

Athos Othonos M.D.

**HOMEOPATHY**  
**MATERIA MEDICA vol. 3**

HOLISTIC MEDICINE

**Athos Othonos**  
Homeopathic Medical Doctor

# **HOMEOPATHY: MATERIA MEDICA VOL. 3**

**Constitutional Pictures of Argentum Nitricum,  
Gelsemium, Thuja, Valeriana, Platina and Phosphor**

HOLISTIC MEDICINE

Find the author's books on the website [www.homeomed.gr](http://www.homeomed.gr)

Author: Athos Othonos

Title:

Homeopathy: Materia Medica Vol. 3

First Edition: 2016

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SET: 978-618-5243-46-3

ISBN: 978-618-5243-50-0

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42 Keas str. 112 55 ATHENS - GREECE

Tel/fax: + 30 210 2138577

[www.homeomed.gr](http://www.homeomed.gr)

[athosothonos@gmail.com](mailto:athosothonos@gmail.com)

## TRANSLATED BOOKS OF THE AUTHOR

### **Medical**

# **Introduction to the Homeopathic Medicine**

## **Homeopathic Case Taking**

Homeopathic Materia Medica, 4 volumes The Classical  
Miasmatic Constitutional Homeopathy The Theory of Miasms  
Acute Illnesses: Diagnosis and Treatment Materia Medica of  
Acute Illnesses Repertory of Acute Illnesses E-Learning on  
Classical Homeopathy Homeopathic Treatment

Homeopathy: Live Clinical Cases **BOOKS NOT YET TRANSLATED**

## **Philosophy**

Holistic Philosophy

Universal Laws

The Structure and Function of Man and Universe Sexuality,  
Affairs and Family Sex, Amor and Love: A Guide for Teens  
and Parents The function of Thinking

Emotions

Behavior

A Thousand and One Social Illusions From the Path of Ego to  
the Path of the Others Discussing with Hermes the Great

## **Literature:**

Oh, traveler Seagull, I am searching for the Truth The  
Human Odyssey

Castaways in Heaven

Hurt Souls in the Island of Hope Absurd things

## ABOUT THE AUTHOR



Dr. Athos Othonos was born in Cyprus, in 1959. He studied Medicine and Homeopathy in Athens, both of which he practices since 1985. He is founding member, head of the Teaching Center and president of the “Homeopathic Academy”. The latter, is a non-profit, medical, scientific Association, member of the Liga Medicorum Homeopathica Internationalis (LMHI). The Academy is also member and accredited Teaching Center of the European Committee for Homeopathy (ECH).

From an early age, his passion for knowledge led him to the study of various philosophical, religious, political and scientific Ideological Systems. Gradually, he stopped considering himself as fan of any of the above. Instead, he has chosen to focus on their Common Truth, leaving aside any superficial differences. Common Truth, finally, drove him to the formulation of the content and principles of the **Holistic Philosophy** which is based on the Holistic Way of Thinking and on the Universal Laws.

Accordingly, his passion for Medicine, led him to the study of various Therapeutic Systems, once again, focusing on their Common Truth and on the cooperation of medical doctors of all Therapeutic Systems. The outcome of this study is the establishment of the School of **Classical Miasmatic Constitutional Homeopathy**, which is based on the

Holistic Philosophy.

He has written over fifty medical, philosophical and literature books, many of which he has translated in the English language. Most of his videotaped lectures are uploaded in his web page. He teaches the Classical Miasmatic Constitutional Homeopathy for free, since decades, at the Greek lessons of the Homeopathic Academy, as well as, at the English lessons of the **Athens Four Season's School** and of the **International E-Learning Project**.

During the last years, he enjoys the loves of his life: his daughters, Philosophy, Medicine, teaching, writing books and his ecological farm in Marathon, Athens.

- Founding Member and President of the Homeopathic Academy
- Member of the Liga Medicorum Homeopathica Internationalis (LMHI)
- Member of the European Committee for Homeopathy (ECH) • Member of the Athens Medical Association

42 Keas str., 112 55 ATHENS - GREECE Tel/fax: + 30 210 2138577

[www.homeomed.gr](http://www.homeomed.gr)

[athosothonos@gmail.com](mailto:athosothonos@gmail.com)

# HOMEOPATHIC ACADEMY

Scientific Non-Profit Medical Association  
Classical Miasmatic Constitutional Homeopathy  
**Accredited Teaching Center of the ECHH**



Homeopathic Academy is a non-profit, scientific, medical association established in 2013 (Legal Nr.2380/2013) uniting medical doctors, dentists, veterinarians and pharmacists. Its goal is the promotion of Classical Homeopathic Medicine to the medical community and to the public, in Greece and worldwide.

It's founded on the following principles: respect of all scientific opinions, holistic therapeutic attitude, scientific adequacy and cooperation among doctors of all therapeutic systems.

Homeopathic Academy is a member of the Liga Medicorum Homeopathica Internationalis (LMHI) and of the European Committee for Homeopathy (ECH). Its Teaching Center is accredited by the ECH, which grants to the graduates (medical doctors, dentists, veterinarians) the European Diploma for Homeopathy after completion of a three years free course.

The Academy has founded the non-profit, electronic, Classical Homeopathy Databank which gives free and full access to scientists and to the public. In addition, in the web page of the Association, one can have access to articles, books, videotaped lessons, etc.

Homeopathic Academy promotes the Classical Miasmatic



Constitutional Homeopathy, a method that respects Homeopathic Laws, therefore, being at the same time, scientific and effective. It, also, strives for the integration of the Homeopathic Medicine to the National Health System.

[homeoacademy.gr](http://homeoacademy.gr)  
[homeoacademy@gmail.com](mailto:homeoacademy@gmail.com)

# INTERNATIONAL E-LEARNING ON CLASSICAL HOMEOPATHY



Classical Miasmatic Constitutional Homeopathy

An International E-Learning Course in English, on the ***Classical Miasmatic Constitutional Homeopathy***, a new method developed by Dr. Othonos Athos, president of the Homeopathic Academy, Greece. For medical doctors, dentists and veterinarians. Based on 14 books and 40 videotaped lessons. It includes answered questions and tasks for self-evaluation. Post training, including *live case* taking and *case analysis*, can be done at the *Four Seasons School on Classical Homeopathy* in Athens, four times per year.

The Classical Miasmatic Constitutional Homeopathy is based on the Holistic Thinking and on the Universal/Homeopathic Laws. Being holistic, it focuses not on isolated symptoms and parts (like the Mechanical Methods of Repertorising, Key-Note Prescribing and Computer Expert Systems) but on the whole picture and especially on the *miasmatic and psychological profile* of the individual *during the State of Clinical Health*. Instead of memorizing and using Repertories it is based on the identification in the doctor's mind and heart, of the Miasmatic Constitutional Pictures of the Remedies/Constitutions.

*For further information go to the English web page of Dr. Othonos: [www.homeomed.gr](http://www.homeomed.gr)*

# INTERNATIONAL FOUR SEASONS SCHOOL ON CLASSICAL HOMEOPATHY



Four times per year, in Athens, Dr. Othonos Athos, president of the Homeopathic Academy, introduces homeopathic doctors, dentists and veterinarians in the clinical application of the **Classical Miasmatic Constitutional Homeopathy**. The latter new method is based on the Holistic Thinking and on the Universal/Homeopathic Laws. It focuses not on memorizing symptoms or on using Repertories but on the identification of the miasmatic psychological profile of Remedies/Constitutions at the State of Clinical Health.

*The Four Seasons School includes Live Case Taking and Case Analysis, in English. The participation is for free and all videotaped seminars are uploaded at Dr. Othonos web page [www.homeomed.gr](http://www.homeomed.gr) where one can, also, find further information on the subject.*

## **IMPORTANT CLARIFICATIONS**

### **Regarding the practice of Homeopathic Medicine:**

It's my firm belief that medical knowledge should be released to the general public, and that's the case, nowadays, with the existing broad information on health matters through books, newspaper articles, television interviews, internet releases, etc.

Nevertheless, I feel obliged to point out that the administration of homeopathic drugs is an act of medical diagnosis and treatment bearing legal responsibility. Therefore, homeopathic treatment should be practiced not only by medical doctors, but, in addition, by medical doctors well trained in Homeopathy.

The homeopathic drugs aren't herbs, vitamins or food supplements. They may lack any material side effects, yet, being energy drugs, if not administered according to strict scientific laws, may cause an energy disorder to the patient.

The mere reading, even of all homeopathic books, without prior complete medical education and, in addition, without adequate homeopathic clinical training, doesn't make any reader capable of medical practice to himself or others.

I, therefore, warn the reader, that no experimentation is allowed in matters of health and life and advise him, if he wishes to be treated homeopathically, to address a qualified homeopathic medical doctor.

### **Regarding the right of any scientist to philosophize:**

Man, according to Holistic Thinking, is a supreme multilevel being. Contrary to animals, he has the ability not only to

think, but, in addition, to ponder and to philosophize.

The prevailing Mechanical Materialistic Thinking considers Science as something contrary to Philosophy/Religion. On the other hand, the Holistic Thinking supports that any believer of any philosophical/religious system has the right to discuss scientific ideas, in the same way that any scientist has the right to ponder and philosophize on matters like God, Ethics and the creation of the Universe.

Nowadays, it's quite a common thing, scientists and especially astrophysics, to propose *Functional Hypotheses* on the existence or not of God, on the Creation of the Universe and on other such philosophical/religious matters. Most people, consider such philosophical activities, as something quite natural. Moreover, they don't believe that these philosophical ideas affect the authority of the scientist or the authority of the Science that he practices.

Any medical doctor, during his everyday clinical practice, faces life and death; infants born blind, severely ill or mentally retarded; people who live an unhealthy life, yet, rarely get sick; people who live healthy, yet, end up with a severe disease.

The latter facts, force the doctor to ponder and to philosophize; to adopt *Functional Hypotheses* on the origin and deep causes of Illness, on the nature of Man, on the meaning of life, on the existence of God, etc.

This philosophical activity doesn't affect the doctor's scientific authority at all, if, of course, he isn't such a fanatic believer of a philosophical/religious system that he violates scientific methodology in the practice of his science. Nor, does that affect the authority of the Therapeutic System that he practices.

The author, although has studied most philosophical and religious Ideological Systems, does not consider himself as fan of any of them. He insists on focusing on the Common Truth that lies beneath them. Therefore, he doesn't hesitate

making references to most of them, only to emphasize on the Common Truth that they all bear, apart from their superficial differences. This philosophical activity of the author, doesn't affect the least his scientific practice of Homeopathic Medicine.

On the contrary, he adopts the Holistic Thinking and Universal Laws in his homeopathic practice, for the very reason of securing its scientific practice. After all, Homeopathy is a Holistic Therapeutic System.

Moreover, whenever the author presents his personal *Functional Hypotheses*, for example, for the explanation of the origin of Illness, that doesn't mean, that these are the opinions of Homeopathic Medicine, as a Science and as a Therapeutic System. If a cardiologist adopts the Christian or the Platonic point of view when philosophizing, that doesn't mean that Cardiology has something to do with Christianity or Platonism. Accordingly, when the author philosophizes, that doesn't have anything to do with Homeopathic Medicine. It's the firm belief of the author that "Anyone who thinks freely, thinks in the right way!" The more one thinks in a holistic way and the more one examines things without prejudice and fanaticism, the closer to Truth he is. Plutarch, the Ancient Greek philosopher, said: "Truth, was a mirror in the Sky. It fell to Earth and broke into a thousand pieces. From that time on, anyone who finds a part of the mirror, believes that he has found the whole Truth!"

# CHAPTER 8

## **ARGENTUM NITRICUM**

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## **A. CONSTITUTIONAL DIAGRAM**

### **8.1 Constant flow of ideas with inadequate filtering**

There are some constitutional pictures, like for example, Argentum Nitricum, Lachesis, Hyoscyamus, Anacardium and Valeriana that can be of great use to understand the mode of operation of human mind.

The main basic passion of Argentum Nitricum is his attachment to his very existence. This isn't, of course, the case of the natural survival instinct. Instead, we have to do with a neurotic state dealing with several dangers regarding his existence. This neurotic state involves obsessions not

always directly connected to real danger. The essence, the core and the main idea of Argentum Nitricum, are obsessions.

As described in my book about Thinking apart from the Individual Thoughts several External Thoughts affect the human function of Thinking. It's a normal thing to have many kinds of thoughts flowing into a person's mind. These thoughts could be rational or irrational, common or peculiar, possible or improbable, etc. By nature, there's a certain filtering mechanism that rejects some of them as improbable or irrational and accept others as probable and rational. The latter ones are permitted to go on creating other thoughts, feelings and behavior.

For the sake of understanding let me give you an analogy. Every single day, many kinds of food are inserted into our stomach, common ones and strange, healthy and unhealthy, beneficial and harmful. Yet, not all of them are absorbed so as to be used by our organism. There's a certain kind of filtering that allows some to be absorbed and some not to be absorbed. For example, cellulose cannot be absorbed and is dumped as non-useful. Some others, like poisons, for instance, are considered as harmful and several defense mechanisms are mobilized like vomiting and diarrhea, in order to get them out of our system.

A similar filtering mechanism exists on the mental level. The inflowing of External Thoughts from the Psychological World is filtered by our Individual Soul through the functions of judgment and logic. For example, it may happen to all of us, while leaving our house to have the thought: "Have I locked the door?" The first thing to do isn't to go back and check the door. First we go back to our recent memory and "rewind" the "film" of recent events. If we trace the relevant event then we are sure that we have locked the door and leave in peace without going back to check the door; end of inquiry; end of doubts; end of story!

But, this isn't the case with the Argentum Nitricum



individual! He has that constant and tremendous inflowing of Individual Thoughts from his Individual Soul and that constant inflowing of External Thoughts from the Psychological World. His mind never stops thinking; it's in constant motion. These thoughts are usually in the form of questions like for example: "Could it be that...?" or "What if...?" and always refer to something negative for the person or to something that the person might have forgotten to do.

An Argentum Nitricum individual goes back to his recent memory and he finds that specific image, for example the moment that he has locked the door. But, still, he isn't certain about it and cannot relax. He has lost the ability to be sure about it so as to go on. So he keeps wondering about the same thing and may go back to check the door to be sure. He may even do this a couple of times. First it was an obsessive idea and then it became an obsessive behavior.

There are times that after he has checked the door once, he is relieved and leaves his house relaxed. But, then, after a few minutes, while driving towards his work, doubts haunt his mind. "Could it be that I haven't locked the door?" or "I know I have locked the door, but what if I have left the kitchen oven on?" He goes back to his recent memory again and again and he is not sure if he has done so or not. He may even go back to the house to re-check.

It's a vicious circle of obsessions, fixed ideas, persistent thoughts and compulsions that leads to anxiety and compulsive/obsessive behavior. He doesn't have insane ideas, irrational ideas, delusions or illusions. It's not the case of Hyoscyamus. He doesn't have weak memory or Alzheimer's dementia. He hasn't lost contact with reality like a drunk man or like an intoxicated person from drugs. He has just lost the ability to filter his thoughts. His desperate question to himself is: "I know that I haven't forgotten it! I have also checked it more than once! Why, on earth, can't I get the doubt out of my system?"

## 8.2 Obsessive ideas in the form of “What if...?”

Let's see some of these obsessive ideas that trouble Argentum Nitricum. He goes near the railings of a balcony. Although these railings are high and strong enough, nevertheless, shivering thoughts cross his mind: “What if I slip and fall?”, “What if I get dizzy and fall?”, “What if someone pushes me by accident and I fall?”, “What if a crazy compulsion takes control of my mind and forces me to jump against my will?”

He feels as if a magnet pulls him down and he gets anxious and scared. He knows that such things are quite improbable. Nothing like that happened to him in the past. He also knows that the railings are strong and high enough to prevent such an incident. Yet, he is in doubt and fear overcomes his logic. He may have such a thought even on the balcony of the first floor or even on climbing the first steps of a short ladder. He feels the same fear of heights when in a plane or on a bridge.

He may be sitting next to an experienced driver whom he trusts as a person and as a driver. Still he has that obsession that cars moving on the opposite side of the road are heading towards them. His muscles contract and his feet try instinctively to find the brake pedal to stop the car; he just can't help it! It seems so real and so probable to him.

While walking on the pavement he tries to avoid stepping on the margins of the paving stones. He can't avoid reading the numbers on the plates of cars passing by or even adding the numbers. He feels that his hands are dirty or full of germs and wants to wash it all the time again and again. He may do that 20, 30 or 50 times a day; he may even use antiseptics or surgical spirit. He may wash it once and then has that doubt that he may didn't do it right and so he does it again and again thoroughly.

His obsessions may also involve his health. As soon as he feels slight symptoms or as soon as he hears about diseases he starts having that obsessive idea that he is sick; that

something bad is going on. He rushes to doctors and labs; nothing can reassure him that he is ok. Phosphor also has this kind of fear about his health but the latter is afraid only about his health. He hasn't got the obsessions of Argentum Nitricum that have to do with all fields of his life.

Another obsession of Argentum Nitricum is his fear of the evil eye; you see, he just can't explain his compulsive behavior and it seems probable to him that something metaphysical is to blame. Or is it that he is going crazy? Fear of insanity is just another obsession of his.

### **8.3 Obsessive Behavior**

In mild cases we have only obsessive thoughts but in more advanced ones these thoughts cause obsessive behavior. Every time he has an obsessive idea he proceeds to a certain obsessive behavior to confront the idea. For example, every time he has that "What if...?" question he may touch any object near him, once or three times or say to himself "Jesus Christ" or "Mother Mary" in order to avoid anything bad from happening.

It's a compulsive action; he can't avoid doing it; he can't help it. He knows that this is a compulsive behavior; his doctor or his analyst has made it clear to him a thousand times but still he can't help doing it all the time! It's not a matter of logic!

All these torturing fixed ideas make him feel terrible; anxious, full of tension, full of doubts, full of self-reproach, in despair! He keeps having all these "crazy" thoughts, all these doubts, all these questions "What if...?" He keeps thinking that something bad will happen to him. He can't do anything about it although he tried hard again and again so he starts blaming himself: "Why can't you get over this nonsense?" His life is hell! That's why he says to himself: "Am I going crazy?" or "Is it the evil eye?" You could expect such thoughts from a low class, uneducated person but this is also true for highly educated people and even

psychiatrists and scientists.

His obsessions may also take the form of extreme tidiness or even fastidiousness. But this isn't the case of Nux Vomica. The latter chooses to be fastidious and she is natural about it while Argentum Nitricum has no choice. This extreme tidiness has to do with the place of things or with the succession of stages during a certain task.

For example, the little kid, when his mother dresses him wants her to start with his socks then with his trousers, then with his blouse and so on. If she changes the succession of things he gets neurotic, he gets upset and he doesn't feel ok. Therefore, he complains until things are done "in the right order". He just can't help it.

These obsessions cause a lot of burden to him; he may become anxious, melancholic, full of misery, loquacious, self-centered or absent minded. Many times his internal mental state is expressed on his troubled face.

When it comes to his physical characteristics, Argentum Nitricum often resembles a mild sycotic Sulphur person. He is hot grade 2; not as hot as Sulphur. Still, he just can't stand being in a hot room without ventilation. He feels chocking and wants to open the windows. He may be sweating easily and his sweat may even be offensive like Sulphur's.

He is crazy about sweets; desires sweets grade 3 or at least grade 2. He also has that strange characteristic: eats sweet and then salty things and then sweet. He may eat a chocolate and then salty chips and then a cake and so on!

## **8.4 The Constitutional Diagram of Argentum Nitricum**

### **Raw Material**

The mineral Silver Nitrate

### **Miasms**

The Psoric Miasm creates an uncertainty and an imaginative fear for his existence

## **Basic Passions**

His main Basic Passion is his attachment to his existence involving obsessions for imaginative dangers.

## **Essence**

Constant inflowing of obsessive ideas in the form of “What if...?” questions that causes much stress and obsessive behavior

## **Thinking**

### *a. Psychological Evolution:*

He is greatly depended on his Intellectual Soul and on its inadequate filtering of constant inflowing thoughts. Not greatly related to Conscience Soul. His Individual Will depends largely on his External Will. All the above make his psychological evolution difficult.

### *b. Influences:*

Intense psoric influence; Very much depended on his Mnemonic and External Thinking Stimuli. Intense Negative Energy Tuning.

### *c. Stressful Conditions:*

Heights; discussions about diseases; hot rooms; discussions about germs and the evil eye.

### *d. General Characteristics of Mental Functions:*

Quick, scholastic, obsessive thinking; constant tremendous inflowing of arbitrary, torturing fixed ideas with inability to decide about their probability and real nature

### *e. Mental Patterns:*

His mental patterns relate to his anxious, obsessive,

pessimistic state

## **Frequency**

Of medium frequency

## **Emotions**

His general mood is negative, anxious and torturing; he lives in a hell of mental uncertainty; he feels that his mind isn't working properly and that he is on the edge of breaking down. Intense negative Intellectual Emotional Charge. He isn't an emotional person because his obsessions force him to deal with himself and becomes self-centered and full of misery. His main emotions are the Intellectual Emotions involving fear, anxiety, insecurity, pessimism and melancholy. His emotions may be intense and torturing but they don't have to do with other people; they have to do with his obsessions.

## **Behavior**

Compulsive behavior due to obsessive ideas; obsessive tidiness; obsessive fear about health; nervous tics

*Usual Secondary Behavior:*

"Superstitious person", "obsessive-compulsive", "neurotic", "grumbler neuro-vegetative person", "obsessive tidiness", "germ-phobia", "anxious", "obsessive loquacity"

## **Body**

*Usual Physical Predispositions:*

Dyspepsia, Distention, Gastritis, Conjunctivitis

*Usual Psychological Predispositions:*

Obsessive Neurosis, Nervous Tics, Phobic Neurosis, Anxious Neurosis

## **Relative Constitutions**

Phosphor (when it comes to neurovegetative symptoms) and Sulphur (when it comes to general physical characteristics)

## **B. LECTURE ON ARGENTUM NITRICUM**

The constitutional picture of Argentum Nitricum corresponds to the homonymous homeopathic medicine that originates from the mineral Silver Nitrate. As I have many times explained this raw material is diluted and succussed many times in order to give us the harmless homeopathic medicine Argentum Nitricum.

### **8.5 General physical characteristics similar to Sulphur**

Argentum Nitricum's general physical characteristics often resemble a mild Sulphur individual. He is hot grade 2 or even less or even cold grade 1. What's more characteristic is that he feels chocking in a hot room and wants the windows open just like Pulsatilla.

He may sweat a lot and his perspiration be offensive like Sulphur's but at a milder degree. While Sulphur is quite slovenly, Argentum Nitricum on the contrary is often obsessively fastidious.

### **8.6 Desire sweets grade 3**

Argentum Nitricum is often crazy about sweets and sugar; he will eat a lot of it even if it makes him ill. Pulsatilla also is crazy about sweets but what's characteristic of Argentum Nitricum is that he eats sweets, then salty things and again sweets. He may eat chocolate and at the same time or seconds after that eat salty chips and then again sweets.

Pulsatilla and Argentum Nitricum may prefer sweets instead of food. They are fond of cakes, ice-creams, chocolate,

candies, etc. Pulsatilla also may become ill from too many sweets.

## **8.7 Obsessive ideas and Compulsive Behavior**

The essence of Argentum Nitricum is fixed ideas and compulsive behavior. Most people suffering from compulsive neurosis are Argentum Nitricum individuals. However, be careful! That doesn't mean that any patient with compulsive neurosis will need Argentum Nitricum! This isn't Constitutional Homeopathy; this is Allopathic "Homeopathy" prescribing remedies according to diseases. You have to give the medicine that suits the whole and especially the personality of the patient.

Why does Argentum Nitricum have these obsessions? What's the mechanism that causes them? It may happen to all of us to have some thoughts crossing our minds at times like: "I saw a black cat; something bad may happen!" or "Have I locked the door?" Nevertheless, if we are balanced, then our psychological defense mechanisms function effectively and after double checking such a possibility inside our minds we let it go and relax.

Well, Argentum Nitricum has trouble double-checking his thoughts. He just can't overcome that "What if...?" or that "Have I...?" He is in constant doubt although most of the times he recalls the image of the action for which he is in doubt.

It's not an irrational thought, nor is it an insane thought, a delusion or an illusion. He is not psychotic! He is simply obsessive. When we have to do with an insane thought the patient not only has lost track of reality but moreover he doesn't realize that he is insane. He thinks that all others are insane except him. The obsessive person lives in reality and knows that he is sane, nevertheless, he is not sure about recent facts whether they took place or not or is afraid about improbable things.



## **8.8 Obsessive fear of heights and fear of insanity**

Let's examine some of these obsessions. Fear of high places grade 3 or 2. If we want to be precise we should say that this isn't a fear; it's but an obsession that has to do with high places. Thuja also has fear of high places but not an obsessive one and, moreover, in a lower degree. You ask him "If you go out on a balcony and look down, from what floor do you start becoming afraid?" and he will answer you: "Even from the first/second floor". Then you ask him: "What are you afraid of?" and he tells you: "I don't know! I am afraid that I may get dizzy or slip and fall off or that the railings will yield or that someone may push me by accident".

In a more advanced state, at Pathology Phase C, he may tell you that he is afraid that he may have the compulsion to jump off the balcony. It's not that he has some kind of suicidal tendency, not even suicidal thoughts. It's simply an obsession, a fixed idea of the kind "What if...?"

He is often afraid that he might become insane; that he will lose his reason. He doesn't want to hear stories about people that got crazy or about psychological diseases because he says to him: "What if these obsessions drive me towards insanity?" His obsessions seem to him so strange and so inexplicable that he often says to himself: "Have I been bewitched? Is it a case of the evil eye influence?" As expected, due to his obsessive personality, he may often be a superstitious person.

## **8.9 "What if...?"**

He is so full of "What if...?" thoughts! "What if this happens?" "What if that happens?" He never stops thinking about negative things to come. On leaving his house, office or car he starts thinking: "Have I locked the door?" He goes back to check it and it's ok; he didn't forget anything. Then he makes a few steps towards the street; suddenly another

“what if” crosses his mind: “I have locked the door but what if I haven’t turned the kitchen oven off?” He turns back again to check that also. It doesn’t have to do with his memory; he hasn’t got weak memory and it’s not the beginning of Alzheimer dementia.

There are times that in order to be sure, before leaving the house he double-checks and triple-checks the door and the kitchen and the windows and during this check he tries to be fully aware of what he does. Sometimes, he even says loudly what he’s doing in order to print it in his mind with bold letters: “I am now locking the door, now I am turning the kitchen oven off, now....” He knows that he is exaggerating but he just can’t help it.

Now let’s see some more obsessions. He walks down the road and tries to avoid stepping on the margins of the paving stones. Whenever he sees a car he just can’t stop himself from reading the numbers on the plates or even calculating their sum. He also counts the steps wherever they exist or counts “one, two, three, four, etc” whenever waiting for something to happen or someone to come. He gives the excuse to himself that he is doing something normal “just waiting the time to pass”; but it’s not a normal thing if you just can’t avoid it!

Sometimes, whenever he looks up to a high building he feels dizzy. At other times he may avoid a certain route just because he had that “hint” that something bad will happen if he goes towards that direction. Quite often he is very superstitious.

### **8.10 Compulsive movements, nervous tics, germ-phobia**

When things have progressed to a much more imbalanced state not only he has fixed ideas but he also has compulsive behavior and compulsive movements. He regularly touches instantly the desk in front of him; if he doesn’t do it he feels

so bad; he has to do it so as to relax but then after some seconds or minutes he has to do it again and again. Sometimes a thought crosses his mind that if he doesn't do it something bad will happen to him, other times he just feels bad if he doesn't do it.

Argentum Nitricum, especially kids, often have many nervous tics that keep changing all the time as weeks or months go by. He may raise his shoulders regularly or blink or touch his hair or anything you can imagine as long as it's a sudden, repeated movement without any profound meaning or purpose.

He often has germ-phobia; the term in this case isn't the right one. It's not a phobia, i.e. a fear; it's an obsession. He may wash his hands 20, 30 or 50 times a day. He may wash it now and immediately start thinking: "What if I haven't washed it thoroughly?" So he goes back and does it again more thoroughly and even using soap or surgical spirit. He avoids using the toilette in other houses or in public buildings. If he has to go to the toilette then he uses a handkerchief in order to avoid touching the door's knob. He will thoroughly examine the plates, spoons, forks and glasses at a restaurant to see if they are thoroughly washed.

If he is sitting next to a driver he is also "driving" with him stepping on a non-existing brake, watching the road carefully and often feels as if cars from the opposite line are heading towards them. He drives the driver next to him crazy by his remarks: "Watch out!" "Be careful!" or "Slow down!"

Be careful not to confuse this with another situation that hasn't got anything to do with fear or obsession. Lachesis, being syphilitic and dominant, may use her fake fear as an excuse to dominate on her husband or children showing to them that she cares so much about them because she has that "pathological" love for them.

In Homeopathy it's always very important to judge the intention of the person that lies beneath an action and not

the secondary behavior per se. We have to reach to the diagnosis of the genotype/primary behavior and not to the diagnosis of the phenotype/secondary behavior.

### **8.11 Anxiety while waiting**

He is so anxious while waiting! Sometimes, if he is waiting for an important event to come, then he may have nervous frequent urination or nervous diarrhea. However, usually his anxiety is off, seconds or minutes after the event takes place. It's anxiety *while* waiting. If he is expecting an important event to happen tomorrow or in a few days, then he keeps thinking about it all the time or asks questions to others around him about it all the time until it happens.

Lycopodium is also very anxious whenever he is expecting an important event or whenever he has to talk in front of an audience even if he is well prepared for it. But his stage fright begins only some minutes or hours before the event takes place and lasts only some minutes after the beginning of his speech and he does very well on the process. Silica dreads to appear in public and carry on a presentation. She is very anxious before, during and even after the presentation. Many times she avoids such presentations on any cost because she is afraid that she won't do it right.

### **8.12 Obsessive fear about his health**

Argentum Nitricum often says that he is afraid about his health. We have to differentiate between his fear and the fear of Phosphor and Arsenicum about their health. In the case of Argentum Nitricum it's not really a fear but an obsession about his health. A thought crosses his mind "What if I have a severe disease?" and from that time on this becomes an obsession and he starts rushing to doctors for consultation and to labs for tests. The general and characteristic thing is his general tendency for obsessions and the specific and not characteristic thing is his

obsession-fear about his health.

Phosphor on the other hand has a clear fear about his health because his Neurovegetative Nervous System is malfunctioning. So, he has several neurovegetative symptoms and these cause great fear and anxiety to him because he thinks, not to say he is certain, that he *does* suffer from a severe disease. Somebody told him that a neighbor had a stroke and then he immediately started having neurovegetative symptoms and he is sure that he is also going to have a stroke or a heart attack or something sudden and severe.

He rushes to the doctor and the doctor examines him and tells him: "You've got nothing pathological! It's all in your mind! You are simply a hypochondriac person!" He is so offended and angry when they tell him so because he *does* feel those symptoms and he is a very sincere person in general. He says: "Why don't you believe me doctor? Why, on earth, would I lie? I work hard for years and never left my job, apart from severe causes. I do have these symptoms! I swear to you I have them!"

The doctor prescribes pills, taps him on the shoulder and reassures him that he is going to get well. He is relieved for a while and then he has again the same symptoms and again he rushes to the doctor in despair. He isn't so much afraid of death; he is afraid of the symptoms or that he may have some severe disease.

Arsenicum also has fear about his health but this is a part of his general fear about death. His is such an egoistic and self-centered person that he is very much afraid of stop existing. So he doesn't like hearing about old age, death and diseases. Aconitum is also intensely afraid of death but this usually begins after a sudden fright from an extreme event; it's mostly an acute condition and an extreme one because he is afraid that any minute he will die due to his extreme physical symptoms.

