

A Handy Cell Salt Index (Mini-Repertory) by Miranda Castro (w/ a few KK additions)

- Abscesses: Calc sulph, Sil
 blood-streaked: Calc sulph
- Acidity: Nat phos
- Alopecia:
 after fever: Calc Phos
 with dry/scaly eruptions/dandruff: Kali Sulph
 dry hair or beard that falls out: Nat Mur
 lack of shine & nourishment: Sil
- Anemia: Calc phos, Ferr phos
- Anxiety: Calc Phos, Ferr Phos, Kali Phos
- Athlete's foot: Sil
- Back pains: Calc fluor, Nat mur
- Blisters on tip of tongue: Nat mur
- Boils: Calc sulph, Sil
- Bone tonic: Calc fluor, Calc phos, Sil
- Canker Sores:
 whitish ulcers: Kali Mur
 gray ulcers w/ anxiety: Kali Phos
 ulcers on the tongue: Sil
 ulcers, with lips also cracked: Nat Mur
- Colds: Calc-s, Ferr-p, Kali-m, Kali-s, Nat-m, Nat-s, Sil
- Cold sores (herpes): Nat mur
- Colic in infants who vomit their milk: Nat phos
- Constipation: Nat mur, Nat phos, Sil
- Constipation alternating with diarrhea: Nat phos
- Cough: Calc-s, Ferr-ph, Kali-m, Kali-s, Nat-s, Sil
- Cracked lips: Nat mur
- Crackling in ears after a cold: Kali mur
- Crackling in ears with a cold, worse chewing: Kali-s
- Cramps: Calc phos, Mag phos
- Croup: Calc sulph
- Discharges:
 little or no discharge: Ferr phos
 green: Nat sulph
 lumpy: Calc sulph
 thick, yellow: Calc sulph, Kali sulph, Nat phos
 yellow, blood-streaked: Calc sulph
 watery or like egg white: Nat mur
 white: Kali mur
- Dryness: Nat mur
- Earache: Calc-s, Kali-m, Kali-s, Mag-p, Sil
- Eye infection: Calc sulph
- Fatigue:
 from nervous tension: Kali Phos
 from physical weakness/anemia: Calc-p, Ferr-p
 from grief/depression: Nat Mur
- Fever: Ferr phos
- Growing pains: Calc phos
- Hair falling, thin, breaks easily: Calc phos, Sil
- Headaches: Calc-p, Kali-p, Mag-p, Nat-m, Nat-s, Sil
 in schoolchildren: Calc phos
 with exhaustion: Kali phos
 after head injury: Nat sulph
 after mental strain: Sil
 after loss: Nat mur
 after too much sun: Nat mur
 with sinus infection: Sil
- Heartburn: Nat phos
- Hemorrhoids: Calc fluor
- Indigestion: Nat phos, Nat sulph
- Injury:
 speed healing of fractures: Calc-f, Calc-p, Sil
 lumps on bones after bruises/fractures: Calc-f
- Insomnia: Kali phos, Nat mur
- Joint pains: Calc fluor, Calc phos, Kali sulph
 < first movement, > cont'd movement: Calc-f
 < heat, > walking in fresh air: Kali sulph
 in growing children: Calc phos
- Loss: Nat mur
- Mouth ulcers: Kali mur, Nat mur
- Nails thin, break easily: Sil
- Neuralgia: Mag phos
- Nervous exhaustion: Kali phos
- Nosebleeds: Ferr phos
- Osteoporosis: Calc fluor
- Post nasal mucus: Nat phos
- Prolapse of uterus or bladder: Calc fluor
- Sciatica: Mag phos
- Sinus: Kali mur, Sil
- Splinters: Sil
- Stiff neck: Calc phos
- Stomach aches in schoolchildren: Calc phos
- Teething: Mag phos, Sil
- Thrush: Kali mur
- Tongue coated:
 white: Kali mur
 yellow: Kali sulph
 yellow at the back: Nat phos
 green: Nat sulph
- Tonic:
 after a growth spurt: Calc phos
 after too much study/mind work: Calc-p, Kali-p
 when convalescing from an illness: Calc-p, Kali-p
- Tooth decay: Calc fluor, Calc phos, Sil
- Teeth tonic: Calc fluor, Calc phos, Sil
- Varicose veins: Calc fluor
- Wounds:
 infected/pus-filled: Calc sulph, Sil