerium metallicum 238, 451  
 Chelmon rostratus 113-116, 513, 529  
 China 318  
 Chlamydia Nosode 366  
 Chlamydia trachomatis 294, 360, 365  
 Chocolate 294  
 Cholera nosode 84  
 Cicuta virosa 143  
 Ciguatera toxin 350  
 Cladoselache 112, 209  
 Clupea harengus 9, 117-130, 513, 530  
 Coccus cacti 399  
 Codeinum phosphoricum 245  
 Coriandrum sativum 448  
 Crataegus oxyacantha 428  
 Culex 399  
 Cuprum aceticum 189  
 Cuprum metallicum 116, 136, 175, 552  
 Curium nitricum 112  
 Cygnus (swan) remedies 294  
 Cyprinidae family 84  
 Cyprinus carpio 102, 131-143, 154, 305, 308, 513, 515, 531, 552

## D

Danio rerio 144-151, 513, 515, 529  
 Dendroaspis 389  
 Dendroaspis polylepis 175  
 Digitalis 428

## E

Electricitas 112, 154, 158  
 Electrophorus electricus 152-158, 513, 529  
 Erbium 507  
 Erbium carbonicum 507  
 Erbium muriaticum 507  
 Erythrinus 9, 14, 159-169, 513, 530  
 Esox lucius 170-175, 513, 529  
 Europium 53  
 Europium metallicum 47-48

## F

Ferrum series remedies 552  
 Filariasis 426  
 Flavus 137, 139, 143  
 Fluoric acid 365  
 Fluoricum acidum 375  
 Fluorine salts 375  
 Folliculinum 60  
 Fucus vesiculosus 308  
 Fungi 71  
 Fungi remedies 88, 150

## G

Gadus (Atlantic cod) 176-199  
 Gadus morhua 7, 9, 134, 176-181, 183-199, 308, 514, 530  
 Galeocerdo cuvier 529  
 Galeocerdo cuvier hepar 13, 47, 90, 108, 112, 175, 200-211, 428, 513, 523-525  
 Gallium metallicum 365  
 Gelsemium 182  
 Germanium 175, 294  
 Ginkgo biloba 5-6, 203  
 Gold series remedies 552  
 Graphites 79, 143, 189, 318, 384, 413  
 Gymnura natalensis 507, 531

## H

Helicobacter pylori 139, 143, 552  
 Helleborus niger 258  
 Helodrilus caliginosus 449  
 Hemipristis serra 112, 209  
 Hepar sulphur 463  
 Herpes 78  
 Herpes nosodes 79, 241  
 Hippocampus kuda 212-234, 514, 529  
 Hirundichthys rondeletii 235-241, 450, 514, 529  
 Hydrocyanicum acidum 418, 420, 428

Hydrogen 294, 417  
Hyoscyamus 158, 365, 398-399

## I

Ictalurus punctatus 242-245, 433, 436, 514, 518, 530  
Ignatia 294  
Ignis 112  
Ignis alcoholis 557  
Imponderable remedies 154, 158, 239  
Insect remedies 143  
Iodine 16, 181  
Iodine salts 189  
Iodine salts 209

## J

Johneinum 146-147, 150, 350, 365  
Johneinum nosode 169

## K

Kali bichromium 413  
Kali bromatum 147, 150  
Kalmia latifolia 126  
Krypton 258

## L

Lac caprinum 166  
Lac delphinum 350  
Lac equinum 294  
Lac felinum 370, 375  
Lac leoninum 112  
Lac lupinum 48, 112, 166  
Lacticum acidum 102  
Lacticum remedies 102  
Lamprohiza splendidula 158  
Lanthanides 158  
Lanthanum carbonicum 225  
Lathyrus sativus 150  
Lecithin 189  
Lepomis 102  
Lepomis gibbosus 9, 65, 246-272, 371, 402, 514, 530  
Leprominium 390  
Leprominium Nosode 520  
Leprosy nosode 245  
Leptospirosis 384  
Leptospirosis interrogans 116  
Lilium tigrinum 384  
Lithium salts 158  
Loxosceles reclusa 449  
Lyssin 417, 493, 496

## M

Magnesium carbonicum 181  
Malaria nosode 318, 350  
Malaria Nosode 319  
Manganum 552  
Manganum 79  
Matrimonial remedies 60, 318  
Medorrhinum 112, 189, 209, 225, 294, 372-373, 507  
Medusa 504, 507  
Meningococcinum 276, 279  
Mercuries 112, 209  
Mercurius 162  
Mercurius praecipitatus albus 84  
Mercurius salts 166  
Migraines 275  
Mollusca 60  
Morbillinum 454  
Morphinum 492  
Muraena melanotis 273-283, 514, 531  
Murex 7  
Muriaticum 15-16, 181, 219  
Muriaticum 189  
Mycobacteriaceae 143  
Mycobacteriaceae Nosodes 143  
Mycoplasma pneumoniae 287, 294

## N

Najas 209  
Natrium muriaticum 33, 102, 189, 424, 504, 507  
Natrium sulphuricum 308  
Neon 116, 294, 420  
Neptunium 31, 139  
Neptunium muriaticum 79, 161, 166, 384  
Nitrogen 139  
Nitrogen remedies 143  
Noble gases 350  
Nux vomica 14, 241, 294

## O

Oleum animale 139, 517  
Oleum animalis 189  
Oleum jecoris 7-9, 50, 53, 134, 139, 176-199, 291, 294, 308, 345, 359, 362, 397, 453-454, 495, 514, 517, 530, 552  
Oleum jecoris aselli. *See* Oleum jecoris  
Oncorhynchus 77  
Oncorhynchus tshawytscha 7, 9, 47, 53, 175, 181, 189, 284-302, 396-397, 424, 514, 520, 529  
Oophorinum 60

