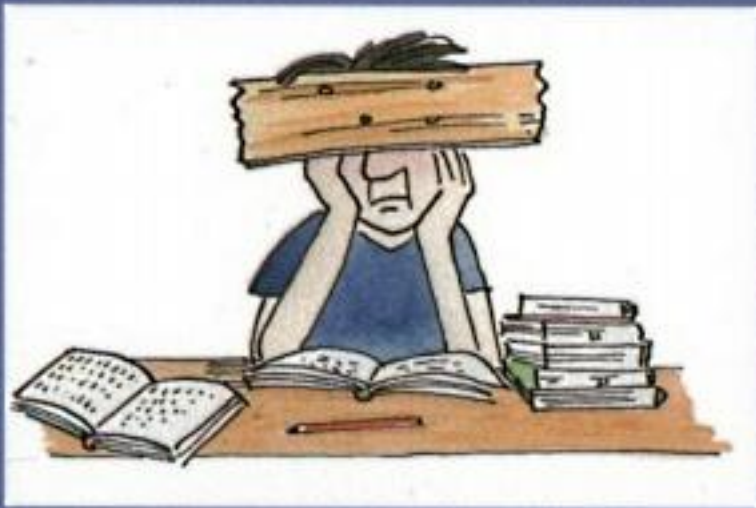


Homeopathic Remedy Pictures

The 'secrets' of homeopathic remedies - put in a nutshell in a humorous way



'Dullness while studying' is an *Aethusa* symptom.
This book was made to protect you from dullness while studying.

The authors have produced a work of art which is as instructive as it is entertaining. Their sharply-observed cartoons make 50 important homeopathic remedies come alive in a way that makes them unforgettable.

Concise texts summarize the most important aspects, and the interaction between the text and the caricatures achieves the miracle: the remedy picture is indelibly imprinted on the memory.

All this makes it simpler to study homeopathy and to deepen one's knowledge. You will be delighted with the effects: from now on, you will always see these remedies in your mind's eye.

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How this book came to be

Sudden sulphuric inspirations have always been my constant companions - they come up out of the blue at irregular intervals and make me daydream about really good inventions or illusions (they disappear equally quickly, as I often lack the time, interest or real talent to put them into practice). Thus it is that in the course of my life I have often had spontaneous ideas or suggestions for the improvement of everyday life situations.

Dear reader, you are right now holding one of these ideas in your hands. Much perseverance was necessary to complete this book. I gained confidence from the (sometimes bitter) realization that to succeed in promoting patients' health, the therapist needs to have a vast, well-founded knowledge that he or she is able to draw upon at any time.

As it is so vast, however, this knowledge often eludes the curious spectator, and it frequently allows him to pick up only parts of its wisdom buried away in books. So far, it has only been possible to develop an understanding of the remedy pictures if one was prepared to tirelessly and persistently study the (often very dry) texts of the materia medica and rubrics of the repertory.

It had to be possible to somehow simplify this difficult path.

Inspired by the books by Ms V. Birkenbiehl ('Stroh im Kopf') and Dr. Zimmerli ('Homöopathische Arzneimittel-Typen') I had the idea to pursue the path of visual learning aids for homeopathy that already existed but needed development, and to expand it myself.

As my artistic skills are rather undeveloped, I looked for a suitable illustrator. Such a person had to be both equal to the task of completing the required number of drawings and also creative enough to draw many attractive and memorable pictures despite the enormous amount of work involved.

Studying homeopathy needed to be simplified!

After extensive searching, I met the illustrator and caricaturist Julia Drinnenberg. Some of her illustrated books are schoolbooks which also aim to *simplify studying* with the help of descriptive graphics.


Together, we came up with a concept of 50 well-known homeopathic remedies, then looked for and found competent and ambitious publishers. We are happy to be able to present to you the fruits of our joint efforts in the form of this book.

We hope you find success and enjoyment with:
Homeopathic Remedy *Pictures* -
Studying with Cartoons

Aconitum napellus

Monkshood

In former times, Aconite was used as a quick-acting poison. Nowadays, by contrast, it is a valuable medicine in the treatment of highly acute, vehement conditions. The complaints are so intense and frightening that the patients (like the victims of poisoning) are certain they will die very soon.

- Homeopathically, Aconite is suitable for persons who suffer from an oversensitive nervous or cardiovascular system.
 - The nervous system reacts after a shock or a fright, the cardiovascular systems reacts to being exposed to cold wind or to heat. Both can produce a strong reaction in the form of an acute, sudden and very intense illness, accompanied by anxieties and an enormous restlessness.
 - Aconite is an important remedy for the early stages of many illnesses and is often followed by other remedies as the illness progresses or the symptoms change. Acute infections often start off with complaints typical of Aconite.
 - The patients are short of breath, their heart races, their pulse is full and strong. They get a high fever, their head is hot and red, or one cheek only is pale. There is vertigo on sitting up, and they turn completely pale.
 - Attacks of chills alternate with fever, and both force the patients to remain in bed despite their great restlessness.
 - In contrast to the very similar picture of a *Belladonna* state, the pupils of these patients are contracted. The person is very thirsty, asks for cold drinks, and the skin is noticeably dry. The fact that another remedy will be required soon is indicated as the patient starts to sweat.
 - All complaints are so intense, quick and threatening that the patients are often convinced that they are going to die soon (at a specific time).
 - Aconite is indicated not only in the acute stages of an illness; it is also of great importance in the treatment of chronic complaints.
- 
- Owing to a constitutional oversensitivity of the nervous system, these patients suffer from very intense and sudden anxiety attacks, followed by phases without any symptoms - until the attacks start again.
 - The patients become restless, they walk to and fro and demonstrate their inner torment by shivering or by fleeing from the situation which causes the attack.
 - On the one hand, these are situations where the patients feel imposed upon and are forced to flee, e.g. from a crowd of people or from the cinema (they like to sit near the exit). On the other hand, anxieties may come up due to sudden exposure to wide-open spaces, e.g. in large and empty public places, streets or on leaving the house.
 - This chronic Aconite condition also has its origins in a former experience of intense fright (a car accident, an earthquake or other sudden dangers accompanied by fear of death).
 - During the phases which are symptom-free there is often a subtle fear of death.
 - In contrast to the acute phases, however, the patients do not predict the exact time of their death. Rather, they know that they will die soon. As a result, they may prepare their will, and internally, they slowly but decidedly take their leave of life.



■ strong complaints, accompanied by severe restlessness

тяжелые симптомы, сопровождающиеся сильным беспокойством



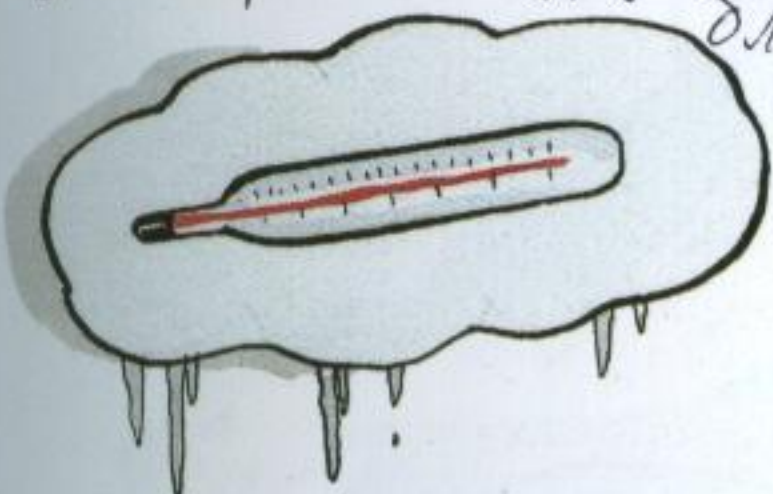
■ the face turns pale upon sitting up

лицо бледнеет когда садится



■ red face - or one red and one pale cheek

лицо краснеет или одна щека красная другая бледная



■ high fever alternates with chills

высокая температура чередующаяся с ознобами



■ beside oneself with pain dry heat contracted pupils

- вне себя от боли
- пылающее лицо (жар)
- суженные зрачки

Acute Aconite-state

Острое аконитовое состояние



■ feeling of imminent death

ощущение неминуемой смерти



■ strong desire for cold drinks

сильное желание холодных напитков



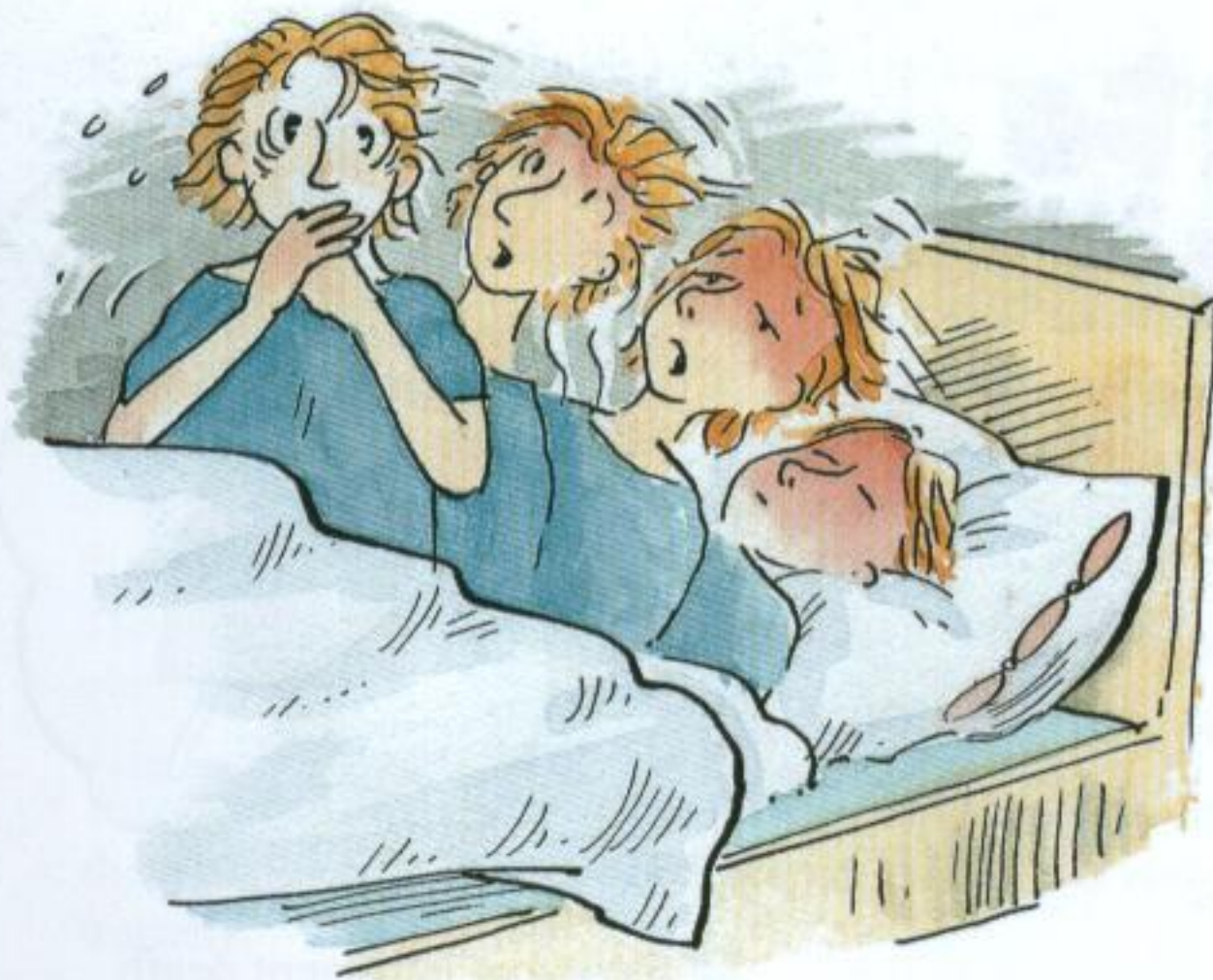
■ ailments from fright

заболевания от испуга



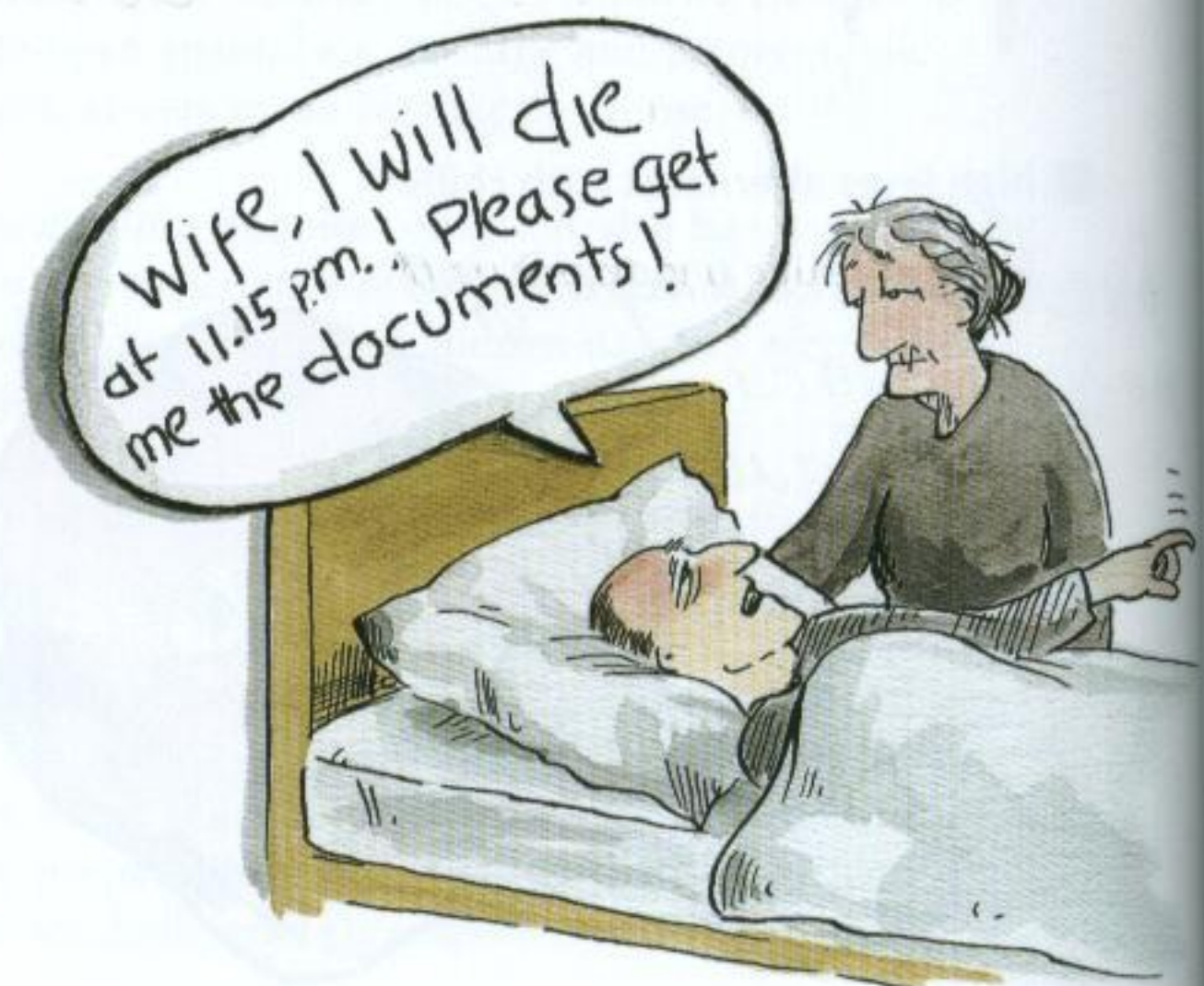
■ ailments from exposure to cold wind

заболевания от экспозиции к холодному ветру



■ wakes up one to two hours after falling asleep, with strong fright

через час-два как уснёт
после того
просыпается в сильном
испуге



■ predicts the time of his death

предсказывает время своей смерти



■ fear in a crowd

боязнь пребывания в
большой толпе



■ fear in large empty spaces



■ formication and sensation of numbness

ощущение муравьёв ползающих
по коже и чувство
онемения



■ panic attacks, accompanied by the conviction that life will end soon

приступы паники, сопровождающиеся
убеждением о приближающейся
смерти.

Aethusa cynapium

Fool's parsley



The German name for *Aethusa cynapium* means 'burning dog's parsley', thus indicating its burning taste, its relation to animals (which avoid this plant because of its repulsive smell), and its resemblance to parsley. Patients who require *Aethusa* may suffer from symptoms of burning pain. In contrast to the plant, however, they strive to assemble as many animals around themselves as possible.

- Patients requiring *Aethusa* are often closed loners who live a withdrawn life, together with one or often even several animals.
- This reclusion into solitude develops slowly, fuelled by personal disappointments and a feeling of not being able to understand society with its manifold ideas, opinions and trends. They feel different!
- They find it hard to build up contacts and relationships with other people, to communicate with or show an interest in others.
- These patients have their own intense thoughts and feelings, but they timidly keep them to themselves because they think that no one understands them or wants to know.
- Thus their emotions are bottled up; they are unable to express them, and this unconscious conflict results in these people withdrawing further and further.
- Eventually, they avoid other people, they become outsiders, compensate by acquiring many animals and dedicate their whole life to them.
- In this way, they construct a substitute world in which the company and affection of the animals render any need for contact with human beings superfluous.
- Through their sensitive communication with the animals, these patients release their pent-up emotions and achieve the kind of pleasant feeling of security which they were not able to find with humans.
- If they do not succeed in building this kind of community in order to relax emotionally, their emotional affections begin to emerge in the form of soliloquies or illnesses.
- Their intense feelings and strains have to get out somehow!
- The pent-up inner pressure is often released, comparable to an explosion, in the form of complaints which appear suddenly, e.g. severe vomiting, diarrhoea, prostration or pain.
- The patients develop fears, mainly of situations where they have to give up control of their bottled-up subconscious. They are therefore very scared of closing their eyes or of falling asleep - and of not waking up later on.
- *Aethusa* is helpful in these chronic illnesses as well as in acute complaints.
- Small babies who suffer from vomiting and diarrhoea accompanied by noticeable and severe dehydration need this remedy.
- Further, it is an important remedy in complaints caused by prolonged mental strain. Studying and concentrating are very difficult for these patients: their heads seem empty, dull and benumbed.
- They grow increasingly exhausted. Owing to the feeling of being unable to keep anything they learned in their head, they also suffer from strong fears of examinations.



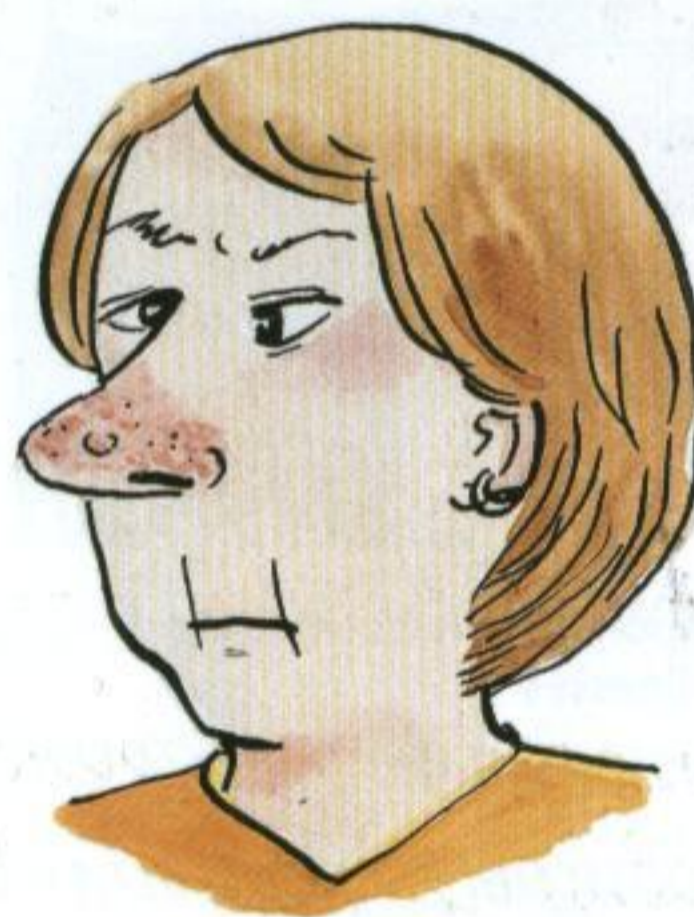
■ strong love for animals

Большая любовь к животным



■ soliloquies

Монологи (разговаривает сам с собой)



■ eruptions on the tip of the nose

Высыпка на кончике носа



■ babies with an old-looking, 'hypocritical' face

малыши со взрослым
"ципократовым" лицом



■ prostration of new-borns after acute illnesses

изнеможение новорождённых
после острых заболеваний



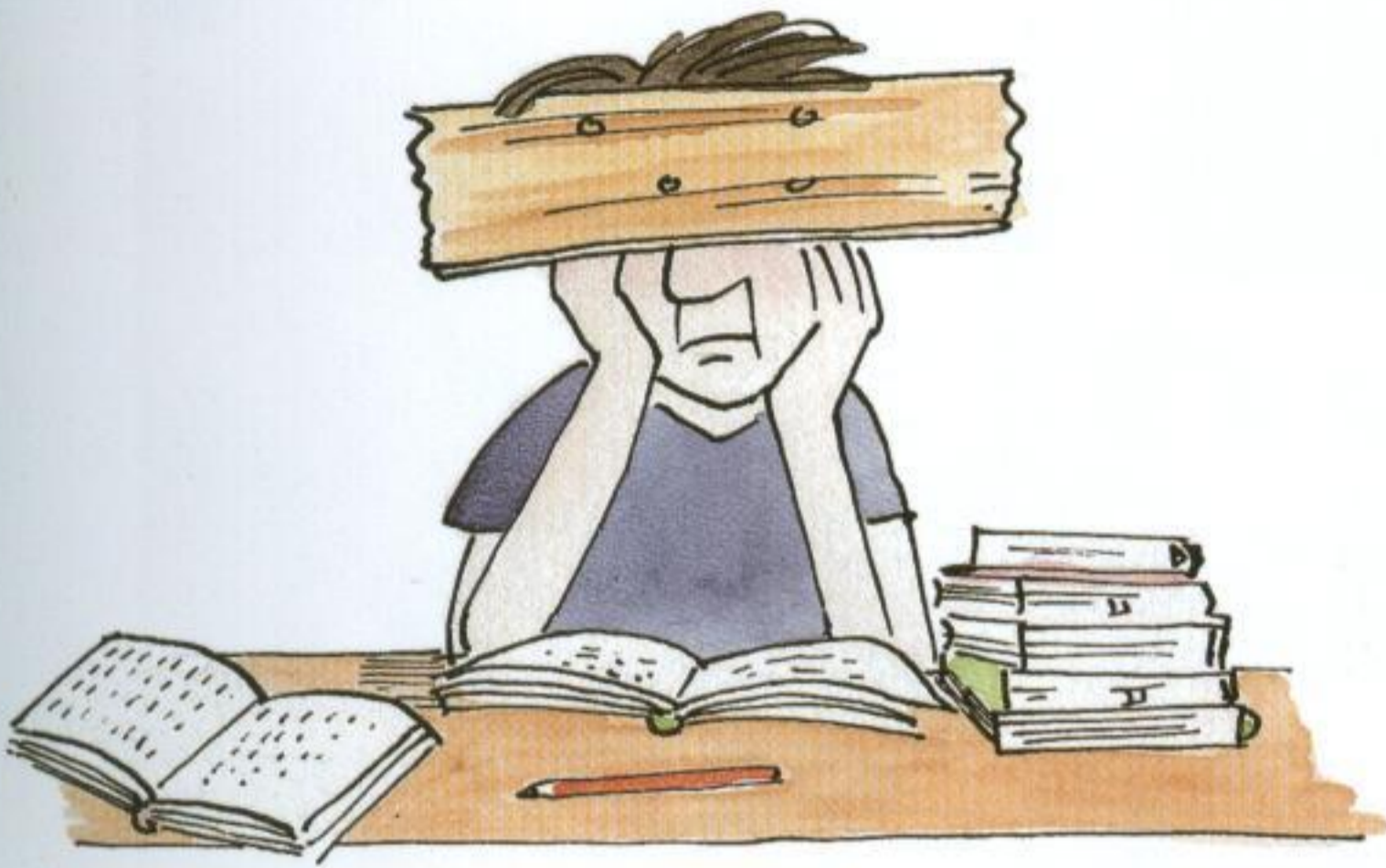
■ intolerance of milk in babies

Непереносимость молока
детьми



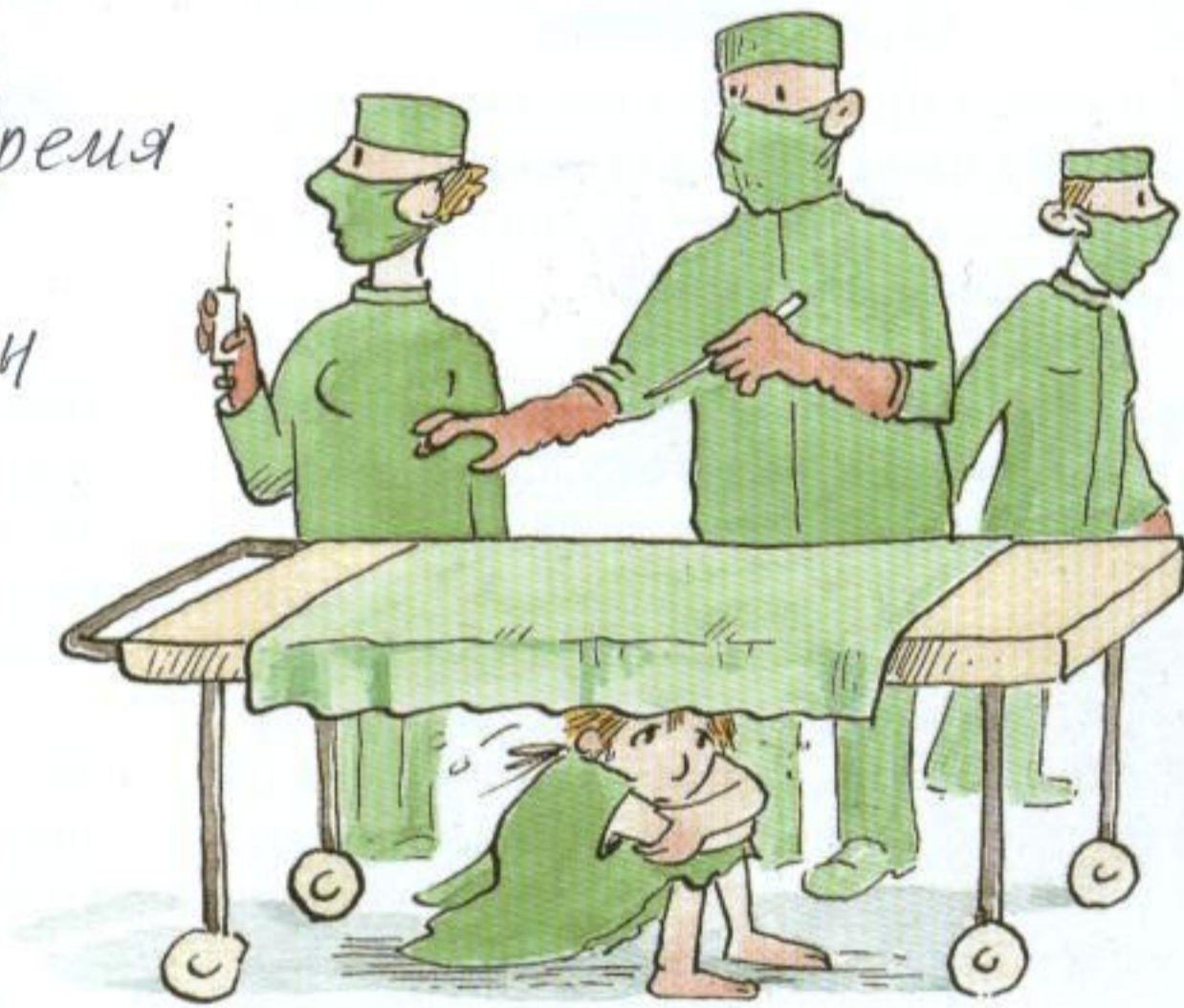
■ frequent urge to urinate

частые позывы к мочеиспусканию



■ dullness while studying
fear of failure in examinations

состояние оупления во время
подготовки к экзамену
боязнь что не сдаст экзамен



■ extreme fear of operations

Непереносимая боязнь
операций



■ fear of going to sleep for fear of
not waking up again

боязнь уснуть через
б страх что никогда
не проснётся

Apis mellifica

Honey bee

Bees are very industrious and dutiful insects. They value order highly, as well as good organization and a well planned distribution of labour. They do not want to be touched and do not like heat. The queen in the beehive determines how the other animals behave and is sexually very active. These characteristics can also be found in the remedy picture of Apis.

- The use in acute cases of the homeopathic remedy Apis is directly related to the striking resemblance to a bee sting.
- On a local level, a sting causes a hot, red swelling accompanied by strong stinging or burning pains. The patients have a strong urge to cool the affected part and avoid any possible touch.
- A strong allergic reaction may possibly occur, covering the entire body: there may be widespread oedema, pains and shock symptoms.
- Apis helps against exactly these symptoms: hot, red swellings (regardless of the cause), accompanied by stinging or burning pain, aggravated by heat and the slightest touch and ameliorated by cold applications.
- These symptoms may appear locally as an infection or as an effusion, but they may also generalize and accompany a weakness of the kidneys or the heart in the form of strong oedematous swellings.
- Apis pathologies are usually right-sided (except headaches and zoster neuralgias)
- Patients who require Apis constitutionally are usually seen to be very busy and industrious - like the bees.
- They are full of vitality and energy. Owing to their considerable size and because they are constantly in a hurry, they are remarkably clumsy. They constantly run into things or drop them.
- They are sexually very active and have a strong sense of family. The family means everything to them; they keep it together and dictatorially determine how tasks are distributed. Everything has to be organized, and everyone has to do their work well!
- However, this dominant and overly responsible behaviour may overstrain them in the long run. These patients keep pushing themselves, they suppress their own needs and always they do it 'for the well-being of the family....!'
- Many of their illnesses start off when there is too much stress because of family or business affairs. Frights or bad news, however, may also trigger them.
- Further, Apis is an important remedy for ailments from suppressed sexuality (often in widows) or jealousy. The patients are very scared of losing their partner, as owing to his or her possible unfaithfulness the all-important idyllic family could be destroyed.
- Their jealousy is mild at the beginning, but it increases due to various, often insignificant, incidents until it ends in a veritable fit of rage.
- In their rage, these patients may break something and scream out all their thoughts, but they feel quick remorse after these lapses and make increasing efforts, again for the well-being of the family, to hold back their inner emotional turmoil.
- Thus, they become more and more ill in the course of time. They develop physical complaints or grow increasingly apathetic. At some stage, they do not care about anything anymore.





