

Athos Othonos M.D.

HOMEOPATHY
MATERIA MEDICA vol. 4

HOLISTIC MEDICINE

Athos Othonos
Homeopathic Medical Doctor

HOMEOPATHY: MATERIA MEDICA VOL. 4

Constitutional Pictures of Pulsatilla, Calcarea Carbonica, Arsenicum, Aconitum, Mancinella, Ignatia, Sepia, Silica, Lilium Tigrinum, Asafoetida, Moschus, Cimicifuga, Nux Vomica, Psorinum, Hyoscyamus, Stramonium, Cannabis Indica, Tarentula Hispanica, Palladium and 14 less frequent ones

HOLISTIC MEDICINE

Find the author's books on the website www.homeomed.gr

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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

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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.

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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

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 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 wright 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 wright 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 14

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A. HIERARCHICAL DESCRIPTION

14.1 Great emotional attachment to her close ones

Pulsatilla is a constitutional picture very close to Phosphor. They are both psoric as to moral values and psychological tendencies, yet, sycotic as to expression and physical characteristics. Nevertheless, they differ regarding Basic Passions. Phosphor is more attached to a psoric kind of altruism that has no moderation, while Pulsatilla is

emotionally greatly attached to her close ones and, moreover, at a lower degree, she is attached to certain ideas and material things.

Her essence can be identified as a psoric-sycotic, romantic, sensitive, emotional and loveably complaining woman; she is an easily weeping woman with good intentions who is emotionally greatly attached to her close ones dealing all the time with little everyday things.

It's time to analyze, one by one, her main characteristics starting from her emotional attachment to her close ones. There are many other constitutional pictures which have to do with individuals who are attached to their close ones; yet, each one is attached in their own unique way.

A Natrum Muriaticum woman, for example, tends to be psorically attached to only a few and strictly selected people. Nevertheless, when this happens, she is very giving and greatly attached. It's an intense, absolute, idealized psoric relation characterized by exclusiveness and expectance of mutuality. On the other hand, Lachesis is characterized by a syphilitic, domineering attachment to her close ones. She isn't interested in emotional communication like Pulsatilla, or in emotional mutual giving like Natrum Muriaticum; she is simply interested in dominating over her close ones since she is intensely syphilitic. Pulsatilla, being psoric as to moral values, is emotionally and romantically attached to her close ones. Her attachment is characterized by idealization; she has lost all contact with the "cruel" reality. For example, she keeps having the same romantic love for her son although he has grown up to become a tough scamp. He will always be her "little baby", no matter what! She tends to find silly excuses for his behavior even when he is behaving with cruelty and insensitiveness. She may say, "He is a little bit naughty since he had a tough childhood because of his irritable father".

Another example: she may adore her indifferent, alcoholic,

good-for-nothing husband although she suffers from his behavior towards her. She insists on having an idealized picture of him inside her mind and heart just because he is “her husband”. You see, in her mind, she got in love with him, got married and has a loving family. She may be suffering from his insensitive behavior, yet, she often says to herself and to others, “Deep down, he is a very nice man”. She tends to sugarcoat the pill by saying, “He is so tired because of working hard” or “His parents used to be too hard on him and he didn’t get the love he needed”.

Pulsatilla tends to have her head in the clouds! She creates inside her mind an imaginary romantic world: beautiful, happy, moral, sensitive and idealized. She wants to live in this romantic, imaginary world and not in the cruel real world. Natrum Muriaticum, also tends to live in her own psoric and idealized world. It’s a world of morality, honesty, decency, exclusiveness, mutuality, the world of decent moral knights. On the other hand, Pulsatilla’s world is full of beauty, romantic sunsets, romantic love songs, romantic outfits, polite manners, romantic and sensitive poets, romantic art and flowers. She is longing for that beautiful, courageous knight who is riding a beautiful white horse! He surely will come to marry her in a beautiful spring morning!

14.2 Plethoric and changeable emotions

As mentioned before, her attachment is psoric and emotional although her expression is sycotic. Her emotions are plethoric, intense and easily changeable. Kent describes her as being, “as fickle as the wind”. But the word “fickle” isn’t the right one because it has a negative meaning; it usually refers to an unreasonable, unpredicted and spoiled person. My opinion is that “fickle” suits better to a Valeriana spoiled individual and not to a romantic, emotional Pulsatilla person.

Pulsatilla is so emotional and romantic that she can easily

be hurt even by little things. She is easily hurt, upset and worried, even in seconds. But, a special characteristic of her is that as easily as she feels sorrow, quite easily she feels joy, as well. You treat her rudely and she may cry and then, you treat her nicely and, in seconds, she can be laughing. Her mood is very easily changed by little things that have to do with emotions and romance.

“Laughter mixed with tears” is indeed an expression made up for Pulsatilla! It’s a genuine psoric-sycotic behavior and not a syphilitic one or a hysterical one! She isn’t faking; it’s not a Secondary Behavior. It’s a genuine Primary Behavior that originates from intense psoric ideals and equally intense, sycotic expression.

The etiological chain that lies beneath this final behavior is: psoric and romantic ideals → attachment to her close ones and to little everyday things → changeable thoughts or emotions → unstable and sensitive behavior.

14.3 The overprotective, oversensitive, good housewife and mother

As said, Pulsatilla becomes sad and worried by trivial things; for example, her son hasn’t eaten all his food and may get sick if he goes on like that; her husband talked to her a bit impolite; her neighbor did not say, “Good morning” to her; a movie star died; she heard on the TV news that a mother lost her child in an fatal accident; she remembered an old sad event and so on.

Both Pulsatilla and Lachesis tend to be overprotective individuals. Yet, Lachesis is a domineering syphilitic person, while Pulsatilla is overprotective only because she is very emotional and caring and easily grieved if something happens to her close ones. Pulsatilla, being psoric, has positive pure intentions, she is unselfish and lacks ulterior motives. Whenever she says to her son, “Please, believe

me; I did it for your own good because I was afraid that something bad could happen to you!" she is honest, straight and sincere. This doesn't mean, of course, that she isn't a burden on her children and husband with her overprotection; yet, it's a cute, even loveable at times, overprotection. She is the typical good housewife. She enjoys being a housewife because she feels very happy to care for the households and for the members of her family. On the contrary, Valeriana and Platina, may feel depreciated if being just "housewives" in the service or even worse in the "enslavement" of their husbands.

On the contrary, Pulsatilla can wake up early in the morning full of joy and energy in order to prepare a very tasty and nutritious breakfast for her loving family. She may be singing, talking and laughing and will ignore her husband's and children's complaints, "Oh my God! Another day that I must go to work!" or "I don't want to go to school! I am sleepy!" She will say to them, "Oh, come on! It's a beautiful day! Stop whining! I made you a very tasty breakfast. Eat it up, all of it, and get dressed well because the sun may be shining, yet, it's a bit cold. I wouldn't want you to catch a cold."

She takes pleasure in satisfying them or serving them. She doesn't consider such a thing depreciating; since she loves them and since they are her family, she feels that her natural role plus a pleasant thing to do is to serve and to make them happy. Therefore, she doesn't get tired in the least, cooking for them, cleaning up the house and satisfying not only their needs but also their whims. She has the same attitude towards guests. She is really pleased to invite people to her house for lunch or dinner. She is very social and wants her guests to be satisfied. She will definitely have the house clean and tidy, hours before their arrival; she will cook for them her best recipes in order to please them; she wants everything to be perfect. It's a psoric perfectness that involves beauty, romance, joy and

emotional giving.

She can be very easily grieved by trivial everyday “misfortunes” that happen to her family and even to others. She may listen to the news and get touched by what happened to a family in a distant country. Lachesis may also say that she feels in the same way; yet, in most cases, it’s a hypocritical statement, used intentionally in order to manipulate others by showing herself off as “oversensitive”.

14.4 Extrovert and loveably complaining

Pulsatilla is extremely extrovert, at grade 3 or at least at grade 2. Being quite psoric as to intentions and ideals, she is caring and sensitive towards others. Being quite sycotic as to expression, she is very social and extroverted. She is one of the most extroverted constitutional pictures, not to say *the* most extroverted. She enjoys talking, discussing, chatting and communicating with everybody and about everything. Give her a little encouragement and she can speak with you about all her personal matters even if she has met you for the first time!

She is so sincere, pure and with good intentions! She can be naive and even “silly”, at times, revealing her family matters to others and talking about things that a syphilitic person may take advantage of. On the contrary, Lachesis is quite introverted as to her personal matters only because she is mistrustful. Being herself a gossiper and judging others by her own standards, she is afraid that other people can have the same attitude as well. She is also aware of her manipulating intentions and may think that others can have the same intentions.

Phosphor is also quite extrovert, sincere and social. He can easily talk about his personal problems. When in Pathology Phase B, he usually talks about his neurovegetative symptoms and about his health problems. On the other

hand, Pulsatilla talks about her little misfortunes, her everyday grievances, her family problems and even about the little happy things that have recently happened to her.

She enjoys sharing with others both the “bad” and the “good” things that have happened to her. She does this for reasons of consolation, support, communication and emotional exchanging. She is so thirsty for consolation, for encouragement, for hope, for human contact! She feels a lot better when confiding her problems and when being consoled. Quite often, during this way of acting, she can be touched and burst into tears. This certainly has nothing to do with the hypocritical tears of an “oversensitive” Lachesis. Pulsatilla is spontaneous and sincere due to her psoric nature.

In fact, Pulsatilla, is one of the most weeping, tearful constitutional pictures. She is easily moved, cries a lot and weeping brings her relief. She feels a lot better, afterwards. On the contrary, Natrum Muriaticum wants to be alone when she is on the verge of weeping and in most cases, she feels worse after crying; she isn't relieved. Pulsatilla, on the other hand, is never embarrassed if she cries in front of others because she considers crying a natural and humane thing. You see, she is sensitive and humane and that's something quite natural for her.

Pulsatilla seeks consolation and feels much better when consoled. She can cry when touched, moved or consoled. She cries out of compassion or complaint, due to rude behavior, because of injustice, ungratefulness or indifference; in addition, due to insensitiveness of others, out of psoric romantic disposition and out of nostalgia.

A very strong characteristic of hers is that she is a very complaining, whining, grieving, tearful and plaintive person. Nevertheless, her whining does not make her repulsive; in fact, most of the times, it makes her loveable. She is a sweet, tender, emotional and sensitive person. She is cute

and charming and has that sweet childish charm even when grownup or elder.

A Pulsatilla girl is so cute; she has a coquettish way of speaking or a cute talkativeness; she is smart and joyful; she's always laughing; she is playful, tender and sweet; always wants to kiss and to be kissed, to caress and to be caressed; she's polite, nice and charming. Her clothing can have a coquettish and romantic style as well.

14.5 Easily grieved and easily moved

Due to her emotional attachment to little everyday matters, she can easily get grieved or moved. Yet, she can just as easily be brought back to joy. Her mood is quickly spoiled and easily gets balanced in no time at all! Tell her a good word, give her the slightest consolation and she is back, immediately! At times, she may try to sulk, to be in the sulks, yet, that won't be for long; she just can't help it; she is laughing again in minutes. Even her sulky face is adorable and childish.

When grieved, she can react in many ways. If her husband is an irritable sycotic or syphilitic person, most of the times, she may become a submissive, repressed person. Nevertheless, she can be very annoying to her husband due to her weeping, complaining or sulky mood. But, quite often, she can also be a difficult person in her own way; for example, tears, complaining, whining and moaning can crop up at any time.

She is quite hot but not as hot as Sulphur. She feels very uncomfortable and even chocking, in a hot, not well-ventilated room; she feels that she just can't breathe. She wants the windows open, craves fresh and even cool air. Even in wintertime, she may wear a lot of clothes, yet, she wants the windows a bit open. Besides, in winter, while going to bed, she may want to cover herself with a lot of

blankets, yet, she wants the window slightly open and her face definitely out of the blankets. Fresh cool breeze and open air places make her feel good and even improve her physical and psychological symptoms.

She tends to be greedy, craving not only food but sweets, as well. We can deprive her of food but never of sweets! A Pulsatilla friend of mine knows all the patisseries and candy stores, not only of her town, but also along many routes across the country. Medorrhinum and sycotic Sulphur are experts in grill houses, Lycopodium in theaters and libraries, while Pulsatilla is an expert in candy stores!

14.6 The Constitutional Diagram of Pulsatilla

Raw Material

The plant Pulsatilla Nigricans

Miasms

Very psoric and romantic as to ideals, thoughts and emotions; very sycotic as to expression and physical symptoms.

Basic Passions

Intense emotional attachment to her close ones and secondarily, to romantic ideas and to romantic things.

Essence

The plethoric, romantic, sensitive, crying woman bearing good intentions and a tendency to be emotionally attached to her close ones, dealing all the time with trivial everyday matters.

Thinking

a. Psychological Evolution:

Being very psoric as to ideals and intention, Pulsatilla has many great positive qualities which can be a very good background regarding her psychological evolution. Such qualities can be the following: positive joyful disposition, sincerity, honesty, social, sincere care about others, disposition to offer to others. Nevertheless, there are some other tendencies which counteract her previous qualities and inhibit her psychological progress, i.e. intense, imbalanced emotional sensitivity; changeable mood; gullibility; tendency to judge others by her own sincere intentions which makes her the perfect victim of the syphilitics; intense emotional attachment to people, ideas and even material things.

She has an intense relation to her Intellectual Soul, as well as, to her Conscience Soul. Her Individual Will is greatly affected by her External Will as to emotional attachment to people and ideas; yet, there's a considerable amount of influence by her Internal Will, as well. Much of her misery comes from her emotional attachment to people and from her tendency to deal with little everyday things. Her tendency to attract consolation from any other people around her makes her most dependent on others, which can be both a positive and a negative trait.

b. Influences:

She is greatly influenced by the Psoric Miasm as to her morality, intentions and ideas. Her expression and her physical functions are remarkably influenced by the Sycotic Miasm. She has an intense relation to all kinds of Thinking Stimuli, i.e. External, Verbal, Mnemonic and Thought-Forms. She is easily tuned, both negatively and positively to the Etheric Energy of others and to the Etheric Energy of the environment.

c. Stressful Conditions:

Pulsatilla is extremely sensitive to negative behavior of

others around her, such as impoliteness or indifference. The possibility of misfortunes on people around her or the human misery in general, the ingratitude or lies can make her feel very sorry; besides, she can be remarkably emotional or touched because of the reaction against her protectiveness; when they scold her “for being so sensitive”; when they don’t console her; due to the loss of objects that she is emotionally attached to or due to untidiness, loneliness and little everyday matters.

d. General Characteristics of her Intellectual Functions:

Quick and persistent thought, yet shallow as well; with great ups and downs, caused by trivial everyday matters.

e. Intellectual Patterns:

Her Intellectual Patterns have to do with the romantic, idealized picture of the World that exists inside her sensitive mind. She actually lives in a beautiful, romantic World of her own, in a fairy tale, full of positive emotions, full of pink ribbons, pink little clouds, good intentions and ideal, romantic situations. It is the romantic world full of brave knights and beautiful refined ladies; great love stories; ideal families and ideal society. She is very extrovert and very expressive.

Frequency

In the past, Pulsatilla was a very frequent constitutional picture. However, nowadays, in the Syphilitic Era where we live, it’s rather rare. It affects almost exclusively women and especially little girls and young teenage girls; quite rarely found in men.

Emotions

Her General Mood is intensely sycotic: she may be very joyful but also, very moody and changeable. For example,

one minute she can be full of laughter and the next moment she can be full of tears which can change back to laughter in seconds! She is characterized by intense Intellectual Emotional Charge. Most of her emotions are Intellectual Emotions. In common terms, she is the most romantic and emotional person.

Her emotions are characterized by great psoric qualities regarding their content (deep, honest, sincere, unintentional, idealized and romantic ones) and also by great sycotic qualities regarding their expression (intense, changeable, with instant ups and downs). Her main emotions are joy-sorrow and intellectual love; at a lesser degree fear and anger.

Behavior

Pulsatilla rarely employs Secondary Behaviors, i.e. behaviors that differ from her primary intentions, due to her sincerity and honesty and also because she is very extrovert and expressive. She is a great fan of the romantic “savoir vivre” and of the good, polite manners, just for the sake of them and not as a way of manipulating other people, like the syphilitic constitutional pictures. You see, she is a genuine, polite person.

Her behavior is greatly characterized by the Intellectual Patterns mentioned above which have to do with a romantic, idealized world or with a fairy tale. Nevertheless, unlike Natrum Muriaticum, she doesn't keep herself within the narrow limits of her private romantic world. She tends to project herself to society and that's the reason why she deals with so many conflicts when facing the “cruel” reality of human society. However, despite all the consequences, she insists on day dreaming of a better world and that's the reason why she, like Phosphor, can be the perfect victim of syphilitic individuals!

Usual Roles

Pulsatilla is the “romantic, sensitive woman” always expecting the “love of her life”; the “romantic woman” who spends most of her life reading romantic novels and day dreaming all the time; the “good housewife”; the “affectionate, emotional, loving, protective mother”; “the wonderful wife”; the “sincerely religious woman”; the “good, pious woman”; the “gullible victim”; the “emotional fan of Tradition and rituals”. In addition, the “good, obedient girl”; the “superb, obedient student”; the “great, sensitive, romantic teacher”; the “nice, sensitive granny”; the “good neighbor”; the “compassionate woman”; the “tearful, weeping girl or woman”; the “attentive, yet not very productive, worker”; the “merciful animal lover”; the “cute, sensitive, talkative girl or woman”.

Body

External Characteristics:

Most of the times, she is plumb, cute and blond. She tends to wear romantic outfits with many romantic accessories like ribbons and laces. She prefers joyful colors like bright red, bright orange, pink, yellow, etc. She is a fan of feminine outfits and that’s why she prefers dresses and skirts instead of trousers.

Usual Physical Predispositions:

Acne, anemia, bronchitis, dyspepsia, recurrent ear infections, menstrual disorders, inflammation of ovaries.

Usual Psychological Predispositions:

Melancholy, Anxious Neurosis, Love Disappointment.

Relative Constitutional Pictures

Phosphor, Calcarea Carbonica, Silica.

B. LECTURE

14.7 The good, sensitive, romantic “Little Red Riding Hood” of the fairy tales

The constitutional picture of Pulsatilla Nigricans corresponds to the homonymous homeopathic medicine that is prepared from the homonymous plant by the procedure of potentization.

Pulsatilla is a very sycotic person as to expression and physical characteristics; nevertheless, she is very psoric as to intentions, morality and ideals, pretty much like Phosphor. In fact, these two constitutional pictures run very close; therefore, whenever a person reminds us of the one, we should always differentiate from the other. Nevertheless, Pulsatilla is almost exclusively a female constitutional picture while Phosphor is mostly a male one. However, this doesn't mean that there aren't plenty of Phosphor women.

For diagnostic reasons, I place Pulsatilla in the class of Phobic Constitutional Pictures, side by side to Phosphor, not because she is full of fears, but because of her great overall resemblance to Phosphor.

Pulsatilla brings absolutely to mind the “Little Red Riding Hood” or the “Cinderella” of the fairy tales. She is the good, usually blond, chubby girl with the rosy, plumb cheeks. She is cute, sweet, playful, petted, joyful, coquettish, gullible, obedient, respectful and, most of all, “good”. She is the “mummy's and daddy's, good girl”. She is truly a nice and sensitive girl. This is not a Secondary Behavior; this is a Primary Behavior, a sincere one. She isn't faking at all!

She is very sensitive and emotional; truly sensitive and emotional; her heart is pure, her emotions are pure. Let me remind you, that the previous term “pure” clearly refers to Intellectual Emotions and not to Conscience Emotions. In the description of Constitutional Pictures we always use current terms for the sake of understanding. *Nevertheless, always bear in mind that all these emotions and behaviors are*

nothing but constitutional imbalances, i.e., qualities that differ from balance, qualities that even differ from the average term.

She is extremely moody; she is “as fickle as the wind” as Kent says! Her mood is so easily changed. She can get easily hurt and easily “cured” by the slightest positive comment. She has great ups and downs.

Yet, this behavior has nothing to do with the moodiness of Valeriana. Valeriana is syphilitic, while Pulsatilla is psoric as to intentions yet sycotic as to expression. Pulsatilla doesn't join up with the Syphilitic Miasm! On the other hand, however, Valeriana's ups and downs clearly connect with her irascibility, insecurity and reactionary behavior.

On the contrary, Pulsatilla's moodiness has to do with her heart, with her fickle emotions, with her sensitive character, with the fickleness of her joy and sorrow. It's a conscious, superficial procedure and not a semi-conscious procedure as in Valeriana's case. The latter, most of the times, can't find a profound fact or a specific thought to blame for her irascibility, while Pulsatilla knows each time exactly the reason for her joy or sorrow.

Pulsatilla is so sensitive emotionally, that little things can hurt her profoundly, changing her whole mood. As a matter of fact, she falls down as quickly as she stands up! It's so easy to dive into sorrow and it's so easy to rise up to joy. Just a simple word of comfort and she is up again! Hell and Paradise are so close to her!

14.8 “Laughter mixed with tears”

Pulsatilla suggests the typical mood of “laughter mixed with tears”! One minute she is crying and the other minute she is laughing. This is clearly seen in Pulsatilla little girls. Even before tears have dried, a big smile or even laughter sets in!

Being very giving, extrovert, joyful and good it's so easy to comfort her, to console her. Just give a little girl a chocolate or a kiss or a caress or say a good word, a smile or a joke and then every sorrow has gone!

Pulsatilla is greatly affected by words, by speech! Natrum Muriaticum is also greatly affected by words. If her companion, let's say a vulgar Medorrhinum, isn't polite, then she can get greatly hurt; easily offended. Moreover, she doesn't say a word; in fact, she tries hard not to show it; she holds her feelings within her and she feels bitter. On the contrary, Pulsatilla isn't offended; she is emotionally hurt. Being very extroverted, she just can't keep it to herself; she'll burst into pieces if she tries not to express it! She expresses it immediately and profoundly; yet, she doesn't argue, grumble, whine or complaint; it's better to say that she grieves and moans; that she has a plaintive whimpering. Her behavior instead of making her repulsive, it can make us feel like hugging her and consoling her!

As soon as one gives an explanation of his hurtful attitude, as soon as he apologizes or simply touches her with regret saying, "Oh, come on, honey, I didn't mean to..." every sorrow has disappeared. She is so extroverted and so expressive; so changeable! The only "stable" thing about her is her changeability, her fickleness!

Like Phosphor, she is very easily wheedled, very easily overturned. Syphilitic womanizers and sycotic womanizers like Medorrhinum can easily manipulate her. If a Medorrhinum lover tells her, "You are so beautiful! You are such a sweet girl" then right away, she will completely melt down letting him take all her "honey"! He clearly perceives that her weak point is "romance" and fairy tales and that's exactly what he is going to give to her. You see, she wants so much to live the romance, to experience the "they lived happily ever after" fairy tale!

14.9 Aggravated by heat, ameliorated by open air

Pulsatilla is a hot organism. Not as hot as Sulphur, yet, quite intense. Just like Argentum Nitricum, she suffocates in a warm room; she just can't stand it. She craves open air, fresh air, even cool air. No wonder why we may find a Pulsatilla woman in winter, sleeping with heavy blankets up to the neck, yet, head free in order to enjoy fresh air coming from the slightly open window; you see, she craves open air.

Sulphur also feels terrible in a warm room but for different reasons. He just can't stand heat because he is very hot, all over. Even in winter, even if his bedroom is cold, he wants light clothing and light coverings; he may also put his feet out of the blankets because they are very hot and burning. Not only does heat aggravate him physically but also it makes him feel dull; his mind refuses to work just like an overheated engine!

In a warm room Argentum Nitricum and Pulsatilla have trouble with their physical symptoms and breathing, while Sulphur has trouble with his body temperature and his mental function. All physical symptoms of Pulsatilla are aggravated due to heat. Although she sweats normally, she isn't thirsty most of the times.

14.10 The sweet little girl who craves sweets!

Pulsatilla has such a craving for sweets! Her craving is of grade 3; so great that we could be allowed to say that she craves sweets 4, if such a degree existed! She is dying for sweets! Although she is usually a greedy person, if sweets are available, she may forget anything about food!

Now, let me give you a picture. Just think of a little red-cheeked, chubby little girl, a romantically dressed blond Little Red Riding Hood, rushing to the candy store to buy sweets; a minute later her smile reveals that she is in

Heaven while her lips, face and hands covered in chocolate, reveal the cause of her serenity! Nevertheless, her Digestive System is sensitive and too much sweet may cause her indigestion. Anything made of flour, sugar, butter and chocolate is definitely favorable; yet, especially in adults, it may be the cause of indigestion. Argentum Nitricum also has such an extreme craving for sweets and especially, for sugar. We may find little ones who take the spoon and can empty the sugar jar. Argentum Nitricum has a peculiar characteristic: he may eat something sweet and the next minute something salty and then sweet again! First chocolate, after salty chips and then a cake!

14.11 A hopelessly romantic woman!

There are two phenotypes of Pulsatilla. The most common one is the typical, gentle, easy to please, good-natured, mild woman. Nevertheless, not uncommonly, we may track down the sensitive, yet, irascible woman. Even then, she resembles Phosphor; she easily gets angry having an intense outburst and easily gets calm; just like a gale! Don't let that Little Red Riding Hood picture lead you astray from recognizing the irascible Pulsatilla phenotype. Always remember that the same genotype may lead to many and even contradictory phenotypes.

Pulsatilla is usually an easy going or easy to please, good-natured woman. However, this isn't always a favorable condition when her husband is a vulgar, insensitive Medorrhinum who can't stand her romantic and sensitive character. She can "bust his balls" with her fickle emotions, emotional sensitivity, gentle manners, tearful disposition and expressive love. She is extremely romantic! She is easily attached to objects, places and conditions. It's an emotional, romantic attachment. She can tell you, "This chair was a gift from my beloved grandmother, that thing is a gift from my husband on our first anniversary, the other

is...” No wonder why her house or office is full of bibelot, decorative objects, ornaments, flowers and memories! Her place is stuffed with numerous things! Certainly, she is not a fan of the minimal style! Pink curtains with red roses, romantic antiques, the old gramophone, music boxes, flowers here, flowers there, flowers everywhere!

Don't, even for a minute, think that she is kitsch! No, she is simply overwhelmingly romantic. If you are looking for kitsch style you should try a Lachesis woman! Lachesis usually chooses extreme things, fancy things, kitsch things, always exaggerating with the purpose of showing off!

On the contrary, Pulsatilla creates a romantic atmosphere, a fairy tale environment. No wonder why as a little girl, she is crazy about fairy tales and as an adult she is dying for romantic love stories. She can sit on the couch in front of the TV for hours and hours watching those soap operas, those romantic love stories, those reality-shows which have always a “happy end”. In the end, the beautiful, romantic knight riding that white horse will marry the poor, yet, honest and beautiful girl! And “they will live happily ever after!”

She is tuned to romance; her own private romantic world is full of romance; she even seeks romance in every day “cruel” reality! She craves romantic expressions or acts, gentle flirting or refined compliments, romantic gestures, and so on. She wants the whole package, the whole romantic package! She is dressed accordingly, especially in her childhood, when she is very coquettish.

She is longing for the romantic, gentle partner; she is always searching for her soul mate! Her “knight” must do brave and gentle acts; talk sweet; behave in a romantic way. And that's the reason why she is often the easy victim of those sycoptic individuals and especially Medorrhinum, or of those syphilitic individuals who want to “fuck” this sweet virgin girl, “take her cherry” and then fly away leaving her

heart broken into a thousand pieces!

When it comes to her children, things are equally romantic. She wants them to be dressed romantically with pink ribbons, satin clothes, big bows, romantic accessories, lacy dresses, ties and costumes, etc. She wants them to be tidy, clean and obedient; to be “good kids”. Things become hard when her kids start growing up, especially if they are sycotic or syphilitic kids. They can tell her, “Oh, give me a break, Mum! I ain’t your toy!” and then her heart will break into pieces! “What did I do wrong?” she will think to herself, bursting to tears. And she will keep telling her child, “I love you so much and I only wanted to please you!”

It’s definitely an honest declaration and never a hypocritical one like in the case of Lachesis who *pretends to be* a sensitive mother. When it comes to Pulsatilla and generally when it comes to psoric individuals, “What you see is what you get!” The opposite is often true of syphilitic individuals.

Pulsatilla is extremely sensitive; small things may hurt her feelings and her romantic character. She is dying for emotions, caressing, human contact, hugs, romantic gestures and sweet talk. She longs for a “fairy tale” atmosphere.

14.12 Extremely extroverted and tearful/joyful

She is extremely extroverted! Even more than Phosphor! She wants to talk, to communicate, to exchange emotions, to speak about her problems, even speak about her personal problems. She is not just fond of talking about her case; she wants others to really listen to her; to console her; to give her courage; to sympathize with her.

It’s not a one-way demand. She herself is a very good listener when it comes to problems of other people, even strangers. She always has a good word and a word of

consolation for others. And, what's more, she really means it! She isn't a gossip like Lachesis; she never means bad! She wants to learn your problems only to console you, only to sympathize with you, only to help you.

It's the case of the woman that may start talking to the unknown lady next to her on the train or on the bus. She will be friendly and supporting; she may start talking about her personal problems and may even start crying due to the emotionally charged atmosphere.

However, be careful! If the above picture has the element of exaggeration or the element of hypocrisy or a clue of intentional behavior then we should always search for a syphilitic individual and especially Lachesis. It's the case of a syphilitic individual, pretending to be a sensitive, sincere and psoric person. Through my own experience, I have found that many homeopathic doctors can be confused and this may lead them to false prescriptions! They can mistake such a behavior for a psoric one and prescribe Pulsatilla instead of Lachesis.

Once more I point out, "Recognize the phenotypes but prescribe for the genotype; recognize the Secondary Behaviors but prescribe for the Primary Behavior; note down behaviors, emotions and thoughts but prescribe for the true intentions!" The rule is: *"Hierarchy, Hierarchy and Hierarchy!"*

In this case, what seems to be a genuine, emotional sensitivity is nothing but a hypocritical, faking and intentional behavior or an acting; actually, a very good one. So many times, facts are misleading! And this is especially true in the case of syphilitic individuals, i.e. individuals influenced by syphilitic constitutions. Pulsatilla can be crying all the time or can be joyful all the time; one state follows the other; there's no intermediate phase! Her mood is so changeable, so fickle! As fickle as the wind! In fact, whenever she cries she is in floods of tears! It's so easy for

her to burst into tears! For example, while telling her symptoms to the doctor, she can burst into tears. Yet, if her doctor told her a simple word of consolation, then she would feel much better and a smile could appear at once.

However, you should always bear in mind what I have repeatedly told you: *You must differentiate on all accounts!* You must always take in consideration the hierarchy of the diagnostic value of symptoms/characteristics and the Stages of Disorder. The hierarchical line of symptoms/characteristics is: *Intentions, Thoughts, Emotions, Primary Behavior, Secondary Behaviors and Reactions.* The Stages of Disorder are: *Pathology Phase-A of Clinical Health, Pathology Phase-B of Initial Disorder, Pathology Phase C of Advanced Disorder and Pathology Phase D of Complete Disorder.*

In Pathology Phase-A, Pulsatilla weeps easily, mildly and only for seconds due to emotional sensitivity and changeable mood, both of which are constitutional characteristics. In Pathology Phase-B, she cries very easily, loudly and for long, whining and asking for consolation; asking for a warm hug.

However, in Pathology Phase-C, things are really different. It's a state of chronic melancholy, a state of depression. She can sit by the window for hours being introvert, without talking to anyone or without being in the mood to be talked to, by anyone. Her glance is stuck to nowhere; she is flooded with grey or black thoughts. At times, some tears may flow from her eyes but there is no disposition towards consolation or talking. We would even say that she may enjoy sinking into melancholy. This is contrary to her usual state of Pathology Phase-A, in which she craves consolation and the latter makes her feel much better.

On the other hand, the woman Natrum Muriaticum doesn't want to cry in front of others, even in front of her close ones. She is very introvert and consolation not only annoys her

but makes her angry as well. Valeriana also gets quite furious by consolation, yet for different reasons; for syphilitic reasons; for egoistic reasons. She feels that her image, her cool style is torn into pieces; that she is ridiculed; that they feel pity for her; that others are “above” her; that she is depreciated. And this is something she can’t stand, at all.

14.13 “Cute” fears; a loving mother

Pulsatilla’s fears are not as intense as Phosphor’s, and usually, in no relation to her state of health. One could call her fears “cute” or “charming” since they are mild and since they reveal her sensitive personality. She is sincerely yet, mildly, worried about her husband and children. She seems to be overprotective; however, in no way is she domineering like Lachesis.

Lachesis can deliberately exaggerate her great “concerns” or her great “fears” for her husband and children. Nevertheless, this is nothing but acting, this is but a manipulative behavior for no other reason than to control. She declares emphatically that she has a “pathological love” for her children; that she “sacrifices herself” for her children only in exchange for full control over them.

On the contrary, Pulsatilla is primarily and honestly a sensitive, loving mother; she is sincerely worried about her children; she also can be at times a bit exaggerated, or even overdramatic; yet, she is not faking and her concern is honest and not deliberate or hypocritical. Pulsatilla may also concern about her health, yet, not as intensely as Phosphor does. She is a sensitive young girl or a sensitive woman who may have some mild fears, yet, her fears don’t have any obsessive tint like *Argentum Nitricum*; nor does she have panic attacks like Phosphor. She is fond of love stories and romantic novels; she loves romantic movies, dramas and family movies. She enjoys sex, yet, above all, she enjoys romance. Pulsatilla is like “Mrs. Kate” (the common good

house-wife of the past who dealt all the time with all those little every day family matters). She is also too much engaged in housework, like cooking, pastry, cleaning and family care at home. On the other hand, Lachesis is that bad version of "Mrs. Kate": The gossip, the domineering, the hypocrite, the loquacious and the jealous woman.

Heat aggravates all her symptoms, physical and psychological. She easily gets hot by motion. On the contrary, fresh air, or even cool breeze ameliorates all her symptoms. She usually prefers sleeping on her back with her hands over her head like Sulphur.

I hope that I have given you the main idea, the core, the essence of the constitutional picture of Pulsatilla. Based on this concrete foundation, you can form the whole detailed picture by studying various Materia Medicas, as well as by collecting data from the clinical practice.

I always try to correlate each constitutional picture with any other relative or even opposite one so that memory entries can be created. I also try to provide you with live pictures from everyday life or from the behavior of individuals in the office. *Finally, the images are those which remain active in our memory and not the individual rubrics.*

CHAPTER 15

THE CONSTITUTIONAL PICTURE OF CALCAREA CARBONICA

A. HIERARCHICAL DESCRIPTION

15.1 Psoric pessimism and fears

15.2 Pessimistic attachment to her close ones

15.3 Psoric physical characteristics

15.4 The Constitutional Diagram of Calcarea Carbonica

B. LECTURE

15.5 Cold 3, cold and wet feet

15.6 Psoric and metaphysical fears

15.7 Little everyday thoughts; the introvert “Mrs. Kate”

15.8 A pessimist; worried about her close ones

15.9 The disorder of the Calcium Carbonate metabolism

A. HIERARCHICAL DESCRIPTION

15.1 Psoric Pessimism and fears

The Constitutional Picture of Calcarea Carbonica is a bit relative to that of Pulsatilla, yet, quite more psoric in all fields and without any significant sycotic influence. The main basic passion of Calcarea Carbonica is her psoric attachment to her close ones.

