

| Remedy | Emotional Symptoms | Hot Flashes | Other (Common) Menopause Symptoms | General Symptoms |
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| Amylenum nitrosum | Tremendous anxiety felt in head & chest Feels like something bad is going to happen | Severe hot flashes: head is hot; face flushes (deep red) Drenching sweats after hot flash | Palpitations and headaches Sensation of a lump in the throat Exhaustion after a hot flash (with the sweating) | |
| Argentum nitricum | Tremendous anxiety (constant agitation) Many fears including heights, crowds; doesn't go out | Severe hot flashes with sudden, drenching sweats | Insomnia with agitation: gets overheated, flings covers off and then gets chilled | Worse for heat Craves sweets which aggravate |
| Belladonna | Sensitive and excitable Intense Restless: especially in bed (with flashes) | Severe hot flashes: head is boiling hot, hands/feet are icy cold; with profuse sweats (or none) Bright red flush spreads over face | Stress incontinence when walking/standing Throbbing headaches, nosebleeds Menstrual flooding Insomnia with twitching, jerking, grinding teeth, hot flashes | Symptoms come on strongly and suddenly Tendency to dryness |
| Calcareo carbonica | Anxious about her health Confused Difficulty concentrating Memory weak | Hot flashes: with tremendous heat; with drenching sweats; followed by chills and clamminess Sweats mostly on head & feet | Yeast infections with itching/burning discharges Headaches with dizziness Menstrual flooding Strains joints easily especially ankles Cramps in calves at night. | Sluggish: energy low Metabolism slows; gains weight easily Worse cold/damp and drafts |
| China officinalis | Depressed & apathetic Full of ideas but doesn't want to do anything | Hot flashes day & night Sweats when covered | Menstrual flooding with anemia and exhaustion Throbbing headaches | Face pale Chilly and faint Absolutely exhausted |
| Cimicifuga racemosa | Black depression alternating with excitability | | Menstrual flooding: with chilliness and exhaustion: periods are painful and more frequent than usual Pains in the small joints (in the feet/hands/wrists etc.) | Changeable symptoms Pains that move from place to place |

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| Glonoinum | Gets lost easily (even in familiar places) Scared when out and about | Frequent severe hot flashes with nausea, dizziness & faint feeling Flushes rush up or down the body | Violent palpitations felt in whole body, even in fingertips Heat & pressure felt in head Hot sensation down the back Clothes feel tight | Worse for heat Worse for wine Better for fresh air and anything cool |
| Ignatia | A sense of loss Keeps feelings to self Sighs a lot Moods changeable: alternate between irritability, laughing and even crying. | Hot flashes: with headache; with sweating on the face especially | Sleeps lightly & easily disturbed Emptiness in stomach no better for eating | Contradictory symptoms Worse for coffee |
| Lachesis | Mood swings: depressed to irritable to anxious Wound up over little things Much worse in the mornings on waking | Hot flashes felt in whole body Sleep disturbed by hot flashes (woken by them) - no sweating | Severe, left-sided headaches Menstrual flooding Bloating and discomfort after eating Cannot tolerate tight clothing especially around neck | Everything is worse in the morning on waking Worse for heat & coffee |
| Lycopodium | Irritable, depressed and anxious | Hot flashes: worse when anxious; worse in stuffy places; with clammy sweat and red face - clothes feel too tight then | Sleep disturbed by jerking or restless legs Appetite disturbed; full after eating a little; lots of gas Hair loss Menstrual flooding Headache: vice like pain | Worse 4-8 pm Craves sweets and chocolate |
| Natrum muriaticum | Depressed and withdrawn Great sense of loss; keeps it all to self Dwells on new and old resentments or hurts | Hot flashes that rise from chest to head (legs are cool) With night sweats and fluid retention | Dry skin generally; Lips dry, cracked Painful dryness of vagina; yeast infections Herpes corners of mouth Constipated with small, hard stools | Worse for heat and sun Better when alone |
| Nux vomica | Irritable, oversensitive workaholics Tend to overdo everything bad (alcohol, coffee, fat) and underdo the good (exercise, fruits, veggies) | Hot flashes with profuse sweats that are worse in bed Feels faint with hot flash and sleepy afterwards | Insomnia: from anxious thoughts (about work); hot flashes; indigestion Headache: burning pain on top of the head Periods more frequent and heavier (flooding) | Extremely chilly (hates drafts) |

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| Pulsatilla | Extremely moody: sensitive, easily upset, weepy Generally better for company and affection | Hot flashes, waves of heat with blushing (face and neck) and night sweats | Frequent urination and stress incontinence Joint pains that move about the body Headaches and digestive problems after rich/fatty foods | Better for fresh air Worse for stuffy rooms Thirstless |
| Sepia | Depressed, apathetic (not interested in anything) Irritable - snaps at loved ones (or anyone) Weepy: doesn't want company or sympathy | Hot flashes, followed by drenching sweats - moving up the body With exhaustion | Dragging down sensation in lower abdomen/lower back Dry painful vagina and recurring yeast infections Stress incontinence | Worse for cold Better for vigorous exercise |
| Sulphur | Depressed and weepy Becomes or feels cut off from people | Hot flashes with painful, burning heat at top of head With faint feeling Burning heat of hands/feet Uncovers feet | Nosebleeds Menstrual flooding Hemorrhoids after periods stop Insomnia - restless with the flashes Dry, itchy skin | Worse for heat Better for cool fresh air Very thirsty |