■ busy, industrious, always on the move for their 'people' at home

занятые, трудолюбивые люди
всегда заботящиеся о своей
семье



■ very authoritarian towards their family - everyone must obey

очень авторитарные по отно-
шению к своей семье -
каждый должен повиноваться



■ strong jealousy

очень ревнивые



ailments from suppressed sexual desire

Болезни от подавленных
сексуальных желаний



very warm-blooded - cold benefits them greatly

горячие люди - сильное
облегчение от холода



clumsy, drops things

неуклюжы, всегда что-то
роняют



strong swellings all over the body -
the skin feels very tense, as if about to burst

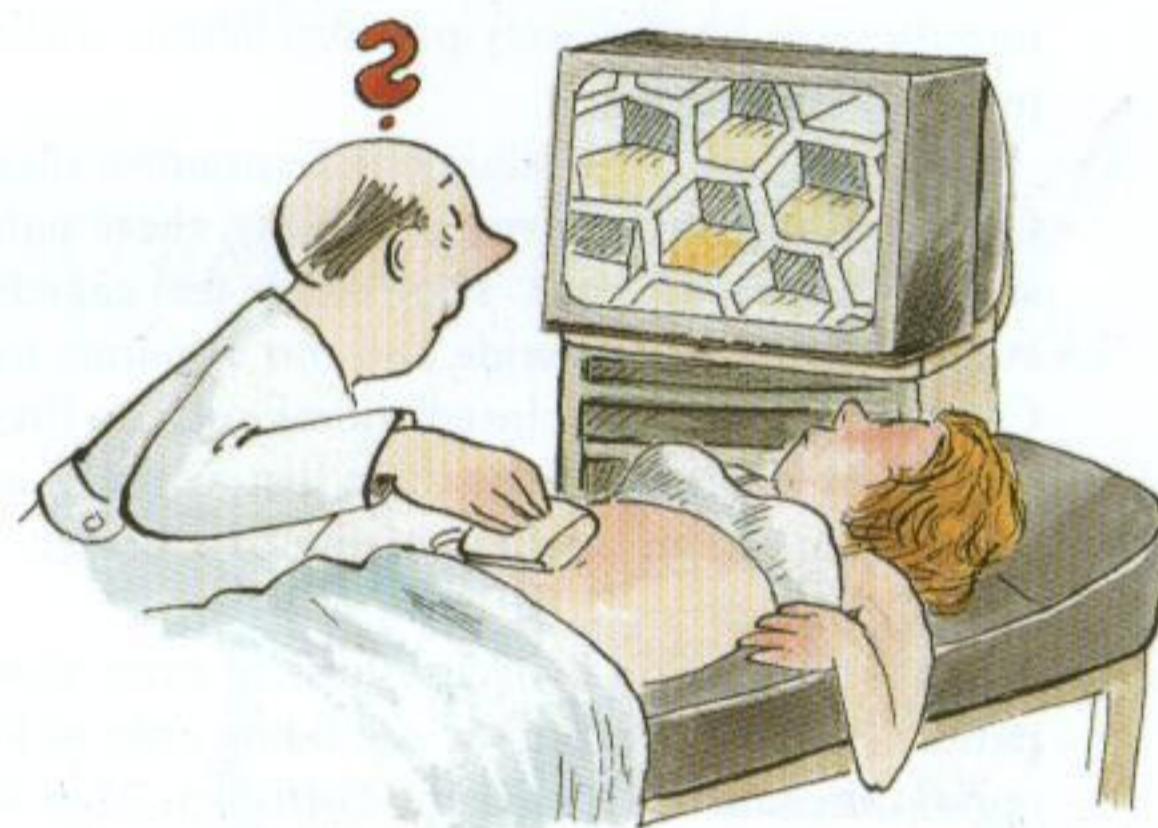
отёк по всему телу - кожа
огень натянутая, кажется вот-вот
треснет



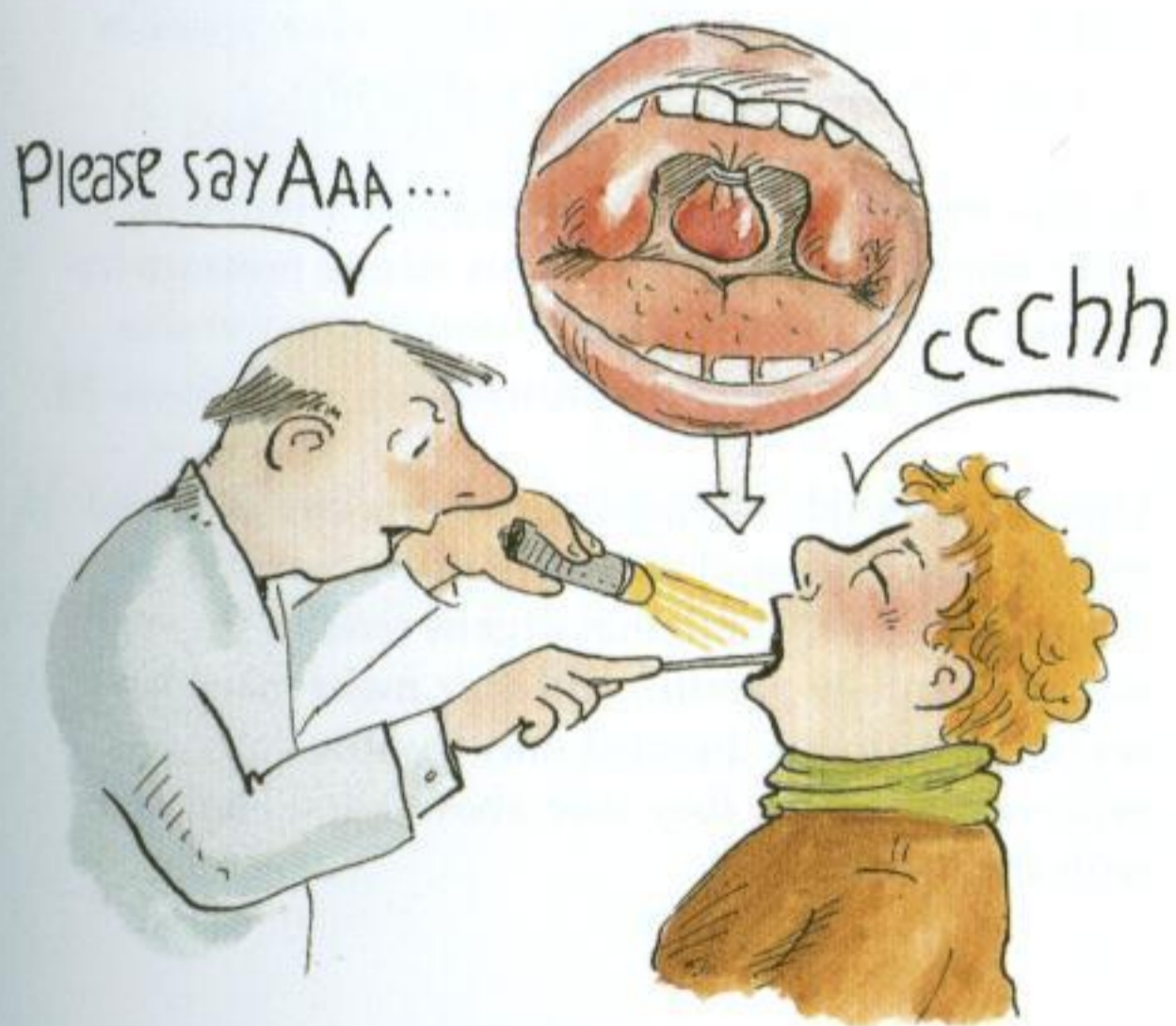
■ hives (urticaria)
крапивница



■ acute allergic reaction
острая аллергическая реакция



■ ovarian cysts - particularly on the right side
яичниковые кисты — особенно справа.



■ inflammation of the pharynx and the tonsils - accompanied by a sack-like swelling of the uvula
воспаление гортани и миндалин, сопровождающееся мешкообразным отеком язычка (у-uvula)

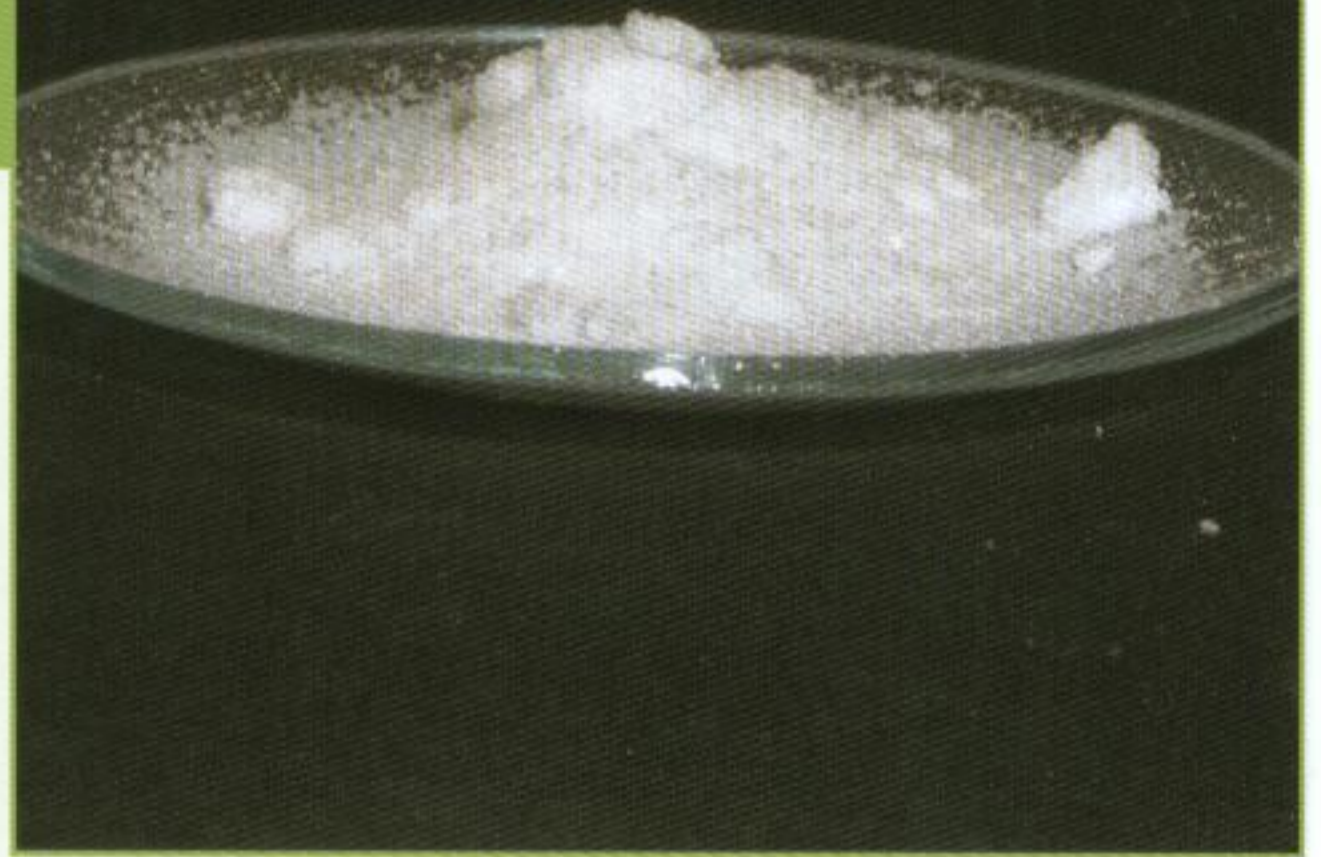
т-во

Argentum nitricum

Silver Nitrate

Silver nitrate is extremely light-sensitive. It is used in the production of mirrors and in photography. Accordingly, patients who require Argentum nitricum are also extremely sensitive to light, and they suffer from a great number of eye infections.

- These patients are joyous and extroverted, but also very nervous. They express their feelings and thoughts directly and without filtering them.
- They are full of impulsive, unreflected mental leaps, and their somewhat crazy ideas seem to be bubbling forth from a turbulent inner well. Some patients even feel like a bottle of soda water.
- Everything bubbles forth: They talk a lot, they are always restlessly busy and constantly in a hurry. They lack the ability to control their actions! Sudden impulses are immediately put into action without previous reflection.
- Owing to their excessive excitability, these patients suffer from many fears. They either feel caged in, or everything seems too wide and too spacious to them. Crowds of people or closed rooms such as lifts, tunnels or planes frighten them just as much as large, open spaces or the crossing of a bridge.
- Because they lack a consciousness of time, these patients are often afraid of not being able to keep an appointment when a certain time is set. They easily get nervous and fall into a hectic hurry. They start off at a normal pace but continuously speed up on account of the imagined time pressure. Because they are so hectic, they develop an inexplicable fear, they hurry even more, they almost run - until they suddenly become aware of their unnecessary hurry and slow down.
- Owing to their nervous and impulsive behaviour, these people make many mistakes in life. This in turn leads them to believe that somehow they can never do anything right. Their formerly bubbly personality thus becomes more and more downcast, causing their well of energy to run dry.
- Everything is seen to be going wrong. Owing to their general lack of success, they resign. These people are often afraid of the challenges of the day ahead already in the morning, and they prefer to remain in bed.
- The fear of failure becomes particularly apparent before examinations. The patients are so extremely nervous, erratic and tense that they can hardly concentrate. In addition, they suffer from diarrhoea and vomiting. Argentum nitricum is therefore another important 'examination remedy', along with *Aethusa*, *Gelsemium*, *Silica* and others.
- Owing to their excessive excitability, these patients often suffer from neurological affections such as tics, numbness, Multiple Sclerosis or epileptic fits.
- They suffer from various sensations of enlargement, which may appear around the head, eyes, testes or ovaries, but mainly around the abdomen.
- In this way, they resemble once again a bottle of soda water full of pressure. This strong pressure frequently needs to be released through noisy eructations or the noisy passing of wind.
- One cause of this abdominal pressure can be found in their digestive system, which often functions inadequately. The abdominal organs tend to get inflamed and be painful, and they make many noises. Often, food is digested only insufficiently, and even sweets, which they love above all, do not agree with them at all.





■ extroverted, bubbly and restless people

экстраверты, живые
подвижные люди



■ easily influenced and gullible

легко поддаются влиянию,
простодушны



■ inexplicable, sudden, impulsive actions

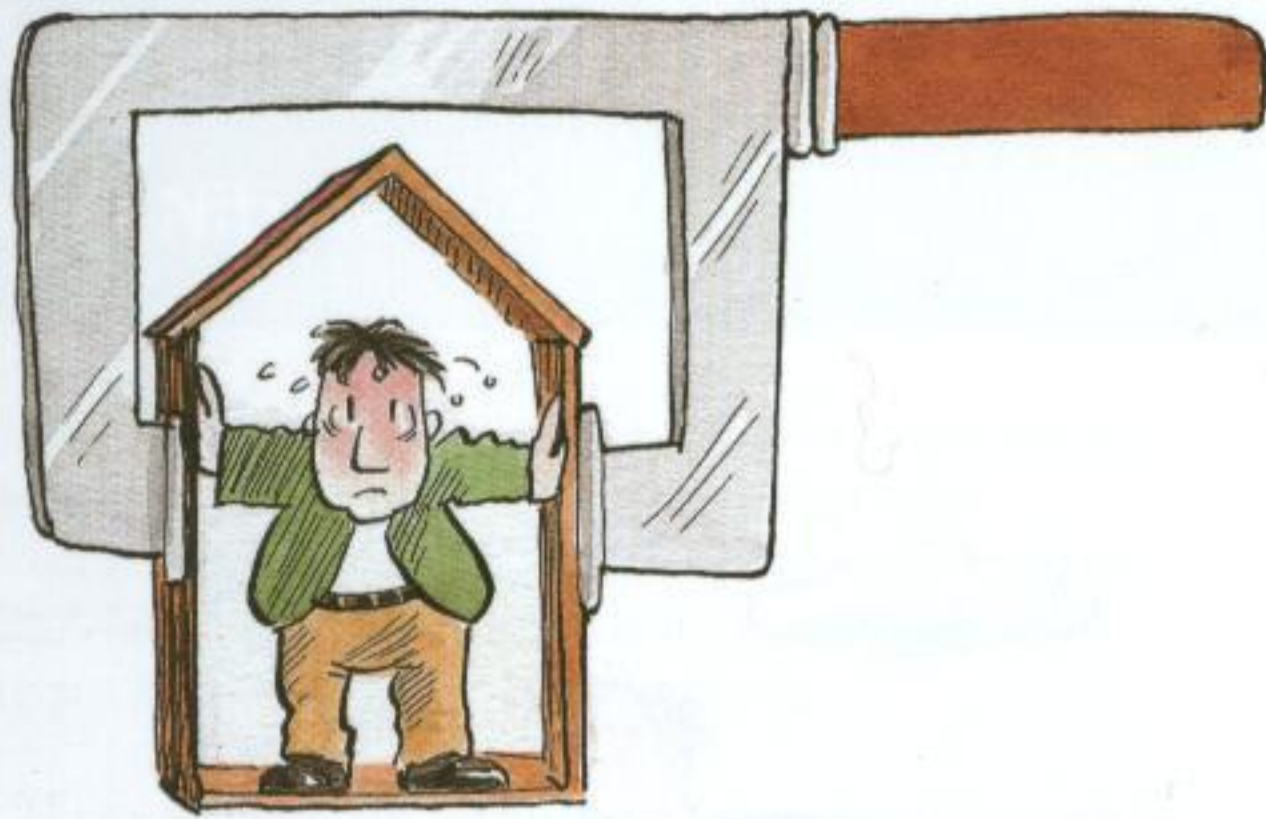
необъяснимые, внезапные
импульсивные действия



■ always in a hurry
hoarseness of public speakers

— постоянно в спешке
— хриплый голос у ораторов

*'herber Stimmverlust' in the original version - in German, this is a pun, as 'Stimmverlust' means 'to lose ones voice' as well as 'to lose votes'



■ in narrow places

узких помещений



■ not to be able to be on time if a time is set

это опоздает на назначенное время

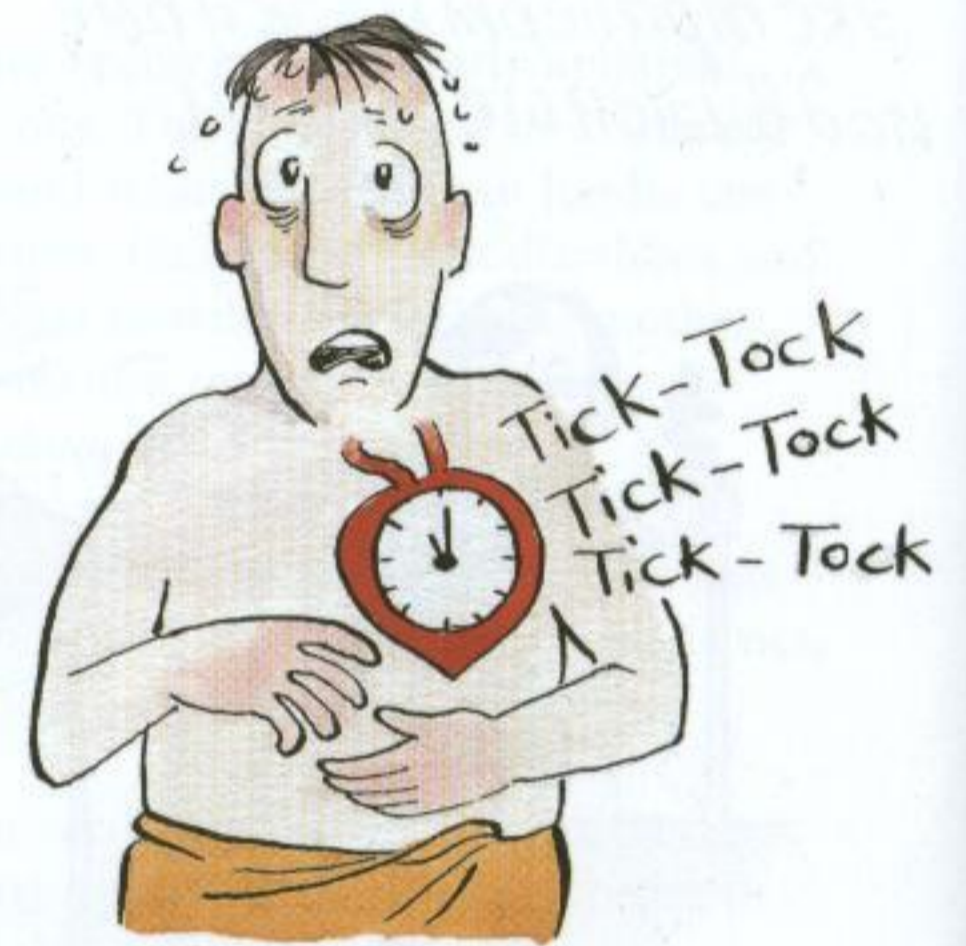
Fear

Боязнь



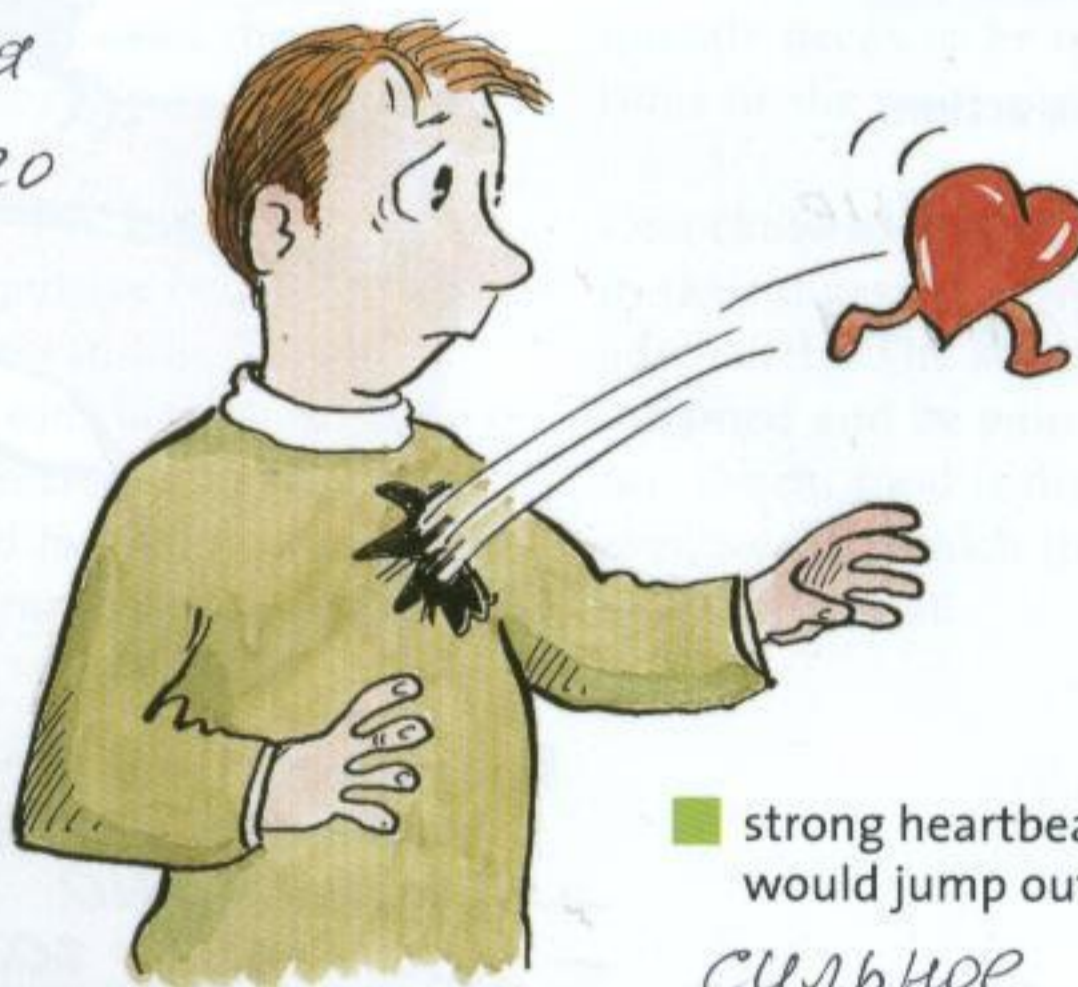
■ high buildings may crash down on him

это высокие здания обвалятся на него



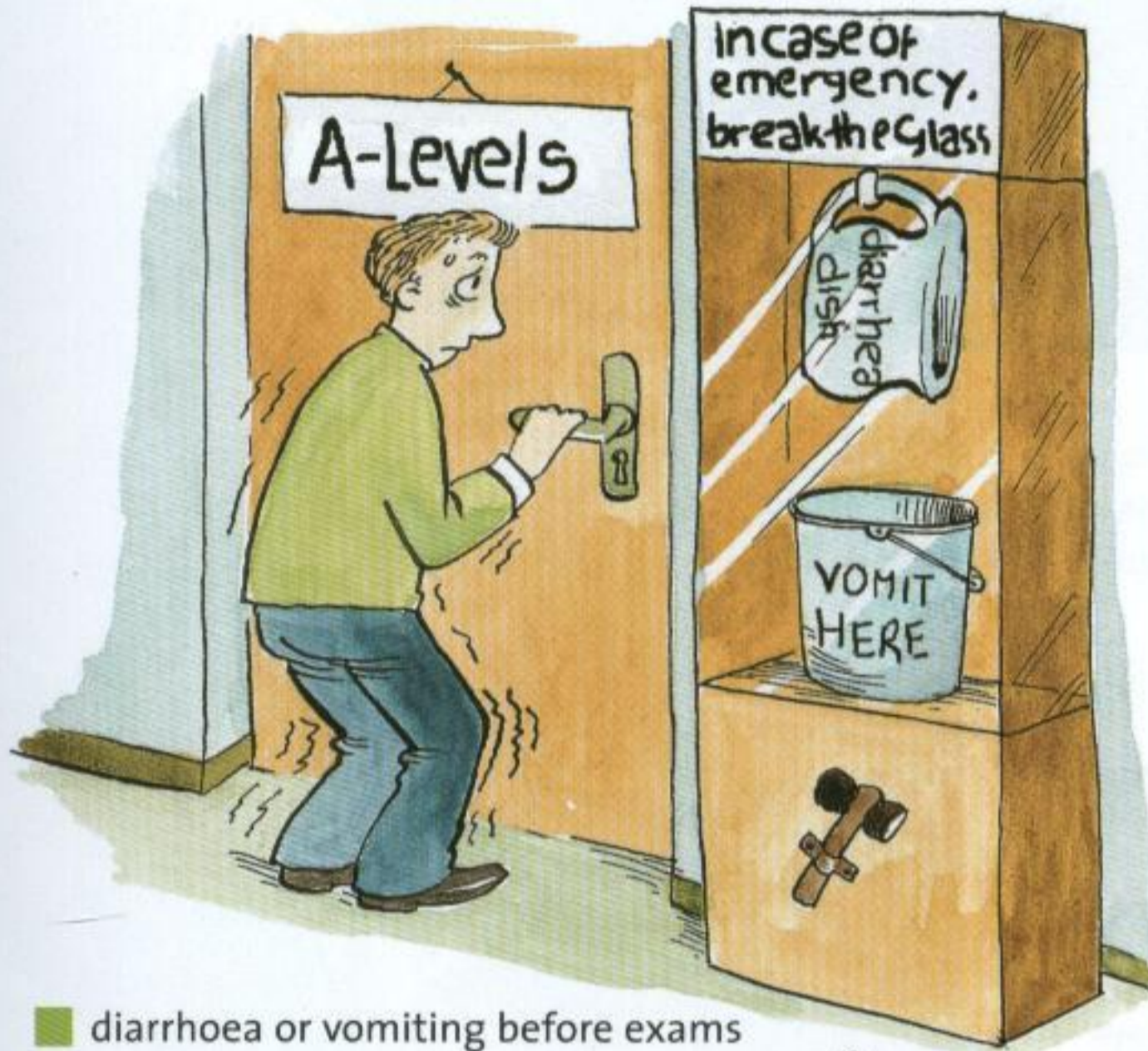
■ of impending diseases

неминуемых заболеваний

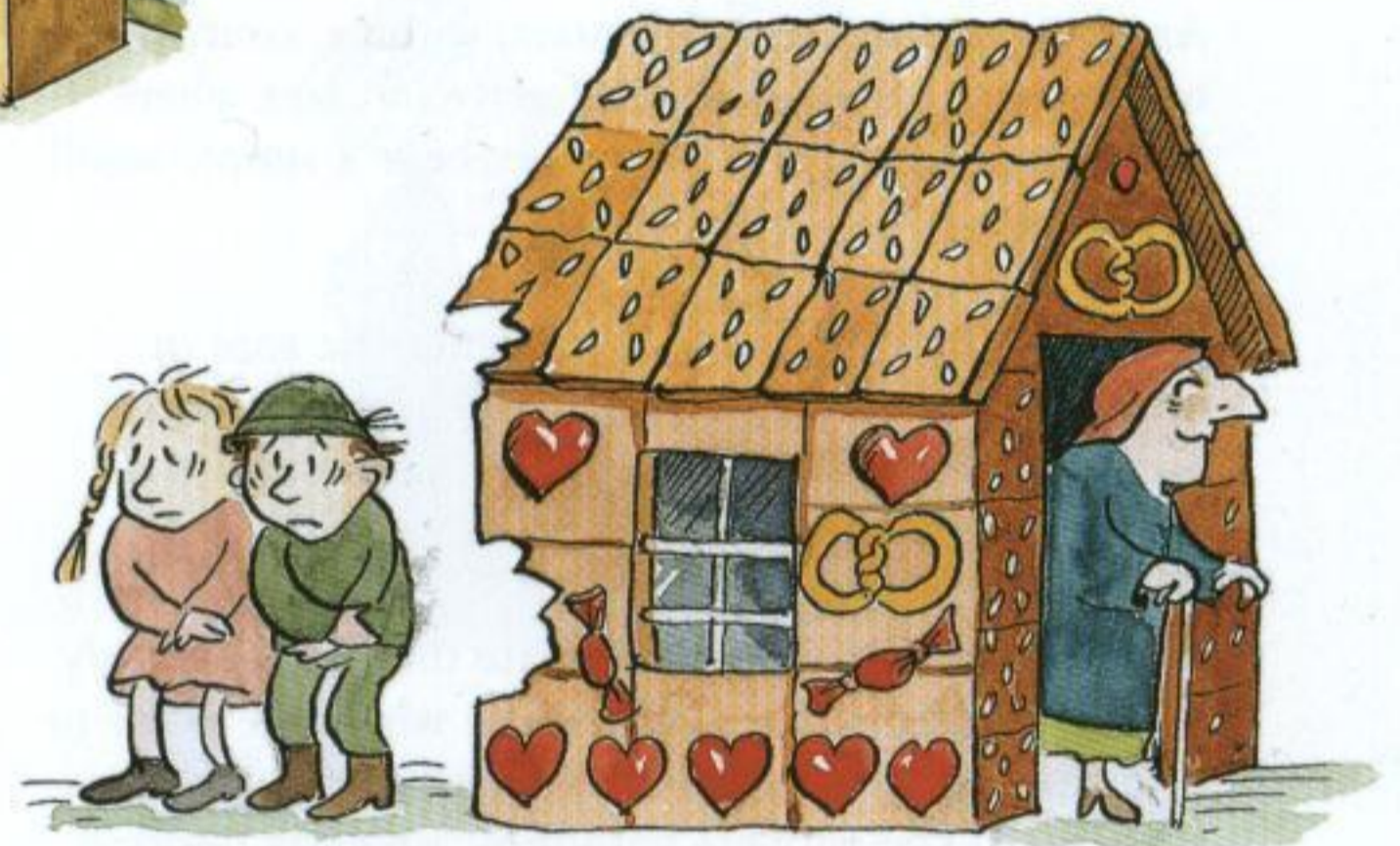


■ strong heartbeat with the sensation as if the heart would jump out of place

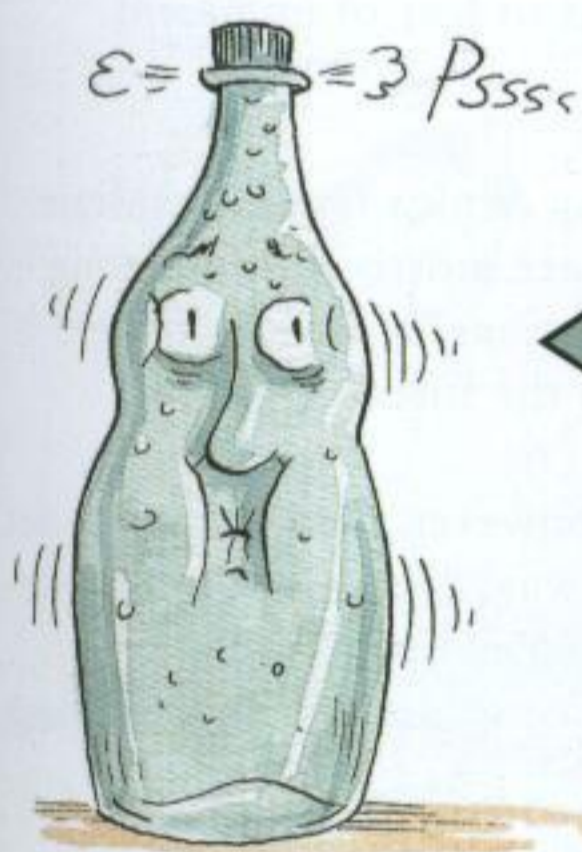
сильное сердцебиение словно сердце выпрыгнет из груди



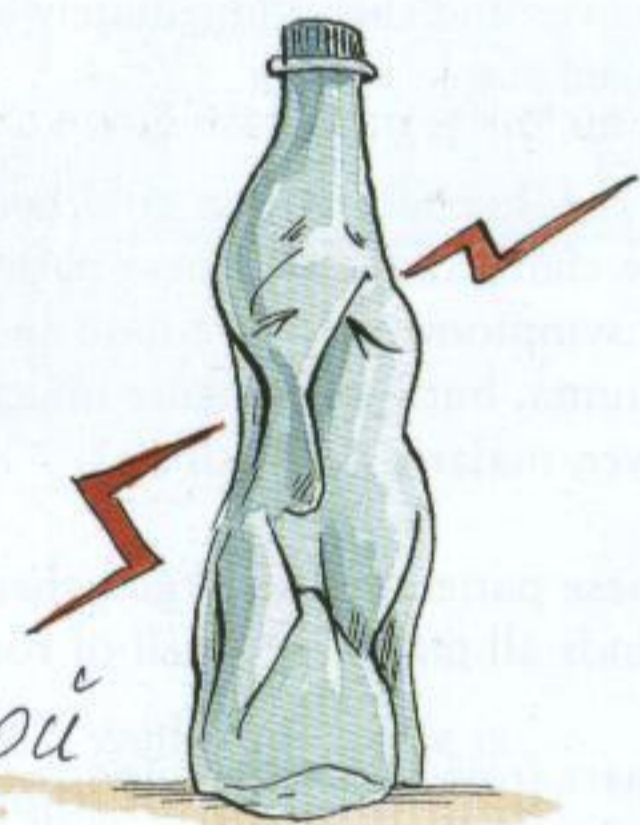
■ diarrhoea or vomiting before exams
 понос или рвота перед экзаменами



■ desire for sweets, which aggravate
 любовь к сладкому, которое
 отягощает состояние



заблуждение
delusion
 he was a bottle
 of soda water
 это он был бутылкой
 газированной воды



■ sensations of distention - flatulence,
 belching, passing wind

ощущение скопления большого
 количества газов в кишечнике
 вздутие, отрыжка, отхождение газов

■ sensation of narrowness and constriction
 constricting pains

- ощущение сужения
 и сжатия
 - сжимающие боли

Arnica montana

Leopard's bane

Excessive consumption of the Arnica plant causes muscle pain, accompanied by a strong sore and bruised sensation. These symptoms often appear after physical exertion or after an injury. In such cases, the homeopathic remedy Arnica can be of great help.