This attachment isn't emotional as in the case of Pulsatilla. It's an anxious, phobic, pessimistic, psoric attachment. This is the Essence of Calcarea Carbonica. She is pessimistic, full of fears and full of anxiety about little everyday things of the present and, most of all, about the future; how things will be in the near future.

The Calcareo Carbonica woman is intensely psoric; in fact, she is one of the most psoric individuals. The psoric miasm affects her intentions, her psychology, her expression and her physical symptoms and diseases.

Let's first examine her psychology. Her main psychological characteristic is her pessimism; it's a psoric pessimism. She has that general, vague, yet, deep feeling "that something bad is going to happen"; that regarding her and her close ones, all things will turn bad; that since there is so much bad happening in the world around her, in the end, inevitably, something horrible will happen to her and to her close ones, as well. All things seem "black" or, at least, "grey". Her "glass of water is half-empty" and full of fears and anxiety and not "half-full". Calcareo Carbonica keeps wondering, "Why is my husband or the kids late? Definitely, something bad must have happened to them". She starts thinking of accidents, hospitals, even graveyards. She just can't get it out of her mind. Another gloomy thought can be, "We don't have enough money. What is going to happen in the future? How, on Earth, will we manage to raise our children?" Or, "My sister has that persisting pain in the belly. Is it something bad? Is it a cancer? What if it is?" Or, "My mother is of some age. What if she dies?" Even though she knows that, sooner or later, this will happen, she dreads the idea of such an event.

The previous day, she happened to touch a lump on her breast. "Oh, my God!" she says to herself. "It's definitely something bad. What else can it be besides cancer?" She doesn't even want to think or even say that word straight. And, why does she keep having all these bad thoughts? Why isn't there any kind of rest to her mind? Why is it full of black thoughts and worries? What is wrong with her? Is she going crazy, in the end? Have people around her noticed her state of mind? Have they noticed that she is going crazy?

Her mind doesn't have a minute's rest; a lot of black

thoughts or deep worries can keep turning slowly through her mind. Too many fears; psoric, mild, silent fears or deep, tormenting ones; fears which are not expressed. She is afraid of the darkness. She just can't explain the reason, when asked. She definitely needs even some kind of dim light on through the night; especially when alone at night. Besides, when alone, Calcareo Carbonica is afraid of thieves and crooks. She locks all the doors and shuts all the windows. She leaves all the lights on in her house; she wants the radio or the T.V. on, as if some kind of company; yet, not too loud, so that she can be alert to hear any strange noise around her.

Nevertheless, her biggest fears are the metaphysical ones; fears which have to do with supernatural phenomena. She is afraid of ghosts, of demons, of the Devil, of dead people, of black magic or of evil spirits. Thriller movies upset her at the most; she dreads watching such horrible movies. Well, if she is a teenager and she is "forced" by her friends to watch such dreadful movies, then she won't be able to sleep and can stay awake all night long. Her imagination is in a turmoil. She is also afraid of rats, snakes and cockroaches or can feel disgust towards them.

15.2 Pessimistic attachment to her close ones

Although Calcareo Carbonica has these many and great fears and worries, being quite psoric as to expression, the people around her take almost no notice of what's going on in her mind; no notice of her fears, of her anxiety, of her worries, of her pessimism. Her fears are intermingled with intense anxiety and pessimism. Her mind is in a condition of continuous worry; yet, the other people close to her aren't aware of her state.

It's true that her look, if examined thoroughly, has this permanent anxious expression; yet, she herself only knows the depth and intensity of her fears. Her children complain

that she is worried all the time about different things. Quite often, her husband sees her be melancholic, reserved and full of anxiety. Calcarea Carbonica doesn't express her fears easily and when she does it, it's a psoric, mild expression. On the contrary, Phosphor, being sycotic as to expression, expresses his fears intensely and quite easily.

Calcarea Carbonica is afraid of diseases and death; yet, not so much of her own death, but the death of her close ones. She is afraid that something bad will happen to her family and relatives; that, for example, they will get sick and die. Being psoric, however, she fears for those kind of deep, chronic, slow, severe diseases, like cancer. She isn't afraid of sycotic, urgent diseases such as a heart-attack or a stroke, like the sycotic Phosphor. Nevertheless, she may be afraid of the chronic consequences of a stroke.

Deep down, in all cases, what really scares her is this awful feeling that there will come, sooner or later, a time when she will learn about something horrible that has happened and the "black" feeling after that. We could say, in a playful way, that she is afraid of fear! Although she is often worried about her health, she usually avoids going to the doctor out of fear that some kind of a severe disease will be diagnosed.

Due to her several fears, her mood can be changeable; yet, not a bit as changeable as Pulsatilla's, since Calcarea Carbonica is quite psoric as a whole, while Pulsatilla may be quite psoric regarding her intentions but quite sycotic regarding her expression. Calcarea Carbonica is pessimistic and melancholic while Pulsatilla, as a rule, is optimistic and cheerful. Pulsatilla can be easily driven to sorrow, yet, equally easily can be led to joy at once. Calcarea Carbonica may feel easily sorrow, yet, not so easily joy. Calcarea Carbonica is sensitive and weeping like Pulsatilla; yet, to a quite lesser extent and in a more psoric way.

15.3 Psoric physical characteristics

The physical characteristics of Calcarea Carbonica are quite psoric while Pulsatilla's are rather sycotic. Calcarea Carbonica is very cold, intensely cold, we would say; even in the summer; cold at grade 3. Her feet can be constantly frozen; quite often, she may wear socks even in bed all night or she may soak her feet into hot water before going to sleep in order to warm them up. A peculiar thing is that her feet are often cold and wet at the same time. By this I don't mean the time when she has exercised and her feet are hot and sweaty. *I mean cold and at the same time wet when in rest.*

Being quite psoric, she gets easily tired; apart from lacking vital heat, she also lacks reservoirs of muscle energy and energy in general. During any physical exercise, she often has to stop and rest; she has to take a break. Her motions are slow, her speech is slow and her digestion is slow as well. Her large intestine is of slow function; as a result, days must go by before being in the state of stooling; even when at stool, once again, this is a slow procedure. The Calcium metabolism is disordered; therefore, her nails are brittle enough so that they can break easily. She has that great craving for eggs, especially the soft-boiled ones. Although her desire for sweets is only at grade 2, she has sometimes that urgent desire for sweets, especially for chocolates; nevertheless, not so often and not consuming great quantities.

15.4 The Constitutional Diagram of Calcarea Carbonica

Raw Material

The Calcium Carbonate of an oyster shell.

Miasms

Calcarea Carbonica is intensely psoric in all fields:

intentions, psychology, etheric energy, expression, physical characteristics and diseases.

Basic Passions

Her main basic passion is the anxious, phobic, pessimistic, psoric attachment to her close ones.

Essence

She is a pessimistic, phobic, psoric woman full of psoric anxiety and worries about everyday little matters and especially about the near future.

Thinking

a. Psychological Evolution:

The constitution of Calcarea Carbonica is greatly related to the Intellectual Soul. Her Individual Will is greatly affected by her External Will. Being intensely pessimistic, anxious, phobic and greatly attached to her close ones, she doesn't leave much space for psychological evolution.

b. Influences:

An intense influence from the Psoric Miasm upon all levels of existence. The most usual Thinking Stimuli are the Verbal ones and the Mnemonic Ones. Great tendency for Negative Energy Tuning.

c. Stressful Conditions:

Physical exercise; watching thriller movies; bad events; bad predictions for the future; human disasters; hearing about diseases, crimes, black magic and metaphysical things; being ill.

d. General Characteristics of Thinking:

Slow, pessimistic thoughts which have to do with little, everyday matters or with fears and worries about the future.

e. Mental Patterns:

Her Mental Patterns associate with the pessimistic way she sees things; that is, with her psoric anxiety and psoric fears; with her pessimistic attachment to her close ones. From her own point of view, life is a constant anxious state full of burdens, worries and future misfortunes.

Frequency

A rare constitutional picture in the Syphilitic Era where we live; it's almost exclusively found in women.

Emotions

Her General Mood is low. Her Intellectual Emotional Charge is negative and intense. The prevailing emotions are fear, anxiety, pessimism, sadness and secondarily, intellectual love. The majority of her emotions are the Intellectual Emotions; rare Conscience Emotions due to her attachments. She has deep, stable, controlled and sincere emotions; only partly expressed and far milder than experienced.

Behavior

Her behavior is intensely psoric. She is characterized by timidity, introversion, reduced expression and pessimism. Her actions are greatly controlled by her powerful Superego and by her Conscience Soul. Fears can prevail; fears about her close ones and secondarily, about herself. She is constantly under a torturing state of anxiety produced by her constant pessimistic and phobic thoughts. This state of anxiety defines most of her behavior, inhibiting or repressing any creative action and any enjoyment.

Usual Roles:

"The sensitive, troubled woman"; "the anxious and always worried, woman"; "full of fears"; "the pessimistic, melancholic woman"; "the hypochondriac woman"; "the out

of fear religious woman”.

Body

Usual physical predispositions:

Anemia, dyspepsia, arthritis, leucorrhea, menstrual disorders, periodontitis, constipation, easily tired.

Usual Psychological Predispositions:

Phobic neurosis, anxiety neurosis, melancholy.

Relative Constitutions

Pulsatilla and Silica.

B. LECTURE ON CALCAREA CARBONICA

15.5 Cold grade 3; cold and wet feet

The constitutional picture of Calcarea Carbonica corresponds to the homonymous homeopathic remedy produced by the Calcium Carbonate found in the middle layer of the oyster shell, after the procedure of potentization.

Calcarea Carbonica is intensely psoric both physically and psychologically; she is also very psoric as to expression and as to her fears. She can be classified as one of the Phobic Constitutional Pictures. The main representatives of this class are Phosphor, Argentum Nitricum and Arsenicum. Secondary representatives are Aconitum and Mancinella. She can also be classified in the category of the Introvert Constitutional Pictures.

Being genuinely psoric physically, being quite Yin, she is intensely cold; cold at grade 3 or, at least, cold at grade 2. She wants many clothes, cannot get warm enough and her feet and hands are frozen. She may wear socks even in bed;

she must have her feet warmed up before going to bed. A special characteristic of hers is that her feet are cold and wet at the same time; cold and all sweaty.

Cannabis Indica is also a cold person; she has characteristically cold and wet hands. Silica is also a psoric woman, which means she is very cold with cold feet and hands; her head is extremely sensitive to cold. Even in the summer, if she has washed her hair and has gone out without drying it, she will definitely have a headache or a common cold. When you have to do with very cold individuals think, among others, Calcarea Carbonica, Silica, Arsenicum, Psorinum, Nux Vomica, Nitric Acid, Alumina and Moschus as well.

Calcarea Carbonica likes sweets; yet, not as intensely as Pulsatilla; she is particularly fond of chocolate; she has that sudden craving for chocolate, yet, without consuming quantities of it; a bar of chocolate is good enough for her, while Pulsatilla or Argentum Nitricum cannot stop eating a lot of sweets.

She isn't the irascible or irritable woman; besides, being quite psoric, even if she gets angry, she doesn't easily express it or if she expresses it, she does it in a mild way. She is sensitive, yet, not as much as Pulsatilla. She isn't fond of consolation like Pulsatilla, nor does she have any aversion to consolation like Natrum Muriaticum.

15.6 Psoric and metaphysical fears

Her main psychological characteristic is fears; psoric fears. She is greatly afraid of the dark; she has fear of darkness, at grade 3; she cannot sleep in a dark room; she won't easily go alone into a dark room. Always bear in mind that her fears are psoric just like her personality. This means that her fears may be intensive or strong deep down her, yet, they aren't easily or intensely expressed. Let me remind you of

the fears of Phosphor which are intensely expressed because of his sycotic tendency regarding his expression. Calcarea Carbonica is also very afraid of rats and cockroaches and at the same time she feels disgust towards them.

She is very much afraid of staying home alone; she dreads thieves and criminals. When alone, especially at night, she wants the doors and windows to be closed. Quite often, she leaves the radio or the TV on, as a substitute of company or as an alternate of human presence. Nevertheless, not too loud, so that she can hear noises probably made by a burglar trying to break into the house!

She is also tortured by metaphysical fears; she is afraid of the Evil, of the Devil, of bad spirits, of dead people and of ghosts. That's the reason why she just can't watch thriller movies; and if she does so, then she won't be able to sleep because these horrible pictures haunt her mind. For the same reason, she is afraid of walking out in the streets alone at night. She is also afraid of diseases, yet, always in a psoric way; she is afraid, in that deep yet mild way, of chronic diseases. For example, she happens to discover that lump on her chest or that peculiar black mole on her skin. Then she can say to herself, "Is it cancer?" Being quite psoric, she may avoid going to the doctor because she is afraid of the outcome. However, she keeps wondering, "What if it's a cancer? What will I do?"

She is frightened of death, but mainly, she's afraid of the death of her close ones and secondarily, of her own death. Nevertheless, it's not the case of the syphilitic fear for death of an Arsenicum person, i.e. fear for losing his great Ego or fear for losing his existence. On the contrary, it's the case of a psoric fear for death. To be more precise, *she is mostly afraid of the pain or the suffering that may come along with death and definitely, she is frightened of the metaphysical nature of death, i.e. demons, Hell, Devil, just to name a few.*

15.7 Little everyday thoughts and worries; the psoric “Mrs. Kate”

She constantly has these little everyday thoughts and worries about daily trivial matters; too many thoughts, worries and burdens; too pessimistic; her mind is not, even for a minute, relaxed. Nevertheless, this has nothing to do with the constant quick flow of intense and obsessive thoughts which characterize the restless mind of *Argentum Nitricum*, who, for example, keeps thinking, “What if this bad thing happen? What if that bad thing happen?” Nor does this have anything to do with the organized and tidy over-busy mind of *Nux Vomica* who’s always trying to catch up with a strict and full program of things which must be done.

Calcarea Carbonica is constantly thinking about those little everyday matters in such a way that they haunt her mind; she thinks in a pessimistic, melancholic, psoric way. *Pulsatilla* also indicates a “Mrs. Kate” housewife, in the sense that she keeps dealing with those little everyday household matters; yet, *Pulsatilla* deals with these matters in a sycotic way, i.e. more optimistically and with more joy.

When the individual *Calcarea Carbonica* is at the Pathology Phase B and, especially at the Pathology Phase C, the above thoughts make her think that she may be going crazy. Probably, even other people close to her realize that something peculiar is happening inside her mind.

15.8 A pessimist; always worried about her close ones

Calcarea Carbonica is a natural, psoric pessimist; she tends to see all things grey or even black; she tends “to see the glass half empty instead of half full”. If a member of her family is late, she will start having all those grey or black thoughts: “Something bad must have happened to them”.

She “sees” all the kinds of accidents and misfortunes; she experiences in her mind those terrible misfortunes that she is afraid of, as if they were happening now, at this very moment; she dreads this awful feeling.

At this point, you have to be very careful so as not to confuse this Primary Behavior, this psoric, true behavior, with the Secondary Syphilitic Behavior, let’s say, of a Lachesis. A Lachesis mother or wife, for example, pretends to be extremely worried about her children or husband, only to be able to check on them, to control and to manipulate them by playing the role of the “worried” mother or the wife who “loves her close ones pathologically”.

You must also differentiate from the true, psoric-sycotic Primary Behavior of Pulsatilla. The latter really cares about her husband and children; therefore, she may truly worry about them, if late. Yet, Pulsatilla expresses these worries in a sycotic and charming way. She wants to talk about it; she may cry out of fear; she wants consolation and will not use such feelings to manipulate her close ones.

On the other hand, Psorinum, apart from usually being a man, is even more pessimist and melancholic than Calcarea Carbonica. He has been worrying about his business for a long time and has been emotionally disappointed because of his companion for long. Therefore, he becomes quite pessimistic and desperate; he is sure that everything will go the wrong way; that all are black; not just grey, but black; that there is no light at the end of the tunnel, no solution, no way out; the future is going to be disastrous or there is no future; he is convinced that he will end up to the poor house (although his financial state isn’t that dreadful). His emotions are flat; he can’t experience the feeling of love even towards his beloved children; there is no joy in life; he becomes very introverted, pessimistic and desperate; he does not want any kind of company. On the other hand, Calcarea Carbonica wants to have company, especially

when in trouble or when afraid.

15.9 Disorder of the metabolism of Calcium

Calcarea Carbonica has a unique, desperate craving for eggs, especially for the soft boiled ones; she can eat them every single day and her stomach agrees to it. Yet, if we ask a Calcarea Carbonica woman whether she loves eggs, we have to be careful because she may answer to us that she doesn't like them only because she avoids eating them, for the fear of cholesterol. What interests us more is if she loves eggs and not if she eats them. *Desire comes first and then comes the final behavior.* Can you see how important the Law of Hierarchy is?

Let me remind you that the Calcarea Carbonica constitutional picture corresponds to the raw material Calcium Carbonate. As a result, the Calcarea Carbonica individuals tend to have a disorder of the metabolism of Calcium as a great pathogenetic mechanism. In addition, she has so many problems with the development of her bones, together with late walking, as a child. She has brittle nails, dental caries and back pains. Calcarea Carbonica kids often have a craving for things that are rich in Calcium such as egg shells.

Don't forget that Calcium and Silica are two elements which are used by the organism to add hardness and strength to the bones and to the connective tissue. No wonder why the lack of Silica can result in brittle nails, easily cracking lips and teeth and bones that can break easily.

CHAPTER 16

THE CONSTITUTIONAL PICTURE OF ARSENICUM

16.1 “Just do it as I tell you so!”

16.2 Dominating, oppressive and tyrannical in all fields

16.3 A genuine “Ebenezer Scrooge”: quite mean as to money and feelings

16.4 The cruel dictator who dreads death

16.5 Extremely cold

16.6 An egoistic, syphilitic fear of death/loss of existence

16.7 Peevish and irritable

16.1 “Just do it as I tell you so!”

In our previous lesson, we had talked about Phosphor as the main representative of the Phobic Chronic Constitutional Pictures. Another important phobic constitutional picture is that of Arsenicum, yet not so frequently found as the one of Phosphor. Arsenicum has to be differentiated from Phosphor regarding his fears, from Platina and from Anacardium as to his egoism and from Nux Vomica regarding his tidiness. It's a clearly syphilitic individual, both physically and psychologically. Moreover, he tends to be quite mean, miser, egoistic, peevish and tyrannical.

The constitutional picture of Arsenicum Album corresponds to the homonymous homeopathic remedy, prepared by the white oxide of Arsenic. Arsenic is a dreadful and powerful poison. Nevertheless, due to the tremendous dilution and succusion during the procedure of potentization, in the end, it is converted into a harmless and therapeutically active, energy homeopathic remedy.

Arsenicum is a very syphilitic and very egoistic individual. It's a quite rare, chronic, constitutional picture; yet, quite a frequent acute constitutional picture, found mostly in men. He thinks a lot of himself and he strongly believes that he knows everything; a know-it-all person. Sulphur is a know-it-all person as well; However, Sulphur is usually a likeable bubbler, while Arsenicum is a repulsive, dominating dictator.

He has the same tendency for domination as a Lachesis woman because he wants to control even the little things, and interfere in everyone's around him life. On top of that, he wants to have the upper hand and the authority of a King, like Platina. In fact, he wants to be, at the same time, the King-ruler and the inspector-policeman over all things, even the little ones.

Did you get the picture? You will, if you think of that male, dominating family ruler who is a control freak. He is smarter than anyone else around him; he knows-it-all; he wants to decide about all things, even the trivial ones; he wants to supervise all things; he wants everything to be done in his own egoistic way; if things are not done at his will and according to his schedule, he will get angry and be critic; moreover, he will set the penalty and will supervise the infliction of the penalty.

He is a masterpiece, isn't he? All authorities concentrated in one person! A true dictator! A tyrant! Legislator, ruler, policeman, persecutor, judge and penalty officer, all in one! He may be that traditional male ruler who has never boiled an egg or that has never done any housework. Yet, he knows better than his experienced house wife how things should be done; that means, according to *his* way of thinking. For example, some of his typical expressions can be: "You should always set the table like this!" "What the hell is this pasta? How, on earth, did you cook it? Why didn't you cook it properly?" i.e. "as I had told you to!" Or, "I've told you a hundred times to iron my shirts this way! Why do

you keep doing it the wrong way? What's the matter with you?"

Such a great idea does he have of himself that he deeply believes he knows best! Therefore, he has to set the rules and control all others, strictly, directly and without any kind of opposition or argument. He is rigid and straight; he is rude and oppressive; besides, he is not as flexible, diplomatic and manipulating as Lachesis. We can hear him saying, "That's how you should do it! That's how you'll do it when I tell you so!"

Nevertheless, in the rare occasion that he cannot have the upper hand and if he is dependent on others, he may also employ an indirect way of ruling, being more diplomatic. Yet, he is not as good at it and as flexible as a Lachesis woman is.

16.2 Dominating, oppressive and tyrannical in all fields

In previous lessons, I have told you that a dominating Lachesis mother may turn a yielding boy into a neurotic person or into a homosexual or into a psychotic person. For obvious reasons, the same thing can be done by a dominating Arsenicum father. Moreover, if there is that "deathly" combination of a Lachesis mother and an Arsenicum father, then, the child has won the first ticket of the lottery! (Laughs). Don't think that such cases are rare; unfortunately, from my clinical experience, I can assure you of the opposite.

Now, let's bring once again, the picture of this Arsenicum person in our minds. Being so dominating and such a know-it-all person, it's expected that he will also be in favor of strict tidiness. Yet, what kind of tidiness? *His own way* of tidiness, of course! Being dominant towards all people around him, why shouldn't he be dominant over all things

around him? He thinks that he knows best how all things should be; moreover, he just can't accept any opposing arguments. For instance, having an Arsenicum boss is, in fact, a very difficult situation!

Let me give you an example from real life. There is this hard-working, uneducated, man who has established a small family enterprise. He is dominating, selfish and the know-it-all guy. His whole life is his business. Take in consideration that Arsenicum individuals, being dominant, smart and very hard-working, are usually found in the position of directors in several professional fields.

He has all the members of his family work for him, even his adult children, who can be now about 55 years old. Yet, although he may be 85 years old, with the one leg into the grave, he won't give, even the slightest piece of management, to his children. He can be suffering from several diseases, can be tired and old, yet, he can't even imagine leaving his own business to others. His excuse to himself and others can be, "They don't know how to do things; if I pass my business to them, they will spoil a life's work!"

Nux vomica likes tidiness for the sake of the tidiness itself; she is in favor of program just for the sake of duty; she has an attachment on "musts" according to rules, principles, protocol and tradition. All things must be done according to the latter. On the other hand, Arsenicum is in favor of tidiness only because he wants to have full control over everybody and everything around him; only because he knows best; just to serve his egoism.

There's a great difference between these two attitudes. And what makes this great difference is the *motive* that lies beneath each attitude. The one attitude is psoric (Nux Vomica), whereas, the other is syphilitic (Arsenicum). Nux Vomica is in favor of tidiness just for the sake of tidiness, while Arsenicum is in favor of tidiness for the sake of his

dominance. We may have the same final behavior-phenotype, but what truly matters is the underlying motive-genotype.

Natrum Muriaticum is also tidy; yet, not as tidy as Nux Vomica or Arsenicum. Natrum Muriaticum is tidy due to her psoric attachment to duty; also, out of tendency to offer to her close ones and due to attachment to social intellectual patterns and savoir vivre.

Lachesis “Mrs. Kate”, that old-fashioned house-wife is in favor of tidiness for reasons of dominance and manipulation. She wants to project to her close ones and to society the image of “the good wife, housewife and mother”. She is worthy of her title though; she is the efficient director of all matters that have to do with the household and with the family.

On the contrary, Pulsatilla “Mrs. Kate”, that traditional house-wife is in favor of tidiness for the sake of a sincere offering to her close ones and for the sake of a romantic family atmosphere. She wants to serve not only the needs of her husband and children, but also, their whims and their caprices. She wants to take a very good care of them so that they are very pleased and very loving towards her. She has the need and the attachment to that fairy tale scenario of “they lived happily ever after”.

Pulsatilla is tidy at grade 2 and not at grade 3 like Nux Vomica. She is tidy only because she likes things to be clean, romantic and beautiful. Only to offer to her close ones and to guests that beautiful, romantic environment, no matter if they spoil this tidiness; she will be glad to fix it all after they have left, as long as all of them have a wonderful time. On the other hand, Nux Vomica, when in extreme imbalance, may not want any guests, even relatives, in order not to have her tidiness spoiled! When guests come to the house, she can be annoyed even from the slightest change of things; she wants the chair right here, the ashtray

right there, and so on.

Lycopodium is tidy at grade 2 for three reasons: First, for functional reasons in order to keep up with his responsibilities, secondly, so as not to be reprimanded by his superiors, and thirdly, to keep his image of the responsible person towards other people.

Arsenicum and Nux Vomica can be considered as the “anal” personalities according to Freud. For example, the mother Nux Vomica presses her children to have an ordinary schedule regarding stool, to wash themselves regularly, to be clean and tidy, to cut their nails routinely, etc. She does all these things herself, so she expects from her close ones or from her employees to act accordingly.

16.3 A genuine “Ebenezer Scrooge”: quite mean as to money and feelings

Arsenicum tends to be very mean, very miser. He tends to be the typical “Mr. Ebenezer Scrooge”; out of egoism; out of tendency for control and domination. He wants to have “the upper hand” regarding money; to be the one to decide what to do with it. You see, money, nowadays, means power; power over others. Since Arsenicum is such a control-freak, such a dominating person, he is expected to be mean and miser. How do you expect him to give money to others? How can he consent to lose some of his power and how, on earth, can he consent to let the other person gain some power? That’s how the Arsenicum individual does feel! Therefore, he struggles to keep it all for himself and not to lose control. He acts in the same way, regarding emotions; he is cold and egoistic; he isn’t the giving person.

16.4 The cruel dictator that dreads death

Whenever Phosphor is afraid about his psychosomatic

symptoms, he is dying for company, for communication, for consolation, only to forget his symptoms. He is social, friendly, human, sincere and giving, therefore, he is a likeable person, even when full of fears. On the contrary, the Arsenicum individual, either at the State of Health or at the State of Acute Illness, when he dreads death, is not, at all, a likeable person. When afraid, Arsenicum treats others, especially his close ones, like nurses, like servants that are at his disposal to be ordered and to serve him.

He wants his “servants” to be near him, yet, not too near! He may even want them in the next room, so as not to bother him on one hand, but, on the other, quite close and in an emergency state, in order to serve him immediately by doing exactly what they will be told. “Fetch my medicines”, “Make me some tea; not too hot, not too cold and not very strong!” “Close the window, for God sake! I am freezing! Do you want me to catch a pneumonia?” “Fix my blankets and my pillow!” “Call the doctor and tell him to come right away!” When sick or when dread of death, he won’t allow his wife to leave the house, 24/7; not even for a minute! He is such an egoistic person, that although it’s quite obvious that he dreads death, he will not easily admit it to his wife or others. He wants others to serve him and, on top of that, he is complaining all the time or yelling on trifles.

Can you see the differences between the psoric-sycotic Phosphor and the syphilitic-egoistic Arsenicum individual? Isn’t it clear? They both worry a great deal about their health; yet, there is a tremendous difference as to intentions, miasms and personality. Moreover, the one is likeable while the other is repulsive. The same thing applies for the physical symptoms. They may both have cough, fever, expectoration, etc. yet these symptoms are characterized by different modalities.

The allopathic doctor, if, for example, diagnoses pneumonia for both of them, he will prescribe the same antibiotic for

both of them. The homeopathic doctor, who applies the superficial Key-Note Prescribing though, may say that they are both very cold and thirsty for cold water, they both have high fever, and are both fearful for their health so, they will both get Arsenicum.

On the other hand, the homeopathic doctor who practices the Classical Miasmatic Constitutional Homeopathy will not prescribe for the physical symptoms of the Acute Illness or even for the psychological symptoms of the Acute Illness. He will prescribe for the full similarity, i.e. he will prescribe for the miasmatic, psychological and physical characteristics of the individual during the State of Clinical Health, i.e. during the State of Chronic Illness, according to Homeopathy.

If he comes to us during the Acute State, we will, of course, prescribe for the Acute State (psychosomatic totality of symptoms) and give, for example, Arsenicum in low potencies for some days. Yet, after that, we will prescribe for the Chronic State (psychosomatic totality of characteristics) and give, for example, Lycopodium in high potency (1M). In Acute Cases, we prescribe for the patient as a whole and not for the disease or for some of his symptoms. In Chronic Cases, we prescribe for the person as a whole and not for some of his characteristics.

16.5 Extremely cold

Arsenicum is extremely cold at grade 3, both during the Acute State or during the Chronic State. This is a general symptom (Acute State) and a general characteristic (Chronic State) of great importance in differential diagnosis, yet, not as important as the miasmatic and psychological symptoms/characteristics. When we deal with individuals who are afraid about their health, we must have in mind that Arsenicum is cold 3, Phosphor cold 2 and Argentum Nitricum hot 2.

The Arsenicum individual is characteristically afraid for getting cold³; he fears that he may catch pneumonia and die. As a result, we can see him being overdressed, both during winter and during summer. When ill, when, for example, has caught even a slight cold, he will put a lot of clothes on and get under heavy blankets. He will feel freezing as to his body and even feel that ice-cold water is poured along his spine, although he may have high fever and his skin may be burning. Yet, his head is hot due to great congestion and will, as a rule, keep it out of the blankets. Belladonna is also cold regarding her body and hot regarding her head in acute cases; yet, her face is quite red and throbbing, while Arsenicum has a pale face. Kent characteristically says, "Arsenicum feels his body in the fridge while he feels his head in the oven!"

16.6 An egoistic, syphilitic fear of death/loss of existence

When Arsenicum is in the acute state of great fear about his health, he becomes very irritable, antisocial, critical and peevish. He may be quite rude to his family, even to his clients. He may tell his secretary, "Cancel all my appointments. I don't want to see anyone. Arrange an appointment with my doctor! Call and tell him that I want to see him, right away!"

You see, just as he runs his family or his employees, so too he tends, up to a point, to behave towards his doctor. He demands to be treated, he demands explanations regarding his treatment and he demands to be cured. When in great fear, even if he is usually a miser, he may promise the doctor a great fee, only to have the best medical care.

Can you see the difference between this egoistic attitude and the attitude of the likeable and grateful Phosphor individual? A Phosphor individual may sincerely beg, "Oh, doctor! Please, help me! I need your help! If you cure me, I

will be grateful to you my whole life!” Phosphor will indeed be grateful for life! A Lachesis patient may say the exact same thing as Phosphor, even exaggerating, yet, this isn’t a sincere statement. Being syphilitic, she is flattering the doctor and promising several things, only to gain the best care from the doctor. It’s a deliberate action, a theatrical role, a Secondary Behavior and not a genuine Primary Behavior.

Arsenicum, being syphilitic and egoistic, doesn’t have the tendency to communicate with the doctor in a human, sincere way, like Phosphor. He has the tendency to use his doctor in the same way that he uses his family members or his employees. He pays for his service, therefore, he demands to have the best possible medical care.

First of all, he will have strict criteria for choosing his doctor. He is mistrustful and he wants to be sure that his doctor is worth being selected. How can he entrust his health and his precious life to a young or inexperienced or even unknown doctor? How can he allow anyone to have power, to have authority over his valuable body?

Phosphor is more afraid about his symptoms and not so much about death, while Arsenicum fears for death, for losing his life, for losing his existence. Even when at the State of Health, Arsenicum doesn’t want to hear anything about death and funerals. When Arsenicum is at the State of a severe Acute Illness, he has the certainty of an eminent death. He is sure that, “by night I will have been dead” or “I won’t make it until tomorrow” although he rarely admits it, due to his great egoism. A similar thing is also true about Aconitum, because of the intensity and violence of his acute symptoms.

16.7 Peevish and irritable

Arsenicum is easily aroused to anger. Being quite egoistic,

syphilitic, rigid and dominant, he is expected to argue about everything. Anything that gets away from his dominance and his control, anything that isn't done his own egoistic way, makes him angry. Moreover, he is that know-it-all person who interferes in all things, even the little ones. In addition, he isn't flexible at all, like Lachesis. So, why wouldn't he be irritable and irascible?

If his wife is a yielding person, then he makes her life a Hell! He wants to control even the little everyday household things. He argues all the time, he is critical and dominating all the time and he is quite oppressive. He is an insensitive, strict and oppressive husband, father and employer. The very opposite of the emotional, giving, loving Phosphor husband, father and employer! We can understand the above only if we examine things from the miasmatic point of view; to be more specific, only if we have in mind that Arsenicum is quite syphilitic, while Phosphor is quite psoric as to intention and ideas, yet, quite sycotic regarding his expression. Arsenicum is quite introvert; how could he not be? Such a person could trust nobody but himself since *he* is the one who knows-it-all! If he can't share emotions and money, how can he share his deep felt matters, his personal matters? Can you see how from the essence and the miasmatic synthesis, we end up explaining all peripheral matters as to ideas, emotions and behavior? That's how the Classical Miasmatic Constitutional Homeopathy does work!

CHAPTER 17

THE CONSTITUTIONAL PICTURE OF ACONITUM

17.1 Ailments after fright and the fear remains

17.2 “I am dying right now!”

17.1 Ailments after fright and the fear remains

The constitutional picture of Aconitum Napellus corresponds to the homonymous homeopathic remedy that is prepared by the plant Aconite which is a strong poison. Therefore, Aconitum has intense and violent symptoms, either during the Proving Picture or during the Acute Clinical Picture.

Aconitum is predominantly an acute constitution, having as main field of its action the psychological field and secondarily the physical field. Its action is sudden, intense, even violent, yet, quite temporary, since it belongs mostly to the sycotic miasm. The constitutional influence of Aconitum sets in after a sudden and intense fright has acted upon a sycotic individual characterized by plethoric circulatory system. Then, the person is overwhelmed by great sycotic fears generated by the intense, violent congestion of the brain and by the intense physical symptoms which have to do with the heart and vessels.

As a rule, the whole symptomatology goes off as fast as it has set in. However, rarely though, these fears may last for years and years creating a second, superficial layer over the main previous, chronic constitutional one. This superficial layer causes a lot of suffering to the individual. In such a case, the homeopathic remedy Aconitum can help the person's Vital Force get rid of the superficial layer quickly and permanently, in the most amazing way, although it has

troubled the person for long.

Therefore, when we examine a patient who has been suffering from fears for many years, we must always ask persistently if these fears have started after a violent incident of fright. *However, only if the whole picture is similar to the constitutional picture of Aconitum, only then can someone be justified to prescribe this remedy according to the Law of Similarity.*

17.2 “I am dying right now!”

The main fear of an Aconitum individual is the fear of death. All other fears revolve around this central fear. It's an intense fear; a violent fear; a fear mixed with great anguish. He is afraid that he will die right now; at this very moment, or in the next few hours or days; not in a couple of months, not in a couple of years. He predicts the moment of his death; such the intensity of his feeling can be. So great his fear can be that it is strongly revealed in the lines of his face, in his look, in his eye, as well as in his way of moving. He is inconsolable. How can you, as a doctor, tell him that he isn't severely ill, since he feels all the time such intense and violent symptoms? You cannot convince him, no matter how many sane arguments you put forward. “I don't know what you tell me. I do know what I feel!”

