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¡Hola! ¿Cómo estás? Hoy quiero hablarte de una planta medicinal que seguro te será de gran ayuda en algún momento de tu vida. Se trata de la Bryonia, una planta que ha sido utilizada desde tiempos antiguos por sus propiedades curativas. La Bryonia es originaria de Europa y Asia, y se encuentra comúnmente en zonas boscosas y húmedas. Esta planta tiene una raíz grande y carnosa que es la parte utilizada con fines medicinales. Propiedades de la Bryonia La Bryonia tiene propiedades antiinflamatorias, analgésicas y expectorantes, por lo que es muy útil para tratar dolores articulares, dolores de cabeza, tos y problemas respiratorios. Además, la Bryonia es un excelente remedio natural para tratar problemas digestivos, como la indigestión, la acidez estomacal y el estreñimiento. También se utiliza para tratar enfermedades de la piel, como el eczema y la psoriasis. Formas de consumo de la Bryonia La Bryonia se puede consumir en forma de té, cápsulas, tintura o en forma de cataplasma. Para preparar un té de Bryonia, se debe hervir una cucharada de raíz seca en una taza de agua durante 10 minutos. Se recomienda tomar una taza al día. Es importante tener en cuenta que la Bryonia es una planta tóxica, por lo que se debe consumir con precaución y siempre bajo la supervisión de un profesional de la salud. Contraindicaciones de la Bryonia La Bryonia está contraindicada en mujeres embarazadas y en período de lactancia, así como en personas con problemas hepáticos o renales. También se debe evitar su consumo en caso de tener alergia a la planta. En resumen, la Bryonia es una planta medicinal con múltiples propiedades curativas que puede ser de gran ayuda en el tratamiento de diversos problemas de salud. Sin embargo, es importante consumirla con precaución y siempre bajo la supervisión de un profesional de la salud. ¡Espero que este artículo te haya sido de utilidad! ¡Hasta la próxima! Bryonia es un remedio homeopático que sirve para tratar cualquier estado patológico que produce sed intensa, fiebres intermitentes y que se empeore con el movimiento. Se usa sobre todo en la artritis reumatoidea, las cefaleas frontales, articulaciones adoloridas, pleuresías, trastornos inflamatorios y digestivos. En este artículo conoceremos más el alcance, la eficacia y características del “paciente Bryonia”. Bryonia Alba, también conocida como brionia blanca, bryony, lúpulo salvaje y mandrágora falsa, es una planta trepadora que pertenece a la familia cucurbitáceas. Se le puede reconocer por sus hojas pentagonales con dientes afilados, flores color blanco versoso y bayas carnosas de color negro. Crece en el centro, sur y este de Europa. La raíz es enorme y contiene mucha agua, y es precisamente a partir de ella que se obtiene el medicamento homeopático. Lo primero que debemos saber sobre esta planta es que no se debe consumir las bayas ya que pueden causar enfermedades crónicas e incluso la muerte. Las otras partes de la planta también son tóxicas pero no causan la muerte. A pesar de que los frutos son tóxicos, la medicina tradicional también los ha utilizado con fines curativos. En la homeopatía toda la toxicidad desaparece pues está diluida infinitas veces. Las personas que se identifican con este medicamento empeoran todos sus síntomas con el menor movimiento, de allí su deseo de estar inmóvil. Temen al fracaso, a quedarse sin dinero o tienen miedo en exceso a la pobreza, incluso si tienen éxito en las finanzas. Son meticulosos y críticos. Si su seguridad financiera se ve amenazada se vuelven irritables, desean encerrarse en casa para no ver y hablar con nadie, se ponen de mal humor, y tienen episodios de ira. La menor la contradicción lo altera sobre todo cuando está enfermo. Presentan depresión, ansiedad por el futuro y por su salud e hipocondría. En cuanto a los síntomas físicos, presentan sequedad de todas las mucosas, sed de abundante agua helada. Toleran mal el calor, sudan en forma de gotas gordas, aun caminando con aire fresco. Son personas robustas, atléticas, de tez morena y tienen buen apetito. Mejoran con el reposo y tomando bebidas frías. Bryonia