Phosphor is not so much afraid of death; he is mostly afraid

of the symptoms that he has. Whenever he feels symptoms he rushes to the doctor for help. He wants consolation very much, is easily reassured but then he is also worried again and this goes on like that. Although he is calling the doctor a lot and visiting him all the time worried, nevertheless, he is a likeable person because he is psoric, sincere and very grateful. You empathize with him because he is like a good small child seeking for consolation and guidance.

On the contrary, Arsenicum creates negative feelings to the doctor because he is syphilitic, egoistic, mistrustful, mean and peevish. Argentum Nitricum isn't as repulsive as Arsenicum but still he isn't as likeable as Phosphor because he has that misery and that attachment to his obsessions.

Argentum Nitricum, due to his obsessions, is often nervous and anxious. He feels his belly very much distended and is complaining about it all the time. He is also very restless; while sitting he has to do something with his hands or move his feet all the time.

This is the general picture of Argentum Nitricum. Our aim in the Classical Miasmatic Constitutional Materia Medica isn't to give a full, complete, detailed picture of a Constitution. This would create difficulty in memorizing information and even confusion and we would easily miss the essence of the Constitutional Picture. If you identify the "core", the "essence", the "skeleton" of any constitutional picture then you can add all other less important information. And this tactic is in accordance with the Law of Hierarchy and the Law of the Whole.

# CHAPTER 9

## **GELSEMIUM**

### **9.1 Timidity and stage fright**

### **9.2 Nervous symptoms after embarrassment**

### **9.3 Not capable of handling usual situations**

## **9.1 Timidity and stage fright**

The constitutional picture of Gelsemium corresponds to the homonymous homeopathic medicine prepared by the homonymous plant. Timidity and stage fright are the main characteristics and essence of Gelsemium. He also has lack of self-confidence but not as much as in Thuja. He is the kid that blushes and stammers in front of strangers; he is so shy!

The Psoric Lycopodium may also have stage fright at the beginning of a meeting but he quickly overcomes it and mingles with the company, often trying to be the center of attention showing off his culture and knowledge. You see, Lycopodium thinks a lot of himself, believes that, regarding cleverness and refinement, he is above the average. Nevertheless, due to his psoric nature and fear of spoiling his image, he is anxious when meeting someone for the first time.

On the contrary, Gelsemium stays reserved and speechless and shy in a company for a long time before starting to feel only a bit comfortable and relaxed. The Psoric Sulphur also may appear to be shy and reserved when meeting new people but not because he is shy but because he is very introvert.

## **9.2 Nervous symptoms after embarrassment**

Gelsemium is easily tired. He often develops nervous symptoms after embarrassment or his physical symptoms deteriorate after embarrassment. Being so timid no wonder why he is easily embarrassed.

He can also develop symptoms from fright or while waiting an important appointment or event. Argentum Nitricum may also develop symptoms like nervous frequent urination or nervous diarrhea while waiting an important event.

## **9.3 Not capable of handling usual situations**

Gelsemium is incapable of handling usual situations or new things. He is so shy, so lacking of self-confidence that he finds it difficult to function normally or adjust to new conditions. He is so easily blocked. So easily embarrassed and not knowing how to react and what to do. Relative constitutional pictures from which we have to differentiate are the psoric Lycopodium, the psoric Sulphur, the psoric Natrum Muriaticum and Thuja.

It's not a rare constitutional picture nowadays. You see, "God loves diversity!" Most people are influenced by a few decades of basic frequent constitutional pictures, yet, there are decades of other more rare ones. As a rule, basic, frequent, chronic constitutional pictures have a wide range of characteristics and you can talk about them for hours while rare constitutional pictures have a narrow range of characteristics.

In Classical Miasmatic Constitutional Materia Medica our aim is to attach these more superficial and rare constitutional pictures to certain deep, basic and frequent constitutional pictures so as to be easily detectable and identified during diagnosis and differential diagnosis. That's the reason why I have included Gelsemium to the Psoric Family very close to Thuja. Other psoric constitutional pictures are Natrum Muriaticum, Ignatia, Sepia, Psorinum, Silica, Alumina and



Staphisagria.

The psoric version of Lycopodium and Sulphur could also be included to this Constitutional Family; nevertheless, I find it more practical for them to be included in the Intellectual Family.

# CHAPTER 10

## THUJA

### 10.1 Sycotic physical predispositions

### 10.2 Greasy skin, offensive sweat, persisting acne

### 10.3 Groundless Lack of Self-Confidence

### 10.4 Unfounded Guilt

### 10.5 Fear of heights and feeling as if being judged all the time

### 10.6 Introversion

## 10.1 Sycotic physical predispositions

The constitutional picture of Thuja corresponds to the homonymous homeopathic drug and plant. It's a small kind of cypress tree with leaves that have vertical arrangement. Miasmatically, Thuja is a strange combination of strong sycotic physical characteristics and predispositions while psychologically she is intensely psoric.

Her physical predispositions are similar to those of Medorrhinum: asthma, allergies, hypertrophic tissue states, warts, condyloma, etc. Warts and condyloma are very characteristic of Thuja. Very often we find a past history of cauterization of condyloma and warts.

Other sycotic physical problems are: fibromyoma, nodes, hypertrophic tonsils, several hypertrophic states, hyper function and hyper secretion.

## 10.2 Greasy skin, offensive sweat, persisting acne

Her skin is greasy and tends to look dirty although she may wash herself frequently. The same thing is also true for her

hair. She washes them and keeps combing them but still they look dirty and uncombed. She tends to develop persisting acne; if you come up with a shy girl with lack of self-confidence and persisting acne then think of Thuja.

She sweats a lot and her perspiration is offensive. Thuja affects predominantly females and most often girls at puberty; shy teenagers, full of acne, with intense lack of self-confidence and tendency to feel guilty all the times. She has an aversion to onion and garlic. Not that it causes symptoms to her stomach; it's an aversion that has to do with the taste. Often she sleeps on her abdomen and loves the sea just like the sycotic Medorrhinum.

### 10.3 Groundless Lack of Self-Confidence

The key to Thuja, the essence, is her groundless lack of self-confidence grade 3. But you should always be very careful because even a Platina can *declare* that she has lack of self-confidence! Yes, even Platina! How can such a thing happen? She has been so confident and considers herself as the goddess of beauty. And then suddenly she gained 5 kilos. She feels so ugly and fat and declares "lack of self-confidence"!

But this isn't "lack of self-confidence"! This is indeed self-confidence grade 3 and this is Platina. You should never prescribe according to what the patient *says he is*. You should always prescribe according to *what he is*! You should always prescribe according to the genotype/primary behavior and not according to the phenotype/secondary behavior.

Well, Thuja's genotype and primary behavior is "lack of self-confidence" grade 3. And I say this because although she usually does well and has skills and achievements she never believes in herself. Her mother tells you: "What is wrong with her, doctor? She has excellent grades and she does

very well on her tests, yet, every time, she keeps saying that she won't do well. Nevertheless, every time she gets high grades and even then she can't believe that she did so well!"

Thuja believes that when it comes to cleverness and skills her I.Q. is far below the average; that she isn't of any worth. She may have earned herself diplomas and praises, she may be beautiful and have achieved many things, yet, she feels that she isn't worth it; that she is stupid, ugly, good for nothing, worthless, a piece of trash! She has that constant feeling and belief that she doesn't do things right, that she will fail to meet the average score. She may be beautiful and despite that she says to herself: "I am so ugly! My hands are ugly, my face is ugly, my nose is very large, etc."

There are a couple individuals that could say such a thing; i.e. that feel as if ugly but yet not so strongly. For example, Valeriana although thinks a lot of herself she may say such a thing to herself because she doesn't want her image to others to be spoiled. To be precise, Valeriana thinks that she is beautiful and worthy, even more than the average but still has this internal hidden insecurity. On the contrary, Thuja believes what she says.

Furthermore, Thuja is very introvert and it's a very difficult thing for her to tell you such a thing face to face. At times a young girl comes to my office and due to non-verbal characteristics I sense that she is a Thuja person and I ask her straight away: "Do you often feel that you are worthless? That you are a piece of trash?" Then she jumps up from her seat astonished and says: "How did you get it, doctor? I've never said it to anyone, not even to my mother or to my husband although this is what's bothering me all my life!" And this is true in spite the fact that she is quite good looking, educated and perhaps a successful lawyer!

Isn't Homeopathy great? Isn't it magic? Isn't it amazing to be able to read others mind and soul! Moreover, isn't it

wonderful to be able to help people with natural and harmless energy medicines? To be able to balance deep-rooted constitutional tendencies that have tortured your patient for years and years, all his life! You see, Homeopathy is indeed such a wonderful cure if, of course, someone has mastered it and applies it according to Universal Laws.

### 10.4 Unfounded Guilt

It's not only that she has that terrible baseless lack of self-confidence! She also has an unfounded guilt about all things: *she is* the one to blame for what happened to her mum, dad, brother, friend, etc. She thinks that *she is* responsible for what happened to others or that *she is* to blame also. Her guilt is unfounded, baseless and groundless as is her lack of self-confidence yet, she just can't help believing it! The latter originates from her ungrounded lack of self-confidence and from the belief that she doesn't do anything right.

Let me give you an example: there's this mother that constantly believes that she isn't a good mother; that she doesn't succeed in raising her children right; that she does all things the wrong way; that she is worthless and stupid although she does well. She feels guilty about it and she is self-tortured! She is a Thuja individual!

You have to be very careful because Natrum Muriaticum could have such guilt but at a very lower degree and for different reasons. The latter is so psoric and responsible and strict to herself and wants so much to do her duty that she ends up easily feeling guilty that she has neglected to do as expected from her.

Aurum Metallicum also is very demanding from herself and if she fails then she feels great disappointment and despair and may commit suicide. But, when it comes to Thuja, she

feels guilty because she considers herself below the average cleverness and that is the reason why she believes that she “keeps failing” although she doesn’t.

### **10.5 Fear of heights and feeling as if being judged all the time**

She has fear of heights grade 2; this is not a fixed idea as in the case of Argentum Nitricum. She also has a very characteristic and peculiar sensation; a vague feeling that she is being judged all the time even if she is alone; that even when alone she doesn’t have any privacy, as if walls are transparent and she is being exposed to others; as if an eye keeps watching her all the time in the sense of judgment.

It’s not a delirium or an insane idea. It’s not the insane idea of Hyoscyamus that he is being watched and that he is in danger. It’s not a metaphysical fear let’s say for ghosts like in the case of Calcarea Carbonica.

Thuja feels as if others keep an eye on her all the time with tendency to judge her. Let me give you an example in order to get the idea and the feeling: She works in a room with many other colleagues and she has that constant feeling that her boss or even her colleagues keep an eye on her and judge her regarding her abilities. She keeps thinking that they notice her lack of abilities and that they judge her. She may even feel this even if she is working in her own private office.

### **10.6 Introversion**

She is very introvert because she has that great lack of self-confidence. Thus, she can easily be misinterpreted as a timid Gelsemium, a psoric Lycopodium, a psoric Sulphur or a Natrum Muriaticum. However, Lycopodium, Sulphur and

Natrum Muriaticum don't have any lack of self-confidence. In fact, Lycopodium and Sulphur think a lot of themselves.

Thuja, like Gelsemium, is a rare constitutional picture. You can find this picture in a shy girl, a teenager or a college student that has been greatly repressed by her dominant parents.

# CHAPTER 11

## VALERIANA

### HIERARCHICAL DESCRIPTION

11.1 The modern, reactive, spoiled, insecure teenager/young woman

11.2 Insecure-Aggressive

11.3 So thirsty for attention and love but still so reactionary

11.4 Tendency for exclusiveness and jealousy

11.5 Very ambitious and “unconventional”

11.6 Coward-Aggressive behavior

11.7 Nervous, restless and touchy

11.8 Introversion and indirect behavior

11.9 Mistrustful and temperamental

11.10 The Constitutional Picture of Valeriana

### LECTURE

11.11 A nervous and mistrustful woman

11.12 “Thoroughly Slovenly Appearance”

11.13 Fake unconventional

11.14 Ironical and touchy

11.15 Reactionary and insecure

11.16 Faking the “cultured” woman

11.17 She “castrates” her husband but then she can’t be pleased by him

11.18 Male/female nature as to sexuality

11.19 The great value of the knowledge of constitutional pictures

11.20 Capricious in sex and in love

11.21 All constitutional characteristics are but imbalances!

11.22 You just can’t fool the Universal Laws!

11.23 Reactionary and temperamental

11.24 Her behavior doesn’t make any sense!

11.25 A spoiled, immature girl



**11.26 Mistrustful and jealous**

**11.27 Revengeful, wants to get even, to get on top**

**11.28 She bears a grudge**

**11.29 Introvert; pity makes her angry**

**11.30 Nervous headaches and other nervous symptoms**

**11.31 Fear of being raped and fear of masculine violence**

**11.32 Ambitious and often setting up things for her**

**11.33 Restless and nervous; abuse of coffee and tobacco**

## **HIERARCHICAL DESCRIPTION**

### **11.1 The modern, reactive, spoiled, insecure teenager/young woman**

Miasmatically, Valeriana seems to be a puzzling and weird combination. She is intensely insecure, coward, introvert and easily offended but none of these is easily detectable from people around her. Even when asked, usually she will not admit that she has these traits. She tends to have a great attachment to her affair with a tendency for idealization because she wants to live that “great love”. She is greatly annoyed by lies and injustice. All the above remind us of the psoric nature of Natrum Muriaticum.

However, both her intentions and her expression are syphilitic. She is mistrustful, reactive, revengeful, hysterical, vain and indirect. Then you can add some strong sycotic traits like temperamental, moody, very quick thinking, impatience and restlessness. Seriously, what is she miasmatically? Is she psoric, syphilitic or sycotic?

What really defines the dominant miasm of any constitutional picture is the intention and not the style, the expression or the secondary behavior. Valeriana is syphilitic and dominant in her own indirect way. It's not accidental that as years go by many teenagers/young women Valeriana

tend to change towards the syphilitic constitutional picture of Lachesis, especially after forties and if engaged in the maternal role.

Valeriana doesn't have the primary maliciousness of Lachesis but she can become mean and revengeful *out of reaction* when her ego is deeply hurt. Nor does she have the insensitiveness of Platina although she is ambitious and at times vain as the latter.

Valeriana is the typical, modern, reactive, spoiled teenager/young woman. Her main traits are: hysterical, ambitious, insecure-aggressive, introvert, easily offended, temperamental, mistrustful and vain. She is found almost exclusively in females and is the most common constitutional picture in female teenagers and young women.

She is hard to be traced by the inexperienced physician. This is true because she is very mistrustful and often keeps her real intentions successfully hidden. She won't open herself unless she is very sure that she is safe.

Moreover, she is very smart and intuitive and this enables her to understand at a great extent the intentions of other people around her. As far as she remembers herself she has been very efficient in this field so she becomes very confident in judging other people's character. She has also been very mistrustful even from childhood.

When Platina wants something or when offended she takes it out uncovered without second thoughts while Valeriana can be very indirect and self-controlled. She isn't, of course, as indirect, flexible and cunning as Lachesis. Valeriana may become aggressive secondarily due to her insecurity and mistrustfulness and furthermore because she is easily offended.

## 11.2 Insecure-Aggressive

How can one be at the same time insecure and aggressive? It can happen because she is primarily insecure and secondarily aggressive. The genotype/primary behavior is insecurity and the phenotype/secondary behavior is aggressiveness.

She is so insecure! She feels all the time that she must be “on guard”; she is so mistrustful and so easily offended. Yet, all the above aren’t clear to the inexperienced eye. Her main concern and fear is not to be depreciated or dominated; not to feel inferior; not to be fooled, cheated or deceived; not to be the victim; not to become ridiculous; not to be laughed at; not to be the target of irony.

She may be very ambitious but she doesn’t want to be recognized by all like Platina. She is very much interested to be recognized by her own people and those that *she* chooses or in selected fields that *she* thinks that are worthy of interest. She won’t deal with the rest. Nevertheless, if she is targeted or if, even for a minute, she thinks that she is being attacked, then she won’t let it go just like that; she will answer back, she will pay back. She says to herself: “I am good but don’t mess with me...!” She may become mean but this is due to her reactionary nature. It’s not an offensive aggressiveness; it’s a defensive aggressiveness, a secondary action, a reaction. She resembles a seemingly relaxed “pussycat” but when she suspects that she is being depreciated or attacked then she becomes a “wild cat”!

Therefore, it’s her insecurity that makes her reactionary and often aggressive. For example, you ask something from her. If you ask it nicely then she hasn’t got any problem to do it. But if she, even slightly, suspects that there is even a slight tone of order or negative intention to the request then she becomes very reactionary and can even do the opposite of what she was asked to, being at the same time fully aware of her actions.

This kind of behavior makes her parents, companion or very close ones, desperate and confused; her behavior doesn't make sense to them; they just can't figure it out. The one minute she is that sweet cooperative "pussycat" and the next minute, without any profound reason, she is that hysterical "wild cat".

I said "without any *profound* reason", because, most of the times, she doesn't reveal the real reasons that made her angry. If the other person has understood the reason that made her angry and reveals it to her, then she will not admit it out of reaction. She even gets angrier; she gets furious. She doesn't want others to understand what's going on in her mind because she is so insecure. You mustn't cross the red line and enter her secure zone.

She is so temperamental due to her insecurity that her parents often consider her as a very fickle character. They say to themselves: "What now? What got into her again?" Her husband is also in confusion as to her behavior and character. He just doesn't know what to do; doesn't know how to treat her because one minute she is this and the next minute she is the opposite. He just can't figure her out.

### **11.3 So thirsty for attention and love but still so reactionary**

There's another reason for her fickle character. She is so thirsty for attention, so thirsty for love but only from those that she chooses to. That doesn't mean that she will reject being famous or being a star. When all those around her that she chooses, love her and are as she has imagined them to be, then she feels secured.

This trait tends to be expressed in intense and even hysterical ways. If she is a little girl she will suddenly hug her father, kiss him and don't let go of him. This is an unexpected sudden action without any profound reason. But

if he tries to answer back the same way she will immediately go away so as not to encourage him too much. She may give him a tender kiss and then give him a slap or a pinch hurting him. She may say something good to you and then immediately say something bad or embarrassing again so as not to over-encourage you. You see, it's the "blow hot and cold" technique!

Her behavior may involve a hysterical game the purpose of which is to confirm that her chosen own people do love her and won't "betray" her or abandon her. For example, she may make a scene to them only to test their love; it's the so called capricious or whimsical behavior that if exaggerated makes others around her fed up and say: "For God's sake, what is it that you want? I've told you a hundred times that I love you! I've even proved it to you a dozen times! What's the matter with you, anyway?"

They'll never get an answer from her and she will never admit that she is exaggerating. Moreover, it's so difficult for her to apologize, to say "I am sorry". Her defense is to become aggressive or even pretend being astonished for their "unjustified" burst: "There's nothing wrong with me! You are the weird one!" You often get the picture of a deep down "good" girl that has been spoiled and is now doing several things just to attract attention and gain love.

If the father or companion turn her down or aren't worthy of her according to her judgment - true or not - then she develops the reactionary state. Let me give you an example: There's that little pretty nervous girl that becomes attached to her father and idealizes him and thinks a lot of him. As years go by she may realize that he isn't what she thought he was and that he is an alcoholic good-for-nothing father.

Or he may be a good father but with human faults and his dominant Lachesis wife accuses him that he cheats on her and that he doesn't care for his family and cunningly manipulates her daughter to turn against him because he is

“embarrassing” them and “ridiculing them to society”. I had such a case where her mother used to wake her up when she was only 11 years old just to tell her that her father had just returned home after cheating his wife in order to force her make a scene to her father. You see, “the sins of the fathers are visited upon the children”.

In such a case, the Valeriana daughter will not give him a minute’s rest. She curses him, she is biting, ironical and aggressive and wants to hurt him all the time; not out of maliciousness but out of spite. She thinks that he is the one that hurt her, that he is the one that shed the first blood and now it’s his time to be hurt. She loved him, he betrayed her or her family and now he must be hurt to. It’s pay time! How could he do such a thing to his beloved girl that loved him so much? You see, it’s but the typical relation “intellectual love - hate”.

#### **11.4 Tendency for exclusiveness and jealousy**

Valeriana tends to be extremely afraid of “betrayal” either in affairs, family relations or friendship. She isn’t easy to consider someone as close friend, as buddy, even more difficult than Platina. She demands absolute discretion, sincerity and absolute dedication. She wants exclusiveness. If her best female friend “cheats” on her with another friend, i.e. if she comes second in her heart or if she lied to her or revealed her personal secrets then she totally rejects her and feels betrayed.

Not only she rejects her but, moreover, her intellectual love turns into hate. Most often, she wants to revenge, to pay back. The same thing stands even bolder in affairs. She gives herself to her companion although she demands that all things must be done her own capricious way. Then, since she gave herself to him - in her own syphilitic capricious way and not in a psoric sentimental way -, if hurt, she is raging.

Due to her tendency for exclusiveness and mainly due to her insecurity she is very jealous in affairs. Most of the times, she doesn't show it and doesn't admit it because she doesn't want to spoil her social image of the modern, liberal and independent woman. She may even declare that she is in favor of "free" relations just to be considered liberal. There are, of course, other Valeriana women that when asked if jealous will tell you laughing: "I will take his eyeballs out if he does that to me! I don't tolerate such things!"

If her companion is a Lycopodium person - who is often the case - and if he gives credit to her "liberal" declarations about "free" relations and cheats on her and then she finds about it, then things get really nasty. She reacts intensely, hysterically and dramatically. She just can't get it out of her mind, out of her system. She feels "betrayed", "cheated", "deceived", "ridiculed", "depreciated", "fooled" and "tricked". Her insecurity is multiplied a thousand times.

When I say "betrayed" you must realize that this isn't a psoric feeling, for example, like the feeling of betrayal that a Natrum Muriaticum or Ignatia experiences. It's a syphilitic feeling. It's not her heart that's being hurt; it's her ego, her pride that has been hurt! She feels that her companion has ridiculed her; that he has made a fool out of her; that she was ridiculed and depreciated. She is so furious, so raging against her companion and even against the "slut" that dared sleep with her companion. She won't relax until she pays back, until she gets even or "on top".

Sometimes, she may, temporarily, swallow her pride until she has "won the battle" and her companion has returned back to her feeling sorrow for his cheating. Then her revenge will be that *she* will be the one to abandon him; that *she* will be the one to throw him aside. Only then she will be relieved, only because she got even.

Valeriana never forgets what others have done to her even years and years after. She keeps remembering it for life

waiting for the time to get even. Nevertheless, there are some Valeriana individuals that due to high cultural level, will not take action in order to revenge. Yet, they will be very glad if something similar happened to the person that hurt them. They feel that as their justification/vindication, as restoration or their internal balance. Once again, this has to do with their insecurity; they no longer feel depreciated.

The same background of insecurity runs through all her life. For example, she often appears to have a strong tendency to be independent from the male and very feministic. Yet, it's not a real, balanced independence. It's an unbalanced tendency as a reaction towards male prevalence as a result of insecurity. No wonder why she, all the time, misinterprets any action done by males as of domineering intention or as depreciatory to females. Yet, despite her intense "feminism", deep inside her she is greatly in need of a strong male to depend on and heal her insecurity.

Quite often, she engages herself in a weird vicious circle. She tends to indirectly manipulate male submissive individuals, like for example Lycopodium ones, but then such a submissive male does not inspire her anymore as a male companion. He isn't manly enough for her, anymore, because she cannot depend on him.

She is also very insecure as to her parents. She becomes very reactionary due to her fear that they may dominate on her and make her a pawn. She has the same mistrustfulness and reactionary behavior towards any kind of groups and organizations that involve hierarchy and all kinds of "masters" or "gurus".

### **11.5 Very ambitious and "unconventional"**

Valeriana is very ambitious. Like Platina she tends to have an aversion for the traditional housewife role and wants to gain recognition through professional career. Platina, due to



her intense ambition and vanity may employ several means, even immoral ones in order to achieve what she wants. Her actions are usually direct and even aggressive because she is very antagonistic; she always wants to be the first, the one and only, the star! She will use her beauty, smartness and strength of character to achieve her goals.

Valeriana, on the other hand, will use her cleverness, her quick thinking and her intuition about other's personality and weak points, as well as, her modern flirting style of the "pussycat". But she is all the time ready to change from that cute pussycat to the wild cat whenever needed so as not to be considered the "easy broad" or the "slut".

Her ambition usually relates to journalism, psychology and politics. She wants to be considered cultivated, liberal and modern. She likes dealing with anything "new", "alternative", "advanced", "liberal" and "unconventional". She is not so much interested in general recognition but mostly on the recognition from the few selected ones.

She also wants to dress accordingly, that is, unconventionally. Her style could be called "thoroughly slovenly/unkempt appearance". For example, she will wear a slightly worn out jean, her hair will be thoroughly disheveled in a modern way, but her blouse will be a very expensive and modern one. Her outfits are expensive and of brand names but mostly sportive and "unconventional".

Most of the times, she may become sarcastic and ironical towards Platina's sophisticated and conventional style of clothing. Yet, she, herself, spends too much time and money for her appearance! Moreover, she has that great anxiety - an almost hysterical one - about acne, hair falling, obesity and wrinkles, although she may not admit it.

## **11.6 Coward-Aggressive behavior**

Valeriana is primarily coward and insecure although she doesn't easily admit it and tries to appear as being self-confident. Once again, we come across her great inconsistencies; she is one thing and projects the opposite of what she is so as not to be considered as "weak" or "conservative".

She is insecure, yet she projects a seemingly strong personality; she is conservative, yet she projects a modern free style; she wants to be loved, yet she doesn't want others to consider her as if in need of love or as weak and feminine. For example, she may be afraid of speed and motorbikes; yet, when in a company of Harley's fans, she may pretend to be the risky, fearless rider.

Let me give you another example. She is so afraid of male violence, so scared of rape and so scared of being beaten by her male companion. So, she tends to say to her companion at the beginning of their relation: "I am that kind of woman that won't tolerate any kind of violence. If anyone dares even touch me he will regret it; that's the end of the relation". Once more, we have to do with that "defensive aggressiveness".

For the same reason she calls herself a "feminist" in order to avoid any enslavement to male dominance. Despite her declarations for equality and independence she will always tend to dominate in any relation and do things her own way. That, alone, is a confirmation of her syphilitic nature.

### **11.7 Nervous, restless and touchy**

Valeriana is very nervous, restless and irritable. She just can't relax; she is so tensed both in body and in mind. She can only relax after full tension. Her nervousness drives her to heavy smoking or drinking a lot of coffee.

Whatever physical or mental work she will do, she will do it

at high pace. She can't stand slow-motioned people or slow-thinking people. She cannot be tuned with them. If she has to explain something twice she becomes so upset.

Being very insecure and self-centered she easily gets angry. She is in a constant state of "defensive aggressiveness". She gets angry from lies, injustice, depreciation, sarcasm, ridicule and irony. She is very easily offended; she tends to misinterpret the words of others; very easily insulted. And then she reacts instantly not waiting for any kind of explaining or excuses. She gets angry and becomes aggressive or ironical. She is so good at being ironical although she hates irony of others towards her! Quite often, irony is but the defense tactic of cowards.

At times she may not be so quick-witted and may keep her mouth shut. Or at times she will restrain herself towards her boss so as not to get fired - a thing that Platina is not capable of. Yet, for Valeriana this is never the end. She won't forget it unless she gets even. She may keep it for life. She wants to pay back, to get on top of things, not to feel inferior.

She is so easily offended all the time. If someone comes late at an appointment with her, she will get angry because she will take that as depreciation; so she may make a remark or become ironical. It's not about the delay; it's a matter of depreciation for her. It's not a matter of punctuality and programming as in Nux Vomica; it's a matter of depreciation for her.

### **11.8 Introversion and indirect behavior**

She is very introvert but not as Natrum Muriaticum. Her introversion doesn't have to do with psoric tendency as in the latter. It has to do with mistrustfulness, insecurity and egoism. She will talk about her personal matters only to, one or two the most, very close friends; she demands

discretion and exclusiveness from them. She gets so angry from any kind of consolation because she always interprets it as depreciation. If you want to “kill” her then say to her “Poor you!” For the same reason, she doesn’t want to cry in front of others or apologize and say “sorry” even about little things.

She will not directly express her needs even to her companion. She doesn’t want to be considered “weak” or “in need”. She demands from her companion to be ready to trace any need of hers, even before expressing it. If this isn’t the case then she gets angry and becomes aggressive or hysterical without any explanation of any kind even if kindly asked.

Most of the times her companion is lost! He keeps thinking: “What’s the matter with her? What now?” If he directly asks her: “What’s the matter with you? Have I done anything to you?”, then things get worse. She may say: “There’s nothing wrong with me! *You*, are the one hiding things lately. Why has your behavior changed? You don’t love me anymore!”

You see, this is what I call “defensive aggressiveness”; this is a projection of my state to the other person as if he is to blame! Well, isn’t that a fine example of capricious syphilitic behavior? Isn’t that a monument of hidden syphilitic behavior?

If her companion realizes the real reason of her behavior and does the great mistake to reveal it to her straight away, then he is in big trouble. She will never admit it! She will never admit that she has that indirect behavior. She becomes even more aggressive, irritable and ironical.

She hates it when others know or realize what happens inside her mind and heart. She feels naked, exposed, vulnerable and depreciated. Then, another great characteristic of hers takes place: she becomes temperamental out of insecurity. The minute her anger

passes off she becomes very insecure that her relation may become impaired and that she will be on her own again. So she has to find a way to return to the previous state of balance.

Being too proud and insecure she just can't apologize. As the song says "sorry seems to be the hardest word"! She may find all kinds of indirect ways to restore things. For example, she may even tell her companion: "I am ready to accept your apology you stupid man!" She will say that not aggressively but in a "pussycat" style. Or she may say: "Ok, I forgive you, but make sure it won't happen again! You were so insensitive!" You see how capable is a syphilitic person to turn things upside down or to turn black to white?

### **11.9 Mistrustful and temperamental**

She is so mistrustful! This has to do with her introversion, her indirect behavior, her insecurity, her cleverness and her intuition about other's intentions. Since, she, herself, is so indirect, introvert and syphilitic it's expected to think that others act in the same syphilitic way.

She also has that intuition, that great ability to understand other's intentions so she tends to interpret, as something negative, even good intentions of others. You see, if you are syphilitic you just have difficulty "to buy" any good feelings or actions from a psoric person. This is also the reason why Lachesis, another great syphilitic individual, is mistrustful.

Her mistrustfulness is also due to her great insecurity. I mean her great fear that she will be depreciated. That's the reason why she is all the time "on guard". Consequently, it's so easy to misinterpret other's intentions, feelings and actions. She is so easily offended! So touchy!

Not only she is mistrustful but she also doesn't reveal it; she

hides it very efficiently. Not only she is easily offended; many times she doesn't react directly but indirectly. So, the usual case is that other people around her confront a person that has a peculiar indirect behavior for no apparent reason. That's the reason why her close ones often characterize her as being touchy, unpleased, unpredictable, hysterical, temperamental, capricious, weird, mysterious or difficult to comprehend.

She is also very temperamental. It's an intense and for no profound reason moody behavior. Sometimes, even she, herself, doesn't know the reason for this kind of behavior. Pulsatilla has a very fickle behavior; "as fickle as the wind", as Kent says. But this is due to her psoric sensitivity and syctic expression. She is so emotional, so truly sensitive and romantic that little things affect her emotions greatly either up or down. She is so easy to feel sad and so easy to feel happy and this may change in a matter of minutes according to slight external stimuli.