Arsenicum, in severe acute illnesses, is quite afraid of death as well. Arsenicum also, may predict his time of death. Yet, Arsenicum, being syphilitic and egoistic and not sycotic, may hide his great fear pretending that he isn't afraid; ok, he may be worried but not afraid! On the contrary, the sycotic Aconitum individual expresses his fear in the most dramatic way: by his look, by his restlessness and by his speech, “Please, help me! I am dying!”

It's a sycotic, straight and intense expression, since the acute constitutional picture of Aconitum tends to be

developed in sycotic, strong, plethoric individuals, as said, previously.

You have to keep in mind that not all constitutional influences are the same. You'll have to keep in mind that *there are those Chronic Constitutions which have a chronic and deep influence creating Chronic Constitutional Pictures and those Acute Constitutions which have a temporary and superficial influence creating Acute Constitutional Pictures.* One of the great values of the Classical Miasmatic Constitutional Homeopathy is this differentiation between Chronic and Acute Illnesses and accordingly, the differentiation between Chronic and Acute Constitutional Pictures. Moreover, the distinction between Chronic and Acute Constitutional Homeopathic Remedies.

CHAPTER 18

THE CONSTITUTIONAL PICTURE OF MANCINELLA

18.1 “Just a click and I’ve lost it!”

18.2 Miasmatic Differential Diagnosis of “fear of insanity”

18.1 “Just a click and I’ve lost it!”

The constitutional picture of Mancinella corresponds to the homonymous homeopathic remedy prepared by the plant *Hippomanes Mancinella* after its potentization.

Like *Aconitum*, it’s predominantly an Acute, Temporary Constitutional Picture, with main field of action, the psychological field. It can be classified in the Acute Phobic Constitutional Pictures. While *Aconitum* is greatly afraid of death, *Mancinella*, on the other hand, is greatly afraid of insanity, of losing her mind, of losing it.

Just as the intensity of the fear of death in an *Aconitum* person makes him believe that he is dying the very next minute, so too, the intensity of the fear of insanity in *Mancinella*’s case makes her believe that she is losing it right now! Just a click of time, just a click of mental function and she will lose her mind, for sure!

This fear of insanity comes from the sudden vanishing of thoughts as to what she wants to do. For example, she can say to herself, “Oh my God, I don’t remember a thing! Am I going crazy?” She doesn’t keep this fear to herself. It’s a sycoptic state; she is greatly afraid and she is easily expressing it.

18.2 Miasmatic Differential Diagnosis of “fear of insanity”

A numerous constitutional pictures are identified by “fear of insanity”. Let’s discuss this kind of fear and its characteristics referring to the most important relevant constitutional pictures.

Calcarea Carbonica is afraid of insanity at grade 2. It’s a psoric fear, since she is quite psoric in all things. Why is she afraid of insanity? Because she has constantly in her mind all these little, deep, silent, psoric, chronic, mild fears about all trivial everyday matters; about her husband, about her children, about their health, about the future, about misfortunes, about metaphysical things, etc.

She just can’t get it out of her mind. Therefore, she may think to herself, “Why do I keep torturing myself with all these matters? In the end, I am going to lose it!” It’s a sane conclusion. It’s not the sycotic, intense fear “I am losing it, right now!” like Mancinella’s case. Moreover, being psoric and introvert, Calcarea Carbonica does not easily express this hidden, internal fear to others, even to her close ones. Nevertheless, if asked by the doctor, she will admit it. In addition, she will be surprised that the doctor has suspected that she has this kind of fear.

Cannabis Indica also has a fear of insanity at grade 2. It’s more intense than in Calcarea Carbonica’s case, yet, not as intense as Mancinella’s. This fear is caused by the uncontrolled, constant flow of several ideas in her mind; a chain of ideas, a train of ideas; a quick, constantly changing, flow of uncontrolled ideas producing a certain constant, kind of blurred thinking; a state of “becoming high”, “becoming stoned”, as if to smoke “pot”, or “grass”; in other words, as if to smoke hashish (Indian cannabis).

Cannabis Indica, in this “blurred” condition, feels as if between sleep and awakened, as if in a dream, as if

intoxicated from a glass of wine. In addition, her hands are cold and wet, while Calcareo Carbonico's feet are cold and wet.

Alumina is also afraid of insanity at grade 2. She also has this blurred, dizzy state of mind, yet this dizzy state has to do with her identity. She sees something and feels as if she weren't the one who had seen it; she hears something and feels as if she weren't the one who had heard it. She says something and feels as if she weren't the one who had said it. In short, she feels as if she weren't herself. These peculiar sensations are the ones that make her feel very bad, very anxious and make her be afraid of insanity. This peculiar confusion of mind makes her also indecisive. In addition, she makes a lot of mistakes in speech and writing; she finds it difficult to follow the train of thought of others. The child Alumina may wake up in the morning and for a while may not know where she is. Alumina, being quite psoric, is very cold at grade 3 and has a total lack of sweat even during physical exercise.

However, apart from the confusion of her mind, what really makes her afraid of becoming insane is her peculiar impulses when she sees knives or sharp instruments or blood. She can say to herself, "What if I kill myself?" She gets scared from these strange impulses and this creates a constant state of anxiety and a tendency to go away.

Argentum Nitricum also can be in a state of fear of insanity; stronger than the above described constitutional pictures, yet, weaker than Mancinella. His fear has to do mostly with his many different kinds of fixed ideas, obsessions and obsessive behavior.

This fear of insanity is in fact a certain kind of obsession and on top of that, a sane conclusion he has drawn, since he says to himself, "My mind gets stuck on these peculiar obsessions all the time; in the end, I am going to lose it!" Argentum Nitricum is aggravated from heat at grade 2 and

is ameliorated by open air or cold air at grade 2 or even 3.

CHAPTER 19

THE CONSTITUTIONAL PICTURE OF IGNATIA

19.1 Ignatia as the “acute” Natrum Muriaticum

19.2 The typical psoric “love disappointment”

19.3 “Piano and French”: an intense psoric, romantic background

19.4 Unsuitable choice of companion

19.5 Hurt and full of bitterness

19.1 Ignatia as the “acute” Natrum Muriaticum

The constitutional picture of Ignatia corresponds to the homonymous homeopathic remedy prepared by the plant *Strychnos Ignatia* after being potentized.

Ignatia is similar, in many ways, to the constitutional picture of Natrum Muriaticum. They are both quite psoric; yet, Ignatia is considered the “acute” Natrum Muriaticum, since it’s an acute, temporary constitutional picture produced when a psoric person, usually under the influence of Natrum Muriaticum or under the influence of another psoric constitution, gets quite hurt due to love disappointment.

Nevertheless, be very careful! That doesn’t mean that anyone who has a love disappointment should take Ignatia! Unfortunately, nowadays, this is a well-established, wrong practice. *Actually, what finally defines which constitution affects the person, isn’t the fact itself, for example, a breakup; it’s the background of the person.*

Given that, when an apple seed is sown, no matter the soil, an apple tree finally sprouts; much the same, no matter the event, *it’s the miasmatic background of the person, his intentions and his mental patterns or his quality, which does*

define the outcome!

19.2 The typical psoric “love disappointment”

Take, for example, a Medorrhinum individual that is greatly affected by the sycotic miasm. His girlfriend tells him that she doesn't love him anymore. Quite often, due to his sycotic influence and due to his male egoism, he can say, “Fuck you! Go to Hell! There are so many other women out there waiting for me!” He may say this because either he had already got bored with his partner, or he can be now free enough to date with other women.

Even if his male egoism is hurt, he will not be deeply hurt or dive into bitterness. He will most likely get angry and, being sycotic, he can go to the horn house to “fuck” or to the first woman that comes into his mind so as “to get laid”; or even he may go to his pals and try to get over the event by drinking, eating, dancing and having fun until early hours in the morning. Definitely, we never see him develop the typical, psoric clinical picture of Ignatia. It doesn't suit his miasmatic and constitutional influences at all!

What can we expect now if a syphilitic woman is “dumped” by her companion? If she is a Valeriana or a Lachesis woman, she's most likely to develop the acute corresponding psychological picture of Valeriana or of Lachesis. That is, she may feel “insulted”, “betrayed”, “fooled”, “ridiculed”, “exposed to others”, “undermined”, etc. What is the common element in all these feelings? That her egoism is “hurt”.

How will she react? According to her miasmatic and constitutional influences, a syphilitic woman will get angry at first, and then she can say bad and bitter words, or she can swear, shout, cry, have a nervous headache, and so on. Then she starts having plans of how to pay back, how to take revenge on him or how to get even. “You hurt me, I'll

hurt you! “An eye for an eye and a tooth for a tooth”! How dare you hurt me! Who do you think you are? Do you think that you are better than me, you miserable creature! You’ll regret it!”

A “dumped” Platina woman usually remains Platina; yet, she has the acute picture of anger or even of snobbish behavior. She may think, “How dare he do that to me (to me the “Queen”, to me the “goddess”). Who does he think he is? He is nothing but a little earthly worm, a big “zero”. If he is such an idiot, such a stupid moron to choose someone else over me, he doesn’t deserve me!” Then, she will act accordingly. She will “erase” him from her life, ignore him, turn her back on him and become extremely snobbish towards him.

At times, the acute constitutional picture of Ignatia may be developed temporarily even to people affected by the syphilitic or by the sycotic miasm; yet, as a rule, it is developed mostly to psoric individuals and especially to Natrum Muriaticum individuals.

19.3 “Piano and French”: an intense psoric, romantic background

You see, the fertile ground, which the acute constitutional picture of Ignatia can be developed on, is the psoric, romantic background. Just think of older times, when a young woman was raised locked into the house or into the castle of her noble parents. For years, she was allowed to deal only with noble, female stuff such as “piano” and “French” or such as literature, household activities and romantic poetry.

She was forced to remain a virgin and the only thing had been left to her was to dream, day and night, of the noble Prince Charming, who would eventually come all of a sudden, riding his white horse, and would save her from her dull, miserable life!

Waiting over the years, rejecting all the time those big-bellied, bald, old men, yet rich or outstanding members of the local society, proposed to her by her parents, finally, out of desperation, she falls madly in love with an “unsuitable” to her origin and status person: a gardener, a peasant, a simple worker or a married man! Or, a scamp that will take advantage of her naive, psoric, romantic behavior, he will “take her cherry” and then will dump her.

Although it’s obvious that he “took advantage” of her, that he “betrayed” her and then went away with another woman, she just can’t believe it or just can’t get over it. The above picture is described by Kent in his *Materia Medica*. Therefore, it suits older, psoric, romantic times. Nowadays, in the syphilitic era where we live, things seem to be quite different. Yet, underneath the seemingly different “phenotypic” behavior there’s always the same “genotypic” background that has to do with the same psoric scenario.

Once again, Ignatia thrives in young girls or women who have this psoric, romantic background. Women that truly believe in romantic, psoric, moral principles; that are introvert and sensitive; that are day-dreaming of a romantic affair; in other words, women that are under the influence of *Natrum Muriaticum*, psoric *Sulphur*, psoric *Lycopodium*, *Thuja*, *Gelsemium*, *Silica* or *Pulsatilla*.

Once again, we are dealing with young girls/women that tend to be truly religious, decent, abstemious, in favor of continence and full of strict morals. She may be actively involved in humanitarian, charity, religious or social movements. She may be absorbed in her usually classical studies like literature, fine arts, classical music, ballet, etc. Or, she may be stoically involved in the care of her sick parents or of her younger siblings; absorbed and consumed by psoric duties.

Such activities make her even more psoric, more sentimental, more deprived of her sexual, emotional and

social maturity. She is living not in this “cruel” reality; she is living in her own, individual, psoric and romantic unreal world.

19.4 Unsuitable choice of companion

For what reasons could such a person develop a psoric “love disappointment” of the type of Ignatia? A first reason can be that she may have fallen in love with a decent, psoric man with good intentions, yet, something spoils the whole romantic story: for example, he may become severely ill or die; or his parents may force him to abandon her because she isn’t rich or of noble origin; or he may be forced to move to a faraway, foreign country for studies or for work; or a devious woman may seduce him and become pregnant so he will be forced to marry her, etc.

Another reason can be that she may have fallen in love with a sycotic scamp who, after one night stand, or after some weeks, after “he had taken her cherry (virginity)”, he got bored and dumped her. Or, she may have fallen in love with a syphilitic manipulator who beat her, humiliated her, took all her savings, used her as a slave, became her pimp, forced her to break the law, etc. She may have been forced to do all these terrible things, out of manipulation, in order to “save” him and thus “save” their “love”!

Do you think that I am exaggerating? Well, it may happen that you yourself are quite psoric and romantic, living in your own psoric, romantic world! My clinical practice doesn’t leave me much choice, but to live in the “cruel”, modern society! In a society, that it is so easy for a psoric, naive person to be the victim of so many sycotic and syphilitic individuals going around, existing in our close relation, in our family, in our keens, in our neighbor, in our society, in our Universe...

19. 5 Hurt and full of bitterness

If someone is psoric and romantic, the final result, after a “love disappointment” is to develop a psoric, love disappointment, acute constitutional picture, most likely, an Ignatia constitutional picture.

The Ignatia individual feels emotionally hurt; full of bitterness; disgraced; regret; guilty; her life has ended, ruined, destroyed, smashed to pieces; nothing can be done. She lost not only her virginity but also her purity; her innocence; her honor; her decency; her morality. She feels a dirty, thrown away rug; a fully squeezed lemon rind; a spent force! Despair, no light ahead; everything is dark and in vain!

She has no appetite and she keeps losing weight and strength. She cannot sleep at night, thinking, all the time, of what has happened; she just can't get it out of her mind, out of her system. In the rare occasion that she wants to talk about it, it will be only to a very close friend and only if he/she is not critical, not judgmental. She may prefer to confess her emotions and thoughts to her beloved diary; she may be inspired to write those psoric, melancholic, romantic poems about unrequited affections and about “the painful nature of love”.

She is quite nervous and irascible, especially to her parents or to her close ones. She easily bursts into tears, although she tries hard to constraint herself; she just can't help it; she just can't control it; she just can't reason with herself. She may quit her precious studies, her job, her hobbies and her social contacts.

As a rule, she develops many nervous symptoms like nervous headaches, oppression chest, feeling of a lump at the throat area, nervous dyspnea, neuralgias, cramps, internal or external trembling, sudden weakness, fainting tendency, etc.

The worst thing of all, is that while her mind, her logic, her sanity tells her clearly what really happened (that she was double-crossed, that she was manipulated and used by a good-for-nothing person), she just can't get that scamp out of her heart; she finds it quite difficult to reject him emotionally.

If we want to be precise, we must say that she was so "thirsty" for the "fairy tale" and for so long, that she finds a great difficulty, at the present, to let that "fairy tale" go away. Even if the other guy never participated sincerely in her fairy tale, nevertheless, she lived it, even if it was in her own imagination; she was so happy and now she is not willing and prepared to stop living in that Paradise, even if that Paradise was just an imagination, just a fairy tale! Therefore, quite often, she likes living in this imaginary, romantic world of her own, thinking, again and again, how amazing were things before the "love disappointment". She wants to stop the time and reject the hurtful event. Moreover, sometimes, she goes even further; she calls him and she confesses to him, once again, her great love; she tells him that she forgives him; that she wants him back, as if nothing had happened.

However, the more he refuses her, the more she gets stuck trying to fix things and resurrect the dead relation. She keeps blaming not him, but her bad luck, her parents, the society, external conditions and destiny; even blaming herself.

In such cases, an Ignatia 10M or 1M can finish the case even in days! In one or two weeks, things are usually much better. The event may live in the memory but it's gradually fainting. In addition, the extreme imbalance of the emotions will be cured. The bitter event will stay as a bitter entry in her memory; yet, her heart and her logic will be sufficiently cured.

Nevertheless, quite often, the person may a little bit

overcome the hurtful feelings but after one or two weeks there is a relapse. The acute melancholy becomes a chronic melancholy. Most of the times, a chronic constitutional remedy is needed; and most of the times, this is Natrum Muriaticum 1M.

Can you see how amazing such clinical pictures are? We talk about real, everyday pictures; every day dramas; real everyday incidents; they aren't pictures existing only in romantic literature, in fairy tales, in poetry or in theatrical plays and Hollywood movies.

The greatness and the actual "magic" of Homeopathy is that it has established a scientific method, 'Provings', able to reveal the secrets of the abyss of the human soul and the secrets of the labyrinth of the human body. For me, this is amazing; this is magic; this is the very reason that I have chosen Homeopathy; science and everyday life in a single package! A gift from Heaven to Earth!

CHAPTER 20

THE CONSTITUTIONAL PICTURE OF SEPIA

20.1 Sepia, as the “chronic” Natrum Muriaticum

20.2 Aversion for sex at grade 3

20.3 “Drained”, in terms of Vital Force

20.4 The background of a psoric, yielding person plus an oppressive husband and demanding children

20.1 Sepia, as the “chronic” Natrum Muriaticum

The constitutional picture of Sepia corresponds to the homonymous homeopathic remedy that is prepared by potentization of the ink of the cuttlefish.

Just as Ignatia is the “acute” version of Natrum Muriaticum, so is Sepia the “chronic” version of Natrum Muriaticum; even the more chronic and depressed version of Natrum Muriaticum. It is usually caused when a psoric, yielding person, especially a Natrum Muriaticum individual, endures stoically an oppressive demanding husband and equally demanding children for a long period of time; as a result, she is becoming drained of most of her Vital Force, becoming very weak and most depressed.

As one can see, the Sepia constitutional picture is caused under special conditions. It can be a temporary state lasting for some months or it may last even for years. The Sepia Chronic Constitutional Picture is the typical representative of the psoric, chronic, advanced and silent depression.

20.2 Aversion for sex at grade 3

While the Natrum Muriaticum individual is hot physically and “hot” sexually (when in a working, good relation and always combined with love), Sepia, on the contrary, is very cold at grade 3 physically and very “cold” sexually. Not only “cold” sexually, in the sense of no desire for sex but in the sense of aversion to sex at grade 3 or 2. She doesn’t want even to be touched; she can feel disgusted and repelled even in the thought of sex.

A woman who despises sexually her husband because of having a lot of problems with him, yet she has desire for sex in general and she can be pleased sexually with another companion, is not, in any way, a Sepia woman. Besides, a woman who hasn’t had sex for months or years and her sexual function has become “flat”, in other words, it has been “in deep sleep”, but it can be revived when finding the proper companion is not a Sepia woman, in any case. A woman, who is tired and doesn’t have any desire for sex, yet, when she is engaged in a sexual intercourse, she is even a little bit pleased, isn’t, once more, a Sepia woman. Here’s the definition of aversion to sex: Not only lack of any desire for sex with anyone but also not the least pleasure during sex; in addition, the person is getting worse psychologically and physically after the sexual intercourse. Only then, we are justified to talk about aversion to sex at grade 3 or 2.

You must also bear in mind that not all women with aversion to sex need the homeopathic remedy Sepia. Natrum Muriaticum also may have an aversion to sex under adverse conditions; yet, not as intense as Sepia. Other constitutional pictures may also be characterized by such an aversion to sex.

Only when the whole picture and the essence match the one of Sepia, we are justified to prescribe Sepia. Prescribing for individual symptoms, even if they are strong and peculiar Key-Notes, is usually wrong. We do prescribe for the

individual himself and not for his rubrics; neither for his diseases nor for the events that happened to him.

We must take into consideration the miasmatic influences, the complete constitutional picture during the state of Clinical Health and the essence of the person. That is what we do in the Classical Miasmatic Constitutional Homeopathy and that is what makes it both special and effective.

20.3 “Drained” in terms of Vital Force

The Sepia woman gives you the picture, the look and the feeling of the “energy drained” person. She has that great lack of etheric energy, therefore, she is quite cold at grade 3 or 2 and tired. She lacks vital heat. She is “shrunk” physically and psychologically; very introverted, very reserved, very closed, very depressed. How on Earth will she have any energy left for sexual desire and also for sexual intercourse?

The very act of sexual intercourse aggravates her both physically and psychologically. In case she is forced by marital duties, for example or for the sake of her children to have regular sex with her husband, not only she won't be the least satisfied, but on top of that, she will be getting worse. This kind of “legal” rape disorders her Vital Force, her emotional balance even more. For many days after the sexual act she can feel awful, both physically and psychologically. She may even develop inflammation of the vagina and leucorrhea of a characteristic kind.

While a Natrum Muriaticum woman is a very giving person to her husband in case of a good relationship and to her children in any case, the Sepia woman - being so emotionally disappointed from her marital relation, so “drained of energy”, so tired and depressed - is no longer the giving person, neither to her husband, nor to her children. You see, she tries to save her diminished energy in

any possible way.

Since she is quite psoric, she usually chooses to be stoical and calm, yielding and patient; yet, when in contradiction with her husband, she may become temporarily mean lashing out against him verbally, only out of defense, just out of bitterness. He is the one who is responsible for her condition, for her disappointment and depression; he is the one who has been demanding and insensitive all those years; therefore, how can she not be defensively biting?

She is so emotionally disappointed from her husband that her feeling becomes flat not only regarding him, but in general. She knows that she loves her children, even if they are demanding; yet, there is no energy left to feel and to express her love towards them. She cannot *feel* love for her children; she does love them but she cannot *feel* the corresponding emotion.

It's as if I have always loved the sea, I know that I am crazy about it, yet, at this very moment, I am so tired or unhappy that being next to the sea doesn't make me feel anything. On the contrary, Natrum Muriaticum, doesn't have any flat emotions. She is full of emotions, even if she is hurt or disappointed, even if she feels bitterness.

If the doctor asks a Sepia woman, in a proper way, "Do you feel drained of energy and emotionally flat?" he will suddenly see that spark in her eyes, in the midst of her stoical, silent depression, followed by the words, "Oh, doctor! That's exactly what I feel!" In that very moment, you have gained the respect and the trust of that patient, for life! You are the beacon that shed light in the darkness of her life; at last someone has finally understood her situation!

20.4 The background of a psoric, yielding person plus an oppressive husband and demanding children

As mentioned, this state of silent, stoical depression is produced in a psoric, yielding woman if she is chronically abused by a demanding insensitive sycotic husband or even by a syphilitic, oppressive husband who “fucks” her instead of “making love” to her.

Be careful! “There is no such a thing as “vulgar” language! There are only vulgar people!” Just as a well-meaning poet or writer is excused to use any kind of language in order to fully express his thoughts and emotions, so too a well-meaning scientist is excused to use any kind of everyday language in order to draw objectively and exactly the constitutional pictures that people present.

Since a sycotic person uses the word “fuck” to describe the sexual intercourse and, since he really “fucks” a woman instead of “making love” to her and with her, would I be scientific and objective enough if I used the “scientific” and “moral” language and said that “her husband has sexual intercourse with her”?

He doesn't have sexual intercourse with her! He isn't involved either physically or emotionally. He isn't a giving person. It's not a mutual exchange of physical and psychological feelings. He simply and actually “fucks” her and doesn't give a damn about her orgasm or her feelings. He just uses her as a sexual object; as a plastic, inflated doll! How can I not say “fuck”? This is the proper, exact and scientific word, similar to the action and to the person described!

For God sake, at least in Science, let's get over the “colorless and odorless” language which so many politicians, priests, journalists and scientists use in order to be “politically correct”. Correct is only what expresses best the reality! Only what expresses best the truth! Nothing else!

CHAPTER 21

THE CONSTITUTIONAL PICTURE OF SILICA

21.1 Psoric, both physically and psychologically

21.2 Disorder of the metabolism of Silica

21.3 Aversion to milk and psoric constipation

21.4 Psoric stage fright

21.5 Usually mild, melancholic and psoric

21.1 Psoric, both physically and psychologically

The constitutional picture of Silica corresponds to the homonymous homeopathic remedy produced by the mineral Silica after its potentization.

It's a quite psoric chronic constitutional picture, both physically and psychologically; neither a frequent constitutional picture nor so rare though. More frequently found as an acute constitutional picture. Silica resembles more to a psoric Pulsatilla in all fields. I mean that while Pulsatilla is psoric as to intention and content of thinking, yet, quite sycotic as to expression, Silica on the contrary is psoric in all fields. Therefore, Silica is quite cold at grade 3; she has cold extremities and a great sensitivity to cold especially to the head and neck. If she washes her hair and is exposed even to a slight cold air, then she will easily develop a headache or catch a cold. Besides, she is sensitive, in a lesser degree though, to changes of the temperature; not only from heat to cold but also from cold to heat; extreme heat, causes her many ailments.

21.2 Disorder of the metabolism of Silica

Just as *Calcarea Carbonica* is characterized by a disorder of the metabolism of Calcium and *Natrum Muriaticum* by the metabolism of Sodium, so too is *Silica* characterized by a disorder of the metabolism of Silica in the organism. *Silica* plays an important role in the organism; it gives the necessary hardness to several tissues and especially to bones, teeth, nails, hair, skin, etc.

Therefore, individuals influenced by the constitution *Silica* are characterized by soft bones, soft teeth easily developing dental caries and breaking, brittle nails, in-growing nails, dry lips that crack easily, whitlows, styes, hard glands, hard nodules, tendency for suppuration, wounds that tend not to heal properly and form cheloids, boils, etc.

The homeopathic remedy *Silica 1M*, if administered to a person that presents the whole, physical and psychological picture of *Silica*, will improve all the above disorders in a matter of days or weeks, depending on the case, even without giving *Silica* as a dietary complement. The absorption of *Silica* from the food and the metabolism are restored to normal; as a result, therapeutic changes can take place in any previously mentioned disorders.

21.3 Aversion to milk and psoric constipation

A special characteristic of *Silica* is her aversion to milk, at grade 3. She despises the taste of fresh cow milk. When a child, she was fighting with her mother who pressed her to drink milk “in order to have strong bones”. She could only convince her to drink it, when the taste was covered with the taste of the added cocoa. Even then, she couldn’t digest it; she had distention and diarrhea. A similar thing, in a lesser degree though, applies to *Natrum Carbonicum* and *Natrum Muriaticum*. *Lycopodium* sometimes has difficulty in digesting milk as an adult, due to dyspepsia it causes, although he may like its taste.

Being quite psoric, Silica often has that psoric constipation; slow motility of the intestines, difficult expel of soft stools and sometimes when pressing to stool, the latter can come backwards. Silica is also characterized by chronic headaches followed by nausea.

21.4 Psoric stage fright

Nevertheless, the most valuable feature of Silica, is her psychological state. Being quite psoric, she has that characteristic, psoric stage fright: She has the certainty that she will not perform well in front of an audience even if she is well-prepared and knowledgeable on the subject. It is usually noticed in exhausted, out of over studying, students or in people dealing with mental work or in lawyers.

For example, there's this senior student who may have performed well in oral exams in the past, yet, now, has this unjustified fear that he will not perform well; that his presentation will be a failure. As a result, he postpones his oral exams, over and over again and suffers from weariness, insomnia, melancholy and indecision. Yet, if he pushes himself to get on with it, he usually performs well.

I have to say that the above example refers to a person who has developed this peculiar stage fright temporarily, as a circumstantial constitutional picture. However, women - Silica is usually found in females like Pulsatilla - who have been affected by the constitution Silica since their childhood and for years, have this stage fright all their life.

One has to differentiate the above stage fright from the stage fright of Lycopodium. The latter has a lot of self-confidence and he is usually meticulous and well-prepared. Yet, some minutes before the presentation he has a considerable amount of anxiety, even some gastric ailments and palpitation. Nevertheless, after one or two minutes from the onset of the presentation, he becomes quite confident,

able and fluent and with the desire to keep talking. He loves so much projecting the image of the cultured and knowledgeable person and he highly loves all kinds of teaching and lecturing. One also has to differentiate the previous kinds of stage fright from the one of Argentum Nitricum. Like his overall personality, his stage fright has to do with obsessive and fixed ideas. While waiting for an important meeting or for exams, he has that tremendous anxiety which has to do with several “What if...?” thoughts. What if this goes wrong, what if that goes wrong, what if the other thing may happen and so on.

Yet, when the event takes place, all his anxiety and obsessions are gone and he performs quite well. Quite often during the anxiety stage, he characteristically develops nervous diarrhea or nervous frequent urination or intense restlessness.

21.5 Usually mild, melancholic and psoric

Being psoric, Silica is, as a rule, mild and gentle. Yet, not as sensitive and emotional as Pulsatilla. Silica compared to Pulsatilla is more psoric and less expressive; besides, more melancholic, resembling the psoric Calcarea Carbonica. Nevertheless, she doesn't have as many psoric fears as the latter.

CHAPTER 22

THE CONSTITUTIONAL PICTURE OF LILIUM TIGRINUM

22.1 Very hot with plethoric circulation

22.2 In anxiety; constantly unsatisfied

22.3 Inaccessible to be talked to

22.4 Hysterical dizziness and palpitation

22.1 Very hot with plethoric circulation

The Liliium Tigrinum constitutional picture corresponds to the homonymous homeopathic remedy, prepared by the homonymous plant. It's a rare, hysterical constitutional picture; mostly a female one. Nevertheless, not as hysterical as Moschus, who is a syphilitic, hysterical woman expressed in a sycotic, intense way.

Being the most hysterical of all hysterical constitutional pictures, Moschus is always having numerous hysterical symptoms. Many times, this tremendously spoiled, immature woman is faking without any kind of hesitation, only to have things done in her own egoistic or capricious way. Yet, there are times that she may reveal to her doctor or even to her victims that she wants all things done her own way, just like a spoiled little girl. Actually, such a controversial behavior is nothing but a syphilitic behavior.

Back to Liliium Tigrinum again. She is hot at grade 3; hot and with plethoric circulation and expression. In terms of her relation to heat, she resembles Pulsatilla, i.e. she is aggravated in a hot room and can be ameliorated in open air. Nevertheless, being syphilitic-sycotic regarding her personality, she has nothing to do with the psoric-sycotic

Pulsatilla. She also shares a common characteristic with Sulphur: intense heat at the soles and at the top of the head.

She is getting worse when lying on the side and is getting better lying on her back. This may remind you of Phosphor, because both of them when lying on the left side feel as if pressing their heart, possibly due to plethoric circulation. Nevertheless, Phosphor may be a psychosomatic, phobic person, but he isn't neither syphilitic nor hysterical.

Phosphor isn't faking at all; on the contrary, he is quite sincere. He feels his intense psychosomatic symptoms and can say, "Oh doctor! Save me from my sufferings!" He isn't doing this deliberately in order to serve his egoistic intentions by manipulating his companion and those around him. Although he craves consolation at grade 3, he is not exaggerating in any way, so as to achieve this certain goal. Being psorically and extremely honest, if somebody tells him, "Oh! Come on! You've got nothing, at all! It's all in your imagination!" he will get really upset because he feels that they are so unjust towards him.

You see, the correct differential diagnosis, i.e. the Miasmatic Constitutional Differential Diagnosis, is never based on an individual symptom, even if it is the most peculiar Key-Note. It must be based on the miasmatic synthesis of the person, on his essence and on his constitutional picture taken as a whole. For instance, Liliun Tigrinum is syphilitic and hysterical as to intention and sycotic as to expression, while Phosphor is quite psoric as to intention and principles, yet sycotic as to expression.

It's quite possible that the person Liliun Tigrinum feels bad when lying on the sides, first, because of her plethoric circulation and second, due to the pressure put on the heart. However, she doesn't associate this feeling with her heart, nor is she afraid about the latter; she is simply not comfortable at this position.

On the contrary, when it comes to Phosphor, it's not a matter of discomfort; his favorite position regarding sleep is quite often on the side and especially on the left side. Nevertheless, he has heard those medical rumors, "you shouldn't sleep on your left side so as not to press your heart"; that's why, when at the State of Clinical Health, he avoids doing so, as a preventive health action. When at the State of Pathology Phase B, i.e. when he starts having all those fears about his health, he indeed hears his heart ticking when sleeping on his left side; and then he gets terrified!

22.2 In anxiety; constantly unsatisfied

Now, let's move on to the psychological characteristics of Liliun Tigrinum. Never forget that these are the most valuable ones, especially when we have to do with hysterical constitutional pictures.

Liliun Tigrinum's essence can be identified as a syphilitic, hysterical woman *who is in anxiety*, being unjustifiably and constantly unsatisfied. Nothing pleases her, nothing contents her; she is feeling unsatisfied all the time. She is a spoiled, hysterical woman who interprets all things in her own egoistic, immature way; therefore, never satisfied.

One woman, patient of mine, once told me, "What's the matter with me, doctor? Why I am not satisfied? My husband treats me well, my kids are ok, financially we are ok, yet I am never pleased. What's wrong with me?" This was a very sincere declaration!

Please, pay close attention to this! Whenever we say that a hysterical person is faking, this doesn't mean that he is faking to all people. In the former example, that woman was sincere towards me; yet, she may have not been sincere towards her husband.

We just can't argue with a Liliun Tigrinum woman or girl; we just can't persuade her. Don't try to understand what she really wants; she herself has no clue about it! She is so immature, capricious, selfish and spoiled. She may even not be able to sleep, lying all the time, lost into her thoughts about little, unworthy matters, suffering and unable to express herself.

22.3 Inaccessible to be talked to

Yes, it's true! She is quite inaccessible to be talked to, even by her own people, or even better *especially* by her own people. Why so? Because she is so busy dealing with her miserly thoughts that when spoken she reacts, automatically in a reactive way. "Shut up!" she will say. "Leave me alone!" She slams the door and goes away or demands to be left alone.

Later on, when calm, she can't find a good reason for her behavior in the same way that she just can't find a reason for being unsatisfied from her life. She is inaccessible even when her good-willed husband tries to help her or console her.

Well, a Natrum Muriaticum woman can be also aggravated and angry at consolation, yet for another reason. Being very psoric, she's introvert, decent, easily offended and nervous. Therefore, she doesn't want others to know her deep felt thoughts and matters; she feels exposed; she feels naked. She has an aversion to consolation and especially an aversion to that kind of consolation which is characterized by pity.

She doesn't want others to feel sorry for her. Pity is simply killing her; pity is stabbing her heart; pity breaks her decency into a thousand pieces! On the contrary, a Liliun Tigrinum woman doesn't have any problem talking about her personal problems when she feels like to; moreover,

being syphilitic, she may even exaggerate and complain about it. Platina at times when someone tries to speak to her, she may stop him in a rude, abrupt or even vain way; or even she can make a gesture in a strict way ordering him not to talk! It's an automatic behavior that she doesn't even realize at that time; she may realize it afterwards when the person comments on that. This has to do with the air of confidence she has and the absolute feeling that she is the "Queen" or "King"; so, her "subjects" shouldn't bother her with unworthy matters! She cannot stand "idiots" and "idiotic remarks"!

Valerian may be very abrupt, especially to her close ones, only because she is very insecure; therefore, she's always employing a defensive and reactive behavior. She misinterprets many behaviors as being offensive, deliberate or undermining; she is very mistrustful and reactive. In conclusion, the two main psychological characteristics of Liliium Tigrinum is that she is constantly discontented and she is inaccessible to be talked to.

22.4 Hysterical dizziness and palpitation

Being a hysterical personality, Liliium Tigrinum has a lot of hysterical symptoms. Her main hysterical symptom is this special kind of hysterical dizziness. Quite often, she can tell us she has "vertigo" although she doesn't. Vertigo presupposes a feeling of circular motion; the patient feels that things move in a circle around him or that he is rotating around things. Vertigo is usually caused by physical reasons; yet sometimes, it can be caused by psychological reason, i.e. it can be a nervous vertigo. On the contrary, this kind of dizziness in Liliium Tigrinum is, as a rule, a hysterical or nervous dizziness without any circular motion. In vertigo or in dizziness, due to pathological reasons, the person quite often has the tendency to fall and quite often, he does fall without any kind of control and as a result, he can be

injured.