Opium 375  
 Orchid remedies 82, 98, 147, 375  
 Orcinus orca 47  
 Oreochromis niloticus 303-309, 514, 530  
 Ostracion cubicus 310-327, 329-331, 333, 335-337, 514, 530  
 Ovi gallinae pellicula 60  
 Oxygenium 436, 519  
 Oxygen remedies 245  
 Oxytocin 53, 60

## P

Palladium 346  
 Palladium metallicum 350  
 Panthera 112  
 Paracanthurus 102  
 Paracanthurus hepatus 9, 11, 53, 84, 258, 316, 338-340, 342-345, 347-349, 351-354, 356, 514, 530  
 Parkinson's remedies 552  
 Petroleum 139, 189  
 Phosphorus 71, 126, 189  
 Pinus sylvestris 143  
 Pistachio 552  
 Pistachio remedies 143  
 Pituitaria glandula 50  
 Pituitarium anterior 50, 53  
 Pituitary anterior 382  
 Pituitary posterior 382  
 Platina 241, 313  
 Pleuronectes platessa 357-367, 514, 531  
 Plumbum 143  
 Poaceae 116  
 Poecilia reticulata 368-378, 514, 530  
 Polio nosode 175  
 Psorinum 188, 413  
 Pterophyllum scalare 379-384, 514, 530  
 Pulsatilla 392  
 Pulsatilla niger 71  
 Pyrarara 244, 385-393, 433-434, 436, 514, 518-519, 530

## R

Radon 112  
 Ringworm nosode 189, 225  
 Ruta graveolens 100

## S

Salmo trutta fario 394-400, 514, 520, 529  
 Sarpa salpa 401-403, 514, 529

Scopolamine 407  
 Scorpaena scrofa 404-413, 420, 443, 445, 514, 522, 530  
 Sea anemones 71  
 Sebastes norvegicus 414-420, 514, 522, 529  
 Selenium 390, 436  
 Sepia 7, 25, 33, 215, 225, 502, 504, 507  
 Serum anguillae 275, 277, 279, 421-429, 514, 529  
 Shark remedies 523  
 Silica 71, 181, 189  
 Silurus glanis 244, 430-437, 514, 518, 530  
 Smart meter 239  
 Snake venoms 279  
 Sol 225  
 Solanaceae 209, 496  
 Solanaceae remedies 493  
 Sphyræna barracuda 438-441, 514, 529  
 Stage 3 remedies 11  
 Stage 7 remedies 79  
 Stage 8 remedies 413  
 Stage 10 remedies 279  
 Stage 12 remedies 102, 548  
 Stage 14 remedies 175, 507  
 Stage 16 remedies 390  
 Stage 17 remedies 279  
 Stage 18 remedies 20  
 Stannum 507  
 Stannum carbonicum 507  
 Staphysagria 406  
 Sting Ray. *See* Urolophus halleri  
 Stramonium 209  
 Streptococcinum 166  
 Sulphur 153, 389-390, 436, 519  
 Sulphur salts 245  
 Sycotic compound 275, 279  
 Sycotic remedies 308  
 Synanceia horrida 442-443, 514, 530  
 Synanceia verrucosa 413, 444-445, 514, 522, 530  
 Syphilinum 166, 169, 276, 279, 390

## T

Tabacum 121, 126  
 Tantalum 454  
 Tarentula hispanica 388  
 Technetium 79  
 Tela aranea 71  
 Tellurium 217, 390, 436  
 Tellurium salts 225  
 Tetanus nosode 413  
 Thallium metallicum 366  
 Thorium 454

Thuja 123, 307-308, 383-384  
 Thunnus albacares 9, 239, 241, 446-486, 514, 529  
 Trachinus 402, 413, 514, 530  
   Trachinus draco 487-497  
   Trachinus vipera 490-491  
     Trachinus vipera 488-489, 493-497  
 Trachinus draco. *See* Trachinus  
 Trachinus vipera. *See* Trachinus  
 Tubercular nosodes 143  
 Tubercular remedies 150  
 Tuberculinum 189, 294  
 Tuberculinum marmorek 189  
 Tungsten 462

## U

Umbilical cord 53  
 Umbilicus humanus 318  
 Uranium series 209  
 Uranium series remedies 49, 77, 112  
 Urobatis halleri. *See* Urolophus halleri  
 Urolophus halleri 372, 498-508, 513, 531  
 Ursus bears 112, 209  
 Uterus 21

## V

Vanilla planifolia 102, 372, 448  
 Veratrum album 384  
 Veratrums 496  
 Veratrum viride 492  
 Vipera 370-371, 375, 423, 426, 429, 495  
 Vipera aspis 375  
 Viral nosodes 71  
 Viscum album 406

## X

Xenon 420  
 Xiphophorus maculatus 375

## Y

Yeasts remedies 143

## Z

Zincum metallicum 548  
 Zincum salts 548  
 Zingiber officinale 428  
 Zirconium 238, 241, 454