On the contrary, Valeriana is temperamental because she is insecure and "defensive-aggressive". She is "on guard" waiting all the time for offensive actions of anyone around her, even from her close ones. She is waiting with her finger on the trigger.

Valeriana, being very nervous like Natrum Muriaticum and Nux Vomica, also suffers from nervous headaches and nervous symptoms. Her headaches may develop hours after the stressful factor's action. She may go down town in the morning, at the crowded streets that are full of traffic and smoke and have a nervous headache on returning home. Or may get upset now and have a headache after some hours.

## **11.10 The Constitutional Picture of Valeriana**

### **Raw Material:**

The plant Valeriana

### **Miasms:**

Her main miasm is the syphilitic one because she has an intense domineering intention. She is the typical modern spoiled reactionary teenager/young woman; she wants all others to satisfy her whims and to make her egoistic dreams come true although she doesn't admit that she has these syphilitic intentions. She pretends to be independent, democratic, liberal and modern, a person that doesn't want to exploit others. She projects the image of the strong independent woman but in reality she is insecure-aggressive, temperamental, hysterical, reactionary and vain.

An inexperienced eye could mistake her as being psoric only because she is characterized by primary insecurity, introversion, cowardice and because she is easily offended and projects seemingly psoric dreams about her life. But the above are well hidden traits beneath the external opposite image.

Valeriana is characterized by syphilitic intention and when hurt from syphilitic expression also. Another miasmatic background that completes her picture is her sycotic temperament; physical restlessness, a restless and quick mind and temperamental personality.

### **Basic Passions**

Her main basic passion is her attachment to idealized absolute relations with the little chosen close ones. She is very absolute and demanding in her relations. She demands ideal relations - according to her egoistic point of view - with her parents, companion and friends.

She needs and demands lots of love and exclusiveness. She demands constant and intense interest on the part of her close ones and confirmation and reconfirmation that all are

going well.

Being so absolute and demanding she has troubles all the time with the ever changing life and reality that has nothing to do with absoluteness and stability. Instead of reacting with psoric hurt and introversion and sorrow, being syphilitic she reacts with irritability, nervous symptoms, aggressiveness, restlessness and moody behavior.

Second in intensity basic passion is her syphilitic vanity. She is very ambitious and wants to show off but not to all fields and people like Platina. Her ambition is targeted to certain people, her own chosen close ones and to certain areas of interest that are considered as “cultured” or worthwhile fields. Her vanity does not usually involve her beauty but her cleverness, culture, knowledge and personality.

## **Essence**

A summarized description of Valeriana could be: the spoiled, reactionary, insecure, ambitious and capricious teenager/young woman with temperamental and inconsistent behavior.

## **Thinking**

### *a. Psychological Evolution:*

She has some mental qualities that could help her evolve psychologically: she is clever and quick-thinking. Yet, her intense domineering attachment to her chosen close ones and her reactionary character due to her insecurity make it very hard for her to evolve psychologically. Valeriana is greatly related to the Intellectual Soul. Her Individual Will is very much influenced by her External Will. Her mental patterns about happiness are absolute and have to do with idealized relations which she must control absolutely.

### *b. Influences:*

Intense syphilitic intentions and syphilitic expression; when



calm though, she may be mistaken as being psoric; dominant Thinking Stimuli are the Symbolic and the External ones.

*c. Stressful Situations:*

Irony, ridicule, injustice, lies, depreciation, ingratitude, lack of mutuality, lack of exclusiveness to her close relations, cheating on the part of her companion, inconsistency, gossiping, when someone feels pity for her, male predominance, any kind of enforcement, cooperation with slow motioned and slow thinking people, when she has to explain something more than once, anything that makes her feel inferior or depreciated.

*d. General Characteristics of Mental Functions:*

Quick clever thinking; mistrustful; very observant; intuitional and with keen perception; easily offended; tendency to misinterpret verbal remarks of other people. Very often she enters into a vicious circle: misinterprets the intention of other people, doesn't express herself to show that she is offended, makes a lot of second thoughts and scenario, reaches to arbitrary conclusions and reacts with negative, aggressive, reactionary, fickle behavior. Her behavior makes no sense to any one, at times not even to her.

*e. Mental Patterns:*

Her mental patterns involve tendency for idealization and absoluteness; intense demand for mutuality and exclusiveness. She considers herself very clever and is very ambitious. She also considers herself as unconventional and non-conservative; as a person that doesn't yield to any kind of enforcement, authority or establishment; expressive but still introvert.

**Frequency**

The most frequent female constitutional picture in

teenagers and young women, nowadays; an almost exclusively female constitutional picture

## **Feelings**

Her General Mood is characterized by intense moody behavior often without a profound reason. Intense Intellectual Emotional Charge. She is very sensitive but this cannot easily be seen by others because she has that aggressive temperamental and hysterical behavior. Dominant emotions are the Intellectual Emotions the main of which are intellectual love-hatred, anger, fear, sorrow and vanity. Her emotions are controversial, unpredictable, excessive, inappropriate to the stimuli and temperamental.

## **Behavior**

The reasons for her behavior are hidden and very difficult to see. Only a very experienced eye can understand what takes place in her complex weird mind. Very often her secondary behavior is opposite to her primary one. Her behavior most of the times is a result of her insecurity.

She is very much annoyed if somebody has realized what happens inside her mind and the reasons of her fickle behavior. She may become aggressive and insulting and wants to stop it right away or go away because she feels naked and vulnerable and without any protective shield. So, what usual one sees is her secondary behavior and not her primary one.

Due to her unconventional tendency she is snobbish towards hypocritical good manners. Her behavior is mostly secondary and controlled. She seems psoric to others but she is syphilitic, reactionary, negative, ironical and at times revengeful.

## Usual Roles:

Modern unconventional and liberal woman, successful

cultured journalist, modern feminist, touchy hysterical woman, reactive unconventional teenager, ambitious and cultured psychologist, the beautiful and cultured clever woman.

## **Relative Constitutions**

Platina, Lachesis

## **B. LECTURE ON VALERIANA**

### **11.11 Nervous and mistrustful woman**

Valeriana as a constitutional picture corresponds to the homonymous homeopathic medicine and plant. As herbal remedy is well known for its sedative action. It's one of the most frequent constitutional pictures and almost exclusively a female one. It's a well-hidden constitutional picture even for homeopathic doctors because most of the times she is one thing and projects another; she projects a certain image, a certain secondary behavior quite different from her primary behavior.

Moreover, it's a constitutional picture that was identified only recently by the author while in other Materia Medicas only fragments of her behavior are mentioned without reference to her essence and psychological profile.

She is greatly influenced by the syphilitic miasm and that's why I consider her a member of the Syphilitic Family of Constitutional Pictures, with Lachesis as the main representative and Anacardium, Syphillinum and Naja as other members.

Valeriana has a wide and characteristic mental picture; in fact all basic chronic constitutional pictures have such a mental picture. Unfortunately, many homeopathic doctors are not acquainted with the width and depth of this psychological aspect. Although she is a hidden

constitutional picture, any homeopathic doctor can be taught about her picture and identify this weird personality so as to recognize it in all her forms.

As said, it's almost exclusively a female individual and the reason is that it matches to certain female characteristics. She is the nervous, temperamental, ambitious, egoistic, spoiled teenager/young woman. There are so many nervous female individuals but what characterizes Valeriana is that she is the spoiled girl. She is so unpredictable, reactionary and fickle! Her behavior doesn't make any sense!

Let's examine her main characteristics, one by one. She is a nervous woman but not so much in the sense of irritability. Usually, when you look at her, you don't see any signs of irritability. She seems calm although she has a well-hidden nervousness; she works on high revolutions all the time. It's mostly an internal nervousness not having to do necessarily with external events. She resembles a driver that steps on the gas pedal while no gear is engaged; the engine roars, the revolutions are high but there is no motion, no expression of this high state of internal activity. She has that great nervousness but nothing reveals it on the outside.

She is very clever. Her mind is very sharp. She has that great ability to realize other's intentions, a sharp intuition; furthermore, this is in accordance with her mistrustfulness. This trait of hers isn't as easily detectable as Lachesis mistrustfulness. Lachesis may frown upon you or give you a mistrustful glance with her eyelids half shut. Valeriana, on the other hand, may seem like a cool, spontaneous girl and at the same time she keeps wondering "What kind of a man is this? What role is he performing this very minute?" Furthermore, she keeps testing you using several well-hidden ways.

Since she, herself, plays a lot of roles and projects images that aren't in accordance with her primary behavior, it's expected to be mistrustful; she judges others by herself. She says to herself: "Since I am so good at disguising my real

intentions, why not others too?”

She is usually very nervous and has that internal restlessness of the mind; she isn't as irritable as Nux Vomica but that doesn't mean that she isn't on guard, that she won't get easily angry and express her anger especially to her close ones. When in places that things aren't in favor of her, she won't express her anger or she will just be ironical. When somebody meets her for the first time she will seem to him cool and calm but this is only a secondary behavior.

Valeriana gets angry from anything that could spoil her image towards others or when another woman seems to be smarter than her and becomes the center of attraction in a company. She is very ambitious and vain, nevertheless, she doesn't want to be the “Queen” recognized by all others as a Platina woman wants to be. If that was possible she wouldn't have any problem but her insecurity, most of the times, forces her to be satisfied by being the modern unconventional, capricious “Princess”.

### **11.12 “Thoroughly slovenly appearance”**

Let me tell you what I mean by that. Let me give you an example to show you the difference of Valeriana and Platina. Valeriana is very much interested in her appearance and clothing but not in the sense of Platina. The latter will buy very expensive, luxurious and fancy clothes; will be dressed like a top model or like a “Queen”. Valeriana, on the other hand, will be thoroughly slovenly and unconventional as to her appearance and clothing. Again we come across her typical behavior: she seems to be one thing and yet in reality she is another thing; her primary and secondary behaviors differ a lot.

She wears worn out but expensive and tight jeans and a sportive blouse. Somebody could say that she doesn't give much importance to her appearance. Yet this is wrong. She must have gone to a dozen shops in order to choose these items. And when going out on a date she usually tries again

and again several clothes and combinations of clothing before she decides what to wear; and even then she has that insecurity as to her appearance while Platina is so self-confident.

Valeriana adopts the unconventional style because she doesn't want to give the impression that she shows off by wearing expensive and fashioned clothing. She prefers to employ an unconventional fashion style. Nevertheless, she may wear an expensive watch or some stylish shoes to give a certain tone of exclusiveness. Platina and Valeriana have got great taste as to their clothing style while Lachesis is usually kitsch.

### **11.13 Fake unconventional**

Valeriana, trying to project the image of the unconventional woman, will use three to five earrings only on one ear, one below the other or will wear a silver light chain above her ankle. Platina prefers golden jewels being the classic "Queen" while Valeriana prefers silver or faux bijoux being the "unconventional" "Princess". Valeriana, also has that great insecurity when it comes to her hair. She spends a lot of time caring about the style of her hair although her style may be "free"; nevertheless it's again a "thoroughly disheveled" hair style.

She will not employ classical and conservative hair style like for example to wear her hair in a bun. She will employ something more modern and anticonservative like to have blonde highlights put in her hair. If she is a young unconventional "freak" she may dye her hair carrot-orange or bright red or even purple only to cause reactions by her appearance. On the same line of causing reactions she may shave half of her head.

She will not dye it blond-white because this is the usual thing for any boorish woman. Platina wants to be the typical model of "haute couture" while Valeriana wants to be the

unconventional model employing a modern free style. She may also be the unconventional reactive freak that does anything extreme enough to cause reactions to all around her.

Yet, in all cases, Valeriana isn't really unconventional. In order to be truly unconventional you have to have enough courage and boldness to be different and not just reactionary; you also have to be nonconformist while Valeriana wants to live a comfortable life most of the times exploiting others around her.

### **11.14 Ironical and touchy**

If you ask her what makes her angry she often says that she hates irony. Yet, when offended or when she believes that she is offended she becomes quite ironical and she is very good at it. Valeriana's motto is: "I won't bother you if you don't bother me!" This results from her insecurity. She is so insecure that she is always on guard just in case someone may hurt her or offend her.

If something like that happens or even if she has the suspicion that someone may have the intention to hurt her then she becomes very aggressive, revengeful and reactionary. She wants to pay back, to get even and not to feel inferior.

She doesn't want to be the "Queen" as Platina but she just can't stand being inferior or even seem inferior. Although she may seem quite confident to others around her, she is very insecure. That's the reason why she is so much annoyed and angry from irony and injustice.

Phosphor also is pissed off by injustice, much more than Valeriana but for different reasons. Phosphor is the psoric idealist that says: "It can't be happening! It's so wrong, so unfair to hurt people like that!" You see he is very giving and

cares so much about others. He may ignore an injustice done to him but he just can't ignore any injustice done to others, even strangers.

He will not only get angry but he will show it and even get into a fight, no matter what, in order to support strangers, especially weak people, repressed people. Others will tell him: "Why get into trouble! It's none of your business!" and he will say: "So wrong of you! I do care! Somebody has to or else how dare we call ourselves human beings!"

He is so sincere; he isn't like a hypocrite syphilitic Lachesis that may show off pretending to be idealistic and humane. Phosphor is an altruist; he will react to injustice no matter the cost, no matter if he has the ability to do something or not.

Valeriana, on the other hand, gets very angry mostly when injustice refers to her. But she may also react when others are being hurt because she thinks as follows: "Who do you think you are Mr. Wise Guy? Why do you consider yourself smarter than others? (i.e. than me?)"

When weak people are hurt by others, her insecurity makes her furious just because she, herself, doesn't want to feel inferior. Such a state makes her feel terrified. She doesn't want anyone to be on top of her; to feel manipulated; to feel forced to do something; to be exploited, to be dominated. She is scared to death being beaten or raped. That's the reason why she is so on guard, so touchy, so reactionary and mistrustful; she tries hard to avoid any of the above situations.

Have you realized how fine these qualities are? How delicate and differentiated? Human soul is as deep as an abyss. Yet, Homeopathy has discovered an objective way to identify glimpses and figures shining in this darkness! Isn't that wonderful? Isn't it fascinating! Well, it is to me! Unless this is but a constitutional characteristic of mine! (laughs)



## 11.15 Reactionary and insecure

If you hurt a Platina person she isn't flexible enough to adjust her behavior according to the circumstances. She is going to come on you no matter what! She attacks without second thought and doesn't regret about any consequences. A Lachesis individual is very flexible. If she is on top of things then she will have you beheaded! But if it's not the right moment she has that great ability to wait until she gets her revenge; she may even "kiss your ass" without any difficulty or pretend that she is at your side or even flatter you until the time she takes her revenge without any mercy.

Well, when a Valeriana individual is hurt she becomes furious and reactionary. Most of the times, if it's not the right time, for example if she is going to be fired if burst, she will restrain herself. At times she won't be able and will burst with an ironical comment or even shout and curse. If she doesn't express herself then revenge is a dish that can be eaten cold. She will pay back and get even no matter how many years will pass.

But she is not so flexible as to kiss your ass or flatter you when angry. Her great ego will not let her "be humiliated". Even if she won't burst, yet, an ironical comment will relieve her and comfort her that she, at least, did something. She's been stabbed, nevertheless, she stabbed back! She isn't so much interested in stopping injustice, especially if strangers are involved; that's something characteristic only of psoric altruistic Phosphor.

She doesn't care much about others even if she will not admit it to the doctor so as not to spoil her projected good image. What mainly interests her, at any cost, is not to feel inferior, not to be depreciated. That's the reason why, so often, she becomes ironical. You see, irony is a verbal punch that is usually permitted without great consequences.

So, she easily gets angry from ironical comments, injustice,

insults and from any “low-cultured”, boorish or antifeminist behavior since she considers herself smart and refined. She is also furious from depreciation or when they lie to her. When somebody lies to her she feels depreciated; she feels that you got on top of her and she just can’t stand it. Yet, she is very good in saying lies, when needed. Being aware of this quality of hers, she is very mistrustful in believing others.

If her husband cheats on her and due to circumstances she is forced not to get a divorce then she feels so depreciated, so inferior! She will never permit to her husband to meet that woman again or she will never want her a mile close to them. Any situation that reminds her of the fact will dismantle her into pieces. She has been depreciated and ridiculed both as a woman and as a human being. Once again, we have to do with that terrible feeling that haunts her whenever she feels depreciated or inferior.

Whenever angry she usually bursts her anger but mostly to her own close ones: parents, brothers and sisters, husband and kids and even friends. When she has to express her anger to her boss or to somebody much superior to her as to position, she hesitates. She may seem fearless and self-confident but she isn’t; that’s why, most of the times, she plays it safe.

Let me give you an example. She is a teenager hanging out with her brother/companion. He is usually a submissive coward Lycopodium guy easily being manipulated by her without even him to realize it. She may be smart and aggressive to other males or females around her and expects her brother/companion to stand up for her. She is being a wise guy but from a safe distance or if others cover her back. If her brother/companion doesn’t stand up for her then she accuses him of being a coward, of being a “chicken” or a “pussy”.

Valeriana may employ the above behavior as a caprice; only

to have her brother/companion confirm his love to her. If she stands up for her then he loves her and he deserves her otherwise he doesn't love her or isn't worth of her. She may also employ the above behavior only to show off that she has a strong boyfriend that could die for her.

Many spoiled, nervous, insecure, reactionary, fake tomboys are Valeriana individuals while many really tough tomboys are Medorrhinum individuals.

### **11.16 Faking the “cultured” woman**

Most of the times, she chooses boyfriends or friends that she can manipulate and exploit: “good” kids or cultured submissive kids or “feminists” and “democrats” that want “to serve” “beautiful smart modern girls” like her.

Valeriana isn't as cultured and as refined as Lycopodium, for example. She pretends to be cultured, refined or “in fashion”. I've seen a Valeriana woman reading cosmic magazines only to pretend that she has a cosmic life and that she is informed about this and that: “Have you heard that, that Rock star is having a live concert next Sunday at that hall?” or “Did you know that, that famous theatrical play is coming soon on stage at the X theater?”

Showing off as cultured is what matters to her. She isn't really interested in culture, art, politics or knowledge. On the contrary, Lycopodium seems to be cultured and is indeed cultured; he has a real interest in knowledge, a natural interest. It's true, of course, that he uses this cultured image in order to show off psorically, especially to women, nevertheless, he enjoys learning; he isn't shallow in this field.

Valeriana, on the other hand, is showing off being shallow as to her knowledge, most of the times. Not only her clothing style is unconventional but also her views on several

matters like art, politics or culture are seemingly unconventional.

### **11.17 She “castrates” her husband but then she can’t be pleased by him**

Valeriana usually chooses men that are Lycopodium, psoric Sulphur or Phosphor individuals. She does this because they are “good kids”, submissive and easy to manipulate and exploit. But then, she becomes trapped in her own trap! She just can’t be pleased by a man that is no longer a man, a man that she herself has “castrated”.

On the one hand she can’t be pleased by a submissive man and on the other hand she wants to have full control over her man! A dead end! You see, syphilitic persons like Valeriana don’t appreciate anyone that they can manipulate because they consider him “stupid”. When you have a “stupid” person as your man and on the other hand you want someone manly and strong to lean on, then things become quite difficult.

She will pick the “good boys” because of their social status, success, culture, money or good fame. She will manipulate them in an indirect syphilitic way. At first, she won’t be directly repressive. She employs other ways. She becomes jealous due to her insecurity. She doesn’t admit it to others and most of the times she doesn’t admit it even to her husband. She says that she is loyal to him and that’s how he should also be towards her; she may say that cheating isn’t right and is the characteristic of shallow people; she may also say – as an indirect threat – that if she catches him cheating then that will be the definite end of their relation.

She is so good at manipulating her husband that, most of the times, he doesn’t realize that he is manipulated especially if he is that psoric good fellow who loves her. He may even think that he has the upper hand or that they are

equal as to their relation. However, in reality, everything is done her own way. There's a very good joke about this situation with a Valeriana or Lachesis wife and a Lycopodium husband.

Two married men discuss about their relation with their wives. The first man, a psychotic guy says: "We keep fighting all the time as to who has the upper hand in all matters. What about you?" "Oh, we don't have any problems at all!" "Wow, how's that?" "You see, we have come to an agreement from the very beginning and we have split fields" "What do you mean?" "She decides about anything that has to do with the kids, the house, financial matters, vacations, social relations..." "Stop, stop, wait! What's left for you, anyway?" "I decide about the family position about the Middle East conflict or about inflation or about racism..." (laughs)

She is also attracted sexually to manly men but being insecure she is so afraid of being dominated by such a man. If he starts giving orders or if he talks "manly" to her she becomes furious. She is so afraid of being inferior or depreciated that she becomes very reactionary to such manly behaviors. That's the reason why, most of the times, she says that she is a feminist; she is feminist due to her insecurity and fear of male dominance or male violence. Therefore, she may be attracted sexually by manly men but then she chooses "good boys" that she "castrates" and in the end she just can't be pleased: a dead end. Her life becomes a mess because she is a mess as a personality.

She is so afraid of her feminine side! She thinks that by giving herself totally to her male companion she will become a submissive traditional housewife. Being insecure she wants to be able to lean on a strong male but she is so afraid that he will be repressive. So she chooses submissive "good boys" and "castrates" them. But then every time she gets laid, her "castrated" husband isn't manly enough for

her and she can't have an orgasm. And every time she wants to lean on a strong manly shoulder there isn't one nearby: a dead end! (laughs)

Why can't she have an orgasm? Because she is so insecure that she is, all the time, on guard especially against men. If you can't relax and give yourself to the other person then you won't experience your feminine nature and then how on earth do you want to experience orgasm? (laughs)

### **11.18 Male/female nature as to sexuality**

What characterizes female nature in sex and love and in general, is receiving in a rather "passive"/yin way; being fully open to receive; being receptive and susceptible; give oneself to another; be given; devote oneself to another; dedicate oneself to another. What characterizes a male nature in sex, love and in general, is giving in a rather active/yang way. Have you noticed that *give* is active voice while *be given* is passive voice? Nothing is accidental!

You see, female is yin while male is yang. Female is the element Earth while male is the element Sky/Heaven. Earth by nature receives, accepts the presents of the Sky; so she has to be receptive. She must be able to receive in order to become fertile. She doesn't keep these presents egoistically for herself. She embraces the Sky and becomes one with him. She doesn't care if he is "on top" of her and more active. Her role is to be passive, fertile and supportive.

On the other hand he, the Sky, gives, serves and protects. His role is more active, but not in the sense to repress or exploit the other part. If these natural roles are as they should be, then there is a match; they fit perfectly; they are united! And unity is all that matters. Unity brings orgasm, completion and fulfillment. Unity brings fertility, happiness and joy.

Don't even think for a minute that this is a male chauvinistic view of things. Don't even think for a minute that I support that female nature is inferior to male nature. You see, Nature doesn't think like humans do. We always see things through our egoism and insecurity. Hierarchy in Nature doesn't mean authority and power to repress others. Hierarchy means being able to serve others. Let me remind you that Jesus washed the dirty feet of his students in order to show them the right meaning of hierarchy is serving others. Humbleness is nothing else but serving others.

As to Nature, male and female are equal; equal but different; different but not opposed to each other. In fact they are complementary opposites. The one needs the other in order to be balanced. Yin needs the Yang and vice versa, Earth needs the Sky and vice versa, Negative needs the Positive and vice versa, cold needs the heat and vice versa, passive needs the active and vice versa. If there is a balanced state then all are wonderful and functioning naturally. If things are imbalanced then problems arise.

A very passive man and a very active woman are unnatural states and problems arise all the time. A very active, cruel and violent man is imbalanced. A very passive, submissive woman is imbalanced. A passive homosexual man and a repressive homosexual woman are both imbalanced. A lion that seems like a "Rudolf the reindeer" is imbalanced. A sheep that seems like a tough lion is imbalanced. Anything that differs from its nature is unnatural and anything unnatural is but a problem.

Let us employ the above in sex trying all the time to be unprejudiced, trying to examine things without having in mind that we are men or women. By nature, the role of man in sex is more active, more yang. He is the one to give his sperm and his yang energy so as to intermingle with the yin female energy. That doesn't mean that the woman should just spread her legs passively letting man do all the job!

(laughs)

The female although being more passive, more yin, nevertheless, is very active in stimulating the yang male through appearance, through beauty, through caprice, grace, charm and shyness. She can also stimulate the male by crying for help and support and definitely through her receptivity and her tendency to be given to the male. The female is the earth on which a house and a family will be built and have strong foundations while the male is the energy and protection for the whole thing. You see, it's obvious that it's *a give and take* situation from both sides.

The male yang is stimulated by the female yin to take action. The female yin lights the fuse/detonator of the male and his explosion triggers her own explosion. Both male and female natures are *complementary*, thus triggering orgasm and joy for both of them having as a result the flow of the Etheric Energy and the relief of the tension.

You just can't talk about equality in the sense of similarity, of being evenly, since we have not only opposite things but at the same time complementary ones too. It's a wise, natural, complementary dissimilarity. And this is in accordance with the universal Law of the Unity and the Complementary Nature of the Opposites.

There are so many women nowadays that often say: "There are no real men nowadays!" Unfortunately, I must agree with them that, that's a fact! But it's also a fact that most "castrated" men nowadays have become so because of their mothers and wives! It's also true that most of the women that complain about this fact are indeed Valerianas, Platinas and Lachesis syphilitic individuals that tend to "castrate" males; that tend not to accept a real man by their side. Furthermore, *they* are the ones that as mothers usually castrate their young boys!

Nowadays, living in this syphilitic era, men tend to become



less male, more passive, more submissive and even gay while women tend to become more active, more antagonistic, more ambitious, cruel and dominant, more male like. That's the reason why, nowadays, most men are influenced by psoric constitutions while most women are influenced by syphilitic constitutions! And that's a damn fact and not a theory of my own!

Both males and females are responsible for this fact because they interact. A right male can turn a woman into a right female and a right female can turn a man into a right male. It's a win-win situation because they are both benefited. The physical orgasm and psychological happiness of a man depends on the feminine side of his woman and the physical orgasm and psychological happiness of a woman depends on the male side of her man. *It takes a woman to make a man out of a boy and it takes a man to make a woman out of a girl!*

We are not bisexual creatures. We are split into male and female human beings. Without our better half, without our soul mate, we are crippled, incomplete and lost! A man without a woman's balancing female energy tends to develop unbalanced excessive yang characteristics. He becomes cruel, violent, cynical, indifferent, insensitive, bored and inactive. A woman without a man's balancing male energy tends to develop unbalanced excessive yin characteristics. She becomes neurotic, malicious, unhappy and hysterical.

Is it accidental that we curse differently a man and a woman? For example the most common bad name for a man is "jerk" or "pig" while for a woman we often say "bitch" or "slut". (laugh) Do you think that it's accidental that we have different names to call a bachelor and a spinster? However, that doesn't mean that anyone married is balanced and happy. You should probably ask those who are married and you'll immediately understand what I am

talking about! (more laughs)

### **11.19 The great value of the knowledge of constitutional pictures**

The great value of the knowledge of constitutional pictures is that it helps us understand what's normal and what's not normal in all fields of human pathology and human psychology. It's so important to define what's normal in any physical function, in thinking, feelings and behavior. Homeopathy has given us this capability through the discovery and description of constitutional influences and that is a wonderful and magic thing!

What's more valuable than that is the fact that this is done in an unbiased and scientific way. It's not an arbitrary psychological theory of some new School of Psychology! It is scientific knowledge gained through the scientific method of Proving, i.e. through the Double Blind Trial method!

Homeopathy has managed to identify the Miasmatic and Constitutional Influences, that is, the main cause of all human physical diseases and the main cause of all human psychological imbalances, illusions and diseases. The world of Constitutions is but the world of Maya, the world of illusion! I say this fully aware of what I am saying and knowing all the time that only if someone has captured the essence of Homeopathy, only then he can realize what I am saying. Homeopathy not only revealed the world of Maya in details but at the same time it is a great tool in overcoming it. That is magic for me!

If you think that all the above are big talk, just words or theories then let me illustrate to you a fine example. Let's illustrate the illusion that a person develops under the influence of Valeriana in the sex and love field as it's revealed to me every day in my office.

## 11.20 Capricious in sex and in love

There comes to me a woman influenced by the constitution Valeriana. On the one hand she denies her real feminine nature - I mean the feminine altruistic role of being given to a male - and on the other hand she is dressed quite provocatively towards any male; in her case I mean quite thoroughly-slovenly provocatively.

She will have that low necked dress showing off her breasts but not as vulgar as in a Lachesis. Lachesis may have big breasts but still she will wear a see-through blouse revealing everything or a very low low-necked blouse. Valeriana will "accidentally" be slightly unbuttoned so as to show her firm breast through the help of that expensive wonder bra that makes her small breast seem larger and more firm.

She may also wear those low-waist jeans and small blouse in order to reveal her tight belly; the unconventional silver ring on her navel; the unconventional tattoo on her low back area; a tiny thorn; that fine silver chain over her ankle. All the above are clear signals shouting out loudly: "I am modern, sexy, liberal and unconventional!"

Yet, as in all fields of behavior, when it comes to Valeriana, *"what you see is not always what you get!"* You see one thing and reality is another thing. She may be provocative sexually but she is not an easy target. Most of the times, you think that you've caught a big fish but it turns out that *it's you* that have swollen her bate! You may think that you are the hunter but it may turn out that you are the prey!

You see, she may be sexually provocative but then that doesn't mean that you'll get laid! First she wants to hook you, to stimulate you, to gain your attention and then she will take over, she will gain control over you. She will handle things the way she wants. She will go out with you on a date but she won't go to bed with you unless she is absolutely certain that she can manipulate you. She is so much afraid

that you will be that sycotic guy that after going to bed with her, you will dump her and will boast to all other males for your conquest.

That doesn't mean, of course, that this is the only version of behavior. You must always bear in mind that a syphilitic person can act in many and different ways, even seemingly opposite ones. Yet, the important and common thing beneath all these kinds of behavior is the syphilitic intention of dominance. So, you may see a Valeriana woman that may go to bed with a man at her first date but then after she hooks the male she may be very hard with him. The point is: "you've got a bite from my "cookie", but if you want more you have to pay for it! You have to come in terms with me, i.e. you must do things my way!" (laughs)

As mentioned before, she usually finds a "good kid" influenced by Lycopodium, Phosphor or psoric Sulphur and gradually "castrates" him and makes a slave out of a free male. Her ego and whims are satisfied, nevertheless, the female inside her cannot be satisfied by a "castrated" man who isn't manly, strong and dynamic enough to lean on him. Such a man cannot relieve her insecurity. On the one hand she won't stand any male who is male enough and on the other hand she won't be satisfied by any male that isn't male enough! Capricious and contradictory down to the bones! That's Valeriana!

Could you have understood all of the above if you didn't have the knowledge of the syphilitic miasm and the knowledge of the constitutional picture called Valeriana! I don't think so! Well, that's the value of Homeopathy! The value of the true *Classical Miasmatic Constitutional Homeopathy* as I teach it!

**11.21 All constitutional characteristics are but imbalances!**

Valeriana is usually unhappy. How could she not be unhappy with all these extreme constitutional characteristics? As many times said, all constitutional characteristics are but imbalances and imbalance can only lead to physical diseases, psychological diseases and unhappiness. This is true about all constitutional characteristics and about all miasmatic characteristics either syphilitic, sycotic or psoric.