The hysterical dizziness of *Lilium Tigrinum* has to do with a vague feeling of dizziness that is always accompanied by a normal or intense *imaginary* fear of falling. She has that peculiar sensation in her head, something like a tingling or electricity accompanied by a “crazy” headache and a sensation as if ideas were scattered. The more she tries to bring her thoughts together, the more confused she gets; as a result, she can have this mild fear of insanity.

This internal peculiar sensation causes the “dizziness” and the fear of falling; therefore, she is afraid of going out alone. She isn’t so much afraid of falling and becoming injured; she is afraid of the embarrassment produced in such a situation; she is afraid of the awkwardness of the situation; she is afraid of being “ridiculed” to others around her.

Apart from the hysterical “dizziness” there’s also another important symptom, a nervous symptom: palpitation at grade 2 or 3. It’s not a tachycardia; it’s a palpitation. The first one is an objective sign that can be noticed and measured by the doctor. The second one is a subjective symptom felt by the patient, with or without the presence of the first one. She has frequent and intense palpitation which is getting worse with every little movement.

Lilium Tigrinum is also characterized by violent and increased sexual desire and sexual excitement with spasms, palpitation, perspiration and weariness; it’s not a normal, natural increased sexual excitement; it’s rather a hysterical excitement that suits the overall hysterical personality of *Lilium Tigrinum*. *Lilium Tigrinum* shares a common symptom with *Sepia*. She has that tendency for uterus prolapse with the characteristic dragging down feeling that may begin even from the neck or the stomach or the uterus downwards to the genital area, forcing her to want to hold her uterus so as not to flow out. Most of the times, there’s also a tendency for scanty menstruation.

Usually, she is a constipated person, yet, she may sometimes have that urgent morning diarrhea with the empty sensation in the stomach. The urgent morning diarrhea, the empty sensation in the stomach, the burning sensation of the soles and the intense aggravation from the heat are all symptoms common with Sulphur. Nevertheless, the miasmatic synthesis, the essence and the whole personality of these two constitutional pictures are quite different. This is an example of how Repertorising and Key Note Prescribing can be driven into false selection of remedy only because they are focused on the physical level without taking into consideration the higher levels which are more important. Such methods usually violate the Homeopathic Law of the Whole and the Homeopathic Law of Hierarchy. To sum up, *Lilium Tigrinum* is usually a nervous, hysterical, syphilitic woman in anxiety; never satisfied; with many hysterical symptoms, especially the hysterical dizziness; hot and with nervous palpitation; irascible and inaccessible to be spoken to.

CHAPTER 23

THE CONSTITUTIONAL PICTURE OF ASAFOETIDA

23.1 Hot, plethoric, with offensive secretions

23.2 Hysterical throat chocking

23.3 Other hysterical symptoms

23.1 Hot, plethoric, with offensive secretions

Asafoetida is another rare, female, hysterical constitutional picture. The name consists of the word “fetid” which means to have offensive odor. All the secretions of Asafoetida are offensive or fetid at grade 2 or even 3. Asafoetida is also hot, yet, hot at grade 1 or 2 and not at grade 2 or even 3 like *Lilium Tigrinum*.

Asafoetida can be noticed in plethoric, fat women with venous stasis and venous, puffed, purple face, especially when cold or excited, similar to that of other venous organisms such as *Lachesis* or *Pulsatilla*. Nevertheless, always have in mind that *Lilium Tigrinum* and *Lachesis* are syphilitic individuals while *Pulsatilla* is psoric-sycotic.

Besides, you should always bear in mind that *first come the miasmatic and psychological characteristics and then follow up the physical characteristics*. Never ever, violate the Law of Hierarchy!

23.2 Hysterical throat chocking

Asafoetida has many hysterical symptoms, yet, the most characteristic one is the hysterical chocking sensation of the throat. She feels dryness and burning of the esophagus and

when stressed, a hysterical spasm of the esophagus can set in. The corresponding to the spasm, subjective feeling is the choking feeling: as if a lump or a small ball were in the throat area or as if a lump went up from the stomach to the throat.

This weird annoying feeling upsets her which makes her try to get rid of it by swallowing all the time or by drinking water all the time. However, in many other cases, whenever she is drinking water, the choking hinders the swallowing and she starts coughing because the water goes to the trachea; in the end, the water is expelled from the mouth. It's not a pathological symptom, produced, for example, by a tumor or by a paralysis. It's a hysterical, functional symptom which comes and goes, arbitrarily.

One might do differential diagnosis from Cactus. Cactus is also a hysterical individual who is characterized by a hysterical spasm of the esophagus. Yet, the subjective feeling produced is the sensation that someone is strangling him; it's a subjective pressing feeling coming inwards from the outside.

A Natrum Muriaticum woman, when vexed or hurt, feels that nervous lump in the throat and that nervous oppression to her chest. Yet, Natrum Muriaticum is not hysterical and syphilitic; she is nervous, very introvert and quite psoric. She keeps all things and all sorrow and anger within her; as a result, many nervous symptoms can be produced due to the unreleased tension. Moreover, being very introvert, psoric and extremely decent, she tends to hide her symptoms instead of using them in order to manipulate others around her, as in the case of the hysterical syphilitic individuals.

One could also differentiate the above symptoms from some symptoms of Lachesis. For example, when a Lachesis woman is upset, she lets out intense sighs feeling intense oppression to the chest and a mild lump in the throat area.

All the above are nervous symptoms. On the other hand, quite often she can *pretend* to have several imaginary symptoms or exaggerate some mild symptoms only to manipulate others around her, because of her dominating tendency. For example, when her husband or children contradict her, she can start saying, "Oh! My heart hurts! Oh, my God, I am having a heart attack!" or she pretends to have a fainting spell, etc.

23.3 Other hysterical symptoms

Other characteristic hysterical symptoms of Asafoetida are the hysterical insisting hiccough and the hysterical constant retching. Kent says that it's as if all the gases of the stomach expelled upwards instead of going down. We are not dealing with a retching that has to do with gastritis or dyspepsia. We are dealing with a hysterical symptom. Lachesis also has many nervous retching and distention to her abdomen due to her chronic colitis.

Some other less characteristic hysterical symptoms of Asafoetida are the oppression upon the chest and the fainting tendency. She may even faint, especially in a closed room or after becoming upset due to her sensitive venous circulation. In addition, Asafoetida, is very sensitive to pain, has frequent numbness at the skull area and she is grinding her teeth during sleep.

Many of her physical symptoms are quite syphilitic like her personality. She tends to have bluish or black, deep, sensitive ulcerations; purple old scars threatening to suppurate or become black and painful; nightly bone and head pains due to inflammation of the periosteum as if a nail drove into head or from the inside out; numbness; galactorrhea but not in pregnancy.

CHAPTER 24

THE CONSTITUTIONAL PICTURE OF MOSCHUS

24.1 Capricious, irritable and hysterical: wants to have all things her own way

24.2 Differentiation from other constitutional pictures

24.3 An ocean of numerous, hysterical physical symptoms

24.1 Capricious, irritable and hysterical: wants to have all things her own way

Lilium Tigrinum and Asafoetida are hot, hysterical individuals. It's time now to go to the cold hysterical individuals. The constitutional picture of Moschus Moschiferus corresponds to the homonymous homeopathic remedy produced by the dried secretion of the musk sac of the homonymous male mammal of Central Asia after potentization. In the liquid form, this secretion is widely used as a raw material in perfumes.

Moschus is the most hysterical constitutional picture of all, plus the most irritable one and the coldest of all. Moschus is full of numerous hysterical symptoms changing all the time even to the opposite qualities. In case somebody misjudges these symptoms as pathological ones, then he will reach the conclusion that this person suffers from almost all existing diseases at a severe degree!

Once, I had a Moschus woman as a patient. She was short, fat and ugly; she was married to a tall, well-build, handsome man. The surprising thing was that she had the absolute upper hand on him; she had full control! All things were done her own capricious way; she even hit him when she got angry, that is, all the time! He was present at the

examination. He was that well-meaning, naive, psoric yielding type and in order to justify his yielding behavior he told me, "What can I do, doctor? My wife is quite irritable!"

You see, out of cowardice he has imprisoned himself into that psoric jail. He projected to him and other people the motto/intellectual pattern, "she is my wife and I must do my best to help her!" As a result of this projection, he told me, "I love her doctor, so I have to put up with her irritability and try to help her; You see, she doesn't mean bad; she just can't control herself... she is an irritable person!"

Take into consideration that she had made his life a Hell! The daily "menu" included shouting, cursing, outbursts of jealousy, capriciousness, even beatings; nevertheless, all the previous were mixed with statements that she loved him so much! Surprisingly, in the office it was also present her father; not surprisingly though, he was also a copy of his son in law: a psoric, yielding, male who had never taught his daughter, even in her childhood, to take care about others and not only for herself; he must have been satisfying her whims since she was a little girl. Even after some years of her marriage, he had been trying to help her with her "nerves" and save her marriage. You see, she was trained to control her father and now she did the same to her husband.

Hysterical women, especially Moschus, present hundreds and hundreds of several, peculiar, intense, non-typical symptoms from all organic systems. The homeopathic doctor practicing Repertorising, Key-Note Prescribing or Computer Expert Systems will be so confused when taking the case. You see, he has learned to deal with individual symptoms in a mechanical manner: ask, write down and look at the Repertory, then ask for another symptom, write down and then look at the Repertory and so on.

The problem is that by this mechanical methods, one "is unable to see the wood for the trees". He focuses upon individual symptoms instead of focusing on the person as a

whole. The result is that he will end up setting the diagnosis of several diseases; besides, he will try to differentiate among dozens of several constitutional pictures that have *partial similarity* with the individual symptoms. Total confusion!

On the contrary, the homeopathic doctor practicing the Classical Miasmatic Constitutional Homeopathy takes into consideration all the symptoms; yet, he focuses upon the essence and on the whole picture of the person. Being knowledgeable on miasms and on constitutional pictures, he can easily see that beneath all these numerous, seemingly different symptoms, there's a common element: "a syphilitic hysterical person"!

That doctor, definitely, does not practice Repertorising! Instead, he focuses upon the kind of the person he has in front of him. In the current case we speak about, he has in front of him a highly hysterical woman; what's more, her *essence* and her *whole picture* is highly similar to the hysterical constitutional picture of Moschus. End of story! Quick, deep and correct miasmatic and constitutional prescription! Deep therapeutic results!

24.2 Differentiation from other constitutional pictures

Moschus corresponds to a woman that is highly hysterical, self-centered, irritable, capricious and stubborn; a spoiled young girl who never matured ending up in a spoiled adult woman. Her essence is that she constantly wants things to be done her own, self-centered, capricious, immature way.

Nevertheless, in the syphilitic era where we live, there are so many syphilitic, yet, not hysterical women who want things done their own way! Take, for example, the dominating Lachesis woman. She is so capable of manipulating all others around her in order to control them

and do all things her own way!

Lachesis can shout or be silent; she can cry or get angry; she can be very dictatorial or pretend to be very democratic; she can be an obvious manipulator or can pretend to be the pitiful victim; she can threaten or beg; a never-ending list of Secondary Behaviors; she can be so flexible and manipulative! You see, she is fully conscious of her controlling behavior.

On the contrary, the spoiled little girl or even the woman Moschus does not hesitate to tell someone in a straight manner, "I want you to do this for me!" Then, if he doesn't do it, she will start crying, shouting, cursing and insisting like a spoiled little girl even if she is 45 years old. She doesn't have the flexibility and the manipulative ability of Lachesis.

A Platina person also being dominating wants things to be done her own selfish way. Yet, not like the flexible "Mrs. Kate" Lachesis woman; nor, like the know-it-all Arsenicum dictator. Platina feels like a Queen/King; therefore, she demands from her "subjects" to recognize her royalty or authority and do so in accordance with her wishes or orders. She refuses to be that low class "Mrs. Kate" who wants to control all everyday little things. She feels royalty; therefore, if someone doesn't recognize her authority, she will be quite snobbish and ignore him; how can she deal with a disgusting, little "worm"!

Valeriana also wants things to be done her own way. Yet, most of the times, she is so insecure and reactive, that in the end, not only are others confused about what she wants, but she is also confused herself. She is quite irascible, mistrustful, insecure, reactive, irritable and moody. She is a very intellectual person and her mind doesn't stop examining things, due to her insecurity. On the contrary, Moschus isn't intellectual at all; therefore, she asks for things to be done according to her will in a primitive, direct

and rough way. She wants something to be done and will not discuss it or justify it. The moment someone refuses to satisfy her whims, she will burst into that hysterical behavior including irritability, weeping, complaining, demanding, etc.

24.3 An ocean of numerous, hysterical physical symptoms

A good many hysterical physical symptoms can follow up this hysterical behavior. Let's outline some of these numerous hysterical physical symptoms of Moschus: Hysterical loss of speech; to be more specific when things are not done her own way, she can get upset and a hysterical spasm of the larynx sets in, resulting in the partial or total, temporary though, loss of speech. The same pathogenetic mechanism may lead to spastic cough or purple-black face through holding breath noticed in spoiled children after punishment.

Fainting tendency or even fainting; she lets things drop from her hands; hysterical deafness or sudden blindness or dim vision, coming and going. Also, hysterical lump at the throat area; hysterical dyspnea; sensation of falling from a height or as if she rapidly turned around.

Palpitation, oppression on chest, anguish; in a constant hurry, restlessness, internal or external trembling; spasms, quivering of muscles; nervous insomnia and "dreadful" pain all over body. Also, rush of blood to the head; one minute her cheek or hand red and cold and next minute pale and hot; tension in back of head and nape; great hysterical thirst and thousands of other such hysterical and nervous, psychosomatic symptoms. When we differentiate Moschus from other hysterical constitutional pictures, we should have in mind that Moschus women are, as a rule, cold at grade 3 or 2 while *Lilium Tigrinum* and *Asafoetida* are hot. We should also bear in mind that Moschus is, as a rule, quite irascible and irritable.

-Can stubborn, strong-headed little children be Moschus?

-No way! They are usually Cina, Chamomilla and Stramonium or Medorrhinum kids. Moschus needs a different background, not easily noticed in little kids.

CHAPTER 25

THE CONSTITUTIONAL PICTURE OF CIMICIFUGA (ACTAEA RACEMOSA)

25.1 A Rheumatic-Hysterical Personality

25.2 Sadness: a “black cloud” all over!

25.1 A Rheumatic-Hysterical Personality

It's time to go to the hysterical constitutional picture of Cimicifuga, also called Actaea Racemosa. This picture corresponds to the homonymous homeopathic remedy produced by the corresponding plant after potentization. She is cold at grade 2 or 3, yet, not as cold as Moschus; she is aggravated by cold and wet weather.

Her essence is her hysterical-rheumatic personality, i.e. she has a strange combination of hysterical and rheumatic symptoms. She has that great muscular tension all over, especially to the cervical and dorsal area of the spine, where human organism has the most powerful muscles.

This nervous-hysterical muscular tension affects the joints, the muscles, the tendons, the nerves, even the circulation; as a result, the individual has that special feeling of soreness: as if beaten all over, as if injured, as if sore after intense and long physical exercise and as if sore at the first stage of the flu.

We have to be very careful regarding our questions to a Cimicifuga patient if we want to get unbiased, true answers. We shouldn't mislead her in any way. We mustn't guide her to answer in this or that way. I mean, we shouldn't “put our words into her mouth”. First of all, we ask in the most

general way, “How does this pain, feel?” and wait patiently for her answer. But if we ask her, “Is your pain burning, pressing, sore, etc.?”, then the patient tends to choose one kind, just to give us an answer or she can say, if she is a hysterical person, “all of the above symptoms”.

It is quite frequently noticed though, that a Cimicifuga patient may give an answer in one way and then if she is asked again the same question, but in a different way, she may give us a total different answer. You see, these are subjective feelings; therefore, arbitrary or biased answers are highly likely to be given. For this reason, only if the patient has difficulty in giving us an answer to the first general question, can we ask her about specific kinds of pain. Even then, we must take into consideration her answer only if it's a firm, clear answer and only if we double-check it.

This intense hysterical-rheumatic muscle tension of the neck may also cause the feeling as if the head were drawn backwards; so she avoids lying on his back. Cimicifuga has this characteristic feeling of soreness to the dorsal area of the spine that proceeds to the cervical area, then to the head upwards, then to the eye-balls and then to the heart! She feels as if her heart was enlarged and sore and she may even feel her pulse accelerating or disordered.

In clinical practice, we don't usually find the whole package of the above symptoms. It depends on the severity of the case. We can also have soreness all over the body during menses. The idea which we should focus on is that there is *a general, widespread hysterical muscle tension that has to do with a hysterical-rheumatic personality.*

Some other less characteristic symptoms can be described as: jerking at grade 3; numbness; trembling; stiffness due to excitement or out of pressure or by the reason of lying on the side or after being chilled.

25.2 Sadness: a “black cloud” all over!

However, the most characteristic symptom of Cimicifuga is that special kind of intense sadness that can make her tell us, “I feel as if a black cloud was all around me” or “I feel as if something very heavy was upon my head; as if I carried a lead upon my head”. This feeling can be aggravated due to fear, excitement and motion or because of her catching cold. Cimicifuga can frown or she may weep when questioned. She has several kinds of fears, especially fear about death; or she has that special fear which makes her become suspicious refusing medicines because there is something wrong about it. It’s not the insane fear of Hyoscyamus due to his delusion that others try to poison him; she is simply afraid of medicines and their side-effects.

CHAPTER 26

THE CONSTITUTIONAL PICTURE OF NUX VOMICA

A. HIERARCHICAL DESCRIPTION

26.1 Rigidity in all fields

26.2 Tidiness in the form of fastidiousness

26.3 Rigidity regarding program

26.4 Rigid, conservative, rational thinking

26.5 Critical, irritable and strict

26.6 The Constitutional Diagram of Nux Vomica

B. LECTURE

26.7 “Order for the sake of order”

26.8 Tendency for organization, program and formality

26.9 The fastidious housewife

26.10 She is vexed with anything “out of order” and reacts

26.11 The formal, strict and honest boss

26.12 Formal and too rational up to the point of becoming harsh

26.13 Conservative, fan of Tradition and Protocol

26.14 Irritable, irascible and very cold

26.15 Overwork and excesses

26.16 Nervous insomnia and “spastic” functions

26.17 Differential Diagnosis from other “tidy” individuals

A. HIERARCHICAL DESCRIPTION

26.1 Rigidity in all fields

The constitutional picture of Nux Vomica corresponds to the homonymous homeopathic remedy prepared from the plant Nux Vomica after potentization.

The essence of Nux Vomica is her attachment to order; at this point, one might consider this quality as being positive, as being a virtue of the affected person: the virtue of order and programming. However, as in every miasmatic and constitutional characteristics, we don't have to do with a balanced state, which is the outcome of the free choice of the affected individual. We are dealing with a certain form of rigidity; a certain form of restricted, inhibited, fixed function. Actually, isn't this the very definition of constitutional influence?

This rigidity of a Nux Vomica individual can apply to objects, people, principles, facts, program, etc.; in short, it touches upon any field in her life. Besides, this rigidity is the cause of the second passion a Nux Vomica person can have: that is, anger. Attachment to order and anger. In a world where "everything is in motion, everything can be transformed" (Heraclitus, the ancient Greek philosopher), if someone is rigid, then he will be at odds with all things and people around him, and as a result, he can be full of anger.

The main miasmatic influence of Nux Vomica is the psoric one, since her good organizational skills, her order, her programming, her rigidity and her attachment to principles and tradition are all psoric qualities. In a nutshell, Nux Vomica is the individual characterized by rigidity and fastidiousness in all fields leading to irritability and weariness.

26.2 Tidiness in the form of fastidiousness

Let's start examining the most tangible form of rigidity, the rigidity that has to do with objects. The Nux Vomica constitution affects equally both male and female individuals. Let's first examine the kind of rigidity regarding objects in a Nux Vomica housewife. She is the epitome of fastidiousness; she is not just tidy; she is fastidious at grade 3, at maximum degree. Everything must be in full, in

absolute order; everything should be as it should be; everything in its place; this here, that there.

Absolute order and classification; the flowers in the vase, the books in the bookcase, each book strictly classified and in its place according to subject and to size; the posters hanged properly; clothing always neatly hanged or placed in the closets well-ironed and well-folded; even inside the drawers all things must be placed orderly; order and cleanliness; yet, primarily order and secondarily cleanliness.

When visitors come to the house, the Nux Vomica housewife at her extremes can be annoyed since a visitor is a source of untidiness, a source of change for the usual order. For most people this kind of change is well-accepted; it is considered to be expected and normal. For instance, in the case of a Pulsatilla housewife, having guests or any kind of visitors is a pleasure; something to long for. Therefore, she will be glad to fix all things and prepare the house for visitors; she will be glad to please her guests even if the house will be in a mess afterwards; she will be glad to fix it once again.

On the contrary, this is not the case with Nux Vomica even if those who have come are not just visitors but they are her beloved guests. Nux Vomica housewives at their extremes may even avoid inviting guests only to have their house in order. When a guest, for example, changes the place of the ash-tray or of a chair, Nux Vomica can be annoyed; it disturbs her; it's an automatic reaction, a thoughtless reaction. She may even find an excuse to put the object back to its place in a polite and tactful manner.

The moment the guests leave, even if it's late at night, even if she is very tired, she just can't go to bed without tidying up. Next day it may be Sunday; she doesn't have to go to work; the children and her husband will sleep until late, until noon. Nevertheless, she just can't help it; although quite tired, she will put all things in order, the dishes into the sink and she will compromise with the idea just not to wash them

up until next morning. She will promise herself to wake up early in the morning to wash the dishes and finish the job! Only then she can relax!

Think of a housewife who is ill and unable to perform her usual tasks. However, this is an unacceptable situation for a Nux Vomica individual. She may be burning with fever, yet the mere thought of things in a mess, causes “fever” to her. Think of a Nux Vomica granny who adores her grandchildren; yet, the thought of them coming to her house, making all things in a mess terrifies her; when in excess, she can even think of avoiding such a visit. When they come to her house she can keep telling them, “John, leave that thing there! Mary, don’t! George, for God sake, put that thing down!”

What about a Nux Vomica worker? Once again, the same kind of extreme fastidiousness prevails; classification, order, organization, programming and tidiness; the desk in full order; the pencils at their place; the chair in the correct place and orientation; the current files on the desk always in the correct box and neatly-piled up; the calendar showing the correct date; the watch precisely set.

His clothes well-ironed; neat and formal look; costume, shirt and tie; hair clean and strictly combed; always clean-shaven; shoes always well-polished. Classic look, conservative; no extremes, no radical changes. Conservative speech: polite, strict, use of the plural, organized, precise, brief and proper.

26.3 Rigidity regarding program

The rigidity of the Nux Vomica individual doesn’t only have to do with objects; it also applies to organization and programming. Her programming extends not only to a day’s time or to a week’s time or for months; it goes in the longer run! It’s not that she just likes programming; she is quite

annoyed when others spoil her program; she even gets angry; she even expresses her anger although she usually does it in a polite manner.

She will do her best to bring things to the previous, programmed state. Isn't that what rigidity means after all? No change, stability and order! If she is forced to make a change, then she will definitely program this new change; she will schedule it; she will re-schedule the whole program so as to fit in. She will have to program the "who", "when", "how", "for how long", "when it will end"; She must even have a clear picture of "why" and "according to what rules" in order to justify this change.

For example, she sets an appointment. She will do her best to be punctual; she will put it into her strict schedule; she will take care to plan all things that have to do with it: the place, the time, the way to go there, the things that she must take with her, the clothes that she must wear; how long it will take, etc. She will even take into consideration the possibility of unpredictable factors. For example, she will program to be there 15 minutes earlier, just in case!

If the other person is late even 5-10 minutes, she will get annoyed, vexed, or even angry as time goes by. She doesn't interpret this delay as "depreciation" like Platina, Valeriana, or Lycopodium would do. She interprets it as "inconsistency", "unreliability", "lack of punctuality", "lack of professionalism", "sloppiness", "lack of seriousness", "irresponsibility", "unaccountability", etc. All in all, it's a state of lack of order. She will react; she will say something politely, yet strictly. The most proper verb for the situation is the verb "reprimand". She will reprimand the other person for his lack of consistency. If the other person is more than 20-30 minutes late, she may even leave the place. At first, she may call and if there's no answer, then she may leave. Nevertheless, she will reprimand in her own, special way. She may leave a strict, yet polite message:

“Dear Mr. Whitehead, I was punctual at our scheduled appointment programmed on Thursday, June 24, at 18:10. Unfortunately, it’s already 18:34; I have been waiting for you for 24 minutes and there is no message from you about your delay. I am annoyed that you weren’t punctual. I am waiting for your call and your explanations on the matter. With appreciation, Mr. John Clermont, lawyer (sign), London, June 24. For communication, telephone number is 6043... from 08:00 to 13:00, Monday to Friday”.

Being such a consistent and reliable person, Nux Vomica doesn’t want to have any kind of loose ends, any kind of pending matters or any kind of abeyances. For this reason, she doesn’t want to take out any kind of loans. If she is forced to though, she will do her best to repay the installments regularly and, if possible, to arrange the loan even before the repayment date.

She will schedule all the current and future payments and bills, so as to pay them fully and in time. She will fill in the tax return form even from the first day possible; she will follow all legal procedures and the full protocol regarding her relation with the State or with commercial companies or with all other people. She will be typical; the raw model of the good citizen, the raw model of the law-abiding person.

Nux vomica, as said, is the typical example of the person who is orderly for the sake of order; she is consistent for the sake of consistency. She does that out of rigidity. Natrum Muriaticum, on the other hand, is consistent and orderly – yet, not in the extreme – not for the sake of order but for the sake of being consistent with her moral and ideological principles. She will try to be moral, correct and right with her ideology and with her conscience.

Lycopodium also tries to be right, consistent and orderly, yet for other reasons. Out of cowardice, so as not to be exposed or reprimanded; so as not to spoil his image of the good kid or the image of the consistent, reliable person. See, how

delicate are the qualities we deal with in Homeopathy! I refer of course to the Classical Miasmatic Constitutional Homeopathy.

26.4 Rigid, conservative, rational thinking

The rigidity of the Nux Vomica individual passes over all her existence. Not only does it apply to objects, but also to ideas and principles. Therefore, it affects her intellectual content and her mode of thinking. Her thought tends to be extremely rational, quite mechanical and conservative; there is a lack of imagination, a lack of new ideas. It is rigid, quite grounded and very realistic.

Therefore, she has the tendency to be in favor of the traditional, prevailing ideologies regarding all fields: religion, politics, society, science or art. She is in favor of the traditional moral values or of customs and tradition; in favor of the establishment; in favor of stability and against changes; against any revolution, any anarchism and against any modernism.

The Nux Vomica individual is the typical “good” citizen who adores “law and order”. She is the lover of a well-governed state, of a government identified with justice. She is mainly in favor of her obligations and then of her rights; in favor of the general interest instead of the individual interest; in favor of the strict, yet, just State; she is for the consistency of citizens towards the State and to one another; in favor of diligence and hard work and against strikes; in favor of purity and abstinence regarding young people; in favor of good students and good, obedient and hardworking kids.

The Nux Vomica individual respects the good housewives; the faithful companions; the good parents; the responsible youth. She approves the respect from the younger to the older; she agrees with good manners, savoir vivre and polite behavior; she is for rules and for the protocol; she is in favor

of decent clothes, speech and manners; she stands up for the traditional family or religion and morality; she is in favor of the respect towards any kind of authorities, i.e. priests, policemen, judges, teachers, parents, etc.

26.5 Critical, irritable and strict

The extreme rigidity of Nux Vomica brings her into conflict with the constantly changing material world which contradicts her intellectual reality. She tends to discover “wrong things” everywhere; she just can’t help it; she notices even slight “abnormalities”, even slight things that are “out of order”. It is really difficult for her to ignore all these; she can become critical and reprimanding even angry and complaining.

Nevertheless, she tries hard to express herself with an appropriate way based on the “right order” i.e. once again according to socially established and accepted rules. She tries to behave, even when angry, in a polite, proper, descent and correct way; it’s not, however, unusual for her to get out of control. Then, she can burst out all her anger onto her own people or even onto strangers.

What do you think can make her angry? It is definitely the disorder; also, any lack of program; or even better any violation of the program; the inconsistency; the violation of rules, protocols and procedures; the disrespect; the laziness; the anarchy; the lack of respect for traditions and authorities; the disobedience; the rudeness.

A Nux Vomica individual is, as a rule, introvert, not at grade 3 though. She will talk about her personal matters, yet, not for the sake of consolation like Pulsatilla, but for the sake of a more “rational” reason: that is, in order to find solutions to her problems. Moreover, she will discuss her problems with sensible, knowledgeable and respected people or with experts on the issue concerned. You see, she is such a

rational person; so realistic, practical and reasonable!

Regarding emotions, she is exactly the opposite of Pulsatilla. Nux Vomica is typical and logical; no room for deep emotions; the mind controls the emotions; the intellect rules over the heart. A Nux Vomica mother and especially a Nux Vomica father don't have the tendency to be soft, sensitive, tender and affectionate with their children. On the contrary, they tend to be strict, logical, serious, irritable and even seemingly cruel when rules are violated. Nevertheless, being psoric and not syphilitic, they aren't malice or hypocritical.

Nux Vomica is usually very cold and sensitive to cold air, especially the head and neck. She catches colds quite easily. Being very rigid in the mind, she tends to have a great deal of muscle tension in the body; as a result, she suffers from tension headaches, spinal pains and spastic constipation. She adores spicy food, although it usually upsets her stomach causing indigestion.

26.6 The Constitutional Diagram of Nux Vomica

Raw Material

The tree Nux Vomica.

Miasms

The prevailing miasm is the psoric one. The main psoric qualities can be identified as: tendency for organization and order; attachment to traditional, conservative principles; rigidity regarding objects, people and ideas.

Basic Passions

The main basic passion of Nux Vomica is the *Attachment to the stability*; the refusal of any change; the rigidity as to objects, people and ideas. The second basic passion is *Anger* which is caused by the conflict between the rigidity of

Nux Vomica and the constant change of things in Universe.

Essence

Rigidity in all fields.

Thinking

a. Evolutionary Level:

Nux Vomica is closely related to the Intellectual Soul and to the External Will. She is characterized by a strong Superego that tends to adopt all conservative social ideas. Besides, she gets influenced in a great degree by the Conscience Soul and by the Internal Will. Although she doesn't have negative intentions and despite her tendency "to do the right thing", her great rigidity in all fields and especially her intellectual rigidity can become a strong obstacle to her psychological evolution.

b. Influences:

Her thought is greatly influenced by her psoric rigidity becoming conservative and too rational. The main Thinking Stimuli are the Symbolic ones.

c. Stressful Conditions:

Lack of order; lack of organization; pending matters of any kind; loans; lack of programming; inconsistency; impoliteness; anything that isn't as it should be or as it usually is; delay in appointments; lack of respect for tradition, for sacred institutions, for authorities in general; disrespect in all fields; indifference; sloppiness; laziness; irresponsibility; an offence against common decency; indecency of all kinds; disrespect to the queue; extreme things; modernisms in appearance or in behavior; the mob; bills which haven't been paid in time; lack of obedience from children to parents or from the wife to her husband (in the case of conservative men).

d. General Characteristics of the Intellectual Functions:

Scholastic, systematic, conservative, too organized and rigid, rational thinking.

e. Intellectual Patterns:

The Intellectual Patterns of Nux Vomica have to do with her ideological rigidity, her rationalism and her conservative tendency. She is in favor of a well-governed State, of strict laws and of hard working citizens; in favor of “law and order” in all things; in favor of tradition, classical values, established and conventional ideas; in favor of respect towards older people and authorities.

Frequency

Frequently found, both in men and women.

Emotions

Her General Mood is characterized by excitement, stress and irritability due to the constant conflict between her rigidity and the constant change of things in life. Intense Negative Emotional Charge. She is the embodiment of rationalism, horse sense and fastidiousness. The most frequent emotions are the Intellectual Emotions. Her emotions are stable, controlled and rationalized. Her main emotions are primarily anger and secondarily, sadness and fear.

Behavior

Due to her rigidity, it's unusual for a Nux Vomica to adopt Secondary Behaviors: “What you see is what you get”. She may have the great tendency to adopt “good manners”, the protocol and the “savoir vivre”; yet, this is a Primary Behavior, since she truly believes in these things. Her behavior is quite controlled and rigid. She tends to be straight, honest, conservative and very rational.

Usual Roles:

“The strict, yet not hypocrite God-fearing person”; “the supporter of duty and right behavior”; “the follower of “must”; “the devotee of socially accepted and politically correct behavior”; “the patriot out of duty”; “the law-abiding citizen”; “the supporter of law and order”; “the believer of traditional values regarding nation, religion and family”; “the follower of the protocol”; “the scholastic, fastidious person”; “the fastidious housewife”.

Moreover, “the conservative person”; “the strict, not tender parent”; “the strict teacher”; “the dutiful paterfamilias”; “the conscientious, faithful married man/woman”; “the neurotic meticulous child”; “the consistent, responsible worker”; “the hard-working employee”; “the workaholic businessman/businesswoman”; “the strict, conservative judge”; “the rigid boss”; “the supporter of strict healthy living”; “the puritan”.

Body

External Appearance:

Conservative, typical appearance; costume and tie; well-brushed shoes; well shaven; well ironed and clean clothes; classic outfits without any kind of extremes or modernisms. Typical, conservative, polite speech according to social protocols.

Common Physical Predispositions:

Asthma, common colds, heart attack, strokes, cholecystitis, constipation, dyspepsia, colitis, uric arthritis, piles, chronic tension headaches, liver problems, back pain, nervous insomnia, vertigo, cancer.

Common Psychological Predispositions:

Irritability, anxious neurosis, depression.

Relative Constitutions

Platina, Natrum Muriaticum. Must also be differentiated from Secondary Behaviors of Lachesis when the latter adopts scholastic and conservative behaviors.

B. LECTURE

26.7 “Order for the sake of order”

Hello! This is the sixteenth lecture during which we will talk about two more basic constitutional pictures, i.e. Nux Vomica and Psorinum. The Nux Vomica constitutional picture corresponds to the homonymous homeopathic remedy prepared by the homonymous plant. It's a frequently found picture with a broad pathology and the most important part of the disorder is centered on the psychological level.

The essence of Nux Vomica has to do with order. Argentum Nitricum, being quite compulsive, usually has a neurotic tendency to order. On the other hand, Nux Vomica's bottom line can be called “order for the sake of order”. She wants all things tidy at the third, not to say at the fourth degree; she is extremely fastidious; it's a spontaneous and automatic tendency; she just can't help it.

What do we mean by tidiness or fastidiousness at grade 3? That she wants all things perfectly and absolutely tidy not only in the room; even in the closet everything has to be in order: clean, well-ironed, well-classified and well-put! Nux Vomica is mostly a female constitutional picture; yet, it can appear quite often in men as well. We usually expect from a woman to be tidier than a man; yet, a Nux Vomica man is equally tidy. When he takes his clothes off, he will definitely hang them in perfect order. He always wears clean and well-ironed clothes and well-brushed shoes.

The house of a Nux Vomica housewife is an example of

perfect order; the epitome of order, tidiness and fastidiousness; order first and secondly cleanliness. A Lachesis housewife may be quite fastidious as well; yet, not in the same degree like Nux Vomica. In addition, a Lachesis woman is meticulous not out of Primary Behavior but out of Secondary Behavior.

