

Ferrum phos

Phosphate of Iron

Remedy picture as described in traditional homoeopathic texts.

In the early stages of inflammatory conditions Ferrum phos sits between Aconite and Belladonna with acute onset of symptoms or with Gelsemium with its slower onset. Ferrum phos should be considered when there is a lack of clear indicating symptoms. People needing Ferrum phos tend to catch cold easily and experience symptoms on the left side of their body. This remedy often resonates with periods of change such as puberty, menses and menopause.

Mental/Emotional symptoms

Sensitivity to noise, does not like to be contradicted and prefers to be alone. There is a desire to be still and an aversion to activity yet they are propelled to move due to pain, ailments or restlessness. Changeable moods. Trifles seem important to them, or there can be few mental emotional symptoms, they just seem 'off color'.

Physical symptoms

Eyes: Red, inflamed and burning. Sensation as if 'sand under upper eyelid'.

Nose: Nosebleed, with bright red blood, especially in children.

Ears: Noises, throbbing, first stage of inflammatory processes; ringing in ears worse from lying down, menses, deafness from colds.

Face: Flushed cheeks that are sore and hot; alternating symptoms pale then red, hot mouth; hot, sore throat and tonsils; minor nosebleeds.

Head: Sensitive scalp worse for touch, cold, noise and jarring. Constant headache for 2-3 days approximately every 14 days with throbbing or hammering in head, ill effects from being out in the sun, vertigo, ailments are better for cold applications.

Throat: Ulcerated sore throat, red swollen tonsils, pain worse from empty swallowing.

Respiratory: First stage of all inflammatory conditions, short painful, tickling cough, sounds hard and dry better at night.

Female: Menses every 3 weeks and worse from motion, pain in uterus worse when lying down, prolapses, varicose veins during pregnancy.

Extremities: Stiff neck; rheumatic type pains worse for the slightest movement; sore bruised feeling; hot palms, aching in wrists with a loss of power, sciatica better for motion, muscular pain in shoulders and deltoid worse left side.

Keywords

- Cutting pains
- Ailments from loss of body fluids
- Mild fever from congestion, heat of sun or mechanical injuries
- Feeling weak and off colour
- Earaches with congestion and pain
- Nosebleeds
- Dry, spasmodic cough with vomiting

Exciting causes

- Taking cold
- Congestion
- Blood loss
- Excessive sweating
- Mechanical injuries

Modalities

Better: Gentle exercise; warmth
Worse: Cold air; exertion; 4-6 am; eggs
Desires: Lemon; lemonade; alcohol
Aversions: Meat; milk, eggs

Compare to: *Aconite, Arsenicum, Gelsemium, Veratrum, Arnica, Pulsatilla.*

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