

# Content

<b>Preface .....</b>	7
<b>1 Nervous system</b> Birgit Emde, Heide Tetzner .....	15
1.1 Stress and exhaustion .....	16
1.2 Depressive mood .....	22
1.3 Nervousness and sleep disorders .....	28
1.4 Convalescence .....	35
1.5 Sensitivity to changes in the weather .....	39
1.6 Headaches and migraine .....	42
<b>2 Eye</b> Birgit Emde, Heide Tetzner .....	49
2.1 Dry eye .....	50
2.2 Acute conjunctivitis—allergic/catarrhal .....	51
2.3 Purulent conjunctivitis .....	55
2.4 Hordeolum (stye) .....	56
2.5 Blunt trauma .....	58
<b>3 Respiratory tract/ENT</b> Birgit Emde, Heide Tetzner .....	61
3.1 Influenza-type infections, with and without a temperature .....	62
3.2 Rhinitis (cold in the nose) .....	71
3.3 Sinusitis .....	76
3.4 Pharyngitis (sore throat) and tonsillitis .....	80
3.5 Cough and bronchitis .....	85
3.6 Otitis externa (inflammation of outer ear canal) .....	92
3.7 Otitis media (inflammation of the middle ear) .....	93
3.8 Allergic conditions of the respiratory tract .....	97
<b>4 Oral and dental</b> Brigit Emde, Heide Tetzner .....	107
4.1 Diseases of the oral mucosa (mucous lining membrane) .....	107
<b>5 Skin</b> Birgit Emde, Heide Tetzner .....	113
5.1 Open wounds and wound healing .....	113
5.2 Blunt trauma .....	118
5.3 Insect bites .....	121
5.4 Burns, sunburn .....	124
5.5 Acute and chronic eczema .....	127

5.6	<b>Suppurating and inflammatory skin conditions</b> .....	134
5.7	Pressure sores.....	138
<b>6</b>	<b>Cardiovascular system</b> Birgit Emde, Heide Tetzner .....	141
6.1	Hypotension (low blood pressure).....	142
6.2	Anaemia .....	146
6.3	Functional cardiovascular symptoms .....	150
6.4	The geriatric heart .....	154
6.5	Measures to support treatment for high blood pressure (hypertension) .....	156
6.6	Measures to support treatment for arrhythmias (disorders of heart rhythm).....	158
6.7	Varicose veins .....	162
<b>7</b>	<b>Gastrointestinal tract</b> Birgit Emde, Heide Tetzner .....	167
7.1	Loss of appetite, nausea, sense of fullness .....	169
7.2	Vomiting, nausea.....	173
7.3	Heartburn.....	178
7.4	Flatus (wind), colics.....	179
7.5	Abdominal pain after shock .....	183
7.6	Abdominal pain due to nerves.....	184
7.7	Diarrhoea .....	186
7.8	Constipation.....	189
7.9	Diseases of the rectum and anus/haemorrhoids.....	193
<b>8</b>	<b>Hepatic and biliary system (liver and gallbladder)</b> Birgit Emde, Heide Tetzner .....	199
8.1	Liver conditions.....	199
8.2	Biliary problems.....	202
<b>9</b>	<b>Bladder/kidney</b> Birgit Emde, Heide Tetzner.....	205
9.1	Cystitis.....	205
9.2	Irritable bladder.....	211
<b>10</b>	<b>Gynaecology</b> Birgit Emde, Heide Tetzner.....	215
10.1	Premenstrual syndrome.....	216
10.2	Dysmenorrhoea.....	219
10.3	Hypermenorrhoea (heavy periods) .....	225
10.4	Vaginal infections and discharge.....	228

10.5 Hormonal changes during the climacteric .....	233
10.6 Physical symptoms in the climacteric.....	236
10.7 Mental symptoms in the climacteric .....	238
<b>11 Musculoskeletal and connective tissue disorders</b>	
Birgit Emde, Heide Tetzner.....	243
11.1 Muscular conditions .....	243
11.2 Rheumatic conditions .....	247
<b>12 Pregnancy and lactation (breastfeeding)</b>	
Birgit Emde, Heide Tetzner.....	255
<b>13 Medicine chest for home and first aid box for travel</b>	
Birgit Emde, Heide Tetzner.....	261
<b>14 External applications</b> Birgit Emde, Heide Tetzner .....	271
14.1 Rubs .....	272
14.2 Compresses and packs.....	272
14.3 Baths .....	281
<b>Editor/Authors.....</b>	285