- Arnica states often develop after acute or past injuries. In some cases, however, an Arnica state may develop in illnesses which have not been caused by an injury.
- Arnica is mainly used in bruises, sprains, contusions, or after surgery. It is most effective in cases where blood has entered the soft tissue, be it a simple small bruise or a large-scale injury.
- The patients complain of a characteristic sore or bruised feeling; everything hurts. They are anxious to avoid moving the injured part and are afraid of being touched.
- It is striking that despite the state they are obviously in, these patients will assure those who have come to help that they are perfectly well and that the helpers may leave. The patients withdraw, urgently desiring peace and quiet.
- When the trauma has been more severe, the patients are dazed and absent-minded. If asked a question, they will briefly pay attention and give the correct answer and then immediately slip back into their dazed state.
- A red, hot face with a cold body or cold extremities are characteristic in these patients. This combination of symptoms may be found specifically after severe trauma, but also in acute infections such as scarlet fever, malaria or erysipelas.
- These patients' discharges, their breath, sweat or winds all markedly smell of rotten eggs.
- Apart from its use in acute cases, Arnica is also used in the treatment of chronic illnesses.
- The causes of these illnesses may often be traced back to a physical or psychological trauma dating back some time. Strong fears of anyone approaching or of direct touch are characteristic features here. Arnica is therefore very helpful in ailments following sexual violence!
- Physical pathologies may result from the pain that the patients experienced and that was not dealt with adequately. These pathologies may lead to nocturnal complaints and anxiety attacks (often in cases of Angina pectoris) as well as to fear of imminent death.
- The constitution of healthy Arnica types is athletic and robust. These people are mostly found among farmers in mountainous regions, lumberjacks or other people who work in the forests.
- Despite their robustness, however, they react to pain in a surprisingly sensitive way. Subconsciously, they are extremely scared of injuries and show a clear aversion to being touched or to anyone approaching.





■ ailments following acute trauma

заболевания после острой травмы



■ strong aversion to being touched

сильное отвращение к доприкосновению



■ says that he is well although he is severely injured (or ill)

неадекватно оценивает своё состояние после серьёзной травмы (или заболевания)



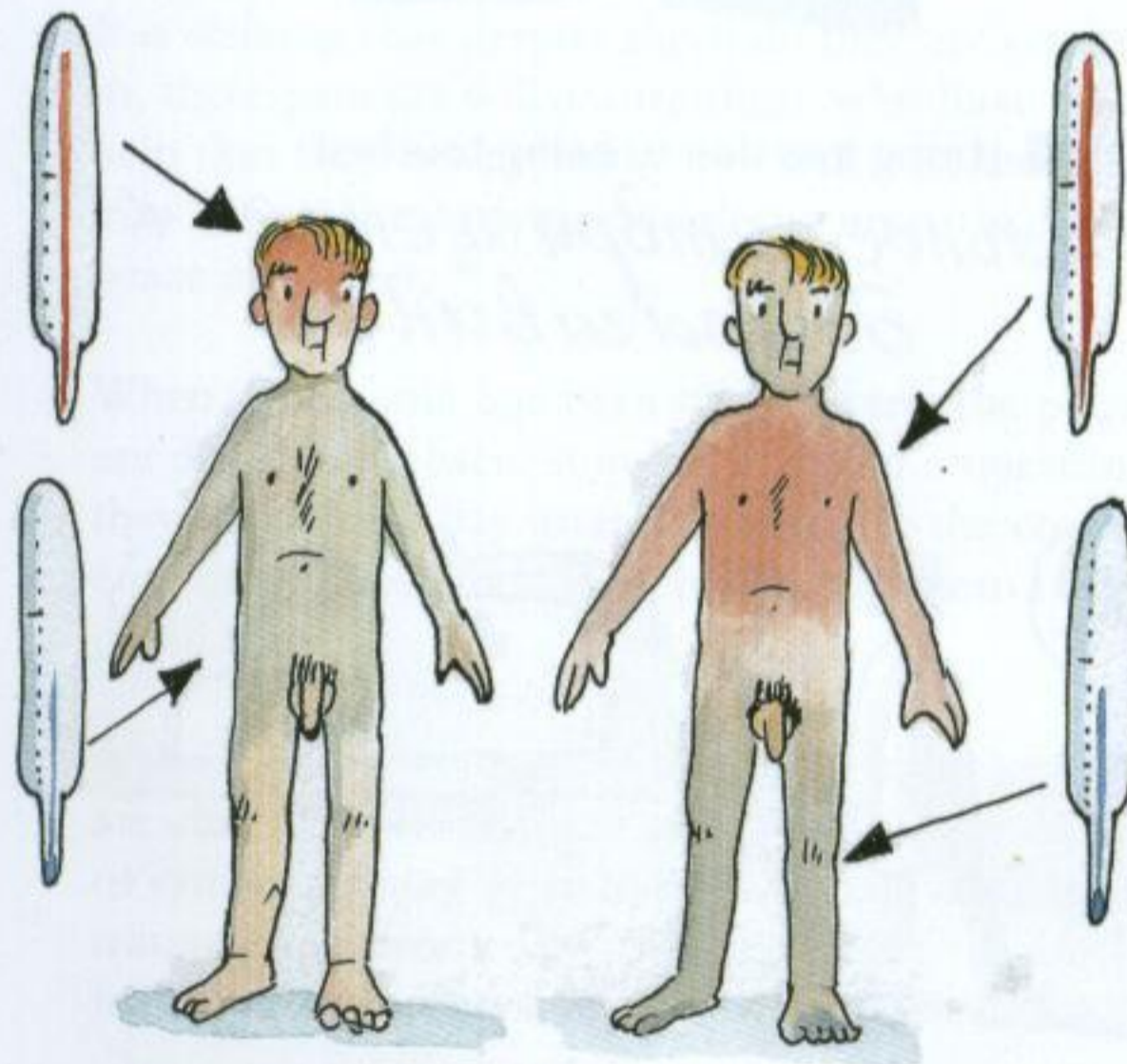
■ very dazed - answers correctly when asked, but sinks back into previous dazed state right away

в заторможенном состоянии — но на вопросы отвечает правильно, после чего снова погружается в это состояние



■ pain does not allow patient to find a comfortable position - even the bed is too hard

боль не позволяет найти удобную позицию — даже кровать кажется очень твердой



■ hot head and cold body
or: the top half of the body is hot, the lower half is cold

горячая голова и холодное тело
или верхняя половина тела горячая, а нижняя холодная



■ awakening at night due to strong heart pains which extend to left elbow

просыпается ночью из-за сильных болей в сердце с отдаванием в левую руку



■ bleeding or pain after dental treatment

кровотечение и боль после стоматологического приема



■ epistaxis while washing the face

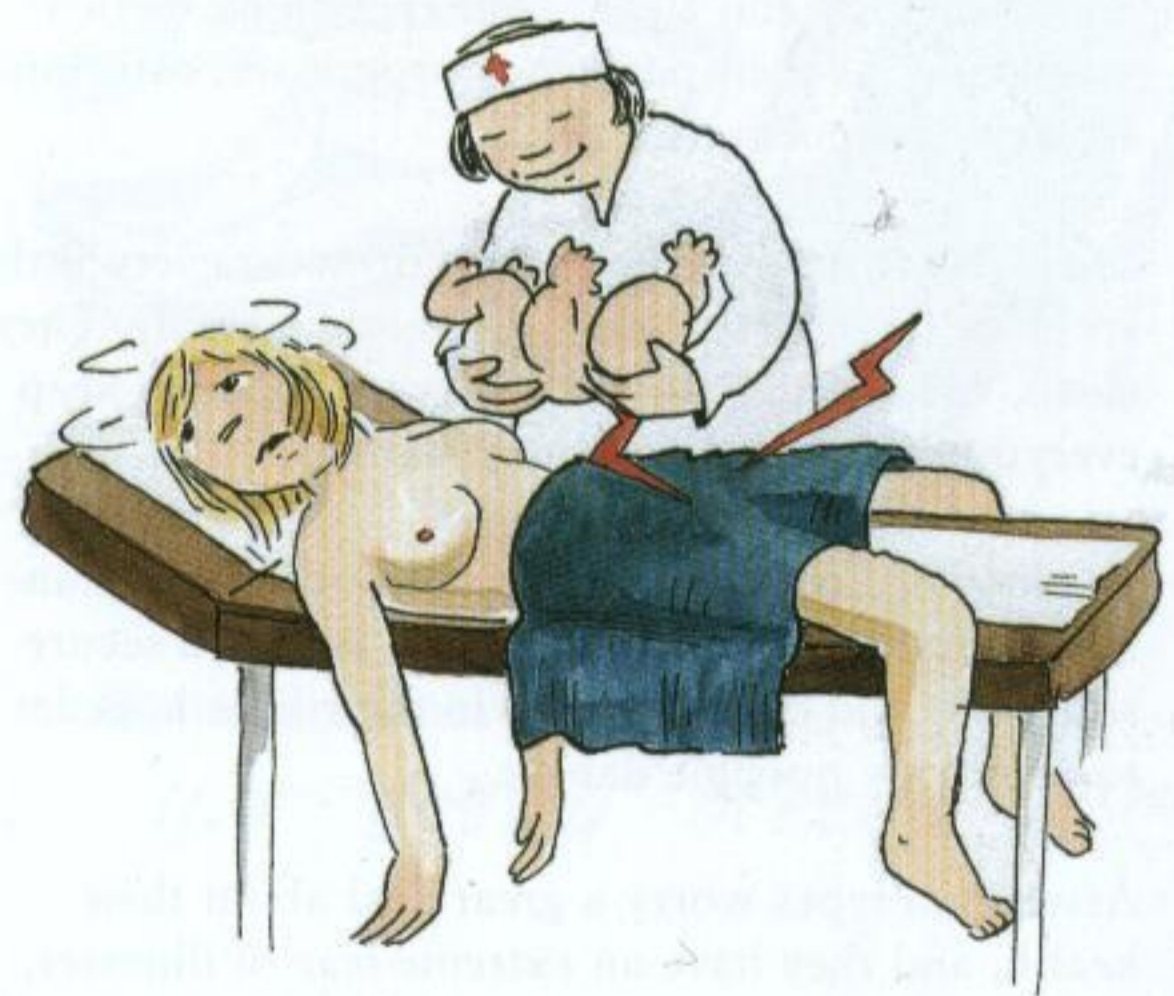
носовое кровотечение во время умывания лица

Rhubarb - Rhubarb - Rhubarb



■ stroke accompanied by a very red head and a full, strong pulse

инсульт, сопровождающийся покраснением лица и сильным, хорошо наполненным пульсом



■ sore and bruised sensation after giving birth

болезненное и угнетённое состояние после родов

Arsenicum album

White Arsenic

Arsenic has a dehydrating effect on the body. It causes mummification, which is why people who were killed with Arsenic decompose much more slowly than normal. In former times, this phenomenon helped prove that someone was killed by this poison. People who require Arsenicum are markedly thirsty. If they develop a prolonged chronic illnesses, however, their thirst decreases steadily, and their body slowly dehydrates.

- Patients who require Arsenicum feel worthless and vulnerable. They therefore suffer from massive fears and carefully strive to lead a safe, secure and protected life.
- They seek this protection by being around people to whom they feel close, they play sports, eat healthily and take care to stay well out of harm's way.
- Similarly, they believe that through accumulating money and material goods they can maximize their safety. These people become thrifty and miserly, and they have a great fear of poverty.
- Although Arsenicum patients seek the companionship of others, in the course of time their suspicion grows. They are convinced that these people can only be after their money (and that they could thus endanger their security) and grow very mistrustful.
- Arsenicum types are great perfectionists. They are incredibly tidy and clean, plan everything meticulously and, as their pathology progresses, turn into severely compulsive people.
- Their desire for cleanliness is enormous: every little speck of dust has to be removed immediately. They clean, vacuum, disinfect and always strive to keep everything neat and, if possible, sterile.
- By cleaning, keeping everything in order and planning everything, they try to create safe and secure situations and circumstances in their lives in order to avoid any possible danger.
- Arsenicum types worry a great deal about their health, and they have an extreme fear of illnesses, particularly of cancer and heart disease. Any small



physical change turns them into nervous wrecks, and they have all kinds of medical tests and investigations run immediately in order to get to the bottom of these changes.

- Unfortunately, their fears about their health and their protective measures often do nothing to help them stay healthy. Owing to their extreme cleanliness, they get sick more than anyone else. By hunting down all microbes, they prevent their immune system from ever growing stronger as it is not allowed to fight the germs.
- Arsenicum patients are constantly freezing. All complaints are ameliorated by warmth - except for headaches in acute illnesses.
- These people often suffer from burning pains, which are ameliorated (contrary to what might be expected) by heat.
- Arsenicum album is a very well established remedy in many illnesses, but it has a special affinity to complaints of the digestive tract. The digestive tract gets inflamed easily, resulting in diarrhoea or ulcers, which in turn may degenerate into cancer.
- All illnesses typical of Arsenicum are accompanied by great restlessness and excitement on the part of the patient. These characteristics again point to the subconscious fears of illness or even death.



Не можешь сам поиграться хотя бы раз?

■ great fear of being alone

Боишься оставаться наедине



■ extreme love of tidyness

любовь к порядку, чистоте, опрятности



■ avaricious behaviour

скудность, жадность



■ aggravation of complaints at night

ночью чувствуют себя хуже



■ they are almost always cold

или почти всегда холодно



■ of being infected

заразиться

Fears

СТРАХ



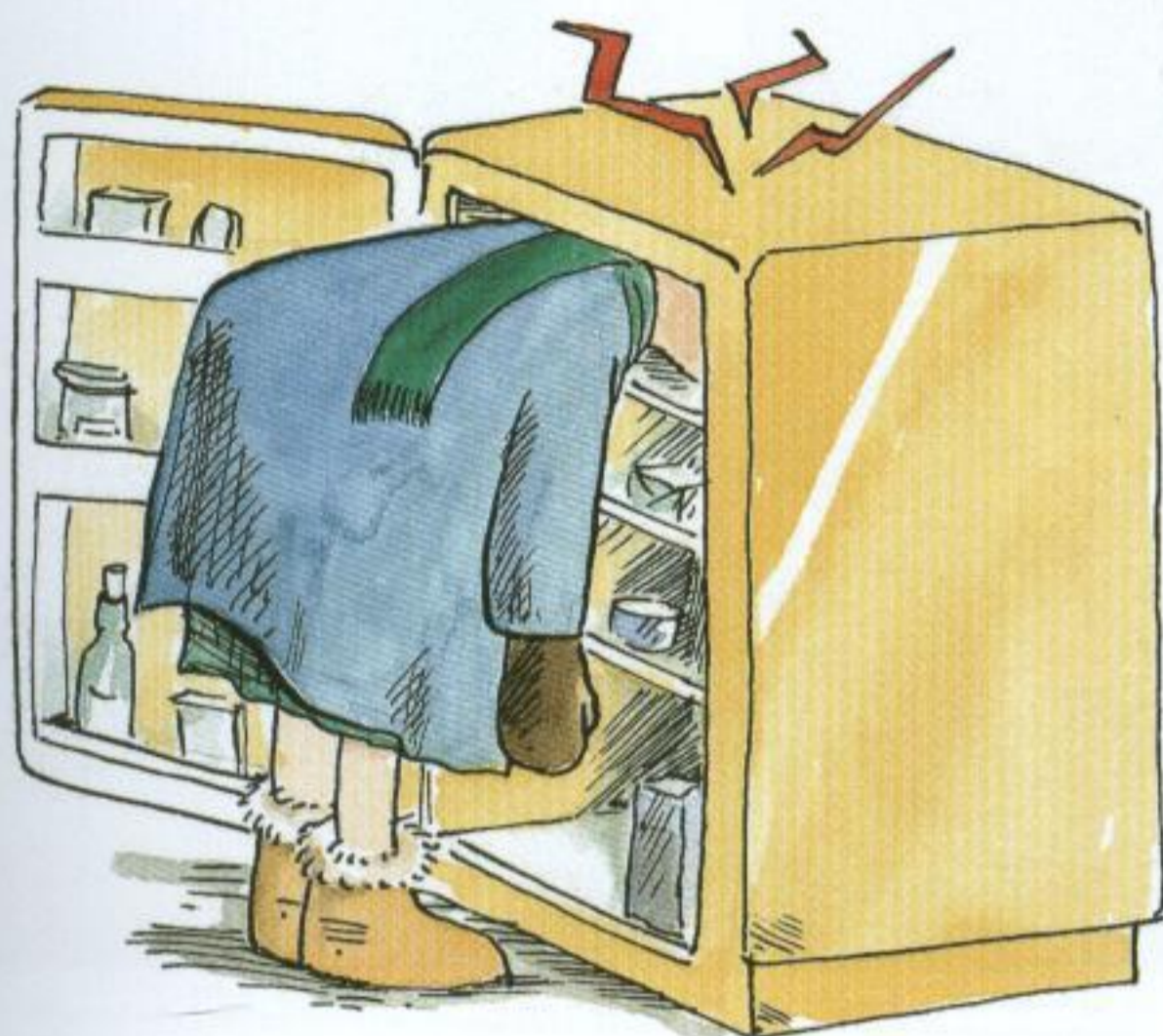
■ of cancer

раковых заболеваний



■ of death

смерти



■ hot head, but freezing body (in acute illnesses)

горячая голова, но тело
мёрзнет во время болезни



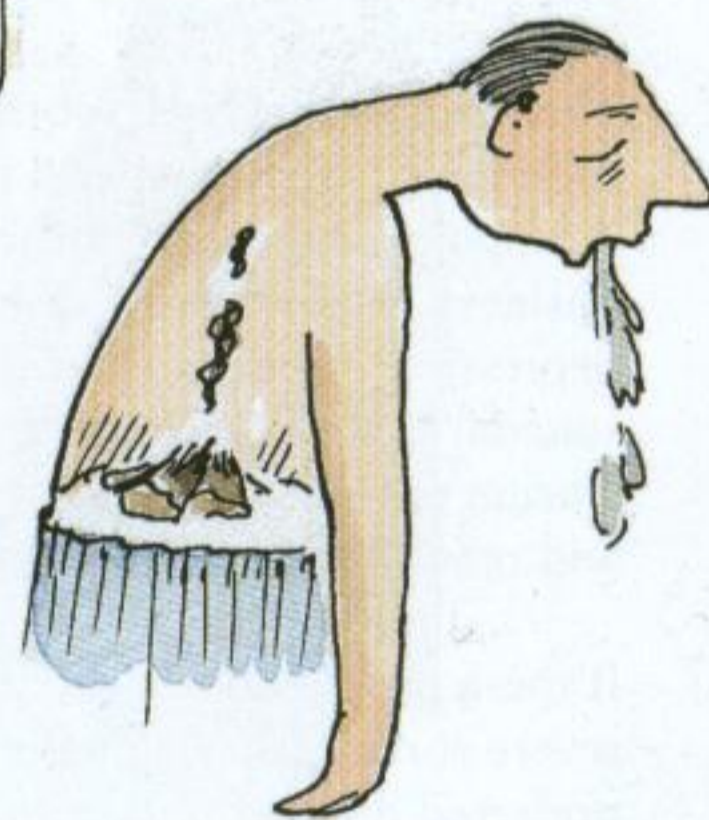
■ diarrhoea smells extremely offensive
vomiting accompanied by diarrhoea

зловонный понос
после рвоты понос



■ great thirst with desire for frequent small sips

сильная жажда с желанием
пить маленькими глотками



■ stomach complaints
accompanied by burning
pain and strong desire
for water ...

... which does not
agree and is vomited
immediately

жгучие боли в
желудке, сильно
хочется пить

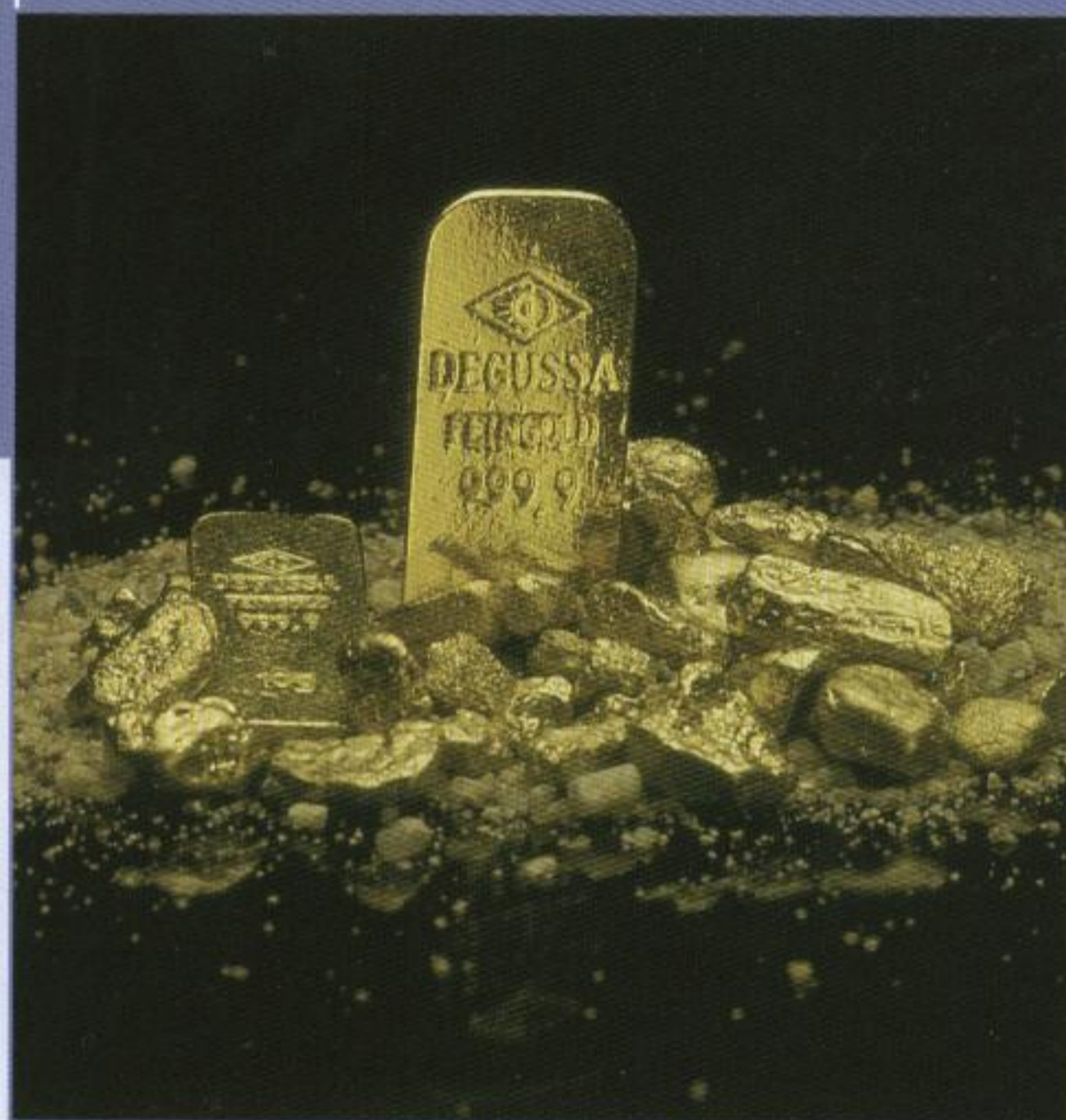
как только больной
выпьет —
мгновенно
наступает рвота

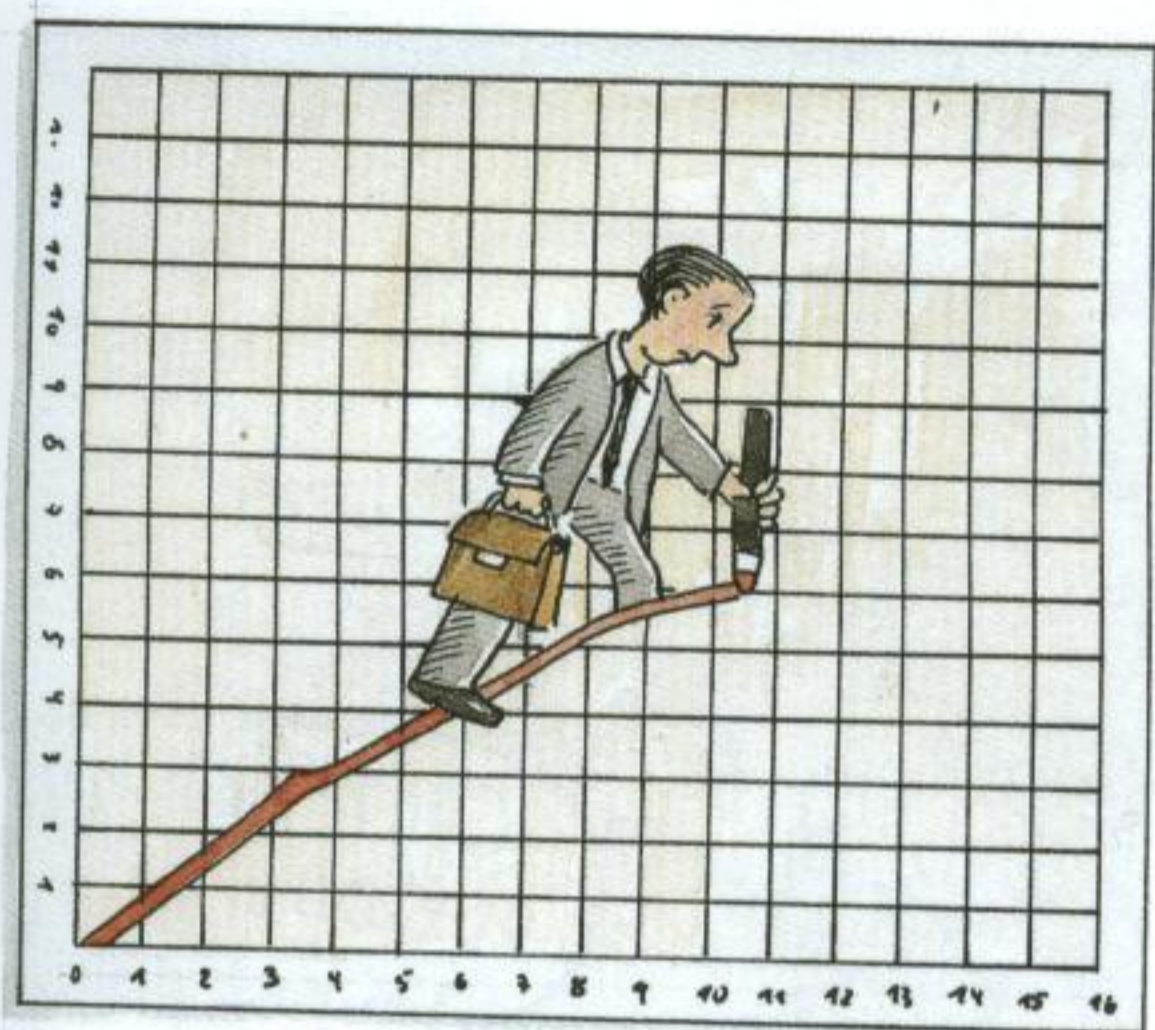
Aurum metallicum

Gold

Gold only rarely amalgamates with other elements. It is pure and royal and belongs to the 'best' of the precious metals. People who require Aurum equally aim to belong to the best. They strive for success, power and recognition.

- Aurum is a syphilitic remedy, meaning that often the patients themselves or one of their ancestors suffered from syphilis. Thus, the patients frequently inherited self-destructive pathologies which manifest themselves at the physical level in the form of severe, life-threatening illnesses. Alternatively, they manifest themselves on the mental level in the form of depression or suicidal tendencies.
- Aurum patients are very serious people with a sad, intense, and sometimes intimidating aura.
- They often believe they were destined for something great. Accordingly, they set themselves high goals and very ambitiously strive for success in their profession or in society. It is important for them to perform their duties and their work perfectly. These people advance steadily in their career, and before long they hold high positions in companies, institutions or in politics.
- Almost all people who require Aurum display a combination of having great ambitions and high aspirations together with predominantly sad dispositions.
- Their sadness increases if these people do not reach their goals, if they suffer a grievance (often due to disappointed love), or if they suffer setbacks in their business. Subsequently, depression may develop. The depression is massive and is later on accompanied by suicidal thoughts. These ideas are very tempting to Aurum patients, as they seem to offer redemption and relief from earthly cares and worries.
- If these people do not succeed in overcoming their severe sorrow, they actually commit suicide. Their preferred method of committing suicide is to jump off a high building - seemingly on the spur of the moment. It is as if they wanted to rid themselves of the burden of their mental strains through the seeming lightness of jumping down.
- However, not all Aurum patients arrive at this advanced stage! Before they reach the phase of self-destructive thoughts, they go through phases of slowly increasing melancholy. This is nourished by past or present cares, feelings of guilt, and the certainty of having failed to reach their high goals.
- These patients are downcast, they become irritable, have frequent fits of anger and withdraw increasingly.
- The more they get out of balance, the clearer they develop a need for spirituality, praying and listening to music.
- People who require Aurum often suffer from affections of the heart, the testes or the bones.
- Aurum is an important remedy in all heart complaints. The patients often describe their heartbeat as irregular; it stops for two to three seconds and falls back into its normal rhythm with one strong beat.
- The testes and epididymis are often painful or inflamed; they indurate or turn malignant.
- The bone complaints are expressed in the form of strong rheumatic pains and may manifest as headaches, inflammations of the bone, arthrosis or as stiffness. Aurum is one of the most important remedies in the treatment of Morbus Bechterew!





■ serious, determined and successful people ...
 серьёзные, целеустремлённые,
 успешные люди



■ who have a disposition to be sad, depressed and suicidal.

