

Bryonia

Bryonia alba or Wild Hops

Remedy picture as described in traditional homoeopathic texts.

Bryonia is less rapid in its action than Aconite, but goes deeper in its effects, often taking up where Aconite leaves off. Dominant characteristics of Bryonia are dryness of mucous and serous membranes, pain aggravated by any movement and physical weakness. Used in home prescribing for dry coughs, dry mucous membranes, colic and joint pains. The person wants to be left alone but is very thirsty for warm drinks.

Mental/Emotional Symptoms

Can be exceedingly irritable with great tiredness, feels unwilling to move or speak. Head feels dull. There may be worry and a lot of talking about money or business, with a sense of dread about the future. There is insecurity and a fear of poverty and the future which drives pressure to perform and achieve financial success.

Physical Symptoms

Eye: Stabbing, pressing or aching pains in the eye, eyeballs feel sore to touch and movement, eyes water during the day especially in the sun.

Female: Delayed or absent menses with splitting headache or nosebleeds, inter-menstrual pain with abdominal and pelvic soreness, menses early and profuse with tearing pains in legs which are worse for movement.

Headaches: Headaches feel bursting or splitting, focused in the eye, forehead or back of the head. Migraines are worse for any motion, and even eye movement can aggravate. The scalp is very sensitive even to brushing. Headaches after being out in hot weather.

Throat: Dry, hacking, painful coughs, worse for eating or drinking, and better for sitting. Deep breathing and coming into a warm room excites the cough. Tough mucous in throat only loosened after much hawking.

Breast: Pain in breasts at menses, mastitis where breasts are hot, hard and painful.

Chest: Holds chest or presses on sternum when coughing, sharp stitching pain in chest or right scapula made worse by breathing or coughing. Chest feels as if would fly to pieces when coughing.

Stomach: Nausea, dizziness and faintness on rising up. Stomach sensitive to touch. Pressure in stomach after eating, like a stone. Abdominal pain and pelvic soreness in between menstrual cycle.

Joints: Rheumatism with aching in joints and muscles greatly aggravated by motion. Joints red, swollen and hot with stitching, tearing pain. Pain is relieved by lying on the affected side.

Rectum: Constipation with large, dry and hard stools.

Pains: Feels aching, stitching, or tearing; worse for motion and better for rest.

Thirst: Excessive thirst, with a bitter taste in the mouth. Lips, cracked and parched; mouth and throat dry.

Keywords

- Stiff
- Dry
- Irritable
- Stitching pain
- Worse for motion

Exciting causes

- Anger
- Fright
- Gluttony
- Cold drinks
- Cold wind
- Suppressed eruptions
- Joint injury
- Broken bones
- Constipation
- Alcohol

Modalities

Better: Pressure or lying on the affected part; rest and quiet; cold things; cool open air; drawing the knees up; heat on the inflamed part.

Worse: Least motion; coughing; stooping; exertion; deep breathing; eating; hot weather.

Compare to: *Belladonna, Arnica*

Follow with: *Nat mur, Nat sulph, Rhus tox*

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