se usa generalmente para tratar dolores de cabeza pulsátiles con punzadas sobre los ojos, que mejoran presionando y aplicaciones de frío y empeoran con el mínimo movimiento el esfuerzo físico y mental. Presentan escalofríos por la mañana y al anochecer. Tienen la lengua sucia y amarillenta, y mucha sed. Pasemos a explicar con mayor detalle todas sus aplicaciones: Se usa sobre todo en el climaterio o al final del embarazo, cuando hay abscesos en las mamas en mujeres que amamantan, pechos duros e inflamados, e irritabilidad. También, se usa para menstruación adelantada, con sangrado muy abundantes, oscuros y los síntomas se agrava con el movimiento, el ruido, después de comer y con la luz brillante. Gripe con dolor de cabeza violenta que empeora al toser o mover los ojos, escalofríos intensos, debilidad muscular, y garganta roja. Tos seca con dolores en el esternón, afonía que mejora con el aire fresco. También se usa en rinitis, bronquitis, neumonía, y pleuresia con dolor severo en la caja torácica. Se usa para vértigos de mañana, cuando está acostado, que parecen como si la cama se hundiera, al levantarse de la cama o silla. Vienen acompañados de náuseas y dolor de cabeza. Cólicos en bebés, con llanto ante el menor movimiento y deposiciones secas causada por deshidratación. El bebe se siente peor a partir de las 9pm hasta las 3am y mejora con el aire fresco, descanso y compresas frías. También, se usa en personas con gusto amargo en la boca, lengua cubierta de una espesa saburra blanca o amarillenta. Malestar especialmente en la zona del hígado, sobre todo después de comer abundantemente. Estreñimiento presentando deposiciones muy grandes gruesas y muy secas, cólicos y retención de líquidos. Náuseas vómitos, diarrea y fiebre con pulso tenso y rápido acompañada de transpiración abundante, sensación de calor y de frío exterior con escalofríos. Dolores de cabeza pulsátiles con punzadas en los ojos, cabeza caliente, cara roja, preocupada y agitada, dolor occipital como si el cerebro fuera a estallar. El dolor mejora presionando y aplicando frío y empeora con el mínimo movimiento físico o esfuerzo intelectual. La persona presenta sequedad de la piel, mucosas y boca con deseos de tomar agua helada. Articulaciones calientes y dolorosas, reumatismo, artritis, rigidez muscular. Los síntomas empeoran con el movimiento, calor y mejoran con el reposo, compresas frías y aplicando presión sobre la zona afectada. Ojo seco, dolor agudo y punzante como consecuencia del más leve movimiento del ojo, sensación de pesadez en los párpados, conjuntivitis, párpados hinchados, orzuelos. La selección, dosificación y la potencia del medicamento deben ser prescritas por un médico homeopata después de una minuciosa evaluación de los síntomas físicos, emocionales, mentales, y características físicas del paciente. La clave es el enfoque personalizado para dar con el remedio indicado. Bryonia está disponible en diferentes potencias, que pueden ser Bryonia 6c, 30c, 200c, 1M 10M (equivalente a 6ch, 7ch, 8ch 15ch y 30ch). Por lo general, se prescriben entre 5 a 10 globulitas sublinguales. La frecuencia y duración del tratamiento dependerá de la respuesta del paciente y la gravedad de los síntomas. El remedio homeopático se considera seguro cuando lo utiliza adecuadamente y bajo la supervisión de un médico homeopata. No tiene efectos secundarios, contraindicaciones, y no genera dependencia. Los medicamentos al estar altamente diluidos reducen significativamente los efectos nocivos. En algunos casos suele agravarse los síntomas lo que se conoce como “agravación homeopática” pero es pasajero y es una señal de que el organismo está respondiendo. Bryonia es un medicamento homeopático capaz de tratar enfermedades agudas, principalmente en afecciones que afectan las serosas y mucosas, es decir inflamaciones pleuro-bronco-pulmonares, peritoneales y articulaciones reumáticas. y Los síntomas se agudizan con el movimiento, calor, sudor, tensión, preocupación sobre todo por el trabajo, exposición por el viento frío y seco. Los pacientes presentan mucha sed, sequedad a nivel general, por ejemplo boca, labio, el