Let me give you an example. If a person is “irritable grade 3 or 2” then he is going to have many problems in his relations. But if he is “passive as to anger grade 3 or 2” again he will have problems with other people. The irritable man has problems arising from the fact that he can’t be calm when needed and the “passive as to anger” man has problems arising from the fact that he can’t get angry and stand for his rights when needed. The first one resembles a driver that steps on the gas pedal even when going downhill while the latter resembles a driver that doesn’t step on the gas pedal when going uphill!

Any normal reaction involves easy and free adaptation to the never ending changing flow of life, that is, to be able to go with the flow, to let go without any attachments of any kind. If you drive on the highway you are in trouble either if you drive too slowly or if you drive too fast. The constitutional characteristics are but attachments that make any adaptation difficult.

Someone could say: “Ok, it’s easy to understand why a dominant or irritable or syphilitic guy has problems with his life but how can an altruist psoric Phosphor have problems with his life due to his altruism. Isn’t that a constitutional characteristic of him? How can that positive characteristic create problems?”

You have to realize that whenever we say that Phosphor is an “altruist” we always mean that he is “too damn altruist”, so “altruist”, so unbalanced that he will easily become the victim of any syphilitic guy and this will make his life hard.

Somebody else could say: “If Valeriana succeeds in being dominant in a relation why will she be unhappy? She is the victimizer and not the victim, so why be unhappy?” My dear fellow, not only sheep are unhappy; the shepherd is also unhappy because he has turned free animals to slaves and, therefore, he became enslaved to their needs; you see, no slave can take care of himself. So if you want the money from their exploitation you have to serve them also. Not to mention the anxiety that a victimizer has all the time due to his fear that his victims and slaves may rebel against their master.

Take for example the typical case of the dominant Lachesis mother. She doesn't let her children become free independent individuals. She turns them into submissive, immature, dependent creatures with no will of themselves. Then, even when they become grownups, she has to take care of them all the time in order to help them survive. They are both sentenced for life, victims and victimizers!

### **11.22 You just can't fool the Universal Laws!**

You see, Nature and Universal Laws, are wise. You can't fool heavenly/universal Justice with a bunch of well-paid lawyers and excuses! You don't have to do with human justice! Syphilitic arguments like “I did it out of excessive, pathological love/insecurity/good intention” will not stand a chance in the court of the Universal Laws!

Nature and Universal Laws will tell you: “Get off my back you miserable human creature! Just because you've been fooling other humans all the time, do you think that you will be able to manipulate us, too? You've violated the Law of Action and Reaction, you mortal creature, and “as you've sown, so shall you reap” because you have given by our Father/Nature/Universe – call it as you like – the gift of Free Will and you've chosen to spoil it. There are no excuses in the court of the Spiritual World, in the court of Heaven!”

You see, when it comes to Nature, Universal Laws and God, “the end/goal doesn’t justify the means”. As life flows, goals and means become one another changing place all the time. If I employ immoral means so as to become moral I automatically become immoral. Means and goals are both links in the same chain, in the same path to psychological evolution.

### **11.23 Reactionary and temperamental**

Valeriana is highly reactionary! If you sincerely say to her “Could you please do this for me?” she hasn’t got any problem to do it. But if she feels that you are trying to enforce something to her or that you are depreciating her then she will become reactionary and even do the opposite of what she was told, fully aware of her actions. Being very insecure and mistrustful she often misinterprets other’s good intentions and her behavior seems inexplicable. That’s the reason why I many times say that she is the person that tries hard to make her life a mess.

She is also very moody, very temperamental and that is a great characteristic of hers. Yet, be very careful! This is a syphilitic moodiness! Pulsatilla also seems to be temperamental but if we want to be precise we should say that her mood is “as fickle as the wind” due to her psoric emotional sensitivity. She is so sensitive that even little things and behaviors may make her either very happy or very unhappy. Her mood is very changeable according to little external conditions.

The syphilitic moodiness of Valeriana, most of the times, doesn’t have to do with external conditions; it’s an internal state. Yes, it’s true that she is easily aroused by external stimuli and by negative thoughts but there are many times that she, herself, doesn’t know why she is so temperamental. Furthermore, her ups and downs involve not only her mood but also her state of irritability. She feels

blue or angry for no apparent reason and then she is cheerful and calm for no apparent reason. There's always a reason and deep inside her, she knows it. Furthermore, we, homeopathic doctors, also know it, thus, she can't hide from us; she can't fool us!

### **11.24 Her behavior doesn't make any sense!**

She is also very nervous, very restless psychologically and at times even physically. Her mind works in high revolutions so she just can't be tuned when facing slow-motoned or slow-minded people especially when these people are her fellow workers, kids or, even worse, her husband. She just can't say or explain something for the second time.

If her husband is a Lycopodium person who is smart but yet his thinking is slow, analytical and systematic, then she just can't stand it. She considers him stupid just because he is slow to understand and react. Most of the times, she expects from her husband to instantly feel what she means by what she said. Furthermore, she expects from her husband to instantly feel what she needs all the time and adjust himself to her needs or even to her whims. This is too much for a Lycopodium person or for any person!

Temperamental, irritable, nervous, reactionary and capricious: a lethal combination! (laughs) Anybody close to her is in big trouble! Her dad and mum are in despair! She is so easily offended all the time. Their constant question is: "What's with her? What did I do? What's the matter with her?"

If her husband is psoric and loves her, then she tries to satisfy all her needs and whims, yet, still she isn't happy and he is in despair. He doesn't know what to do! But if he is a sycotic tough guy, a Medorrhinum guy, then, he doesn't spend and time trying to understand her. He simply calls her "crazy bitch" all the time and may slap her because she is



“busting his balls” all the time. That’s the reason why Valeriana will not stay for long in a relation with a sycotic person.

On the other hand, a psoric husband is in confusion and in despair; he just doesn’t know how to behave towards her. He takes care not to do anything “wrong” and so he may exaggerate at times. She sees that exaggeration and interprets it as a weird deliberate behavior. She will tell him: “You did that on purpose!” “Honey, I didn’t do anything on purpose, I didn’t realize that it would upset you...” “*First of all I am not upset...* and for your information I am not stupid as you think I am! If you admit that you did it on purpose and apologize I will let it go!”

Do you, even for a minute think, that if he admits that he did it on purpose and if he apologizes, that things will become better? You are so naïve! The next step is: “Ha! So you confess that you did it on purpose! Do you think that I don’t know that you just say this without meaning it, just to calm me down? You are so stupid if you believe that I am such a stupid woman like the ones you used to have before me!”

The poor psoric fellow develops a smile of embarrassment and dead end on his face. The mistrustful Valeriana gets furious. “So, on top of that, you have the nerve to laugh at me! Who do you think you are? How can you believe that you can mock me, you little piece of sheet!” If you think that you will have a logical conversation with Valeriana when she is upset then you are so screwed! When she becomes reactionary and capricious then her behavior just doesn’t make any sense!

There’s another trap for any psoric person that loves her! An even deeper trap! He believes that, given time, if he is patient, giving and loving that he will change her and from a wild cat she will become a pussycat, like the one he had in mind when he first met her.

Well, there's little chance that this will happen! If she realizes that her husband/father tries to change her, then she becomes more reactionary and even furious. "Who the hell are you to force me to change? Who do you think you are! You are so stupid that you can't change yourself and you think that you can change me? There's nothing wrong with me! Things will never be done your way!"

### **11.25 A spoiled, immature girl**

Very often, just because she is so irritable, reactionary, hysterical and fickle, her parents try to keep things calm by satisfying all her needs and whims. This behavior of her parents turns her into a spoiled, immature, demanding girl. If her father isn't man enough to control her, to put a leash on her and at the same time give love to her and attention then she doesn't have a proper male icon and this affects her whole life. She depreciates all males and no affair of hers will thrive. The same thing stands bold with her relation to her boss. Obedience is an unknown word for her.

She is like a PHP, that is, like a Pepperoni Hot Pizza! (laughs) She looks very yummy to the inexperienced eye but because she is very spicy you are on fire when you eat it! Others around you may say: "How come you got divorced! She seemed such a nice cultured girl! And you seemed to be getting along so nice, you two!"

This "seemed to be getting along, so nice" has, most of the times, to do, with the social image that, both the psoric and the sycotic person of this relation projected towards others; sometimes, even to their selves, fooling them also. You see, most people prefer to lie even to themselves, just because "Truth hurts", most of the times. It doesn't let you live eternally in the illusion of your individual fake Paradise!

### **11.26 Mistrustful and jealous**

Valeriana is very mistrustful. She enters your office and gives you that hidden mistrustful look. She has that air of confidence, that special style that can only be felt and not described. It's not the arrogant straight style of Platina. It's the air of the "unconventional", smart and mistrustful woman that seems to be cool while at the same time she does a CT-scan checking your intentions and soul to find out who you really are.

She may even suddenly ask some questions that are tricky in order to test you. She will say: "Do you mean that I will get well with your treatment?" Her tone of voice is so unclear that you start thinking: "Is she ironical or not? Is she sincere or not? Why is she asking that?"

You may ask her "Why have you come to me?" and she will promptly say: "I didn't come to you! *They* brought me to you!" And by that she means that her parents forced her to come. You may ask her: "What's the problem that brings you to me?" Then, quite often she will promptly tell you "I don't have any problems! I just have some headaches". She says that although she may have some serious health problems.

You see, she doesn't want to admit that she needs your help, she doesn't want to feel obliged to you or she doesn't want to feel inferior. See, how deep we go in Classical Miasmatic Constitutional Homeopathy?

She is also tremendously jealous, jealous out of insecurity. Yet, when young and "unconventional" and "modern" and "liberal" she won't admit it because it doesn't suit to her projected image. If her Lycopodium husband - who has the tendency to flirt psorically all the time - believes her statements that she is not jealous at all and makes a naughty move then he is so screwed!

She will interrogate him and make him admit that he desires other women - who doesn't! He will "spit it out" because he

has that psoric belief that “couples should be sincere in their relation” and then he will so regret for his confession. You just can’t confess being sinful to the Holy Inquisition! You are so condemned on Earth and in Heaven! (laughs)

Immediately after his “confession”, he will be so surprised to see that his “liberal” partner became the worst boorish, jealous woman. She will make extreme scenes; she will demand all the time for confirmation of his love; she will have him apologizing all the time and begging for forgiveness; she will make him feel full of guilt. In the end, she will make his life and her life, a Hell on Earth!

If her husband cheats on her she will not get angry with him only but also with her “rival”, i.e. with “the slut that seduced him”. She will feel so depreciated towards her, so inferior, so ridiculed! She will force her husband not to see her again. “But we are working at the same job” “I don’t care! Quit from your job!”

She feels so insulted, so hurt, so ridiculed even if nobody else knows about it. *He* - her husband - knows and *she* - her rival - knows! That’s enough for her! She feels so humiliated! She will try to do anything to gain her lost pride. She must revenge, she must make him feel the pain he has caused to her and, of course, her rival also must pay. She may even get laid with a friend of her husband or someone that he despises and go and spit it out to him, only to get even!

Lachesis is also very jealous but not in the same way. Lachesis thinks: “Who the hell are you, you bitch, to think that you are more cunning than me? You’ve stolen my husband, my slave, the one that did everything I told him to do... I want my slave back and I am going to win this fight because I am foxier than you”

Platina is not so jealous but still she may say to her husband: “You, idiot! How stupid are you to get laid with

that ugly, stupid, inferior woman! Go away, you are not worth of me, you are erased from my life you stupid baboon!”

Valeriana, on the other hand, will say: “How dare you betray me, ridicule me towards her and others! I will get even! I will revenge! I will make you beg for forgiveness!”

### **11.27 Revengeful, wants to get even, to get on top**

If her marriage isn't as she wants it to be then she may decide to divorce. If *she* was the one “to dump” him she has no problem at all and she may say it proudly to others: “He wasn't good enough for me!” But if *he* makes the first move, even though they were about to split, even though she was ready to get a divorce, then, she collapses. She feels “dumped”, “betrayed”, “ridiculed”, “depreciated” and “offended”.

I've deliberately chosen these expressions. They are the one she uses to describe her state and are very indicative of her constitutional influence. Different individuals use different words to describe their reactions to the same event. That's because their reactions can be totally different even if the event is the same. The key to diagnosis is to be able to “translate” the patient's words and reactions into the “language of constitutional pictures”, that is, into the language of the *Classical Miasmatic Constitutional Materia Medica*.

Most times, if her husband or boyfriend dumps her, she will accuse him that he was impotent or gay or that he cheated on her and abandoned their family; she does that so as not to feel inferior and as not to be blamed for the separation. At times, she may follow a different plan. She will not accuse him and will even apologize to him – but not in front of others – and beg him to return back to her. She will promise to him that she will change and do anything he wants. Then

if he returns back, after a while, *she* will dump him only to get even; only to say to others that *she* was the one who dumped him!

There are, of course, many “cultured” and “liberal” Valerianas that don’t want to admit to the doctor that they are revengeful. When asked if they are revengeful they may say: “Well, not much, but I will not stay with my hands crossed!” or “I am not revengeful, I will not demean myself, but I want justification; I won’t do anything but if something happens to him and he gets hurt I will be glad because he got what he deserved!” You see the main idea is to make him suffer for what he did to her. If that isn’t masked revenge then what the hell is it?

If her husband has left her for another woman then the ultimate revenge for her is if he dumps her rival or if he is dumped by her rival and then comes back to her begging for forgiveness and for a second chance. Most of the times, she won’t forgive him, yet, sometimes, she will accept him back only to make him suffer and pay for what he did to her and then when she had enough of it, to dump him, herself.

That doesn’t mean that she is spiteful like Lachesis or Anacardium. The main thing is not to feel inferior; to get even, to revenge. If you haven’t hurt her, then she won’t do something bad to you in order to enjoy it. She isn’t malicious; but she is reactionary and revengeful if hurt.

### **11.28 She bears a grudge**

If somebody offends her she will usually become ironical. If it was a great offence then she may bear a grudge for him or have it in for him and become revengeful. Sometimes, if the doctor asks her, she will admit that she bears a grudge and that she is revengeful and even boast about it. But if

she projects the image of the liberal and cultured woman then she will refuse that she is revengeful and may say that she may simply “erase” him or simply expects justification.

If when offended was shocked and missed the opportunity to answer back then she can't relax until she gets even. She tries to find the chance to pay back and no matter how much time has passed she won't forget it. Not even if you apologize to her.

Now, pay attention to the differential diagnosis of someone's reaction after an offense. If Platina is seriously offended then she erases you for good in the sense that “You worthless worm, you stupid baboon! How dare you insult me, the “Queen”! I ignore you! You simply stop existing for me; you are finished!” If you apologize to her nothing will change! If you are working in the same office she may say a typical “Good Morning”, every now and then, and will keep being snobbish all the time.

When Natrum Muriaticum is greatly offended, most of the times, she will not show it. She will keep it inside her for long and every time she remembers it or sees you she will feel hurt and experience bitterness. If you apologize she will accept your apologize sincerely because she is psoric but, nevertheless, it won't be easy for her to forget it; she is hurt and the wound won't heal easily or if it heals a scar of bitterness may remain inside her heart. She won't be snobbish or angry but she won't be warm hearted any more towards you; she will be typical and polite but nothing more.

You see, Natrum Muriaticum is hurt emotionally; Platina is hurt as to her vanity and Valeriana is hurt as to her image and egoism.

### **11.29 Introvert; pity makes her angry**

Valeriana is very introvert for three main reasons. She is

insecure, she is mistrustful and she keeps a certain image towards others. Lycopodium also projects a certain image but it's a psoric cultured image. Platina also projects an image, the image of the indisputable "Queen". To be honest it's not an image since she believes that she is what she projects. "What you see is what you get!" Valeriana projects an image that differs a lot from what she is. She is insecure, yet, she projects the image of a strong woman; she is irritable, yet, she projects a calm picture; she is coward and conventional, yet, she shows off as unconventional and liberal.

So, if the image she projects to others differs a lot from her real self, then she tries hard not to reveal her real self so as not to spoil her image. That's one main reason for her introversion. Consequently, she will talk about her personal problems only to one or two very close friends; moreover, she will not reveal all her deep felt matters.

If you want to make a Valeriana angry then show pity to her; tell her: "Oh, you, poor thing! Oh what have they done to you?" She gets furious and often expresses her anger becoming insulting or ironical. Her attitude and state corresponds to the following thought: "Who do you think you are to feel pity for me! How dare you depreciate me and position me beneath you!" Compare this with Natrum Muriaticum: she is very introvert, easily offended but does not show it and tries to go away. She will not express her anger.

### **11.30 Nervous headaches and other nervous symptoms**

It's very important to discriminate between different kinds of symptoms. For example, neurovegetative individuals like Phosphor, Argentum Nitricum and Arsenicum usually develop neurovegetative symptoms. Nervous individuals like Natrum Muriaticum, Valeriana and Nux Vomica usually



develop nervous symptoms. Hysterical individuals like Liliun Tigrinum, Asafoetida, Moschus, Cimicifuga and Cactus often develop hysterical symptoms.

Therefore, whenever you identify the kind of symptoms of a patient that prevail then you search for the corresponding individuals. If nervous symptoms prevail then you look for nervous individuals, if hysterical symptoms prevail then you search for hysterical individuals and so on.

For example, Valeriana and Natrum Muriaticum, both have nervous headaches. Valeriana develops a headache usually after going downtown, at the center of the town where there is a lot of traffic and crowded streets. She develops that headache on returning home to relax. She may also have a headache after getting angry or tired or during menses.

Nux Vomica may develop a tension headache when overtired from much work or when very stressed. Natrum Muriaticum develops a headache because she is psoric, easily offended and introvert. Therefore, whenever hurt, she keeps things inside and all that internal stress causes a nervous headache. Sulphur also has headaches, yet, not nervous ones. He seems to have a tendency for headaches since young and probably they have to do with his sycotic and plethoric blood circulation that makes his face and head red and hot.

Thus, whenever we have a patient with a history of chronic headaches beginning early in life we must first think of Valeriana, Nux Vomica, Natrum Muriaticum and Sulphur. These are the most probable individuals that suffer from headaches. In any Repertory you will find decades of other non-basic or rare constitutional pictures that have headaches during their Provings. Yet, our aim is not the disease; our aim is the constitutional picture, the whole; and more specifically our aim are those constitutional pictures that are natural polychrests, those that I call basic or fundamental constitutional pictures, those that influence the

majority of human beings.

Whenever I say “when you see this thing, then think of this and that constitutional picture” this isn’t a rule; it’s just a *reminder, a possibility to be checked*. Never take for granted any possibility even if it happens quite often! There are many other basic constitutional pictures that may often have headaches. Or you may find a person suffering from headaches all his life, yet he is chronically influenced by a certain constitution that, in our *Materia Medica* is not referred as one suffering frequently and intensely from headaches. Always remember: We will never acquire, as humans, full access to Truth! Always remember, one more thing: *The part never defines the whole; the whole defines the part*. And that is a Universal Law and accordingly a Homeopathic Law.

Valeriana may also have other nervous symptoms like nervous difficulty to take a deep breath, oppression chest, internal trembling, palpitation or insomnia.

### **11.31 Fear of being raped and fear of male violence**

She also has a certain kind of characteristic fear that she won’t easily reveal unless you take it out of her, indirectly. She is afraid of walking alone at night. Why so? It’s not that she is afraid of thieves or murderers. She is afraid of being raped; she is afraid of male violence. A rape is the height of male dominance for a Valeriana woman! If she is so afraid of male dominance then why not be absolutely afraid of being raped. This is the worst thing that could happen to her.

Now, let me point out again one more inconsistency of the decades that characterize her. Although she is afraid of male predominance and is so insecure about sex, most of the times, she may dress in a provocative way and may project the image of the “liberal” woman, regarding sex. She wants to attract the attention of men and even use flirt or

sex as a way of manipulating men, yet, on the other hand, she is so afraid of male predominance. Being insecure and mistrustful she is afraid that through sex the male will prevail on her personality. I mean, of course, a manly sex and not the sex that she has with her often “castrated” by her, husband!

It's not a surprise that she is also afraid of male violence in general. She is so afraid that her father or husband will slap her or beat her. Therefore, sometimes, in the beginning of a relation she may warn her companion that if he dare lay a hand on her then that's the end of their relation.

Despite the above, many times, with her reactionary and capricious behavior she may be asking for it. Whenever angry, she keeps provoking her companion, keeps pushing him to the limits raising the possibility for male violence to happen. It's like a small immature kid that keeps doing the same naughty behavior only to draw attention to him although he knows that he will be punished in the end.

She is so reactionary as to her behavior that she may even attempt to slap or beat her companion although she is afraid of being beaten. If her companion beats her then, usually, this is the end of their relation. If he doesn't beat her then again it's the end of their relation because she will not appreciate him as male anymore and, in time, their relation will come to an end. It's a perfect dead end! You see why I say that she is a spoiled immature woman with such a capricious behavior that doesn't make any sense. Her behavior doesn't make any sense! At least, to those that are not homeopathic doctors!

If her father - “the first man in her life”, the male role model - is, indeed, male enough not to let her become a spoiled woman then she is given a good chance to have normal relations with the other sex in the future. When I say that, I certainly don't mean that her father should beat her or that he should be repressive. I simply mean that in such cases

the parent must employ the “blow hot and cold” technique: much love and at the same time discipline; love and boundaries; patience and at the same time no tolerance to her whims.

It's not at all accidental that the Valeriana constitutional picture thrives in girls that are raised by families where there is a lack of the right male role model: her father is very submissive or he is a sycotic scamp or he is “castrated” by his dominant wife or he is driven away from the family.

For example, if the father is a psoric submissive Lycopodium or Sulphur individual and the mother is a dominant Lachesis, Valeriana or Platina individual, then, most of the times, the male of the family will be “castrated” by the female and the girl will not have a right male icon. She will not appreciate men and will imitate her mother in her future affairs.

Another example: Her father is a sycotic Medorrhinum who is alcoholic, does not care about his family and kids and, on top of that, he is a womanizer. While growing up her Lachesis or Valeriana or Platina mother keeps accusing her father and all men that are “pigs” and so she acquires a negative male role model. The same thing can happen if her father isn't a scamp but is a very dominant and strict Nux Vomica or Arsenicum or Platina, not at all tender and affectionate towards his daughter. Then it's so easy for the daughter to reject not only her father but all males, therefore, becoming angry and reactionary and thus developing the Valeriana constitutional picture.

Do you now understand why the Valeriana constitutional picture is so frequent in young girls and women? It's because, nowadays, at the syphilitic era that we live in, males/fathers have become more psoric and submissive and less male or have been turned into sycotic “pigs” while women/mothers have become less female and more syphilitic “bitches”. You must excuse me for the slang terms

but if you have to describe reality you just can't do it by "cold", "neutral" scientific terms. You have to say things by their real names!

I am not a sex racist! I believe that both males and females are imbalanced nowadays and there's no point in saying that men or women are more to be blamed. I appreciate a balanced woman as much as I appreciate a balanced man. I also believe that an unbalanced woman and an unbalanced man are both just unbalanced! Nevertheless, when you have to deal with a victimizer-victim behavior, although they are both unbalanced I must say that I sympathize more with the victim. Maybe it's because I've been victimized many times in the past due to my constitutional influences! (laughs)

Can you see how non-theoretical Homeopathy is? Can you realize how practical is Homeopathy with so many applications in understanding everyday life? Can you understand how deep it takes you in understanding the real causes of human illness and human unhappiness? No other theoretical knowledge - Psychology, Philosophy, Religion, Medicine, Sociology, etc. - can explain in a better way the capricious behavior of a Valeriana woman. Only by the Miasmatic Constitutional Homeopathy we can understand human behavior and especially teenager's behavior or the dynamic in an affair/family/group/society.

### **11.32 Ambitious and often setting up things for her**

As mentioned, Valeriana projects the image of the unconventional, well-informed and cultured person. She wants to be considered liberal, ecologist and on the side of any weak and in need. She may even declare herself to be against rich people, against exploitation of other people, against the establishment, etc. Yet, that's, most of the times, simply theoretical statements. She has no problem to marry a rich guy for his wealth so as to live in comfort or in

order to make her ambitions come true.

As in all syphilitic constitutional pictures, there are many versions, even opposite ones. A sycotic first version is the “unconventional” one. She is lazy, unconventional and reactionary; against any authority, against the establishment; the only thing she cares about is to have a nice time but in an “unconventional” manner. If you ask a Medorrhinum what he wants from life he will tell you: “earn much money with as little work as possible in order to have fun and enjoy life as much as possible without any limitations”.

A syphilitic second version is the ambitious “bitch” version. She is highly ambitious, wants to make a great career and to become a celebrity. Not just any kind of celebrity; she doesn't want to have the glory of the stupid beautiful blond actress or model. She wants to be recognized mostly for her personality. Therefore, she will choose to become a media journalist; that's ideal for her because she will become a celebrity, judge people, have power on others, do research, recognized as cultured and be ironical. What else could a Valeriana professional ask for?

Have you ever seen those women journalist, dressed unconventionally yet expensively, going through the country with a microphone in their hands on the spot of an event or on the channel news plateau taking interviews? If anyone dares question them they become so ironical and antagonistic. Well, most of these are Valeriana individuals! They also thrive as TV broadcasters in cultural or political programs and not in gossiping ones. You could also find her, as a student, to be politically active, crashing her opponents in discussions with passion and irony.

Please, be careful! I may use terms like “bitch”, “lazy”, “reactionary”, etc. yet, I don't have any negative emotional charge while using it. I don't think that I am biased towards any person that is influenced by any kind of Constitution.

Each time, I try to use the most, every day, appropriate common terms in order to be realistic and live in my presentation of Constitutional Pictures. What's the point in using "neutral", "formal" scientific terms of Psychology? No patient comes to your office speaking like that!

What defines things, even in Science, isn't the manner of expression but *the intention beneath it*. If my intention is biased and negatively charged then I am not being scientific and I may even be vulgar something that doesn't match a doctor and a scientist. On the other hand, if my intention is *to give a live and understandable picture*, if my intention is *to copy reality as best as possible*, then I am not biased and vulgar; I am truly scientific.

Let's get back to our subject. Valeriana, also likes professions like psychologist or cultured, quality theater actor. She doesn't have any moral hesitations when it comes to achieving a good career. She has no problem to get laid with the producer or boss. She will discreetly flirt with him, charm him and make him promise things to her, even avoiding going to bed with him. If she has to get laid, then it won't be for long; after she's got what she wanted she flies off.

-As a psychologist, is she good at her work?

-It's not so easy to be really good when you aren't patient and you don't care deeply for the problems of other people since she is a very egoistic person. Nevertheless, she is smart and intuitional. Yet, when it comes to Psychology, what most interests her is research, social and professional status and to become a celebrity.

She will also thrive in a company as an executive. Not so much for the sake of dominance like Lachesis but for the sake of recognition. You may find her working from dusk to dawn only to become that ambitious workaholic bitch. She becomes very antagonistic and can manipulate her

colleagues.

### **11.33 Restless and nervous; abuse of coffee and tobacco**

Valeriana is, usually, restless and very nervous. No wonder why the herb Valeriana is prescribed as a sedative and as a remedy for sleeping disorders. Her nervousness isn't easily revealed to the inexperienced observer. As many of her traits, this is also well hidden.

Moreover, her nervousness drives her towards the abuse of coffee and tobacco. She may smoke one cigarette after another for hours and may proudly say: "I just love to smoke!" Yet you can also hear her say: "Damn habit!" She smokes in a characteristic "modern" and "unconventional" way. She holds the cigarette with the end of her index finger and third finger that are on a vertical position pointed (pointed upwards), takes a deep breath and exhales intensely in style, showing that she really enjoys it.

If she is the reactive, fringe woman then she may hold the cigarette between thumb and index finger and inhale deeply as if smoking pot! If she is the ambitious bitch version she may choose those long, slim cigarettes or those long, slim, cigars always in her effort to seem different, unique and exceptional. Platina and, at times, an ambitious modern Lachesis may smoke like those movie divas of the past using those long female pipes!

You see how detailed and specific can be the description of a Constitutional Picture by the method of the Miasmatic Constitutional Homeopathy? Nevertheless, you should never stick on any detail, be absolute and say "any woman using long, slim cigarettes is definitely a Valeriana individual". This is nonsense! What really matters isn't the behavior. You see, Behavior is but the last link in the chain of human expression. *It's the intention that lies beneath the style that*



*matters and it's the whole picture that matters more than the parts.*

She is so nervous that she tends to become addictive towards coffee and tobacco. She may reach the point when she must drink a cup of coffee in order to go to sleep! If a Valeriana individual is not used to coffee she may be upset whenever she drinks coffee because she has that sensitive nervous system functioning on high revolutions. That is also true for Coffea Cruda individuals. Yet, when she becomes addicted due to abuse, then she may need coffee all the time in order to feel calm!

A Valeriana patient of mine told me proudly that when she was a teenager she used to go to the kiosk all the time to buy one sachet of instant coffee after another and the owner told her: "What the heck are you doing? Are you trying to commit suicide by coffee?"

Enough said about Valeriana. We've said too much for two reasons. The first reason is that she is a very frequent Constitutional Picture nowadays in the syphilitic era that we live in. The second reason is that she is a well-hidden Constitutional Picture that is full of inconsistencies. Such Constitutional Pictures can teach us many valuable things about human psychology. Furthermore, such Constitutional Pictures are easily detectable by the well-trained in Miasmatic Constitutional Diagnosis doctor while an inexperienced eye sees nothing.

# CHAPTER 12

## PLATINA

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## A. THE CONSTITUTIONAL DIAGRAM OF PLATINA

## 12.1 The syphilitic vanity of the “First One”

Platina is one of the Constitutional Pictures that thrive in our present syphilitic era. What are today the dominant social patterns for a woman? Beauty, success and vanity!

The main Basic Passion of Platina is vanity. Quite many individuals are vain, each one in its own way. We have already talked about the psoric vanity of Natrum Muriaticum and the sycotic vanity of Medorrhinum. Yet, the vainest of all vanities - if someone could say such a thing - is the syphilitic vanity, a vanity characterized by arrogance. Ancient Greeks considered “ybris”, i.e. hubris, insult, offence towards Gods, as the greatest of all sins.

In the book about Emotions we have referred to the twin feeling of Worthlessness-Vanity. We’ve considered these two as Intellectual Emotions and compared it to the Conscience Emotion of Modesty or Humbleness.

The Platina Constitutional Picture is the typical representative of the syphilitic vanity/arrogance. It’s mostly a female Constitutional Picture, yet, it’s not a rare thing to find a male Platina. In the past where men prevailed in society there were more male Platina individuals, nevertheless, nowadays, that women have prevailed especially in Western Modern Societies, there are many more female Platinas than male.

Due to her vanity, Platina, as a rule, believes - not to say that is sure about it - that she is worth more than she is. Even when she is, objectively, the first, the most worthy of others or very high compared to others, even then, she tends to exaggerate about her abilities and value.

She tends to consider herself as “the first one”, “the best of all”, “the indisputable Queen”, “the winner”, “the one and only”, “the unique”, “the top of the tops”. To be the second one is never enough for her; she won’t compromise with

anything but the first position; not an inch less than the peak, the top, the top of the tops!

She would like to be the first one in all fields but that's not possible, so, her Secondary Behavior varies according to social conditions and according to the conditions that she has been raised. For example, if she was born beautiful according to the current social patterns then her vanity will be at the field of external appearance. But if she is ugly then she becomes snobbish as to external appearance and her vanity is expressed in the fields of profession, art or spiritual evolution.

That is, she aspires to become the successful businesswoman, the talented artist or the evolved soul, i.e. the female "guru". Even then, that doesn't mean that she doesn't care much about her external appearance. Even when she is generally considered ugly or very ugly there are a lot of Platina individuals that consider themselves as very pretty in an exclusive way.