# Subject Index

## A

- Abscesses 175, 185, 188, 190, 347, 495  
     dental 349, 399, 410, 412  
     gum 188  
 Absence seizures 412  
 Accident prone 257  
 Acne 32, 53, 70, 111, 183, 186, 188  
     cystic 185, 188  
     rosacea 188  
 Acne rosacea 60, 84  
 Acromegaly 50, 52, 175  
 Actinide remedies 416  
 Acute miasm 205  
 Acute Viral Miasm 417  
 Adar 36  
 Adhesions 293  
 Age of Aquarius 37  
 Age of Pisces 37  
 AIDS 556  
 Albuminuria 427, 429  
 Alcohol addiction 495  
 Algae 137, 140  
 Allergic rhinitis 375  
 Allergies 32, 188, 194, 197, 305, 308, 473  
     food 188  
 Allergy 469  
     shellfish 410  
 Alopecia 225, 279, 412  
 Aluminum toxicity 11  
 Alzheimer, Dr. Alois 535, 564  
 Alzheimer's disease 21, 47, 58, 63, 82, 95, 106,  
     114, 118, 133, 154, 160, 172-173, 180, 192,  
     194, 196, 214, 237, 248, 286, 312, 340, 358,  
     370, 381, 395, 415, 423, 426, 432, 448, 489,  
     501, 535-541, 545-546  
     end stages 58, 63, 74, 82  
     stages 558  
     stages 1-4 86  
 Amenorrhea 101, 274, 279  
 Amniotic fluid 28  
 Ampullae of Lorenzini 18  
 Amyloid miasm 365  
 Amyloid plaques 535, 549, 564  
 Amyotrophic lateral sclerosis (ALS) 149, 547  
 Anaphylaxis 197, 308  
 Androctonus 409  
 Anemia 101, 188, 365  
 Angelfish. *See in Remedy Index* Pterophyllum  
     scalare  
 Angioedema 305, 308  
 Angostura bitters 50  
 Anikeev, Leonid 107  
 Ankylosis 495  
 Anorexia 319, 500, 506  
 Anorexia nervosa 10  
 Anuria 422, 425, 427, 429  
 Anxiety 27, 29, 31, 34, 47, 51-52, 64, 67, 69, 81, 83,  
     99, 118-120, 123, 134, 138-141, 157, 161-162,  
     164, 182-183, 185, 187, 197-198, 204, 207, 221,  
     253, 291, 295-297, 305-306, 313, 315, 317, 319-  
     321, 328, 335, 350, 405, 411, 416, 418, 450-453,  
     457, 469, 493, 499, 503, 506-507, 553, 560, 564  
 Aphasia 358  
 Arteriosclerosis 142, 427  
 Arthritis 202  
 Artificial insemination 251, 257  
 Ascites 433  
 ASD. *See* Autism spectrum disorder (ASD)  
 Asperger 20, 27, 140, 192, 371, 374, 415-416, 418  
 Aspergillosis 399  
 Aspiration pneumonia 350  
 Astaxanthin 20, 137  
 Asthma 32, 52, 67, 70, 157, 182, 185, 188, 202,  
     418-419, 454, 459, 495  
 Asystole 427, 429  
 Atherosclerosis 133  
 Atlantic cod. *See in Remedy Index* Gadus  
 Atresia 418-419  
 Atrial fibrillation 148, 158, 196, 279, 412  
 Attention Deficit Disorder (ADD) 27, 65, 68, 173-174  
 Attention Deficit Hyperactivity Disorder  
     (ADHD) 65, 68, 173-174  
 Autism 192-193, 371, 374  
 Autism spectrum disorder (ASD) 83, 192, 415-  
     416, 418  
 Autoimmune conditions 157, 412  
 Autoimmune disorders 155

## B

- Bacterial infections 225  
 Barbel cholera 82

- Barracuda. *See in Remedy Index* Sphyræna barracuda
- Begin, Marty 312, 316, 319
- Behavioral variant frontotemporal dementia (bvFTD) 546
- Bell's palsy 308
- Blackie, Margery 504, 507
- Blackwing flying fish. *See in Remedy Index* Hirundichthys rondeletii
- Bleeding 53, 59, 195  
 brain 549  
 ear, from 350  
 easy 110, 382, 384  
 fever, with 494  
 gums 79  
 heavy 111  
 heavy, menstrual 79, 175, 504  
 pregnancy, during 494  
 profuse 499, 506  
 rectal 111
- Blepharitis 158
- Blepharospasm 158
- Blood poisoning 490
- Blue tang. *See* Paracanthurus hepatus; *See in Remedy Index* Paracanthurus hepatus
- Boils 32, 53, 126, 166, 455
- Bovine encephalitis. *See* Mad cow disease
- Bradycardia 499, 506
- Bradykinesia 142
- Brain tumor 28, 100
- British School of Homeopathy 9
- Bronchiectasis 32, 183, 188
- Bronchitis 32, 460
- Brown, Doug 9, 34, 47, 49, 53, 371, 375
- Brown trout. *See in Remedy Index* Salmo trutta fario
- Bubonic plague 49
- Buddha 38
- Buddhism Fish Symbols 38
- Bulimia 100
- Burnett, James Compton 160
- Burnout 100, 495
- C**
- Cancer 87, 106, 108, 116, 122, 140, 146, 150, 157, 202, 292, 460, 517, 542, 556  
 breast 118, 121, 123, 125  
 lung 157  
 oropharyngeal 70
- Cancer miasm 86, 88-90, 95, 98, 122
- Candida 101, 141-142
- Candidiasis 88
- Cannibalism 10-11, 28, 99, 171, 196, 284, 379-380, 394-395, 542
- Capgras syndrome 201, 204
- Carbon Series 30, 65, 132-135, 516
- Cardiac murmur 427
- Cardiac uremia 427
- Carp. *See* Cyprinus carpio
- Cataracts 435-436
- Catholicism 37
- Caviar 50, 53, 57
- Cavities  
 dental 387, 399, 410
- Celiac disease 257, 334
- Cell phone radiation 100
- Cellulitis 32, 188, 193, 197
- Celtic Mythology 40
- Cerebrovascular accident 361, 371, 412
- Cerebrovascular accident (stroke) 276, 364
- Cesarean 50
- Channel catfish. *See in Remedy Index* Ictalurus punctatus
- Charcot-Marie-Tooth disease 147
- Chemical sensitivities 189
- Chhabra, Divya 34
- Chilblains 126
- Childbirth 50, 52-53, 111, 183, 349
- Chinese mythology 38
- Chlamydia miasm 358, 360, 362, 365-367
- Chloasma 390
- Cholera 82, 198
- Cholera miasm 193, 197-199
- Chopra, Deepak 564
- Christianity 37
- Chronic fatigue 101, 293, 389, 496
- Chronic fatigue syndrome 100, 155, 157
- Chronic obstructive pulmonary disease (COPD) 32, 182, 188, 418-419
- Chronic pain 286
- Ciguatera 31, 316, 438
- Cirrhosis 294, 432-433
- Claustrophobia 110
- Clostridium perfringens miasm 318
- Clownfish. *See in Remedy Index* Amphiprion ocellaris
- Cod. *See* Atlantic cod
- Codependency 98
- Cod liver oil 7, 178-181, 191, 530
- Cognitive resilience 536
- Cold sores 455
- Colitis 32, 340, 342-343, 347, 349
- Complex partial seizures 412