She wants to be praised for being “the perfect housewife, the perfect wife and the perfect mother”. It’s a matter of public image; it’s done on purpose, it’s done in order to manipulate her close ones. Therefore, it’s not uncommon to find a Lachesis woman quite sloppy and lazy; especially, when she has a secondary influence by the constitution Sulphur.

When Lachesis adopts this public image of the perfect housewife, being syphilitic, not only will she exaggerate, but also she will show off deliberately. She can “chase” all day her husband and children so that they don’t make a mess of the house; she complains and moans and whines all the time about her “insensitive” husband and children who don’t appreciate her hard work as a housewife.

However, not only does she behave in this way towards her family, but also towards other women, or all her neighbors for the purpose of showing off that she is such a good housewife! Exaggeration and deliberate action: two main syphilitic characteristics!

26.8 Tendency for organization, program and formality

Back again to Nux Vomica; “order for the sake of order”; order first and secondarily cleanliness. We barely find a Nux Vomica person who isn’t tidy regarding material things; besides, she can follow a strict program which is based on order of any fields: material things, behavior, habits, actions, and so on. When her program is spoiled by anybody

or by any reason, she will get upset or even angry; she cannot function the least if all things around her aren't in perfect order.

The Nux Vomica patient can come to us with a neat and perfectly organized file full of health documents and diagnostic results even classified according to dates; she may even have photocopies of her documents for us so that we can keep them in our files. She wants us to have a thorough examination of her, an accurate and a complete study of her case, ready and eager to follow a systematic treatment.

She is so disappointed and even annoyed and angry if we are sloppy and superficial. We are scientists and professionals and we have to act accordingly. Expressions like "have to", "ought to", "should" and "must" are so important to Nux Vomica. After we have finished our thorough examination and after we have reached a certain diagnosis, we "must" inform her seriously and in details about "what she has to do" and about "what we recommend". And be sure that she will strictly follow whatever we have proposed to her only if she has been convinced that we are professionals, people of the order and worthy scientists!

Yet, be careful! Nux Vomica isn't repulsive, miserly, and egoistic like the syphilitic Arsenicum although the latter may seem to be quite fastidious. He seems to be very fastidious only because he wants all things done his own egoistic selfish way. Arsenicum is very self-centered, very dominant, very oppressive and very critical. In addition, he is "scared to death" about death! Being such a selfish person, it's expected that he is afraid of losing his precious self after death.

Therefore, when he comes to us as a patient he may also bring with him a file full of diagnostic documents. He *demand*s we take care of him spending time and interest in

order to cure him in the same way he *demand*s his family and employees behave toward him. He wants us *to serve* him, to take his opinions and his remarks seriously into consideration since he is such a “know-it-all” person. Because of his will to have control over everyone and everything, he seems to be so fastidious. It’s a syphilitic, egoistic fastidiousness and not a state of “order for the sake of order” as in the case of the psoric Nux Vomica.

Nux Vomica can be a person of rituals and stereotypes. For example, she may call us to set an appointment saying, “I have to inform you that other doctors have come to this specific diagnosis. I will bring all my diagnostic tests, my full file to you. What other examinations do you recommend before my visit, so that there is a complete picture of my case?” Our answer can be, “There’s no need for the present, of any other tests. First of all, I will take your case and then, if needed, I will order some more tests.” Nevertheless, she will respond in an insisting manner, “I *must* wait until I will be given the results of this recent examination, which will be ready in one month, and then I will come to you”.

Although we reassure her that she doesn’t need to wait so long and although she is suffering, she may insist that she “*ought to*” come later, bringing with her the last diagnostic results, only because she “ought to”, only for the sake of order of things! She will insist, not for egoistic reasons, but for the sake of order, of formality and of being typical. It’s a psoric, intense attachment to order and to program.

26.9 The fastidious housewife

In extreme cases, when at the Pathology Phase C, the Nux Vomica housewife may even avoid inviting any guests so as the order of her house won’t be spoiled! Not because she is lazy but because she has that great attachment to unspoiled and unchanged order. It’s a form of rigidity. She may enjoy being in a company, she may be fond of certain

visitors, yet, when greatly imbalanced, she doesn't want any guests in the house.

Even when in balance (Pathology Phase A - State of Clinical Health), when guests change the place of chairs, ash-trays and decorative objects, she can get quite annoyed; she just can't stand it. Usually, out of politeness, she says nothing, she makes no remarks; yet, she is rather annoyed. Sometimes, acting mechanically, she can even put the object back to its original place immediately. But, it's not that she acts in this way in order to reprimand someone; it is just a spontaneous behavior. When guests leave, even if it's late at night, even if she is exhausted and sleepy, nevertheless, she will force herself to put everything back in order. It doesn't matter if tomorrow it's Sunday; it doesn't matter if nobody is coming to the house next morning; she just can't help it; she just can't function herself if all things are not in order; she experiences a short-circuit state, a black out state if everything isn't in order!

Her maximum retreat is to put everything in order although she may not wash up the dirty plates. Even then, she definitely puts them back in the sink; even then, she goes to bed thinking about it and feeling unease. Nevertheless, be careful; a Lachesis traditional housewife may act in the same way; yet, for a quite different reason: because she wants to show her ability off as a great housewife.

26.10 She is vexed with anything “out of order” and reacts

Nux vomica is typical on anything she deals with. Let's say that she is at the bank in a queue waiting patiently for her turn to come. Then, someone doesn't respect the order of the queue! She will get so angry! So vexed! She will definitely reprimand that man and in addition, she will demand that he wait for his turn.

Nevertheless, if a pregnant woman or an elderly man shows up, she will definitely and sincerely withdraw from her position and offer her turn. You see, once again, it's a matter of order, a moral order set by the society. On the contrary, anybody else who violates the order of the queue will have to do with this strict Nux Vomica individual. She will not curse, she will not be rude, but she will be strict and decisive. She won't fall back; she won't give way; she won't yield, no matter what! You see, it's a matter of moral order!

She will say in a strict, decisive manner, leaving not a single possibility for arguing, "Excuse me, sir! You have to wait for your turn!" If the other person returns back to his orderly place, then no harm done. But if he doesn't, then there will definitely be a fight! She has no problem to do that. She just can't permit such an irregularity to happen! She will scold, she will reprimand or shout; she will be very strict or even biting!

She won't be ironical. That's not her style. Irony is, as a rule, an indirect offensive action, while Nux Vomica is quite straight as to her actions. Irony is usually the offensive weapon of a Valeriana woman or teen whenever she can't be straight either because things don't favor her or because she is flooded with insecurity and reactivity. Nux Vomica, on the other hand, isn't a bit ironical; she tends to be strict and decisive without any trace of malice.

A Platina individual reacts with a fight. She may say to herself, "Who does he think he is? Does he think that I am stupid?" And then she can react by expressing her very thought. She may even shout. She's got no problem to do so. On the other hand, Nux Vomica will be polite, yet, intense, strict and insisting. She may refer to principles or to rules; she will demand explanations; she may even reprimand the one who disrupts the order. She will *call him to order!* What a typical scholarly phrase, which identifies exactly a Nux Vomica individual! "Call to order"! A phrase,

quite frequently used in old times.

If the person who disrupted the order is a sycotic Medorrhinum individual, he can say, "Get off my back, will you!" Then, Nux Vomica will get really furious. She will definitely react. She will shout. If it's a man Nux vomica, he may even hit the other person. Or, he may go to the person in charge and complain intensely. He will not let it pass. He may even write an article in the local press with strict remarks. You see, Nux Vomica is quite rigid! She isn't flexible.

On the other hand, in the same situation, a Lachesis woman usually starts nagging and commenting to all those around her, engaged in a rather indirect verbal fight, "Oh God, how could we people end up like this! All courtesy has been lost! Do you see him? Can you see his audacity? Oh my God! What a nerve? Such rudeness!"

Lachesis can be loquacious most of the time nagging and engaging all others into this matter, since she is quite flexible. Therefore, she can also shout, be malice, preach or make biting remarks but in an indirect way. On the contrary, a Nux Vomica individual will be quite straight: "Excuse me, sir! What kind of behavior is this? You are not allowed to do so! Return back to your place, right now!"

Just now imagine a Nux Vomica principal, walking down the street and then, all of a sudden, that young man dares, in front of him, to throw his empty packet of cigarettes on the pavement. Well, he just can't help it! He will reprimand him with a strict remark. He may even demand that he pick it up and put it in the dustbin, right away!

You see, anything that deviates from order, social order, protocol, standard procedures, courtesy, principles and generally accepted moral values is totally "wrong"; as a result, a Nux Vomica individual just can't ignore it even if it's against his personal interest. He tends to keep a sharp eye

on anything that is out of order. He tends to get bothered, become upset or even angry by anything that is “wrong” in the sense that it is in disorder; therefore, he reacts so as to make things right; so as to restore order!

That’s the reason why usually a Nux Vomica individual appears to be critical. Not in the sense of a person who is domineering or full of misery. He simply wants to have everything in its right place; everything in order; according to the program, to the protocol, to the standard procedures. Nux Vomica tends to have strict moral values; her whole attitude doesn’t serve her personal interest or egoism, as in the case of syphilitic people.

For example, Arsenicum being syphilitic, is critical because he wants all things to be done his own egoistic way. Well, Nux Vomica isn’t like that. She insists in order for the sake of order; only because “that’s the way things *should* be done”, “that’s the way things *ought to* be done” or “that’s the way things *must* be done”.

26.11 The formal, strict and honest boss

Let’s think now of a principal in a primary school who is influenced by the Nux Vomica constitution. He will ring the bell at 08:15; not at 08:16, not at 08:14! He will then assemble all the students, each class in a strict formation with the teacher in charge in the front; the students must keep silent; then, he will say a few words about the program of the day and afterwards, all things will proceed strictly according to the schedule.

At older times, when things were strict enough and the State institutions were very formal, a Nux Vomica principal would have been a model: all things would have been running by the clock, all children wearing the school’s uniform clean and neat, with short hair, well-combed, speaking politely, and so on. All things strictly done

according to the program; strictly in agreement with order, protocol, obedience, good manners, just to name a few.

However, not for the purpose of ruling others in a royal way, as in the case of Platina. Not for the purpose of controlling others in a selfish and hypocritical way, as in the case of Lachesis. Lachesis can either be suppressive in a straight way or in an indirect way. On the contrary, Nux Vomica isn't flexible at all. She is quite rigid; she cannot bend in any way. She can even reprimand her boss whenever he goes out of "line" or gets out of order; whenever he bypasses procedures. If she is a civil servant, she will tend to be honest; she will tend not to be bribed by the civilians. Even in case a politician comes and presses her to bypass a certain law or procedure, she will react firmly.

Nevertheless, in the present messy Greek State, it can be possible that a Nux Vomica civil servant may not react as firmly as she would like to, just for the sake of her own survival. Even then, she may file a written report on the matter, only to be consistent with the law, only to be right and formal. Well, in a strict German State Service, a Nux Vomica civil servant would feel like home! She would thrive! In Greece, she simply suffers!

So many times, Nux Vomica Greek civil servants have told me, "I shouldn't be living here, doctor! I should have been in Germany or in England! I am always so consistent and hard-working and all others are so inconsistent! What is this chaos where we live in, here in Greece?" I met a Nux Vomica Greek emigrant who had been living in Germany for years and came back to live in Greece after his retirement; but then, after some months, he felt so disappointed that he went back to Germany!

Nux Vomica tends to be very consistent; even to the point of filling in an *honest* tax return, for not wanting to cheat on the State even to the last euro. I remember another Nux Vomica man who went to a Greek public service. He had

been prepared quite well, i.e. he had been fully informed about all attached documents needed for his application; he had formed a neat file and then he said to the civil servant politely, "Good morning, I am Mr. John Papadopoulos. I have completed this application form and I have brought to you all the required attached documents, placed in this dossier in order, according to your guidelines. Please, allow me to show it to you, one by one..." "Ok, ok", said the bored, lazy civil servant, "just leave it there and we'll see..."

Mr. Papadopoulos insisted politely, "Wait a minute... you can keep the complete file because I have photocopied all original documents. I've also underlined all important matters and wrote relevant notes where needed..." "Ok, ok", said once more the bored civil servant becoming annoyed this time, "I've just told you to leave it and I'll see to it when the time comes. Keep this document, I will not need it" "But, but... in your guidelines, it says clearly that this dossier must accompany my application according to the law... I insist that you keep it; as I've told you this is a copy of the original..." As you can easily imagine the lazy sycoptic civil servant wanted to kill Mr. Papadopoulos...

When it comes to deadlines, programs, schedules, timelines, etc. Nux Vomica is the most strict and punctual. As soon as the bill enters her mail box, it will definitely be paid and filed without any delay! She just can't stand having any kind of pending matters. Even when on holidays, she will take care to assign a friend or a neighbor to pay the bills giving a note with full details as to what, when and how. Everything settled and in order!

Would she take any kind of loans? Definitely not! Not her type! She spends as much as she can afford to, not even a euro more! Lycopodium is not "the loan type" as well; yet for reasons of cowardice; in other words, not to be exposed publically or not to have to deal with any kind of state authorities like the police, judges and tax officers. Up to

now, I have given you a picture of a Nux Vomica house-wife and a Nux Vomica citizen. Let's see now how a Nux Vomica businessman behaves. Actually, everything must be done by the clock, according to deadlines, fully scheduled, in a detailed and consistent manner. He will neither let himself be unjust to others, nor will he tolerate any injustice towards him; he will not even tolerate any unjust behaviors towards people around him, either colleagues, clients or even strangers. Even when someone for some reasons presses him to become unjust, he will protest intensely; he will try to remain fair, honest and straight.

26.12 Formal and too rational up to the point of becoming harsh

Being too conventional and strict, she/he tends to be neither the sensitive parent nor the emotional mother or father; she tries hard to be the consistent, fair and reasonable parent. If she faces a sycotic child who doesn't like discipline, she may even be harsh in order to impose order and law. At first, she will reprimand, preach and lecture and then she will be strict and impose punishments.

Nevertheless, it's not a hypocritical state of preaching; she is as strict to her children as she is to herself. She demands that her children become honest, useful and lawful citizens, like her, like everyone should be! If her children are syphilitic and at the same time reactive, then she tends to be driven to the extremes. So many children, due to their strict, for example, army officers parents, end up becoming anarchists out of reaction to discipline, obedience and order! However, we have to be precise and leave no possibility for misunderstandings. Nux Vomica is not a domineering person like Arsenicum, Platina or Lachesis. She is primarily conventional, strict, fair and supporter of the order for the sake of order. Nux Vomica truly believes in principles and is very strict about her principles.

Natrum Muriaticum, being very psoric, tends to adopt psoric principles and is trying hard to live accordingly. Phosphor also, adopts psoric principles and tries to be honest with himself and others; he also tries to be very fair to others; being also sycotic as to expression, he will fight for his principles and will even protest and fight when others, even strangers, are facing unjust behaviors.

Nux Vomica, on the other hand, is in favor of principles for the sake of order itself, for the sake of being lawful; there are no emotions accompanying such a behavior as in the case of Phosphor or Natrum Muriaticum. You see, even if she fights for these principles, it's just a matter of logic, of reasoning, of rules.

26.13 Conservative, supporter of Tradition and Protocol

From what we have already said, it is getting clear that Nux Vomica tends to be the conservative person, the person that is in favor of tradition. An old Nux Vomica woman or man, for instance, quite often tends to suffer from nostalgia about past eras, about old times; about how things used to be in the past. When people used, for example, to wear formal outfits such as suit, shirt, tie and hat; or the time when people addressed each other in formal and polite manners; when all the family ate together starting with a certain kind of prayer, and so on.

It's true that past eras compared to the modern way of living were characterized with far more order, rules, principles, protocol, formality, discipline, program and hierarchy. And that's what the nostalgia is about. Actually, we don't have to do with an emotional person who recalls all those emotional memories of the past. Instead, we have to do with a person full of logic who lives in a chaotic modern world and is nostalgic about the orderly world of the past.

26.14 Irritable, irascible and very cold

How do you expect such a person not to be irritable when living in this chaotic society of our times? When everything is disordered and when there are so many “liberal” people and so many unreliable people, especially those reactive and rebellious youth? Anything that doesn’t match the ideal orderly family and working conditions or anything that doesn’t match the perfect orderly society, makes her angry.

So, why should she not be angry all the time? Since she is usually of a strong personality and very rigid, why wouldn’t she express her anger? What do we expect from her? To sit and do nothing? All things must be restored to order, otherwise she cannot function! Therefore, she easily gets angry, she easily expresses her anger; she is intense and absolute, yet, polite and strict. She easily gets upset, and it’s not at all easy for her to calm down when annoyed.

In case she is very angry, she can even become a bit violent; for example, she can slap her child or shout and yell. Besides, when she has been facing a difficulty and having already been stressed or angry, while trying to suppress herself, she may have the tendency to tear her shirt off although finally she won’t do it. Or when trying to fix something, if she doesn’t manage to do it quickly and properly, then she might throw it away. But, this is as far as it gets; and only under extreme circumstances. She isn’t violent, because violence is also a state beyond the order!

Nux Vomica is a cold person; actually, a very cold person; during the winter she can wear many clothes and heavy outfits. Let’s have now a Differential Diagnosis from Arsenicum. The latter is also very cold; on top of that, however, he is usually very much afraid of catching some sort of severe cold. A severe cold may lead to death; and Arsenicum is very much afraid of death. On the other hand, since it’s cold outside, Nux Vomica, apart from being a cold person, has the tendency to be dressed “as she should be”

in a cold weather; once again, it's a matter of order, a matter of protocol, a matter of behaving "reasonably"!

Nevertheless, not only is Nux Vomica cold, but on top of that, she easily catches colds, she is easily disturbed by cold wind currents, ending up not only with coryza but also with headache. She easily catches colds for two reasons: First, she sweats easily and secondly, being so easily stressed and overworking, she is usually full of toxins. Therefore, it's a normal thing for her organism to mobilize the defense mechanism of Inflammation in order to detoxify tissues and organs.

26.15 Overwork and excesses

Being very reliable and orderly, she tends to be a workaholic or merely a person who works a lot and is full of professional anxiety. In order to catch up with the demands of her profession, she usually tends to excesses regarding coffee or tea or tends to eat stimulants like spicy food. She may even use a lot of chemical drugs, "as she should be" in order to bring back to order every little physical disorder; or, she may easily take antibiotics because she just can't afford to stay in bed when there is so much work to be done!

Yet, there are times when a person not usually rigid and fond of order may be affected by the constitution Nux Vomica: for example, in prolonged stressful conditions, when overloaded by work and too many cares, too many things to be done in a short time.

-Can anyone, when stressed and overloaded develop a Nux Vomica picture?

-Not anyone and not necessarily. *People tend to react differently under the same conditions.* We are not machines and we are not animals. It's wrong to say that whenever people experience a love disappointment, they can develop

the picture of Ignatia. Besides, it's wrong to give Tuberculinum to those who have a history of tuberculosis, or to give Aconitum to anyone after a great fright. In the same way, it's false to give Nux Vomica to anyone that is under prolonged professional stress.

26.16 Nervous insomnia and "spastic" functions

Nux Vomica, being so stressed, overloaded, irascible, hardworking and full of worries, no wonder why all her senses are so sensitive, even better oversensitive, especially her hearing. Not only do intense noises make her upset and angry, but also that constant erased level of noise disorganizes her. At night, she just can't stand the ticking of the clock in the bedroom.

Being so stressed and in full rotation as to mind and body before going to bed, although tired, at times and especially when overloaded, she wakes up at 4am, 5am or 6am without any profound reason, having difficulty to sleep. The real reason, however, is that she starts thinking of all those pending matters she has to deal with at work or in the family; she keeps thinking that she has to catch up with her overloaded schedule; being so conscientious, how can she ignore all these things?

Nux Vomica isn't thinking of misfortunes like Lachesis; she doesn't have fixed ideas like Argentum Nitricum; she doesn't think of past events by which she was emotionally hurt like Natrum Muriaticum; she doesn't think of philosophical matters like Sulphur. In contrast, she thinks of pending matters that have to be settled!

Differential Diagnosis from the insomnia of Coffea Cruda: the latter has difficulty in going to sleep. Although it's late, she isn't sleepy at all. She may be tired physically, yet, her brain is not tired at all; on the contrary, it's overactive; it works on high revolutions; it's as if it were still daytime; it's

as if someone had drunk a lot of coffee and the mind were at an overworking state, as in the case of students who have to study a lot and stay awake and functional through the night. You see, in order for someone to be able to fall asleep, he must lower his “revolutions”, his tone, i.e. the level of the function of his brain.

Nux Vomica, being so “spastic” and stressed psychologically, she is expected to have the same symptoms regarding her body. Most of her physical functions are spastic and not relaxed at all. All her muscles are not relaxed; they are very tense instead. Spastic constipation: she wants to schedule her bowel function because everything has to be in order; as a result, she forces herself to attend the toilet regularly, every single morning. She sits on the toilet even if she doesn’t have the urgency; she strains the muscles around anus and the belly muscles forcing her organism to function as it should!

You see, we can force our hands and feet muscles to move because they obey to our will, but we can’t force the muscles of the viscera which obey mostly to the Autonomic Nervous System. Being also so tensed and spastic, she is expected to have tension headaches, especially at the neck and occiput area. She has a craving for spicy food 2 or even 3 although, when full of toxins, this kind of food upsets her stomach.

Anything particular regarding fears? No. What she really has, are worries of all kinds, especially about pending matters, matters which have to be put in order, which have to be settled. Is she introvert or extrovert? Nothing particular, nothing characteristic. She can talk about her problems especially to reliable people, just to seek for logical solutions. Remember that you have to do with a person full of logic and order.

26.17 Differential Diagnosis from other “tidy”

individuals

-Can I talk about a certain incident that was characteristic of Nux Vomica?

-Please, do!

-Our manager is a Sulphur person, both at work and at his personal life. One day we were gathered all together, about 20-25 colleagues in an office at work. And then, all of a sudden, there was that female colleague who turned to the manager and said loudly and out in the open: "Yesterday, you and your boss blackmailed me to change my report and write different things from what really had happened!" The manager was shocked; he didn't expect such a behavior. She insisted on accusing the manager in front of all of us; I must add that she was telling the truth. The manager turned red and was ready to burst; despite this, she kept insisting and saying the same thing, again and again.

-I am not familiar with the person that you describe, but I suspect that it's not a case of Nux Vomica or of a psoric person in general. I have strong reasons to support that it's a case of a syphilitic person, probably a Lachesis woman.

-But, what she was telling was the truth!

-I don't argue about that. I focus on the fact that her behavior has the deliberate intention to expose her manager publically, to make a fool of him and humiliate him. Nux Vomica wouldn't have done that easily. She would have followed the protocol; She would have filed a formal report; a formal complaint. Even when at the very moment of being forced to sign the false document by her boss, she may have got angry and may even express it, but she wouldn't be making a deliberate scene in front of everybody, addressing them instead of her boss.

If a Nux Vomica was called to a committee to stand for her case, she would definitely have the courage to support her

point of view and she would be straight, strict and to the point. On the other hand, the behavior of this very colleague that you are referring to, has many characteristic syphilitic elements: deliberate planned action, exaggeration and tendency to expose someone in public. Probably that attitude has also the element of malice and revenge. We have to be very careful when we judge someone's behavior and we must have a miasmatic analysis of any event in order to be objective.

There are many constitutional pictures which have to do with order or that seem to touch upon order; so we have to do differential diagnosis. For example, Lycopodium is tidy at grade 2 out of preserving his image of the conscientious, hardworking, diligent, "good" employee or professional. Moreover, he is tidy so as not to be reprimanded, not to be exposed in public, due to his cowardice; because he is afraid of fights of any kind. Natrum Muriaticum is tidy because she is very dignified, very reliable; because she wants to be OK with her principles and ideology. Phosphor, may be tidy because he is very conscientious, hard-working and diligent; yet, he is not obsessed with tidiness and order.

Nux Vomica is tidy for the sake of tidiness; it's a form of rigidity, a form of attachment. We have to differentiate this characteristic from syphilitic people who "use" the seemingly same trait of "tidiness" for their own self-interested reasons. We must also differentiate the tidiness of Nux Vomica from the true but not exaggerated tidiness of psoric people out of conscientiousness, diligence, dignity, and so on.

-What kind of miasm prevails in Nux Vomica?

-The psoric miasm because she is attached to principles, order, program, controlled behavior and expression; also because she tries hard and honestly to be fair and right.

CHAPTER 27

THE CONSTITUTIONAL PICTURE OF PSORINUM

27.1 Extremely psoric both psychologically and physically

27.2 A cold and very introvert Sulphur

27.3 “All is vanity!”

27.4 Extreme, subjective financial anxiety

27.5 Psoric fussy person

27.1 Extremely psoric both psychologically and physically

The Psorinum constitutional picture corresponds to the homonymous homeopathic remedy prepared from the discharge of the rash of scabies. Like Medorrhinum and Syphillinum, it's prepared from materials coming from a human disease; for this reason, it's called a “nosode” remedy. “Nosos” in Greek stands for disease. This is not a homeopathic innovation. The Allopathic Therapeutic System uses materials from diseases in the preparation of vaccines. Nevertheless, in Homeopathy, these materials are extremely diluted; therefore, no side effects come with any homeopathic remedy of this type. Psorinum is one of the most psoric constitutional pictures. Being psoric, he is quite cold, so he wants to wear a lot of clothes and easily catches cold. Most of his physical functions have psoric characteristics. His constipation is psoric, i.e. the bowels are very slow; late stool, usually dry stool, yet, at times even soft; much difficulty in stool; bowels never quite empty; never satisfied after stool; never relieved.

His urination is also slow; his digestion, as well; therefore, he develops abdominal distention and many bowel

complaints. Being psoric, he is easily tired and his motions are slow.

27.2 A cold and very introvert Sulphur

Psorinum is very cold and sensitive to cold, especially around the head; he wants to wear a hat in winter. He is sensitive to cold air, easily catches cold and easily has a running nose or a headache from cold. It shares a lot of common physical characteristics with Sulphur, i.e. many skin problems, dirty-looking skin and offensive secretions.

Seborrheal Dermatitis is a characteristic skin disease of Psorinum, i.e. skin exfoliation of the eyebrows or on the margin between the nose and cheeks or on the margin between the forehead and the hairy skull accompanied by red skin. No matter how often he washes his face, it looks constantly dirty.

Psorinum looks like Sulphur; yet, he is quite cold, more introvert and more depressed; he also suffers from itching; more than Sulphur though. His hair is glued together; as a result, no matter how many times he combs it, it still looks uncombed.

All his secretions are offensive; his breath smells bad, his perspiration and his stool smell bad. Although he is hungry all the time and eats a lot, he is usually skinny; he just can't go to bed without having eaten before; he may wake up at night from hunger and even have a headache due to fasting; if he eats, his headache goes off. No special desire for sex and no special pleasure during the sexual act.

27.3 "All is vanity!"

On top of all other characteristics, lies the essence of Psorinum, which can be summarized in one phrase: "All is vanity!" Just think of a psoric Sulphur who has become

extremely introvert, detached, closed to himself, shriveled psychologically, pessimist, losing in the end any kind of hope and any kind of joy for life. Well, that's Psorinum! Many psoric individuals, who are initially under the influence of Natrum Muriaticum or of psoric Sulphur, may gradually become Psorinum individuals under certain chronic influences of external events.

-Does he commit suicide, easily?

-No, not so easily, although I can't exclude such a desperate action. Some psoric poets of older psoric times, who wrote poems about suicide, must have been at the state of Psorinum influence. You see, Psorinum sees all things black; not grey but black! From his point of view, "the glass is always half empty and not half full". Or to be more precise, the glass always seems to be fully empty! It's an extremely psoric hopelessness; so psoric that although intense, it isn't expressed in the open. People around him may not notice it. In addition, he avoids any kind of company; he wants to be alone all the time. No joy can be found nowhere; even in things that used to give him joy. He doesn't find any kind of joy in hobbies, at work, in friendship, in ideals. The chronic disappointment from his female partner has become a general disappointment. He feels as if affairs, family and even children were not made for him. Psorinum knows that he loves his children; yet, this is a "know" state; it's a logical statement; it's not an emotional statement.

Whenever he thinks of his children, despite the fact that he *knows* he loves them, he can't *feel* any kind of emotions towards them. It's like an absence of positive emotions; an absence of love feelings; an absence of joy; an absence of hope! Although being very psoric, he is so flat emotionally that the lack of love for his children doesn't make him feel guilty!

Psorinum is so cold, so freezing, inside; his heart is frozen; his emotions are still. He strongly feels that there is no hope

left for any kind of change regarding his depressed state; no salvation for his soul is expected; nothing is meant to be changed; all hopes lost; no light at all! Being very psoric, he may not express his thoughts and feelings, but the experienced eye recognizes this silent grief, this introverted state, this total detachment from anything which can bring joy to a person's life. He is dried out of emotions and joy; not in the sense that he has become insensitive or cruel but in the sense that his emotions are flat; his grief has dominated any other kind of emotions.

27.4 Extreme, subjective financial anxiety

This feeling of grief and hopelessness has been spread also over the area of his financial state. He feels that his economic position is black; that he has been ruined or that quite soon he will be ruined financially; that he will definitely be moving towards the poor house. He has been anxious about money for so long that now he has lost all hopes about surviving financially. It's not always an objective view; most of the times, his economic position isn't so bad; yet, he feels that he has been ruined.

Let me remind you of a similar subjective feeling characterizing Thuja. She also has a subjective feeling, or even better a subjective certainty that she is not worth anything; that she is stupid; that her I.Q. is less than the average; that as a person, she is less worthy than anybody else; that she is a piece of garbage. However, as a rule, regarding smartness and achievements, she is at least on the average or sometimes, even slightly above the average. Accordingly, Psorinum has this pessimistic subjective feeling and certainty regarding his financial present state and his financial future.

27.5 Psoric fussy person

Psorinum is so tired emotionally and physically that there is no energy left to deal with everyday things. He doesn't want any kind of company. When pressed to discuss or to get over his state, he may even get angry; it's a psoric kind of anger though; so he can simply say, "Leave me alone! I am not in the mood for communication!"

You see, once again, we have all the characteristics of a psoric person. In addition, when not in this progressed state of silent grief, he is very fussy about all things. Not fussy in the sense of Nux vomica, i.e. attached to order for the sake of order; not fussy in the sense of Arsenicum, i.e. all things should be done according to his egoistic way of doing things; not fussy in the sense of Argentum Nitricum, i.e. doing all things in a compulsive, fixed way.

Psorinum is very fussy in the sense of dealing with all things in a detailed, precise, slow, classifying, psoric way. Even his manner of speech is slow, precise, very analytical and even boring. A sycotic person may say to him, "For God sake, get to the point, man! Can't you just say what you want to say, in just two words?"

If he is writing an essay or a thesis or a study, apart from choosing a pessimistic or melancholic subject, he deals with it in an extremely psoric and fussy manner: a great amount of material, numerous bibliographical references, numerous footnotes, long sentences, etc. He can deal with his study for months or even for years trying to be perfect in all ways.

In addition, his study may have no practical impact on everyday life; it can be very theoretical or philosophical; it may not lead towards any tangible purpose, for example gaining money. He may pursue fame by offering to humanity or, he may even pursue an after death fame; so detached is he from his times. In fact, he is attached to an imaginary idealized society where ideals and principles rule over.

-Does he resemble a psoric Sulphur?

-Yes, he does; nevertheless, Sulphur is quite hot while Psorinum is quite cold. In addition, Psorinum is very pessimistic, more introverted, hopeless, joyless and extremely disappointed. Even psoric Sulphur may be optimistic, let alone the sycotic Sulphur who is usually optimistic.

-Is not a psoric Sulphur, a person that can become depressed or pessimistic?

-Yes, he usually is. Nevertheless, even if he is facing many problems, he can be sometimes or even at the same time pessimistic and optimistic in such a way that when he is asked whether he is optimistic or pessimistic, to wonder whether he is one or the other.

CHAPTER 28

THE CONSTITUTIONAL PICTURE OF HYOSCYAMUS

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A. HIERARCHICAL PICTURE

28.1 The insane feeling/certainty of the hunted animal

The essence of the constitutional picture of Hyoscyamus is

the feeling/certainty of the hunted animal. It's an insane, psychotic illusion of being in danger and not a real state. Hyoscyamus has the illusion that he is commented and persecuted. Everybody around him carries an inherent danger; people are against him, are his enemies. Phosphor has a false impression and an exaggerated fear about his health; it's a neurovegetative fear; a neurotic fear; he suffers from phobic or anxious neurosis. Argentum Nitricum has fixed ideas/obsessions about many things; he suffers from obsessive neurosis.

Hyoscyamus, on the other hand, doesn't suffer from neurotic, anxious, phobic or obsessive ideas; he suffers from psychotic/insane ideas; he has delusions and illusions/hallucinations. Neurotic people, for example Phosphor or Argentum Nitricum individuals, do live in reality. Although they are "haunted" by their fears and obsessions, they can distinguish between reality and non-reality. That's why their symptoms are considered as neurotic and not as psychotic. On the contrary, Hyoscyamus has to do with pre-psychotic, border-line cases or with psychotic cases. Intellectual Soul is so deranged that the person is not anymore in contact with reality. That's why he has the absolute certainty that what he sees, hears or thinks is real, although all the previous senses touch upon delusions or illusions.

28.2 The Border Line Stage: insane, groundless suspicion

It's time now to examine how things lead to such a progressed state; so, let's go back to the pre-psychotic background of Hyoscyamus; first, let's examine the Pathology Phase A. The usual personality background can be traced to psoric, introvert and submissive children. As a rule, such children are suppressed and domineered by dominant overprotective mothers and sometimes by

dominant dictatorial fathers. The onset of the acute psychotic attack often coincides with an incident of “love disappointment”, not always a real one, i.e. many times existing only in the individual’s phantasy world.

Even from the early childhood, a Hyoscyamus child, has the persisting idea that he is commented or “teased”; that other people make fun of him; that others laugh at him; not with him but at him. He sees his parents talking a little bit far from him and he has the suspicion or even the certainty that they are talking about him; that they are saying something bad about him; that they are commenting on him. He can get angry and may even ask them angrily, “What are you saying about me?” However, most of the times, in case he gets angry or upset or even frightened, he may say nothing becoming introverted. When the case is about an adult pre-psychotic Hyoscyamus, sometimes, the only thing which can be observed is a persisting, non-objective fear that other people may question his manhood or they even say (accuse him) that he is a gay, that he is a homosexual. Another thing that can be noticed in such cases is that the person suffers from a persisting, causeless, intense jealousy with periodical angry outbursts.

He may also have the causeless, intense impression that others comment on him; that he is always being commented; that other people look at him and are talking about him, saying usually bad things. For example, he may sit in a café and can be haunted by the certainty that others look back at him with some “meaningful” or strange glance, or comment on him or even laugh at him; even strangers, even people he sees for the first time.

It’s not a normal state; it’s not a mild and fleeting state; the person is completely haunted by this situation; it affects all his personality; it’s a deep disorder; it’s a pre-insane state. It’s something that happens very often; it’s something that doesn’t leave him in peace; it excites him all the time. He

may start avoiding people, staying all the time in his room. He is absolutely certain that, “that’s how things are”. If anyone questions these “facts”, he can get quite angry and frustrated. He is sure that the other person “calls him crazy”; and that he may even do it on purpose.