которые склонны к печали,
 депрессии, самоубийству



■ ailments from disappointed love

Болезни от неразделённой любви



■ strong feelings of guilt

сильное чувство вины



■ music ameliorates

облегчение от музыки



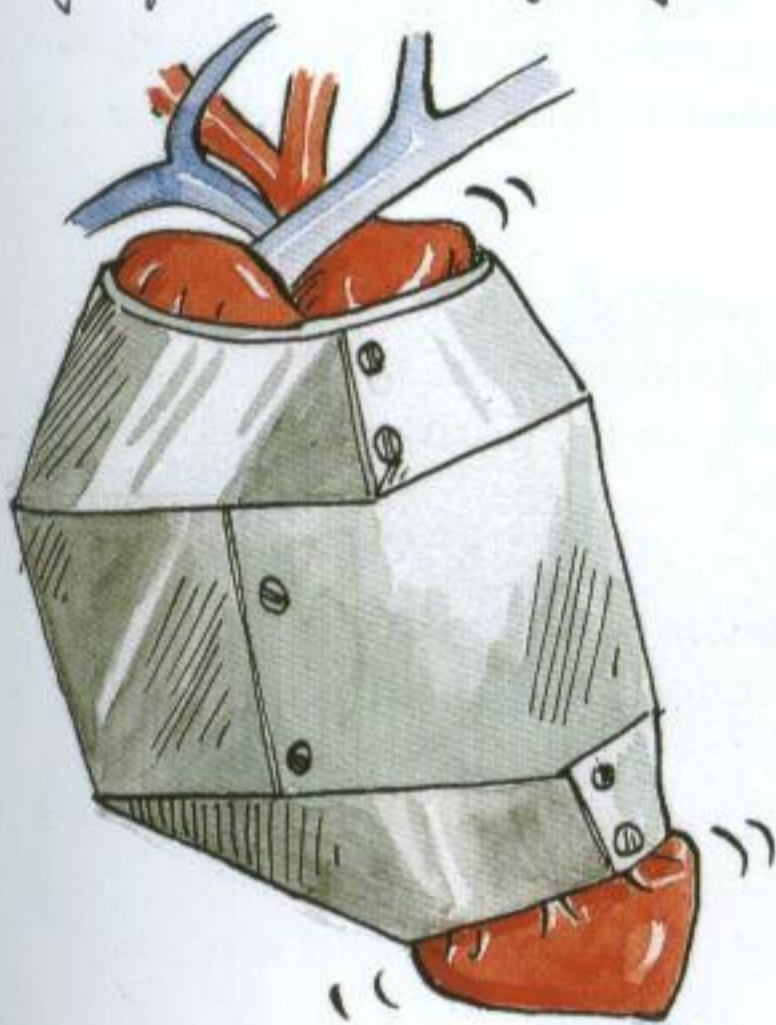
■ boring pain in the inner right canthi

сверлящая боль во внутреннем углу правого глаза



■ affections of the testes, especially on the right

поражение яичек, особенно справа



■ many chronic affections of the heart - sensation of a constriction as from a coat of mail

много хронических заболеваний сердца
ощущение как будто панцирь сжимает сердце



■ aggravation at night - mainly of complaints of the head, heart and bones

чувствуют себя хуже ночью - в основном жалуются на боли в голове, сердце, костях

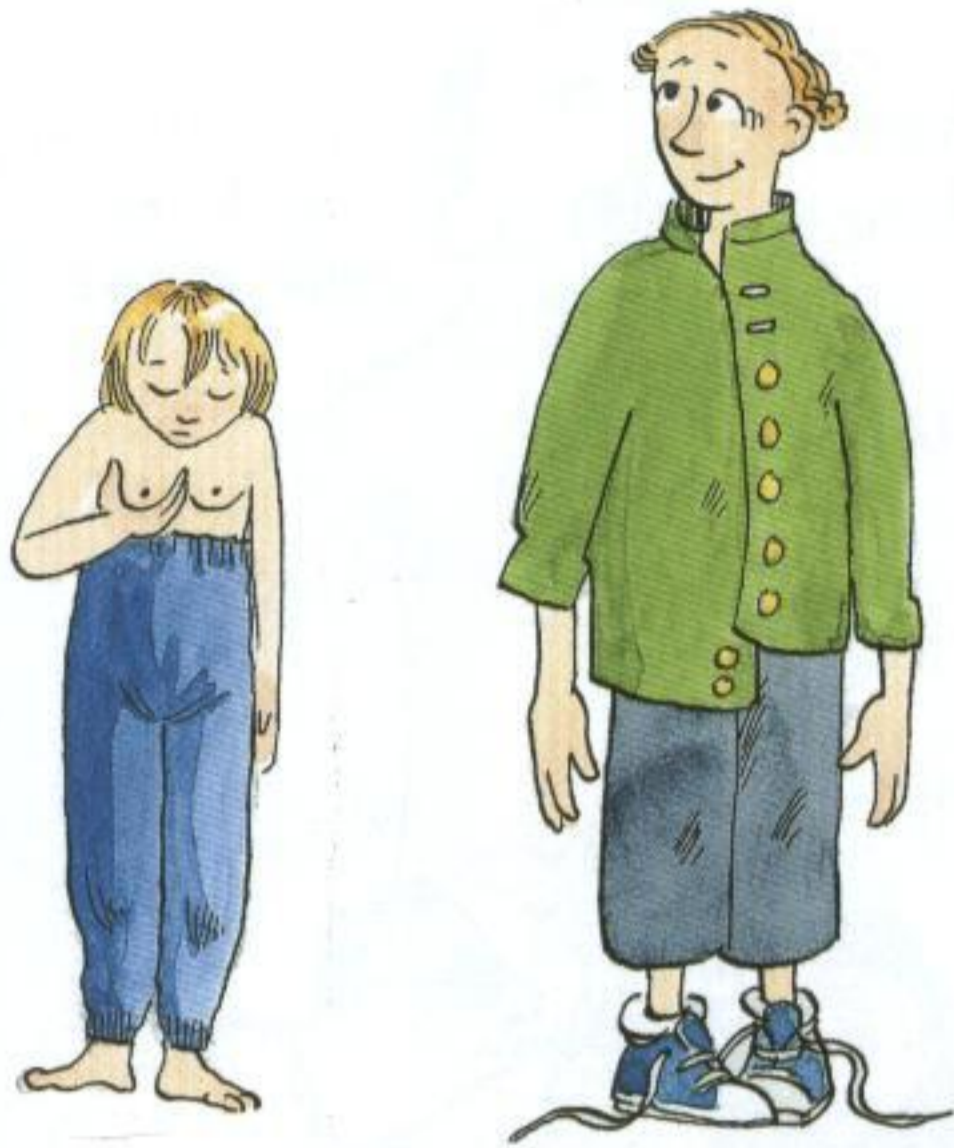
Baryta carbonica

Barium carbonate

Animals which are fed a barium-free diet show growth disturbances and remain remarkably small. People who need Baryta carbonica also show these growth disturbances. They are often rather small, immature or retarded - not only physically, but also on the mental or emotional level.

- Baryta carbonica patients have very little self-confidence. They feel too small and too much like a child to move around in the big wide world safely.
- They prefer to stay at home, where the dependency on their family gives them a feeling of security. When visitors come, they will often hide behind their mother or behind a piece of furniture because they are so scared.
- They need constant reassurance and find it hard to move on into the adult world by themselves.
- The health and well-being of their family is extremely important to these patients. After all, they receive protection, encouragement and a feeling of security from their family and their home surroundings. Therefore, anything that may possibly disturb this harmony and safety worries them.
- Their life is dominated by the fear of doing something wrong and being laughed at as a consequence. Therefore, these people remain shy, cautious and childlike, subconsciously hoping they will not attract any attention, do not have to assert or present themselves.
- As they are very timid and insecure, these people find it difficult to make decisions. They are often undecided and dependent on other people's advice.
- Their slowness is a further important characteristic. It often takes them some time to understand something, or they may move very slowly. However, they are very constant, reliable and diligent in implementing their tasks.
- The deficits in Baryta carbonica patients do not always affect the entire person; they may often concern only certain areas.
- In some patients, only the emotional level is affected, and these patients are very shy. In other patients, their mental abilities are rather limited, and they suffer from a weak memory or an inability to think logically.
- Other abilities of these people may show a normal or even an above-average development. Even intelligent people may therefore require Baryta carbonica as their remedy!
- Baryta carbonica acts especially on the lymphatic system and the glands. Lymph nodes, the tonsils, the parotid glands, the testes or the prostate indurate and swell up easily.
- These patients often suffer from loss of hair, high blood pressure and arteriosclerosis already at an early age.
- Even older Baryta carbonica patients often have child-like features: they often enjoy fooling around and like to jest.
- These patients were unable to adapt to the size and speed of the world and therefore escaped the serious side of life - and thus they (luckily) kept their sense of humour.





■ physically, emotionally or mentally underdeveloped

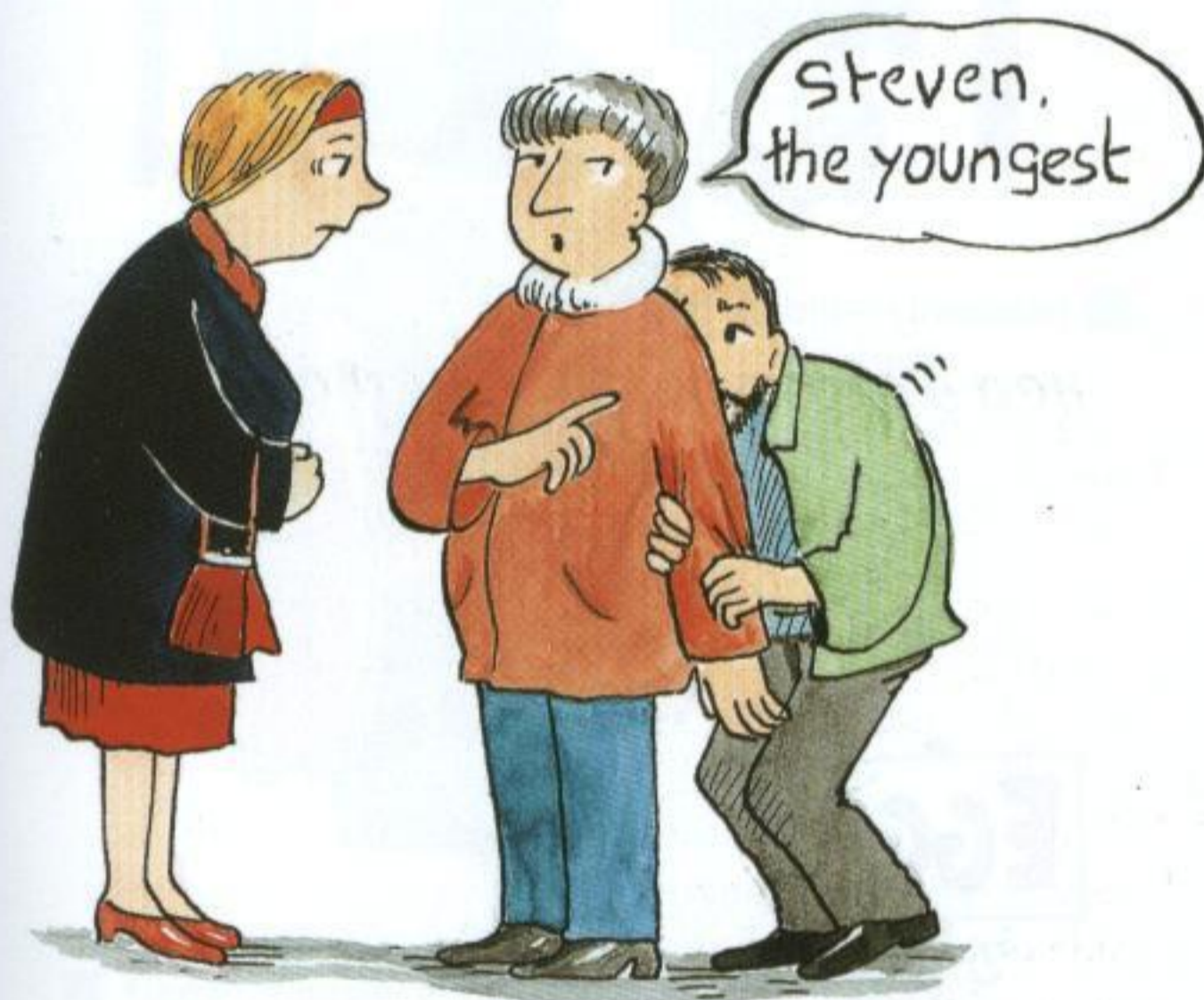
физическое, эмоциональное или умственное недоразвитие

too small too little



■ very little self-confidence

большая неуверенность в себе



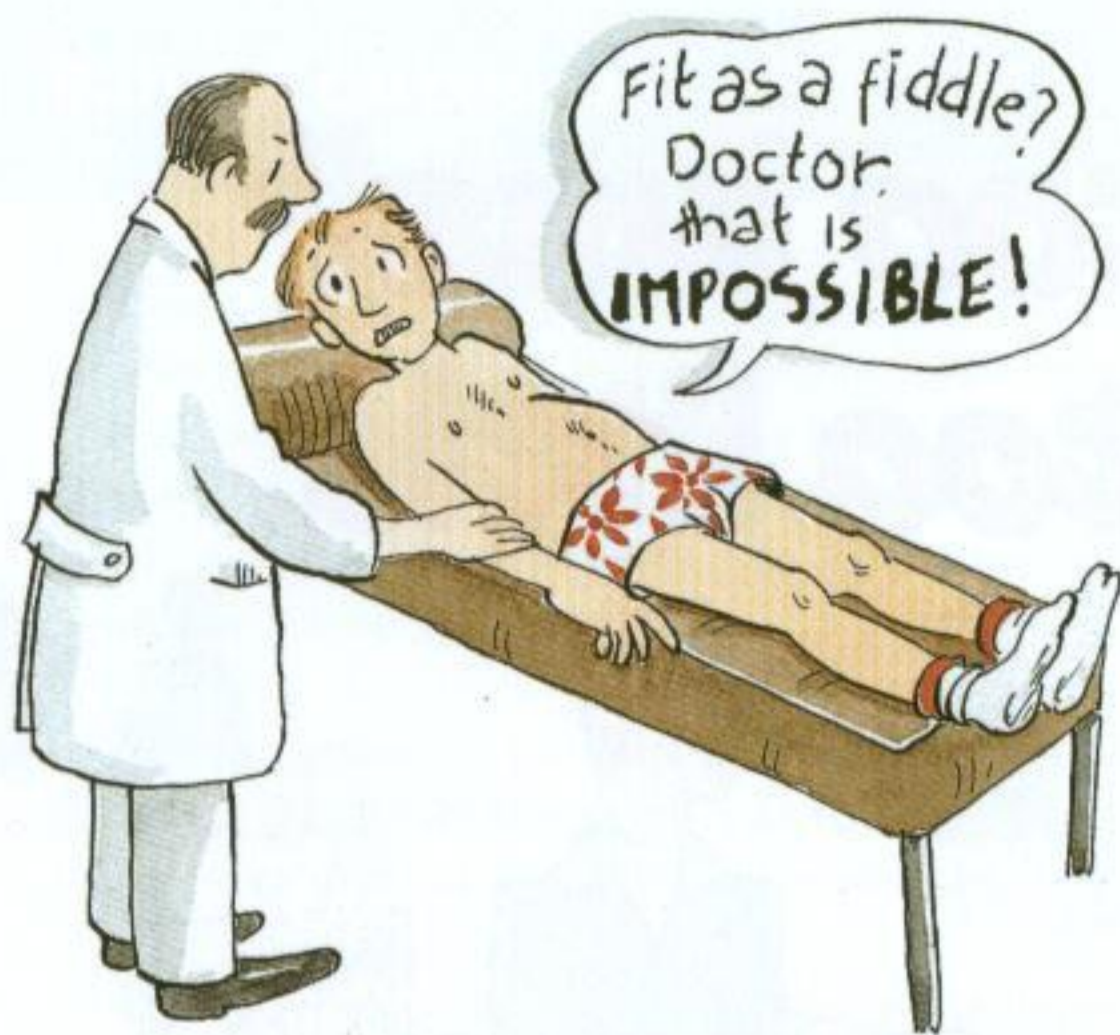
■ very shy of other people - clings to persons or furniture

очень пугливые и недоверчивые к другим людям — прячутся за спиной мамы или за мебелью



■ great fear of being laughed at

боязнь, что над ними будут насмехаться



■ fear about their health, accompanied by strong doubts about recovery

Тревога о своём здоровье, сопровождающаяся неверием о возможном выздоровлении



■ great insecurity and fear of doing something wrong

Большая неуверенность в себе и боязнь сделать что-то неправильно



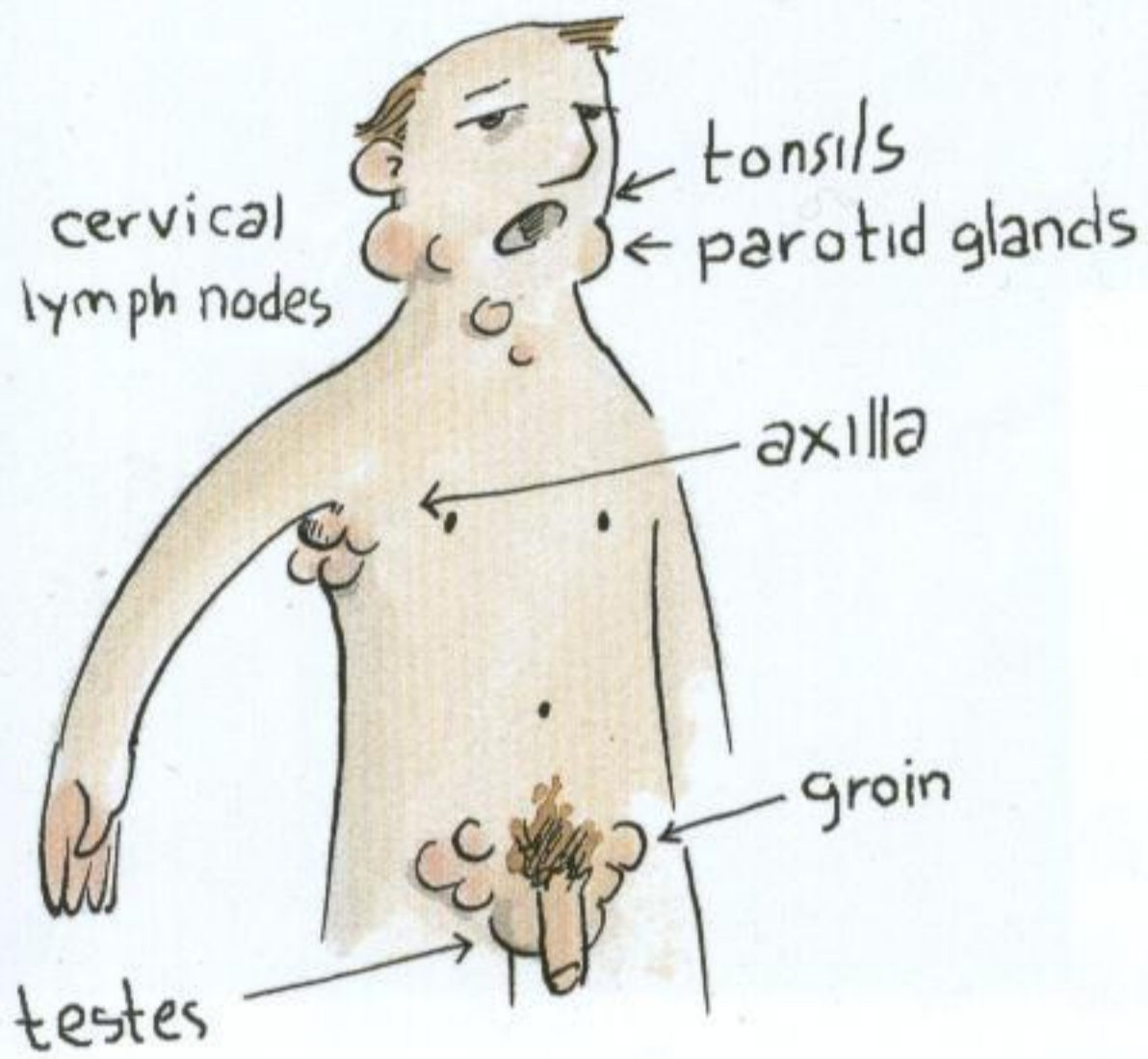
■ markedly childish behaviour

Неадекватное детское поведение



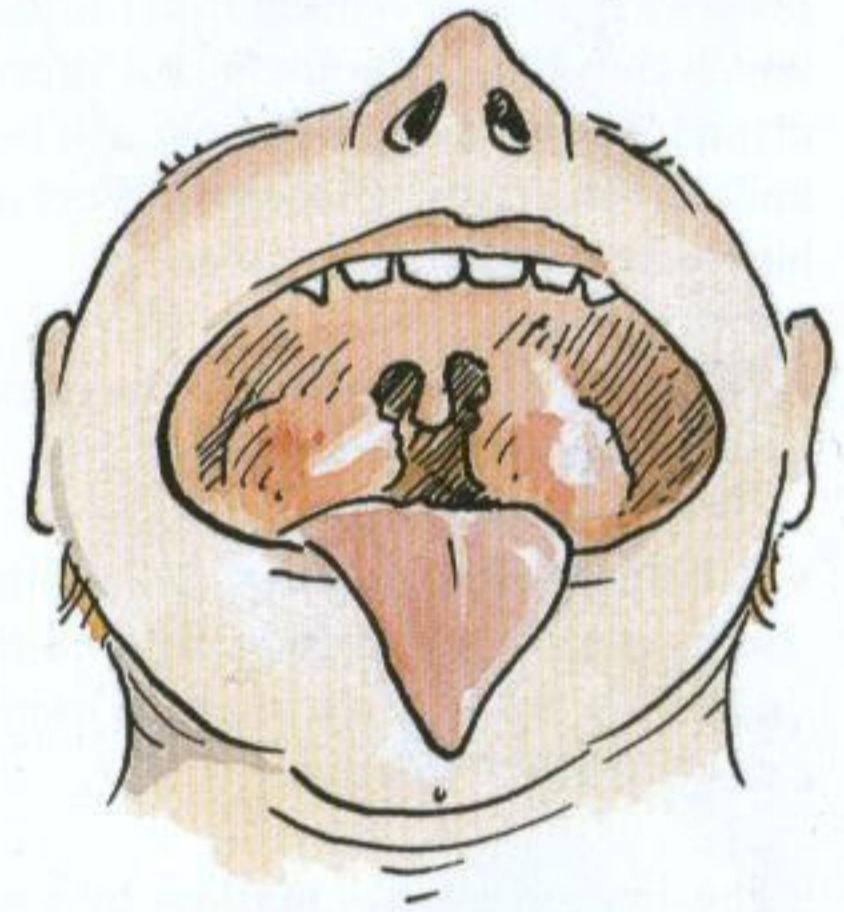
■ severe problems in taking a decision

серьёзные трудности при принятии решений



■ affections of the glands

поражение лимфатических
желез и узлов



■ chronic inflammation of the tonsils

хроническое воспаление
миндали



■ freezing easily and frequent colds

легко замерзают и
часто болеют



■ sensation of a cobweb on the face

ощущение паутины на
лице

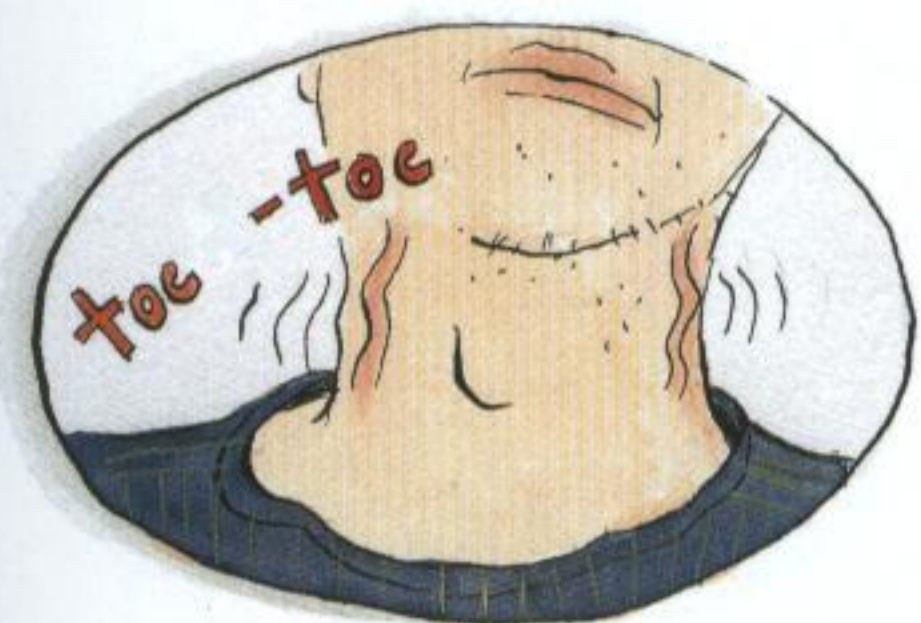
Belladonna

Deadly nightshade

The English translation of 'bella donna' is 'beautiful lady'. In the Renaissance, ladies used to put drops of this plant's sap in their eyes in order to dilate their pupils, which they felt made them look more beautiful and attractive. These dilated pupils can be seen in acute Belladonna states, where this effect is produced by the highly excited nervous system.

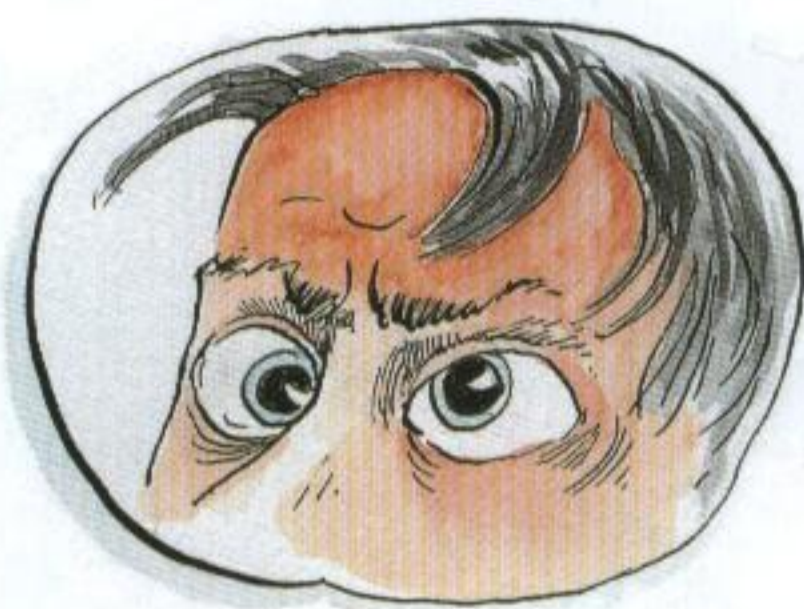
- This state of excitement is the central theme of the entire picture of Belladonna.
- In homeopathic practice, Belladonna is often only used as an acute remedy. Beyond that, however, it is a remedy which may often be used in the treatment of chronic complaints.
- The acute states are marked by a sudden and very severe symptomatology which is reminiscent of *Aconite*: When these patients have a fever, e.g., their head is red and hot, their carotids are pulsating visibly, the eyes are shiny, and the pupils are dilated.
- The body radiates great heat, and - like *Arnica* - the hands and feet are cold.
- The patients often suffer from hammering, pulsating pains which are aggravated by shocks and motion.
- Their senses are acute - they react to light, noises and smells.
- In accordance with the severity of the physical complaints, these patients present a striking state of mind: they are shaken by fits of rage, as if in a delirium, they may be very aggressive and suffer from a great number of terrible hallucinations. In particular, they see themselves surrounded by dogs, insects or ghosts which frighten them greatly.
- Typical Belladonna complaints are often triggered by a disturbance in the body's circulatory systems: the cardiovascular system reacts strongly to any change in temperature, be it too much cold or too much heat. Imbalances in the hormonal system during or after menstruation, after giving birth, or after a hysterectomy may also cause an acute Belladonna state.
- Equally, psychological triggers such as disappointments in love, grievances, anger or sudden frights may put such a strain on a person that they develop acute Belladonna symptoms.
- People who present the constitutional Belladonna picture are often robust, lively and full of energy.
- They have a strong ego, radiate liveliness and love the light and pleasant things in life. It can be a long time before they think about their own physical complaints, and they are often sent to the doctor by other people.
- In contrast to the acute attacks, their chronic complaints develop very slowly over the years and are accompanied by headaches, vertigo and high blood pressure - all signs of a state of constant over-excitement.
- As their pathology progresses, the patients suffer from increasing mental changes: they become more and more irritable, easily break out in fits of rage and in later stages even develop manic or delirious states.





■ visible palpitations of the carotis

видимая пульсация
каротидных артерий

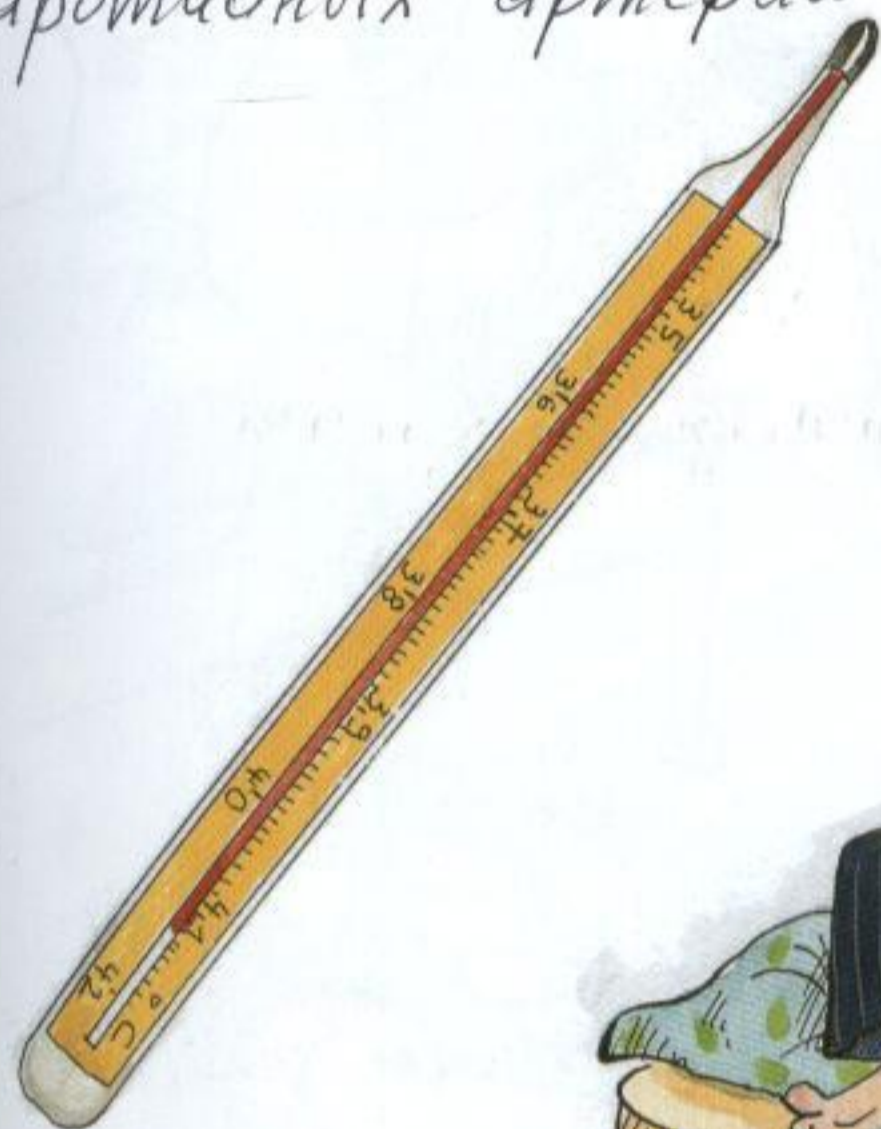


■ wild gaze

дикое выражение
лица

Acute Belladonna state

Острое



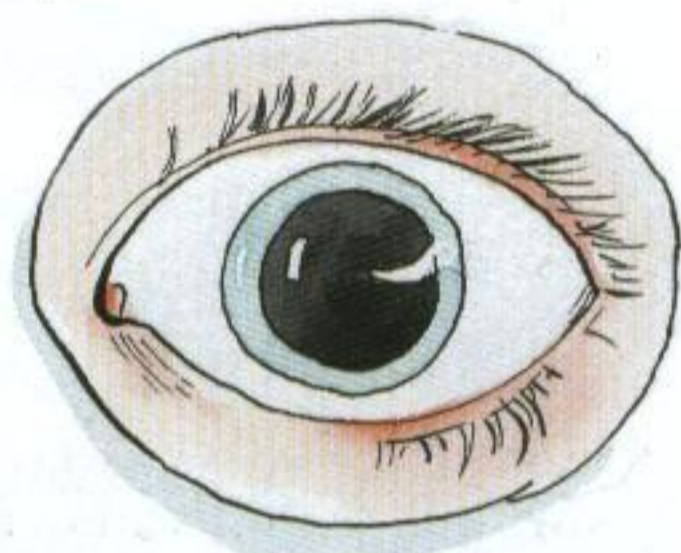
■ high fever

высокая температура



■ dilated pupils

расширенные
зрачки



■ hot body, almost steaming ...