- Congenital heart valve disease 418-419  
 Congestive heart failure 364, 427  
 Conjunctivitis 158, 364  
 Conn's disease 149  
 Constipation 95, 138, 175, 205, 209, 294, 491, 545  
 Convulsions 443, 445, 490  
 Copperband butterflyfish. *See in Remedy Index* Chelmon rostratus  
 Cough 125, 184, 190-191, 294  
   chronic 188  
 COVID-19 77, 215, 381, 406, 501, 564  
 Cramp; cramping. *See* cramps  
 Cramping  
   abdominal 347  
 Cramps 101, 116, 126, 136, 156, 197, 349, 408, 412, 504  
   abdominal 32, 101, 293, 335, 349, 488  
   jaw 408, 410, 412  
   menstrual 257, 270  
   muscle 500  
   muscular 282  
   neck 125  
   stomach 317, 323, 334  
 Creutzfeldt-Jakob Disease (CJD) 21, 63, 74, 87, 106, 118, 172, 192, 196, 202, 214, 237, 240, 286, 358, 366, 395, 398-399, 405, 448, 541-543  
 Crohn's disease 148, 150, 324, 335, 347, 349  
 Cryptosporidium infection 224  
 Cushing's syndrome 149  
 CVA. *See* Cerebrovascular accident  
 Cyclothymia 306  
 Cystitis 165, 504, 506  
 Cysts 171, 347  
   dental 79, 347, 349  
   ovarian 175, 293  
   uterine 419
- D**
- Dahl, Heike 9, 64, 237, 433  
 Dandruff 101  
 Dearborn, Dr. Frederick 387  
 Delirium 150, 395, 398, 493, 500, 557  
 Dementia 207  
   early onset 192  
   types of 534  
 Dental  
   caries 112  
   neuralgia 112  
 Depression 6, 28, 47, 51, 83, 99, 160-161, 164, 187, 216-217, 222, 287-288, 314, 316-318, 329, 350, 405, 411, 463, 540, 543, 553
- DHA. *See* Omega-3 fatty acids  
 Diabetes 192-193, 198-199, 245, 412  
 Diabetic neuropathy 412  
 Diarrhea 32, 82, 84, 102, 125, 142, 150, 189-190, 197, 279, 315, 317, 323, 334-335, 347, 349, 410, 412, 491, 499-500  
 Dislocations 293  
 Diverticulitis 342, 347, 349  
 Dizziness 65, 68, 70, 208, 252, 257, 268-269, 406, 422, 464, 490, 495-496, 499, 501  
 Doidge, Norman 551-552, 564  
 Down's syndrome 58, 63, 66, 82, 114, 118, 149, 172, 192, 347, 358, 381, 546  
   dementia in 248  
 Down's syndrome and Alzheimer's disease 114, 118, 172, 358, 381, 415, 432  
 Down's syndrome and Alzheimer's disease 58  
 Down's syndrome and Alzheimer's disease 63, 82  
 Drug addiction 373, 451, 453, 489, 495  
 Drug-induced dementia 448  
 Duchenne muscular dystrophy 147  
 Dysgraphia 60, 98, 141, 173-174, 207, 410, 419  
 Dyslexia 27, 60, 124, 173-174, 245, 292, 348  
 Dysmenorrhea 101, 111, 224, 257  
 Dyspnea 418-419, 427  
 Dyspraxia 27
- E**
- Earache 224  
 Eczema 125, 148, 195, 398-399  
 Edema 15, 101, 142, 279, 384, 399, 410, 412, 424-425, 428-429, 434, 443, 445  
 Eel serum. *See in Remedy Index* Serum anguillae  
 Electric eel. *See in Remedy Index* Electrophorus electricus  
 Electric shock 150  
 Electrolocation 18, 153  
 Electromagnetic frequencies (EMF) 157  
 Electromagnetic radiation 88, 150  
 Elephantiasis 426, 428  
 Emaciation 190  
 Emphysema 32  
 Encephalitis 371  
 Endometriosis 59, 293  
 EPA. *See* Omega-3 fatty acids  
 Epilepsy 158, 407, 412  
 Epileptic fits 69  
 Epistaxis 224, 384  
 Esophageal spasm 52  
 Essential tremor 412  
 Estuarine stonefish. *See in Remedy Index* Synanceia horrida

European plaice. *See in Remedy Index* Pleuronectes platessa  
 Exophthalmic goitre 158  
 Exophthalmos 91, 362, 364  
 Exostoses 412

## F

Fainting. *See* faintness  
 Faintness 64, 66, 68-69, 83, 293, 315, 318, 334, 405-406, 410, 500-501, 504, 507  
 Fatal familial insomnia 541  
 Fatty liver 111  
 Fatula, Olga 9, 11, 107, 172, 275, 280, 397  
 Female circumcision 423-424, 426  
 Fever 31, 70, 100, 175, 181, 188, 190-191, 281, 433, 493-494, 500  
 Fibroids 84, 293  
 Fibromyalgia 7, 32, 142, 186, 188, 199, 205, 236, 240-241, 399, 419, 433, 436, 473, 504, 506, 517  
 Filariasis 426, 428  
 Fish Remedy Themes 27  
 Fish scale disease. *See* ichthyosis vulgaris  
 Food poisoning 412  
 Fractures 208  
 Freshwater angelfish. *See in Remedy Index* Pterophyllum scalare  
 Freshwater eel serum. *See in Remedy Index* Serum anguillae  
 Frontal lobe atrophy 489, 495  
 Frontotemporal Dementia 47, 63, 74, 87, 114, 172, 192, 202, 237, 239, 358, 501, 546-547  
 Fungal infections 53, 87, 101, 527  
 Fungi remedies 150, 218

