

Nature's Materia Medica

Preface to the Third Edition

Nature's Materia Medica is the third edition of the Homeopathic Remedy Guide which was first published in August of 1995. The third edition of *the Nature's Materia Medica* was designed to be a complete rewrite and major upgrade of the *Homeopathic Remedy Guide, second edition*. My attempt has always been to create a new and easy-to-use materia medica for homeopaths to use in daily practice, while still remaining accessible for use at home and in the classroom.

The changes made in this 3rd edition comprise my attempts to build on that philosophy. *Nature's Materia Medica* contains hundreds of new remedies and thousands of new updates and additions.

The *Nature's Materia Medica, third edition* was updated to be a more clinical, practical and easy-to-use reference guide to the vast homeopathic materia medica. After editing the *second edition*, I continued to add more modern terminology, cross references and corrected any errors that were found. The final step was to systematically survey the homeopathic and herbal literature for reliable additions and updates. The highest priority was to find more clinical information relevant to modern homeopathic, naturopathic and herbal practice.

The writings of Allen, Anshutz, Boericke, Burnett, Clarke, Cooper, Hale, Hahnemann, Hering, Julian, Paracelsus, Phatak and Radamacher formed the some of the major resources from which the remedy monographs were compiled, formatted and updated. Each remedy is reviewed as to its pharmacy, folklore, historical uses, keynotes, generals, provings, case histories and toxicological reports.

Also, traditional herbal lore and information from the ancient medicine was consulted, especially on the use of herbal and spagyric tinctures as therapeutic agents and general tonics.

The result is the *third edition of Nature's Materia Medica*, which contains more modern terminology and diseases. Over 200 new remedies, and thousands of new additions and updates, all in a small lightweight book for convenient use. *Nature's Materia Medica* has been redesigned to better complement the Homeopathic Clinical Repertory also written by Robin Murphy, ND.

Similar abbreviations and terminologies were used for both books and the alphabetical schema used in the remedy monographs was designed to relate to the chapters in the Homeopathic Clinical Repertory. The *third edition of Nature's Materia Medica* has been rewritten over the past few years and the following major changes were made:

Changes to the Third Edition

(1) **New Name** - The Homeopathic Remedy Guide has been renamed as "**Nature's Materia Medica: 1,400 Homeopathic and Herbal Remedies**" This new name was given to better represent the actual content and purpose of the book, to be a modern reference guide to the many Homeopathic and Herbal materia medicas.

(2) **New Format** - *Nature's Materia Medica* has been completely re-formatted. The single column plan is replaced with a two column format. This was done to make the book easier to read and to make more space available for adding new remedies to the book.

(3) **New Editing** - Thousands of minor and major corrections have been made in the third edition of this book. Errors in spelling, grammar and formatting have been corrected. Also the sentence and paragraph structure was updated and improved.

(4) **New Updates** - New cross references with more updated and expanded clinical information added to many remedy monographs. * **New Remedies and Updates** - New Remedies added from modern provings. Also additions from Allen, Boericke, Boenninghausen, Burnett, Clarke, Grimmer, Hahnemann, Hering, Julian, Kent, Knerr, Kunzli, Nash, Phatak and many more.

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(5) **Updated Remedy Abbreviations** - The remedy abbreviations of this edition have been updated to match the abbreviations in the Homeopathic Clinical Repertory.

(6) **New Remedy Gradings** - The new remedy gradings for the *Nature's Materia Medica's Repertory* display the strongest remedies in the following manner: **CALC.**, (4 points), bold-capitals and underlined. **CALC.**, (3 points), and, bold-capitals-type. *calc.*, (2 points) and bold-italics-type. *calc.*, (1 point). and plain-small-type.

(7) **New Remedies** - Over 200 new remedies were added to this edition. Many new homeopathic provings, herbal remedies, etc were added in this edition.

(8) **New Repertory** - A new clinical repertory has been added to the back of the book.

(9) **New Remedy Index** - This expanded list includes the full latin names and common names for many homeopathic and herbal remedies.

(10) **New Homeopathic-Herbal Glossary** - A new glossary of Homeopathic, medical and herbal terminology has been added to this edition.

(11) **New Homeopathy-Herbal Directory** - Homeopathic and Herbal Resources. A listings of Homeopathic and herbal schools, organizations, pharmacies, bookstores, etc.

Abbreviations: The abbreviations used in this book are:

agg. = aggravated by, worse from or symptoms increased by.

amel. = ameliorated by, better from or symptoms decreased by.

N. O. = Natural order.

The response to previous editions *Nature's Materia Medica* has been very positive throughout the past 12 years. This demonstrates the need that has existed for many years for a modern materia medica of homeopathic and herbal remedies.

I profoundly thank everyone who has supported this work and I hope this third edition of *Nature's Materia Medica* will be helpful in the study and practice of homeopathic and herbal medicine, worldwide. I welcome any suggestions for corrections and improvements that can be put into any future editions of this work.

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