

# GELSEMIUM

Gelsemium sempervirens: Gels.

**ANTICIPATORY ANXIETY**  
before an exam or performance,  
driving test or interview etc.  
Causes the person to seize up  
mentally and physically.

**COLDS**  
that come on slowly with  
a dull sluggish feeling.  
Chills up and down the spine.  
Burning discharge from the nose and  
a sensation of fullness  
at the root of the nose.  
Sneezing.

**SHOCK, FRIGHT  
OR GRIEF**  
that produces any of these  
symptoms and the  
general symptoms.

**HEADACHE**  
Head feels heavy with heavy eyes: may not  
feel they can lift their head off the pillow.  
Pains in the back of the head spreading  
to the forehead (over right eye).  
Pain feels aching, sore, bruised.

**FLU**  
with exhaustion and **heaviness**.  
Burning heat with shivering but without  
sweating. Heat alternates with chill.  
With backache..  
Eyelids feel heavy.

**LABOUR**  
Can be useful in labour  
when there is backache  
and a sluggish, weak feeling.  
With anticipatory  
anxiety.

**DIARRHEA**  
from anticipatory anxiety,  
bad news, shock or  
fright.

## GENERAL SYMPTOMS

These apply to all conditions.

### Modalities:

Slow onset: symptoms  
may increase slowly over  
days.

Worse for movement and  
physical exertion.

Thirstless.

Worse for damp weather.  
Better for sweating (but  
sweat is usually absent).

Feels better after  
urination!

Desires to be alone.

Feeling of heaviness:  
limbs feel as if they are  
weighed down with lead.  
Exhaustion, weariness,  
and sluggishness.

Feeling of paralysis:  
paralysed with fear or too  
heavy to move.

Trembling.

Stutters and stumbles  
and can't collect thoughts.