28.3 The Psychotic Stage: illusions, maniacal delirium, stupor

When the disorder is progressed, things get out of control; now he is haunted by these insane ideas, 24/7, twenty four hours a day, seven times a week, all year round. His life becomes a Hell! He feels all the time like a hunted animal. He becomes insanely suspicious; he is certain that he is being threatened by all around him, even by his own people. He is absolutely certain that he is being commented; that others accuse him of being gay; his wife cheats on him; other people conspire against him; others want to harm him or they have bad intentions against him.

Quite often, he believes that even his parents conspire against him planning to take him in an asylum, in a mental hospital although he is definitely quite sane and normal. He even suspects them that they want to poison him; as a result, he may refuse to eat food prepared by his mother. He may have the certainty that his wife conspires with her lover against him resulting into anger outbursts; he can be raging against her for cheating on him. When she denies it, he gets even angrier shouting, “Are you calling me a lunatic?” All the above states share one common thing: the feeling and even the certainty that he is being threatened!

In progressed psychotic cases, these ideas take the form of a well-organized delirium: for example, the CIA or other secret agencies conspire against him, even with the cooperation of his own people, of his close ones. He has illusions or false visions, i.e. he “sees images” or he has illusions of hearing, i.e. he “hears voices” that threaten him

or command him to do whatever asked. In the most progressed cases, these maniacal deliriums give their place into catatonic deliriums or into stupor.

28.4 Secondary Irritability out of fear

Hyoscyamus is not primarily characterized by anger. His irritability comes from the fact that he believes he is threatened; this is a secondary state. The primary state is *his feeling/certainty that he is threatened*. Most of the times, being psoric and coward, he doesn't even express his anger. However, in case he does so, this anger takes more the form of shouting and threatening and accusing out of defense and not out of offense.

He rarely hits someone; he feels hunted and threatened and he reacts like a scared dog that barks loudly and constantly as if it were saying, "Go away! This is my territory! Stop violating my space! Stop threatening me!" You see, he struggles for his integrity, for his survival in an inimical environment. His anger isn't out of egoism or malice. He is angry and seldom, may he become slightly violent in the same way that a deer, hunted and pushed in the corner, has no place to escape and as result, the only way out is to attack its hunters fighting the ultimate battle for survival.

28.5 Primary psoric cowardice

It's very important to underline that Hyoscyamus, being psoric, is primarily coward and submissive or yielding. That's why, his parents can literally drive him crazy. And that's why, his parents *can't* drive, for example, his sycotic Medorrhinum brother crazy. How could they do that to a strong, reactive, rebellious person, who in addition, has shallow feelings, and therefore, not easily being entrapped into their emotional blackmails?

A Medorrhinum child would say, "Fuck you!" to his suppressive parents having no emotional attachment to them. He would fight successfully living his own life or creating his own life away from the close family surrounding. And all this, because he is sycotic, strong and rebellious. Because he cares more about himself than about others; because he is not at least sensitive and sentimental.

On the other hand, any psoric, sensitive and yielding child and especially, an introvert Hyoscyamus child is into deep trouble. You see, he is between the devil and the deep blue sea because on one side, he is sensitive and emotional loving his parents, and on the other side, he suffocates under their suppression.

If Hyoscyamus were a syphilitic constitutional influence/picture, then that Hyoscyamus child would give a difficult time to his suppressive parents. He would react strongly and cunningly, he would be egoistic and persistent; he wouldn't be emotional and sensitive; so, he would most probably get away with it. Unfortunately, that's not the case with Hyoscyamus. Alas, he is so psoric and coward and yielding! Thus, it's so difficult for him to win the battle against his syphilitic parents.

28.6 The Constitutional Diagram of Hyoscyamus

Raw Material

The plant Hyoscyamus Niger.

Miasms

Under the strong influence of the Psoric Miasm; therefore, he is quite coward, yielding, shy, sensitive, emotional and introvert. Even at the psychotic state, the content and the nature of his illusions and deliriums are psoric.

Primary Passions

His main Primary Passion is his attachment to his existence. This is the background for the development of his intense feeling/certainty that he is threatened, that his existence is in danger. This groundless suspicion gradually becomes an insane suspicion, a maniacal delirium, ending up in stupor.

Essence

The anxious, insane, groundless feeling/certainty of the hunted animal that may secondarily shout angrily in an attempt to protect himself whenever he thinks he is in the corner having no escape exit.

Thinking

a. Psychological evolution

Hyoscyamus tends to have a great relation to the Intellectual Soul; nevertheless, he also has a strong relation to the Conscience Soul. His Individual Will is strongly affected by his External Will and to a less degree by his Internal Will. His intense psoric emotions are like a two-edged knife. On the one side, they bring him in contact with his Conscience and on the other side, they leave him exposed and unarmed towards a world full of syphilitic dominant people. It's really difficult for a Hyoscyamus person to survive in the Syphilitic Era where we live!

b. Influences

Intense psoric influence causing cowardice, submissiveness, introversion and emotional sensitivity. The Symbolic Thinking Stimuli are the dominant ones.

c. Stressful Conditions

Dominant suppressive parents, dictatorial behavior, overprotectiveness, rejection, taunts, irony, social relations, love affairs.

d. General Characteristics of Mental Functions

Slow, suspicious thinking ending up to insane ideas and correlations.

e. Mental Patterns

Hyoscyamus individuals consider themselves smart people, yet, quite sensitive facing a hostile society full of dangers. They see enemies all around and suspect conspiracies coming from every corner. Intensely introvert and sensitive people. Tendency to observe faults and injustices everywhere; always thinking how a normal society should be, even thinking of probable solutions to social problems.

Frequency

A frequent constitutional picture nowadays. The far most frequent constitutional picture in psychotic or border-line individuals.

Emotions

A troubled General Mood due to insane suspicion, insecurity and fears. Intense Intellectual Emotional Load, a mixture of fears and anger. Greatly emotional yet very introvert; lack of expression. Most of his emotions are intellectual: fear, anger and intellectual love. His emotions are deep, stable, sincere, idealized and controlled.

Behavior

Intensely psoric Primary Behavior. Shy, sincere behavior; tendency for idealization and day-dreaming; tendency for attachment to ideologies; tendency for sublimation; controlled behavior; secondarily, mistrustfulness, jealousy and irritability; immature, childish behavior.

Usual Roles

“The sensitive, introvert child”, “the submissive good child”, “the introvert irritable person”, “extremely or insanely suspicious”, “the pathologically jealous person; insanely

jealous”, “the introverted person that is not social at all”, “very touchy and suspicious”, “the hunted person”, “the victim of conspiracies”.

Body

Physical Predispositions:

Skin problems

Psychological Predispositions:

Psychosis, Insomnia, Insane Jealousy

Relevant Constitutional Pictures

Sulphur, Stramonium

B. LECTURE

28.7 The disordered family background: dominant syphilitic parents

Today we are going to talk about the constitutional picture of Hyoscyamus Niger. It corresponds to the homonymous homeopathic remedy that is prepared by the homonymous plant after the procedure of potentization.

Nowadays, it's a frequent constitutional picture and a very important one, since it's extremely frequent in psychotic patients. Let's see the fertile background that can give birth to such a constitutional picture. There are some people that from early childhood are very introvert; for example, children that are influenced by the psoric Sulphur, as we have already described it thoroughly.

Let us suppose that such a child is raised in a family, by a suppressive, dominant Lachesis mother who, metaphorically speaking, “castrates” this Sulphur boy driving him to become more introvert and quite submissive. Let us also

suppose, that the father of this boy is either indifferent or submissive. The apparent result is that there is a total dominance of the female model and a total absence of the male model.

There's only one absolute authority, the female one; in addition, it's a perverted female model. Since this mother is a syphilitic Lachesis person, she is full of ambiguous messages, full of double-talk. On the one hand, she hypocritically pretends to be the good mother that loves "pathologically" her boy "sacrificing her whole life" for him and on the other hand, she is dictatorial, suppressive and overprotective without giving him the least space, without letting him take even a little breath of freedom. In the end, the child does love and hate his mother at the same time.

If, on top of that, the father is also a dominant, suppressive individual, for example an Arsenicum person, then, the child is tremendously suppressed. Most commonly, at the age of 16 to 25, this child may develop insanity, i.e. become psychotic. From my clinical experience the majority of these psychotic young men and women are influenced by the constitution Hyoscyamus.

28.8 The pre-psychotic personality: an introvert and suspicious, psoric child

If we go back to the child personality of the later Hyoscyamus individuals, most of the times, we have to do with quite introvert and suspicious children. The main characteristics of the Hyoscyamus individuals at the Pathology Phase A, i.e. at the pre-psychotic state, are introversion, submissiveness and suspicion. He has these kind of thoughts which are at the borderline between normal and insane. Most of the times, these abnormal thoughts are not noticed by the parents and if perceived, are characterized simply as normal characteristics of his personality.

Let me give you the picture. It's a boy or a girl that seems to be quite shy as to the other gender or as to all other people; quite introvert, not easy to hang out with other children, not comfortable with others, living in his/her own private world. Suddenly, he can get angry for no reason. He can look at his parents and tell them, "Why are you staring at me like that? Why are you talking about me? What are you talking about?" You see, he has this feeling, not to say this certainty that he is being commented. That they say "bad things" about him.

28.9 The insanely jealous adult

Let's see a similar pre-psychotic state in a grown-up man. He seems to be a usual, normal husband, yet, he has this characteristic intense, insane, pathological jealousy, not easily detectable by others. However, his wife can confess to the doctor that she is tremendously suffering from his insane, causeless jealousy.

It's definitely not the case of what we tend to call "normal" jealousy. It's an extreme, causeless, insane jealousy. He is haunted by this insane jealousy. It bothers him day and night; it affects his whole life; it makes him quite angry and miserable. Most of all, it's a causeless jealousy. He tends to watch every move of his wife. His usual questions to his wife can be: "Where did you go?" "Who were you with?" "Why were you late?" "Who have you been talking to on the phone?"

He keeps questioning her; he keeps watching her, even spying on her or employing private detectives; he misinterprets words or phrases of her; he misunderstands her actions. "Why are you dressed like that? Why do you expose yourself like a prostitute?" He gets angry and shouting; he is furious. He has this absolute certainty that his wife is cheating on him and doesn't rest until he exposes her.

Every effort of his wife for rational conversation, every effort of her to deny his accusations or prove her innocence makes him furious: "Are you calling me crazy? I will not let you fool me! I know that you are cheating on me and I will unmask you!" Nevertheless, when it comes to others, he will not confess his jealousy; he will not say a word about it; not to mention that he won't accept any kind of help or counselling.

He will not even admit to his wife or to himself that he is jealous. He isn't jealous! He simply considers that he reacts normally towards the cheating on behalf of his wife. He is the victim of his wife deception; of his wife conspiracy against him! That's the deep feeling he has! If his wife exposes him to others regarding his jealousy, he will definitely get furious. You see, he believes that there's nothing wrong with him. It's his wife that is to be blamed!

28.10 The touchy about his manhood adult man

Let's see another version of this pre-psychotic suspicion. For example, such a young man or such an adult can be very touchy about his manhood. Even those innocent, usual jokes taking place in male companies about manhood, gay people, mucho men, etc. make him furious.

He is certain that others do it on purpose, that they mean him when they are talking about gay people. They definitely make suggestive jokes against him; they imply things; they make hints against him; they comment on him; they laugh at him!

He gets angry, even furious; most of the times he doesn't fight in the open though; he retreats; he goes away and most probably, he avoids seeing them again. You see, he is psoric, so he usually flees, he usually prefers going away; he becomes introverted. Out of reaction, he may start going to the gym in order to develop a manly body; or he grows a

beard to prove that he isn't gay so as not to leave any space for comments on his manhood.

28.11 Insane ideas disguised as fixed ideas

Another common version of his pre-psychotic state is the "obsessive ideas". Nevertheless, we don't really have to do with obsessive ideas; we have to do more with insane ideas that are masked or misinterpreted as obsessive ones. You see, once again it's a matter of insane suspicion. His fixation that others comment on him, that others are gossiping against him or that others are staring at him in a strange way, is, indeed, a matter of insane behavior.

So one must differentiate between these two ideas, the obsessive and the insane ones. For example, he may say to the doctor: "How, on Earth, did we come to this point? There are no friends, nowadays! Everybody is seeking to harm others, to stab others on the back! You just can't trust anyone, nowadays. The world has become a jungle, full of dangerous wild beasts!" Actually, these phrases can be said almost by anyone. However, this also can be the early suspicious state of a future psychotic person.

If this person is treated homeopathically by administering Hyoscyamus, then, there is a great chance that he will never develop psychosis. He will get away with it! He will get lucky! For instance, many times, parents bring such kids or teenagers to me for cases of irrelevant to pre-psychotic disorders such as acne or skin problems. Nevertheless, the administration of Hyoscyamus, chosen for the whole psychological and physical picture, can cure the patient as a whole and not only his physical problems. These are the "miracles" of Homeopathy and especially of the Classical Miasmatic Constitutional Homeopathy that goes deeper than any other method since it focuses upon full similarity.

28.12 The acute psychotic attack

If this pre-psychotic state is not cured, then, quite often, the person moves from Pathology Phase A to Pathology Phase B, i.e. to the psychotic state, to the first psychotic attack. The main characteristic of this state is the insane idea that the person is hunted; that others conspire against him; that he is attacked by enemies around him; that others mean to harm him or chase him; in a few words, they are all after him!

In mild early stages, we can ask such a person in a special, indirect way: "Does it sometimes happen, while sitting in a café, that others comment on you or say things about you?" If the answer is "yes", then we have to go on and differentiate the insane state from some seemingly similar normal states. Afterwards, we can go on asking, "Does this happen, even with strangers?" "What do you think they say about you?" "What do you feel when this happens?" "How do you react?"

It's an expected normal reaction when a very fat or a very ugly woman, for example, or a person with an obvious disability has the feeling that others stare at him/her or even comment on him/her. You see, he does differ a lot from others; so, the story of his life is that other people can really stare at him and notice his extreme different condition; therefore, it's not irrational and improbable to think that he/she is being commented.

Let me give you another example: a gossiping Lachesis woman, judging by herself can think that others also comment on her in the same way she comments on others. Nevertheless, this is not an insane suspicion; it's an expected suspicion, a characteristic of the personality of a Lachesis woman or a feature of a cunning "fox".

Psoric people as well, with lack of self-confidence like Thuja, Gelsemium, psoric Sulphur or psoric Lycopodium may feel

vulnerable towards others or towards the comments of others regarding their body, their appearance or their abilities or behavior. However, such a feeling has nothing to do with an insane behavior.

28.13 Illusions of being commented and persecuted

What confirms us that the person is indeed pre-psychotic or psychotic, is when he has the absolute certainty that strangers comment on him or the fact that this certainty makes him feel persecuted and as a result, insanely angry. Being mainly psoric, Hyoscyamus, when feeling in danger, usually flees away. When it comes to the fight-or-flight reaction, he chooses to flee.

On rare occasions, however, he may stare offensively at the people, who, according to what he himself believes, comment on him, or even more rarely, he may come close to them saying or yelling: "What are you looking at?" Even then, he will go away at once.

After a while, he may start avoiding public places, because he is afraid of everybody around him; he is scared of the people, of humanity; he is convinced that he is threatened by everybody; therefore, it's safer for him to stay inside the house, and even better, in his room.

At the Pathology Phase B, and even more, at the Pathology Phase C, insane ideas can change into insane certainties, expressed in a number of different ways and always having this common, basic feeling: *"I'm threatened, I'm persecuted; I'm in danger!"*

He is certain that he is being watched; that he is being the victim of an evil conspiracy by secret agents or by a neighbor or by a colleague at work or even by his close relatives or parents. Besides, an uneducated working class woman, influenced by Hyoscyamus, can have the certainty

that the neighbor-next door has put a spell on her; for example, that neighbor must have deliberately and viciously thrown hairs or oil or salt at her front door.

Then, the Hyoscyamus woman can get furious; she can go out and start cursing and yelling; no matter how hard her husband or children try to convince her that she is wrong, she won't be convinced. In fact, she gets even more angry and suspicious. Finally, she can say yelling, "Are you all trying to drive me crazy? Are you calling me crazy? I tell you, I am not crazy!" If her family insist, she can start believing that they are also involved in this conspiracy, in this effort to harm her; perhaps, they had already talked with the neighbor, conspiring against her altogether!

A Hyoscyamus person may freak out while watching TV because that journalist or actor "stared at him strangely", "nodded to him" or even "started talking to him". A young man may start "hearing voices". Most of the times, it's not clear what exactly he hears, or what he hears makes no difference to him whatsoever. They may be voices of "strangers" or "demons"; yet, the voices themselves are not the point; the main thing is that he is in danger, that he is threatened; thus, he feels in danger; he feels persecuted or hunted; he feels like being in the midst of conspiracies. Even his mother is trying to poison him; so, he refuses to eat.

Whenever he is pushed to the limits, whenever he feels backed in a corner without any chance to escape like a hunted prey, apart from shouting and cursing and threatening, he can become slightly violent, only to fly away and save himself. *In conclusion, he is haunted by insane ideas, insane suspicious ideas, insane jealousy; ideas that he is being persecuted, ideas that they put a spell on him and ideas that he is the victim of vicious conspiracies.*

28.14 The alteration of the constitutional picture caused by anti-psychotic chemical drugs

Hardly ever, do we examine Hyoscyamus patients at the state of the acute psychotic attack, unless we are psychiatrists. Such patients are usually brought to the homeopathic doctor after they have been heavily sedated by strong chemical anti-psychotic drugs.

In such a case, we must pay great attention so as not to fail to discriminate between true constitutional symptoms and symptoms caused by the chemical drugs, i.e. side effects such as salivation, trembling of hands, weak memory, lack of concentration, depression, atony, etc.

In order to do so, we must go back at the state before the chemical treatment and see if the above symptoms were still present at that period of time. We must also go back at the exact time of the acute psychotic attack and note down all the acute symptoms of the patient. Still, many hyoscyamic symptoms can be found even now, even if the patient is heavily sedated.

28.15 Insanely suspicious towards doctors

When such a person is at the state of an acute psychotic attack, especially when this is his first acute psychotic attack, he will rarely ask for help or attend a doctor on his own free will. In addition, he will strongly resist to be taken to a psychiatrist. Not only does he believe that he is completely sane, but on top of that, he is insanely sure that his close ones are conspiring to take him to the madhouse. You see, according to him, he himself is not a lunatic; but all the others around him are!

Quite often, his close ones are forced to go to the District Attorney, in order to have a warrant of commitment in a mental institution for sedation and treatment. When his state isn't so acute and intense, his close ones may bring him to me, by tricking him; for example, they may tell him that they will visit me for the treatment of his atony or for

his acne or for his headache, i.e. for any physical disease.

It's a major fault to tell him that he must attend me because "he is going mad" or because of "his psychological state". In such a case, he will consider me a psychiatrist. So then, why should he go to a psychiatrist when he is absolutely convinced that he is sane?

I remember the case of such a young man that was tricked by his parents to come to me for the treatment of a physical disease. He was definitely at the state of an acute psychotic attack. He insisted on entering into my office alone and when I told him, "Please, have a sit John" he got startled and furious. He looked at me with an insane, furious glance and then he started shouting, "How do you know my name? Who told you my name? What are you up to, here?" I really found it quite difficult to convince him that nothing bad was going on and that his parents had told me his name when they called me to arrange the appointment.

In some cases, when I ask, "What's your problem? What brings you to me?" the prompt answer is: "I don't have any problem at all! My parents forced me to come to you! You should ask them!" In such a case, the doctor has to be very flexible and very careful in order to convince him to stay at the office and cooperate.

Most of the times, even if the parents are present, the first thing I do is to proceed to an immediate direct statement. I can say for example, "Well, John, I strongly believe that *it's up to you* to be examined or not, even if your parents disagree! Nevertheless, in Homeopathy, we don't give chemical drugs which have side effects; actually, what we prescribe are a kind of vitamins and food supplements that can boost your organism, since your parents told me on the phone that you feel tired lately".

Some other times, when his parents call me, I advise them to tell him that he will come to me for his headache or acne

or common colds, etc. As you can see, I suggest these physical problems as an excuse, in order for his parents to convince him that I am not a shrink, and that he is not a lunatic so as to have to be treated psychologically. In such a case, I mainly focus upon questions about his physical state and symptoms, and only indirectly, by a friendly, “innocent”, “harmless” chat, I’m trying to get information about his personality.

From my long standing clinical experience, eight out of ten psychotic people are influenced by the Hyoscyamus constitution. Nevertheless, this doesn’t mean that any psychotic person should be given Hyoscyamus as a protocol standard prescription. We must always prescribe according to the Law of Similarity and we must always focus upon full similarity.

28.16 Fear of insanity is a neurotic symptom and not a psychotic one

There’s one more thing that should be discussed and underlined in order to be taken into serious consideration. The doctor must have a clear understanding that the fear of insanity is one thing and the insanity itself is another thing; a completely different thing. Anyone who is afraid of insanity, by definition, is not insane. Why so? Because, he is fully aware of his condition; because this idea is just a fear, a phobia or an obsession and not an insane idea. A typical fear of insanity can be caused to a person influenced by the following constitutions, ranked from higher to lower order: Mancinella, Argentum Nitricum, Cannabis Indica, Alumina and Calcareo Carbonica.

Another thing the doctor must have in mind is that when a person is afraid of insanity, this fear is extremely unlikely to progress into insanity. In fact, such a person has less possibility to become insane compared to the average person. Why so? Because he is neurotic and not psychotic.

You see, in neurotic people, the psychological tension is not accumulated on a dangerous critical psychotic level since it's defused into psychosomatic symptoms, either nervous or hysterical ones.

Through my observations, those who become insane, are the ones that are the most introvert keeping things inside; so a lot of tension can be accumulated within them and, 'suddenly', just a 'click' can drive the person into insanity! That's why, most of the times, the average person who is close to the later psychotic person gets surprised by the fact of the acute psychotic attack.

28.17 The role of “conflicting information” in the etiology of psychosis

An important factor for the development of psychosis is the double-talking, i.e. the ambiguous messages from the part of parents, especially from the overprotective, suppressive, hypocritical mother. For example, I am your mother and one minute I can tell you that “I am dying of love for you” and the next moment I torture you in various ways. One minute I can hug you, kiss you and tell you, “I worship you, I would give my life for you” and the next moment, I can be mean with you and don't let you have your own life.

One minute I can assure you that “I fully trust you!” and the next moment I can spy on you and interrogate you closely like, “Where have you been? What have you been doing? Who were you with? What are you up to? Why are you so late? Are you hiding anything from your mother? You better tell me the truth or else, I will find the truth by myself and then God help you!” *Such ambiguous, controversial and confusing behaviors, such hypocritical and suppressive behaviors are critical for the development of a pre-psychotic personality or for the final development of psychosis.*

Another negative contributing factor for the development of

psychosis, is when a person with a pre-psychotic personality lives in a religious mental environment, full of fear, guiltiness and lack of the sensation of privacy; when he's continuously told that there's that strict, unmerciful and cruel God who watches over him all the time from above, waiting to punish him not only for his immoral acts but also, for his immoral, impure urges and thoughts. A strict God who cooperates with moms and dads to suppress and punish all the naughty, sinful or bad children.

If some parents have already a psoric, introvert, mistrustful or a scared child and then they impose on him an additional burden of this alliance between suppressive parents and a cruel God, then, alas, they can get a psychotic young man, who usually has no bright future apart from his dark present! By the way, this doesn't mean I am against God or Morality. A merciful, full of love God is one thing and a cruel, suppressive, sadistic or evil God is definitely another thing; in fact, it's exactly the opposite!

CHAPTER 29

THE CONSTITUTIONAL PICTURE OF STRAMONIUM

29.1 The violent, spoiled, manipulative kid

29.2 The violent, dominant, low-class woman

29.1 The violent, spoiled, manipulative kid

The constitutional picture of Stramonium corresponds to the homonymous homeopathic remedy prepared by the homonymous plant, after the procedure of potentization. In the past classical bibliography, it was considered a frequent remedy for psychotic patients. Nevertheless, from my clinical experience, this is not the case nowadays.

We must keep in mind that, at that time, most of the psychotic patients weren't heavily sedated with strong anti-psychotic drugs as it is now; as a result, the picture of the violent mania often corresponding to Stramonium, was a frequent one. Nowadays, rarely does a doctor, at his private practice, treat psychotic patients at the state of an acute mania. As a rule, such patients are addressed to the psychiatric departments of hospitals by the family or by the police as emergency cases. Even then, from my clinical experience, regarding psychotic patients, most of them correspond to the Hyoscyamus constitutional picture.

However, in private clinical practice, one can prescribe Stramonium as a chronic constitutional remedy, not often though, in two cases: First, in violent, spoiled, manipulative kids and second, in violent, dominant, uneducated low-class women of some age.

The Stramonium kid is a very irritable, demanding, stubborn

kid. He can be easily confused as a strong-headed, stubborn Cina kid or as a rebellious, tough-guy Medorrhinum kid. Stramonium, however, is full of irritability with violent, unpredictable outbursts; he can throw or break things; he may be a teenager who can kick and break into pieces a glass door or a wooden door. You see, when furious, he just can't control himself and he may even hurt himself.

There is this characteristic feeling of relief from his tension and anger after breaking something, after a violent action. In addition, most of the times, he doesn't really feel sorry for his action, although, if a kid, out of manipulative reasons he may say that he has regretted it.

We have to differentiate between two seemingly opposite states: The one is the Stramonium teenager who can have unpredictable, violent, uncontrolled outbursts and the other is the Stramonium kid who may have outbursts, controlled though, just to blackmail his parents to satisfy any wishes of his or to buy him anything he likes. The Stramonium kid, probably due to his age, is more manipulative, while the Stramonium teenager is less manipulative and more uncontrolled, due to the nature of puberty.

Let me give you some verified clinical pictures. If a Stramonium kid asks for several things and his parents refuse to satisfy his whims, he can fall down on the floor and hit it with his fists or his head; or, he can kick the wall or the door or even he can hit his head slightly on the wall. Then, his parents and especially his mother will freak out! She may say, "For God sake, don't hit your head on the floor/wall! You'll get seriously injured!" Seeing his mother freaking out, the manipulative kid can do it again, yet in a more controlled way this time; or, he can threaten that if his mother doesn't buy him this thing or the other, he will do again and again what she is afraid of. You see, he has found the way to blackmail his mother!

Nowadays, there are so many syphilitic mothers, especially

Lachesis ones who may be overprotective or suppressive to their children but at the same time can pamper them. Therefore, it's so easy for a Stramonium kid or teenager to blackmail such a mother in his persisting, violent, extreme way. For example, a typical dialogue can be like that:

-“I want this! I do want it!”

-“But, we don't have any money!”

-“Bullshit! You do have. You've bought so many things for you”

-“I'm telling you, we don't have any money; we have so many expenses for your school and for your needs”

-“I don't care! I want it right now”

-“Oh my God! What sins have I done to deserve such a naughty child! You are ungrateful; that's what you are!”

Another dialogue could be:

-“I want you to buy me that bike”

-“I told you a hundred times, it's dangerous; you are too young for this; you are going to kill yourself or become crippled”

-“I don't care! It's my own life!”

-“But *I am the one* to take care of you if you become crippled”

-“So, that's your problem! You only care about yourself. You are so full of fears, you are so suppressive. How come that I have such a crazy mother? John's mother bought him a bike and they are poorer than us. I want my bike. If you don't buy it for me I will stop reading, I will drop out of the school!”

-“Oh my heart is bumping; I am having a heart attack! You are killing your mother, for God's sake!”

-“Stop acting! You are not fooling me anymore with these shit! It’s the tenth time you are dying!”

-“You are so ungrateful!”

-“I swear, if you don’t buy me that bike I’m gonna kill myself. I’m gonna hit my head on the wall or I’m gonna jump out of the window!”

-“Oh God! What have I done to deserve this?”

We can also imagine the following scene: The Stramonium teenager slams the door breaking the glass part of it and goes out furious. Then, the Lachesis mother calls her “good for nothing” husband to tell him the “news” starting an endless accusation and whining that he is to blame for their son’s attitude because “he isn’t man enough” to restrain their child, and so on, and so on...

Everyday little dramas can be played by the average people all around the world influenced by the several Constitutions that produce distinct disordered behaviors under the general title: “Constitutional Pictures”!

If there is a husband in the house, who is worthy of the title “father”, i.e. love/care, on one hand, strong raw male-model, on the other, then the Stramonium kid/teenager may grow up more balanced because he may realize that these kind of blackmails don’t work. But if the syphilitic wife has managed to dominate upon her yielding, psoric husband, or if she has managed to drive far away her sycotic, indifferent husband or even if she is in a constant war with her dominant syphilitic husband, then, the right male raw model is absent. And then, the Stramonium kid/teenager is fully unbalanced.

There is another disordering factor. For example, when a syphilitic mother, especially a low-class Lachesis mother keeps telling her relatives and neighbors the “tragedy” of her family, i.e. how naughty and stubborn her “good for

nothing, lazy, rebellious son” is, in front of him, then, her child can become more reactive and rebellious, fully identifying himself with his mother’s description about him. You see, he adopted a role that he can be proud of since he is so good at it, according to his mother and everybody around him! A tragedy has been completed! No hope for change! And then, the mother forces her son to go to the homeopathic doctor in order to give him that magic pill so as “to calm his nerves” because she is in despair. In fact, they are both in despair. Sometimes, even the doctor himself is in despair, because if the surrounding family atmosphere cannot be changed radically, we can’t expect much! *The same causes tend to reproduce the same pathology!*

29.2 The violent, dominant, low-class woman

Now, let’s move to another Stramonium version. Think of an adult or an old low-class woman resembling a Lachesis constitution, yet more irritable, more vulgar and more violent. She wants to have things her own way regarding her family.

Think, for example, that she is a granny whose daughter is also a Lachesis case and she lives with her; she wants her daughter, her grandchildren, her husband and even her son-in-law to do all things in her own way! She considers herself “very irritable, because all others get on her nerves”. If others are opposed to her whims, then we may see her shouting and pulling her hair or hitting her head with her fists or trying to tear her clothes.

When a Stramonium kid has a similar behavior, most of the times, it’s a fake, controlled behavior. In the case of the Stramonium teenager, it may become an uncontrolled behavior. When it comes to a Stramonium adult/old woman, quite often, it’s a mixture of both behaviors; yet, it’s more a deliberate action, although she denies it.

There's another important characteristic of a Stramonium person. He gets angry from bright light, either the natural sun daylight or the bright light of the lamp at night. It doesn't have to do with his eyes, with his vision; it simply makes him angry.

CHAPTER 30

THE CONSTITUTIONAL PICTURE OF CANNABIS INDICA

30.1 Blurred-confused mind due to constant crowding of thoughts

30.2 Cold and wet hands; delusions of enlargement

30.3 The abuse of a substance doesn't, as a rule, lead to a constitutional picture similar to the Proving of this substance

30.1 Blurred-confused mind due to constant crowding of thoughts

Now, let's proceed to the description of the constitutional picture of Cannabis Indica. For the preparation of the corresponding remedy, we use the homonymous plant. During the potentization of this raw material, the dilution is so high that not even one molecule of the original diluted plant is present at the final dilution of the homeopathic remedy.

Therefore, it is impossible for this remedy to act as the homonymous drug (hashish, pot). As a result, there is no restrictions in its distribution through homeopathic drug stores; it merely acts as an energy homeopathic remedy counteracting the constitutional influence of the homonymous, similar Natural Illness.

What's the essence of this constitutional picture? It's the blurred-confused mind due to the constant, rapid crowding of dozens of thoughts in a continuous succession like the wagons of a train; a constant, rapid train of thoughts. It's similar to the effect of hashish upon drug users, especially on chronic abusers.

The Cannabis Indica individual has this blurred mind 24/7,

for months or years. It's not something periodical or temporary; it doesn't have to do with fatigue or lack of sleep or poor memory. It can be described more as that the "brakes" of the mind are out of order while the gas pedal is pressed hard.

For example, we can ask the patient, "Do you happen to feel constantly that your mind is blurred, confused all day long?" If the answer is "yes", then we can go on asking, "This blurred state, what does it remind you of? It resembles like what?" If he can't be specific then we go on asking, "Do you feel as if being between awake and asleep? Or, as if you were in a dream? Or, as if you had drunk a glass of wine and you were a little blurred? Or, as if being gotten "high" - "stoned" by the use of pot?" If the patient had been stoned by using pot (hashish) in the past and if he tells us that what he feels now is similar to his past experience, then we are quite sure that he must be under the influence of the constitution Cannabis Indica, as long as this is a constant state and not a temporary or a periodical one due to fatigue or other similar reasons.

30.2 Cold and wet hands; delusions of enlargement

The Cannabis Indica patient may also have many of the well-known delusions, produced by the use of hashish to drug users, such as strange ecstatic sensations, uplift of spirits, mirthfulness, exaggeration of time and space, feeling of enlargement of the limbs and other body parts, etc. We shouldn't confuse this feeling of enlargement with the feeling of Platina individuals that they are getting taller while walking or while being between awake and asleep.

We always have to take into consideration the whole psychological profile, the essence and the miasmatic influences of the person. Even if the symptoms are the same, what really matters is the cause or the reason of which this symptom is produced. In the case of Platina, for

example, this feeling is instantaneous under certain conditions and it has to do with the great vain idea that she has for herself; it's a matter of an enlarged Ego, while in the case of Cannabis Indica it's a matter of a constant toxicity of the brain.

Cannabis Indica is a very cold person; there's a great characteristic, very important for our diagnosis: she has cold and at the same time wet hands; sometimes, her feet also can be cold and wet. Calcarea Carbonica, also has very cold extremities; yet, only her feet are at the same time cold and wet.

30.3 The abuse of a substance doesn't, as a rule, lead to a constitutional picture similar to the Proving of this substance

-If a chronic hashish drug abuser comes to you, will you prescribe him Cannabis Indica as a homeopathic remedy?

-Not necessarily and not usually. Maybe yes, maybe no. According to my experience, it happens rarely. In Homeopathy, there is no standard connection between a certain disease/state/symptom/abuse and a certain homeopathic remedy. The only standard relation is: a certain constitutional picture with a similar homeopathic remedy. *Only laws must be employed and not arbitrary connections or rules or even opinions of experts.*

To be more specific regarding your question, there are two possible cases: The one case, the less frequent though, is that the chronic abuse of hashish can drive the person under the influence of the constitution Cannabis Indica. In such a case the patient will be given the homeopathic remedy Cannabis Indica. I have seen some rare cases where the person had smoked pot only once and after that he had this constant state of blurred mind similar to the constitutional picture of Cannabis Indica for months or

years! A dosage of the similar homeopathic remedy cleared the case.

On the other hand, there are so many habitual, chronic users of hashish who never develop the chronic constitutional picture of Cannabis Indica. They may be under the acute influence of the drug, as long as it circulates in their blood in high concentrations; yet, when “sober”, they correspond to their own chronic constitutional pictures that differ from the constitutional picture of Cannabis Indica. Just as a coffee abuser isn’t usually a case of Coffea Cruda constitutional picture, so too a hashish abuser isn’t necessarily a Cannabis Indica homeopathic case.

CHAPTER 31

THE CONSTITUTIONAL PICTURE OF TARENTULA HISPANICA

31.1 A mild Platina as to egoism, yet more sexy and playful

31.2 Orgasmic relation with dancing and music

31.1 A mild Platina as to egoism, yet more sexy and playful

The constitutional picture of Tarentula Hispanica corresponds to the homonymous homeopathic remedy prepared by the Spanish Tarentula spider after potentization. It's found mostly or solely in women and isn't quite frequent, although not very rare.