## **12.2 Vanity in the physical field**

Let's see how her vanity is expressed in the physical field. Most Platina teenagers consider themselves "fat" even if they have normal weight or even when they are quite slim. "Obesity" is their most terrible nightmare! Nobody, and I mean nobody, not even the doctor or the dietician can convince them that they aren't fat. Even if she admits that she isn't as fat as she thinks, nevertheless, she acts as if being very fat; she is so much afraid of becoming fat and losing her amazing figure!

That's the reason why, most of the times, she is constantly on a diet and when I say "on a diet" I mean a syphilitic diet characterized by extremes. She may fast for days or eat only a couple of fruits for days or work out in the gym from dusk to dawn. She will follow any irrational or even stupid

diet they propose to her. She will gladly take even harmful medicines so as to lose a few kilos. She wants prompt and drastic results; she just can't wait! Very often, Platina teenagers enter a vicious circle: they fast for days, then eat anything they find in front of them in quantities, then they cause vomiting so as not to get all those calories and then again fast and so on.

Platina is the best and most loyal client of Beauty Centers! She spends most of her money and much time in Beauty Centers so as to *stay* beautiful or so as to become *more* beautiful. You must have noticed that I didn't say "to become beautiful" because she is so sure that she *is* beautiful and that she has always *been* beautiful. Her main interest isn't health; it's beauty! Many Platina celebrities resort to extreme measures so as to stay beautiful or become even more beautiful and by that I mean plastic surgery, Botox, extreme spa treatments, harmful medicines, extreme physical exercise, etc.

What are her worst nightmares? They are obesity, cellulitis, acne, hair falling, wrinkles, small or not perky breasts, "rolls" of fat, phlebitis, etc. That is, anything that makes her appearance not look perfect, amazing and astonishing. So why not be terrified of aging? She is more afraid of aging, wrinkles and ugliness than disease and death.

Several accessories are her permanent benefactors and at the same time torturers: creams, hair dyes, sprays, mascaras, make up accessories, hairdryers, powders, fragrances, cosmetics, spa devices, sauna, etc. Her clothing is another field where money and time are spent.

She buys the most expensive clothes and, at times, the most provocative ones, the latter depending on her culture. The lower her culture is, the lower her taste. If she is a boorish woman she will wear extreme and even kitsch clothes and accessories only to impress others and only to be unique: super miniskirts, see-through blouses, extreme

low-necked blouses, extreme underwear, eccentric hair styling, extreme hair dyes, etc.

If her culture is of high standards then she dresses more classical, expensive, unique, in fashion and always brand names. Furs, expensive golden or platinum jewels, diamonds, “Prada” bags and shoes, etc. Even if she isn’t rich she will try to buy the most expensive and in fashion clothes and accessories. She may even get a loan in order to buy expensive clothes or to do plastic surgery!

### **12.3 Fan of high life!**

Platina is the greatest fan of high life and high society. Isn’t vanity the greatest characteristic of high society? How is vanity expressed in high society? It’s expressed through luxurious mansions, expensive cars and yachts, expensive jewels, diamonds, etc. The same vanity runs through all the activities of high society: expensive holidays in luxurious resorts, expensive exclusive private schools, gallery openings, exclusive clubs, operas, exhibitions of eccentric artists, charity galas, awards, etc.

That doesn’t mean that you have to be rich to become a Platina person and, of course, it doesn’t mean that all rich and famous people are Platina. It simply means that high society is a fertile ground for the Platina Constitutional Picture. Furthermore, it means that any Platina, no matter how poor, is dreaming of living such a life.

She may be poor or low class but, even then, she tries to be the “number one” at her neighborhood, at her job, in sports or in activities like the piano, yoga, gym, etc. She wants to be the very center of attraction, the number one, the top of the tops in any possible field. She believes that she deserves it and she has no problem in admitting it. There is a relevant saying in Greece: “She is beautiful and she knows it!” This definitely suits Platina!

## 12.4 Air/Sense of superiority

She has that specific air/sense of superiority! Her style is arrogant and vain. She doesn't want her presence to be unnoticed. She wants to attract attention, the same attention that a royal court gives to the passing-by "Queen". You may come across a number of relevant styles: "femme fatale", "modern businesswoman", "executive", "unique personality", "successful woman", "celebrity", "number one star", "famous talented artist", "cultured woman", "academic", "high class woman", "classy", "refined", "royalty", "spiritual woman", "aristocrat", "guru", "famous", etc. What's common in all the above life styles is vanity, in fact, syphilitic vanity!

Her speech, her motion, her clothing, her accessories and her general portrait, radiates vanity and may be considered sophisticated, eccentric or snobbish. She walks with style and air of confidence and royalty: straight body and spine, elevated chin, head high, slow charming motion, looking forward and a bit high and not taking notice of others around her. Isn't this the peacock style! Yes, it is!

In extreme cases, a Platina individual may have the feeling as if becoming taller, as if her body is larger or as if other people around her are shorter or as if objects are smaller than her! When in a state between sleep and been awoken, she may have the feeling that her body or parts of her body are enlarged. These are not hallucinations, delusions or illusions. They are simply extreme physical sensations that correspond to the fact that she thinks a lot of herself and is full of herself regarding appearance and intellectual worth.

## 12.5 Her motto: "Success is happiness!"

What about the expressions of her vanity in the intellectual, family and social field? She thinks a lot of herself. She definitely believes that she is quite above the average in all

fields or at least in many important fields, in fields that matter to her like beauty, cleverness, charm, royalty, style, culture, refinement, artistic talent and spirituality.

Therefore, she is very self-confident, self-assured and self-centered; a very strong personality and usually a very active and ambitious person. She definitely knows what she wants and will do anything to get it. Once, I have prescribed Platina for a patient of mine that was complaining for lack of self-confidence and the trainee doctor sitting next to me in the office was so much surprised. After the patient left he asked me: "How, on earth, did you prescribe Platina to this person? Shouldn't she be full of self-confidence?"

I'll say it a million times and still it may not be enough: *It's not what the patient says but how and why he says it that matters! It's the intention and the tendency that matters and not the behavior. It's the Primary Behavior/Genotype that matters and not the Secondary Behavior/Phenotype.*

In the above example we had to do with a woman that felt that she was above the average in many or in all fields, nevertheless, because of a failure in achieving her vain and high goals she declared "lack of self-confidence". That's just a statement and nothing more; it's not the reality for God's sake! *We never prescribe for statements; we only prescribe for facts!*

As Platina is concerned, the motto is: "Success is Happiness!" For her, success is all that matters; success is the only way to happiness. Her ambitions and dreams have to do with activities and professions full of glory. She wants to be an actress; not just any actress. She wants to be a great movie or theater star.

She would also like to be a pop star, a TV broadcaster, a TV journalist, a top model, a painter, a piano player, a prima ballerina, an opera singer, a modern dancer, in charge of public relations of an institution, owner of a luxurious



boutique, gym owner, businesswoman, executive, owner of a ballet school, etc. What matters in all the above cases is to be exceptional, unique and to project her “worthy”, “classy” personality.

If she has to choose between family and career she will definitely choose the career especially if she is a modern woman; being a housewife may even sound depreciating to her. That doesn't mean that she doesn't love to have a luxurious house: expensive, large and classy with modern costly furniture. And if it comes with a maid and a butler, then even better!

### **12.6 The strong, tough, egoistic, ambitious person**

She is primarily a strong, tough person and may even seem insensitive or may even seem cruel. She is very active and very self-confident. She is very egoistic and ambitious; she has high goals and in order to achieve them she doesn't have any emotional restraints and this may make her appear to be even insensitive or cruel.

Platina is generally a syphilitic remedy but there are two more versions: the psoric and the sycotic version whenever the psoric or the sycotic miasm comes second and is intense. When the syphilitic miasm prevails intensely, then the Platina person becomes insensitive and cruel, even towards her own close people. She becomes more self-centered, more dominant and cruel but not out of maliciousness like Lachesis but only out of attachment to her high goals. In such cases, people around her feel that she is always giving orders to them like a “Queen”. She wants things to be done her own way and without any objections of any kind.

Rarely, she may say that she is sensitive or even very sensitive, yet, this is just a statement; you don't see any emotion radiating from that statement; it's just an

intellectual statement and nothing more, simply because she is an artist and “artists should be sensitive”.

This statement of “sensitivity” also happens when we have to do with a tough syphilitic Platina that has failed to achieve her high goals. You see, declaring “sensitive” nowadays is in fashion. So, if you haven’t succeeded enough, you may find a fine excuse for that, that is, “I could do so many things but being sensitive I didn’t meet my potentials!” She is so egoistic that it’s a common thing for her to violate many Universal Laws and thus instead of being the successful to become the failure; so it’s not uncommon to adopt the Secondary Behavior of the “sensitive” person as an excuse for her failure.

Haven’t you ever watched interviews of actors and artists that have never reached the top; they often say that they were “too sensitive” or “too moral” to beat the system and become successful. Another excuse for the failure of a Platina person is that she is a “spiritual” cultured person that doesn’t care for success especially in the society of our times that has such a great lack of meritocracy.

This is also the excuse of those Platina individuals that are not beautiful or those that are even ugly and, therefore, can’t depend on their physical assets for achieving success. So, if you “haven’t got the body”, you can always say that “you have the mind” or that “you have the spirit”. You see, when it comes to physical traits things are very clear: you either have it or not! But when it comes to mental traits and spiritual traits, things become very misty, therefore, everybody can declare being a “guru” or a “saint” or a “Queen”.

## **12.7 The Psoric and the Sycotic version of Platina**

The Psoric Platina resembles a very refined Lycopodium or Natrum Muriaticum person with much self-confidence. She

isn't as tough and as competitive as the syphilitic Platina, so, it's so convenient to adopt the Secondary Behavior of the "cultured", "refined" and even "humble" person. Nevertheless, no matter if she admits it or not, she, definitely, thinks that, regarding psychological evolution, she is at a very high level. At times, she is even slightly snobbish.

The Sycotic Platina won't adopt the usual Secondary Behavior of the Syphilitic Platina, i.e. being the "femme fatal" or the "Queen" or the "executive". She adopts the Secondary Behavior of the modern, dynamic and unconventional woman. She will adopt an unconventional style of clothing and talking; she may ride a "Harley" motorcycle, wear worn out jeans and talk like a tough guy, yet, she will take extreme care for her appearance so as to be the indisputable "first one".

You may also see her in a gym, working out all the time to become the "number one" woman body-builder. You may also come across a sycotic Platina woman hanging out all the time in bars being the number one "broad" measuring her success by the number of "guys" she "got laid" since she is so "hot". The sycotic element is "to have fun and enjoy life" and the Platina element is "to be the number one" no matter the field.

### **12.8 A self-centered "Queen"**

Usually she is a social person, yet, she considers as close friends only one or two people. She has very strict criteria regarding close friends and regarding her mate. Since she considers herself to be so special, then, her close friends and her companion should also be very special; and, there aren't many special people out there, apart from her! Are there?

She is so self-centered! Have you ever watched those

American teenager movies with that snobbish female teen who is the indisputable “Queen” of her High School and all around her she creates a “court” with a few close friends that serve her and flatter her all the time? That’s definitely a Platina case. There can be no two “Queens” in any kingdom! She is the one to have the most handsome and famous male boyfriend. She is also the one to ask every day her mirror “Whose the most beautiful woman in the Kingdom?” just like in the relevant fairy tale!

Nevertheless, flattery can be her weak point. A syphilitic Lachesis, for instance, sees that weak point of a Platina person and may employ flattery to manipulate her and destroy her out of jealousy and envy.

She is that kind of “Queen” that doesn’t accept the dominance of any male, even if he is the “King”. Her philosophy is that “Kings exist only to serve the Queen”. She detests and depreciates weak, submissive and vulgar men; peasants and losers. Nevertheless, she has no problem to tolerate and exploit such a person only because he is very rich and powerful and can serve her ambitions for high living.

You see, she isn’t sensitive or emotional; on the contrary, she is very calculating and self-seeker. The only thing that matters to her is to satisfy her ambitions, to achieve her goals, to live that desirable high living. The only “moral” value for her is success and fame; is to become the “Queen” and, most of all, to remain the “Queen”.

I must repeat again and again that even if I use terms like “the Queen”, “egoistic”, “calculating”, self-seeker, etc. that doesn’t mean that I have any negative feelings towards *the people* that are influenced from this or that Constitution. I am a doctor and a scientist. I am not a prosecutor or a preacher.

In the same way that I don’t judge patients that are

influenced by pneumonia or cancer, in the same way I don't judge people that are influenced by Constitutions like Platina, Valeriana, Lachesis, etc. My duty is to serve these patients and help them get rid of these negative and unbalancing influences. I try to be, as objective as I can, in order to diagnose correctly their Constitutional Influences, only to prescribe the similar remedy for them.

When a person is treated with a constitutional homeopathic remedy, then the constitutional influences become weaker and the person may overcome them and become more balanced and more free, more himself, more his deeper self. When I say "Platina is tough and cruel" I always mean that the people that are influenced by the Platina Constitution *tend under her influence* to become less sensitive and crueler. This doesn't mean that their real Internal Self has these qualities. It also, doesn't mean that these people can't overcome this Constitutional Influence themselves and thus become more balanced and free.

I must also be clear and sincere and say that I am not a person that has overcome Constitutional Influences; I am not a saint or a guru. The fact that I have identified the pictures of many Constitutions doesn't instantly make me a person that has overcome these influences. *I wish I had*, yet, I am aware that there's a long, long path ahead of me and ahead of any person in order to reach that goal!

Freud described the mechanism and the clinical picture of Neurosis; that didn't cure him of his neurosis! Priests and preachers read all the time about love and sainthood; that doesn't automatically make them saints! I've studied the effects of Constitutions for more than 25 years; unfortunately, I am still influenced by them! I know that I have made some progress but it's a long way to freedom and, most of the times, one life or a couple of lives aren't enough!

## 12.9 Dominant, demanding and irritable

Platina is usually a tough mother because she is very demanding and dominant. She demands that her children meet her high standards. If she is the “Queen” then her children should meet the standards of “princes” and “princesses”.

Nevertheless, this is a dead end situation. Why? Because if her children are dominant and tough as she is, then, they will grow up to become like her and will eventually want “to become caliphs instead of the Caliph”. A lot of conflicts will arise from such a competition. On the other hand, if her children are submissive personalities, then they will never meet her standards and she will reject them and consider them as “losers”. Again, a lot of conflicts and misery for both sides will be the outcome.

Platina is usually irritable but not as much as Nux Vomica. She gets angry whenever things at work or at home are not done her own demanding way. She gets angry when anyone questions her “throne” either in the field of beauty, cleverness, refinement, artistic talent or psychological evolution. She also gets angry whenever she isn’t the center of attention, when someone else is the center of attention or when others are snobbish towards her. She gets angry when others depreciate her or are arrogant towards her or ironical.

As a rule, whenever someone makes her angry, she answers back no matter what. Even if they are strangers, even if they are her superiors at work, even if they are the president of the country, the Pope, the Dalai Lama or God himself! She isn’t at all flexible! She is rigid when it comes to her ego. She will say: “How dare you talk to me like that! Who do you think you are? How dare you question me/my authority?”

In such cases, she can become quite hard and snobbish. She

answers in a straight and definite way! She may be biting, ironical and, most of the times, snobbish. Yet, not as ironical as Valeriana. Don't forget that irony is an indirect way of attacking and sometimes there's insecurity beneath it while being snobbish reveals that someone thinks a lot of himself. Platina may even say nothing, give you that snobbish arrogant look and turn her back on you or even go away. The message is quite simple and profound: "I ignore you! I don't deal with worms/ants/baboons like you!"

If a Valeriana is offended then she bears a grudge. She won't forget if for life and, most of the times, she wants to pay back, to get even and not to feel inferior due to her insecurity. If a Natrum Muriaticum is offended she becomes hurt and bitter feelings enter her heart for long. She tries to avoid people that have hurt her so as to avoid bleeding again from the old wound. If she has to meet them, then she is typical, yet polite.

If a Platina is strongly offended then she "erases" that certain person from her life for good. She ignores him and even refuses to deal with him. She won't give you a second chance; she won't waste time to deal with "worms", "baboons", "idiots" or "losers".

### **12.10 The Male Platina**

A male Platina usually has all the main characteristics of the female Platina. Nevertheless, being a man, he won't deal so extremely with his external appearance, yet, he will want to buy expensive clothing, expensive wrist watches and he will adore driving an executive car.

If, of course, he is a male gay Platina then he will deal with his external appearance even more than a woman! Let me remind you of those vain male gay top models, those vain male gay fashion designers and those male gay hair stylists. Aren't they even vainer as to their external appearance,

than a woman? A male Platina can be more cruel and violent than a female Platina. And even more ambitious, more competitive and more workaholic. He can also be more hysterical than a female one.

## **12.11 The Constitutional Diagram of Platina**

### **Raw Material:**

The metal basic element Platinum

### **Miasms:**

The syphilitic miasm is the dominant one. A strong secondary influence by the other two miasms can result to the psoric or sycotic version of Platina.

### **Basic Passions:**

Vanity is the main Basic Passion of Platina. She believes that she is of more worth than she really is and even that she is the number one in all fields or at least at some chosen fields. She thinks a lot of herself.

### **Essence:**

The tough, egoistic, self-centered, self-seeker, arrogant "Prince", "Princess", "Queen" or "King"

### **Thinking:**

#### ***a. Spiritual Evolution:***

She is greatly related to the Intellectual Soul and only slightly related to the Conscience Soul. Her Individual Will is greatly affected by her External Will especially when it has to do with dominance and success. Any person influenced by the vanity and arrogance of Platina will find it very difficult to evolve psychologically due to the lack of humbleness.



In order to evolve psychologically first you have to admit that you make mistakes and that you are ignorant and imperfect. Platina has all the assets to achieve success, yet, usually, success in a vain human society is the opposite of happiness and spiritual evolution.

***b. Influences:***

Intensely influenced by the syphilitic miasm in the form of vanity and arrogance; the main Thinking Stimuli are the symbolic ones.

***c. Stressful Conditions:***

Depreciation, when left out, irony, when not the center of attraction, negative comments about her external appearance or sex appeal, wrinkles, aging, acne, cellulitis, hair falling, obesity, snobbish behavior from others, when things aren't done her way, poverty, the housewife role, disputing her cleverness, lack of refinement, others more talented than her, negative publicity, loss of fame, working with "stupid" people.

***d. General Characteristics of Intellectual Functions:***

Quick, intentional, rigid, absolute thinking

***e. Mental Patterns:***

Her Mental Patterns have to do with her vanity and arrogance, with being "the number one", "the Queen/King" in all fields or at least at those fields that she believes that are the most important in life.

Usual adopted images: "Femme Fatale", "successful business woman/executive", "famous star/celebrity", "talented artist", "refined, cultured woman", "royalty", "guru". Her mental patterns suit the main social ideals of our current society: beauty, wealth, success, high living, high society, be the number one, be famous/celebrity.

### ***Frequency:***

Frequent enough in a vain era like the one we are currently living in. Extremely frequent in certain “vain” professions/fields like actors, singers, top models, TV broadcasters, executives, artists, etc.

### **Emotions:**

Her General Mood is usually an extreme one. When successful then she lives in heaven, when not, then she is in Hell. She has the tendency for intense negative or positive Intellectual Emotional Charge. Quite often, she is cold, intellectual, self-seeker or even cruel. Her main emotions are the Intellectual ones. Due to her vanity and arrogance she rarely experiences Conscience Emotions. Her most frequent emotions are Vanity, Arrogance, Anger and Sadness. Her emotions tend to be extreme, hysterical, unpredictable and intentional.

### **Behavior:**

Her Primary Behavior is extreme, intentional, calculating, egoistic, self-centered, vain, arrogant and dominant. She is very much attached and adapted to earthly life; she is practical, systematic and targeted in order to fulfill her earthly ambitions, i.e. success. Only secondarily, due to failure, she may adopt Secondary Behaviors like the “sensitive artist” or the “cultured refined non-ambitious woman”.

### ***Usual Roles:***

“Femme Fatale”, “Goddess of Beauty”, “Top Model”, “Sex Symbol”, “Royalty”, “Queen”, “Little Princess”, “Barbie girl”, “High Society woman”, “Star/Celebrity”, “the famous star/aristocrat engaged in charity/animal protection”, “the rich hostess with the perfect luxurious villa who is famous

for her classy parties”, “ambitious politician”, “successful businesswoman/executive”, “successful lawyer/doctor”, “show woman”, “famous TV broadcaster”, “famous fashion designer”, “talented artist”, “opera diva”, “prima ballerina”, “body builder”, “yoga teacher”, “guru”, “great healer”.

## **Body:**

### ***External Characteristics:***

Extreme care about her external appearance, extreme outlook, expensive, brand named outfits, provocative outlook, classy outfits, air of superiority, peacock posture and way of walking, sophisticated arrogant speech.

### ***Usual physical predisposition:***

Ovary problems, arthritis, neuralgia. Although she is not predisposed to problems like acne, obesity, wrinkles, hair falling, cellulitis, etc. nevertheless, she frequently visits the doctor for this kind of problems, real or imaginary, due to her great attachment to beauty.

### ***Usual psychological predisposition:***

Anorexia Nervosa, Sadness, Hysteria, Phobias, Neurovegetative Disorders, Anxious Neurosis

### **Relative Constitutional Pictures:**

Palladium, Tarentula Hispanica, Lachesis, Valeriana, Nux Vomica, Lycopodium (if she is a psoric Platina)

## **B. LECTURE ABOUT PLATINA**

### **12.12 “She is beautiful and she knows it!”**

The Platina Constitutional Picture corresponds to the homonymous homeopathic medicine prepared from the element Platinum. It’s a noble metal, even more “noble”

than gold in the sense that it's not easily oxidized, bound to other elements or diluted. I say this only as a reminder because this person feels as if royalty, in the sense that she thinks a lot of herself.

Being a syphilitic person like Lachesis and Valeriana, it's a frequent Constitutional Picture in the syphilitic era that we live in. How couldn't it be frequent when the social patterns/standards of our times are success, be the first, be the most beautiful, be competitive. It's a deep and long acting Constitution affecting individuals for long like Lachesis and Valeriana.

It belongs to the Egoistic Family of Constitutional Pictures together with Valeriana, Arsenicum, Tarentula Hispanica and Palladium. The two latter ones resemble to Platina and could be considered as more "light" and rarer relative Constitutional Pictures.

Her essence/main idea/core is that she thinks a lot of herself. She may be of worth in a field, even of great worth, yet, she always believes that she is even more worth than in reality. She feels that she is the "Queen", "of royalty", "the best", "the one and only", "the number one" or "the most beautiful of them all". There's a nice Greek saying about it: "She is beautiful and she knows it!"

Not only she knows it but she also projects it with an air of superiority and with her arrogant style. It's not that she pretends to be arrogant; she is simply natural about it! Well, if you see a very beautiful lady that projects that air of vanity around her, this isn't a strange thing. Nevertheless, you may see a really ugly Platina woman who thinks that she is Angelina Jolie! From what we have already said you must have understood that Platina is mainly a female Constitutional Picture, at least nowadays, at the syphilitic era that we live in.

You may also come across a "third class" Platina actress

who may think that she is the number one star. She may even be snobbish towards anyone who disputes her “profound” worth. We usually call such people as “fruitcakes” or “freaks”. She may also accuse all famous actresses that they became famous just because they slept with their producers. Nevertheless, she would definitely have done the same if she had the chance, since she is so ambitious.

### **12.13 The “Queen”**

Platina is a very dominant person. She wants to dominate, to rule, to have things done her own “perfect” way. It’s not the kind of domination of Lachesis. Lachesis wants to control all around her and she becomes very controlling even with little everyday things. On the other hand Platina’s dominance has an air of royalty; a “Queen” has the general dominance and does not occupy her “highness” with little everyday things. She wants recognition and obedience, is amused by her “court” and she isn’t dealing with little everyday things.

That’s why she may develop two kinds of “friendships”. The first version is when her “friends” are other dominant persons, especially Platina women. In that case they talk about their achievements, competing in a “polite” way as to who is more royalty than the other! The other version is when her “friends” are but “lower” people, that is, members of her “court” that serve the one and only “Queen”! With their low-class behavior they confirm to her that she is the one and only beautiful and smart “Queen”!

Now that we’ve talked about the essence of Platina, watch and see how this can unfold the whole picture of her. If you are a “Queen” when do you get angry? Whenever any of your members of your court disputes your dominance and throne or whenever another “Queen” enchants members of your court and tries to steal them from you!

Then her reaction will be: “You stupid/idiot/moron... how dare you prefer another Queen than me? I never want to see your face again! Get lost! You are erased! From now on you don’t exist to me!”

On the contrary, Lachesis will do anything, even complex intrigues, to regain a dominated by her person. She is very flexible and can play numerous roles while Platina is rigid and royalty and won’t become humiliated trying to make someone return back to her. If he denied her, he doesn’t worth it!

### **12.14 “As if taller”**

Her trait “thinks a lot of herself” can be expressed in the physical field as a strange sensation especially in advanced stages. While walking down the street she may feel “as if taller than others” around her or “as if other people and objects around her seem smaller”. Moreover, when in a state between sleep and awoken she may have the sensation that her body or parts of her body “become larger”. She may also feel numbness on her face or lips.

These aren’t illusions, delusions or hallucinations of a psychotic person because she knows that nothing has really changed and that this is just a weird sensation. You see, she is not losing it. These are but strange and extreme constitutional characteristics, nothing more, nothing less.

Palladium and Tarentula Hispanica may, at times, rarely, have similar sensations. A Cannabis Indica person may have the sensation that her head or hands become very large. Yet, in the case of Cannabis Indica this is in accordance with the hallucinating symptoms produced by the hashish intoxication in drug users.

### **12.15 Snobbish**

When Platina is provoked she usually becomes snobbish. You say something that disputes her worth and she overlooks at you like a Queen from her high throne and may say to herself and at times even to you: "How dare you, you poor creature/stupid/idiot/moron! You aren't worth my time and attention!" She will turn her back on you and refuse to deal with you or she may go away in a royal way, not retreating but ignoring you.

This differs from Lycopodium's reaction when insulted. When offended he may not answer or go away playing the role of the "cultured" and "superior" man who does not permit himself to behave "so low" or "like animals do". In fact this is an act of cowardice on his part while Platina will kill you softly with her depreciating look, turn her back to you and ignore you. She has no problem to fight with you, but you aren't worth it and that's what she tells you by her snobbish reaction.

In past eras, when royalties, upper classes and lower classes were the rule, such a behavior from a member of an upper class was quite often. The upper class member would say: "How dare you talk to a noble/Lady/member of the Clayton family like that! Who are you and with what right do you address me? I call you to order!" You see, he considered himself a nobleman, an aristocrat, a blue-blooded person and demanded to be treated accordingly.

Nowadays, things have changed, at least superficially. What counts more isn't royalty or nobility; what counts more is if you have money, social position, diplomas, success or fame. Therefore, any person that has the previous assets, if affected by the Platina Constitution, will become snobbish, depreciating and arrogant.

When Platina is greatly offended she erases you, deletes you; you are done for her; you no longer exist for her; you are past history! Even if you sincerely apologize to her nothing will change because she will not forget it. She may

say a cold, typical “Good Morning”, from time to time, but that’s it!

Not that she will bear a grudge like Valeriana. Platina considers it a waste of time and energy to deal with you even if it’s for the purpose of revenge; you simply don’t worth either her positive or her negative attention. She does not express maliciousness like Lachesis; she becomes arrogant, depreciating and snobbish.

### 12.16 Rigid

When angry, as a rule, she expresses her anger no matter what. It makes no difference if you are the Prime Minister, the Pope or God himself! She feels superior to you and she feels that it’s her natural right to take you down a peg.

Even if you are her boss and her job depends on you, even then, she will definitely find a way to answer back either being straight and insulting or by giving you that snobbish look. She is so rigid; she just can’t be flexible. She will say to you anything she has to say no matter the consequences. A “Queen” never submits; she’d rather prefer to have her head cut off. You can take my life but you can’t take my pride! I will die as a royalty would!

She may be a very successful executive in a large firm/public organization but if depreciated by her superiors and if she can’t change things she may quit just like that, throwing away money, position and fame. She will say to herself and others: “*They* are the ones to regret for not appreciating my contribution and worth! I was doing a great favor to them all these years working with them! If they can’t realize this then they are stupid and don’t worth my cooperation. There will be plenty of others that will appreciate my work!”

On the contrary, Lachesis is very flexible; she can act in a



great variety of ways in order to make the most of it. She may pretend to feel sorry for any possible mistake and “sincerely” apologize and even flatter her boss. If that doesn’t work she may start threatening for legal measures or that she will make a public ridicule of her superiors or of the company. She may threaten you that she will hunt you down until she gets revenge. She may employ complex intrigues only to achieve her goals and even employ any illegal or immoral actions in order to dominate. She is a very dangerous and efficient enemy and you have to be very careful not to get stubbed on the back.

Let me give you an example that shows her great flexibility and hypocrisy. A friend of mine after getting his medical diploma went to a hospital in order to become a specialized pediatrician. He seemed very young and was shy and didn’t wear any medical blouse. He happened to step on the recently mobbed wet floor and the nearby Lachesis cleaning woman became a real menace cursing and shouting: “Where do you think you are going you fool, you insensitive...” “I am so sorry” said my friend, “I am not a visitor, I am a doctor going to my office” “Oh my God! I am so sorry doctor... a thousand apologies, for God’s sake how on earth, did I spoke to you like that... I am so sorry!”

You see how flexible she can be in seconds! This isn’t the case with a Platina or with a Nux Vomica. Valeriana is a bit flexible due to her insecurity and ambitiousness but not Platina. She is very rigid no matter the consequences.

That’s the reason why, at times, you may see a woman who once was that great famous star and now that it’s all gone she refuses to accept it. She keeps accusing producers and directors for depreciating her talent and keeps living in the same luxurious way although she is bankrupt. She will wear her old fancy furs, will attend social events, wears outfits that don’t suit her age, will resort to meaningless or harmful plastic surgery and so on. All around her will shake their

heads and say to themselves: “How, on earth, did she end up like that?”

Platina is usually extrovert but not to the extremes. Why not be since she is so self-confident. Nevertheless, not everyone is worth hearing her personal problems; only a few close ones. At other times she believes that she has no problems at all simply because she feels so confident that she can handle anything.

### **12.17 The blonde “bimbo” or the smart “goddess”**

Platina is usually dressed like a Queen. She’s got taste, she is well informed about modern trends and fashion and she prefers expensive brand names and unique, fancy clothes. She is one of the best fans of “haute couture” and, of course, of “haute coiffure”. She takes extreme care of her hair and style. If she is beautiful and dresses like a Queen then she feels like a goddess or like a “femme fatale”.

Nevertheless, let me show you how a different, in fact a contrary phenotype of Platina can be developed. There’s this little beautiful girl who is affected by the syphilitic miasm and by the Platina Constitution. Her parents treat her all the time like a little princess. She grows up to a gorgeous “Barbie” teenager. She discovers that all girls around her are either jealous of her or want to be close friends with her only because she is the “Queen” of their school. She also discovers that all boys and men around her are willing to satisfy all her whims and worship her only to draw her attention and drive her to their bed.

So, why study hard? Why become cultured or hard working in order to gain success? She is already successful by doing nothing! Therefore, in the end, she becomes that stupid blonde “bimbo” who cares only about her body and external appearance and not at all about her mind. She will enter one shop after another, one beauty center after another,

one spa after another.

This is only one phenotype of Platina and not the most frequent. Nowadays, women tend not only to become beautiful but also to become successful and cultured. As a result, very often you will come across a Platina that is a very successful and beautiful businesswoman or a successful and cultured actress, painter, journalist and so on.