## G

Gallstones 257  
 Gangosa 389-390  
 Gangrene 490, 494-495  
 Genital herpes 491  
 Gerstmann Sträussler Scheinker syndrome 541  
 Giardia lamblia 116  
 Glaucoma 108-109, 111, 384, 435-436  
 Glial and neuronal tumors 87  
 Glioma 100  
 Goiter 294, 308  
 Goldfish. *See in Remedy Index* Carassius auratus  
 Gout 111, 126, 308, 342, 350, 384, 491  
 Graves disease 308, 365, 384  
 Great barracuda. *See in Remedy Index* Sphyraena barracuda

Great Lakes Proving Group 9, 249, 258  
 Great white shark. *See in Remedy Index* Carcharodon carcharias  
 Greek Mythology 39  
 Grimes, Melanie 13, 202, 205, 210  
 Guillain Barré syndrome 175  
 Guppy. *See in Remedy Index* Poecilia reticulata

## H

Haematomas 491  
 Haemoptysis 190  
 Hahnemann, Samuel 2-3, 7, 24, 183, 464, 564-565  
 Hair, Angela 74  
 Halitosis 317  
 Haller's round ray. *See in Remedy Index* Urolophus halleri  
 Hallucinations 136, 141, 202, 407, 410-411, 493, 543, 545, 550, 553  
 Hardy, Jonathan 34, 194, 206  
 Hay fever 188, 308, 349  
 Headache 70, 84, 100, 125, 130, 182, 195, 206, 208, 217, 224, 252, 257, 265, 267-269, 278, 293, 308, 333, 335, 350, 409, 427, 435-436, 455-457, 488, 494, 500, 504, 506-507, 555  
 Heart attack (myocardial infarction) 419  
 Heartburn 52, 142, 224, 257, 315, 317, 322, 334, 436  
 Heart disease 429  
 Hebrew calendar 36  
 Helicobacter pylori 139  
 Helicobacter pylori miasm 552  
 Hematuria 427, 429  
 Hemoglobinuria 425, 427  
 Hemorrhage. *See* Bleeding  
 Hemorrhagic fever 494  
 Hemorrhoids 111, 347, 349, 390  
 Hepatitis 293-294  
   alcohol-related 111  
   viral 111  
 Hering, Constantine 2, 185, 541  
 Hering's Laws of Cure 2  
 Herniated discs 449  
 Herpes 32, 73, 141-142, 241, 294, 315  
   genital 183  
 Herpes miasm 76  
 Herpes zoster 53, 527  
 Herpes zoster nosode 78  
 Herring. *See* Clupea harengus  
 High blood pressure 52, 106, 108-110, 150, 202, 204, 207, 209, 340, 342, 350, 382, 384, 425, 427-429, 524, 554. *See also* Hypertension

Hindu Fish Symbology 39  
 Hippocampus 39  
 Hives 53, 126  
 Homeopathic Master Clinician Course 9, 350  
 Homesickness 278  
 Honeycomb moray eel. *See in Remedy Index* Muraena melanotis  
 Hot flushes 84, 205, 209  
 Huntington's chorea 524  
 Huntington's dementia 156  
 Huntington's disease 82, 87, 114, 146, 154, 157, 202, 548  
 Hydrocephalus 365  
 Hydrophobia miasm 493  
 Hyoscyamus 395  
 Hyperglycemia 407, 412  
 Hyperlipidemia 142  
 Hyperreflexia 433  
 Hypertension. *See* High blood pressure  
 Hypochondriasis 64  
 Hypoglycemia 407, 412  
 Hypotension 418, 445, 499-500, 506. *See* Low blood pressure  
 Hypothyroidism 365  
 Hysterectomy 59-60, 424, 426

## I

Iatrogenic Creutzfeldt-Jakob disease 542  
 Ichthus 37  
 Ichthyosis vulgaris 19  
 Idiopathic membranous nephropathy 156, 158  
 Idiopathic pulmonary fibrosis 155, 157  
 Impotence 110-111  
 Incontinence  
   bowel 436  
   urinary 436  
 Infertility 100, 111, 125, 288, 293  
 Inflammatory bowel disease 150  
 Injuries 208  
   blast 276  
   brain 257  
   cartilage 208  
   cuts 409  
   dementia after 30  
   digestive organs 188  
   easy 252, 399  
   extremities 100, 205  
   falling 91, 100  
   frequent 411  
   head 252, 549  
   lingering 137  
   mobility problems 208

non-healing 188  
 nose 141  
 physical trauma 524  
 psychological wounds 426  
 self-injury 411  
 spine 293  
 tendency 205, 396  
 tendency to 30  
 vascular, to brain 554  
 Injury  
   delayed reactions to 188  
 Insomnia 320. *See also* sleeplessness; *See also* Sleeplessness  
 Interstitial lung disease 412  
 In-vitro fertilization 417  
 Involuntary stool 224  
 Involuntary urination 158  
 Irritable bowel syndrome 150, 347, 349  
 Ischemic 110

## J

Japanese temples 38  
 Jaundice 433  
 Jesus 37  
 John's Disease 168  
 Jones, Carol 341, 350  
 Judaism 36

## K

Kabbalah 36  
 Kahawai. *See in Remedy Index* Arripis trutta  
 Kent, James Tyler 3  
 Kidney stones 84  
 Kittler, Monika 91  
 Koi carp 137  
 Korsakoff syndrome 107, 172, 237, 243, 359, 364, 423, 426, 432, 440, 556-557  
 Kuru 10, 196, 541  
 Kushner, Sonam 214-215

## L

Lacrimal duct stricture 158  
 Lanthanide 134  
 Lanthanide remedies 76  
 Laryngeal stenosis 116  
 Late syphilis dementia 387  
 Leprosy 389, 519  
 Leprosy miasm 163, 244-245, 388, 390, 432, 434-435, 519  
 Leptospirosis 116