горячее тело



... but cold hands and feet

но холодные ноги
и руки



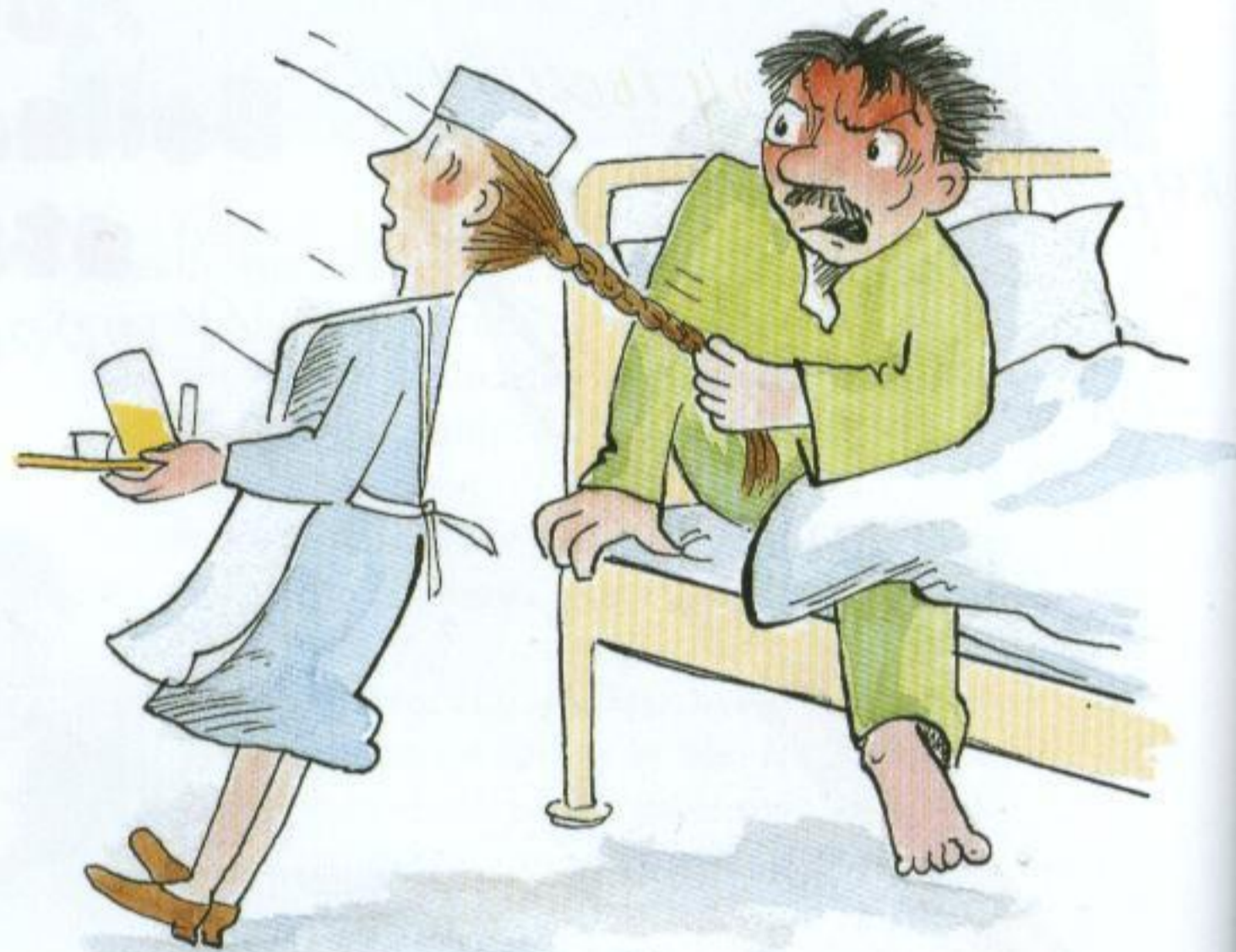
■ desire for lemonade

желание пить
лимоннад



■ hallucinations and delusions

галлюцинации и делизии



■ raging, ranting, screaming, hitting or pulling peoples' hair

возбуждённый, всыльгивый, яростный, прибегают к насилию



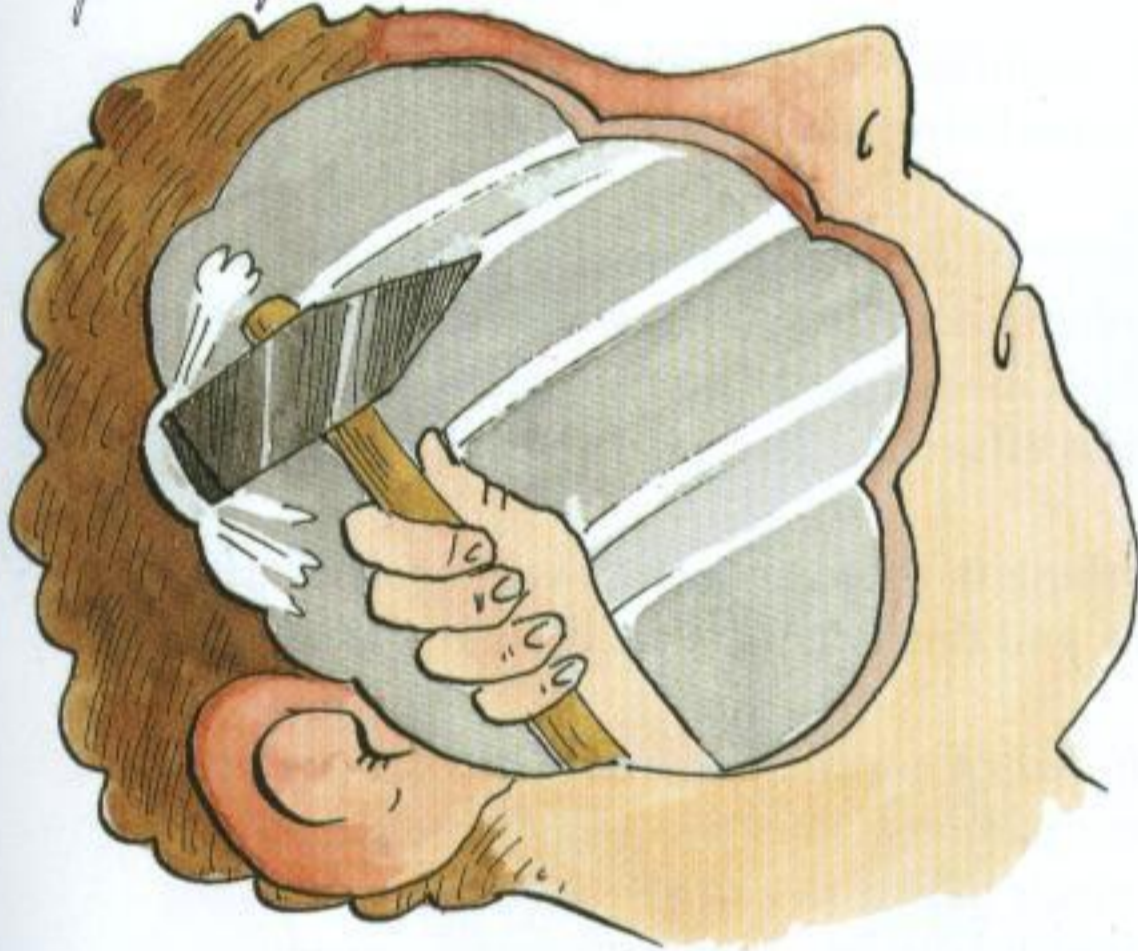
■ healthy Belladonna persons are true angels - but when they are ill, they turn into devils

когда здоровые - настоящие ангелы
когда больные - воплощение дьявола



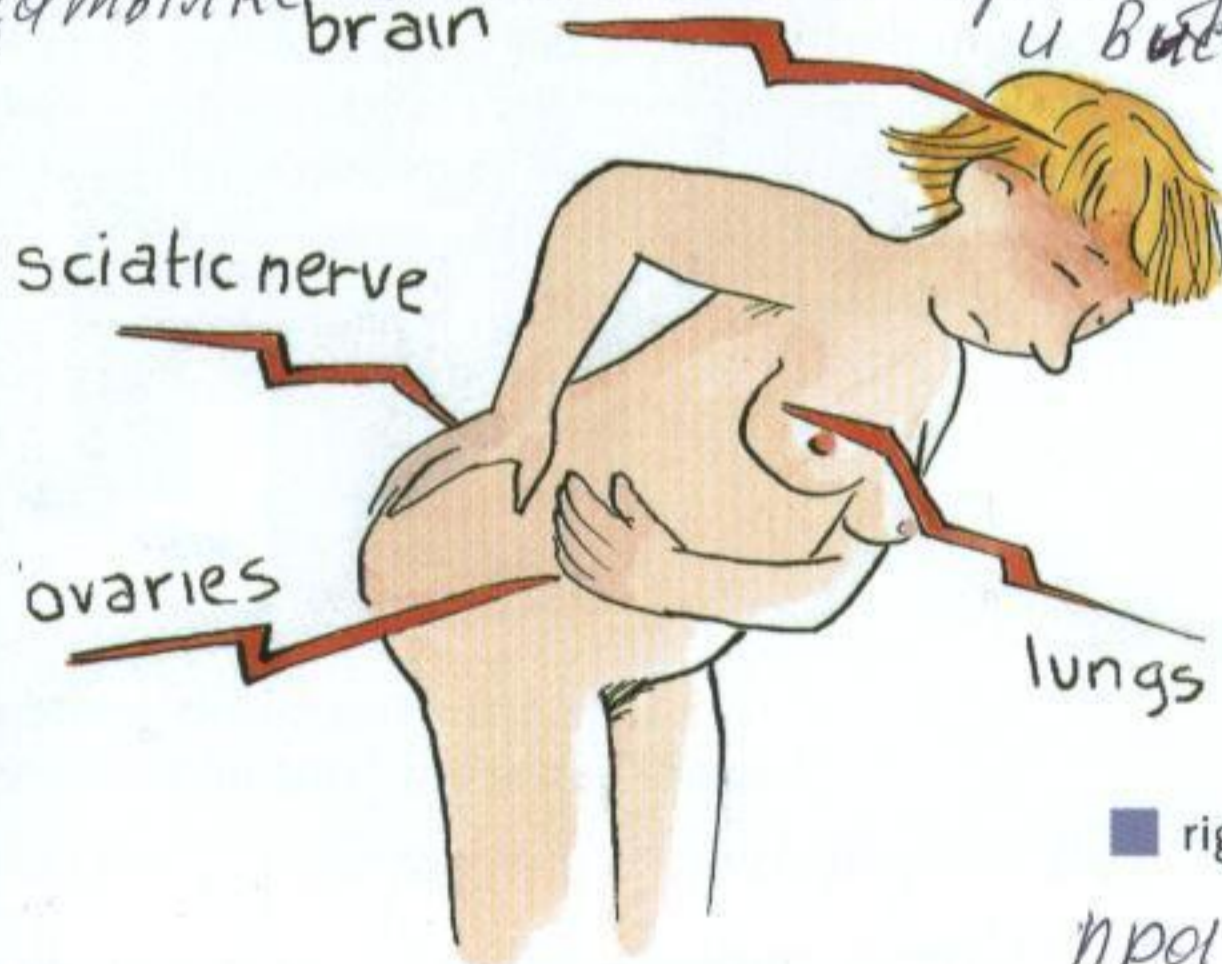
■ ailments from change in temperature, e.g. after washing the hair

Болезни от изменения температуры
например после мытья головы



■ hammering headache which starts at the back of the head and extends to the right eye, the right side of the forehead or temple

сокрушительная головная боль, начинающаяся в затылке и тянется к правому глазу и виску
brain



■ right-sided complaints

правосторонние жалобы



■ triad: heat, redness and burning

Триада: жар
покраснение
жжение



■ complaints aggravated by vibrations

симптомы ухудшаются при вибрации

Bryonia alba

Wild Hop

Bryonia alba is a cucurbit with a taproot, and it climbs up hedges and fences. Although the bush possesses a massive root, it still looks for further support from stronger plants and fences. The Bryonia patient behaves similarly: he seeks additional support and security in life by adopting material values.

- The term 'dryness' most markedly describes the physical, emotional and mental state of a Bryonia patient.
- These people suffer from dry skin, dry mucous membranes, dry cough and severe constipation. Dry food and dry, cold weather aggravate.
- Accordingly, they are extremely thirsty, drink large amounts and try in this way to compensate for disturbances in their water balance.
- The lack of fluids often limits their mobility.
- Bryonia is an important remedy for illnesses in which even the smallest motion aggravates the complaints. The patients avoid any change in position, they lie in bed, stiff and motionless, only desiring peace and quiet.
- They often suffer from acute stitching pain which is ameliorated by pressure, which is why they lie on the painful side.
- This picture is very typically represented in appendicitis: the patients lie in bed, they lie on the right, painful side and try to avoid any motion. Even breathing causes pain, and they therefore try to keep their breathing very shallow.
- All complaints of Bryonia except the headaches and some types of pleurisy are located on the right side of the body.
- The dryness is also represented in the mind: people who need Bryonia are sober, business-oriented people for whom it is very important to acquire material wealth.
- They have a marked fear of poverty! These people are often found among stock brokers, managers or



other business people who invest their entire energy in accumulating money and possessions.

- The basis of these endeavours is the feeling - or the real experience - of having suffered a material loss. This loss must now be compensated for by increased business efforts.
- Everything in these patients' lives revolves around money and their financial undertakings.
- Emotional or aesthetic interests are not very marked in these patients. They are sober hardworking, and very much 'down to earth' - as is shown by their root which is firmly anchored in the ground.
- These people's connection with their home is remarkable as well: when they are acutely ill, especially when they have a fever, they urgently want to go home (even if they already are at home). The constitutional Bryonia picture also shows a marked desire for a space to which the patient can withdraw, where he or she can have some peace and quiet and close the door on the world.



■ desire for withdrawal, repose and warmth

желание найти спокойное,
уединённое, тёплое место



■ great fear of poverty

страх перед нищетой



■ stubborn, closed and mistrustful -
preference for tried and tested things

упрямые, закрытые, недоверчивые
люди, которые страдают отдают
предпочтение проверенным и испытанным вещам



■ any motion aggravates acute complaints
любое движение отягощает
симптомы



■ very dry skin and mucous membranes - great thirst
огень сухая кожа и слизистые
сильная жажда



■ obstipation accompanied by very dry stool
сильный запор и огень
сухой стул



■ stitching pain
колющие боли



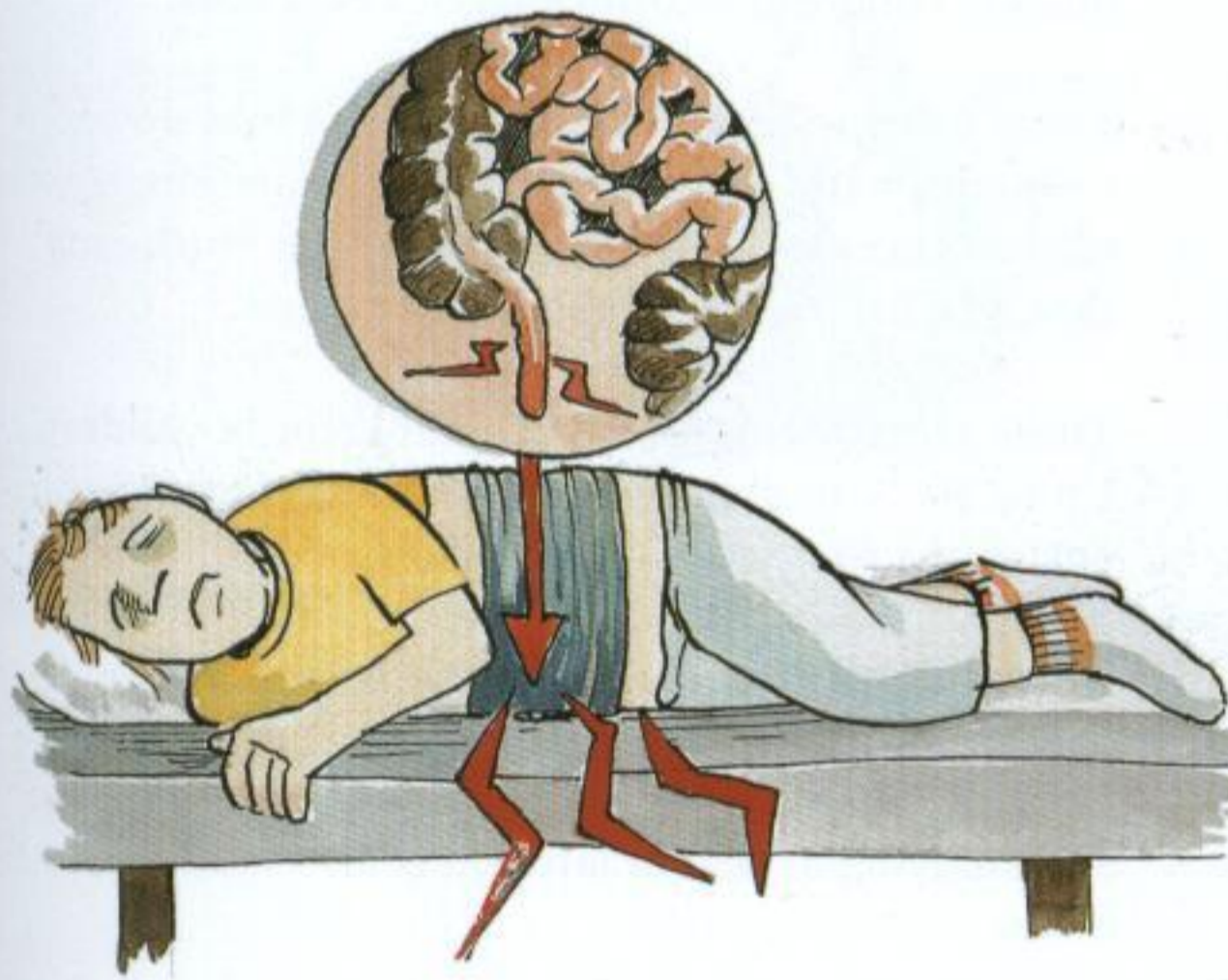
■ pressure ameliorates complaints

облегчение при давлении



■ desire to go home

желание вернуться домой



■ most important remedy in appendicitis

первостепенное лекарство
при аппендиците



■ dry, hard, very painful cough -
holding the chest tight ameliorates
pain

сухой, жёсткий, болезне-
ный кашель - облегчение
боль при сдавливании
грудной клетки

Calcareo carbonica

Lime from the middle layer of the oyster shell

Oysters use their shell to protect their soft, delicate body. Without it, they could not defend themselves against danger. They live harmoniously in groups and never leave their home, the oyster banks. People who need Calcareo carbonica are also soft and sensitive, and they easily feel insecure or threatened without the safety that is provided by their house, their family or their familiar surroundings.

- Calcareo carbonica types are often, but not always, stout. They have soft, flabby connective tissue and an equally soft, usually good-natured character.
 - They look for protection and security in a world they perceive to be hard and full of danger. They find this security in the form of a very close connection with their home, their family, friends or their therapist. People who need Calcareo carbonica like to be dependent on all these persons, because it is only here that they feel protected.
 - They are mild and gentle in character, and often they are somewhat slow. They try to make up for this shortcoming in the daily fast and 'hard' battle of life by taking over responsibility and by working hard and diligently.
 - These people like to work with their hands; they are good farmers, for example, or gardeners, bakers or masseurs. However, they often overstrain themselves and may get ill as a consequence of being constantly overworked.
 - Owing to their mild and defenceless nature, they suffer from many fears: they can be afraid of insects, mice, rats or dogs, they have a fear of heights, are afraid in the dark and also of illnesses.
 - Their fear of illness makes them read much medical literature, and they thus manage to obtain knowledge about their sufferings.
 - In later stages of the illness, these fears increase. The patients increasingly fear to go mad, and if they decide to undergo therapy, they nonetheless doubt very much whether they will recover.
- An important hint towards Calcareo carbonica (or another remedy of the Calcareo group) is a phenomenon these patients often describe: without cause, they often feel they are being watched by other people.
 - This feeling shows their inner weakness and stems from the idea of being defencelessly exposed to a strange environment. It may be compared to the defenceless feeling of an oyster without its shell in an ocean full of danger.
 - Calcareo carbonica types often suffer from a weak immune system. They easily feel cold, their body quickly chills out and they often catch cold.
 - Many of their bodily functions are slowed down: their lymphatic system, their bone formation as well as their digestion and their metabolism work only slowly! They lack resilience and stamina.
 - These shortcomings are often apparent in children. Up to 40 % of children need Calcareo carbonica during the first years of their lives.
 - Slowed-down reactions may also be seen in the development of their motor functions and mental abilities. They are late learning to walk and speak, and studying at school later on is also hard for them.





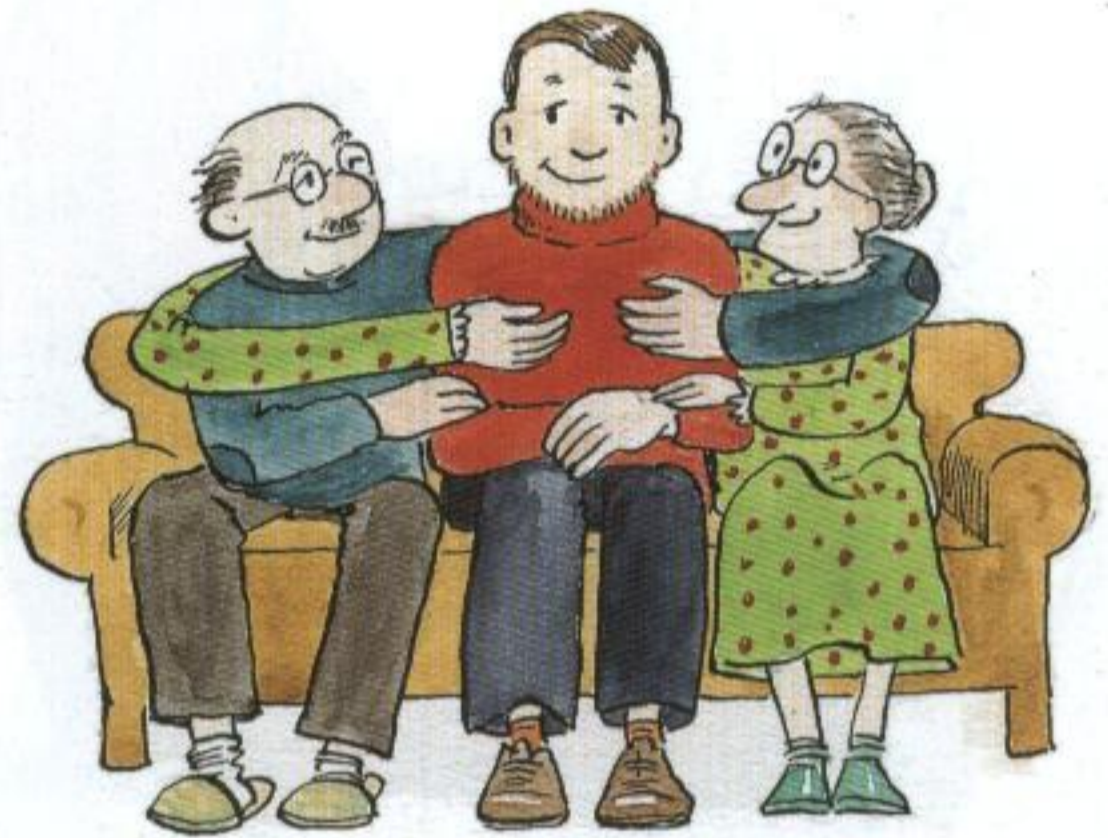
■ defenceless due to their inner softness

Беззащитные (внутри) через внутреннюю мягкость



■ very sensitive to cruelties

очень чувствительны к жестокости



■ dependent on the protective home and parents - 'family persons'

находятся в зависимости от домашнего очага и родителей - "семейный человек"



■ easily feels watched by others - fear of his (insecure) state being noticed

ощущение что кто-то наблюдает за ними - страх что кто-то заметит их состояние неуверенности



■ is intensely concerned about God and existential questions

очень заинтересован вопросами
Боге, о жизни, о природе



■ works very much and very persistent, overexerts himself

много работают, живые
огонь настоящие
часто перегружаются



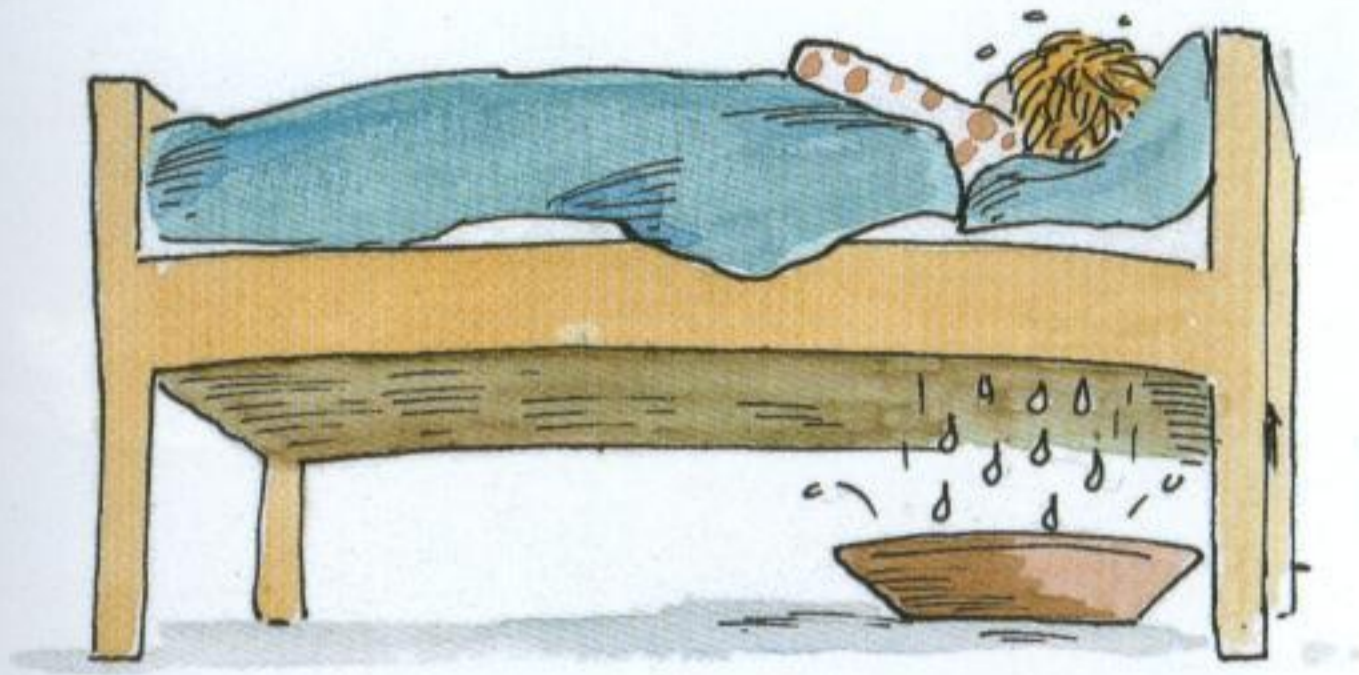
■ quickly out of breath on walking uphill

быстро развивается одышка
при хождении вверх



■ fear of heights

боязнь высоты



■ perspiration on the head - particularly at night
 голова сильно потеет —
 особенно ночью



■ delayed development -
 late learning to walk and talk
 замедленное развитие
 дети поздно начинают
 ходить и говорить



■ severe obstipation without urge
 сильные запоры без
 позывов



■ desire for eggs, sugar and sweets
 любят яйца, сахар и
 сладкое

Calcarea phosphorica

Phosphate of lime

Calcarea phosphorica is the main component of bones and teeth and is in particular responsible for their growth and stability. Accordingly, people who need the homeopathic remedy Calcarea phosphorica often suffer from growth disturbances and pains in their bones and teeth.

- The central theme of Calcarea phosphorica is dissatisfaction. The patients are easily bored and quickly annoyed without actually knowing why.
- Their moaning and groaning is striking. At home, they are quickly irritated, everything is much too monotonous for them, and they therefore seek distraction by constantly changing their whereabouts.
- After they have only just arrived home, they already want to go out again and visit friends, but they have only been there for a short while when they are driven to another place again. They develop an ever-increasing desire to travel. Only through the diversion that a journey offers them can they for a short time escape the boredom that constantly follows them.
- Healthy people of this remedy type are friendly, open, and sensitive.
- If they cannot live out their longing for diversion and foreign places, they grow dissatisfied, grumpy and irritable. In contrast to *Tuberculinum*, however, which is similarly fond of diversion, they are never malicious.
- Owing to their sensitive nature, bad news can easily throw these patients off balance. They react strongly to such news, are downcast and sad, and have to withdraw. Because of their intense, taxing reaction to bad news they are constantly afraid of receiving fresh bad news.
- Studying and school are two other areas where we characteristically encounter complaints connected with Calcarea phosphorica. Pupils who need this remedy are very diligent, they study well and like to study, but they constantly believe they are not yet good enough. They think that other pupils will notice gaps in their knowledge and might thus regard them as stupid.
- This false self-assessment causes them to be afraid of school; they develop headaches or abdominal pains. Their mental abilities really slow down now, and they cannot cope adequately with the demands school puts on them. The children grow weak, tired and increasingly apathetic.
- Calcarea phosphorica is therefore one of the main remedies in ailments of school children! In contrast to other such remedies, *Acidum phosphoricum* or *Natrum muriaticum* to name but two, in Calcarea phosphorica the complaints usually only appear after the stresses of the school day, i.e. in the afternoon.
- Other triggers for Calcarea phosphorica pathologies may be changes in temperature, weather changes, effects of cold or draughts of air, all of which may also aggravate existing complaints.
- An increase in complaints is particularly noticeable during thawing periods at the beginning of spring.
- Calcarea phosphorica patients often suffer from rheumatic complaints or from ailments of the bones, the joints, or the teeth. The cervical spine or the upper thoracic spine is particularly painful and stiff.
- An important piece of information which helps to differentiate between Calcarea phosphorica and other remedies is that these patients constantly sigh and moan about their sufferings.





■ dissatisfaction and boredom

постоянная скука и
неуверенность
неудовлетворённость



■ growing pains

боль при росте



■ longing for diversion -
desire to travel

стремление к разнообразию,
желание путешествовать



■ think that others think they are stupid

им кажется, что все думают что они дураки



■ demands at school cause headaches

нагрузка в школе вызывает головную боль



■ headache accompanied by stiff neck and hazy mind

головная боль сопровождающаяся затуманенным сознанием и спазмом затылочных мышц



■ rheumatic complaints



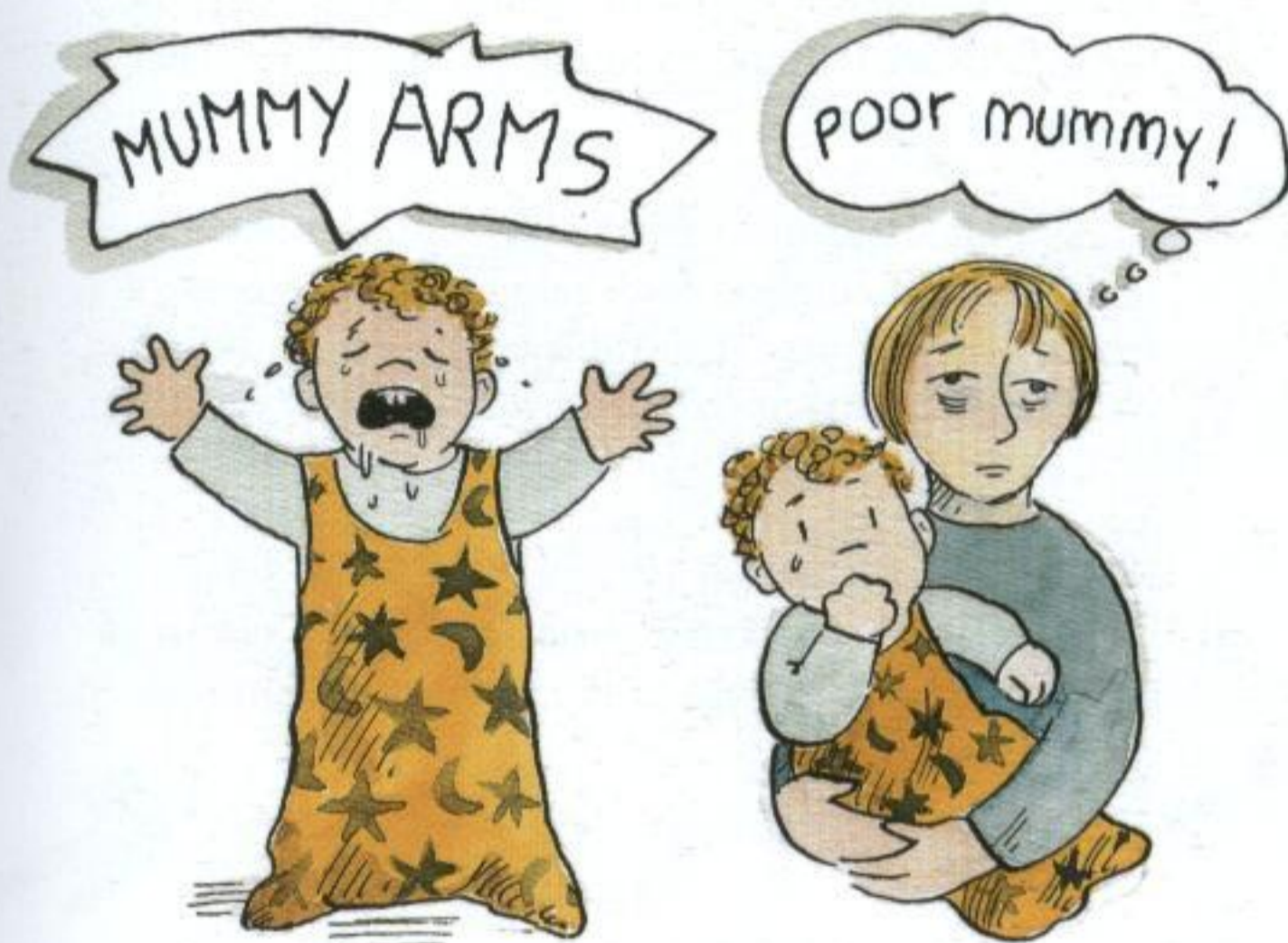
■ ailments from bad news ...

