Homeopathic remedies are prescribed on the principal that 'like cures like', in a tiny dilution - so the indications below are what a healthy person would feel if taking Bellis Perennis. If your symptoms fit within the symptoms below, then Bellis Perennis would be a good bet.

The following are the strongest indications of Bellis Perennis for its use in homeopathy. Entries on a white background are from Boericke's Materia Medica, other entries are from a reversed Kent’s repertory. Homeopathic remedies are not the same as herbal remedies.

Please remember though, this homeopathy materia medica is provided for information only, with no guarantee of accuracy; it is not intended as a substitute for medical advice, nor as a claim for the effectiveness of Bellis Perennis in treating any of the symptoms below. If symptoms persist, seek professional medical advice - minor symptoms can often be a sign of a more serious underlying condition. Homeopathic remedies are very dilute, and while the homeopathic remedy may be beneficial, the raw product may be harmful.

To purchase Bellis Perennis and other homeopathic remedies online, please click the button above.

It acts upon the muscular fibers of the blood-vessels. Much muscular soreness. Lameness, as if sprained. Venous congestion, due to mechanical causes. First remedy in injuries to the deeper tissues, after major surgical work. Results of injuries to nerves with intense soreness and intolerance of cold bathing. After gout, debility of limbs. Traumatism of the pelvic organs, auto-traumatism, expresses the condition calling for this remedy; ill effects from masturbation. Excellent remedy for sprains and bruises. Complaints due to cold food or drink when the body is heated, and in affections due to cold wind. Externally, in naevi. Acne. Boils all over. Sore, bruised feeling in the pelvic region. Eructations, stasis, swelling, come within the range of this remedy. Rheumatic symptoms. Does not vitiate the secretions. "It is a princely remedy for old laborers, especially gardeners." (Burnett.)

**Worse, left side;** hot bath and warmth of bed; before storms; cold bathing; cold wind.

**Relationships**

Compare: Arnica; Arsenic; Staphis; Hamamelis; Bryonia; Vanadium (degenerative states).

Vertigo in elderly people

Headache from occiput to top of head

Forehead feels contracted

**Bruised soreness**

Itching around scalp and over back, worse from hot bath and bed.

Bloating; rumbling in bowels.

Yellow, painless diarrhea, foul odor, worse at night

Stitches in spleen, sore, enlarged

**Soreness of abdominal walls and of uterus**

**Uterus feels sore, as if squeezed.**

Abdominal muscles lame

**During pregnancy inability to walk**
Varicose veins in pregnancy
Female; Breasts and uterus engorged

**Railway spine**
Sprains with great soreness
Wrist feels contracted as from elastic band around joint
Pain down anterior of thighs
Itching on back and flexor surfaces of thighs
Joints sore, muscular soreness
Wakes early in morning and cannot get to sleep again.

Exudations and swellings
Varicose veins with bruised sore feeling
Venous congestion due to mechanical causes
Ecchymosis, swelling, very sensitive to touch

**BOILS**
Acne.

*Bellis Perennis* is available to buy through our online shop from WHP in USA, Boiron in USA, Hylands in USA, by clicking the red 'View Purchase Options' button.

**Alternative names, keywords, and common mis-spellings**

Daisy, Bellis
**Bellis perennis - L.**

### Common Name
Daisy

### Family
Asteraceae or Compositae

### Synonyms
None known

### Known Hazards
None known

### Habitats
A common plant of meadows, lawns and other grassy areas, it is very frequently found growing in lawns[17].

### Range
Most of Europe, including Britain, to W. Asia.

### Edibility Rating
![Rating](https://commons.wikimedia.org/wiki/File:Bellis_perennis_Sturm9.jpg)

### Medicinal Rating
![Rating](https://commons.wikimedia.org/wiki/User:Montego)

### Care

**Summary**

**Physical Characteristics**

Bellis perennis is an evergreen Perennial growing to 0.2 m (0ft 8in) by 0.2 m (0ft 8in). It is hardy to zone 4 and is not frost tender. It is in leaf 12-Jan It is in flower from Jan to December, and the seeds ripen from May to October. The flowers are hermaphrodite (have both male and female organs) and are pollinated by Bees, flies, beetles, self. The plant is self-fertile.

The plant prefers light (sandy), medium (loamy) and heavy (clay) soils and requires well-drained soil. The plant prefers acid, neutral and basic (alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It requires moist soil.

### Habits
Lawn; Meadow;

**Edible Uses**

**Edible Parts:** Leaves, Flowers

**Edible Uses:**

Leaves - raw or cooked[2, 7, 52, 115]. The flavour is somewhat acrid[4]. A pleasant sour flavour according to another report[238] whilst a third says that they are mild and agreeable and are used in salads[217]. The daisy is occasionally used as a potherb[183]. Flower buds and petals - raw[144, 183]. Eaten in sandwiches, soups and salads[183].