Leptospirosis miasm 318  
 Leucorrhea 165, 209  
 Leukemia 110  
 Lewis lung carcinoma 140, 142  
 Lewy body dementia 47, 58, 74, 82, 87, 106, 114,  
 118, 154, 172, 192, 202, 214, 274, 276, 358, 381,  
 396, 405, 408, 411, 448, 501, 544-546, 548  
 Libido (sexual desire)  
   decreased 111  
   high 110-111, 204  
   increased 372, 374, 377, 505  
   low 505  
   reduced 503  
 Lisfranc fracture 495  
 Lockjaw 408  
 Lou Gehrig's disease. *See* Amyotrophic lateral  
   sclerosis  
 Low blood pressure 406, 412, 443, 500-501, 545.  
   *See also* Hypotension  
 Lucas, Joy 9, 160, 162-163, 167  
 Lyme disease 118, 123, 126, 350  
 Lyme neuroborreliosis 119  
 Lymphadenopathy 410  
 Lymphedema 33, 111, 425, 428, 491

## M

Macular degeneration 290  
 Mad cow disease 10, 366, 542  
 Maher, Patricia 249  
 Malaria miasm 315, 317-318  
 Malnutrition 181, 187  
 Malocclusion 111, 173, 175, 308  
 Mangialavori, Massimo 178, 193-194  
 Maori 74  
 Mapleson, Judith 341, 350  
 Measles 454  
 Measles miasm 238  
 Meningiomas 87  
 Meningitis 276  
 Mercy, Martine 112  
 Microsporidia infection 225  
 Migraine 224, 278, 293, 365, 494-495, 506  
   headache 100  
 Miscarriage 141, 251, 494  
 Mitral insufficiency 427, 429  
 Mixed dementia 58, 63, 82, 87, 107, 114, 119,  
 172, 180, 192, 202, 237, 248, 358, 370, 381,  
 396, 405, 423, 432, 501, 548  
 Mixed gliomas 87  
 Mollusca 25  
 Moray eel. *See in Remedy Index* Muraena  
   melanotis

Motion sickness 252  
 Motor neurone disease. *See* Amyotrophic lateral  
   sclerosis  
 Müller, Karl-Josef 11, 91  
 Multifocal motor neuropathy 156-157  
 Multiple sclerosis 100, 102, 133, 147, 149, 156-  
 157, 175, 293, 347, 350  
 Multiple sclerosis dementia 87, 340  
 Muscle wasting 156  
 Muscular dystrophy 147, 149  
 Myalgia 364  
 Myalgic encephalitis 112  
 Myasthenia gravis 156-157, 412  
 Mycobacterium Paratuberculosis 168  
 Mycobacterium paratuberculosis miasm 146  
 Mycoplasma Miasm 54  
 Myelodysplastic syndromes 412  
 Myeloid leukemia 82, 84  
 Myocardial infarction 158, 412  
 Myopia 362, 364

## N

Narcolepsy 206  
 Nausea 100, 125, 165, 224, 257, 315, 317, 322,  
 334-335, 342, 412, 464, 488, 494, 500  
 Nephritis 427, 429  
 Neurofibrillary tangles. *See* Tau tangles  
 Neuroma 419  
 Neuropathy 236, 257  
 Neuroplastic 551  
 Neuroplasticity 536  
 New Testament 37  
 New Zealand salmon. *See in Remedy Index* Arripis  
   trutta  
 Nile tilapia. *See in Remedy Index* Oreochromis  
   niloticus  
 Normal pressure hydrocephalus 82, 87, 107, 154,  
 202, 276, 358, 396, 405, 440, 549  
 North American First Nations 40

## O

Obesity 70, 111, 173, 245, 294, 308, 399, 427,  
 432-434, 436  
   morbid 245  
 Obsessive compulsive disorder 524  
 Obsessive-compulsive personality disorder  
   (OCPD) 171, 173-174  
 Obstacles to cure 564-565  
 Oculopharyngeal muscular dystrophy 156, 158  
 Oleum jecoris 24  
 Oligodendrogliomas 87

Oliguria 425, 427, 429  
 Omega-3 fatty acids 179  
 Opiate addiction 370, 373  
 Opioid addiction 374  
 Orchid remedies 372  
 Orthodontic problems 111  
 Orthostatic hypotension 293  
 Osteitis deformans 365  
 Osteomalacia 181  
 Osteomyelitis 499, 504, 506