Never stick to a certain phenotype when bringing in mind any specific Constitutional Picture, especially when it's a syphilitic one. Always remember that there's one genotype and many phenotypes and that we always prescribe for the genotype! There is only one Primary Behavior, yet, many Secondary Behaviors.

### **12.18 Anything for the palace!**

Another phenotype of Platina is the beautiful woman that wants to live a high life being a member of high society so as to live rich and comfortably. She is willing to do anything to accomplish the latter. She simply wants a "palace" and a "throne" and will do anything for it! The deal is: "You've married a goddess and you have to provide her accordingly: goddesses live in palaces!"

She may have loved a mucho sycotic sportive guy but then "love isn't enough!" So she decides to marry that 20 years older, big-bellied, bold businessman only because he can provide her with whatever she wants. He will show her around the high society as his new "Porsche" and she will go around as the "Queen" living in a palace built only for her! Isn't that a business deal with mutual interest? Isn't it a "win-win" situation for both of them?

It doesn't matter if they are both unhappy in the end! Most of the times, it's not reality that matters but it's social

image that matters! It doesn't matter if in the end she will keep cheating on him with the mucho gym trainer, the golf instructor or the womanizer next door. And it doesn't matter if he will keep stocking her in order to find out if she is cheating on him!

What really matters is that she now has what she was dreaming of: a large, luxurious villa full of luxurious brand name furniture. Everything clean and in order! Not out of attachment to order like Nux Vomica. And not out of neatness in order to show off like Lachesis but simply out of vanity, out of social image.

Nux Vomica's house is a clean, tidy museum! Lachesis's house is a clean tidy temple of kirsch art! Platina's house is a chic palace! Pulsatilla's house is a romantic, fairy tale house. Sulphur's house is a dirty, untidy sheet-house. Arsenicum's house is a "do it my way" house. Lycopodium's house is full of cultured books and documentaries.

### **12.19 Her sole goal is to be the first one!**

Platina has one sole goal: to be the first one, the one and only, the top of the tops. The second position isn't enough for her. Only the first one is the successful; all others are simply "losers"! Therefore, she wants to be the most famous star, the top model, the top writer, the top businesswoman, the chairman, the first lady of her country, the shiny wife of the first businessman, the first lady of high society.

Do you remember the fairy tale with the Queen that asked her mirror every day "Who is the prettiest of them all?" If we stick only to vanity then this is a Platina case. If we add jealousy and maliciousness then this is a Lachesis case. Platina, under normal conditions, isn't malicious. She may become cruel, snobbish and irritable if disputed but she won't be malice per se like Lachesis.

-Do you mean to say that a pretty woman with style is a Platina? Isn't she clever?

-Platina, is usually clever enough regarding her genotype. Nevertheless, if she is raised in a family and in a society where external appearance is over-appreciated, then she may choose not to invest to her mental potential and may become that superficial blond "bimbo" as mentioned above. Why become the cultured and hard working person if she is already successful in another field without any effort of any sort?

You see, her genotype may be that of a very smart and able person but her phenotype may differ according to the conditions she was raised and according to her attitude and choices. We, humans, are the outcome of both miasms-constitutions on one hand and external conditions-individual choices on the other hand. I will stress once more that in the Classical Miasmatic Constitutional Diagnosis we prescribe according to the genotype/Primary Behavior.

Nevertheless, I also describe to you all the phenotypes of a Constitutional Picture so as to make you able to trace the underlying genotype. You see, appearances can be deceiving! You won't be deceived only if you search and find what's beneath appearances/Secondary Behavior.

## **12.20 Dread of wrinkles and ugliness**

Platina dreads aging! Why so? She isn't afraid of diseases or death so much. She may say that she is afraid of death grade 1 or 2 but only in the sense that death for her means the loss of existence and thus she won't be able to become more famous and more top of the tops as she vainly aspires. The real reason that she is afraid of aging is wrinkles and ugliness; the loss of her beauty. That's the most terrible thing that could happen to her!

Apart from that, in a lesser degree, she is also afraid of aging because of dependence to other people around her. That she will not be able to take care of herself and that she will be in the hands of others. Such a thing means loss of respect, exposure of weaknesses and loss of her bright image. What a shame! What a disgrace! What a fall from high above!

As I have told you, Platina is the best client of plastic surgeons. Nothing will stop her from “lifting” herself; neither money, nor extreme danger for her health. She’d rather die than being ugly! That’s the reason why so often you come across stars that do one plastic surgery after another, one dangerous treatment after another, dying of cancer in the end.

Some of them cannot accept the fact that they got old and ugly. They refuse to go public and insist on staying within closed doors. They even avoid looking at mirrors. They spent their day remembering good old times when they were beautiful. They amuse themselves writing their memoirs boasting about their beauty and charm at good old times.

## **12.21 Nymphomania**

Platina is usually considered a sexually “hot” person. When you have invested so much in your external appearance and beauty and when you use it as means of success and all men around you serve you only to have sex with you, then you tend to deal with this field a lot. You tend to become a woman with sex appeal and possibly a woman with a rich sexual life.

That doesn’t mean, of course, that you do enjoy sex a lot! When you aren’t a giving individual, when you are so vain and sex is an act of dominance then you may become non orgasmic. You tend to have incomplete saturation. Your mind

may be pleased but not your Physical and your Etheric Body!

That's the reason why so often in Materia Medica and Repertories Platina is described as nymphomaniac. It's a nymphomaniac state, resulting from a vicious circle that has as background lack of orgasm or incomplete orgasm. When we've described Medorrhinum we've talked about a similar phenomenon. Medorrhinum may become a "sex machine", a "rooster" getting laid all the time with any woman he meets, not because he is so much enjoying sex but because he has incomplete orgasm that leads to passion.

You see, sex is a holistic multilevel natural function including the Physical Body, the Etheric Body and the Soul. If there's an attachment only to one level then the result is incomplete saturation and passion. A "sex machine" Medorrhinum, simply "fucks" women without sufficient emotional participation. He isn't in love with his partners; he just fucks them, he is relieved from genitalia tension and his manly ego is pleased; he is reassured that he is such a "womanizer", such a "heart-breaker", such a mucho male!

A Platina "femme fatale" during the sexual act does not participate so much in the physical, etheric and emotional level because sex for her is but the reassurance of her great ego. She proves to herself and others that she is a "femme fatale" desirable by all men. This results to incomplete orgasm and nymphomania.

Have you ever seen those "hot" top models that are so not feminine, so plastic and as cold as a Barbie doll? They are presented as sex idols but they experience no real multilevel orgasm. They are Ice-Queens, cold and frigid, non-orgasmic, vain and emotionless. Complete and full orgasm requires the participation of all the human levels. And that's what Holistic Thinking is about. Homeopathy is a Holistic Therapeutic System, therefore, any kind of Homeopathy that doesn't have a holistic approach is not

Homeopathy! As simple as that!

## **12.22 Dominance and vanity instead of multilevel orgasm**

You see, when it comes to Platina, sex is an act of dominance and an act of confirmation of her worth. She may be dressed very “hot” and provocatively, she may have the body characteristics of a top model but that doesn’t mean that she is really hot, that she has intense desire for sex and intense multilevel orgasm.

If she got married to that Medorrhinum boorish butcher who married her only to boast to his friends that he “owns” that top model then things get tough and at times hilarious. I’ve seen such cases. The Medorrhinum husband says: “I want to fuck you right now!” and the Platina wife just spreads her legs apart and says: “Ok, but make sure you don’t make my hair a mess!” (laughs)

Once I had a very dominant woman Platina married to a submissive cultured Lycopodium. She demanded that during sex he should be flat on his back and still, while she sat on his penis, rocking back and forth until satisfied and then left him there unsatisfied! That’s but the female version of the common in past times, sycotic male “fucking” during which the woman was but a sexual object in the hands of the male: “I do it my way only to please myself and I don’t give a dime about you!”

-Well, what constitutions-individuals are really sexually hot?

-That’s a tricky question! If I answer this question then all present people will start choosing accordingly! (laughs) Maybe I should write a “Guide for “hot” mates!” (more laughs) I am joking, of course!

You see, it’s not as simple as that. Each person’s sexuality is different according to his miasmatic and constitutional



influences, according to his cultural level, his past experiences, his personal attitude and his general personality. For example, a woman Medorrhinum tends to be very “liberal” and has many, yet, superficial affairs.

A Natrum Muriaticum woman is very hot as desire is concerned and very giving to her companion but on the other hand she is very conservative regarding sex and is in favor of monogamy. A Valeriana woman is sexy and provocative in an unconventional way, still, she will bust your balls and exploit you before you get laid with her. And so on! Feel free to choose! Be my guest! (laughs)

You mustn't also forget that each one of us according to his miasmatic and constitutional influences is attracted to a certain kind of people of the opposite gender. For example, a Lycopodium man tends to be attracted by a Valeriana woman even if this isn't a suitable woman for him. Medorrhinum tends to be attracted by Platina women, etc.

What really matters is to overcome or smoothen at a certain degree, our miasmatic and constitutional tendencies so as not to be imbalanced. If you are imbalanced then you'll choose accordingly and you'll live accordingly! Always bear in mind that the constitutional and the miasmatic characteristics are but imbalances!

Bear, also, in mind that apart from the External Self of a person that is greatly influenced by his Miasmatic and Constitutional Influences, each individual has his Internal Self that is balanced and wise. Moreover, that each person has the gift of Free Will, i.e. he can choose to do the right thing or the wrong thing, the natural thing or the unnatural thing, the moral thing or the immoral one.

-Are Medorrhinum women rare or often?

-Not as frequent as men but still not rare.

-How's a Platina mother?

-They tend to be very strict and repressive but not as repressive as Lachesis mothers. Platina mothers are rigid; they can't stand any objections and they are very demanding; they demand from their child to be the first and not to be a "loser". If I am a Queen then my daughter must certainly be no less than a princess and my son no less than a prince.

She will buy the most expensive outfits for her children and will demand from them to participate and excel in high class sports like tennis, ballet, gymnastics, piano, etc. A mother Platina that has been beautiful but is now growing old and with wrinkles may even become antagonistic to the rising beauty of her own daughter.

Lachesis, Valeriana and Platina, in the order that are mentioned, are the most frequent female Constitutional Pictures of our modern syphilitic era, at least in modern developed western societies. This fact is in accordance with the dominance of women in our modern societies. Lycopodium, Sulphur and Phosphor, in the order that are mentioned, are the most frequent male Constitutional Pictures of our times. It's not accidental that they are all psoric, submissive, "good boys".

In modern developed societies women tend to be more dominant, ambitious and antagonistic and men tend to be more submissive. Social conditions define individuals and individuals define society. It's as simple as that!

# CHAPTER 13

## PHOSPHOR

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## **A. THE CONSTITUTIONAL DIAGRAM OF PHOSPHOR**

### **13.1 Psoric altruism with lack of moderation and lack of the ability of discrimination**

The Phosphor Constitutional Picture corresponds to the homonymous homeopathic medicine and element of the Periodic Table of Elements. Miasmatically it's a strange combination. He is sycotic as to his physical characteristics, temperament and expression, but as to his morality, ideas and emotions he is intensely psoric. While Medorrhinum is morally and socially indifferent, Phosphor is exactly the opposite; caring, sincere and altruistic.

His main Basic Passion is his attachment to a "sincere", psoric altruism but with lack of moderation and lack of the ability for discrimination between true and fake behavior. He is sycotic in expression, very social and open hearted, giving and altruistic; he may be grown up but he still has the heart and the expression of a "good innocent kid".

Let's examine these qualities one by one, in details. As said,

one of his main characteristics, in fact his essence, is his altruism. What kind of altruism is this? It couldn't be a syphilitic altruism. Syphilitic individuals are self-centered and care only for themselves. Could it be a sycotic altruism? No! A sycotic person cares only to have fun and is indifferent towards other people and society. He may stand up for his friends and even seem very brave and even lose his life in a fight against enemies but this has to do with his sycotic vanity. He wants to be considered as the mucho guy, the strong fearless man, the tough guy; it's not about others, it's about him.

Altruism is predominantly a psoric characteristic. If you have psoric altruistic ideals then you may have also altruistic behavior. Phosphor cares about all others: family, friends, colleagues, neighbors, fellow citizens, animals, plants, Nature, the whole humanity. He cares sincerely, honestly; he really believes in what he does. There's no primary and secondary behavior in his actions; *what you see is what you get!* He doesn't fake; he doesn't show off; he doesn't pretend.

He is deeply touched by people in need or by people facing problems; social and humanitarian matters have a great, deep impact on him. He is so easily moved; he is sentimental and sensitive; he is easily touched. It's a matter of heart and not a matter of mind; he isn't the intellectual guy like a Lycopodium or a Sulphur; he is emotional. He has a great heart; he is open hearted and good hearted; a noble guy; a pure guy; an innocent guy with good intentions. A grown up that, as his heart is concerned, remained a good kid.

A Phosphor kid really cares about his parents. Whenever he sees that they are upset or sad he empathizes with them; he is very compassionate. He is truly interested in what's going on and he will support them. If the cause of their sadness is financial problems then he will ask for toys no

more or he will not accept any more pocket money from his parents. He may even break that clay moneybox of his and offer his savings to his parents! He will share his toys and food with other kids, even strangers one. He will give money to the beggars, sincerely touched by their state.

A grown up Phosphor knows that most beggars are faking. Nevertheless, he can't help empathizing with them and may even give money no matter what. At times he will tell you in an angry tone of voice that "I never give money to them because I know that they are all crooks" but this only reveals his sensitivity because many times in the past he helped such people that finally proved to be frauds.

He is so upset and angry when it comes to injustice; he just can't tolerate it not only if it involves relatives and friends but even if it involves strangers. He will even get into a fight to support them, no matter what. Do you now see the combination of psoric idealism with sycotic strong expression! Well, that's Phosphor!

At this very point, any person is justified to wonder: "Why do you refer to the altruism of Phosphor as if being a miasmatic or constitutional characteristic? Haven't you insistently supported that all miasmatic and constitutional characteristics are imbalances and negative traits? So what's wrong and bad in being altruistic? Why not consider it one of his healthy, positive, natural virtues?"

Well, it's a very nice question, yet, I have a very nice answer, due to my clinical experience. It's not a healthy positive altruism; it's a psoric altruism that has no moderation and no discrimination! In fact, as Jesus said, you can judge any person by his actions in the same way that you can judge a tree by its fruits! This psoric altruism turns Phosphor into a gullible, easy victim in the hands of dominant, manipulating, syphilitic individuals.

Phosphor is the great victim of the syphilitic members of his

family, of his syphilitic friends, of his colleagues and of his fellow citizens. He is very gullible because due to his psoric intentions and ideals he believes in the motto: "Everyone is of good intentions until the opposite is proved". You see he judges from himself. He is sincere and honest and so must others be! Well, that's an individual belief, yet, it isn't reality; that's a wish but not a fact especially in the syphilitic era that we live in!

Thus, he just can't trace hypocritical behavior and intrigues. He believes in other people's declarations. He believes in other people and opens his heart and his house to all others. He is so giving but without any discrimination and moderation. And that is his weak point, his Achilles heel!

As a result, he has been fooled so many times that at times he tells you: "Unfortunately, doctor, there aren't any real friends nowadays!" If you ask him if he is gullible his immediate answer is "Yes, indeed!" Nevertheless, sometimes, he will tell you that he is mistrustful. If you go on asking him "Have you always been like that?" then he will reveal to you that he has always been gullible but he has so many times been fooled that now he tries to be mistrustful although he isn't good at it no matter how hard he tries to! As said before, although a grownup he still remains an innocent good kid believing in good intentions of others although he lives in a syphilitic society. When too much happen to him, his Autonomic Nervous System starts malfunctioning and he becomes very sensitive. His psoric altruism already in imbalance becomes even more pathological. He avoids watching the news or social documentaries because he is very upset with any injustice done anywhere around the world. His heart is too sensitive to see hungry people, sick people, the poor, crimes, natural disasters, wars, etc. He even avoids talking about such things because he is very touched and upset.

When in the Pathology Phase A (State of Clinical Health), he

likes talking about all these things and defending his beliefs. At this state he is psorically altruistic and very compassionate. But when deranged, when in Pathology Phase B or C then the previous traits become a well-grounded fear about diseases and an imbalanced oversensitivity regarding social matters. Can you now see how this seemingly positive quality of Phase A was turned into a clearly negative one at Phase B or C? It was imbalanced psoric altruism from the very beginning!

Let me briefly give you some more examples of this negative psoric "altruism": A Phosphor son is exploited by his syphilitic Lachesis mother who pretends to be the victim of her "insensitive" sycotic husband or "the victim of society". His syphilitic business partner exploits him letting him do all the tough work and even cheating money from him. His syphilitic boss takes advantage of his conscientiousness and industriousness and drives him to exhaustion. Close relatives or friends pretend to be the victims of society or unlucky or sick in order to get money and any kind of help from him.

### **13.2 Very social, pleasure seeker and cooperative**

He is very social. There's a Greek saying that suits Phosphor: "Can't be alone! Not even in Heaven!" He seeks for human contact as much as Pulsatilla and is only slightly less sentimental as she. He is the heart and soul of the company while Medorrhinum is the "dude", the "tough guy" or the "womanizer" of the company. The Sycotic Sulphur is the bubbler of a company. Lycopodium is the cultured, polite, intellectual personality of a company. Phosphor is the good boy, the pleasant guy, the cooperative guy, the one that brings all together with his caring and pleasant character.

He will try to cheer them up; to urge them to have fun but not in a rough or vulgar way like Medorrhinum. He will



combine food, drink and fun with his real interest on other's problems or on social problems. He is a team player and a positive one. He is not selfish; instead he is caring and cooperative and this is also true at work with his colleagues. He is extremely dutiful, industrious, honest, ready to serve, sincere and with good intentions.

Lycopodium is industrious because of his effort to create a good public image and because he is afraid of any criticism from his superiors and colleagues. Nux Vomica is industrious because she is extremely responsible and attached to order and systematic work. Natrum Muriaticum is industrious because she is responsible and because she is a psoric idealist. Phosphor is industrious due to dutifulness and honesty.

### **13.3 Extrovert and irascible**

His sycotic temperament makes him very social and, furthermore, makes him very extrovert and irascible. He is extrovert grade 2 or even 3; a little less than Pulsatilla who is the height of extroversion. He enjoys talking to people and even to strangers. A Phosphor kid will not hesitate even for a minute to go and speak to a new kid: "High, I am Tomas, would you like to play with me/us?" He does it for no selfish reason and without second thoughts.

He just has that positive attitude towards all people. He does it almost unconditionally. He has that psoric altruism to help all other people with no moderation and no discrimination. He is very compassionate and empathizes with all weak people and all people in need.

It's so easy for him to open his heart and talk to you even about his personal problems; he is so thirsty for human contact! When his health problems are the matter, then he is really dying to talk about it. He has that neurovegetative symptoms and talking to people about it makes him feel

better, makes him feel less fear. He seeks understanding and support, emotional support.

He is also very sycotic as to his irritability. He easily gets angry; he is very irascible. He will often express his anger intensely but then he is like a gale; he will easily get angry, burst intensely and then he is easily off; no hard feelings for anybody even if they did something bad to him. He is the forgiving guy; his forgiveness is so easy and so sincere. Despite his intensity of anger he won't beat people easily like Medorrhinum. What makes him angry? The things that make him angry are injustice from other people to him or others, social injustice, inhumanity, indifference, dishonesty, lies, ingratitude, irresponsibility and insensitivity.

### **13.4 How his psoric altruism causes the collapse of his Autonomic Nervous System**

Let me talk to you about a certain scenario. As said, Phosphor is a psoric altruist and empathizes with others around him a lot. So, try to think of this good guy living and working in a society full of injustice, antagonism, dominant people and crooks; he is not at all fit for this kind of society and I mean our syphilitic era. It's so difficult for him to stay honest, good and innocent and at the same time survive since he is so altruistic and the easy victim of syphilitic people.

There comes a time when situations overcome his limits. From Pathology Phase A of slight imbalance he slides to Phase B of clear imbalance. His Autonomic Nervous System collapses. Now, instead of being simply compassionate to others, he starts being very much affected by others. He doesn't want to hear about social problems, injustice or diseases. Not that he has become insensitive; quite the opposite. He became so sensitive and fragile that he can't stand it. He becomes the typical hypochondriac person.

At his previous state of Phase A, Phosphor already had a keen interest in health matters. He enjoyed reading about health matters and healthy nutrition; in fact, he often employed healthy attitudes. He also enjoyed talking to doctors and asking about Preventive Medicine and what one can do to improve his state of health.

A Phosphor kid whenever injured or when catching a cold is worried a lot and keeps asking about his symptoms; he is the kid that obeys the doctor's orders and even reminds his parents to do things as doctor ordered. He may have heard that sleeping on your left side burdens the heart function and since then he avoids sleeping on that side. Later on, when grown up, at Phase A, he is often the person who doesn't forget to do checkup regularly.

### **13.5 The typical likeable hypochondriac**

Yet, after too much stress, exertion and fright we come across the picture of Phase B. How can that happen? Let me illustrate. He may have experienced the stroke or heart attack of a friend or of a stranger or may simply have heard that George had such an incident although 35 years old. "Oh my God!" he will exclaim. "What are we? Nothing! A big zero! We are so fragile! One minute you are healthy and breathing and the next minute you are dead, just like that!"

Immediately after these thoughts or after a while, he starts having some weird symptoms: palpitation, heart ache and dizziness. "Oh my God!" he says to himself while a cold sweat covers his entire body. "Is it happening to me also? Am I having a heart attack at this very moment?" This is the very beginning of the vicious circle of the neurovegetative neurosis to follow. Anxiety brought out neurovegetative symptoms, these increased anxiety and then increased anxiety brought out more neurovegetative symptoms and so on.

He rushes to the nearest doctor or hospital to the emergencies department. He is absolutely sure that something very bad is happening to him. The doctor is his savior! He describes his symptoms anxiously, hurriedly, in details and horrified. "Oh please doctor, help me! Do any test you like, give me strong medicines, please, save me! Something pretty bad is happening to me!"

After completing all the diagnostic procedure, the usual statement of his allopathic doctor is: "I've done everything. You have nothing pathological! All tests are normal. You have nothing. It's in your mind! You are a hypochondriac patient!" Phosphor is so relieved! He thanks the doctor a lot and he tries to pull himself together.

But then, after minutes, hours or days, he has again the same symptoms or a bit different. His fears come back even stronger. He thinks: "The doctor must have been wrong. I have the same symptoms again. It's not all in my mind! I definitely have something and it must be something really bad if it insists". He rushes to the same doctor or to a different one. He presses the doctor to do more tests; new tests, new doctors, new symptoms, new worries, again symptoms and so on. Nobody can relieve him. Phosphor is wrong when he believes that something really bad is happening to him. On the other hand, the doctor is also wrong when he says to him "you have nothing". What is the meaning of the phrase "You have nothing pathological!" It may be that he has nothing pathological but that doesn't mean that he isn't sick. He may not be suffering mainly on the physical level but still he is suffering on the psychological level and to be more precise on the level of the Autonomic Nervous System.

The usual laboratory tests can trace only malfunctions of the physical level and not malfunctions of higher levels. Yet, for the allopathic doctor, if nothing has been traced on the physical level then the patient "has nothing" and the only

thing he can do is to give him sedatives or advise him to consult a psychiatrist.

The same attitude waits for him at home summarized in the phrase: "You have nothing! You are hypochondriac! It's all in your mind! Get over it, will you!" His wife, relatives and friends, all tell him the same thing, over and over again. That hurts him a lot and makes him angry. He says to himself and others: "How can you believe such a thing about me, that I am faking, that I do it on purpose! What's there for me to gain?"

He is so right to feel like that. He has been honest, sincere and hard working all his life. He has been straight and giving and never self-centered all his life. How is it possible for his own people that have known him for so long to believe that he has hidden intentions? That he is lazy, that he is after something else? He is so desperate! He keeps talking to all people about his symptoms in order to find comfort and solution. He surfs the Web to find out what's the matter with him; he even attends alternative doctors, herbalists or practitioners in seek of salvation.

Whenever he hears about diseases he is very much affected. He is not simply empathizing with our patients or feeling sorrow about them. He is afraid that he has the same problem or that he may develop it in the near future to come. He may even develop similar symptoms. He is mostly frightened by sudden severe diseases like heart attacks and strokes and less afraid of cancer or something chronic.

That's the reason why Phosphor is so "afraid of being alone". He wants someone by his side in order to talk to him about anything so as to forget his neurovegetative symptoms. If he is in the company of a doctor he is so happy and feels secure. Nevertheless, quite often, he avoids watching medical news or talking about such things because he is afraid that his symptoms may come back.

## 13.6 A Nature lover

Phosphor is mostly sensitive to cold but not to the extremes. Nevertheless, he enjoys cold water at grade 3, i.e. must drink cold water from the fridge even in winter. Phosphor kids want to leak ice cubes all the time.

He is such a Nature lover! He so much enjoys being out in the country. He is also a sports lover. Nevertheless, he isn't the champion guy because he isn't very ambitious or egoistic. He simply enjoys physical exercise and the contact with his body and with the elements of Nature: sun, air, sea, plants, animals, etc. At times a certain hobby may be his excuse in order to come in touch with Nature and friends. For example, he may become a hunter not for the sake of killing or for the sake of competition but for the sake of walking into the mountains, breathing fresh air, seeing the sunrise, physical exercise and, most of all, for the sake of meeting his pals.

He is usually a person with intense and frequent sexual desire. Although being very sycotic, nevertheless, due to his psoric ideas and morality he isn't just a shallow "sex machine" like Medorrhinum. He is emotional and sensitive. He easily has a crush on the opposite sex. He is a giving person; giving not only to his mate but also to all people around him. He is the sentimental guy and the responsible guy. That's the reason why he is often such a good family man; one of the best. And that's the reason why he is one of the best victims of syphilitic wives/husbands!

## 13.7 The Constitutional Diagram of Phosphor

### **Raw Material:**

The element Phosphor

### **Miasms:**

The main miasm of Phosphor is the psoric one that intensely influences his morality, his way of thinking, his emotions and behavior; it's responsible for his psoric altruism, honesty, sensitivity and giving tendency. The sycotic miasm, which is also strong, is responsible for his plethoric temperament, his irascibility, his social tendency and extroversion and for many of his physical characteristics.

### **Basic Passions:**

His main Basic Passion is his great attachment to his psoric altruism; an altruism characterized by the lack of moderation and discrimination of true and fake behaviors of others

### **Essence:**

Sycotic, social, gullible, sincere, giving, neurovegetative, sensitive psoric altruist with lack of moderation and discrimination; the good kid who is the easy victim of syphilitic people

### **Thinking:**

#### ***a. Spiritual Evolvement:***

His honesty, giving tendency, compassionate nature, positive disposition and psoric altruism can be great assets for his spiritual evolvement. Nevertheless, his psoric altruism is imbalanced, is an illusion, a constitutional characteristic because it's characterized by the lack of moderation and discrimination. This makes him the easy victim of syphilitic individuals thus making it difficult for him to evolve spiritually.

His sycotic tendency makes him have a very good relation with the Sensory Soul like Medorrhinum and this makes him pleasure seeker and having great desire for sex. Nevertheless, this tendency is controlled at a certain degree by his Intellectual and Conscience Soul due to his psoric

morality and way of thinking. His Individual Will is influenced by this External Will but at a great extent also by his Internal Will.

***b. Influences:***

Intense influence from the psoric miasm and secondarily from the sycotic miasm

***c. Stressful Conditions:***

Any reference to diseases, any physical symptoms like palpitation and heartache, injustice, lies, indifference, irresponsibility, inhumane behavior, social problems, natural disasters and ingratitude.

He is greatly influenced by Physical Thinking Stimuli that have to do with physical symptoms. He is also greatly influenced by Verbal and Conscience Thinking Stimuli. He has intense Energy Tuning with suffering people.

***d. General Characteristics of Intellectual Functions:***

Quick but not shallow thinking; tendency for attachment to fears about his health; immature thinking in the sense of gullibility and lack of discrimination between true and fake behavior.

***e. Mental Patterns:***

His main Mental Patterns are psoric and altruistic. He isn't self-centered; on the contrary, he is team-centered always thinking of himself as part of family and society. So, his mental patterns have to do with helping others, cooperation, peaceful co-existing, brotherhood, social justice, freedom, charity, dutifulness, humanitarian ideas, human contact, love for Nature and ecology. He is fan of honesty, dreamer of a better world and of a more humane society. He is intensely extrovert, expressive and social.

**Frequency:**



A frequent Constitutional Picture nowadays especially in stressed men; very frequent in good boys; not so frequent in women.

### **Emotions:**

When not greatly imbalanced as in Pathology Phase A, his General Mood is intensely positive and his main emotions are joy, intellectual love and intellectual calmness. At Pathology Phase B, the stage of neurovegetative imbalance, his General Mood is very low and he is suffering from neurovegetative fears, anger and sorrow.

In general, he is a very emotional and sensitive person, easily moved by other's problems. Being so sensitive and compassionate he has intense Intellectual Emotional Charge. Most of his emotions are Intellectual Emotions but when in Phase A, he is also characterized by quite many Conscience Emotions. His emotions have psoric qualities (deep, stable, sincere, unconditional, idealized) as well as sycotic qualities (extreme, changing all the time, easily expressed).

### **Behavior:**

Being psoric, honest, extrovert and positive to others he doesn't employ Secondary Behaviors. "What you see is what you get". Nevertheless, he is the easy victim of syphilitic people because he easily believes in their Secondary Behaviors.

His behavior is characterized by psoric altruism, compassion, giving disposition, sincere intentions, positive disposition, spirit of solidarity among colleagues, spirit of co-operation, sincere care about others, extroversion and expressiveness.

The Psoric miasm defines the content of his behavior, i.e. honesty, idealization, positive disposition, belief in positive ideologies, employment of psoric roles, politeness and

victimization. The Sycotic Miasm defines his expression, i.e. he is extrovert, expressive, cool, social, courageous, fighting, irascible and with a tendency for fun and material pleasures.

### ***Usual Roles:***

“Sensitive but smart and vivid kid”, “compassionate kid”, “caring kid that seems to be more mature than his age due to his social worrying”, “gullible idealist”, “true, innocent believer”, “merciful man”, “innocent, true fan of political parties”, “defender of those suffering from injustice”, “true patriot”, “the fan of the movements for a better world”.

Also: “good family man”, “loyal companion”, “lawful and caring citizen”, “spirit of solidarity among colleagues”, “dutiful, conscientious worker”, “likeable neurovegetative patient”, “best client of doctors and especially cardiologists”, “best client of labs”, “innocent Nature lover”, “fan of the true athletic spirit”, “animal friend”, “truly in love guy”.

### **Body:**

#### ***Usual physical predispositions:***

Anemia, hemorrhagic disposition, recurrent nosebleed especially in children, allergies, bronchitis, recurrent colds in children, caries of teeth.

#### ***Usual psychological predispositions:***

Neurovegetative disorders, anxiety neurosis, phobic neurosis

### **Relative Constitutional Pictures:**

Pulsatilla, Medorrhinum, Argentum Nitricum (as to the neurovegetative phobias only)

## **B. THE LECTURE ON PHOSPHOR**

### **13.8 Introduction**

The Phosphor Constitutional Picture corresponds to the homonymous homeopathic remedy and element of the Periodic Table of Elements. It's a frequent Constitutional Picture nowadays due to the modern stressful way of living that causes the Autonomic Nervous System to collapse and bring forward neurovegetative symptoms. Phosphor is the typical representative of neurovegetative patients but that doesn't mean that any such patient corresponds to Phosphor and only Phosphor.