Болезни от плохих новостей



■ ... or after a change of weather - complaints often occur during thawing period

заболевания при смене погоды - симптомы появляются во время оттаивания



■ desire to be carried
teething complaints

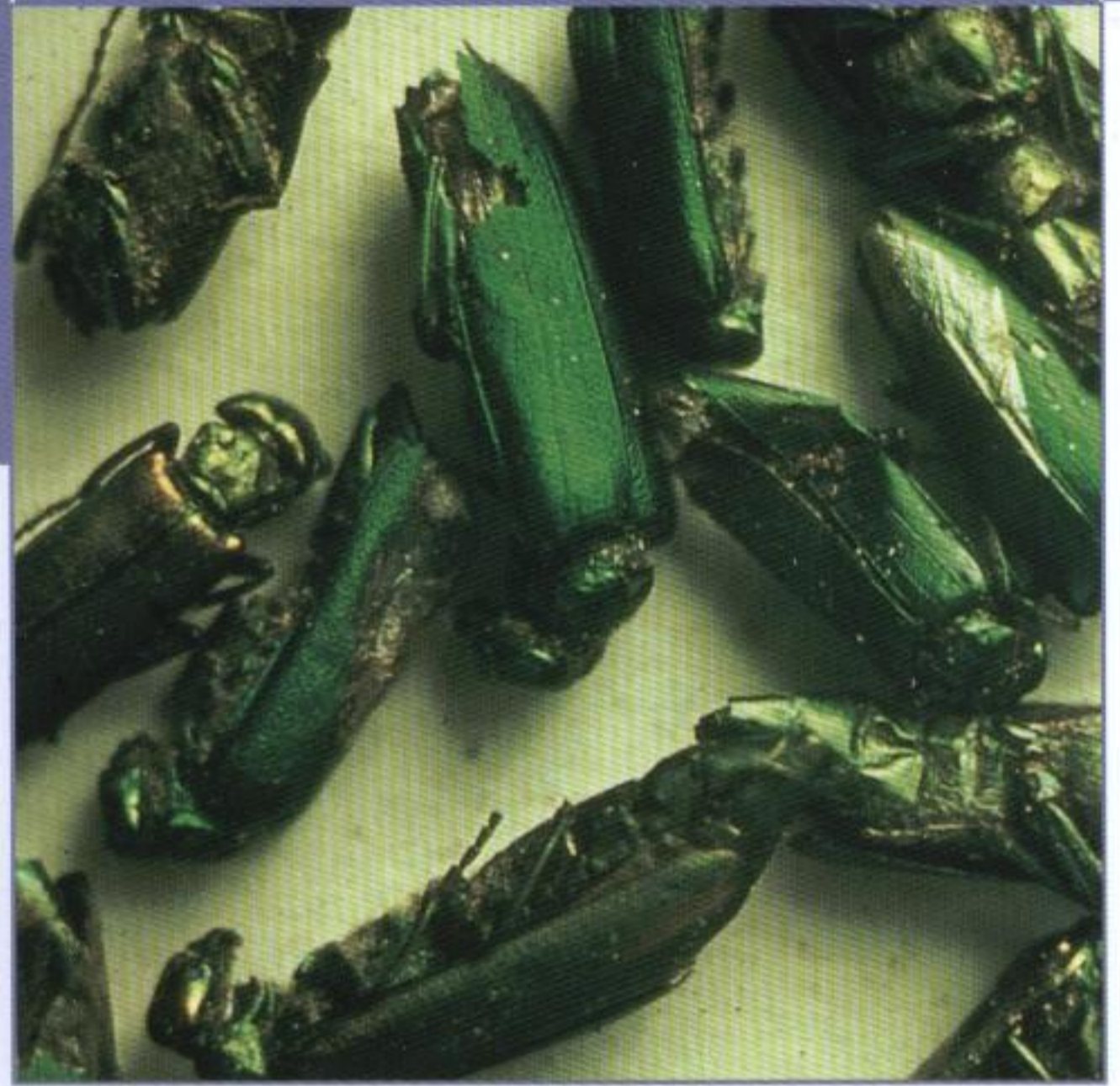
хотят быть на руках
боли во время прорезывания
зубов

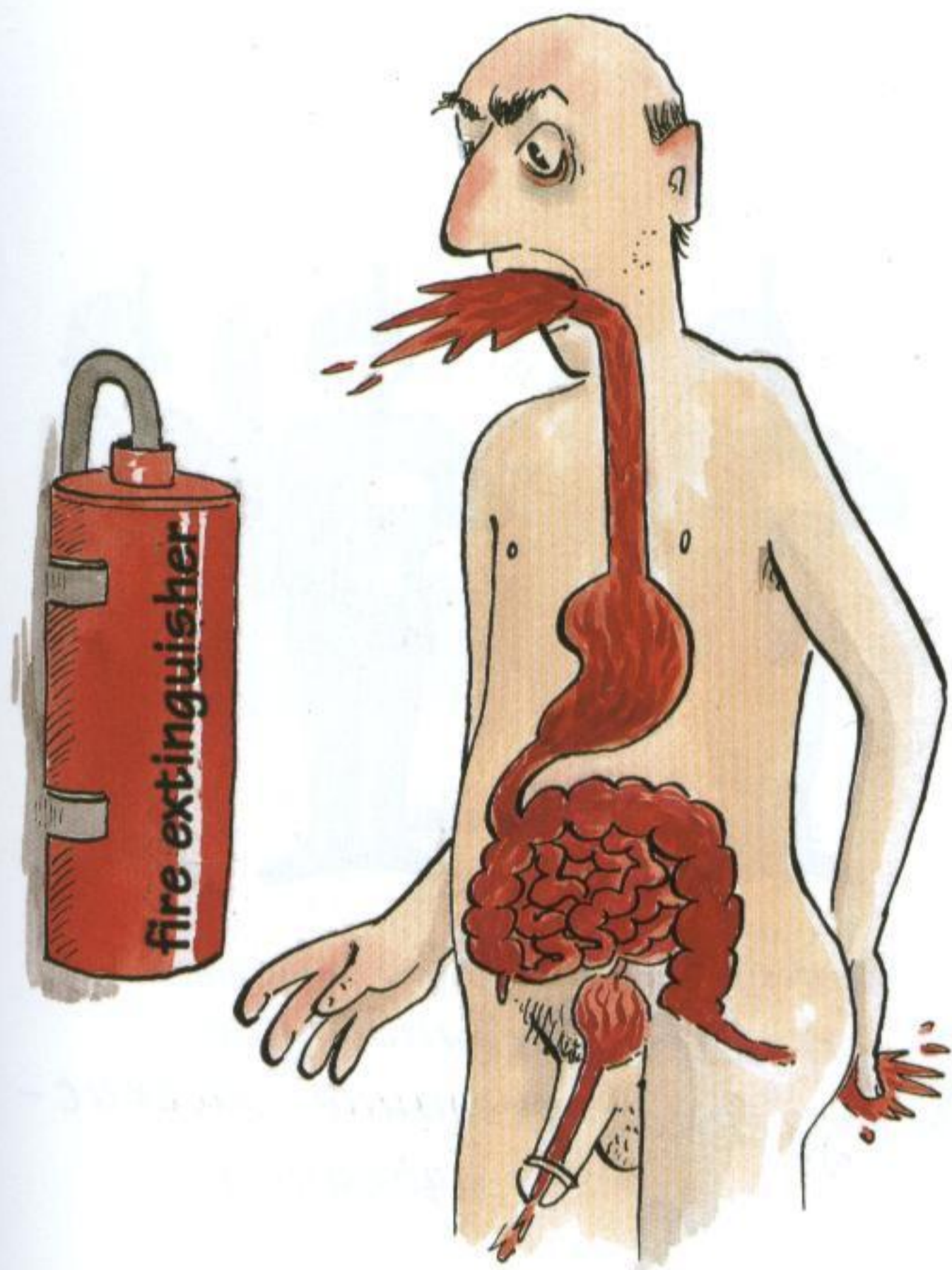
Cantharis

Spanish fly

The main active ingredient of the bug, Cantharidin, produces vesicles on the skin which are filled with water and are accompanied by burning pain. Cantharis is therefore one of the main remedies in burns and other burning pain. These are often accompanied by thoughts about sex or sexual acts, and they remind us of the age-old use of Spanish fly as an aphrodisiac.

- Cantharis is a remedy for highly acute and aggressive conditions, but also for chronic illnesses which are often accompanied by intense and vehement emotional outbursts.
- Severe burning pain on the skin or mucous membranes, accompanied by a sexual component unusual for this situation point towards an acute Cantharis condition.
- The patients suffer greatly, they can hardly bear the pain, they writhe, scream, are extremely restless, are at the end of their tether - and still they are sexually aroused.
- The complaints frequently manifest themselves in the urogenital tract (less frequently in the digestive tract or the respiratory tract), start suddenly and show a marked inflammatory reaction which progresses so rapidly that it quickly destroys tissue and spreads into deeper layers.
- Owing to this violent and highly intense process, the patients get more and more enraged.
- After a certain period, acute Cantharis conditions present an extremely restless picture full of rage, where the patients fall into fits of rage, rant and rave and grow ever more manic - until they reach the state of delirium.
- In the course of all this, they seem to be obsessed with lascivious thoughts, expressed through permanent erections, masturbation or - despite their complaints - hard sex.
- It is surprising that even people who are normally quiet and bashful will now - obsessed with the 'Cantharis demon' - use many unexpectedly obscene words.
- We do not always encounter such an extreme picture! Depending on the reactivity of the organism or the duration of the illness, this Cantharis state may also run a milder course.
- The combination of pain and sexual excitement is always very striking, however.
- Apart from these acute conditions, there are also chronic conditions or constitutional Cantharis patients. They, too, report a strongly increased permanent sexual desire and recurrent infections of the skin or mucous membranes, mainly of the bladder, urethra, kidneys or the genital organs.
- These people also have a restless and impetuous character which is strongly reminiscent of *Nux vomica* in its irritability, its ambition and its extreme competitiveness.
- These patients show a marked aversion to being touched on the neck and develop massive fears which are reminiscent of rabies: they are afraid of glittering objects, mirrors and the noises or the sight of water.
- Here, we may see their enormous energies, which are pent up in the subconscious and only seem to be waiting to be materialised in rabies-like symptoms.





■ severe burning pain

сильные жгучие боли



■ irritability, rage and sexual excitement during pain

раздражительность, ярость и сексуальное возбуждение во время боли



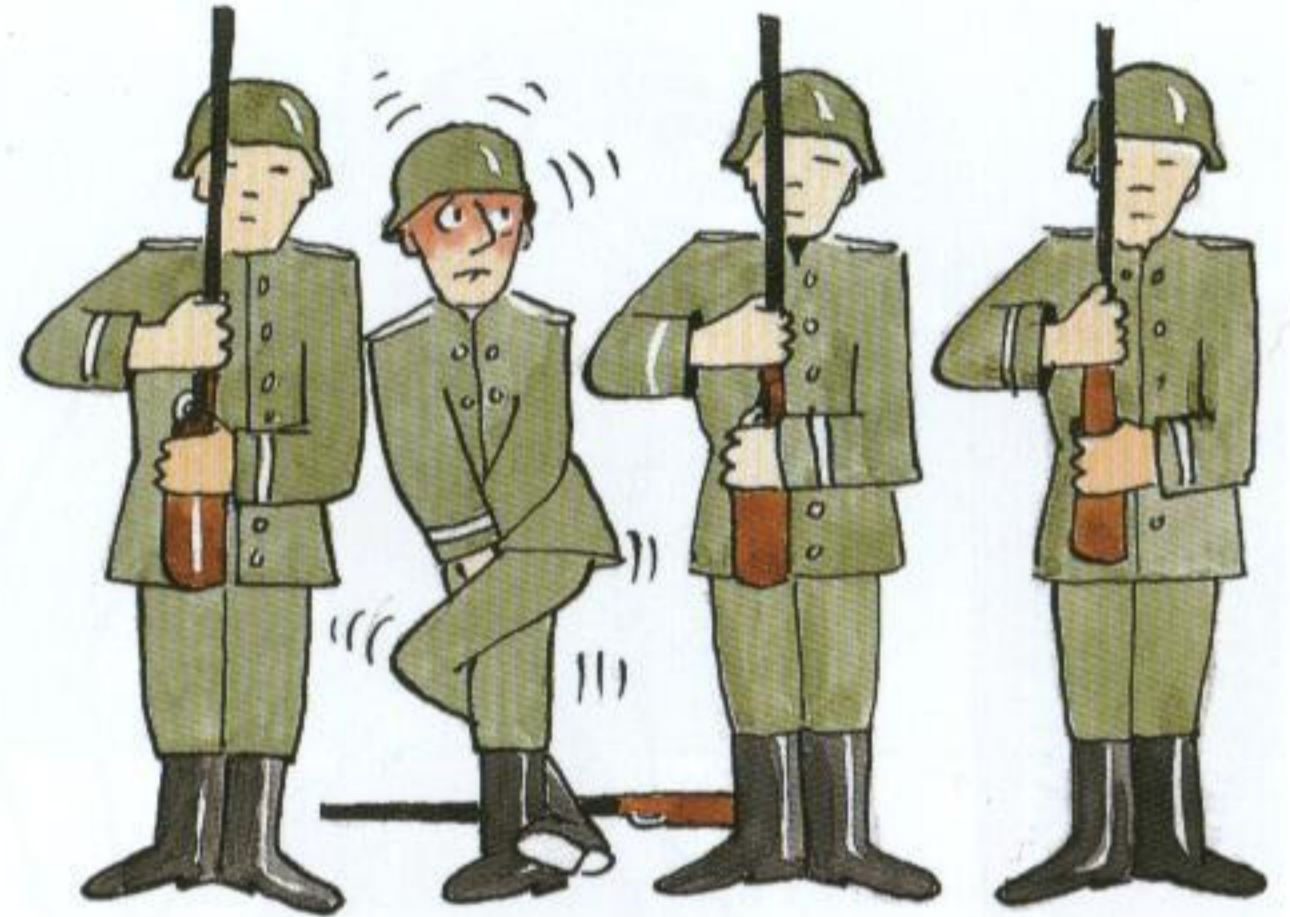
■ strong sexual excitement to the point of being manic

сильное сексуальное возбуждение вплоть до маниакального состояния



■ burning pain at anus during diarrhoea

жгучий боль во время
поноса



■ constant, unbearable, painful urge to urinate

постоянное, невыносимое,
болезненное желание мочеис-
пускания



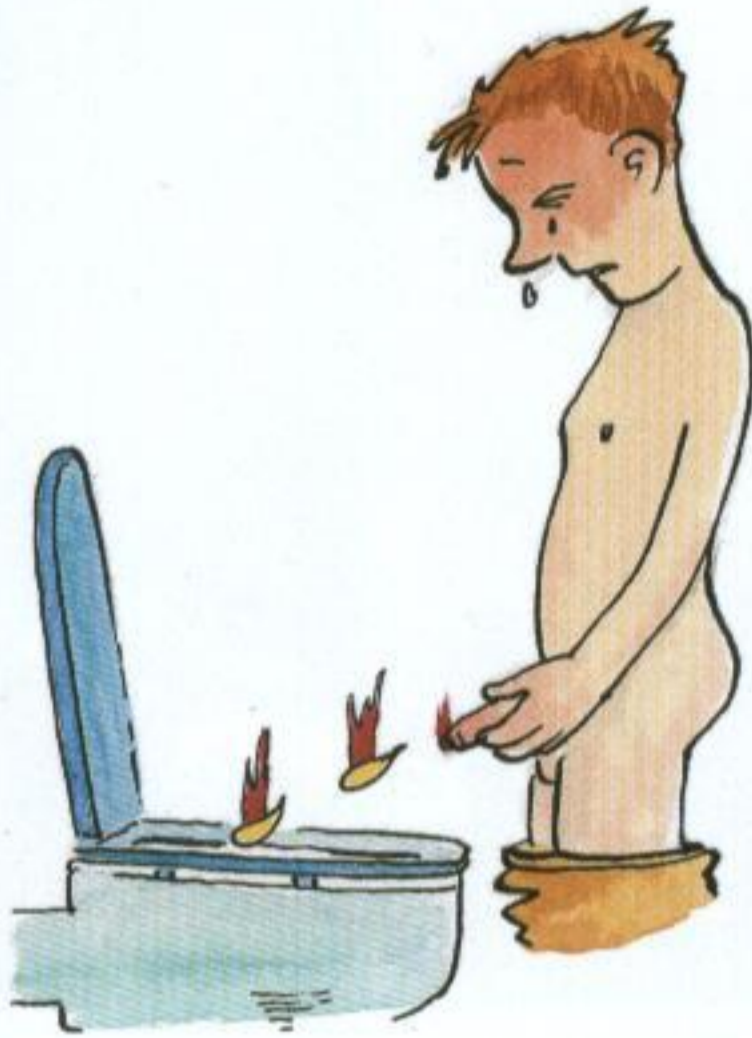
■ severe scalds or burns

сильные ожоги



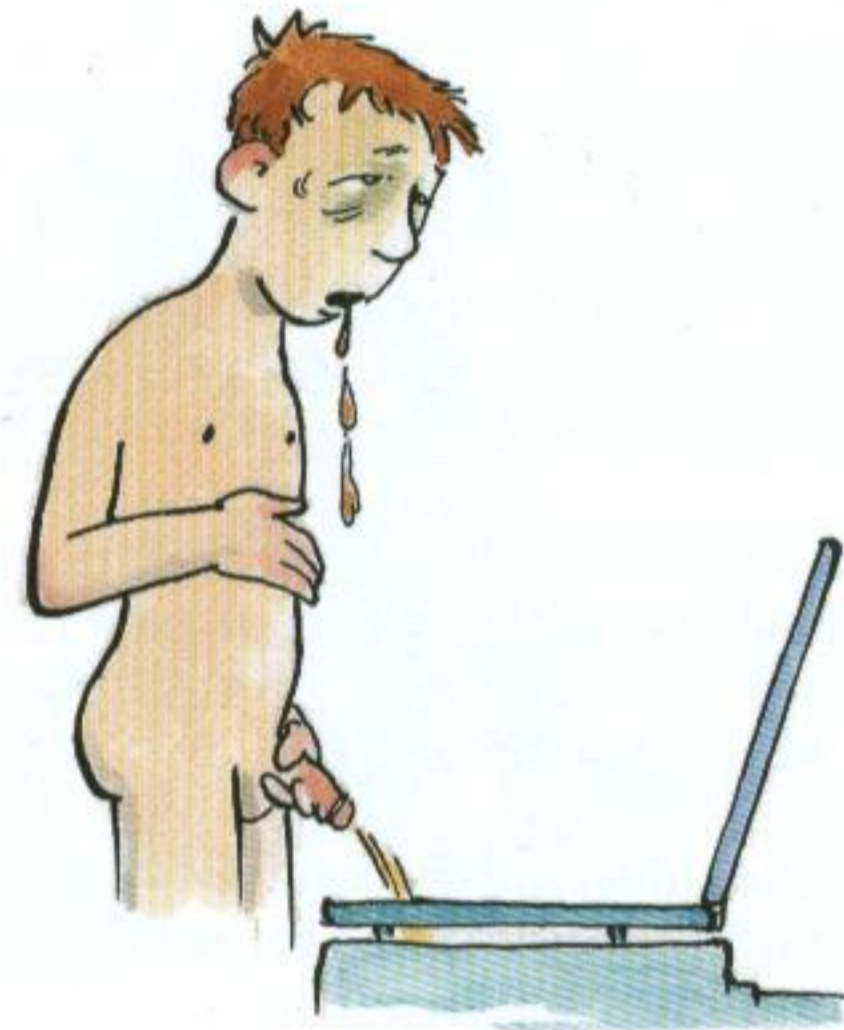
■ strong burning pains in the mouth or pharynx -
burning sensation, as if in flames

сильные жгучие боли во
рту и глотке словно "всё
в огне"



■ burning pain on urination -
fear of urination

жгучие боли во время
мочеиспускания -
боязнь мочиться



■ urination accompanied by vomiting

мочеиспускание сопро-
вождающееся рвотой

MASSAGE



■ aversion to being touched on the neck -
fear of being 'strangled by ice-cold hands'

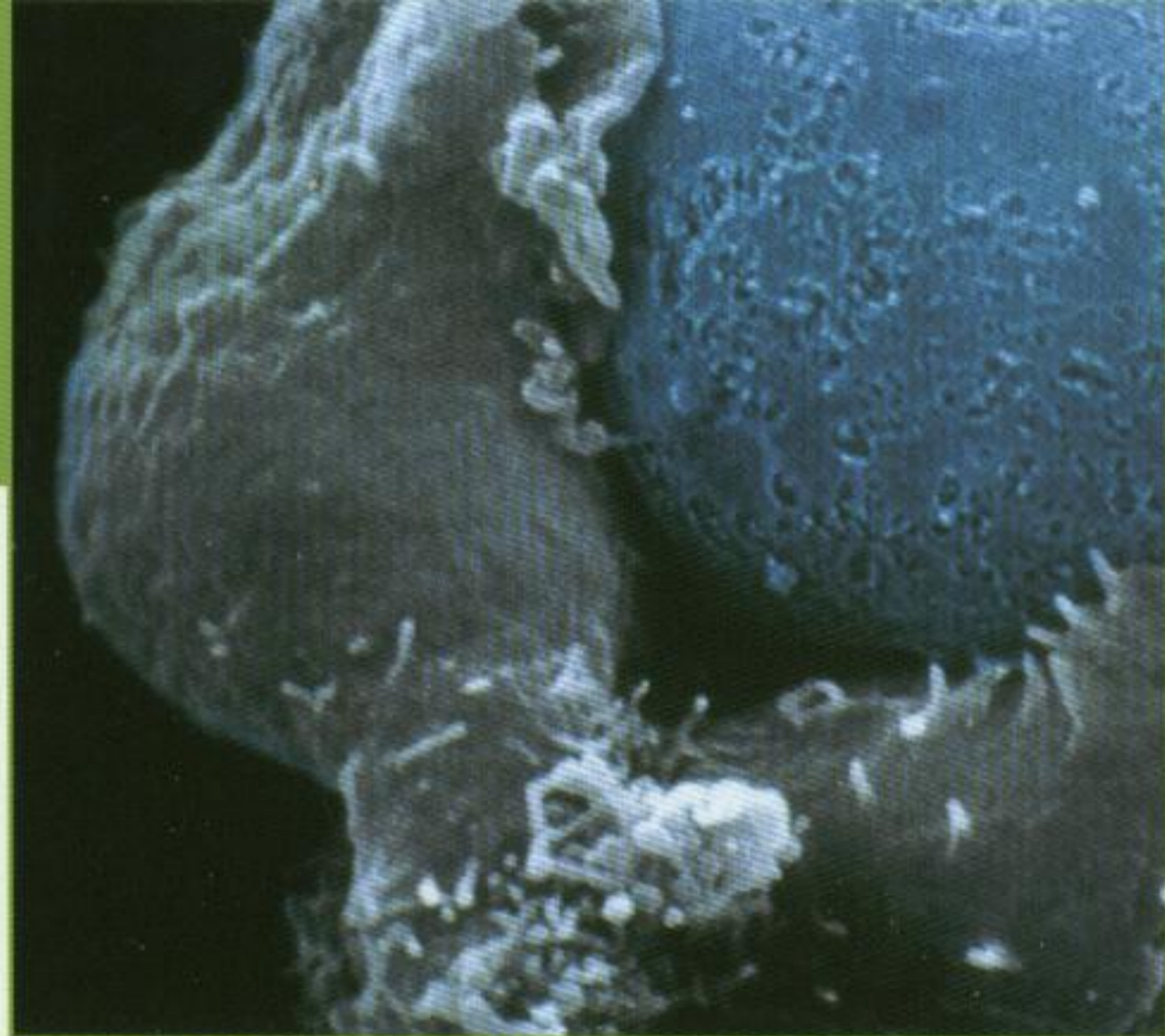
отвращение к прикосновениям на шее -
страх быть "удушенным холодными руками"

Carcinosinum

Nosode made from the tissue of cancer of the mammae

Cancer cells do not subject themselves to the control mechanisms of the body. They develop an obstinate character, disturb the existing order and behave in a chaotic fashion. People who need Carcinosinum subconsciously try to strongly counteract similar disorder in life. They try to be always perfect; they adapt to all rules and regulations and in this way prevent themselves from developing their own identity.

- Carcinosinum patients are sensitive, compassionate and romantic people whose mild manner and often sad personal history frequently arouse compassion in their fellow beings.
- They often suffered blows of fate in their childhood, or they had to endure the suppression of their developing personality.
- As children, they were either compulsively over-protected by anxious parents, or too much was asked of them - a more common occurrence than the first variety. Their upbringing was often strict, and they were expected to obey and submit.
- In order to live up to the high expectations of their parents, and in order to receive recognition, they suppressed their own thoughts and feelings.
- They wanted love and security, but in exchange they had to be good all the time. They put the greatest effort into fulfilling their daily tasks and thus developed an almost perfect behaviour.
- Their situation is reminiscent of the fairy tale 'Cinderella'. They work hard, study well, conform without complaining and try to do everything in life right at all costs - and during all of this they are very sad.
- Owing to their almost perfect behaviour they are deeply hurt by criticism. They make every effort, and still something is supposed to be wrong?
- Even the smallest mistake in fulfilling their tasks quickly leads to feelings of failure and guilt and to the certainty that next time they urgently need to try harder.
- These people suppress the urge to argue or express their own opinion to such an extent that their own already small ego gets completely lost in the process.
- This attitude of 'no protest' continues until adulthood and forms the basis of their illnesses.
- Their own natural aggression is blocked by continued suppression, submission and not being able to face controversy. The aggression then seeks an outlet in physical illness or mental disorders.
- The patients often suffer from recurrent colds, allergies, ailments of the respiratory tract, diabetes and many other conditions.
- People who need Carcinosinum are very sensitive; the pain and suffering of others affect them deeply, and they cannot bear cruelty at all.
- They have many artistic talents and love the beautiful things in life such as music or dance.
- Apart from these mild Carcinosinum types, there are also people who require the same remedy but who react to domination or criticism by their parents in exactly the opposite way: they defend themselves, do not put up with anything and may even react with physical violence.





- ailments from
 - suppression of the personality
 - abuse
 - overprotected childhood

заболевания от:

- подавления личности
- насилия
- чрезмерной опеки в детстве



- gentle, loving and affectionate people

мягкие, любящие и нежные люди



- great love of animals

большая любовь к животным



- sympathetic - can almost feel the other's pain

сочувствующие - почти чувствуют чужую боль



■ desire to dance, to travel and to read

Желание танцевать, путешествовать и читать



■ loves thunderstorms

любит грозу



■ triad: moles, café-au-lait spots on the skin, blue sclerae

Триада: родимки, café-au-lait пятна на коже, голубая склера



■ childhood diseases late in life

детские заболевания у взрослых



■ desire for salt and chocolate

Желание соли и шоколада



■ fear of contracting a disease

болезнь заразиться



■ frequent complaints of the respiratory tract

частые проблемы с
дыхательными
путями



■ frequent winking - tics in the face

частое подергивание глаза —
тик лица



■ desire to bite the cuticle

желание грызть ногти



■ chronic coryza

постоянные выделения
из носа

Causticum

Hahnemann's Tinctura acris sine Kali

Causticum is made from freshly cauterized lime of marble. Gravestones are often made of marble, which gives us the connection between the homeopathic remedy Causticum and its possible use in ailments from the death of a loved one.

- People who need Causticum are very sympathetic to others! The suffering and misery of other people touch them deeply, and they express their desire to help. Causticum people are found among development aid workers, altruistic nurses (Mother Teresa) or other people who idealistically dedicate their lives to helping weak or ill people.
- Owing to their sensitivity and their enormous sense of responsibility, they apply their energies to protecting their family, other people, animals or nature.
- The endangerment of any creature, injustice or others' suffering - all these are unbearable for these people, and they actively fight - even against opposition - for a better world.
- Owing to their strongly developed sense of justice, these people are courageous, sometimes even fanatical fighters who stand up for the disadvantaged against bosses or authorities. Naturally, their behaviour is often felt to be inconvenient.
- They are considered to be insubordinate, rebellious people who may easily enter into conflicts with others while standing up for their high ideas of what is just and fair. Their conscience and their convictions, however, give them permission.
- This behaviour can be seen in head pupils, union leaders, people who promote the protection of animals or the environment, but also on a smaller scale in mothers who step forward and protect their child if it is accused of having done wrong.
- These people help the oppressed and the weak without considering the danger they might face or the consequences their behaviour may have for them personally.
- Because of their sensitive and sympathetic nature, these people are often full of cares. These circle around the health of their family or of people they look after, but also around topics of global relevance such as the progressive destruction of the environment.
- These intense, long-standing sacrifices and over-exertions on behalf of others may totally exhaust Causticum patients.
- Just like their often hopeless battles, they can develop a hopeless state of mental and physical weakness which may manifest itself in the form of severe paralysis.
- This paralysis mainly manifests itself in the muscles of the right side of the body, but also in the vocal chords or the bladder.
- Causticum is therefore an important remedy in neurological conditions such as Multiple Sclerosis or progressive paralysis, but also in apoplexy, chorea or epilepsy.
- The nervous system is 'run down' and slowly loses control over the very muscles which are so important for fighting.
- Another important causative factor for illnesses of Causticum patients is the death of a loved one. Their sensitive nature is often not able to cope adequately with the loss, and this emotional weakness may then also lead to the illnesses described above.
- As the pathology progresses, the patients grow increasingly sad. Their battle has worn them out, they withdraw, become anxious, and in later stages their memory grows ever weaker. The paralysis has now reached the mind.





■ rebellious, anti-authoritarian, politically active
 мятежный, оппозиция к
 властям, политически
 активный



■ full of worries about other people -
 fear that something terrible may happen

постоянные переживания
 о других людях - боятся что-то
 может случиться с ними



■ great love of animals - sympathy,
 cannot bear to see others suffer

грезмерная любовь к
 животным - не может
 вынести страдания других



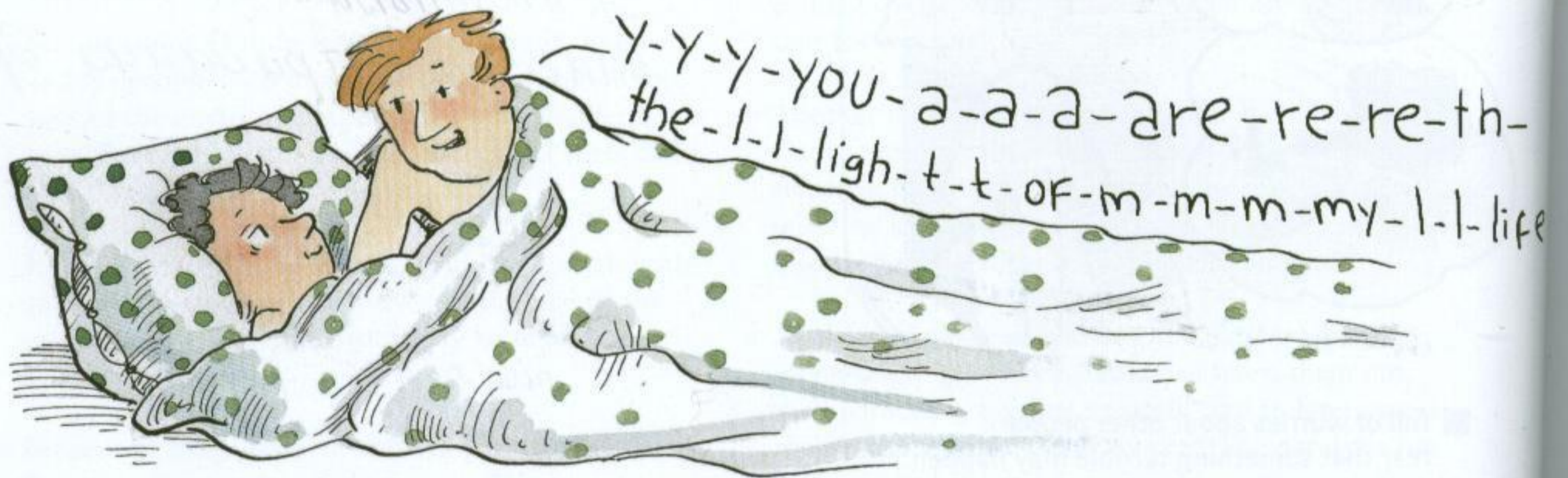
■ compulsive and repeated checking and controlling
постоянно проверяет и пере-
проверяет себя



■ warts in the face - warts on the nose
бородавки на лице и на
носу



■ amelioration of complaints in rainy weather
улучшение самочувствия в
дождевую погоду



■ stammering during excitement
заикание во время возбуждения



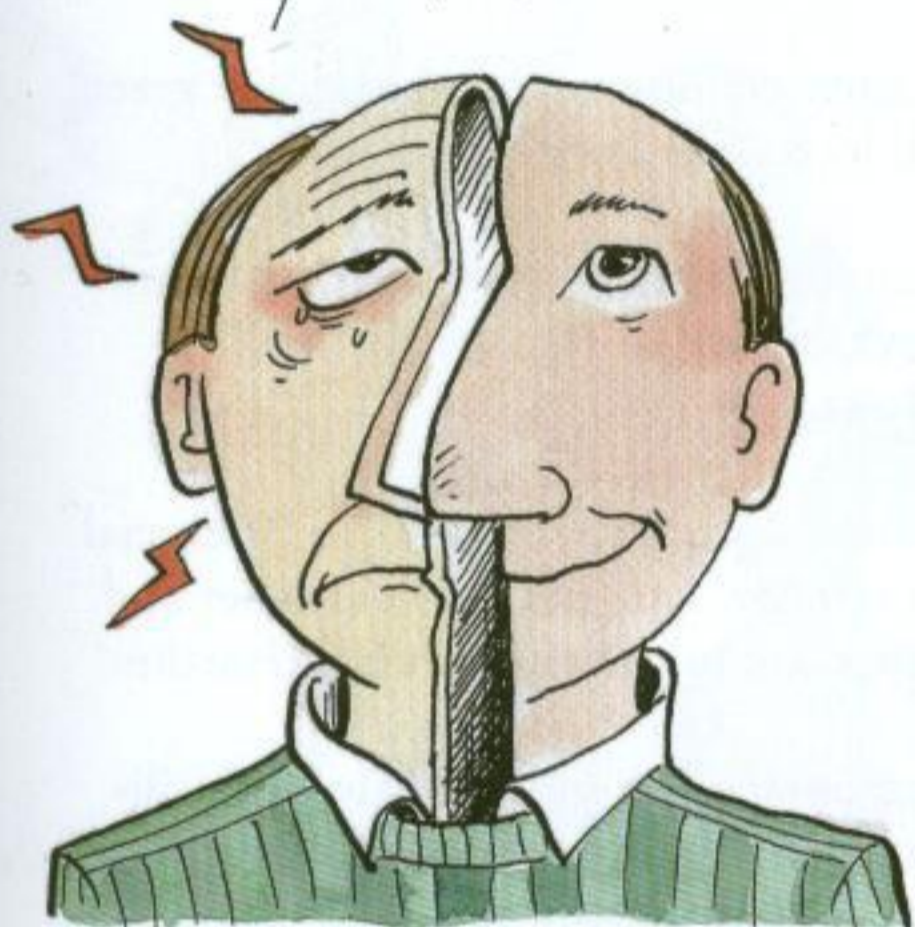
■ involuntary urination on coughing - frequent involuntary urination

Непроизвольное мочеиспускание при кашле



■ restless legs - at night in bed

постоянное движение ног во сне



■ complaints of the right side of the body

правосторонние жалобы



■ hoarseness following overexertion of the voice - often in singers or public speakers

охриплость после грезмерного использования голоса - часто у певцов и ораторов



■ cough ...