## P

Pacific salmon. *See in Remedy Index* Oncorhynchus tshawytscha  
 Paget's disease 365  
 Palpitations 158, 209, 252, 412, 427, 491, 494, 500, 504, 508  
 Panic attacks 81, 83, 95, 99, 149, 187, 317, 416-418, 493, 495  
 Paracanthurus hepatus 249  
 Paralysis 32, 102, 134, 157, 364, 408, 412, 489-490, 500, 555  
   facial 308  
   voice 157  
 Parkinson's disease 100, 136-139, 142, 412, 517  
 Parkinson's disease dementia 47, 64, 87, 114, 133, 141, 146, 154, 156, 160, 202, 214, 305, 312, 370, 396, 407, 440, 489, 501, 545, 550-553  
 Peisker, Boris 359  
 Perfectionism 90, 98, 112  
 Petit mal 66  
 Pheochromocytoma 108, 149  
 Phillips, Pascal 312  
 Phillips, Pascaline 319  
 Phlebitis 427  
 Pike. *See in Remedy Index* Esox Lucius  
 Pimples 53, 111, 209  
 Pisces 37  
 Pituitary dysfunction 52  
 Pituitary gland 50  
 Pituitary problems 527  
 Pityriasis 166  
 Pityriasis lichenoides 166  
 Pityriasis rubra 166  
 Plaice. *See in Remedy Index* Pleuronectes platessa  
 Plantar fasciitis 52  
 Plastic surgery 67  
 Platelet aggregation 202  
 Pneumonia 183-184, 188  
 Pneumonitis 184, 188  
 Poaceae plant family 115  
 Poliomyelitis 496  
 Polyarthrititis 68  
 Polycythemia vera 110  
 Polyps 308  
 Poseidon 39  
 Posterior cortical atrophy 74, 82, 119, 146, 248, 275, 370, 549-550  
 Post influenzal 59, 82, 114, 119, 154, 172, 214, 248, 359, 557  
 Post influenzal and viral dementia 74, 381, 396, 406, 501  
 Post injection dementia 146  
 Postpartum 51  
 Post-poliomyelitis syndrome 489  
 Post polio syndrome 175  
 Post-surgical dementia 489  
 Pregnancy 30, 78-79, 141, 183, 212, 292, 343, 351, 353, 355, 364, 494  
   ectopic 60, 289  
   late 111  
 Premature birth 251, 257  
 Premenstrual tension 111, 175, 209  
 Primary progressive aphasia (PPA) 546  
 Prion disease 10-11, 69, 100, 240, 358, 541, 543, 557  
 Prion disease miasm 10  
 Prion miasm 88, 365  
 Progressive supranuclear palsy (PSP) 87, 547  
 Prostate hypertrophy 257  
 Psoriasis 79, 101, 202, 209, 365, 398-399  
 Psoric miasm 186, 205  
 Psychosis 118, 207, 494-495  
 Psychotherapy 287  
 Puberty  
   late 111  
 Pulmonary edema 412  
 Pulmonary fibrosis 184, 188, 412  
 Pumpkinseed sunfish. *See in Remedy Index* Lepomis gibbosus

## R

Rabies miasm 493, 495-496, 524  
 Rape 343, 348, 424  
   dreams of 343, 349, 505  
 Rash 70, 126, 160, 167, 232, 294, 333, 336, 387, 471  
 Raynaud's phenomenon 496  
 Red cap veiltail goldfish. *See in Remedy Index* Carassius auratus  
 Red tail catfish. *See in Remedy Index* Pyrarara  
 Red wolf fish. *See* Erythrinus; *See in Remedy Index* Erythrinus  
 Reef stonefish. *See in Remedy Index* Synanceia verrucosa

- REM sleep 545-546, 553  
 Renal disease 425, 427  
 Restless leg syndrome 70  
 Retinopathy 108, 111, 277-278  
 Rheumatism 186, 308  
 Rheumatoid arthritis 83-84, 208  
 Ricketts 181, 190  
 Ringworm 188, 190, 294  
 Ringworm miasm 186, 188, 216-217, 222  
 Roe of river barbel. *See in Remedy Index* Barbae cyprinae ova  
 Rose fish. *See in Remedy Index* Sebastes norvegicus
- S**
- Salema porgy. *See in Remedy Index* Sarpa salpa  
 Salmon. *See* Oncorhynchus tshawytscha  
 Sankaran, Rajan 34  
 Sanzo, Graziella 359  
 Scar tissue 293  
 Schadde, Anne 5  
 Schizophrenia 207, 495  
 Scholten, Jan 20, 24, 49, 55, 137, 169, 319, 366, 517, 520  
 Sciatica 225  
 Scleroderma 155, 390  
 Scorpionfish. *See in Remedy Index* Scorpaena scrofa  
 Scrapie 10, 542  
 Scrofula 182  
 Seahorse. *See in Remedy Index* Hippocampus kuda  
 Seizures 406-407, 412, 500, 524  
 Seminoma 84  
 Senile dementia 194  
 Sexual desire. *See* libido  
 Sexuality 7, 25, 68, 83, 135, 150, 162, 181, 204, 207, 277, 343-345, 351, 358-359, 363, 367, 370-371, 373-374, 422-423, 426, 434, 505  
 Sexual predation 163-164  
 Sherr, Jeremy 287-289, 408  
 Sherzai, Drs. Dean and Ayesha 564  
 Shingles 78  
 Shukla, Chetna 90-92, 214, 220  
 Silica series 517  
 Silver Series 25, 30, 90, 99, 133, 136, 205, 217, 221, 223, 517  
 Sinus infections 32  
 Sinus infections 136, 451  
 Sinusitis 188, 279, 294  
 Sjögren's syndrome 142, 375  
 Sleep apnea 427  
 Sleep disorders 545  
 Sleeplessness 65, 69, 157, 165, 197, 206, 208, 225, 252, 257, 274, 276, 278, 287, 294, 313, 317, 321, 336, 350, 427, 451, 453, 496, 503, 506  
 Snake venoms 277  
 Solanaceae 135  
 Solanales remedies 121  
 Sonz, Susan 214-215  
 Spinal fusions 293  
 Spinal stenosis 365  
 Spongiform encephalopathy 196  
 Spotted seahorse. *See in Remedy Index* Hippocampus kuda  
 Sprains 188, 225  
 Squalene 206  
 Stage 1 205, 415, 417, 524  
 Stage 3 222, 238, 451  
 Stage 4 238-240, 365-366, 448-451, 453  
 Stage 5 312, 315, 317-319  
 Stage 7 31, 73, 76, 78, 519  
 Stage 8 168, 408  
 Stage 9 46, 49-50, 52, 54-55  
 Stage 10 49, 54, 222, 239, 373, 417  
 Stage 11 133, 135-136, 141, 173, 198  
 Stage 12 88-89  
 Stage 13 238, 240, 358, 361-362, 364-366, 450-451  
 Stage 14 171, 173, 318, 507, 519  
 Stage 15 133, 139, 141, 143, 198  
 Stage 16 141, 143, 163, 388, 432, 435, 519  
 Stage 17 162, 168, 519  
 Stage 18 54  
 Stasis dermatitis 389-390  
 Stomach ulcers 142  
 Stonefish. *See in Remedy Index* Synanceia horrida; *See in Remedy Index* Synanceia verrucosa  
 Streptococcal infections 166  
 Stridor 116  
 Stroke 87, 102, 110, 407, 433. *See* cerebrovascular accident  
 Surgeon. *See in Remedy Index* Acipenser transmontanus  
 Surgeon caviar. *See in Remedy Index* Acipenser sturio ex oviis  
 Sundown syndrome 74, 86, 160, 214, 248, 286, 387  
 Sunfish. *See* Lepomis gibbosus  
 Sunstroke 253  
 Super Brain 564  
 Swoboda, Franz 5  
 Sycotic miasm 186, 222, 224, 295, 307, 373, 417, 435  
 Sydenham's chorea 158