pecho, ojos y aparato digestivo. La enfermedad mejora con el reposo, el aire y las aplicaciones frescas y presionando o acostándose sobre el lado adolorido, trastornos inflamatorios y digestivos. El uso debe ser siempre supervisado por su médico homeopata. Artículos relacionados: Disclaimer: La información que compartimos en este sitio tiene propósitos informativos y no reemplaza la atención con un profesional de la salud. Ante cualquier duda siempre consulte con su médico. Si deseas una consulta personalizada con el Dr. Javier Ortega nos puedes contactar por WhatsApp +51 987 774 871 para separar tu cita. Bryonia alba is prepared from a plant White Bryony also known as Wild Hops, of the family cucurbitaceae, a herbaceous tendril-bearing vines. The part used to prepare homeopathic medicine is root of this plant procured before flowering. The fresh root of this plant is chopped and then potentized (a process by which homeopathic remedies are prepared). By potentization process the medicinal properties of this plant are extracted leaving behind any of its poisonous effects. Use of Bryonia is been used as medicine since ancient times for treating vertigo, gout, epilepsy and cough. In homeopathy it is used extensively to treat a large number of diseases. Some of the major complaints treated by it are constipation stomach pain, headache, dry mouth, joint pain, back pain and cough. The ‘Bryonia’ Constitution Bryonia is mainly suited to tall, thin people having gouty or rheumatic diathesis i.e. tendency to suffer from joint pains. Next it suits people who are prone to respiratory problems and gastric troubles including constipation and stomach pain. Drug Action It has marked action on the lining of joints, respiratory system, and the gastro intestinal tract. On all these parts it helps to reduce the inflammation. It also has a significant action on the mucous membranes and helps to improve its normal secretions, thereby making it valuable to treat dryness of mouth, dry lips, dry stool and dry cough. Scope as a Homeopathic Medicine 1. Headache and Migraine It is a one of the most effective medicines to treat headache and migraine. People needing it mostly have a pain in the forehead and back of head (occiput). They feel a heaviness in the head and head along with pain. Worsening of pain from motion, eye movement and stooping is usually noted. Relief is obtained from pressure. One can also use it for headache with constipation and vomiting. 2. Vertigo This remedy offers great help in cases of vertigo. It is mainly used when vertigo appears on slightest motion, on rising and stooping. Here, the person feels as though all objects are revolving during vertigo. In few cases it feels as if the head is turning in a circle. Heaviness and pain in back of head attends vertigo in many cases. 3. Rheumatic Iritis This is a significant medicine to manage cases of rheumatic iritis (inflammation of iris i.e. the coloured ring around the eye’s pupil that follows joint inflammation). In such cases the indicating feature to use this medicine is pain in back part of eye. The pain from eye extend to the back of head. The complaint tend to worsen at night and on motion. 4. Dry Mouth and Lips This is a top-listed medicine to treat cases of dry mouth and dry lips. Here it is used when a person has marked dryness of mouth that gets momentarily better by drinking. They also complain of tongue sticking to roof of mouth (palate) from dryness. Along with mouth, the lips and tongue are also very dry, rough and cracked. There is bad odour from mouth with above symptoms. 5. Gastrointestinal (GIT) Complaints When it comes to GIT troubles, Bryonia is well-indicated to treat cases of constipation, stomach pain and nausea, vomiting. It gives remarkable results in cases of constipation. People needing this homeopathic medicine have obstinate constipation. They have dry, rough and cracked. There is bad odour from mouth with above symptoms. 6. Liver Disorders It is an important medicine to manage liver complaints including enlargement of liver and inflammation of liver. 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