**Medicinal Uses**
Daisies are a popular domestic remedy with a wide range of applications[7]. They are a traditional wound herb[238] and are also said to be especially useful in treating delicate and listless children[7]. Recent research (1994) has been looking at the possibility of using the plant in HIV therapy[238]. The herb is mildly anodyne, antispasmodic, antitussive, demulcent, digestive, emollient, expectorant, laxative, ophthalmic, purgative and tonic[7, 9, 21]. The fresh or dried flowering heads are normally used[9]. An infusion is used in the treatment of catarrh, rheumatism, arthritis, liver and kidney disorders, as a blood purifier etc[9]. The daisy once had a great reputation as a cure for fresh wounds[4]. An ointment made from the leaves is applied externally to wounds, bruises etc[4, 232] whilst a distilled water is used internally to treat inflammatory disorders of the liver[4]. Chewing the fresh leaves is said to be a cure for mouth ulcers[244]. Daisies also have a reputation for effectiveness in treating breast cancers[7]. The flowers and leaves are normally used fresh in decoctions, ointments and poultices[238]. A strong decoction of the roots has been recommended for the treatment of scurvy complaints and eczema, though it needs to be taken for some time before its effect becomes obvious[244]. A mild decoction may ease complaints of the respiratory tract, rheumatic pains and painful or heavy menstruation[244]. The plant, harvested when in flower, is used as a homeopathic remedy[232]. Its use is especially indicated in the treatment of bruises etc[232].

Other Uses

Repellent

An insect repellent spray can be made from an infusion of the leaves[57].

Cultivation details

Succeeds in most well-drained soils in sun or semi-shade[188, 200]. The daisy is commonly found growing in many lawns, some varieties have been developed for the flower garden[1]. It is a good plant for the spring meadow[24]. The plants have a very long flowering season, they will even produce a few flowers in the middle of mild winters[9].

Propagation

Seed - sow as soon as the seed is ripe in June. When they are large enough to handle, prick the seedlings out into individual pots and plant them out in late summer[200]. Division after flowering[200]. Very easy, it can be done at almost any time of the year, though spring and early summer are best[9]. The divisions can be planted straight out into their permanent positions.

Expert comment

Author

L.

Botanical References

17200

Links / References

1. Ken Fern. Notes from observations, tasting etc at Plants For A Future and on field trips.
2. F. Chittendon. RHS Dictionary of Plants plus Supplement. 1956
Comprehensive listing of species and how to grow them. Somewhat outdated, it has been replaced in 1992 by a new dictionary (see [200]).
Lots of entries, quite a lot of information in most entries and references.
Not so modern (1930's?) but lots of information, mainly temperate plants.
5. Chiej. R. Encyclopaedia of Medicinal Plants.
Covers plants growing in Europe. Also gives other interesting information on the plants. Good photographs.
Covers plants in Europe. a drawing of each plant, quite a bit of interesting information.
A very comprehensive flora, the standard reference book but it has no pictures.
Lots of information tightly crammed into a fairly small book.
Fairly good with lots of ideas about creating wildlife areas in the garden.
10. Larkcom. J. Salads all the Year Round.
A good and comprehensive guide to temperate salad plants, with full organic details of cultivation.
Fairly readable but not very comprehensive. Deals with plants from around the world.
Written about a hundred years ago, but still a very good guide to the useful plants of Britain.
A very good pocket guide.
Excellent. Contains a very wide range of conventional and unconventional food plants (including tropical) and where they can be obtained (mainly N. American nurseries but also research institutes and a lot of other nurseries from around the world.
Excellent range of photographs, some cultivation details but very little information on plant uses.
Excellent and very comprehensive, though it contains a number of silly mistakes. Readable yet also very detailed.
[217] Les Ecologistes de l'Euzière Les Salades Sauvages
A lovely little book about some wild salads in France. Written in French.

A concise beginner's guide to the subject. Very readable.

[238] Bown, D. Encyclopaedia of Herbs and their Uses.
A very well presented and informative book on herbs from around the globe. Plenty in it for both the casual reader and the serious student. Just one main quibble is the silly way of having two separate entries for each plant.

[244] Phillips, R. & Foy, N. Herbs
Deals with all types of herbs including medicinal, culinary, scented and dye plants. Excellent photographs with quite good information on each plant.

Readers comment

Elizabeth H.
Mon Jul 21 2008
We have daisys but they smell very strongly like sour milk. Is this common? Should I just pull them out?

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Subject : Bellis perennis

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