

Thuja

Thuja occidentalis – Arbor vitae

Remedy picture as described in traditional homoeopathic texts.

This remedy is mainly used by home prescribers for skin conditions. It has an action principally on the mucous membranes and skin surfaces of the body. The skin may appear unhealthy with a shiny, transparent waxy appearance.

Mental/Emotional symptoms

There is a low sense of self-esteem and a feeling as if they are unattractive, making them desperate to fit in and be accepted. They may have fixed ideas or delusions such as 'they are fragile like glass and feel they could break; that they are pregnant; or something is alive in the abdomen'. There can be great irritability, jealousy or inclination to be quarrelsome and a hurriedness about them.

Physical symptoms

Head and Face: Left frontal or temporal headaches. Headache as if 'a nail being driven inwards'. Hair very dry, splitting or falling out. Eruptions on the face or eyelids. Nose may run during a bowel motion. Chronic congestion of the sinuses with a thick post-nasal drip. Sore blisters inside the mouth. Chronic congestion of the mucous membranes.

Chest: Stitching pain after cold drinks. Dry hacking cough in the afternoon with pain in the stomach. Cough worse for eating or drinking anything cold. Expectoration green and tasting like old cheese. Breathing difficulties in kids.

Gastrointestinal: Noisy swallowing. Flatulence, pain and burping after meals. Cutting pain. A sinking sensation in the stomach before meals. Intolerance to onions. Craving or aversion to onions and garlic. Craves sweets. Feels as if 'something alive in the abdomen'.

Female: Menses too early and too brief. Conditions related to mucosal membranes. Left sided ovarian pain, often with menses. This remedy is best avoided during pregnancy, unless under guidance of a homoeopath.

Bladder: Cutting or squeezing pain in the bladder and urethra. There may be frequent and profuse urination, with general pain or a cutting or burning sensation. A feeling of a drop or a trickle running down the urethra after urination. Involuntary urination, at night when coughing.

Limbs: Limbs feel like they are made of wood or glass and may break easily. Nails brittle, ribbed and soft. Ingrown toe-nails. Pain in the hip joint, sometimes with the hip giving way while walking. Pain in heels and achilles tendon. Fingers 'dead' cold and numb after sleep.

Skin: Very sensitive to touch. Perspiration smells sweet and strong. Eruptions that itch or burn which feel worse after bathing. Eruptions where skin is usually covered by clothing, feeling worse after scratching.

Sleep: Persistent insomnia. Sleeps on left side. Dreams of death or falling from a great height.

Food: Appetite poor or absent, feeling full after a few mouthfuls. Skips breakfast. Prefers cold foods, craves salt. Dislikes onions, or desires them and feels worse for eating them. Aversion to garlic, meat and potatoes. Indigestion after drinking tea. May drink with meals to assist swallowing.

Keywords

- Tearing pain in joints
- Abdominal pain after onions
- Moles, warts, polyps
- Chilly and sensitive to damp
- Headache over the left eye
- Ridges or streaks on the nails
- Dreams of falling

Exciting causes

- Cold, damp weather, STD's, onions, vaccination

Modalities

Better: Sleep, vigorous exercise, sweating

Worse: Damp and humidity, cold, 3am and 3pm, onions, vaccination

Desires: Cold food, cold drinks, salt, chocolate, raw onions

Aversions: Onions (or may desire them), meat, potatoes.