In cases of not so frequent constitutional pictures, we can approach them by comparing and examining them with more frequent related constitutional pictures. For instance, Tarentula Hispanica resembles Platina; she is a milder, regarding vanity, Platina though. She also thinks a lot of herself and of her beauty; yet, she is more flexible, more sexy and playful. She is sexy, she knows it and she enjoys it; she has that air of sex appeal and she dresses accordingly; her outfits are usually more casual compared to Platina's; yet, there's often this air of sexual confidence.

She may enjoy flirting a lot; she isn't vulgar though; we could say that she is playful. Beneath this flirting attitude it's hidden a woman, who, since puberty, sometimes even since childhood, has this increased desire for sex. If, in addition, she has a strong sycotic tint, then this increased desire leads to a life where sex plays an important role as in the case of Medorrhinum. She can go through men like

water; she doesn't have any moral restraints, especially, when she adopts that modern attitude of the liberated female.

In Kent's and Hahnemann's times, such an attitude was called nymphomania. That time, as was the case of the term "hysteria", "nymphomania" was also a case where the science of Medicine was prejudiced against such attitudes, due to the prevailing established male ideology in European countries. Both terms had the tint of hypocritical religious morality.

For example, a man, who was a womanizer, wasn't criticized in the same way with a related woman's attitude. In fact, it was an acceptable or even a desired attitude among men and most of them used to boast about their "conquests". However, if their daughters or wives had acted accordingly, they would surely have been characterized as suffering from nymphomania or as if they had been horns or sluts. It's no surprise that, even nowadays, a womanizer is often characterized as a "rooster" or as a "Don Juan" while a woman with the exact same attitude can be called a prostitute or a slut!

31.2 Orgasmic relation with dancing and music

Being scientists and also being homeopathic doctors, what really matters to all of us is not to judge. In contrast, we do have to be interested in understanding the human behavior; we do have to try to discover what really lies beneath a certain behavior; in this way, we can reach the essence of the patient and that will lead us to make a right diagnosis and find the simillimum.

So the essence of Tarentula Hispanica is a constant, general, intense physical tension as if she were one of those old wall mechanical clocks wind up to the maximum degree! The only way for her to release this internal tension is motion,

dancing and sex! This release creates relief and therefore pleasure, which, in the case of dancing and sex, resembles an orgasmic experience!

That's why Tarentula Hispanica gets "high" when dancing! It's not just a pleasure; it's an orgasmic experience; she can't just listen to music without dancing, even when alone at home. It's not a matter of showing off; it's not a matter of exercise; it's not even a matter of tension release; it's an orgasmic experience! Even when walking in the street, especially noticed in kids and teens, their walking is a kind of dancing; they walk and shake their body a little as if dancing.

Platina may also like dancing; yet, it's mostly a way of showing off her body, her beauty and her talent; she does not do it at home alone as in the case of Tarentula Hispanica. Moreover, it's not the sexy, orgasmic dance of Tarentula Hispanica. Valeriana, on the other hand, although she wants to show off, being very insecure, she will only dance if she is sure that she is a very good dancer or that she will perform quite well. So many times, I've encountered Valeriana women who avoid dancing, finding many excuses so as not to be "ridiculed".

Dancing itself is an orgasmic experience for Tarentula Hispanica just because of the tension release and relief. However, her orgasmic experience is getting more and more intense when it comes to sexual intercourse. You see, sex releases not only the muscle tension, but the etheric and psychological tension as well! So, why wouldn't she enjoy sex? Why shouldn't she seek for sex, as much as possible? Why shouldn't she flirt?

As mentioned before, motion, to a lesser degree though, is also a form of tension release. She has so much restlessness that she always wants to shake her hands or her feet; or, when lying she may want constantly to move her head left or right. She can also tell us that, at times, she has this

urgent need to shout or yell or jump here and there for no reason; or to be more precise, for the reason that she gets a relief from her tension.

CHAPTER 32

THE CONSTITUTIONAL PICTURE OF PALLADIUM

32.1 Too much attention to opinion of others about her

32.2 Craves for attention, compliments and reassurance

32.1 Too much attention to opinion of others about her

The constitutional picture of Palladium corresponds to the homeopathic remedy prepared by the homonymous noble metal. Although corresponding to a “noble” metal, the Palladium person doesn’t have the great vanity of Platina. In fact, we have to do with a person, who, although self-centered, isn’t vain and has a lot of insecurity and even lack of self-confidence, yet, in a specific way.

It’s a female, syphilitic remedy. Her essence is that although she is self-centered and full of whims, she pays too much attention to the opinion of others about her. Negative opinions can affect her a great deal in the sense that she feels unhappy and gets upset, while positive opinions or flattery can greatly uplift her. For example, if she goes to a party or to a gathering, the next day or days her mind can be stuck on the negative remarks or on gossiping or even on foolish comments that had been made on her. I bet you are all familiar with that chitchat cropping up in such gatherings, including, most of the times, bitter comments, especially among women. Although most people aren’t touched or don’t feel annoyed by all these foolish comments, Palladium is strongly and deeply affected and this has mostly to do with her characteristic lack of confidence.

32.2 Craves for attention, compliments and reassurance

How can we trace this specific lack of confidence when we undertake the case of a Palladium individual? For example, we can start asking the patient, “Do you often happen to feel that your parents or your partner don’t pay much attention to you? That they don’t deal enough with you? Even if your companion takes much care of you, do you still complain about lack of enough attention? That he doesn’t do for you as much as you want to? Do you want others around you and especially your beloved ones not just to love you a lot but, in addition, to show it to you all the time, to look after you all the time?”

As explained before, when we deal with a Homeopathic Case Taking, we always make our questions to the patient gradually, i.e. from more general questions to more specific ones. We always give time to the patient to answer each question and then, according to his answer, we proceed to clarify further his tendencies and to evaluate the degree of his tendencies. We are not indifferent employees who are obliged to ask “by the book” only to get the paycheck!

Instead, we are motivated Sherlock Holmes who are passionate with their work! Just as a detective tries to find out not only the criminal but also the motive behind the commitment of the crime, so we, as homeopathic doctors, are more interested in the motives of the individual. *We are mainly interested in what lies beneath a certain behavior; we do care about the intentions of a person, his miasmatic and constitutional tendencies, his essence; we also want to know his way of thinking and interpreting events; his needs, his insecurities, his weak points; his sensitivities.*

When asked in this way, a Palladium woman gets enthusiastic, as if the doctor touched deep her soul. With shining eyes she can tell us, “Oh! Yes, doctor, yes, that’s who I am! I know that I exaggerate; yet, I just can’t help it! I

do want attention all the time from my husband". Her companion usually confirms it; her parents confirm it as well. She definitely craves for attention, flattering, flirting, compliments, positive comments, reassurance; she definitely wants to be pampered like a young girl.

Like Platina, while walking down the street, a Palladium woman also has this strange feeling as if becoming taller or as if the others around her were shorter; however, such a feeling isn't accompanied by great vanity as in the case of Platina. Palladium has another strange feeling though; she can feel like something bad is going to happen or she can feel something to move inside her brain. You must take into consideration that, although Palladium is syphilitic and self-centered, she has this specific lack of self-confidence mentioned above. That is to say, when it comes to the opinion of others around her, there's this strange lack of self-confidence as a woman and as a personality. Besides she has this craving for attention. However, regarding all other fields, such as her I.Q. or her professional abilities, she feels rather confident.

Pulsatilla also asks for compliments, positive comments and attention. Yet, it's a quite different thing because her miasmatic tendencies and essence is quite different from Palladium. Remember what we've just said about focusing not upon the final behavior but on what lies beneath. Pulsatilla is quite psoric as to intentions and ideas; yet, quite sycotic as to expression of her feelings and as to behavior. Pulsatilla doesn't have much lack of self-confidence. She is truly emotional and wishes to exchange feelings with all around her, especially with her beloved ones: her parents, her husband, her children or her friends.

It's a charming, loveable and likeable behavior. Although she can be an adult or an old woman, she behaves like a young, sensitive, emotional girl who wants attention and caressing and hugs and sweet talking. There's no

manipulation beneath this behavior! What you see is what you get, only because she is psoric as to intention. She wants emotional exchange so she directly asks it in a childish and charming way, just as she craves sweets and asks for it all the time.

Pulsatilla isn't self-centered like Palladium. She may complain for not getting the attention she needs, but this is a charming, likeable complaining. She is a very giving person being so rich in emotions to others; she can also laugh a lot. On the other hand, Palladium is more self-centered, syphilitic and egoistic wanting to draw attention without giving back any feelings or any attention and care for others. Palladium is like a spoiled young girl; a self-centered, selfish, insecure girl.

Valeriana has too many insecurities as well; yet, she doesn't easily show it to others because she is syphilitic, quite selfish and self-centered. She also craves attention and care from her companion or from her parents. She expects from the people who love her to satisfy her needs in order to feel safe, wanted, important, etc.

She doesn't admit it though, so as not to be exposed as "weak" or "sensitive" or "dependent". You see, she wants to project the image of a modern, feminist, independent woman with a strong personality. Consequently, when her companion becomes too emotional or caring towards her in public, she may even be annoyed and she can stop him, so that her image of the modern, feminist, independent woman won't be spoiled.

CHAPTER 33

LESS FREQUENT CONSTITUTIONAL PICTURES

Natrum Carbonicum, Alumina, Staphisagria, Graphites, Syphillinum, Naja, Anacardium, Tuberculinum, Zincum, Nitric Acid, Iodine, Coffea Cruda, Cina, Aurum Metallicum

33.1 The value of the characteristics instead of the symptoms in the Classical Miasmatic Constitutional Diagnosis

33.2 The value of the doctor's moral attitude in homeopathic diagnosis

33.3 From the frequent constitutional pictures to the less frequent ones

33.4 Natrum Carbonicum

33.5 Alumina

33.6 Staphisagria

33.7 Graphites

33.8 Syphillinum

33.9 Naja

33.10 Anacardium

33.11 Tuberculinum

33.12 Zincum

33.13 Nitric Acid

33.14 Iodine

33.15 Coffea Cruda

33.16 Cina

33.17 Aurum Metallicum

33.1 The value of the characteristics instead of the symptoms in the Classical Miasmatic Constitutional Diagnosis

Today, we will complete the main body of the Homeopathic

Materia Medica, by describing the characteristics of the less frequent constitutional pictures. During our next lesson I will propose to you a certain method for the bibliographical study and identification of any constitutional picture so that you will have access to all of them.

What I teach you has to do not with the *symptoms* but with the *characteristics*. I focus upon the State of Clinical Health according to Allopathy, or State of Chronic Illness according to Homeopathy. And at this state, we don't talk about symptoms of the *patient*; instead, we talk about the characteristics of the healthy *individual*. Even at this state, we focus upon them hierarchically, i.e. from the top to the bottom: First, we concentrate on the miasmatic characteristics, then on the characteristics of the psychological profile and finally on the general physical characteristics.

Why do I do this thing? Both, for substantial and practical reasons. Let me give you an example. If I show you some photos of my hands and feet or of my trunk or even of my internal organs, I doubt if any of you will be able to recognize me. Nevertheless, if I show you a picture of my face, then I am pretty sure that all of you will be able to recognize me immediately and with great certainty. All of you will say at once, "Yes, that's definitely Athos!"

Even if someone had seen me only once or twice, for example a patient of mine, he would be able to recognize me. Why do you think that, during the process of the identification of a criminal by an eye witness, what we show to him are pictures of faces? Because the face of a person has the same value as his finger prints!

In the same way, if I focus my teaching upon the "faces" or upon the "finger prints" of the constitutional pictures, then you will definitely be able to recognize these constitutional pictures easily and with certainty. That happens, because I have taught you the most important characteristics, the

most important information about these pictures.

Besides, what is a constitutional picture? It is that picture which constitutes a certain, specific picture that is unique and differs from all others around. It's nothing but a unique combination of characteristics that you just can't find anywhere else. In addition, always bear in mind that the whole is not just the mere sum of all parts! It's much more both in quantity and in quality! While teaching, if I expand on not so significant information, for example, if I expand upon the rest parts of the body, upon the periphery of the constitutional picture, then, you definitely will get lost in the ocean of details. You will stop having in front of you the center, the main idea, or even better, the *essence* of the constitutional picture.

The usual Materia Medica may describe a constitutional picture in 50 or 100 pages including mostly the non-specific physical symptoms from Acute Illnesses. Who, even among the brightest doctors, can remember all these symptoms? Moreover, what's the meaning of doing so? Why should we lose the essence for the sake of the non-important and non-characteristic details? *When one focuses upon the State of Chronic Illness, i.e. when he focuses on characteristics and not on symptoms, only then, will he reach a safe prescription easily and with certainty!*

As mentioned before, the art and science of the diagnosis in Homeopathy is to know full well the "faces", the *essence* of the constitutional pictures. Through this knowledge, we are able, applying certainly the correct holistic technique, to identify the constitution that influences a person at a certain time.

It's like having a thousand pieces of a puzzle. If we focus upon the important information, i.e. if we focus on the face of Snow White and on the face of the Seven Dwarfs, then, even with few pieces, we can be sure that the main topic of this puzzle is "the Snow White and the Seven Dwarfs"; we

can be sure even if we haven't seen the rest of the 990 pieces! On the other hand, if we have these 990 pieces without having the 10 most important ones, we can get lost. Therefore, the art and science of the Homeopathic Case Taking is to follow the Universal Laws of the Whole and the Hierarchy and focus upon the essence of the case. *Always, what really matters is the quality and not the quantity!*

For the same reason, while taking the case in our previous lecture, we didn't ask a thousand questions. Instead, driven by our deep knowledge of the constitutional pictures, by the non-verbal data and guided by the answers of our patient to our first questions, we kept asking important, basic and to the point questions; only because we knew what we were doing; just because we did know how to search.

In a different way, the Homeopathic Case Taking would last for hours and hours; we would keep asking so many trivial questions without plan, direction and knowledge, or without the right attitude. Moreover, it's quite possible that we would get lost in an ocean of symptoms, most of which would not be crucial or characteristic. *Our aim is to search for diamonds and gold. Not for coal and ashes!*

Take, for example, two hunters. The first hunter is an experienced one. He knows exactly where to search, how to search and what to expect to find. He has so many chances to find his prey and when he does so, without hesitation, he can get it with one shot! The second hunter is an inexperienced one. He has no training, no knowledge, no plan and not the right attitude. He simply tries to find a needle in a haystack! The prey may be so close to him, under his very nose, yet, he can't see it, he can't smell it; he can't even feel it! Even when the prey jumps in front of him to run away, he may not be ready to shoot or he may shoot around and not to the very target.

Let me now give you another example. Suppose there is a city boy who accompanies an old countrywoman to the

fields in order to pick up some wild greens to eat. Who do you think will be more effective? It is obvious that the old countrywoman full experienced will have a basket full of edible, delicious greens in 15 minutes. She will know exactly where to look, what to look for and what are the edible ones. Apparently, the city boy has many chances to get lost. He may step on the edible greens and pick up the inappropriate ones. Who is going to fill his stomach in the end?

33.2 The value of the moral attitude of the doctor in homeopathic diagnosis

There's another crucial thing to be taken into consideration. This is the right philosophical and moral attitude of the homeopathic doctor. Without this holistic, moral attitude we just can't be effective. At best, we may palliate symptoms or acute diseases; we will fail to have a deep and permanent therapeutic result though.

Even if we had managed to achieve such results in the past, nevertheless, if now we were immoral, leaving aside any moral commitment, we could also lose our ability to see clearly. *If the heart is not pure, the mind will not be clear and the eyes will not be sharp as well!*

Recently, I've examined a patient, previously treated by an old friend and a colleague of mine. We had the same training on Classical Homeopathy and worked as a team for some years. I've known him for a long time. Yet, the last ten years we lost contact. In the past, he was quite good at prescribing.

However, over the last few years, I've heard some not so good comments about him; for example, that he started showing off as an expert on diet proposing expensive food supplements from a certain company; that he adopted a specific expensive test for tracing lack of nutrients; that he started recommending only one pharmacy as the "right"

one. Then, I've learned that, at a certain point, he started acting as a lecturer promoting the products of a certain company which produces vitamins, etc. "Oh my God!" I said to myself, "He's lost his way! He's yielded to the Establishment!"

I was so sure that soon enough I would start examining mistreated patients of his. And unfortunately, this was exactly what happened! One day, a woman, patient of his, disappointed by his treatment, who was a clear textbook case of Lachesis, i.e. a typical Lachesis, came to me; a case recognizable homeopathically even from the first minutes of contact! A woman so typically Lachesis that she seemed as if shouting all the time "Give me Lachesis! Give me Lachesis!" Even you, at this early point of homeopathic training, and only from the non-verbal information, could prescribe correctly without asking anything! And what did he prescribe? Ignatia! Besides, he prescribed Ignatia 1M the first day, Ignatia 10M the second day and to make things worse, he repeated giving Ignatia 10M five times in two months' time! The absolute chaos! Chaos in prescribing, chaos in managing the case! Complete loss of clear mind and heart, absolute violation of the homeopathic laws!

You see, if we lose our morality, we also lose our abilities, our training and even our knowledge. We stop being that well calibrated diagnostic tool; as a result, there is strong possibility to prescribe the wrong remedy. I must admit that noticing this chaos I felt disappointed. I started wondering, "If this doctor, having such good potentials, such a good training and experience, ends up like that, then what about the other ones who don't have this kind of background?"

One of the reasons that made me start these lectures is that I've learned Homeopathy the hard way. I've had quite many troubles not from Homeopathy itself but from those teachers who taught it; only because, after a point, they yielded to money and fame and lost the right moral attitude

and gradually, their skills and knowledge. For all these reasons, I've promised to myself that I will share my knowledge for free having the right moral attitude and giving full access to my experience without asking anything in return.

I hope that these lectures will work as a compass in your journey through dozens of Homeopathic "Schools" which employ arbitrary means of prescribing, against all existing Homeopathic and Universal Laws and against the Holistic Thinking. That's the reason why your training course focuses upon the Homeopathic and Holistic Philosophy along with Materia Medica, Case Taking and practice.

33.3 From the frequent constitutional pictures to the less frequent

When someone knows the frequent and basic constitutional pictures, then he has a strong base on which the knowledge of the less frequent constitutional pictures can be built. For example, if I am well acquainted with 40 relatives of mine, then, it will be easier to identify a relative not so familiar to me as long as he reminds one of the 40 relatives, resembling either some of his characteristic, or himself as a whole. That's why I insist on the frequent, well-proved and well-identified constitutional pictures, regarding your training.

It's time now to start talking about the less frequent constitutional pictures. During their description, once again, I focus upon their miasmatic, psychological and physical characteristics, during the State of Clinical Health. Once again, I leave out the non-significant information. One can always refer to the existing Medicas in order to get some more information and complete the description. My effort is to give you their essence and their psychological profile in a nutshell.

33.4 NATRUM CARBONICUM

- **Suffers from the cold in winter and from the sun in the summer**
- **Aversion to milk; dryness of skin**
- **Feeling of estrangement from the part of her family and friends**

Suffers from the cold in winter and from the sun in the summer

Let's begin our description with some less frequent psoric constitutional pictures like Natrum Carbonicum, Alumina and Staphisagria. The constitutional picture of Natrum Carbonicum corresponds to the homonymous homeopathic remedy prepared after potentization by the mineral Sodium Carbonate.

Natrum Carbonicum, like Natrum Muriaticum affects mostly the women. While the latter is hot at grade 2, Natrum Carbonicum is usually cold at grade 2 or even at grade 3; very sensitive to cold and easily catches cold from exposure to currents. Nevertheless, in the summer, she is quite sensitive to the sun, especially around the head area; she definitely wants to be in the shade or wear a hat or carry an umbrella. Moreover, she can easily have a sun stroke.

Therefore, whenever we come up with a person that resembles Natrum Muriaticum as to psychology, yet, she is quite cold and sensitive to the sun, we must also think of Natrum Carbonicum or Sepia. Both of the latter ones suffer from cold and get warmed up after eating.

Aversion to milk; dryness of skin

Natrum Carbonicum has two important general physical characteristics: aversion to milk at grade 3 or 2 and aggravation from milk at grade 3 or 2. Even from birth, she has an aversion to the taste and smell of cow's milk. Her mother can be after her all the time to drink milk, "so that you have strong bones" but she tries to run away. Sometimes, she can settle for the milk only if there's too much cocoa or chocolate in it so as to cover the taste and smell of it.

Nowadays, so many women, out of fear for osteoporosis, may force themselves to drink milk although they have an aversion to it; in such a case, they prefer it cold from the fridge only because in this way, it smells less than usual; they can tell us that they never drink it hot because warming it up intensifies its smell and taste.

Apart from aversion to the taste and smell of milk, Natrum Carbonicum can get worse because of drinking milk; she can't digest it; it may cause distention or diarrhea to her. Natrum Muriaticum, also has an aversion to milk and gets worse due to it, yet, to a lower degree. Let me point out, that Lycopodium adults as well, although they like milk, they get worse from it only because of poor indigestion. Like Natrum Muriaticum, Natrum Carbonicum as well has dry, sensitive skin, prematurely wrinkled, yet, to a higher degree. In addition, she easily develops those blue rings around the eyes, after slight fatigue or slight lack of sleep. Sleeping on her left side she can have palpitation, yet, unlike Phosphor, she isn't afraid about her heart and doesn't have strong fears about her health in general.

You see, this is what is wrong about Key-Note Prescribing: we may have the same key-note symptom or characteristic, yet, we have to do with two different individuals, especially if we focus on the miasm, the essence and the psychological profile during the State of Clinical Health. *The whole is always much more important than the part according to the*

Law of the Whole and the Law of Hierarchy. Key-Notes can only be a guide, can only remind us of certain constitutional pictures; yet, they will never set the diagnosis about the whole because only the whole, the essence and the miasm can do it safely.

The mechanical thinking, on which Mechanical Methods of Prescribing such as Repertorising, Key-Note Prescribing and Computer Expert Systems are based, leads, most of the times, to false diagnosis or semi-similar diagnosis.

Feeling of estrangement from the part of her family and friends

We must also bear in mind that according to the Law of Hierarchy, the psychological characteristics compared to the physical ones are much more crucial for our diagnosis, no matter how peculiar the physical symptoms are. So, the essence of Natrum Carbonicum has to do with a strange psoric feeling: the feeling of estrangement from the part of her family and friends. We can ask such a patient, “Do you, often, feel as if you are on the one side and your beloved or other people are at the other side? Do you feel as if estranged from all the others?” She may not tell it to us on her own. Most of the times we have to ask her. She doesn’t tell us on her own not for the reason that she keeps it secret but because in most cases, she hasn’t realized it until she is asked. Then, we can see that glimpse in her eyes and she may tell us, “Oh, yes! How did you know?”

It’s not a matter of contradiction with the others; it’s a matter of the feeling of estrangement. Then, we can go on asking, “Is it a constant feeling?” And the answer can be, “More or less, yes.” For sure, it’s not something temporary, caused only whenever she feels disappointed after a hurtful event.

Another characteristic of hers is that all her senses are too

sensitive. She can be aggravated from music and noise to a greater extent than Natrum Muriaticum. Noise upsets her and music causes her melancholy. Noise may cause headache, palpitation, slight psoric anger and melancholy. She is sensitive to light as well; she is also sensitive to odors, up to the point of feeling pain inside her nose. Slight physical or mental exertion can cause palpitation, upset and restlessness.

If we created a hierarchical line regarding introversion from top to bottom, we would classify constitutional pictures as follows: Psorinum, Sepia, psoric Sulphur, Natrum Muriaticum, Ignatia and Natrum Carbonicum. In a nutshell, Natrum Carbonicum is a woman similar to Natrum Muriaticum having that peculiar feeling of estrangement from her own people; less introvert though, less irritable, less easily offended, with greater aversion to milk; quite cold and sensitive to the sun.

33.5 ALUMINA

- **Cold, dry, rarely perspiring**
- **A peculiar confusion: as if not herself**
- **Fear of insanity due to confusion and due to strange**

impulses

Cold, dry, rarely perspiring

The constitutional picture of Alumina affects mostly women and definitely, the psoric ones. She is tired both physically and psychologically; a chronic state identified by lack of etheric energy. The constitutional picture of Alumina corresponds to the homonymous homeopathic remedy prepared by the oxide of Aluminum (Al₂O₃).

Being quite psoric, she is cold at grade 3. However, the most crucial physical symptom is that she doesn't perspire at all, even when exercising. Her skin is quite dry and quite often, she suffers from seborrheal dermatitis of the face and itching of the external area of her hands.

A peculiar confusion: as if not herself

Although these physical symptoms are peculiar, we must always have in mind that the psychological profile, the miasm and the essence are those which set the diagnosis. So, the psychological profile of Alumina is that she is in a peculiar psychological state.

We may ask her, "Does it sometimes happen that while saying something you feel as if you were not the one saying it? Or, while hearing or seeing something, once again, you feel as if you were not the one who heard or saw it? As if not being yourself? As if you were a robot functioning in a mechanical way?"

Let me remind you that we proceed to such questions gradually, one after another; listening first to the patient's answers and then evaluating them. On hearing these questions, an Alumina woman can get quite surprised! She may even say, "How, on Earth, did you know that? I've had it for such a long time! Am I getting crazy, doctor?"

It's a peculiar and characteristic state of confusion; confusion as to her identity. It's definitely not a psychotic state! It's definitely not a state "of getting high", as if taking drugs! It's a mild, psoric mental confusion, yet, a constant one that can become a burden. It may be accompanied by blurred thoughts, mistakes in speech or writing and difficulty to follow a train of thoughts.

As mentioned before, Alumina has that peculiar confusion as to her identity. Nevertheless, she is not psychotic, because

she is aware of her state and fully aware of reality. Although she is afraid of insanity because of her confusion, she isn't insane and isn't going towards insanity.

This blurred state of mind must be differentiated from the blurred mind of Cannabis Indica. The latter is confused due to a constant, quick flow of thoughts that makes her feel as if between sleep and the awakened state; as if in a dream; as if dizzy from a glass of wine; as if being "high" as in the case of hashish use.

Both, Cannabis Indica and Alumina are quite cold; yet, the confusion of the first one is produced by hyperfunction of the brain while the confusion of the second one is due to hypofunction of the brain. The Alumina child often wakes up in confusion about where she is although she is in her bedroom. Her mood is quite melancholic in the morning.

Fear of insanity due to confusion and due to strange impulses

Alumina often has an intense feeling as if something bad is going to happen as in the case of Causticum; yet, the latter has this at maximum degree. When Alumina sees big knives or blood, she is overwhelmed with fear. She doesn't want to look at it only because she is afraid that a crazy impulse will overtake her and then she may harm others or even herself; so, due to that feeling, she hides such knives in the kitchen drawers.

Of course, she never ends up harming herself or others, because this isn't a psychotic or an aggressive state. All the above are but "crazy", peculiar impulses; yet, impulses that worry her a lot. This special confusion plus the special impulses make her worry that she may become insane at grade 2. Some other constitutions which can cause fear of insanity to people, are from top to bottom: Mancinella, Argentum Nitricum, Cannabis Indica, Calcarea Carbonica

and Pulsatilla.

33.6 STAPHISAGRIA

- **A pressure-cooker with blocked safety valve!**
- **Internal imaginary fights**
- **Feeling of being suppressed; indignation;**
as if in a dead end

A pressure-cooker with blocked safety valve!

Staphisagria, like Alumina, is quite psoric. In most cases, it's a temporary constitutional picture caused due to extreme external conditions. It corresponds to the homonymous homeopathic remedy prepared by the homonymous plant after potentization.

This constitutional picture is developed mostly to psoric people and sometimes to syphilitic people, when in the condition of real, intense suppression without having the chance of a tension relief through an outburst. So, the patient can be asked, "Does it happen to feel, not after a contradiction but constantly, that even though you are full of anger, even though you simmer with rage, nevertheless you never outburst even slightly?"

Well, if the answer is, "Yes, I do!" we've probably got ourselves a Staphisagria case! Because that's what Staphisagria is all about! She is like a pressure-cooker ready to explode since the safety valve is blocked; yet, she doesn't let any steam out or she can release just a tiny amount of steam.

Think now of a woman - because Staphisagria is mostly a female constitutional picture - who is quite psoric; she is married to that dictator husband who suppresses her by yelling at her all the time; despite all this situation, she can

stay silent, without expressing her anger not even once, without saying at least “but...” She keeps all this tension inside her; even though her tension may keep growing, even though she may be full of anger and ready to burst like a boiling volcano, nevertheless she never explodes!

You have, however, to be very careful; it’s not the usual case where a couple argues occasionally or even quite often, yet, after some minutes or hours, the woman’s anger fades away and she returns back to calmness. It’s a 24/7 state; full of unexpressed anger 24 hours a day, 7 times a week, all year round!

Internal imaginary fights

We can also ask her, “Does it often happen, after being insulted or being yelled at, that you say nothing and then, when alone, you have that imaginary fight in your mind, saying for example to yourself, “I should have said this or that; then he would have answered this or another thing; after I would have shouted back to him this or that and so on”

This state reminds me of a well-known joke; the joke with the jack. Well, there is this psoric, submissive Staphisagria guy driving through the country side. Suddenly, his car has a flat tyre but he hasn’t got a jack to change the wheel. It’s dark and he is in the middle of nowhere; no houses around. Then, he looks at the top of a hill, and sees a house with a car in the front. He says to himself, “What a bit of luck! If he has a car, then he will have a jack! I will go there and ask him, “Please, would you be kind enough to let me use your jack to change my flat tyre?”

While he is climbing the hill, another thought comes to his mind: What if he says to me, “No, no way!” Then what? I will tell him, “Please, I will give you some money if you want” What if he tells me, “Get lost!” Then I will tell him, “But, why

don't you want to help me, you see..."

So on the way to the isolated house, he keeps doing this agonizing imaginary dialogue in his mind including arguments on his side and rude refusal from the other side; as a result of this internal "dialogue", his anger starts to be building and when he knocks on the door, he is already full of anger. The door opens and the psoric, furious traveler says to the stranger owner, "Go to hell! Fuck you and fuck your jack!" (Laughs).

Of course, we have to keep in mind that a Staphisagria person would never have an outburst like that, unless she was treated homeopathically with the similar remedy and then, it's quite possible that she would finally blow up!

Please, be very careful! We do refer to the objective, real conditions of suppression. You know, nowadays, most people claim to be suppressed by all others, but that's not the case. We all tend to claim that we are suppressed by the society, by laws, by the state, by our employer, by our parents, by our kids, by our companion, etc. However, in the case of Staphisagria, we don't have to do with this usual state of "suppression".

Let me illustrate with an example in order to show what you shouldn't consider as a Staphisagria's case of suppression. There's this hypocritical, syphilitic Lachesis wife who tends to adopt the Secondary Behavior of the "poor, suppressed, troubled by her husband woman". Her husband may be or may not be suppressive and dominant. Nonetheless, she tends to whine to others and to her homeopathic doctor, "Oh, doctor! I am so suppressed by my husband; he keeps yelling at me all the time, and I don't say even a word for the sake of my children and for the sake of my marriage. My life is a Hell! I feel so suppressed!"

Don't, even for a minute, believe this exaggerating, syphilitic, hypocritical woman! This is a fake Secondary

Behavior adopted deliberately in order to serve her interests. In most cases, *she is the one* who does have the upper hand in this relation, by using whining, moaning, loquacity, complaining, etc. And most of the times, she is lying when she claims that she doesn't say even a word. On the contrary, she may burst out all her anger on her husband, perhaps when alone.

Feeling of being suppressed; indignation; as if in a dead end

Kent in his *Materia Medica* says, "Staphisagria is suitable in cases where complaints come from pent up wrath, suppressed anger, suppressed feelings. The person becomes speechless from suppressed indignation; anger along with indignation". Therefore we can ask the patient, "Do you *constantly* feel suppressed, full of indignation, as if in a dead end?" Such a woman is characterized by this intense feeling of being in a permanent dead end created by the constant state of anger that is never released or never sufficiently released. It's, as a rule, a psoric state, developed generally in psoric people.

Some other psoric constitutional pictures may include similar feelings of being in a dead end as well. A Psorinum man can feel desperate, with no hope at all, lost; he sees no light, no exit from his state of depression. An Ignatia woman suffering from love disappointment can also feel desperate, in a dead end, experiencing a case of unrequited emotions. Yet, in the case of Staphisagria the dead end feeling comes from unexpressed anger.

Kent mentions that Staphisagria women tend to relieve their tension through masturbation. From my experience, a psoric married woman living in conservative societies does not easily do that. Moreover, she does not easily reveal such a thing. That's why I avoid asking such questions, especially to a Staphisagria woman or to psoric, introverted,

conservative women as well. On the contrary, we can easily ask such questions to a Tarentula Hispanica woman or to a Medorrhinum one. Besides, don't forget that in the Classical Miasmatic Constitutional Case Taking, the art of the Case Taking isn't to get lost in a long list of questions. The art and the science is to know when, how and what to ask, in each and every individual case.

In addition, we must always bear in mind that we have a person in front of us and we have to respect his personality. For example, when we suspect that we have to do with a psoric, Sepia woman suffering from aversion to sex, we just can't make questions about it in front of her dictatorial husband, who is the cause of this aversion. First, we have to get him out of the examination room, finding some kind of excuse irrelevant to the matter.

Accordingly, we can't ask a Lycopodium man if he masturbates a lot, which he usually does by the way, in front of his wife or in front of any other person. It can be so embarrassing putting him into a difficult situation and spoiling his image to others, an image which he cares about a lot.

33.7 GRAPHITES

- **A cold Sulphur with characteristic skin eruptions**
- **Characteristic stomach disorders**
- **Restlessness while studying**
- **Psoric misery; irritability; critical**

A cold Sulphur with characteristic skin eruptions

The Graphites constitutional picture corresponds to the homonymous homeopathic remedy prepared by the mineral graphite (graphitic carbon, black lead) after potentization.

Whenever we have in front us a person reminding us of Sulphur, regarding the psychological profile, yet, he is cold at grade 2 or 3, then we must always think both Graphites and Psorinum. Graphites, although quite cold, is aggravated from heat and ameliorated by open air. He may wear heavy clothes, yet, he wants the windows open craving for fresh air; like Sulphur, he feels burning in the palms and soles.

His skin is sensitive and he often suffers from all kinds of skin ailments and diseases, just like Sulphur, i.e. eczema, itching, seborrheal dermatitis, hair loss, hair loss of the beard, etc. His skin is rough and easily cracking. He has a tendency for callus on the palms and soles. His nails are brittle and he has in-growing toe-nails. His eczema appears characteristically at the inner area of the ankles and at the rear area of the knee-joints, especially in kids. It's accompanied by intense itching and viscid, glutinous discharges. Like Sulphur, all his discharges are offensive; his sweat is offensive, his breath is bad, his gases are offensive. Just as Sulphur, he often suffers from distention, constipation or diarrhea, rhagades and hemorrhoids. All his secretions are acrid and they can inflame the parts which they come in contact with. He also has a characteristic sweat around the anus area.

Characteristic stomach disorders

There's another important characteristic relating to stomach disorders. In order to trace it, we can ask, "Does it happen that you are driven to eat all the time during the day in order to relieve a feeling of burning and gnawing in the stomach? Not that you want to eat much but to eat little and often?"