Synchronicity 141  
 Syncope 158. *See* Faintness  
 Syphilis 160, 390  
 Syphilitic miasm 162, 165, 168

**T**

Tabes mesenterica 185, 190  
 Tachycardia 158, 196, 252, 427  
 Tau tangles 546, 564  
 Temporomandibular jaw problems 412  
 Temporomandibular joint (TMJ) 50, 52-53, 112  
 Tetanus (Clostridiales) miasm 405  
 Tetanus miasm 407-408, 410-412  
 The Alzheimer's Solution 564  
 The Brain's Way of Healing 564  
 Theriault, Paul 9, 12, 112, 305, 308  
 Thoracic outlet syndrome 491  
 Thrombosis 133, 142  
 Tiger shark liver. *See* Galeocerdo cuvier hepar; *See in Remedy Index* Galeocerdo cuvier hepar  
 Tilapia. *See in Remedy Index* Oreochromis niloticus  
 Tinnitus 53, 125, 184, 196-197, 208, 224, 454, 469, 473, 478, 504  
 Tonsillitis 165, 454  
 Toothache 454  
 Torah 36  
 Tourette's syndrome 158, 524  
 Traditional Chinese Medicine (TCM) 205  
 Transient Ischemic Attacks (TIAs) 110  
 Traumatic brain injury 274, 276, 371  
 Tremors 142, 184, 406-407, 488, 500  
 Trichiasis 158  
 Trisomy 21. *See* Down's syndrome  
 Trout. *See in Remedy Index* Salmo trutta fario  
 Tubercular miasm 139, 180, 184, 186, 198-199, 295, 397  
 Tuberculosis 139, 182, 185, 188, 190, 198  
   military 185  
 Tuberculous mesenteric lymphadenitis 185  
 Tumor 84, 86, 108, 110, 140, 149, 158, 308, 365, 524  
   adrenal 110  
   brain 86-87, 140, 142  
   cancerous 133, 142, 308  
   cystic 110  
   Eye 364  
   large 110  
   malignant 110  
   metastasized 142  
   pituitary 384

**U**

Ulcerative colitis 347  
 Ulcers  
   fistulous 191  
 Uraemia 429  
 Uranium series 55, 150  
 Urination  
   involuntary 142  
 Urticaria 53  
 Uterine fibroids 419

**V**

Vaccination 209  
 Vaccine damage 68  
 Vaccines 68  
 Varicose veins 111, 364, 389  
 Vascular Dementia 47, 64, 82, 87, 107, 133, 142, 154, 172, 180, 192, 202, 214, 237, 243, 248, 275-276, 340, 350, 358, 364, 370, 381, 396, 406, 415, 423, 432, 440, 448, 554-555  
 Venus 37  
 Vertigo 65, 70, 125, 165, 252, 257, 268, 293, 333, 422, 427, 454, 495, 504  
 Vervarcke, Anne 66  
 Vijayakar, Prafull 3  
 Viral dementia 59, 82, 114, 119, 154, 172, 214, 248, 359, 557  
 Vishnu 39  
 Vitamin A 179, 181  
   deficiency 188  
   poisoning 188  
 Vitamin B12 deficiency 188, 340  
 Vitamin D 179, 181  
 Vitamin deficiencies 32  
 Vitamin E 179  
 Vithoukas, George 3, 417  
 Vitiligo 155, 387, 390  
 Vomiting 82, 100, 224, 342, 410, 412, 488, 500

**W**

Weeverfish. *See in Remedy Index* Trachinus  
 Wels catfish. *See in Remedy Index* Silurus glanis  
 Wernicke encephalitis 557  
 Wernicke encephalopathy 556-557  
 Wernicke-Korsakoff syndrome 556  
 White sturgeon. *See in Remedy Index* Acipenser transmontanus  
 Williams, Sally 249, 342

**Y**

Yaws 389-390

Yeast infections 141-142

Yellow boxfish. *See in Remedy Index* Ostracion  
cubicus

Yellowfin tuna. *See* Thunnus albacares; *See in  
Remedy Index* Thunnus albacares

Yersinia Miasm 49, 52, 54

**Z**

Zebrafish. *See in Remedy Index* Danio rerio

Zimmermann, Anke 92

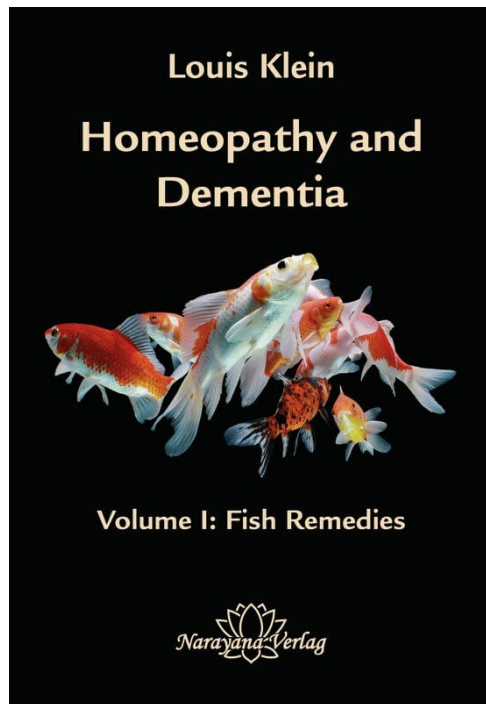
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