



Homeopathic medicines for
Heart Health

Your Guide to Heart Health & Wellness

1. Crataegus Oxyacantha Q

Common Name: Hawthorn Berry

“Support for the tired and weakened heart.”

Commonly considered for cardiac weakness, fatigue, palpitations and breathlessness.

2. Cactus Grandiflorus Q

Common Name: Night-Blooming Cereus

“When the chest feels tightly gripped.”

Known for constrictive, pressing chest sensations with palpitations and anxiety.

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3. Convallaria Majalis Q

Common Name: Lily of the Valley

“For weakness with a rapid, struggling heart.”

*Considered for irregular heartbeat,
breathlessness, weakness and swelling.*

4. Digitalis Purpurea

Common Name: Foxglove

“When every heartbeat feels uncertain.”

*Traditionally associated with a slow or
irregular pulse, marked weakness and a
sensation that the heart may stop.*

5. Strophanthus Hispidus Q

Common Name: Kombe Seed

“For the weak heart with poor circulation.”

Considered in homeopathic practice for cardiac weakness, breathlessness and circulatory complaints.

6. Aurum Metallicum 30C

Common Name: Metallic Gold

“When emotional burden echoes through the heart.”

A constitutional remedy associated with palpitations and cardiovascular complaints alongside prolonged grief or emotional stress.



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