That doesn't have to do with the greediness of Sulphur; the latter wants to eat constantly a great amount of food; he feels hungry all the time and may eat although he is full; without any feeling of spoiled stomach though.

Restlessness while studying

Another distinguishing feature of Graphites is that he is quite restless when attempting to deal with a demanding mental work, when he has to concentrate in order to read something; it's because his recent memory is weak. As a consequence, he dreads mental work. Whenever he has to do mental work it's as if the chair he is sitting on, had nails. He cannot sit still; he is constantly moving around, he's standing up, he's sitting down, standing up once again and so on. His recent memory doesn't help him, so he cannot concentrate and be productive.

Psoric misery; irritability; critical

What is the essence of Graphites? It's his psoric misery. It's a combination of both melancholic and critical mood; he is nervous all the time; he is extremely critical, yet, in a psoric way; extreme anxiety even to desperation; impatient, irritable about trivial matters; in a bad mood; nothing pleases him. Like Lycopodium, he is extremely indecisive.

Think of Graphites whenever you have a person reminding you of Sulphur both physically and psychologically, yet, he is intensely cold, full of misery and critical disposition; with the characteristic rushes of Graphites behind the knees and at the inner side of the elbows; having the typical albuminous, viscid discharges; the characteristic hunger of Graphites as described above and the restlessness while studying.

33.8 SYPHILINUM

- **Misery with syphilitic content and psoric expression**
- **Syphilitic physical symptoms**

Syphilinum, like Medorrhinum and Psorinum are nosodes,

i.e. homeopathic remedies prepared from products of certain diseases (“nosos” in Greek stands for “disease”). In the case of Syphilinum the raw material has to do with the microorganism connected to syphilis.

Needless to say, this raw material is diluted and succussed so many times that in the final product, i.e. in the homeopathic remedy, there isn't even one molecule of the original substance. Let me remind you that in the case of the preparation of vaccines, we also use products of diseases, again diluted at some degree.

Misery with syphilitic content and psoric expression

Syphilinum is quite syphilitic miasmatically; yet, not as syphilitic as Lachesis, whom I consider that is the typical representative of the syphilitic miasm. Although both syphilitic, Lachesis is mostly quite sycotic as to expression, while Syphilinum is quite psoric.

Syphilinum has a lot of misery and a tendency for complaining; she, mostly female subjects, uses this whining in order to gain the attention of others around her; yet, without the cunningness and the ability of Lachesis. You see, the latter is a master at the art of manipulation, at the art of playing the role of the “poor victim” in order not just to gain attention but to dominate, to rule over others, even in an indirect way.

Lachesis is faking in such a way that she doesn't experience any kind of misery or depression, while Syphilinum really does. You see, Lachesis presents a Secondary Behavior, while Syphilinum presents a Primary Behavior!

Out of clinical experience, whenever we have a syphilitic individual who, although she has been prescribed several well-chosen remedies, remains the same and keeps complaining or she may be temporarily palliated yet not

cured, we should also think of Syphilinum. Quite often, yet, not always, this remedy can clear up the case.

But, pay great attention! You shouldn't make this kind of approach a law! Take it only as a hint, as a reminder. You must always prescribe according to real laws, like the Law of full Similarity, the Law of the Whole, the Law of Hierarchy, etc. You must always prescribe according to the miasmatic synthesis, the essence, the whole picture and the psychological profile.

Syphilitic physical symptoms

Syphilinum, being a syphilitic constitutional picture, is characterized by many syphilitic physical symptoms; symptoms which have to do mostly with tissue destruction. For instance, destruction of the structure of bones, sensitive painful periosteum, severe bone aches that are deteriorated at night, exostoses, deformed, distorted and spotted teeth, etc. Nevertheless, according to the Law of Hierarchy, we always have to prescribe for the most important and critical symptoms and characteristics and these are the miasmatic and psychological ones developed during the State of Chronic Illness or State of Clinical Health. So once again, *we do have to prescribe for the essence of the individual, we do have to prescribe for this syphilitic miserable state with the psoric expression.*

For example, Syphilinum can tell us, "Nothing has changed, doctor! Nothing at all! You didn't give me a bit of help! This remedy did nothing! It's as if I didn't take it. Am I going to get well or are we spending our time for no reason?" She may even tell us so, although she has had some kind of improvement or a considerable amount of improvement.

Nevertheless, we always have to be very careful because there are so many "professional" complainers out there, ready to whine and complain and be miserable even if

things are better with the treatment. We have to prescribe not for the whining but for the specific, unique whining that is characteristic of Syphilinum and at the same time for the full picture of Syphilinum. We have to prescribe for the person as a whole, that is, for the most similar constitutional picture.

33.9 NAJA

A mild Lachesis with many cardiac symptoms

The raw material for the preparation of this homeopathic remedy comes from the venom of the Naja snake. The constitutional picture of Naja is quite similar to that of Lachesis and this isn't a surprise, since the latter remedy is also prepared from the homonymous snake poison.

Out of experience, whenever we see a woman resembling the constitutional picture of Lachesis, yet, milder as to syphilitic psychological characteristics, less dominant and with intense cardiac symptoms, we have to think also of Naja. They both have disordered cardiac function; they are both "venous" remedies, i.e. they have disordered venous circulation, yet, in the case of Naja, things are more severe.

Naja has chronic nervous palpitation with inability to speak on account of choking; she wakes up suffocating, gasping, choking or she starts having these symptoms while sleeping as if all these emerged from a dream; cardiac or other kinds of dyspnea; tendency of all complaints to settle around the heart; stuffing up of the chest; surging of blood upwards.

She may tell you, "I can't breathe!" It's a matter of disordered heart function and a matter of disordered blood circulation. Her dyspnea gets worse while she's lying on the left side; she feels several symptoms on the left side such as numbness of the left hand, all reminding of heart problems;

cardiac pain, chocking, insisting cough, pain through the back between the shoulders, cold blue extremities while head is hot and a sense of swelling and puffiness of her hands and feet.

We have to bear in mind that all the above symptoms aren't psychosomatic as in the case of Phosphor, who is quite anxious and fearful about his health and especially about his heart. Nor, in most cases, are these symptoms caused by a severe heart failure. In fact, they are mostly functional symptoms; symptoms that are produced by a characteristic constitutional functional disorder of the heart and venous circulation which causes hyperemia at the area of the heart and head and poor circulation of blood at the extremities.

33.10 ANACARDIUM

- **The syphilitic version: smart, vain, cruel, malicious; without any moral restraint**
- **The psoric-syphilitic version: evil impulses in a person with moral restraint and guiltiness**

The syphilitic version: smart, vain, cruel, malicious; without any moral restraint

Anacardium is one of the most syphilitic constitutional pictures. It corresponds to the homonymous plant from which the homonymous homeopathic remedy is prepared. Although Anacardium is prevalently syphilitic, yet, he can be identified with two different and distinct versions: The syphilitic version and the psoric-syphilitic one.

The syphilitic version is the most intense and characteristic one. It can be found when this constitution influences very smart and intellectual individuals with no moral restraint;

vain individuals, arrogant ones, people who think a lot of themselves. For this reason, they resemble a cruel, malicious, sarcastic Platina. Therefore, whenever we come across a person who may remind us of Platina but he's is cruel, malicious and sarcastic, we must always think of both syphilitic constitutional pictures, Anacardium and Lachesis as well. Anacardium, is prevalently a male individual though. The syphilitic Anacardium, in most cases, isn't easily traced. In addition, it's difficult to ask about his characteristics directly. You see, such a person just can't, all of a sudden, be asked directly, "Are you cruel, sarcastic and malicious?" It would be silly and wrong from the doctor's part to ask such a question. If he did so, there would probably be a biased answer, not to mention the spoiled relation between the doctor and the patient. Therefore, we must ask indirectly and step by step, sugarcoating the pill!

For instance, we can ask, "When you were a child, did you use to be a trickster, a teaser?" We will definitely think of Anacardium if we see his eyes shining all at once, filled with joy and satisfaction; and even more, if he promptly starts narrating about his tricks with pride. It can be easily understood that we are not talking about innocent, childish, even vulgar tricks; on the contrary, we are talking about syphilitic, evil or malicious tricks!

For example, he may have tripped his old grandfather, only to laugh at him proudly, seeing him on the floor full of pain; it's as if he has no moral restraint, no moral Conscience at all! You see, Anacardium is proud of his malicious tricks because this proves to him and to others that he is extremely smart, so smart that he can trick anyone for sure! It's a deliberate, planned action; a spontaneous selfish, syphilitic act; an evil action that can hurt others, only for the sake of his self-assertion without any moral restraint.

In extreme cases, he may set fire to the kittens' tail, only to laugh at their fear and pain! He may torture or even kill an

animal just to make fun of it or just to feel proud of his smartness, boldness and cunningness. He may push or hit another child without being seen, only to prove to himself, not necessarily to others, how smart and devious he is. In the case of adults, definitely, things aren't so profound. They act more deviously and not so much in the open; they act in a more hidden and complicated way. A case in point can be this smart, vain criminal who plans and carries out the syphilitic, sadistic, "perfect" crime without any usual motive or any profound cause; only to prove to himself or to others that he is the smartest of all; smarter even than the most brilliant police detectives. In extreme cases, if it's difficult to be caught, he may even help the detectives arrest him, only to get on the front pages of newspapers, only to remain in the history as the smartest criminal of all!

In everyday situations, he may play a nasty trick on someone, exposing his victim to everybody without caring about the pain and sorrow he has caused, only to laugh at him and confirm to himself and to others, how smart and devious he is; sometimes, he can be even more pleased if he is not revealed for his "dirty games" or if others blame someone else instead of him. He can say to himself, "Damn, me! How smart I am! I can beat all of you! I am the smartest!"

When the Anacardium constitution influences a really syphilitic person, it can create a tendency, an impulse for really malicious, syphilitic acts; this impulse can't be held back by moral Conscience; therefore, it moves on to extreme actions. When, however, this constitution influences a person with strong moral education, these syphilitic impulses can be controlled. In addition, such a person may have two opposite wills, a moral one and an evil one, creating ambiguous thoughts and feelings or a great deal of guilt.

Yet, we shouldn't mistake the innocent, sycotic or even

vulgar tricks of a naughty, restless Medorrhinum or of a sycotic Sulphur child with the syphilitic, malicious tricks of a syphilitic Anacardium. Medorrhinum always does his tricks in the open, without fearing of any consequences because he considers himself as a tough guy. He may do his sycotic, or sometimes vulgar tricks, but he laughs not at the person himself but with the “funny” situation, just for fun and then he may even say, “Okay! I may have overdone it with you, yet, it was really fun! Let’s forget it and go have fun!”

You see, Medorrhinum and sycotic individuals, in general, are not syphilitic; they aren’t malicious nor evil; besides, they are neither so inventive nor so cunning to come up with a plan, not in the least a devious plan, so as to play a smart or sneaky trick on somebody.

A syphilitic Lachesis individual can definitely be malicious, for some specific reasons though: For example, because she has been hurt or due to the fact that she has been exposed while lying or planning to dominate over people; or, because her authority, abilities and fame have been questioned. There are always some special reasons, as the ones mentioned before, behind the malice of Lachesis. Consequently, this is not malice just for the sake of malice or malevolence in her trying to prove that she is the smartest of all. Without doubt, the latter reasons indicate an Anacardium constitutional picture!

This brings to my mind the case of an Anacardium man who was the director of an orphanage. To the outside world, he was the strict but “good” director but in fact he was a devious, immoral sadist! He used to be very careful concerning his behavior though; slightly ironic, sarcastic and cunning, having a cruel ice-cold glance and a vain “polite” behavior.

It’s also quite possible an Anacardium individual to be mistaken for an egoistic, dominant Arsenicum who is the “know-it-all”, insensitive dictator. Yet, the Anacardium

person is quite bold and hasn't got neither the misery nor the fear of death of Arsenicum. The syphilitic Anacardium is at times quite evil or malicious not only regarding his thoughts but also regarding his behavior; he just can't resist against his evil impulses that haunt him; he can be very irritable, antisocial and cruel.

In an extreme social upheaval or during wartime, he can easily become a member of a "Gestapo" police or a happy torturer with the excuse and on the grounds that he takes part in "the battle against enemies" or that he protects the constitution, the nation, the morality and the order. Then, he can be quite cruel, insensitive, malice and immoral.

Think also of all those unethical scientists employed by corrupt regimes to conduct cruel experiments upon prisoners or animals supposedly "for the sake of Science or Nation" or "for the sake of progress and evolution of the mankind". If these scientists are influenced by the Anacardium constitution, the real motive of them is fame; they play God, only to prove to themselves or to any other that they are the smartest of all!

The psoric-syphilitic version: evil impulses in a person with moral restraint and guiltiness

When the evil impulses, caused by the constitution Anacardium, influence a person with moral restraint, especially when raised in a conservative, religious environment, then such a person can be in a very difficult situation. When it comes to the syphilitic version of Anacardium, the other people close to him are in trouble; yet, when it comes to the psoric-syphilitic version of Anacardium, then the person himself is in great trouble.

What's the reason for this strenuous and troublesome condition? Because there is a great internal conflict within him he feels as if there were two selves inside him, two

wills. He feels as if he had a demon ordering him, “do these evil things” and an angel telling him, “don’t do it”. The demon, on one side, corresponds to the external constitutional influence while the angel corresponds to the internal Moral Conscience of the person, as well as to his Conscience Soul and to his religious Superego imposed by the society.

Do you remember those cartoons where the hero has a demon on one of his shoulders and an angel on the other and each of them asks him to do contradictory things? Well that’s the case of the psoric-syphilitic version of Anacardium! On the contrary, the syphilitic version has only one will, the demon’s impulses. The syphilitic version of Anacardium enjoys his state while the psoric-syphilitic version lives in an earthly Hell! He is in disunion with himself; in other words, his external self or will is in contradiction with his internal self or will.

Please, pay great attention once more! The psoric Anacardium doesn’t have to do with a pre-psychotic or a psychotic state. It’s not the case of the psychotic Hyoscyamus patient who has illusions of hearing terrible voices inside his head. The psoric Anacardium individual may have impulses to curse God or others or to harm others, yet, he is fully aware of his state; these are not psychotic impulses; simply, his moral internal self or will makes him feel bad and guilt about it and doesn’t leave him proceed to negative behavior.

That’s why a psoric Anacardium patient may tell us that he suffers from great indecision in the sense that he is in a dilemma whether to do the right thing or the wrong one. In more severe cases, the patient feels as if an angel and a demon lived together inside him and asked him to act in totally different ways; or as if he had both a good self and an evil one, always fighting together and pushing him to do either right or wrong.

How then do we trace these symptoms or these characteristics? We can ask the patient, “Does it often happen that you have an impulse to do something wrong, something evil?” Then, if he is a psoric Anacardium patient can look at you, quite surprised, eyes popped out in astonishment: “Oh, yes! How, on Earth, did you know? That’s the story of my life! My deep felt torment! I am a very bad man, doctor! I will surely burn in Hell for this! But what can I do? I try to control it all the time!”

You see, he feels so bad about it, so guilty! You have to take into account that this is a sincere, psoric declaration; he is not playing with you. This internal conflict between good and evil impulses is felt as a disunion of his being, of his personality. It may also be felt as a conflict between his will and his logic. For example, on one hand his evil, external will can order him, “Do this (evil) thing!” and on the other hand his logic may tell him desperately, “For God sake! Don’t do it!”

Well, that’s the constitutional picture of Anacardium! Isn’t this impressive? Isn’t it peculiar? Isn’t Homeopathy a great submarine travelling the doctor into the abyss of the human heart? Psychology or Analysis just can’t do such a thing in an unbiased manner. Only Homeopathy, through the scientific procedure of Provings, can do that in a scientific, unprejudiced way through the knowledge of the Constitutional Pictures and through the knowledge of Miasms! Isn’t Classical Miasmatic Constitutional Homeopathy exciting?

33.11 TUBERCULINUM

- **History of tuberculosis and aversion to animals**
- **Misery and irascibility**

History of tuberculosis and aversion to animals

The constitutional picture of Tuberculinum corresponds to the homonymous homeopathic remedy prepared by the glycerin extract of the pure cultivation of the tubercle bacilli. It's considered as a "nosode", since the raw material used for potentization is a product of a disease, ("nosos" in the Greek language).

Needless to say that due to the very high consecutive dilutions of the raw material, the final homeopathic remedy doesn't present any kind of side effects when administered to a patient or to a healthy individual. Some other frequently used nosodes are: Psorinum, Medorrhinum and Syphillinum. The first constitutional picture is mainly psoric, the second sycotic and the third one is syphilitic.

Tuberculinum is an irascible, syphilitic individual full of misery. Although not a frequent constitutional picture, from my clinical experience, I can say that we usually have to do with crude people or with rude manners; very irritable and irascible; explosive temper; full of misery and moaning; frequent fears about health, yet, not expressed in a likeable way like in the case of Phosphor. In fact, quite the opposite; we deal with a repulsive person. Quite often, this person has a history of tuberculosis when young or a hereditary history of tuberculosis from his family background. Let's make it clear, though. We never give Tuberculinum as a homeopathic remedy to each and every person with a history of tuberculosis! Definitely not!

That's not the way Homeopathy acts! *Even better, that's not the way the Classical Miasmatic Constitutional Homeopathy acts!* As has already been mentioned and I shall keep repeating, *we must always prescribe for the whole miasmatic and psychological profile, we must always prescribe for the whole and never for the parts or for the disease or even for the history of the patient.*

There's a peculiar characteristic in Tuberculinum that we can trace it if we ask, "Are you getting on well with cats and dogs? Do you love them or do you detest them? Are you afraid of them?" At this point, I want to underline that it's not that he is afraid of them. He hates them; he gets annoyed and repulsed; he feels aversion to them; he is bothered; he gets angry. In addition, he wants them out of the house, far away from him; he loathes to be touched and in general, he doesn't want to have anything to do with them.

He may even want to kick them, yet, not to harm them or laugh at them, as in the case of the syphilitic Anacardium; only to drive them away from him. Sometimes, this aversion takes a specific form: he detests their fur because he feels that it would be very disgusting if he ate by mistake some hairs from their fur!

Nevertheless, be very careful! It's not the case of Argentum Nitricum who detests hairs, only because he has all those obsessions with bacteria and diseases or with anything else, more or less! Nor do we have to deal with a very tidy person, for example, a tidy Nux Vomica housewife who feels aversion to animals due to her obsession with order and tidiness. Tuberculinum is not afraid of diseases related to animals; he simply despises cats and dogs and the only thing he wants is to get them away of him.

Misery and irascibility

By the way, a Tuberculinum patient came to my mind. One that I examined at my early practice and was a typical example of how crude and rude such a person can be. He was a middle-aged man born and raised in a village, high up in the mountains; a very boorish man. He owned a mini market; his wife was working at the shop and he was wandering around delivering gas cylinders to the houses of his customers.

He was always visiting my office dirty and sloppy, wearing his overalls; being so nervous and impatient, he could not sit on the couch of the living room; he was standing up straight or walking around nervously, and whenever I went out of my office and stepped into the living room he used to tell me rudely, "Come on, doctor, let's get over with it! Just give me my pills because I've got lots of work to do!"

Every time I examined him, he was moaning and complaining about money or about the duration of treatment. At his third visit he told me, "What's gonna be, doctor? Am I going to pay you every time I come to you? And if I am not cured in the end, will you give me my money back?" Don't think for a minute that he was just joking, even in a boorish way; he really meant it!

Tuberculinum is irritable, irascible and explosive; he can yell, curse, throw things and break things; not as much as a Stramonium person though. We could say that all these are done because of his rude, boorish and explosive personality; due to the fact that nothing pleases him or because he is crumby and full of misery.

Nowadays, in civilized societies, when we have to deal with an educated professional Tuberculinum patient, the picture of our example won't be definitely the case. Nevertheless, we will still have to do with a rude, irascible person who is never pleased, who is full of misery.

In conclusion, the syphilitic personality, the possible history of tuberculosis, the aversion to dogs and especially to cats, the misery, the irascibility, the rude manners, the fears about health, the repulsive feelings someone can create around him, all of these characteristics, if put together, lead us to the constitutional picture of Tuberculinum.

33.12 ZINCUM

A cold, irritable psoric person with restless feet

The constitutional picture of Zincum Metallicum corresponds to the homonymous homeopathic remedy produced by the potentization of the metal Zinc.

We are dealing with a nervous, miserable, restless, irritable and irascible, psoric person. He is cold and restless; sensitive to any noise, even the slightest ones. His irritability isn't syphilitic as to nature and expression; nor, is it explosive as in the case of a sycotic person. It's mostly a psoric irritability in the form of a constant nervousness, a constant excitement or a continual unrelaxing state; also in the form of a consistent mental and physical restlessness with drawing sensations of the muscles, fingers, neck and eyes.

Yet, the most characteristic restlessness of his has to do with his feet. When sitting on a chair his feet cannot stay still, at all! He moves them back and forth, all the time. At night, in bed, he just can't have his feet still; he cannot find a place to rest his feet and keep them still. It's not a matter of a muscular pain nor does this symptom relate to the bones or to the blood circulation of the feet. It simply associates with a pure nervousness of the feet.

In an advanced illness, his memory is weak, his concentration is also weak and his digestion is slow. If we make him a question, he may ask us back, "What did you ask me?" Or, he may repeat our question so as to have time to give us an answer. It's a tired psoric state.

33.13 NITRIC ACID

"Don't you dare talk to me! I am so tired! Leave me alone!"

The constitutional picture of Nitric Acid corresponds to the

homonymous homeopathic remedy produced by the potentization of the compound Nitric Acid. Although it is a very powerful and dangerous chemical, after its potentization, it becomes a valuable and harmless therapeutic agent.

His main characteristic, as in all acids, is weariness. He is tired both physically and psychologically. So tired that when talked to, especially in the morning after a full night's sleep, which is, as a rule, unrefreshing, he can get really angry; as a result, he can start yelling and cursing, "Shut up! Go to Hell! Leave me alone!" So tired that he just can't even want to fight!

The only reason why he is shouting and cursing is that he wants to be left alone in order to gather his pieces, to save his energy or to find his peace! He needs a couple of hours after sleep so as to can get back even if not to a normal, at least to a low active or energetic state.

There is such great lack of energy which makes him quite heavy into both his body and mind. During the critical morning hours, after waking up, he can be irascible and explosive only in case someone speaks to him; only if he has to deal with others and be bothered with some reason; In such cases, he can be really explosive, rude or even insulting.

His wife is well aware of his state so she says to her children in a low voice, "Your father is up! Go away, go to the other room, go outside and just leave him alone! For God sake, don't even talk to him! Stay out of his way!" All homeopathic remedies coming from acids are prescribed for tiredness at some degree; yet, Nitric Acid surpasses them all.

A Nitric Acid person is so tired that he can even get angry with himself if, for example, he stumbles over something; he is tired both physically and mentally; totally indifferent for

everything; cannot find joy in anything; yet, this doesn't mean he has suicidal thoughts or tendencies. On the contrary, he wants to live and is afraid of death; yet, he feels tired to the point of being desperate.

33.14 IODINE

The clinical picture of hyperthyroidism

The constitutional picture of an Iodine individual is similar to the clinical picture of a person suffering from hyperthyroidism. This, definitely, does not mean that all the patients suffering from this kind of disease have to be prescribed the homeopathic remedy Iodine. That's not the way the right Homeopathy acts! An Iodine person may or may not have hyperthyroidism.

Let me remind you that the trace element Iodine is crucial for the function of the thyroid gland. The raw material used for the preparation of this homeopathic remedy is the ashes of seaweed; seaweed, as it is well known, is rich in iodine.

What's the clinical picture of hyperthyroidism? What is such a patient like? Well, he is very hot; hot at grade 3; he just can't stand the slightest heat. He sweats a lot and is quite thirsty.

An Iodine person is quite restless; so restless that stillness makes him feel lousy both physically and psychologically. He has to move around all the time; he just can't help it! Whenever he is forced to stay still, he gets very anxious. Full of palpitation; intense and quick pulse which can be felt all over the body due to overactive circulation of blood anywhere.

His metabolism is accelerated in such a degree that although he is constantly hungry, and even though he eats all the time, he loses weight very rapidly. While the thyroid

gland becomes hypertrophic the muscles become atrophic.

This hyper function and restlessness does not only affect the body but the mind as well. Iodine is irascible and irritable and he may even become violent. He has violent tendencies, especially when forced to keep still. The fact that sometimes he wants to tear something or to slap somebody illustrates these violent tendencies. As a matter of fact, his tendency to slap someone is quite characteristic.

However, in a very advanced stage, he may have the impulse to kill someone or to kill himself. This doesn't mean that he is out of control or that he is insane; he can control these impulses but they make him feel awful. In all cases, motion improves all his symptoms, both physical and psychological.

Miasmatically, although his body functions are characteristically sycotic, he is psoric as to intentions, ideas and expression. He resembles the psoric, introvert Natrum Muriaticum; yet, not as psoric as the latter one.

33.15 COFFEA CRUDA

- **Sleeplessness and irritability due to brain working at high frequency**
- **Hypersensitivity of all senses, especially of hearing and touch**

The constitutional picture of Coffea Cruda corresponds to the homonymous homeopathic remedy produced by the potentization of the raw and not roasted seeds of the coffee tree. No wonder why this picture is similar to the picture of a person after great abuse of coffee.

Have you ever drunk too much coffee in order to stay awake to study or work overnight or stay awake to nurse your child

or a relative? Then, you will not have much trouble to identify the constitutional picture of Coffea Cruda. Mostly, it has to do with women and especially with women having a sensitive nervous system. Imagine a nervous woman fully dealing with different things all day long, and when the night comes and even early hours come, although she may be exhausted, her mind can be working at high frequency as if it was still daytime.

Her body may be tired or not, her mind though can work at high frequency and quite efficiently. Her memory is quite active and her mind quite productive. She can read and write for long without being really tired mentally. It's an excessive state of mental function; an excitation of mental function. That's why she isn't sleepy; that's why she doesn't feel the need to sleep; that's why she just can't sleep. It's a matter of working at high frequency. You see, in order for her to become sleepy or to fall asleep, the frequency of her brain waves has to be reduced from the level of the awake state to the level of the sleep state.

Hypersensitivity of all senses, especially of hearing and touch

Coffea Cruda is annoyed even from the slightest noise because all her senses are in a state of excitement; they are oversensitive. Even the tic-tac of a clock can annoy her a great deal; so, she has to take it out of the bedroom or she replaces it with an electronic clock which doesn't make any kind of sound.

A Nux Vomica individual can have the same oversensitiveness to noise and excitement with Coffea Cruda. Yet, Nux Vomica develops a different kind of insomnia. Coffea Cruda, as a rule, has difficulty in going to sleep, while Nux Vomica, in general, may sleep easily exhausted from her tight day schedule but she wakes up at 4am-6am and she just can't go back to sleep. Why? Because, she starts

thinking of all the things she has to do, of all the pending things she has to deal with. So she gets up and although tired and sleepy, although not refreshed, she forces herself to do the program of the day that's coming.

You see, Nux Vomica is quite responsible, tidy and stick to the program, which is usually overloaded. Sometimes, we can find Nux Vomica having trouble to go to sleep, just because she can't relax since she is overscheduled and cannot stop thinking about pending matters that have not being settled yet.

Another noticeable difference is that Nux Vomica usually wakes up unrefreshed and sleepy, while Coffea Cruda, may wake up tired, yet she isn't sleepy. Nux vomica is tired and sleepy at noon and would eagerly take a nap, if her conscience said to her, "let's ignore the program", while Coffea Cruda isn't sleepy at noon or may be sleepy and exhausted but she just can't sleep.

Coffea Cruda is much more annoyed by noises than Nux Vomica. She is disturbed by noises not only at bedtime, but also during daytime. Her hearing is so sensitive that she can pick up any sound from the other room or even from the street. Not only can she hear everything but on top, she gets annoyed by the slightest noise. In advanced cases, noises can aggravate her pains!

She is also very sensitive regarding touch. Her skin is so sensitive that she doesn't want to be touched by anything, even by the slightest breeze. Being in such a constant turmoil of the brain, she easily has nervous headaches.

You have to picture the turmoil state of coffee abuse in order to understand the constitutional picture of Coffea Cruda. That's the reason why many people, especially the sycotic ones, have a craving for coffee. It keeps their body and mind on the edge; they want to stay up late at night even up to morning time, in order to have fun as much as

possible. Students also drink a lot of coffee in order to stay awake and catch up with their study. The same applies to people who have to stay awake during night shifts.

Let me share with you a personal experience. I usually don't drink coffee because I don't like its taste; plus, I never got used to it. However, whenever I drink a cola soda in the evening, I may not be able to sleep. It's not that I worry or feel angry about something; it's because my mind is speedy, in excitement. I keep thinking of several things and I can read books or write something quite easily. You see, I am not used to the effect of caffeine and even a cola soda can cause stimulation to my mind.

People who chronically abuse themselves with coffee can become nervous, irritable, restless or speedy, all day and even all night long. This doesn't mean, of course, that any person who drinks a lot of coffee will eventually become a *Coffea Cruda* individual. If that was the case, nowadays, most of the people would need the remedy *Coffea Cruda*! Nevertheless, from my experience, *Coffea Cruda* usually touches upon nervous women who drink a lot of coffee, have a tight schedule and are on the edge.

We can also prescribe *Coffea Cruda* as an occasional remedy in a person who is in great excitement of the mind due to an overloaded program or due to emotional stress; besides, after a sudden joyful event that has caused insomnia with hot head, shining eyes, quick thinking or great deal of thoughts and sharp memory.

Nevertheless, you have to remember once again that only if the whole picture, physical and mental, matches Coffea Cruda and this constitutional picture alone, can we prescribe the corresponding homeopathic remedy. We never prescribe for events or stressful factors themselves. We always prescribe for the totality. If there is a partial similarity, there will be a partial improvement, a local treatment, a palliation and not a cure.

33.16 CINA

The stubborn, obstinate, self-willed, pig-headed child

The constitutional picture of Cina corresponds to the homonymous homeopathic remedy prepared by the plant Flores Cina (*Artemisia Maritima*). One should not confuse Cina with China (the plant *Cinchona officinalis*).

Cina is more frequently found in children, especially boys. What kind of boys though? The stubborn, obstinate, self-willed, pig-headed ones! Those who don't step back, no matter what! We can ask the mother or father, "Whenever he wants something, does he insist on it, in any case? Does it happen that he won't forget it anyway? Even if you punish him? Even if you spank him?" We ask successively, weighing each and every answer, until we reach the top of the ladder as to its intensity.

Well, that's the Cina child! The characteristic pig-headed child! The one who doesn't draw back in any case. The more we insist, the more stubborn he becomes. Perhaps, if we didn't insist, he would back away. But whenever we overstep his limits, or we tread on his corns, he doesn't fall back, no matter what! He insists even if he has to pay a severe price! He insists even for no reason. Since we become to a Cina child like a red rag to a bull, he will attack at any cost!

Let's now differentiate from the Stramonium kid. Stramonium is also stubborn. He's constantly demanding his parents buy him a lot of new things. If they refuse, he keeps insisting. In the beginning, being a manipulative personality, he may try to cajole his mother or to beg her saying, "Please, please, please!" Yet, in a very short time, he moves to the second level of reaction. On that, he gets angry and shouts, he demands and curses. Then, if his mother insists, in a second, he will start threatening, "If you don't do it I will

jump out of the window, I'll kill myself, I'll bang my head against the wall!"

Surely enough, he won't kill himself; yet, he may beat his mother up, slam his head with his hands, pull his hair or try to tear his clothes; he can also bite his hands or bite his mother, kick the wall, knock his head on the floor or on the wall, etc. It's mostly a controlled behavior although it may go to the extremes; that's why I call it a manipulative behavior. He has found out from his experience that his mother freaks out whenever he threatens her to do such things; so, adopting such a behavior, he can manipulate her. Nevertheless, in some advanced cases of teenagers, the Stramonium person may hurt himself by punching a wall or by breaking a glass-door. Anyway, Cina, is not so irritable or violent to others or to herself. This doesn't mean, of course, that he is less stubborn; In fact, he is even more stubborn than Stramonium; he is the embodiment of the characteristic "pig-headed" person. Furthermore, Cina is not manipulative, nor does he become violent to himself. However, he may crash to the floor and start punching it with his fists and feet; or he may throw or break things, shout, yell, cry and so on.

If his mother tells him, "Don't touch that vase", he can stare at her and at the same time he can raise his hand to touch it, without giving a damn about what his mother has already said to him. Then, his mother is freaking out, shouting at him, "Don't you dare touch that vase! I will kick your ass!" Even if she spanks him, he can keep insisting to touch the vase, as if nothing happened. He may even be quite calm, yet, quite stubborn, as well! He can be spanked but he keeps insisting. Ok, his mother might have saved the vase, but she didn't save the ashtray he threw on the floor deliberately the next minute. The phrase "no matter what" is a key-phrase when it comes to the pig-headed Cina kid.

There's another great characteristic of a Cina child. He is

constantly picking his nose (the mucous of the nose) although he doesn't have any coryza or any hard crusts to deal with; it's as if he had an itching there and he keeps picking it even up to bleed. It's a frequent and common thing for a Cina child to suffer from worms in the stool and itching of the anus. It's not correct, however, to prescribe Cina for each kid that has worms. I will not insist on a more detailed description about the physical symptoms because I want you to focus more on the psychological profile and the essence of the constitutional picture of Cina.

33.17 AURUM METALLICUM

Loathing of life and Suicidal Tendency

The constitutional picture of Aurum Metallicum corresponds to the homonymous homeopathic remedy prepared by the noble metal gold. The essence of Aurum is the characteristic loathing of life that creates a great suicidal tendency and, at times, it leads to fatal suicidal attempts.

According to my clinical experience, this constitutional picture has mostly to do with women. Women who are very strict and critical to themselves, to such an extent that whenever they fail to keep up with their demands, they get so disappointed that they don't want to live any longer. They feel that they don't do anything right or that they do all things wrong and this feeling can drive them to frustration, disappointment and life loathing. Their main suicidal tendency is to jump out of the window.

Never confuse this real state with the manipulating, hypocritical, exaggerating declarations of syphilitic or hysterical women who can say in a fake despair, "I don't want to live any more, doctor! My life is full of troubles, full of tortures! I may die to find peace!" When a Lachesis woman, for example, makes such pompous declarations,

this doesn't have anything to do with a real suicidal tendency or even suicidal thoughts. It's a Secondary Behavior, a fake behavior or a manipulative attempt and not a Primary Behavior, a true behavior. So often have I heard such lies from Lachesis women! Such declarations, such a theatrical behavior is only used in order for her to manipulate her husband and children so that they do things her own way.

In order to differentiate, we can ask, "Do you have the tendency, *not the thought but the tendency*, to jump out of the window or is it that although you want to live, you have so many troubles with your own people that you say death is the only chance to find peace?" And then, the syphilitic patient usually answers, "Oh, no, no doctor, I am not crazy to kill myself. I want to live, I would like to have a better life; yet, I am so troubled by all around me that death could free me from my problems and worries". A more hypocritical answer can be as well, "Believe me, doctor, if I weren't such a faithful Christian, if suicide weren't a sin, I surely would have killed myself. In fact, I sometimes pray to God to take me away!"

You see, the syphilitic people can pretend a great deal, they may project a fake behavior and usually exaggerate deliberately on the matter, while Aurum does not easily reveal her suicidal tendencies. At times, she commits suicide and all other people around her get astonished by the fact. They say that they didn't notice anything, at least a condition so intense that could lead up to such a desperate action.

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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

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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.