кашель



■ ... ameliorated by cold drinks

улучшение от холодных напитков

Chamomilla matricaria

Wild chamomile

Wild chamomile is sometimes also referred to as 'German chamomile', and the precise translation of the Latin word 'matricaria' in English is 'mother'. The hollow receptacle of the flower resembles the shape of the female uterus, and all these signs hint at the possible uses of chamomile in conditions of the female genitals.

- The acute Chamomilla state is marked by an enormous sensitivity and irritability of the patient. It develops when people are so tortured by their pain that they can hardly bear it and urgently demand help.
- These states often develop in acute illnesses in childhood. The children do not understand why they have these massive complaints, they scream, hit or kick, and it is practically impossible to calm them down.
- They do not want to be touched or spoken to, are extremely moody and desire things which they throw away in a temper as soon as they receive them.
- Their only comfort is being carried around in some one's arms.
- Despite their actual aversion to being touched, these children allow this kind of contact, because their condition is ameliorated by being carried. In addition, it creates a distraction. As soon as they are put down, however, they instantly start to scream and cry again.
- Chamomilla is a remedy for many illnesses. One focus of the physical pathologies is on acute complaints during teething, Otitis Media, abdominal pain and ailments of the female genital organs. The uterus is often painful and inflamed, and it bleeds profusely.
- The complaints are frequently accompanied by high fever, the patients sweat profusely, and their perspiration is hot.
- It is striking that often one cheek is hot and red, while the other remains cool and pale.
- The pain is accompanied by sensations of numbness and is aggravated by motion.
- Teething complaints are often accompanied by green diarrhoea which looks like chopped spinach.
- Chamomilla is an important remedy in the therapy of childhood diseases, but it may equally well be indicated for adults.
- The intense emotional state should always be crucial in choosing this remedy. Patients who are quiet and peaceful while they are in pain need other remedies!
- If the pain increases steadily and strongly, every illness may lead to a Chamomilla state. However, such massive reactions mainly appear after mortification, vexation or suppressed anger.
- All physical pains, be it in the uterus, the abdomen, the head, or the teeth, could be a reaction to anger, and they should not be considered in an isolated way.
- After the incident, the patients are so overwhelmed and upset that their accumulated indignation erupts in a violent illness.
- Shaken by its intensity, these patients try to find amelioration of their sufferings with the help of a therapist. In their rage, they are often remarkably annoyed, as they have to interrupt their usual daily routine on account of their complaints.





■ extreme irritability

грезмерная раздражительность

NO



■ quick, severe fits of rage

вспышки гнева и ярости

■ capricious behaviour - desires things which he rejects as soon as he receives them

капризное, привередливое поведение



■ desire to be carried - as soon as the child is put on the ground it starts to scream again

желание постоянно находиться на руках



■ aversion to being touched

Не любят когда к ним прикасаются



■ coffee aggravates their state ...

кофе ухудшает состояние



■ ... and they do not like wind at all, either

им совершенно не нравится
ветряная погода



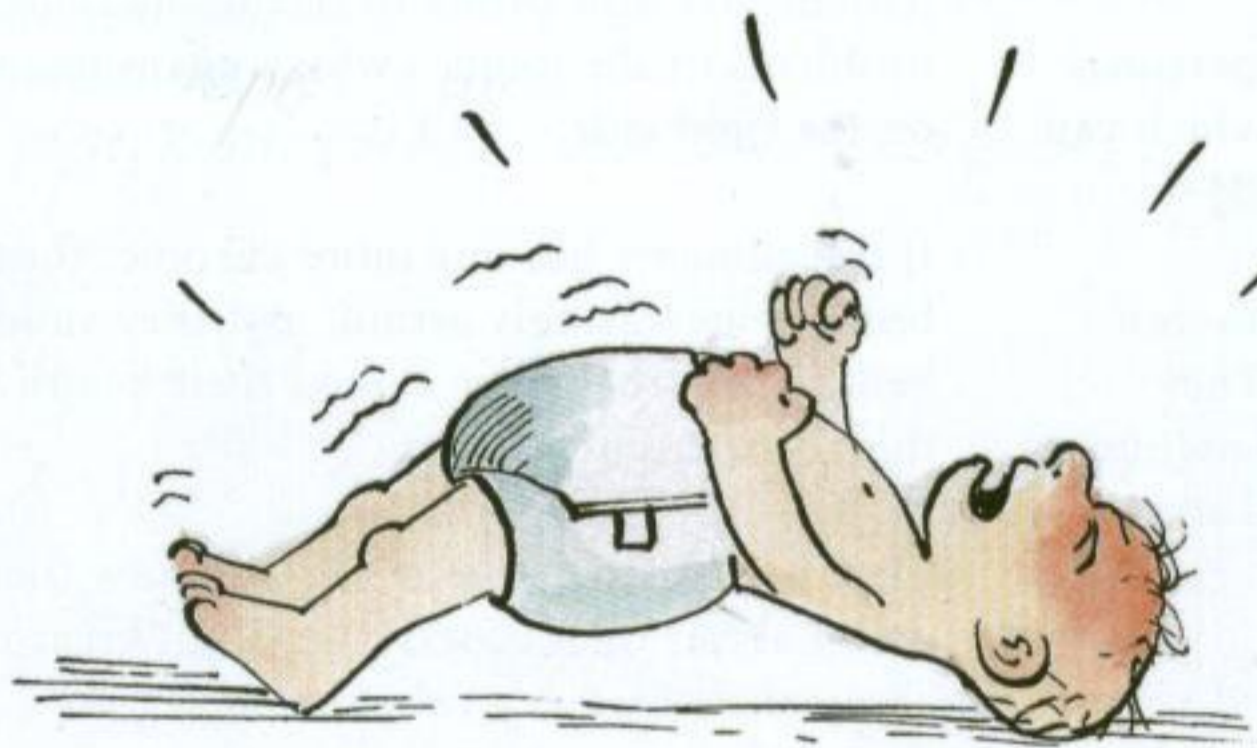
■ teething complaints - diarrhoea during teething, stool often looks like chopped spinach

понос во время прорезывания зубов - стул грязно зелёного цвета



■ otitis media - the child awakes screaming, is in much pain and is inconsolable

воспаление среднего уха - ребёнок просыпается с криком. Боль такой сильной - что невозможно успокоить



■ infant colics - accompanied by anger and arching the body backwards

колики новорождённых, сопровождающиеся криками и тело изгибается в дугу

Chelidonium majus

Celandine

The milky sap and the flowers of this plant are yellow and show a resemblance to the strikingly yellow symptomatology of the *Chelidonium* patients. They have yellow discolorations on the tongue, the eyes and the entire skin as well as in their stool and urine.



- In its action, *Chelidonium* resembles *Lycopodium* very closely. Both remedies have a strong relation to the right side of the body, and they have a very beneficial effect on the liver.
- They also resemble each other in their dictatorial and dominating behaviour, although this stems from two completely different kinds of self-confidence.
- People who need *Chelidonium* try to impose their will on everyone; other people's opinions and other authorities do not count. They simply believe they are always right.
- *Lycopodium* is rather cowardly and acts out his urge to dominate others only if these people are weaker or his subordinates.
- We find people who need *Chelidonium* among workers and among business people. Their work is very important to them, they want to build a life for themselves, and they abhor profound intellectual interests or self-reflecting thoughts and conversations.
- They are realistic people who hardly allow personal emotions and prefer to stick to sober facts which can be verified.
- Their urge to achieve or build something they can show off is also expressed in their dreams. They dream of their business, and these are often anxious dreams of not having achieved or completed something.
- Because of their down-to-earth, obstinate and robust manner, they lack the ability to dedicate themselves to artistic pursuits and pleasures.
- Life takes place in the here and now - what comes after does not matter! They love rich food, like to drink alcohol and often overburden their body.
- These extensive over-exertions of their digestive tract often cause liver and gall bladder complaints. These organs suffer from infections, leading to a yellow discoloration of the skin and to pain in the upper right abdomen. These pains frequently extend to the back or, particularly striking, to the right shoulder blade.
- Many long-standing right-sided shoulder pains which have only been treated orthopaedically are often caused by illnesses of the liver or gall bladder, and they can be healed with *Chelidonium* if the modalities match!
- An aggravation of the complaints around 4 a.m. or 4 p.m. is very marked, but cold, a change of weather or motion may also aggravate.
- Apart from the tendency to develop ailments of the digestive tract as described above, *Chelidonium* patients are also prone to pneumonia, headache or problems of the joints - which again mainly appear on the right side.
- If the ailments become more chronic, these patients become increasingly afraid, and they suddenly believe that they have ruined their health because of their exuberant lifestyle.
- They are convinced that they are now incurable, feel guilty about their illnesses and feel great remorse about their former exuberant life.

hey, boss, pass us a cup'o broth, will ya!



■ dominant and dictatorial behaviour - even towards superiors

доминирующее и диктаторское поведение - даже по отношению к вышестоящим



■ abdominal pain - ameliorated by lying on the left side and drawing up the legs

боли в животе - облегчение! когда лежит на левом боку с ногами подтянутыми к животу

■ anti-intellectual people - 'sober', practical workers

трезвые, практичные люди

■ icterus желтуха



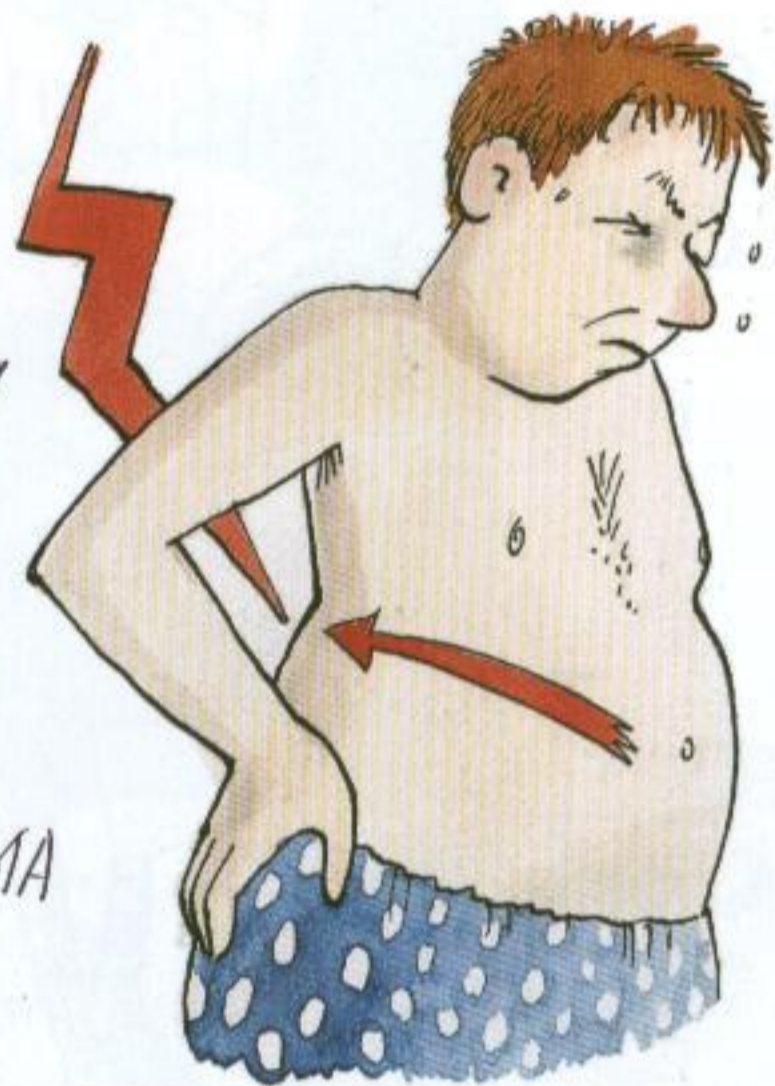


■ aggravation of complaints at 4 a.m. or 4 p.m.

обострение в четыре утра
or в четыре часа после обеда

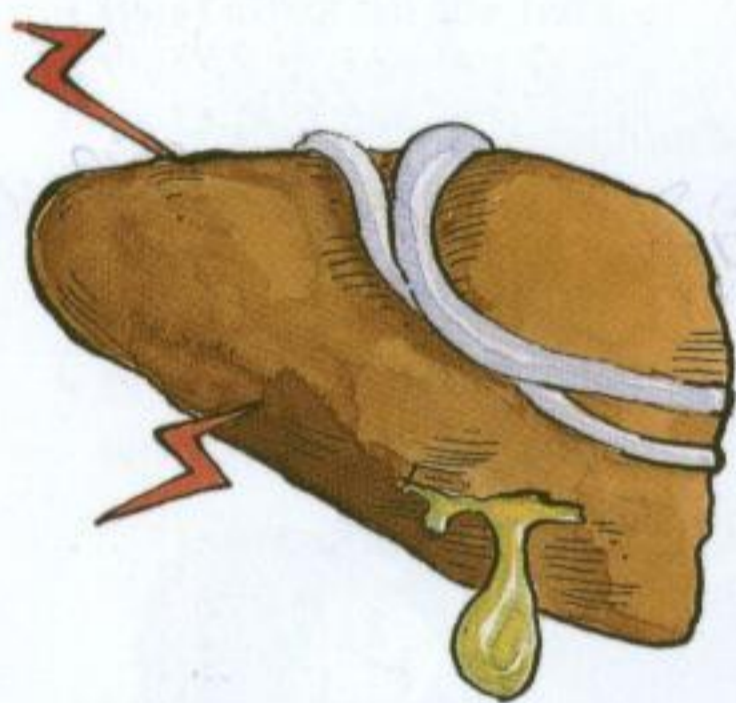
digestive system

ПИЩЕВАРИТЕЛЬНАЯ СИСТЕМА



■ abdominal pain, extending to the back

боли в животе отдающие в спину



■ problems of the liver and gall bladder

проблемы с печенью и жёлчным пузырём



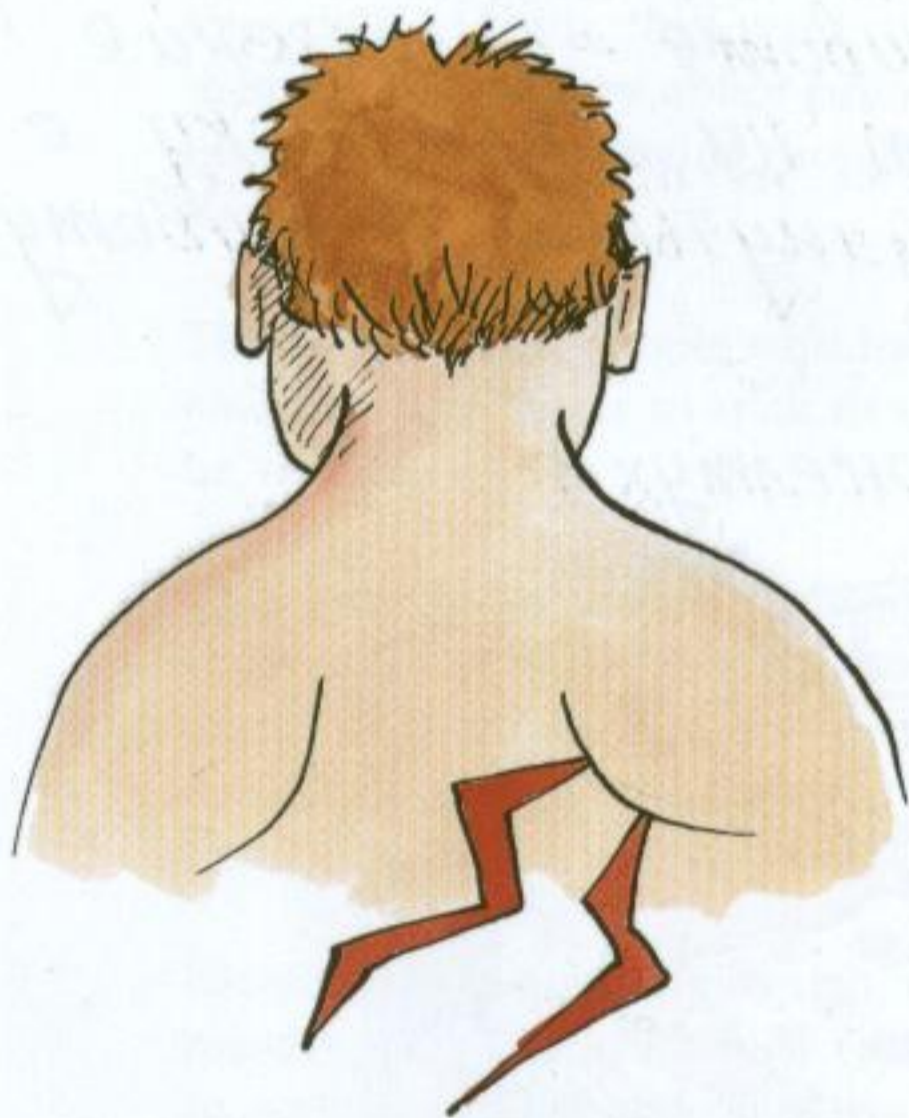
■ right-sided complaints

правосторонние жалобы



■ abdominal pain ameliorated by eating
desire for rich food

боль в животе облегчается
тщес, желание жирной пищи



■ complaints of the right shoulder -
abdominal pains extend to the right
shoulder blade

боли в правом плече -
боль в животе отдаёт
в правую лопатку



■ warm milk ameliorates all complaints

тёплое молоко облегчает
все симптомы

Cimicifuga

Black cohosh

The blossoms of this plant sit on a long neck which is often too weak to carry the blossoms. Thus, it easily snaps off when it is windy. In Cimicifuga patients, the neck region is also very sensitive and easily over-exerted by the strains of life.

- Cimicifuga is a well-established remedy for gynaecological complaints and is used in the treatment of problems in connection with menstruation, to ease birth and in post-natal depression.
- The cramps get worse the longer the menstrual flow lasts. The patients suffer from massive cramping pain which shoots through the pelvis and into the thighs.
- Cimicifuga helps to alleviate labour pains, it speeds up the process of giving birth and is one of the most important remedies in the treatment of post-natal depressions. It is even used when fears about bonding come up during pregnancy.
- Nowadays, an unwanted or unexpected pregnancy is an occasion where quite a few women are startled and start thinking about the ensuing changes and possible restrictions to their previous freedom. They fear that owing to their new duties as mothers they have to curtail their own desires and dreams, and they develop a fear of loss of their freedom.
- Apart from the women-specific subjects described above, Cimicifuga has proven to be equally useful in other situations where people feel tied up, imprisoned and dependent!
- The feeling of being too tied up and thus being entrapped may stem from private or business commitments. It may also be the result of constricting partnerships and may force people to endure long-lasting and taxing living conditions.
- The patients often describe this vividly when they say they feel: 'as if bound with wires', 'as if imprisoned', or 'enslaved'. They often see no escape from these conditions.
- Even the last part of the name of the remedy, '-fuga', contains the Latin word for 'escape' - an escape which these people often find almost impossible. They grow increasingly sad about this fact and develop a large number of physical complaints.
- These can often be found in connection with the muscles and manifest themselves in the form of tension, rheumatism of the soft tissues and affections of the uterus. These patients can be compared to animals which have to bear a yoke, and accordingly they suffer from headaches and pains in the back of the neck. The entire back of the neck and the shoulders are so tense that they feel dazed. They are hardly able to think straight.
- Cimicifuga is also sometimes described as the 'cold Lachesis'. This relates to the Lachesis-like loquacity, the habit of sometimes changing the subject in the middle of the conversation, and the aversion to taking medicine. The Cimicifuga patients feel the cold more easily than the Lachesis patients.
- In their grief, they tend to go through hysterical mood swings, they sigh a lot, grow increasingly apathetic in the course of their illness, or they develop many fears and believe they will soon lose their mind.





■ feels trapped, in professional life ...

ощущение загнанного в угол профессионально

Оооооо!



■ ... or private life

и в личной жизни



■ sensation as if 'fastened by wires' to a particular situation in life

ощущение связанности по рукам и ногам



■ sad and gloomy as if enveloped in a black cloud

пегальный и унылый словно тужи сгущаются вокруг

ощущение связанности по рукам и ногам

вокруг



■ talkative and loquacious - changes the subject quickly

разговорчивый и болтливый -
меняет тему разговора быстро



■ hysterical behaviour
• thinks will lose his reason soon
• sees imagined mice, rats, or sheep

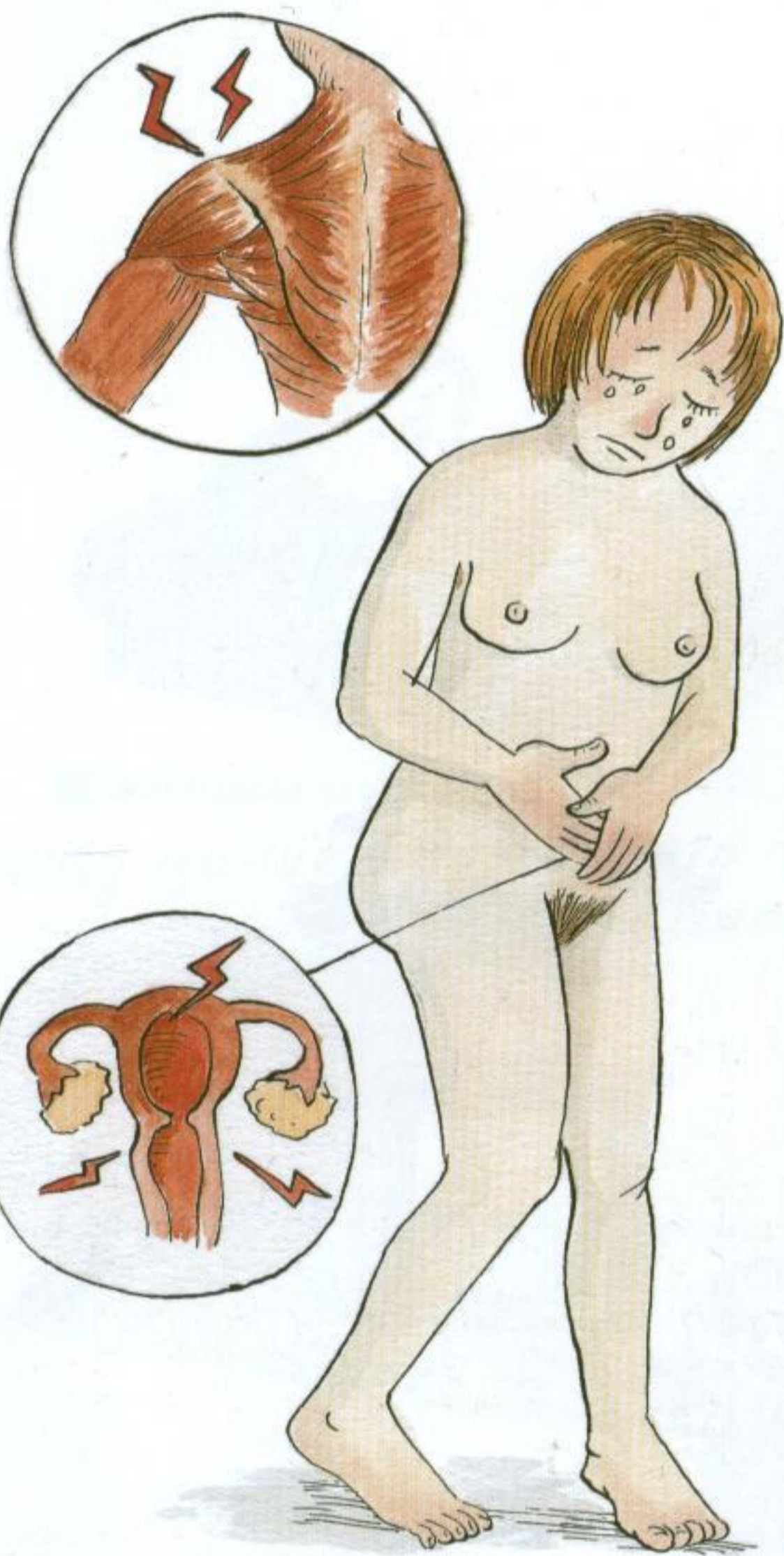
истерическое поведение
- боится что скоро сойдёт
с ума

- видит воображаемых
мышей, крыс и овец



■ fear of taking medicine -
fear of being poisoned

боязнь принять лекарство
- боится быть отравленным



■ muscular cramping - of extremities and uterus
 мышечные судороги в конечностях и матке



■ headaches with mental dullness and severe contractions

головные боли с умственной тупостью и сильными схватками (сжатием)



■ feels 'subjugated' - accordingly: frequent complaints of the shoulders and back of the neck

"запряженный" - отсюда частые жалобы на боли в плечах и затылке

MAY	
1	
2	
3	3 MENSTRUATION
4	4 PAIN
5	5 MORE
6	6 EVEN MORE
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	



■ the longer the flow of blood lasts, the more painful is the menstruation - pain extends to the pelvis or the thighs

чем продолжительнее менструация тем более болезненные, боль отдаёт в таз и бедра

Conium maculatum

Hemlock poison

The behaviour of hemlock resembles in some ways the Conium pathology in human beings. After pollination, the plant loses energy, it indurates and shrinks - just as Conium patients slowly lose their energy and may suffer both from indurations and contractions.

- *Socrates* was sentenced to kill himself with hemlock (the 'poisoned chalice'). He described the symptoms of his poisoning up to his death to his pupil Plato and thus gave us a detailed description of the possible homeopathic use of hemlock.
- After he had drunk the contents of the cup, *Socrates'* legs and feet started to go weak and numb. This condition worsened and turned into a complete painless paralysis of the legs, which extended upwards until he died of respiratory paralysis.
- In accordance with this picture, Conium is a remedy which is used in cases of numbness and paralysis starting in the legs and moving upward over a long period of time.
- The complaints initially present themselves as a minor muscular weakness: there are problems getting up or the gait becomes dragging. Later, this weakness develops into a complete paralysis and resembles the picture of Multiple Sclerosis or other neurological conditions.
- Indurations of the skin, the connective tissue or the glands are further important symptoms pointing to this remedy. These indurations often develop after blunt trauma and may develop into a tumour.
- Conium is an important remedy in the homeopathic treatment of cancer!
- As described above, cancer may develop on the basis of a blunt trauma. But it may also follow the suppression of sexual desire, which may develop following the death of a spouse, while practising celibacy for spiritual reasons or simply due to a lack of partners.
- The suppression of the sexual drive is the main cause of many of the Conium complaints, and it is



therefore also responsible for many of the neurological complaints.

- People who need Conium as their constitutional remedy can be very materialistic. Possessions and the seeming safety they represent are very important to them. The desire for material and tangible things is expressed through avaricious behaviour, a desire to buy (often useless) things and by the fact that many complaints start after these people have lost their property or their sexual partner.
- In the context of their pathology, over time they turn into introverted loners, exclude society from their lives and demonstrate the physical symptoms of induration and paralysis on the emotional and mental plane.
- The indurations may be recognized in their rigid, compulsive behaviour. They can be very narrow-minded and superstitious!
- The paralyses are reflected in increasing emotional numbness, mental confusion and a weak memory. As the illness progresses, these patients grow increasingly lethargic and turn completely senile at a later stage. Nothing matters to them any more. The illness has paralyzed their mind.



