

# SULPHUR

## **Sulphur – sublimated sulphur**

*Remedy picture as described in traditional homoeopathic texts.*

Sulphur is an important trace mineral that supports detoxification and is part of a number of enzymes and proteins in our bodies. Sulphur, as a homoeopathic remedy, is commonly used in home prescribing for many different skin conditions such as rashes or itching skin. It is used to support slow convalescence after an illness or when complaints relapse, and is sometimes used to stimulate a response when a well-chosen remedy fails to act. Sulphur may also assist with the hot flushes of menopause.

### **Mental/Emotional symptoms**

Self-confident when well, the Sulphur type becomes selfish, stubborn, irritable and critical when ill. Absent minded with a poor short term memory, they love philosophy and debate. They are intelligent and full of ideas, but lack will power and tend to procrastinate. Often surrounded by clutter and untidily dressed, they can be bored, lazy and apathetic, like the sullen apathy of teenagers. Tend to have catnaps and drowsy by day, sleepless at night.

### **Physical symptoms**

Feels like the body is too hot. A sense of heat and burning to any part of the body, but especially the crown, palms and soles. A sense of emptiness in the abdomen, often in the late morning. Child –wets the bed, looks dried up and old with a big belly and skinny limbs, despite a voracious appetite. Untidy looking.

**Head and Face:** Headache with red face, hot head, better for resting in a warm room, worse for stooping. A periodic headache, e.g. occurring every Sunday. Constant heat on top of head. Scalp dry, itching or scratching of head causes burning. Lips bright red, dry, burning. Bitter taste in the mouth in the morning. The nose is pale red and scabby, chronic dry catarrh, dry scabs and readily bleeding.

**Eyes:** Inflamed hot dry and burning. Conditions of the eyelids.

**Chest:** Oppression, as of a load or a band on chest. Difficult respiration, wants windows open. Rattling of mucous and heat in chest.

**Kidneys:** Bedwetting, frequent urination, especially at night.

**Stomach and Abdomen:** Great acidity; feels very weak and faint and must have something to eat about 11 am.

**Skin:** Skin is unhealthy, rough, scaly and dry, which itches and burns and feels worse for bathing. An uncontrollable urge to scratch, worse from the warmth of bed. Soreness in the folds of the skin. Redness and soreness of orifices eg. lips, ears, nose, eyelids, anus, vulva. Every injury suppurates. Secretions are burning, irritating and offensive. Unhealthy skin and breakouts. Every little injury suppurates.

**Female:** Hot flushes during the day with weak, faint spells. Genitals itchy and sore, excretions are acrid and offensive.

**Rectum:** Habitual constipation, with frequent desire to move the bowels but the stool is hard, dry, burning and difficult to pass. Constipation alternates with diarrhoea. A burning, raw and itching sensation. Worse from bathing, and warmth. Painless diarrhoea in the morning which drives them out of bed.

**Extremities:** Soles burn and wants them uncovered

**Temperature:** Frequent flushes of heat

### **Keywords**

- Burning pains
- Rough, dry, scaly skin
- Itching and burning, worse from heat and bathing
- Hot burning feet, especially in bed
- Haemorrhoids
- Flushes of heat at menopause
- Sleeps in cat naps with frequent waking or wakes around 5 am

**Exciting causes:** Drugs and medicines, suppressions, over stimulation, vaccinations, alcohol, sun, sprains, chills, falls, blows.

**Modalities**

Better: Open air; sitting and leaning; free elimination

Worse: Heat; bathing; night; standing; over-exertion; hunger

Desires: Sweets; spicy food; fats; alcohol; raw food; chocolate

Aversions: Milk; eggs; meat; olives; beer; eating before 11 am

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