I include Phosphor to the Phobic Family of Constitutional Pictures together with Argentum Nitricum, Arsenicum and Calcarea Carbonica. The above are the most frequent ones in the order mentioned. Secondarily, I also include more rare Constitutional Pictures like Aconitum, Causticum and Mancinella. Although Pulsatilla isn't a characteristically phobic individual, nevertheless, it must be described together with Phosphor because they have so many psychological characteristics in common.

He is psoric as to intentions, principles and morality, but, sycotic regarding physical characteristics and expression.

### **13.9 Pathology Phases A, B, C and D regarding balance**

There are four phases, four stages, regarding balance for any human being. Pathology Phase A can be called a slightly imbalanced or almost balanced state. In Allopathic Medicine a person at Pathology Phase A is described as "clinically healthy". We have no diseases and no symptoms at this phase. We have to do with a person and his personality and not with a patient and his disease.

Nevertheless, from the homeopathic point of view the person is influenced by certain miasms and constitutions and the experienced eye recognizes certain miasmatic and constitutional characteristics. We don't often see such cases at a medical office unless they come for preventive treatment. Phosphor can do that due to his tendency to worry about his health.

At Pathology Phase B we have a clearly detectable imbalance; the person becomes a patient suffering from symptoms; diseases are at their early stages. The patient usually does consult a doctor for his symptoms. At Pathology Phase C diseases have become severe or chronic and the organism is affected clearly as a whole. The patient's efficiency at work and in all fields of his life is seriously affected.

Pathology Phase D is the stage of complete chaos physically and psychologically; a total derangement of the system. Physically there's a derangement, a lack of coordination between the organic systems and one organ deranges another. Physical symptoms are intense and may be caused usually by hypofunction or more rarely by hyper-function of the organs and the organic systems. Psychologically, we usually have a state of apathy or more rarely a state of mania.

Diagnostically, in Homeopathic Diagnosis, Pathology Phase B is important because we have clear symptoms, many symptoms and most of all characteristic symptoms, i.e. symptoms that are characteristic of the constitution that influences our patient. Phase A is equally important because we have clear constitutional characteristics, i.e. personality characteristics. Nevertheless, when a patient in phase B comes to our office we can always draw information about his characteristics at phase A by asking his general physical and psychological characteristics when he is free of symptoms.

At Pathology Phase D, the symptoms are not characteristic and are mostly the same for most Constitutional Pictures due to the complete derangement of the organism. We have to do with advanced pathology rather than with constitutional symptoms.

At Pathology Phase C we may have different or even opposite symptoms than the one described in the most common state, that is, at Pathology Phase B. For example, an individual under the influence of a certain Constitution, is usually characterized by constipation at Phase B, yet, at Phase C, he may have diarrhea. A Pulsatilla patient while at Phase B is very extrovert and easily crying, at Phase C of advanced sadness, may become introvert and not crying. A great problem is that, most Materia Medica, include a *compilation* of symptoms from Pathology Phase B, C and D, all mixed together resulting to a confusing picture that has opposite symptoms. For example, apathy and mania, hypofunction and hyper-function, indifference and touchiness, desire for salt and aversion for salt, heat and cold, and so on.

This is because the writer of the Materia Medica hasn't got a clear picture in his mind of the essence of the Constitutional Picture and of the different Pathology Phases that this picture has. Therefore, what he does is simply lay down in accidental order or in areas of the body and mind, several symptoms without hierarchy and meaning. Well, that's not Science and Art! That's simply a compilation and a bibliographical report without any clinical value, not to say resulting to confusion.

The Classical Miasmatic Constitutional Materia Medica mainly describes Phase B of characteristic symptoms and Phase A of miasmatic and constitutional characteristics. There's always an emphasis on the general profile of the person when at the state of clinical health, i.e. Pathology Phase A. Whenever I mention symptoms that regard phase

C, I always make it clear that these are symptoms that refer to an advanced stage of the illness. I almost never include symptoms of Pathology Phase D because they aren't characteristic and they are of no importance to constitutional diagnosis.

### **13.10 The vivid, smart, compassionate, “good kid”**

Let's begin the description of Phosphor from Pathology Phase A and, furthermore, from his early childhood. What's a Phosphor kid like? He is the typical vivid, smart “good kid”. He is usually a boy and he is very vivid, even restless and full of energy. Although restless and vivid that doesn't mean that he is irritable, naughty, mean and stubborn like the child Cina, for example. On the contrary he is the easy-going kid, the innocent, good kid.

He has that childish innocence which most of the times, he carries with him intact into adulthood. Having all the above qualities makes him the “perfect” kid, the lovable and likeable kid, not only to other kids but to grownups also.

His mother tells you that he doesn't have a minute's rest; not for a single minute. From dusk to dawn he wants to play all the time even if he has gone to Elementary School and even if he is about to go to High School. Have you ever come across those 12 years old boys that have not yet started having crush on girls and the only thing that they care about is football, computer games, hanging around with other boys and doing childish things? There's a great chance that they are Phosphor kids.

Even as a grownup, sometimes even as an old man, Phosphor carries with him that innocence of childhood, that vivid playful nature, that love for sports and Nature. You can see him playing football or basketball at the age of 35 or 40 years with his pals, wearing their shorts every Sunday morning.

### **13.11 Extremely social and likeable**

He is the kid that has good intentions, extremely social and likeable. He will go towards any new kid nearby and tell him with a smile on his face: "Hi, I'm John. What's your name? Do you like to come and play with me and be friends?" Even before receiving any answer he will say: "Come on, hurry up; let's play!"

Being extremely social, not at all selfish and friendly, a good kid and a team player, he is very likeable and loveable by all other students, teachers and parents. Everybody knows him and calls him with his small name or nickname.

That doesn't mean that he is submissive, coward or not a fighter. If someone provokes him he will react and be very intense, even if the other kid is stronger. He won't be the one to start a fight but he will certainly not retreat if he is right. He won't be the tough guy or the wide boy like Medorrhinum, nor will he be revengeful. On the contrary he is very forgiving.

### **13.12 Like a gale when angry**

When angry, he is like a gale: irascible, easily turned on, shouts and expresses his anger intensely and then easily off! His anger lasts minutes and then his motto is "Pals again!" He forgets everything done to him and holds nothing back to others that have made him angry or even hurt him. He is very forgiving and good hearted. Medorrhinum is also like a gale when angry. Nevertheless, he is tougher, rougher, more violent and more selfish. He easily gets angry, is easily off, yet, he may not forgive you. He may become indifferent towards you or even erase you because he considers you a "jerk".

Platina, when angry or insulted may also erase you but it's a snobbish erasure. She looks down on you, considers you an

unworthy creature, a worm, and she believes that you are not any more worth her attention. She may say to you: "How dare you behave to me like that!" You see, no baboon or worm has the right to behave like that to a goddess/Queen!

Phosphor, as said, is very forgiving; he erases the incident and not the man. He may even regret for his anger even if he was right. He will say to himself: "I shouldn't have yelled to him like that even if I was right". He is so good hearted! That's why he is the easy victim of the syphilitic people. They make him feel bad for his behavior - even if it's a justified one - in an attempt to manipulate him and take advantage of his good intentions.

### **13.13 Pure, innocent, idealist and a fighter**

What makes him angry? Being very altruistic, caring and compassionate, he gets angry from any kind of injustice. Not only if it is directed towards him or his close ones but also if it's addressed towards strangers. He may become even angrier in such cases. He will stand up for the weak, the poor, the animals and any person that is attacked. In addition, he will react no matter what. Even if he is in danger of being beaten, even if there will be negative consequences. He just can't help it! He is so emotional and good hearted and so sycotic to rethink of it.

He is a true idealist and being very expressive will react intensely if other people around him are insulted. That's the reason why he can be that very good idealistic trade unionist fighting strongly for the rights of his co-workers. He will do anything in his powers to promote their common interests. Phosphor tendency is to say "we" and not "I". He will care about his family, friends, neighbors, society and the whole world.

His idealistic behavior does not originate from his mind as in



Lycopodium or as in Sulphur; it comes from his heart! The little kid Phosphor will ask his daddy with that thoughtful look on his face and with that sensitiveness in his heart: "Dad, why are there beggars?" What he really means is "Why should there be beggars? How on earth, do we, humans, allow such a thing to happen?"

It's a spontaneous, straightforward, innocent declaration. It's not a declaration that has to do with his image towards others - i.e. adopting the role of the "good kid" as a child and the image of the "cultured" as an adult, like, for example, in Lycopodium. And, certainly, it's not done so as to manipulate others as in the case of the syphilitic Lachesis individual.

### **13.14 Sensitive and compassionate**

Phosphor is the pure, innocent, honest altruist that really cares and is truly compassionate, psorically compassionate; psoric as to intentions, principles and ideas and sycotic as to expression. He will see a beggar for the first time in his life and he will ask his mother: "Mum, why is that man like that?" "He doesn't have any money, he is poor" "Then we must give him some!" He immediately takes his allowance out of his pocket and rushes to the beggar to give it to him.

You see, he truly cares. It's not that typical reaction resulting from the teachings of most mums to their little ones, nowadays "We ought to be compassionate and care about other people".

For example, a boy Medorrhinum, may occasionally as a kid tell his mother to give money to a poor beggar because he wants to gain a "bravo" for being a good kid as his mother told him to be. Nevertheless, this is a Secondary Behavior based on motive. Medorrhinum, if adult, may tell the beggar: "Go get yourself a job, you lazy stray dog and stop being a fraud."

Phosphor, on the contrary, is primarily compassionate and not secondarily due to culture. It's a constitutional tendency. He will rush to help his close ones, his neighbors and even strangers. That's why he is so likeable, loveable and popular at school and at his neighborhood as a kid. He will care about all others.

If a violent naughty kid harasses another, he will definitely stand up for the victim even if the victimizer angrily says to him: "Mind your own business!" Although he avoids fights he may even beat the offending kid in order to save the kid in need. He may even be beaten by a stronger kid in order to help others. He's got the courage and the big heart to do it.

### **13.15 The perfect victim of syphilitic people!**

This attitude of his, makes him quite popular and also quite the perfect victim of syphilitic people! He is gullible, of good intentions and altruistic... well he is so screwed! (laughs) He is asking for trouble! A Valeriana or Lachesis woman will pick him up and do whatever she likes: "Sit, Tom! Stand up, Tom! Shut up, Tom! Good dog!" (laughs)

If his mother is a Lachesis woman then he will make his life hard. I've seen a thousand times, that poor adult "good son" satisfying all the whims of his old mum, taking her here and there, to this and to that doctor, because she is "suffering so much" although there's nothing really wrong about her. She complains all the time that she is sick, that she is tired, that she is depressed, only to draw attention and to have things done her own way. She adopts that role, that Secondary Behavior of the "poor old suffering lady", the one who was the victim of her alcoholic, "good for nothing" husband.

So, she manipulates that good kid of hers and exploits him as if he were her butler. She also manipulates him as her soldier against the "brutal enemy", that is, against her

husband. Her son may be 45 years old, married, with children, obligations, demanding job and problems of his own, yet, despite all that, she manages to have him run here and there to satisfy her “needs”.

On top of that, he is so innocent that *he doesn't realize or doesn't want to believe* that his mother is exploiting him. Being sycotic, he does feel indignation a lot of times and expresses his anger. Even when he realizes what happens he may say: “What can I do? She is my mother, after all! She has sacrificed her whole life for me. I know that she is overacting but she does it out of “pathological” love for me... she doesn't want it... she's being through Hell in her life!” The problem is that he believes all these “bullshit” that his syphilitic mother tells him.

### **13.16 A great, sensitive, open, yet, gullible heart**

Phosphor is a man of duty. Not like Nux Vomica who is a person that believes that it's her duty to believe in duty! Her attitude has to do with her mind because she is very typical, very rational, very fond of order and organization and a great fan of rules and laws. It has nothing to do with emotion, with sentiment, with qualities of the heart. Phosphor is dutiful because of his great heart; he is an emotional, dutiful person.

For example, Lycopodium may help a beggar – not often – but he doesn't do it from his heart; he isn't compassionate or if he declares to be or seems to be, it's a matter of beliefs and ideology and not a matter of emotion. At other times, being very mistrustful he may say: “Most of the beggars are crooks or lazy people. My opinion is that we shouldn't help them because by helping them we contribute to the continuation of this parasitic phenomenon...” And he goes on giving you a sophisticated lecture about this theme that he has elaborated into his complex mind. It's as if he represents a political party and what he says to you is the

official policy of his political party! On the contrary, Phosphor, although he may have seen many things indicating that the beggar is probably a crook, even then, he will say: "What the heck! Never mind! I will help him!" His motto is "cast your bread upon the water". Note that he hasn't adopted this attitude after logical procedure. It's not a matter of the mind; it's again a matter of his heart. He has that imbalanced, constitutional tendency to help others, to empathize with others, no matter what. It's a tendency that lacks moderation and discrimination. That's why he is the perfect victim of beggars and crooks.

You ask Phosphor if he is gullible and if he has been fooled many times in his life and he tells you with that sparkling look: "Oh doctor! This is the story of my life! So many times I've sworn to change but in the end nothing changes! I try to be mean but it doesn't work!"

At times you may ask a Phosphor: "Are you gullible or mistrustful?" and he may answer that he is mistrustful, but, what he really means, is that he was primarily gullible, yet, being fooled a lot of times he now tries to be mistrustful although it's not an easy thing for him to do.

### **13.17 Not a single constitutional tendency/behavior is a result of free choice**

We have to be clear in Homeopathy. His altruism is not a result of free choice! Not a single constitutional tendency/behavior is a result of free choice, no matter how strong and characteristic it is! It's a matter of passion; it's an imbalance; an almost compulsive behavior; an automatic behavior. It doesn't matter if the patient/person projects several good excuses to sugarcoat his imbalanced tendency. It doesn't matter if he masks it with arguments, principles, beliefs or ideology. All these are but the mental mask of an existing primary passion.

It's like the alcoholic or drug addict who finds a thousand excuses to justify his passion. It's like the idealist communist of the western countries that projects a thousand excuses to justify what was happening in the communistic countries of the Soviet Union. Or the idealist democrat fan of the "American Democracy" and "the Free World" that sees only the good things and finds a thousand excuses for all bad things that happen in USA or that USA is doing to other small countries.

You see, the human mind, by nature, has this great capacity to fool itself! It's so smart in finding excuses when fooling others and so stupid when fooling itself. Well, that's the nature of the human mind, i.e. that's the nature of the Intellectual Soul, while the Conscience Soul is interested only in truth!

### **13.18 Projected Image/Secondary Behavior is one thing and Primary Behavior is another thing**

It's of outmost importance in Homeopathic Diagnosis not to confuse the projected image/Secondary Behavior of a person with his Primary Behavior, that is, with his intentions, weaknesses, passions, will, etc. that lie beneath the first one.

The psoric altruism of Phosphor isn't a result of free choice and free will; it's rather a passion, a compulsive behavior without any moderation and discrimination. It's an attachment. That's why it drives him towards victimization and suffering. Anything that makes us sick and unhappy involves an unnatural and wrong behavior; it involves a violation of the Universal Laws.

The differentiation between the Secondary and the Primary Behavior is essential especially when we have to do with syphilitic individuals. Moreover, we have to take in consideration that, nowadays, syphilitic people are the

majority.

It's a fact that many of the "Greek Mothers" that adopt the Secondary Behavior of "the good, sensitive mother that has a "pathological" love for her children", are in reality syphilitic Lachesis individuals that manipulate their children and husband with the sole aim of dominance. Their image towards others isn't but a mask; a suitable and convenient social mask. Such individuals may admit that they are "overprotective" in order to hide the fact that they are domineering. They may say that they have "a pathological love" for their children only to hide their repressive behavior. They pretend to be very sensitive only to hide their cold, carefully designed behavior.

Such Secondary Behaviors that are but hypocritical masks are quite often, nowadays. Let me give you some examples of Secondary Behaviors that could hide negative Primary Behaviors beneath a mask: "holly priest", "charitable rich woman", "the principal with the strict morality", "patriot politician", "poor sensitive guy", "cultured and civilized man", etc. That doesn't mean, of course, that beneath any of these Secondary Behaviors there's always a syphilitic person. Many times, even psoric people, tend to adopt social masks/images in order to cover their weaknesses, cowardice or psoric egoism. While a syphilitic person is fully aware of his masked action when it comes to a psoric person things aren't so clear. It's a semi-conscious masked behavior. At times, even if you try to explain to a psoric person that what he projects is but a mask it won't be easy for him to accept it. A psoric person tends to believe that he is sincere to others and to himself and, up to a point, he is right. Yet, many times he sugarcoats his weaknesses and egoism in order not to see them because he wants and needs to believe that he is "good" and "honest".

For example, it's very difficult for a Phosphor person to realize that what he calls "altruism" is but a compulsive

behavior and not his “good” self. It’s also very difficult for a Lycopodium subject to admit that his cultured polite behavior hides cowardice beneath it. It’s also quite hard for a Pulsatilla individual to realize that her “sensitivity” and “romantic tendency” are but imbalances and not positive qualities of her personality.

Sycotic individuals may adopt Secondary Behaviors/images that suit their tendency for fun and enjoyment of life; they project the image of the strong, vivid person, the image of the tough guy. It’s a rather spontaneous act not involving much awareness. Moreover, they are individuals that aren’t intellectual, tend to be superficial and don’t care much about explanations, theories and analysis.

Syphilitic individuals tend to adopt Secondary Behaviors/images deliberately, in order to achieve dominance and exploitation of others around them and they are very capable and effective. They tend to adopt positive social images that, most of the times, are opposite to their real tendencies and character.

For example, I am bad, yet, I pretend to be very good. I am a liar, but, I pretend to be very sincere, etc. They know what they are doing, they are aware of what they are doing and that’s why I say that they “pretend to be”. Nevertheless, if you do the mistake to tell them that you know what they are doing, then they feel exposed and get angry and they want to stop you at any cost.

So, I must repeat that this psoric “altruism” of Phosphor is a constitutional characteristic and not a product of free will, not a spiritual achievement of him. Yet, we mustn’t forget that phosphoric and psoric intentions and characteristics are clearly closer to natural and moral qualities than syphilitic intentions.

We must also realize that we tend to develop this and that miasmatic and constitutional picture according to our

actions in this and in previous lives and according to our present intentions. It's true that we are all influenced by miasms and constitutions during our lifetime. It's also true that miasms and constitutional pictures are imbalances.

We are all being boiled in the same cauldron in earthy Hell, yet, some of us are in the bottom of the cauldron and some on the surface of the boiling fluid. Only few, the ones that are "evaporated" get out of this boiling cauldron which is called Earthy Level. These are the "saints" that are "enlightened" and manage to overcome miasmatic and constitutional influences, i.e. the "demons" that we all carry within our body and within our Intellectual Soul.

Bear always in mind that whenever we talk about constitutional characteristics we always refer to an imbalance, to a negative trait. So, the psoric altruism of Phosphor is an imbalance. What really proves my allegations is the fact that this psoric altruism drives him to victimization and gradually to phobias!

A Phosphor individual tends to be the perfect business partner victim. He may have contributed much more than his partner in money and effort to set up a business, he may be doing all the work and in the end his partner finds a way to take full control of the already successful enterprise. He is also the perfect husband victim! She will have him rushing for all things all day long and in the end may cheat on him, divorce him, take control of the kids and of all their belongings and even after the divorce she will continue to exploit him "for the sake of their children". After all he has suffered, he may even forgive her!

-Are there women Phosphors?

-Yes, there are, but not so many. She has the same qualities but usually she is a little less expressive.



### 13.19 Extremely dutiful

He is also extremely dutiful. Even if he hasn't got a boss watching him all the time, yet, he will try to do things perfectly even if most of his colleagues do almost nothing. Sometimes, finding several excuses, they will even manage to pass to him part of their job. If he is a self-employed person he will try to catch up with the deadlines. If he is a technician, a plumber or an electrician he will try to do all things as they should be and won't ask for much money. In fact he finds it very difficult to ask for the money they owe him for a job he did and, many times, he even loses money due to this attitude. Being like that, he has much stress at work.

Being very psoric morally, he won't become a crook of any sort. He will try to be ok with everybody and typical to his obligations. That doesn't mean, of course, that he won't cheat the tax office. He isn't rigid like Nux Vomica who wants to be extremely typical and as she should be, yet, in a neurotic way. He isn't typical out of fear like Lycopodium. Living in a capitalistic system he will adjust up to a point. He will ask for more money in order to make a profit so as to cover his needs or he may bribe state employees in order to get a contract. Yet, even then, he won't be the ruthless businessman.

He is the great victim lender. He will easily lend money to others, even not close ones, out of compassion and out of difficulty to say "No". His wife will tell him: "What's the matter with you! We don't have money for our family and you've lent money to others?" So many times he has lent money and has lost it. Even then, he may say "Never mind! May God forgive him! He may have been really in great need!" You see, even when in rough times he is very optimistic. Nevertheless, it's true that a part of this "optimism" is but an excuse to cover his faults.

## 13.20 Clever and vivid

Phosphor is a very easy going person. His mother will tell you: "He is a very vivid, restless kid all the time, yet, he is a very good boy, a very easy going child that does not wear me off". He is, as a rule, a conscientious student.

Nevertheless, at the first years of the primary school he may not be what we usually call "a good student" because he is not yet mature enough for lessons and classrooms. His mind and heart are still engaged to games, playing, toys, nature and playgrounds. It's not easy for him to be restrained inside a classroom, sitting still on a desk and watching his teacher for so long without moving and playing. Not to say that our educational system is so boring and repressive!

He is a smart boy with quick thinking. Lycopodium is also a smart boy because he is very intellectual and able for complex connections; yet his thinking isn't quick. He is more the systematic thinking guy. Sulphur is also smart and intellectual but he is interested in specific fields like mathematics, inventions, computers, mysterious things, etc. All other things bore Sulphur to death and he may become a "bad" student just because he is lazy and easily bored.

Phosphor, as said, is usually conscientious. He wants to do all his homework in order to please his teacher, especially if he likes him. He loves his parents, brothers, relatives, his teacher, the priest, the neighbors, all people. He is the "good friendly boy"! But that doesn't mean that he isn't vivid, restless and sometimes may even be considered "naughty" especially by demanding mothers. He is so restless, so vivid and so full of energy, joy and playful mood.

Summarizing, in Pathology Phase A and especially in the case of a kid, the general characteristics of Phosphor are: vivid, restless, full of energy, quick, active, easy going, with good intentions, altruist, gullible, dutiful, compassionate, social and giving.

### **13.21 A special interest for health matters at Pathology Phase A**

Let's now talk about some of his general physical characteristics. Most of the times he is cold at grade 1 or 2; he may even be hot grade 1, yet, heat and cold aren't any important characteristics of him. Being very sycotic, he may sleep the way Medorrhinum does, i.e. on his belly. What's very characteristic of Phosphor is that he avoids sleeping on his left side, so as not to press his heart.

He has heard that pressing your heart isn't healthy, so at Pathology Phase A, even if he hasn't got all those neurovegetative symptoms and that great fear about his health, still, preventively, he avoids sleeping on his left side. At times, he will tell you that whenever he sleeps on his left side he cannot help hearing his heart's beat.

Phosphor kids are often very cooperative with the doctor. Moreover, if his mum says to him "That snack isn't good for your health and it will make you sick", although he craves it, he may try to avoid eating it. He may say to his mother: "I've got an aching belly/cough/fever. We should go to the doctor!" You see he is a bit worried about diseases even at Pathology Phase A.

You take him to the doctor, he sits and listens to what the doctor says and he will follow his orders. He is a very cooperative child with parents, teachers and doctors. He may also say to his mother: "Mum, it is three o'clock! Time to give me my medicine, as the doctor said!" or "Mum, my heart is ticking very loudly. Is something wrong with me?"

At times, if he doesn't want to go to that boring school or mean teacher he may say that he has an aching belly or say that he is sick. It's not a hysterical or syphilitic pretention. It has that childish quality. It's so clear that it isn't so, the minute he tells you, yet, he is so charming and likeable and childish that the only thing you could do is to smile, say

“OK” and pretend that you believe him. This is what we typically call “an innocent lie”, that is, a lie with innocent intention.

### **13.22 Tendency for ice-cold water**

He so much craves ice-cold water. Even in winter he drinks water only from the fridge. That’s what “desire for cold water grade 3” is about! Phosphor kids “steal” ice-cubes from the fridge to lick them inside their mouth until they have completely melted, even if their mums forbid it. He doesn’t show off about it or he doesn’t do it out of reaction to his strict mother. He just loves ice cold things and that’s why he also loves ice-creams even in the winter time. Be careful, not to confuse the desire for cold things with the desire for ice-creams because of their sweetness.

Some patients when asked if they like ice-cold water they say “No” meaning that they crave it but still they avoid it due to doctor’s orders because they catch colds easily or have a sensitive throat. In highlands, the tap water is very cold and a Phosphor individual needs not water from the fridge. Yet, he will let the tap open for a while so as to let ice-cold water from outdoors to run to his glass.

Only ice-cold water quenches Phosphor’s thirst and pleases him. Many patients say that they crave cold water from the fridge in summer time but this isn’t “desire cold water grade 3”, as in Phosphor.

### **13.23 Phase B: Neurovegetative symptoms**

Now let’s examine an adult Phosphor at Pathology Phase B, i.e. the Neurovegetative Phase. There will be two versions. The patient that was Phosphor during Phase A and now has progressed to Phase B and the person who was a Medorrhinum individual at Phase A and now has temporarily

changed to Phosphor at Phase B.

A Medorrhinum sycotic individual feels like “solid rock” and is usually a “solid rock” organism. He is unhealthy habits-resistant and stress-resistant. He has a great tendency for excesses of any kind: tobacco, alcohol, narcotics, unhealthy food, spices, sleeping late, sex, overwork, etc. Yet, after too much physical and psychological stress for too long and, at times, after a great stressful event, he collapses and starts having all those neurovegetative symptoms and fears about his health. He is so astonished and feels so not himself: “I don’t understand what’s happening to me. It’s as if I am a different person. I have never been afraid of anything and certainly not afraid of diseases. I never used to rush to doctors; in fact, I was very negligent about my health. But, now I make a fool of myself going to so many doctors and being so much afraid about my health. I just can’t get it!”

The first version of Phosphor progressing from Phase A to Phase B has the same neurovegetative symptoms and fears about his health at this Phase B, yet, on top of that he also has all those phosphoric characteristics that we’ve described. Moreover, he has, already, been worrying about his health even at Phase A. That is, he always took care of his health, he regularly did check-ups, has always been interested in hearing about health matters, etc. He was and still is that sensitive, altruist, social person with the psoric ideas and intentions and with the sycotic expression.

Moreover, the reasons for his collapse are quite different from those of the Medorrhinum individual. He used to be very industrious, dutiful, very giving and compassionate, the victim of many syphilitic people and then after some final stressful event he collapsed. His collapse was not a result of unhealthy life and excesses in fun, food and sex like in the case of the Medorrhinum individual.

### **13.24 The vicious circle of the Neurovegetative**

## Symptoms

Let me give you the neurovegetative picture of Phosphor. He rushes to my office like a torrent. "Doctor, I have this and that and that! What can you do about me? Please, help me! I went to this and that doctor but I still have the same symptoms. Mrs. X told me that you've cured her and I came right away to you. Please, do help me!"

Well, you see, being very gullible and sycotic and because he can't tolerate his symptoms, he goes from doctor to doctor and asks for an urgent appointment. He goes to the doctor in good faith, showing trust and he is full of hopes. If the doctor pays attention to him, deals with him thoroughly, comforts him and gives him hope, then he is the best doctor ever and if he is cured then he is grateful and in debt for life. It's a sincere gratitude.

You ask him: "How did your symptoms start? Did you experience any severe stress before that?" Then he usually tells you that he has been stressed for a long time and then that unexpected incident happened. A friend of him or a neighbor or a colleague had a heart attack and died. The moment he heard of it or after some days or weeks, he felt that awkward heartache, that oppression to his chest, that palpitation or that sudden dizziness.

He was so shocked! He said to himself: "Jesus Christ! What's this? Am I having a heart attack too?" From that time on his Odyssey began; and not only his Odyssey but also the Odyssey of his close ones and of his doctors.

### **13.25 Tests, doctors, again tests and more doctors!**

He rushes to the nearest doctor or to the emergencies of the nearest hospital. He is examined and many tests are carried out, even more than needed due to his persistent request. Finally, the doctor reaches a diagnosis: "My dear, you've got

nothing! All your organs are functioning well, in fact, quite well! You are a healthy person!”

“But, but... how’s that possible! I have all these terrible symptoms, I feel as if dying and you tell me that I have nothing at all? Please, doctor, do some more tests. I’ve heard that sometimes cardiograms aren’t so reliable. Why don’t you do an ultrasound or a CT scan to me? I will pay for any test needed!” The doctor hasn’t got any other choice but to proceed to a complete and extensive search although he believes that it’s not necessary. Nevertheless, he agrees most of the times, in order to help his patient relax.

Finally, he calls his patient back to his office: “My dear, John – you see, after so many tests and because Phosphor is a likeable person they became friends – you’ve got nothing pathological. The only thing you have is stress. Try to forget your symptoms and calm down” “You really mean that there’s nothing wrong with me? Ok! Thank God! It’s true that I was too stressed the last couple of months. Well, if you say so, I believe you. I’ll try to forget it. I will be Ok, won’t I be doctor?”

You see, Phosphor wants reassurance and consolation. “Don’t worry”, says the doctor, “you’re going to be fine. Take your medicines and you’re going to be fine!” He goes home relieved! He follows the treatment with sedatives or antidepressants and he is full of hopes.

But, then, just after leaving the doctor’s office or some hours or days later he has again those awful symptoms. “Oh my God!” he says! “Not again!” He immediately phones to his doctor. “Excuse me, doctor, for bothering you again, but I have the same symptoms. This time I also had a pain on my back and...” “Don’t worry! You’ll have to be patient. You may have these symptoms for some days or weeks until you get well. Don’t worry” “Well, Ok, doctor, if you say so... I’ll wait. Sorry again for troubling you. When shall I call you again?”

He tries hard to be patient because he doesn't want to become a burden to the doctor since he has been so nice to him... but then his symptoms keep coming back and often they keep changing form. So, he keeps calling again and again to his doctor in order to relieve his fears about his health. He also keeps pushing for new tests and frequent consultations.

Well, all the above make Phosphor the perfect victim of doctors that care only about money. They take advantage of his fears and of his gullible personality and keep earning money from his suffering; most of the times, he is driven to a lot of unnecessary tests and consultations.

### **13.26 Likeable and grateful**

Although he is a nuisance to the doctor, nevertheless, he is usually likeable and loveable because he is very friendly, open hearted and grateful like an innocent good kid. You do one good thing to him and he will do ten good things to you. He will be grateful for life and he will recommend to his doctor, as many patients as he can, if he gets well. But, even if he hasn't seen any results, he will still appreciate your concern if you have taken a good care of him. He may even tell you: "Never mind doctor, don't get upset that you didn't help me as much as you wanted to... I appreciate your concern".

He is truly grateful and out of gratitude to you and compassion to other suffering people if you cure him he will recommend a lot of patients to you. He may even accompany them to your office reassuring them in front of you that you are going to help them.

Lachesis is also a patient that, if cured, will recommend a lot of people to the doctor. Nevertheless, she will do it for another reason. She wants you to feel in debt to her so as to take good care of her and even charge her less. She won't



miss the opportunity to remind to you how many patients she has recommended to you: “Well doctor, I’ve sent you one more patient last week... up to now I’ve sent you half my town!” Can you see the difference between the psoric and the syphilitic miasm?

