

# Silica

## **Silica – Pure Flint**

Is a trace mineral, important for the development of strong bones, healthy skin, hair and connective tissue and as such is used in conditions associated with malnutrition and physical weakness. Silica, as a homoeopathic remedy, is commonly used in home prescribing for skin conditions such as boils, ingrown hairs, abscesses, and wounds that suppurate and are slow to heal. It may also be helpful for the ill effects of vaccination and accelerates the expulsion of foreign bodies, such as splinters. For this reason, care should be taken if the individual has artificial implants. It also has an affinity for conditions associated with nerves, glands and tubes in the body such as those of the ears and eyes.

### **Mental / Emotional Symptoms**

Complaints which arise from lack of confidence, apprehension and anticipation. Weakness of mind and body. Sensitive to all impressions; easily startled at the least noise; timid with a lack of courage or resolve. Over worked mental and physical state where they are easily exhausted. Fixed or stubborn thinking.

### **Physical Symptoms**

**Head:** Worse for uncovering and cold draft to the head. Easy perspiration of the head. Sick headaches which feel as if they are coming from the spine and located over one eye. Headache worse for exertion, motion, jarring, light, cold air, talking or straining at stools. Vertigo as if drunk, worse for looking up and better for wrapping warmly and lying on left side.

**Eyes:** Inflamed conditions of the eyes, swelling of tear duct. Styes. Disturbed vision. Disturbances in accommodation with no fixed focus.

**Ears:** Roaring or hissing in ears, sensitive to noise or deafness that improves with coughing or blowing the nose. Feeling of blockage in the ear which is made better with yawning or swallowing. Suppurative conditions of the ears.

**Nose:** Frothy nasal discharge, dry hard crusts in nose which bleed when loosened. Itchy at tip of nose, sneezing in the morning. Sinus conditions.

**Mouth:** Sensation of a hair on the tongue; gumboils and abscesses at the root of the teeth; rapid decay of teeth.

**Throat:** Colds that settle in the throat; tonsils swollen and suppurating with a sensation of a pin pricking. Glandular swellings of the throat with pain on swallowing that are slow to resolve.

**Chest:** Chronic colds that settle in the chest. Violent cough when lying down with a thick yellow lumpy expectoration. Anxiety worse for lying on left side. Colds which recur or are slow to resolve.

**Back:** Irritation after injury. Weakness, decay and disease of vertebrae.

**Limbs:** Problems associated with fingernails; white spots on nails; rough, yellow and brittle. Sweaty hands and armpits. Parts lain on go to sleep. Icy cold and sweaty feet. Soreness in feet from the instep through to the sole.

**Glands:** Lymph nodes of the groin, armpits or throat swollen, enlarged, painful and slow to resolve their inflammation.

**Skin:** Unhealthy, every injury suppurates. Silica helps to ripen and resolve abscesses and boils. Fistula, ulcers, keloids, or old scars that are raised, hard, shiny, and sore. Offensive sweat of the hands, feet and armpits. Cracks at the ends of fingers. The skin is dry & fragile and the nails are weak & break easily.

**Female:** Nipples sore or retracted, fistula, ulcers or abscesses of the breasts.

**Rectum:** Painful haemorrhoids. Anal fistula. Stool recedes after partial expulsion. Constipation before and during menses.

**Temperature:** Feels the cold intensely, hates drafts, wears lots of clothes. Cold hands and feet. Worse for bathing and uncovering the head especially.

**Keywords**

- Chilly
- Pus formation
- Pain like a pin pricking
- Weakness of mind and body
- Sensitive
- Sweaty
- Stubborn

**Exciting causes**

- Getting cold
- Malnutrition
- Vaccination

**Modalities**

Better: Wrapping up warmly; warm weather, summer

Worse: Drafts; open air; full moon; storms; cold drinks; vaccination

Desires: Cold drinks; cold food; ice cream; milk; bread

Aversions: Hot food; meat; mother's milk; cheese; milk