### **13.27 Thirsty for consolation and support**

If the doctor expresses indignation from Phosphor’s insecurity and does the usual mistake to say to him “For God’s sake! I’ve told you a hundred times that you have nothing... it’s all in your mind, you are a hypochondriac!” then he is deeply hurt and insulted. “What do you mean by that doctor? Do you mean to say that I lie, that I pretend? *I do feel all these symptoms* and they keep coming up, again and again! *I am not a liar!*” You see, he has been sincere, honest and hard working all his life. How can anyone say that he is a liar or that he pretends to be sick?

He is so disappointed! He will consult another doctor and if he, also, doesn’t believe him then he will go to another one and another one. And he will do one cardiogram after another! He says to himself: “Maybe at the time we did the previous ones it wasn’t the right time and perhaps this last one will show something and then I will know what the matter with me is and everyone around me will finally believe me that I am not pretending!” You see, it’s a vicious circle! He feels the symptoms, they make him anxious, anxiety causes more symptoms, his symptoms, in turn, cause more anxiety and so on.

If his loving wife is fed up with his symptoms she may say to him: “Enough is enough! I am fed up with your symptoms! We’ve seen a thousand doctors and they all tell you that you have nothing and that you have to get it out of your mind! Why don’t you forget it for God’s sake? I don’t want to hear one more word about it!” Then he is so disappointed, so hurt! There isn’t anything more terrible for him than to have

symptoms and not to be able to talk about it and receive a word of consolation, not even from his close ones!

When his symptoms are intense he is in despair. He wants to talk to others about his condition all the time. Not only to his close ones but to anyone around him that is a bit friendly even if he is a stranger. Very often, he will surf the net for hours trying desperately to find answers as to what is he suffering from and how it can be cured.

He will even try to do anything from his part in order to get over his symptoms like, for example, healthy diet, vitamins, herbs, yoga, analysis, etc. Being in despair he will try anything and that's one of the reasons why he is the best client of alternative therapeutic methods.

Phosphor is very upset by injustice, lies, exploitation of the weak, antisocial behavior, indifference and selfish behavior. Being intensely sycotic as to expression, he bursts his anger and reacts immediately. He is like a gale: easily gets angry, bursts intensely, easily off. While angry, he may hit his hand on the table or slam the door behind him just like a Medorrhinum individual. But, then, in a couple of minutes, he is easily off as if nothing had happened. He will say "Pals, again!" He even regrets for his outburst, even if he was right, and may even sincerely apologize.

### **13.28 Fond of Sports and Nature**

He likes the sea very much almost as much as Medorrhinum; and not only the sea but Nature in general. He may become a hunter not so much for the sake of hunting - he even feels sorry for killing animals - but for the sake of coming in contact with Nature, for the sake of physical exercise and for the sake of company.

He likes sports a lot and he exercises systematically. He prefers team sports like tennis, basketball and football

because he is the social guy and enjoys company a lot. He may be 45 years old, married and with two children, nevertheless, every Sunday morning he will wake up early and go to play football with his adult pals. He is also that typical pure fan of the football or basketball team for the love of the sport and for the spirit of friendly competition.

### **13.29 Extremely extrovert and social**

Being very sycotic as to expression, he is extremely extrovert and social; extrovert grade 2 or 3. He wants to talk about his personal problems in many people and he enjoys it; he enjoys human communication. Being very innocent and judging from himself, he won't take in consideration that other people may gossip about him or use his confessions to hurt him.

Well, that's one of his great constitutional weaknesses: he believes that others are as innocent as he is, he judges from himself and thus he is the easy victim of exploiters.

He so much enjoys consolation and support. Pulsatilla also wants consolation; she wants consolation grade 3; she is a complainer, yet, a likeable one; she is thirsty for attention, consolation and talk; she is easily moved by human contact and easily weeping. This is her Primary Behavior; it's not a Secondary Behavior like in the case of syphilitic Lachesis who pretends to be sensitive in order to manipulate and exploit others.

Pulsatilla is a genuinely sensitive, a truly sensitive person while Lachesis *pretends* to be sensitive. She is the good and sensitive Little Red Riding Hood of the fairy tale! Phosphor is almost as sensitive as Pulsatilla, yet, he will be a likeable complainer only at Phase B and mostly regarding his neurovegetative symptoms. Pulsatilla, on the other hand, does not develop neurovegetative symptoms and fear about her health so easily and characteristically. Pulsatilla is

predominantly a female constitutional picture while Phosphor is mostly a male one.

Phosphor is the typical social and good-hearted fellow that enjoys company a lot. In fact, he is “the heart and soul” of the party. He is a fan of the good wine, of food, fun and of getting together with other people. He is so giving and so pleasant in a company. Most of the times, he is a very good joker and certainly not the vulgar one like Sulphur or like Medorrhinum. He is the easy going individual, the one that brings people together; positive, friendly and, certainly, a team player. He is the entertainer of the company. He isn't so in order to show off; he is a natural at it.

### **13.30 Mostly afraid of symptoms, per se, and not so much afraid of disease or death**

As said, he is afraid about his health; he is afraid of diseases. He is not so much afraid of death. Arsenicum is very much afraid of death per se, because he is so egoistic and self-centered that death is for him the loss of existence, the loss of himself. Phosphor, on the other hand, isn't so much afraid of death or of the disease; he is mostly afraid of his symptoms; he feels very bad whenever he has them.

It's true that when he feels those “terrible” symptoms that he is afraid that he is having a heart attack or a stroke at this very moment, yet, it's not a clear fear of death as in Arsenicum or in Aconitum. These are very fine differences, yet very important. So, he feels awful during symptoms and when they are off, he is so worried that they may come back again. These symptoms spoil his whole life. Some Phosphor patients have said to me: “Oh doctor, I wish I had a gastric ulcer or even a more severe physical disease than what I have; it spoils my whole life; I've stopped enjoying my life!”

When it comes to diseases, Phosphor is afraid of something acute like a heart attack or a stroke; he is not so much

afraid of a chronic disease like cancer, for example. Calcarea Carbonica and Arsenicum are mostly afraid of cancer and death.

He is so compassionate and so easy to empathize with other people, even strangers; especially if they are sick. Nevertheless, it's not only a matter of compassion; it's also a matter of fear that he may have the same thing, he himself. That's how the vicious circle of neurovegetative symptoms begins.

He hears about those symptoms and, in minutes or hours or days, he starts feeling the same thing or something similar to it. He goes for tests and finds out that one certain test result is a bit off from normal range. He says to himself and others: "Oh my God! My glucose is 120! Am I diabetic? I must start healthy diet right away! I must consult a doctor and take medicines! I knew it, that something was wrong with me! My father also had diabetes after his 80's!"

### **13.31 Differential Diagnosis from other neurovegetative individuals**

Argentum Nitricum too, may suffer from neurovegetative symptoms and fear about his health, although not as often and not as intensely as Phosphor. Nevertheless, in the case of Argentum Nitricum it's not a fear about health, per se. It's clearly a compulsive state that involves also the field of health among other fields. Therefore, in order to do differential diagnosis we have to see if he has compulsions and fixed ideas in all other fields of his life.

We must always take in consideration the patient and the person as a whole and never focus on partial or isolated symptoms no matter how intense and characteristic they are. The whole is always more "characteristic" than the part because it refers to the "character", the personality, the constitutional picture of the individual. We must also take in

consideration the miasmatic identity of the person. For example, Arsenicum too, may develop neurovegetative symptoms and is, most of the times, even more worried about his health than Phosphor. Yet, there are distinct differences both at the parts and as a whole. Arsenicum is terrified in the possibility of an approaching death either due to aging or due to disease; he is afraid of the loss of his existence because he is an egoistic and syphilitic person.

He may even not admit that he is afraid of death. You have to dig it out of him indirectly. For example, although he says that he isn't afraid of death, yet he has gone to a lot of doctors and done too many tests. On top of that, he demanded for an urgent appointment. See how important non-verbal data are? Sometimes you ask him if he is afraid of death and he tells you "No", yet, his wife sitting next to him in the office makes signs to you shaking her head showing that he is afraid of death. Nevertheless, most of the times, he says that he is afraid about death.

Nevertheless, be careful! The most important data for differential diagnosis are not the isolated symptoms/Key-Notes but the man himself. Phosphor is a very likeable and loveable person despite his intense worrying about his health and the frequent phone calls for help. On the contrary, Arsenicum is a repulsive person, most of the times, due to his egoism, misery and arrogance. He may come to you frightened and asking for help and, despite that, he is mistrustful, critical, domineering and demanding. He thinks that he knows all things; he will express his stubborn opinion even in the medical field. He will tell you in that depreciating manner: "I've consulted that famous professor who is the top on his field and he told me this and that. What's your opinion about it and on what ground do you base it?" He demands from you to spend time with him and pay full attention to his case. He may even promise you more money if you deal with him exclusively although he is a very mean person when it comes to money. He treats

other people around him, doctors, wife, kids and employees as if they were his servants. That doesn't mean that he is rude or that he isn't typically polite.

When Phosphor has those troubling neurovegetative symptoms he is afraid of being alone. He wants company so as to talk about pleasant things in order to forget his symptoms. He wants human presence, human contact, support and consolation. Arsenicum, also, is afraid of being alone, yet, in a very different way.

He wants someone by his side, for example his wife, *in order to serve him* during his symptoms and to take him to the hospital if needed. He will say to his wife or nurse: "Bring me a cup of tea and don't be late! Where are my medicines? What have you done with it? Bring it here next to me and lay them in an order. I feel cold, what the hell got into you and you've opened the window... do you want to kill me!" He doesn't want to talk; it's better if you don't bother him at all. Just stay close or in the next room in case he needs you. And above all, do what he orders you, quickly and without any objections! Isn't that an egoistic and syphilitic behavior? Does it have anything to do with the friendly, warm behavior of the psoric-sycotic Phosphor? I don't think so! Argentum Nitricum is not as egoistic and as repulsive as Arsenicum yet it's not as likeable as Phosphor. He tends to be absorbed to his fixed ideas; he isn't very social and friendly; he may be very loquacious and quite often radiates a certain kind of misery. Therefore, in the spectrum of likeableness from top to bottom we have Pulsatilla, Phosphor, Argentum Nitricum and finally Arsenicum.

Pulsatilla may at times develop neurovegetative symptoms, yet not as often as Phosphor and a lot milder. For the purpose of differential diagnosis we have to take in consideration her whole constitutional picture. She is usually mild, very sensitive, weeping, talkative, friendly, romantic and very extrovert. Kali Arsenicum, Causticum and Mancinella may, at times, develop neurovegetative

symptoms and fear about health. Again we differentiate according to their whole constitutional picture.

Hysterical individuals like Liliun Tigrinum, Asafoetida, Cimicifuga, Moschus, Cyclamen and Cactus may also develop neurovegetative symptoms, among other symptoms. Nevertheless, they will also have plenty of hysterical symptoms and on top of that, a hysterical personality. Lycopodium and Sulphur may also, at times, develop neurovegetative symptoms and fear about health, yet, quite milder ones and less frequently.

From my experience whenever you come across neurovegetative symptoms first you have to think of Phosphor, Argentum Nitricum and Arsenicum and in that order.

### **13.32 Pathology Phase C: withdrawal**

Phosphor at Pathology Phase B when experiencing intense symptoms may not want to travel in distant or remote places for fear that if something happens to him he will be far away from doctors and hospitals. Arsenicum also has that for the same reason.

At Pathology Phase C, that is, after troubled for long from his symptoms and after losing any hope for cure, things change not only as to his symptoms but also as to his general condition and character. He becomes more introvert and less social. He stays at home and doesn't want to talk much even with his close ones. Despair and withdrawal have set in. But if you examine what preceded this phase you will clearly identify Phosphor.

### **13.33 The sensitive, hot lover!**

Phosphor is usually cold but not as cold as Arsenicum. He is often thirsty and always craves ice-cold water even from the fridge. Cold water even improves his stomach ailments but



only temporarily. As soon as it's warmed up inside his stomach he asks for cold water again. He also has hemorrhagic predisposition. Many Phosphor kids frequently suffer from nosebleed for no apparent reason.

Being very sycotic physically and as expression is concerned, he is very "hot" sexually in the sense that he has frequent and strong desire for sex and in the sense that he is very good in the act and enjoys it, a lot. Yet, he is not like a Medorrhinum individual who wants sex for the sake of sex or for the sake of confirming his manly abilities or showing off about it. Medorrhinum is quite superficial and not emotional in his affairs.

On the contrary, Phosphor is very sentimental and sensitive when it comes to affairs and sex. He definitely wants sex but mixed with a lot of emotion and love. That's the reason why he so easily has a crush on women and falls in love deeply and intensely. Nevertheless, that's one more field in which he is easily victimized by syphilitic people!

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# **SUMMARIES OF BOOKS**

## **1. INTRODUCTION TO THE HOMEOPATHIC MEDICINE**

Another boring medical book? Another lay out of boring, specialized, scientific information?

The author, deliberately, employs live lectures to the public, in order to introduce the reader, both to the Homeopathic Medicine and to the Holistic Thinking, in a fascinating way.

The main goal of this book is to stimulate the reader to develop the Holistic Thinking, himself, so as to give his own answers to crucial questions like: “Who, am I?” “Why, do I get ill?” “Why, I keep doing the same mistakes?” “Why, am I unhappy?” “How can I become healthy and happy?” “What Therapeutic System and what doctor, should I choose?”

Who, among us, hasn't found himself in the awkward position of attending many medical experts of the same specialty or of different Therapeutic Systems, just to hear a dozen of opinions?

Must, one, become a medical doctor in order to treat his health problems? Must, one, leave aside all medical experts? No. One, can choose to develop the Holistic Thinking in order to be able, himself, to judge each and every treatment proposed by any doctor practicing any Therapeutic System. The author “doesn't only give fish” to the reader. He “teaches him how to fish”!

## **2. HOMEOPATHIC MATERIA MEDICA**

Imagine that a certain Science has managed to identify and describe, in details, all the existing human personalities, all the existing human types: mode of thinking, special

emotions and mode of behavior; how, each personality, tends to behave in affairs, sexuality, family, politics, religion, profession, etc.; in addition, what kind of physical and psychological diseases, each personality, tends to develop.

Wouldn't that be wonderful!

Moreover, imagine that this identification has been done in an objective and scientific way. That is, not only through clinical observation, but, on top of that, through the scientific methodology of the Double Blind Trial. To add, imagine that this Science has succeeded in finding a way to minimize the extreme features of each personality, therefore, contributing to the prevention, as well as, to the cure of the above mentioned physical and psychological diseases, in the most harmless and natural way.

Well, this isn't some kind of imagination! This is a reality! It's the reality of the everyday clinical practice of the Homeopathic Medicine and, especially, of the Classical Miasmatic Constitutional Homeopathy, developed by the author. In the volumes of this book, the writer describes in a scientific, yet fascinating and simple way, the Constitutional Pictures that affect all of us. Would you like to know, in the deepest way, yourself, your companion, children, parents and friends? Then, you, definitely, must read this book!

### **3. HOMEOPATHIC CLINICAL CASES**

You have, probably, heard about Homeopathy. But, apart from theoretical information, what does "homeopathic treatment", really, stand for? The only way, for anyone, to experience this, is to visit a homeopathic doctor.

However, there's another way to do this, from the convenience of the couch of your living room! One can read this book that will place him, directly, into the office of the author during a homeopathic medical examination. He can have the chance to watch the full live conversation of the

homeopathic doctor with several patients. In addition, he can have the chance to find himself into the amphitheater where the author trains medical doctors watching the live full analysis of each case, step by step.

It's an amazing thing to be able to see how the Classical Miasmatic Constitutional Homeopathy, developed by the author, can interpret the full language of the body and mind of the patient. Moreover, not only of the patient, but, also, of the individual, viewed as a separate, unique personality.

How does a patient sit, how does he talk, what does he choose to wear, his body type, his diseases, his personal opinions about affairs and family, his emotions towards others, what makes him angry, how does he react to misfortunes, all the above and many more, can be interpreted and explained in a fascinating and, at the same time, scientific way by the experienced homeopathic doctor. This can be achieved only because Medicine is both a Science and an Art. Only because Homeopathic Medicine is a fascinating Science and Art!

#### **4. DIAGNOSIS AND TREATMENT OF ACUTE ILLNESSES**

During the last decades, the prevailing Allopathic Therapeutic System, has achieved spectacular cures in the field of Acute Illnesses by the employment of antibiotics, cortisone and other such powerful chemical drugs. Nevertheless, do we have to do with radical etiological cures or do we have to do with the temporary relief or suppression of the symptoms or of the disease, apart from the serious side effects that chemical drugs cause to the organism?

The three books that refer to the Acute Illnesses ("Diagnosis and Treatment", "Repertory" and "Materia Medica") show to the public, as well as, to the doctor, step by step, how the homeopathic doctor handles, diagnostically and therapeutically, all the usual Acute Illnesses of every day clinical practice.

The reader finds out that the homeopathic doctor can treat effectively, almost all Acute Illnesses. He, also finds out that, when needed, the homeopathic medical doctor, cooperates with all other colleagues, without any fanaticism and prejudice, for the welfare of his patient. The medical doctor-reader ascertains the strict, scientific methodology employed by the homeopathic doctor when handling Acute Illnesses, acting both as a medical doctor and as a homeopathic doctor.

The homeopathic doctor-reader is introduced to the new, easy to use and effective method of the Classical Miasmatic Constitutional Homeopathy and, especially, to its employment in Acute Illnesses. In addition, he acquires two very useful, diagnostic reference books: The Synoptic Modified Repertory of Acute Illnesses and the Synoptic Modified Materia Medica of Acute Illnesses.

One, will not have to memorize thousands of symptoms. Nor, will he depend on Computer Expert Systems. Within a few minutes, he can select, the most deep and similar to the patient, homeopathic remedy, therefore, achieving a quick and deep therapeutic result.

## **5. ORIGIN AND CAUSES OF ILLNESS**

Have you ever wondered why do we get ill? Does it only have to do with superficial causes (Provoking Factors), such as weather conditions, physical exertion, excesses, germs, unhealthy diet, etc.? Are, there, deeper Primary Causes?

Is it only a matter of Physical Heredity, i.e. a matter of DNA? Or is there such a thing as Psychological Heredity? And, what is more important? Heredity or the Environment? Is it a matter of Chance or is it a matter of Destiny?

Why one baby is born paralyzed or mentally retarded, in the midst of poverty and war, having bad parents, while another baby is born healthy and smart, in peaceful and prosperous

times, having loving parents? How come, three children are born in the same family, experiencing the same, more or less, parental love, yet, in terms of body type and personality, they are quite different, even opposite?

Homeopathic Medicine has discovered the Original Causes of Illness, i.e. the Miasmatic and Constitutional Influences. What are Miasms? What are Constitutions? How do they cause disorder and illness to our Body and Soul? How do they affect our thoughts, emotions and behavior? What is the complete Etiological Chain of Illness?

In this book, the author, analyzes, systematically, step by step, all Original Causes of Illness, as well as, all Provoking Factors. He tries to give answers employing the Holistic Thinking and the Universal Laws. His answers aren't absolute; they are, but, food for thought, for anyone, both scientists and the general public.

No one can treat anyone, if he isn't deeply aware of the Primary Causes of Illness and of the real nature of Man. As the French philosopher Voltaire, well put it, "Doctors prescribe drugs, for which they know some things, to diseases they know very few things, to Man, for which they know nothing at all!"

## **6. HOMEOPATHIC MEDICINE AND THE MIASMATIC THEORY**

Have you ever wondered why do we get ill? Does it only have to do with superficial causes (Provoking Factors), such as weather conditions, physical exertion, excesses, germs, unhealthy diet, etc.? Are, there, deeper Primary Causes?

Homeopathic Medicine has discovered the Original Causes of Illness, i.e. the Miasmatic Influences. What are Miasms? Why, each person, is born with different Miasmatic Influences? Is it a matter of Chance or is it a matter of Destiny? How, do Miasms, cause disorder and Illness to our Body and Mind? How do they affect our thoughts, emotions

and behavior?

The author describes, in details, the characteristics of the Psoric person (dominance of the Psoric Miasm), the Sycotic Person (dominance of the Sycotic Miasm) and the Syphilitic Person (dominance of the Syphilitic Miasm) as to thoughts, emotions and behavior in all fields of life.

It's more than certain, that while reading these descriptions, you'll discover psoric, sycotic and syphilitic characteristics of your companions, parents, children and all others around you. In addition, you'll be able to interpret, understand and even predict, their general behavior. And that is an amazing thing!

Moreover, you'll be able to become more conscious and aware of your own behavior. I won't, any more, appear to be inexplicable and controversial. And that is a magical thing! The doctor-reader, especially the homeopathic doctor, will acquire a deep and powerful knowledge that will help him proceed to the Miasmatic Diagnosis of his patient according to the Classical Miasmatic Constitutional Homeopathy, developed by the author. This will free him from the bonds of Mechanical Methods of homeopathic diagnosis, like, for example, Repertorising, Key-Note Prescribing and Computer Expert Systems. The above methods, compared to the Classical Miasmatic Constitutional Diagnosis are more superficial and less effective therapeutically.

## **7. CLASSICAL MIASMATIC CONSTITUTIONAL HOMEOPATHY**

Are there many Schools in Homeopathy? Why? Which is the correct one? How can, one, judge, objectively and with validity, any Homeopathic School? How can he, also, judge, objectively and with validity, any Therapeutic System?

Suppression of symptoms or Etiological Treatment? Treatment of the local disease or treatment of the individual as a whole? Treatment only of the Acute Illnesses or



treatment of the Chronic Predispositions of the individual?  
Treatment or Prevention?

What about all those contemporary Schools of Homeopathy? Is, Clinical Homeopathy (disease oriented), true Homeopathy? Is Complex Homeopathy, true Homeopathy? What about Repertorising, Key-Note Prescribing and Computer Expert Systems? Why the author considers the previous three Mechanical Diagnostic Methods, as less effective? Why, they can't affect the Chronic Predispositions of the individual?

What innovations characterize the Classical Miasmatic Constitutional Homeopathy, developed by the author? Why, don't, most Proving Pictures, correspond to naturally existing Clinical Pictures/Homeopathic Remedies? What's Miasmatic Diagnosis? What's Constitutional Diagnosis? What's the difference between Primary and Secondary Behavior? What's Non-Verbal Information? What are the Pathology Phases?

The author supports that the Classical Miasmatic Constitutional Homeopathy is the most interesting, deep and effective method of diagnosis and treatment, because it's founded on the Holistic Thinking and on the Universal and Homeopathic Laws.

## **8. HOMEOPATHIC CASE TAKING**

A patient enters the doctor's office. The homeopathic doctor proceeds to the Usual Medical Case Taking: "What are your present and past diseases?" "What diseases did your parents suffered, from?" Then, follows the clinical examination and the biochemical and paraclinical tests. In the end, he reaches to the diagnosis of the main current disease of the patient.

Nevertheless, this isn't enough. He goes on with the Homeopathic Case Taking which has to do, not only with the

patient but, also, with the personality of the unique individual that he has in front of him. Is he introvert or extrovert? Does he easily get angry? Does he express his anger? What annoys him regarding affair, family and others? What fears does he have? What are his dreams and desires? How does he behave to his companion, to his family and to others? Is he hot or cold? What are his cravings and aversions as to food and tastes?

All these and many other, are of use to the homeopathic doctor, in order to decide about his patient's Constitutional Picture, i.e. about his personality, both physically and psychologically. Then he will prescribe that homeopathic remedy which is most similar to the patient's present Constitutional Picture.

In the Classical Miasmatic Constitutional Homeopathy, developed by the author, the doctor focuses more on the characteristics of the individual during the State of Clinical Health and less on the symptoms during the State of Acute Illness, for the purpose of reaching full similarity. Moreover, he considers hierarchically more important the following: miasmatic characteristics, psychological characteristics, "essence", non-verbal behavior, general physical characteristics.

## **9. A THOUSAND AND ONE MEDICAL ILLUSIONS**

The French philosopher Voltaire, once, said: "Doctors prescribe drugs, for which they know some things, to diseases they know very few things, to Man, for which they know nothing at all!"

Unfortunately, nowadays, every single year, dozens of chemical drugs are withdrawn from the pharmacies, as being dangerous or ineffective, although they were considered not dangerous and effective, after years of laboratory and clinical research. What's wrong? The author supports that the problem isn't the Medical Science, per se.

The real problem is the absolute prevalence of the Allopathic Therapeutic System as the only scientific, official and orthodox one and the identification of the Medical Science with the Chemical Treatment. Allopathy has imposed the Materialistic Thinking and the view of Man only as a material organism and not as a complex, multilevel psychosomatic whole.

Since many years, most other Sciences, like Physics, Chemistry and Mathematics have adopted the idea that the Universe is primarily of Energy nature and, therefore, are strictly founded on Natural Laws that govern both the Energy and the Material Level.

Unfortunately, the Allopathic Therapeutic System denies the existence of the Energy Level of Man and downgrades his Soul, viewing it only as “brain functions”. Allopathy has “chopped” Man into little, separated, irrelevant pieces. It has given the Spirit to priests, the Soul to psychologists and the Body to doctors. In addition, it has “chopped” the Body to organic systems rendering the skin to dermatologists, the heart to cardiologists, and so on. It focuses on the part, thus losing sight of the whole!

As if this wasn't enough, Allopathy declared all other Therapeutic Systems as non-scientific and as unorthodox, banning them from Academic Medicine. No other Science, apart from Medicine, is divided into “official” and “unofficial”, “orthodox” and “unorthodox”, “ordinary” and “alternative”, “main” and “complementary”. According to the author, the contemporary “thousand and one medical illusions” are, mostly, due to the fact that the prevailing Allopathic Therapeutic System is not founded on any Medical Laws originating from the Universal Laws, unlike other Sciences.

The author, making use of his long clinical experience, examines most diseases from all Organic Systems, revealing numerous medical illusions, based all the time on the

Holistic Thinking and on the Universal Laws.

### **10. REPERTORY OF ACUTE ILLNESSES**

During the last decades, the prevailing Allopathic Therapeutic System, has achieved spectacular cures in the field of Acute Illnesses by the employment of antibiotics, cortisone and other such powerful chemical drugs. Nevertheless, do we have to do with radical etiological cures or do we have to do with the temporary relief or suppression of the symptoms or of the disease, apart from the serious side effects that chemical drugs cause to the organism?

The three books that refer to the Acute Illnesses (“Diagnosis and Treatment”, “Repertory” and “Materia Medica”) show to the public, as well as, to the doctor, step by step, how the homeopathic doctor handles, diagnostically and therapeutically, all the usual Acute Illnesses of every day clinical practice.

The reader finds out that the homeopathic doctor can treat effectively, almost all Acute Illnesses. He, also finds out that, when needed, the homeopathic medical doctor, cooperates with all other colleagues, without any fanaticism and prejudice, for the welfare of his patient.

The medical doctor-reader ascertains the strict, scientific methodology employed by the homeopathic doctor when handling Acute Illnesses, acting both as a medical doctor and as a homeopathic doctor.

The homeopathic doctor-reader is introduced to the new, easy to use and effective method of the Classical Miasmatic Constitutional Homeopathy and, especially, to its employment in Acute Illnesses. In addition, he acquires two very useful, diagnostic reference books: The Synoptic Modified Repertory of Acute Illnesses and the Synoptic Modified Materia Medica of Acute Illnesses.

One, will not have to memorize thousands of symptoms. Nor, will he depend on Computer Expert Systems. Within a few minutes, he can select, the most deep and similar to the patient, homeopathic remedy, therefore, achieving a quick and deep therapeutic result.

## **11. MATERIA MEDICA OF ACUTE ILLNESSES**

During the last decades, the prevailing Allopathic Therapeutic System, has achieved spectacular cures in the field of Acute Illnesses by the employment of antibiotics, cortisone and other such powerful chemical drugs. Nevertheless, do we have to do with radical etiological cures or do we have to do with the temporary relief or suppression of the symptoms or of the disease, apart from the serious side effects that chemical drugs cause to the organism?

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## **12. HOMEOPATHIC TREATMENT**

Half of the cure in Homeopathy, is to choose, the each time, most similar to the patient, homeopathic remedy. The other half, is to follow closely the patient's course, interpret correctly his ups and downs, his, each time needs, and interfere, when needed, in the most correct way.

In the same way that the Classical Miasmatic Constitutional Homeopathy, developed by the author, employs strict laws in order to reach a correct diagnosis, in the same way it employs strict laws in treatment. The Homeopathic Laws provide the doctor with the necessary strict criteria in order to judge, objectively, how the patient responded to the treatment (Follow up) and what he must now do (Second Prescription).

This book about the incidents during the homeopathic treatment, gives valuable answers to critical questions like the following: "What do I do when the patient is the same or worse after the first prescription?" "Are there any kind of side-effects in Homeopathy?" "What are the strict criteria in order to decide whether an aggravation of the patient's condition is, indeed, a Therapeutic Aggravation?"

"What is a Pharmaceutical Proving? How can it take place and how must it be dealt with?" "How do I choose the correct potency of the homeopathic remedy?" "How do I deal with Acute Illnesses that appear during the course of a chronic homeopathic treatment?" "Can Homeopathy be

combined with other treatments?” “When do I employ a Parallel Treatment?” “Why must, a homeopath, definitely, be a medical doctor?”

### **13. CLASSICAL HOMEOPATHY E-LEARNING**

Is there, a complete E-Learning Course, able to take a medical doctor, dentist or veterinarian by the hand and lead him from zero knowledge to a deep introduction into the Classical Homeopathy?

The answer is “yes”! This E-Learning Course is the outcome of dozens of years of teaching and clinical practice of the author. It was designed according to the Holistic Thinking and according to the Universal Laws, both of which are the foundations of the Classical Miasmatic Constitutional Homeopathy, developed by the author.

What is the “essence” of this method? What makes it unique, functional and effective in therapeutic action? It’s the focus on the identification of the doctor, in his mind and heart, of the holistic Miasmatic and Constitutional Pictures!

Why is it possible for anyone to talk for hours, without any kind of notes, about his close ones, describing them in full details, even predicting of how they will react in this or that situation? It’s because he has identified the picture of the beloved person inside his mind, not by memorizing hundreds of partial information, but by focusing on the “essence” and on the whole. It’s, also, because he hasn’t only used his mind, but instead he has used his heart and his whole existence.

Man, by nature, tends to function in a holistic way and so does his brain and heart. Mechanical, Materialistic Thinking employed by the usual Educational System, spoils this natural holistic way of learning and acting.

Well, since the Classical Miasmatic Constitutional

Homeopathy employs the Holistic Thinking in clinical practice, it could not but employ it also in teaching. This revolutionary method refuses to focus on memorizing isolated symptoms, no matter how important they may be, like in the case of the Mechanical Methods of Repertorising, Key-Note Prescribing or Computer Expert System. The Classical Miasmatic Constitutional Materia Medica helps the doctor identify in his mind and heart the holistic Miasmatic and Constitutional Pictures of people, not only during the State of Acute Illness, but, mainly during the State of Clinical Health.

This E-Learning Course is based on 14 books of the author and on dozens of videotaped lessons. It includes Questions and Tasks for self-evaluation. The whole Course can be completed with indirect clinical practice by attending the Athens Four Seasons School or by watching the relevant uploaded videos. The latter consists of live case taking and case presentations.

This Course is also very useful to homeopathic doctors that practice the usual methods of homeopathic prescribing. It gives them, a complete, from scratch, new approach to Classical Homeopathy. An approach that leads not only to the treatment of Acute Illnesses but to the radical cure of the Chronic Predispositions of the patient. Without any need of bulgy Repertories, Computer Programs or “experts”, it transforms the doctor into an independent scientist and clinical doctor that has mastered the Holistic Thinking, therefore, able to handle any clinical situation, no matter how complex.