■ ... for religious reasons

по религиозным
мотивам



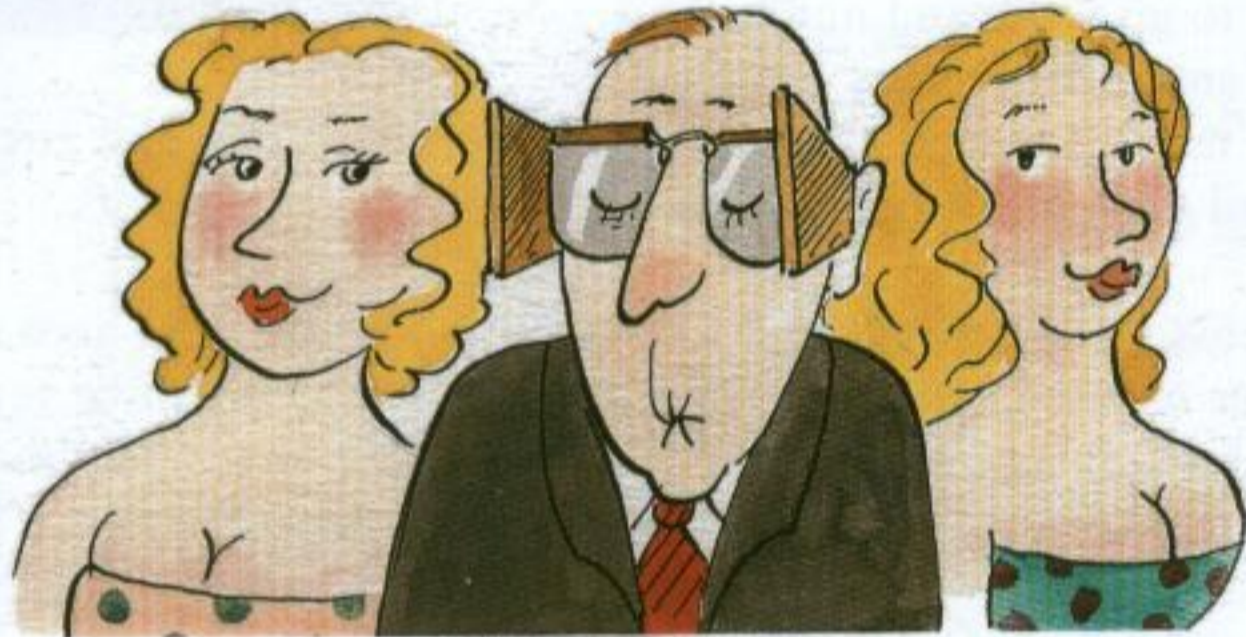
■ ... for spiritual reasons

по духовным
причинам



■ ... after losing the partner

после смерти
супруга



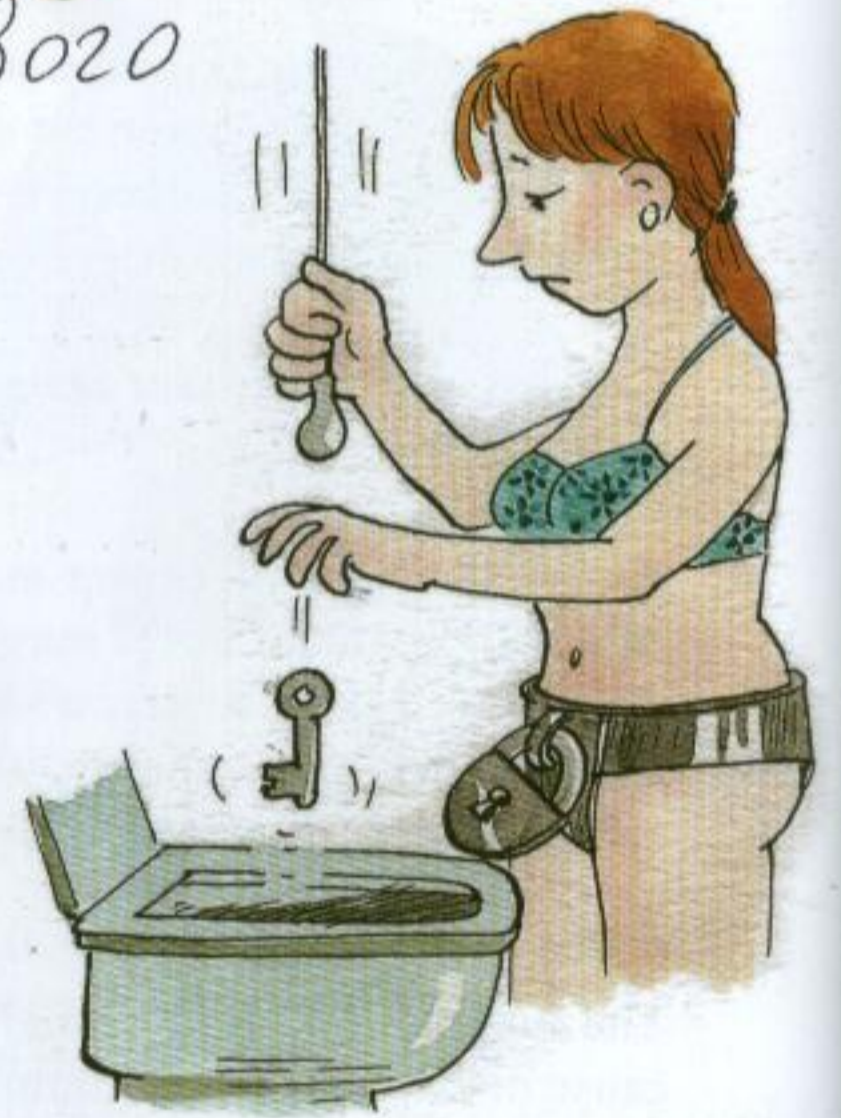
suppression of sexual desire

подавление полового
влечения



■ ... due to partner's illness

по болезни партнера



■ ... after sexual excesses and related
guilt feelings

после половых изли-
шеств и связанных
с этим чувства вины



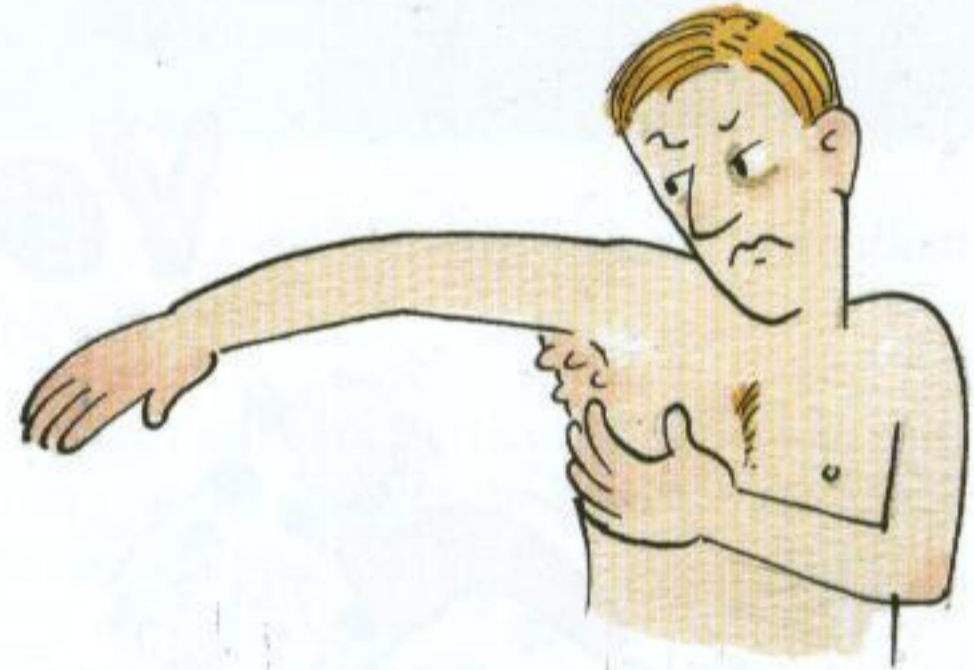
■ rising paralysis -
difficulties getting up

восходящий паралич —
трудности подняться



■ indurations: mental-emotional ...

зественность — эмоциональная
притупленность



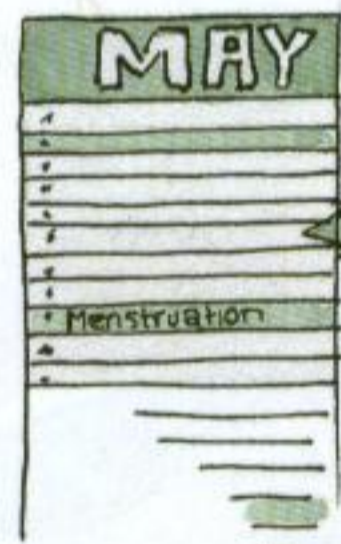
■ ... and physical

физическое отвердение



■ ailments from blunt traumata -
cancer of the breast after bruising

болезни после тупой травмы
рак груди после синяков



■ breasts swollen and painful before
menstruation

грудь опухшая и
болезненная перед
менструацией



■ ... on lying

при лежании



■ ... on closing the eyes

при закрывании глаз

Vertigo

головокружение



■ ... on turning around in bed

при переворачивании в кровати



■ frequent complaints of the prostate - sensation of a weight about the perineum

частые жалобы на простату - ощущение тяжести в промежности



■ photophobia - lachrymation caused by very bright light

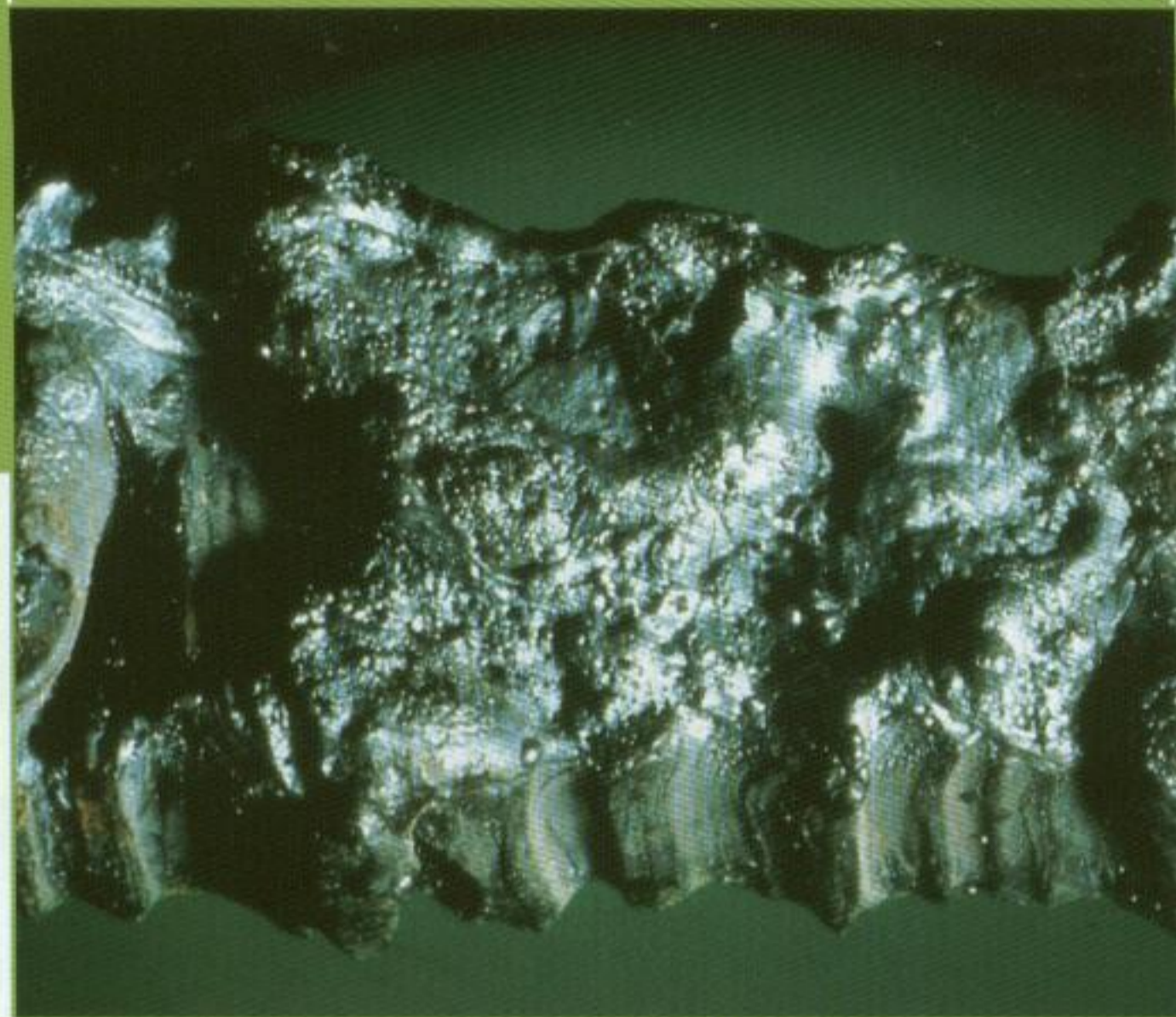
боязнь света - слезотечение после яркого света

Ferrum metallicum

Iron

Iron commonly symbolizes strength, constancy and battle. In order to change its shape, it has to be heated and exposed to a strong force. This theme is also reflected in people who need iron as a homeopathic remedy. They are strong characters who were 'bent' by external dictates and battles and in consequence became ill.

- Like the original substance, the patient who requires homeopathically prepared iron displays aspects of strength and inflexibility - which nonetheless may be shaped.
- People who need Ferrum metallicum are strong and steadfast; they possess a certain mental inflexibility and only reluctantly compromise.
- They like to work, are 'chivalrous', straightforward and courageous and speak out if something does not suit them.
- Things get difficult for them, however, if they are forced to do something against their will. Owing to their rigid, relatively inflexible attitude they find it difficult to adapt, and the suppression of their own ideas makes them ill.
- If they are forced to do something, e.g. marry according to the wishes of their parents or follow an undesired professional career, they only reluctantly comply, either because they feel obliged or because they fear ensuing guilt feelings. In consequence, however, they will get ill because they 'bent' their own ideas.
- Their enforced compliance leads to strong inner tension. They often overreact, become moody, hypersensitive, and increasingly irritable. Even the slightest noise, such as the rustling of paper, may be too much and may prompt a fit of rage.
- Everything gets too much, the presence of others gets on their nerves, and because of their irritability they easily feel attacked by other people.
- Ferrum metallicum patients often suffer from hypertension, from pulsating headaches which often last for two to three days, or from orthopaedic conditions. These take the form of back pain or inflammation of the joints.
- The shoulder joints are particularly affected; the enormous pain means that the patients are unable to lift their arms.
- Their tendency to easy blushing is remarkable. They actually often look pale (and thus display a potential iron deficiency), but on slight exertion, pain or the slightest excitement they surprisingly blush.
- Apart from indicating an unstable, changeable circulation, this reaction shows a resemblance to their equally surprising and frequent mood changes.
- However, this reaction may also be interpreted as fear of being too weak and too compliant - in a world where, according to the Ferrum patient, only the strong character counts.
- People who need Ferrum metallicum suffer from the delusion that everything in this world is too large somehow, and that they now have to try harder in order to keep up.
- They believe they can only secure their place in the daily 'battle' of life by demonstrating strength, power, and assertiveness - but their blushing reveals their shortcomings and their struggles in the course of this 'battle'.





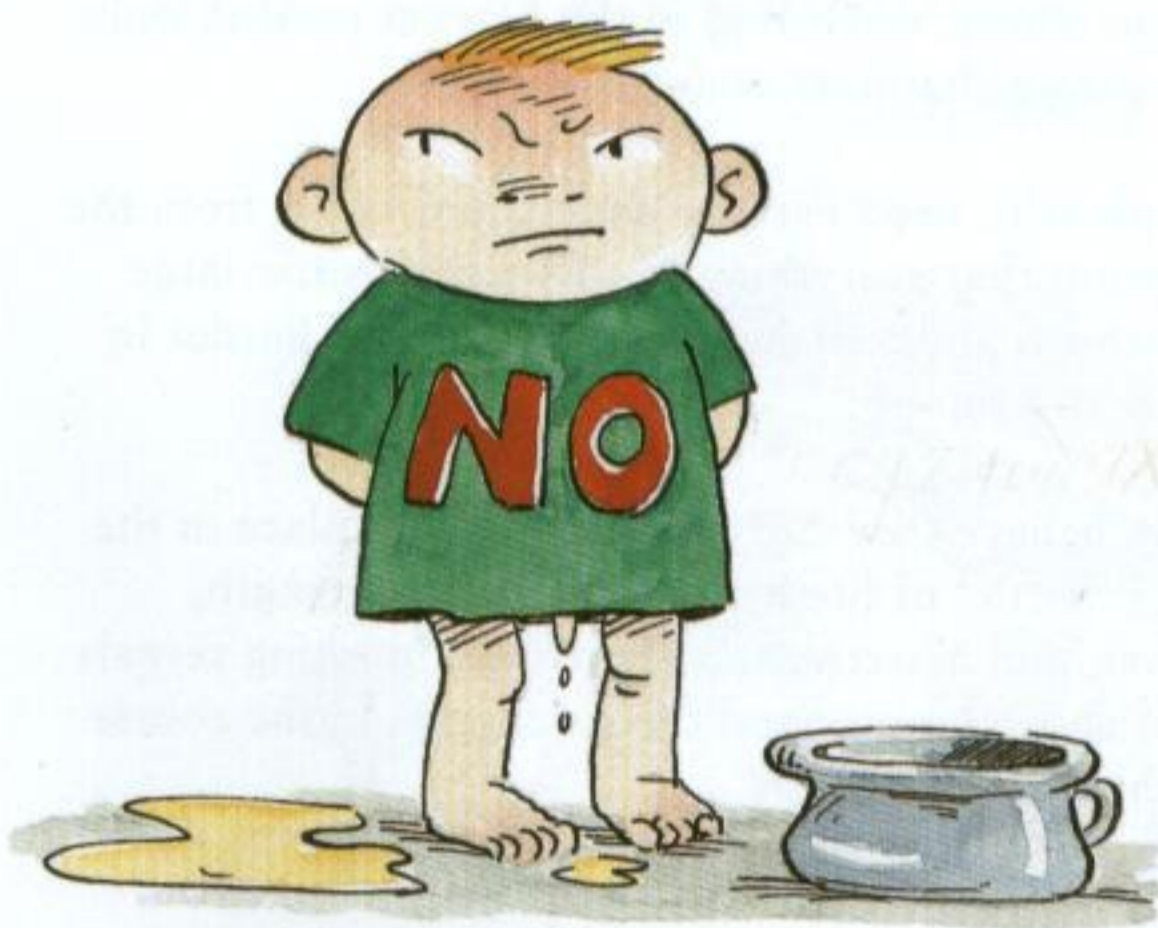
■ strong-willed, straightforward and dictatorial

волевой, прямой, диктаторский



■ obstinate

упрямый



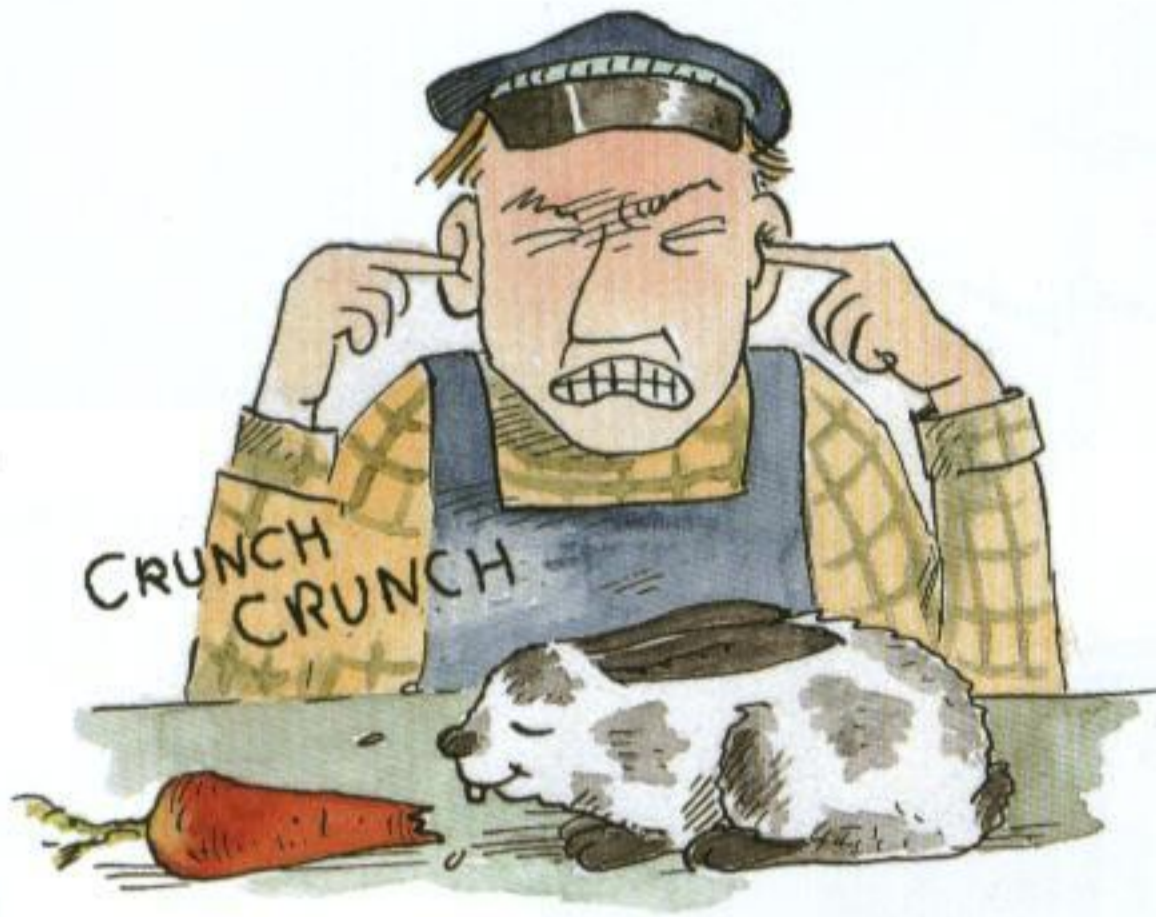
■ problems come up when persons are forced to do something

возникновение проблем
когда принуждён это
делать



■ very diligent - occupation ameliorates

очень усердный - занятость
приносит облегчение



■ extremely sensitive to noise

очень чувствительный к шуму



■ great strain or sitting still aggravates - walking around slowly ameliorates

сильное напряжение или сидение неподвижно раздражает — медленная ходьба облегчает



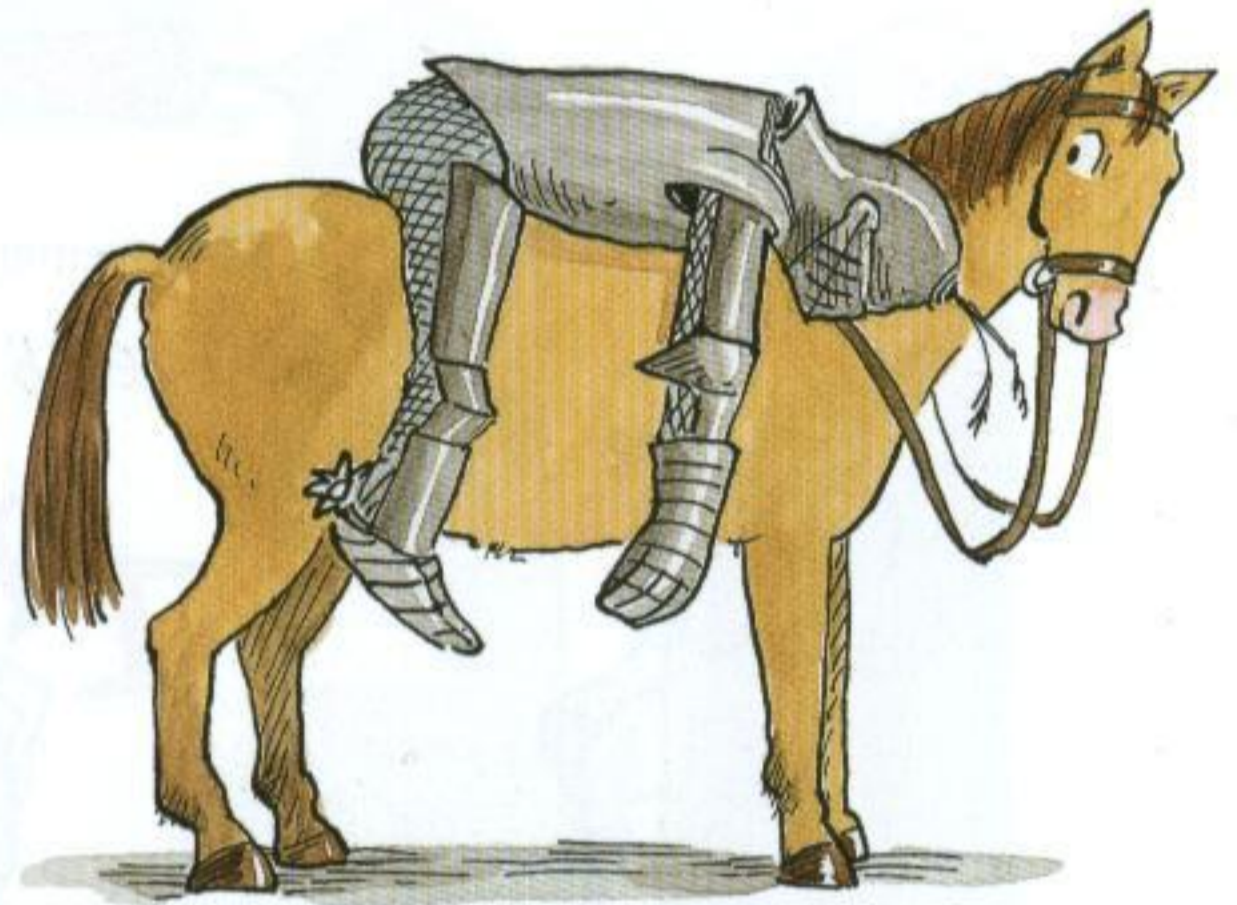
■ hammering headache in the left temple or the left side of the forehead - often lasting up to two or three days

сокрушительная головная боль в области левого виска и лба часто длящаяся до 2-3 дней



■ aggravation starts at midnight

ухудшение наступает в полночь



■ weakness and prostration

изнеможение



■ muscle and joint pain - frequent complaints of the shoulders

боль в мышцах и суставах
частые проблемы
с плечами



■ eructations of food after a meal

рвота после еды

Gelsemium

Yellow Jasmine

Jasmine was already used by the American Indians to catch fish. It weakens and paralyzes the animals, and in large quantities it has the same effect as the poison Curare.

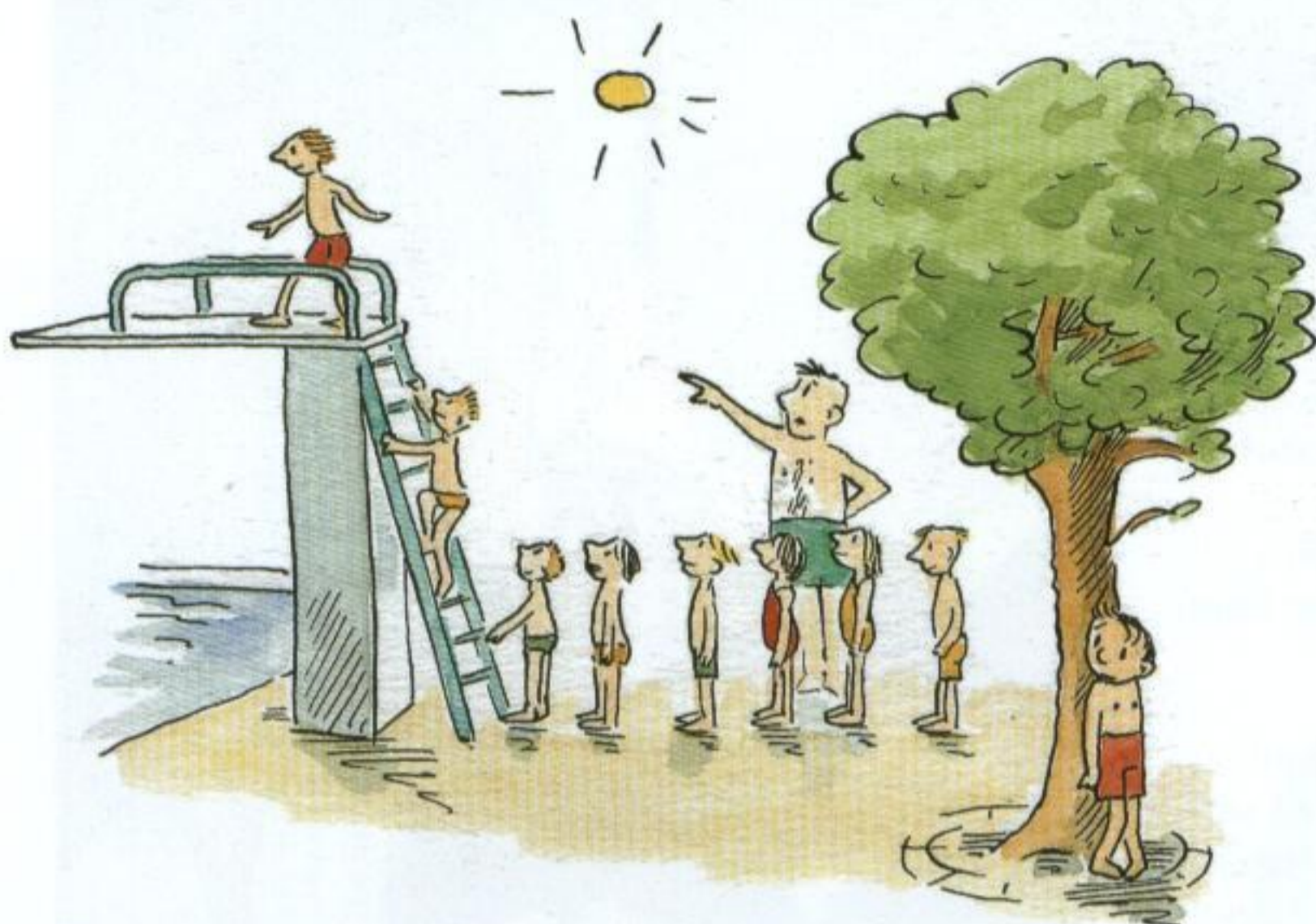
People who need this plant as their homeopathic remedy present a similar picture: they also suffer from fits of weakness and paralysis.

- People who need Gelsemium are shy, timid, and often very anxious. Like a rabbit that is scared stiff of a snake, these people feel powerless and unable to react to the challenges of life. Many daily hurdles present almost insurmountable obstacles for them.
- Any confrontation with unusual demands scares, upsets and weakens them.
- This lack of strength is the central theme of the entire Gelsemium pathology. It is expressed not only in physical weakness, but also on the emotional level, where it may take the form of cowardice in the face of challenges, increasing mental prostration, and a weak memory.
- Gelsemium has proven especially valuable in the treatment of acute complaints caused by anticipation. It is therefore an important remedy for fear of examinations! The patients suffer greatly from stage fright: they tremble, are very exhausted and suffer from diarrhoea. During the examination, they are, like the frightened rabbit, totally blocked and almost paralyzed. They cannot remember anything, they have a complete blackout, and everything that they have painstakingly learned seems to be completely forgotten.
- Gelsemium complaints are often accompanied by impaired vision with double images, vertigo and strong headaches. The headache starts in the occiput and extends to the forehead and to the eyes. The eyelids feel heavy and droop, the face is red and shows a dull expression.
- Apart from anxiety and anticipation before examinations or other important events, it is especially damp and warm weather (but also other weather conditions) that seems to provoke these symptoms.



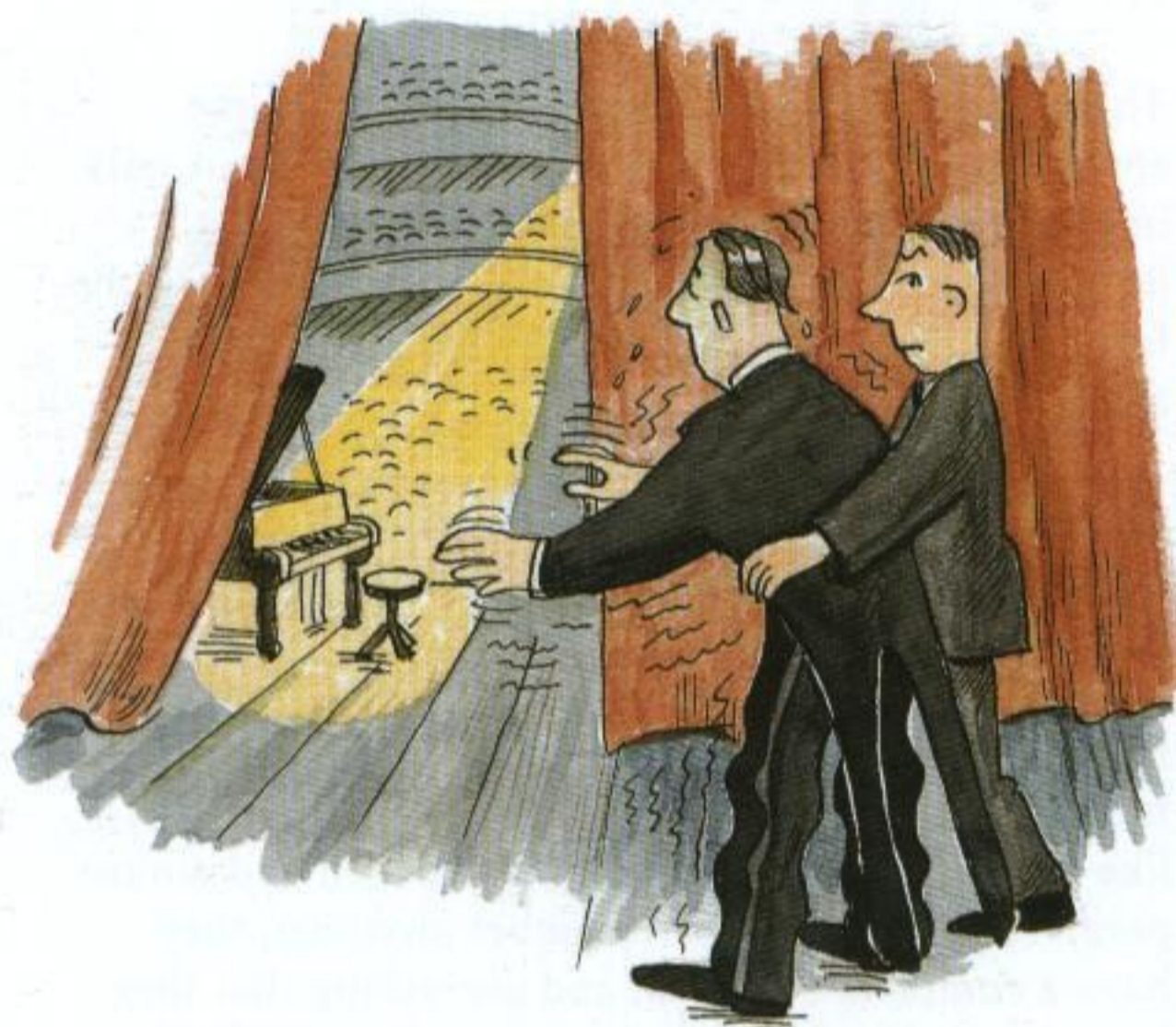
Particularly remarkable is the fact that, despite the heat, these patients suffer from chills running up and down their spine. This massive condition of ill health is very marked in acute complaints, but it may also point to this remedy in chronic illnesses in a weaker form.

- Sudden emotional upsets may be further important causes. Sudden frights, mortification, disappointments or bad news will shock their nervous system to such an extent that it will react with weakness, paralysis, Multiple Sclerosis or other neurological affections. In addition, there is a strong fear that similar situations may come up again.
- It seems that overall they are simply too weak to cope with the hardships of daily life. In consequence, they avoid any confrontation with situations they know are taxing. The child, for example, does not want to go to school any more, or an adult may not want to go back to work - for fear of not being able to cope with the problems and challenges they encounter there.
- The 'rabbit' withdraws into its burrow - anxious, weak and trembling.



■ cowardice ...

трусость



■ ... and gets stage fright easily

боязнь сцены



■ strong fear of examinations accompanied by weakness and diarrhoea

сильная боязнь экзаменов
сопровождающаяся слабостью
и поносом



ailments from bad news

плохое самочувствие после
плохих новостей



quick internal and external shivering

быстрое внутреннее и
внешнее дрожание
(трепетание)



fear the heart might stop beating
if motion is interrupted

боязнь что сердце может
остановиться если
движение прерывается



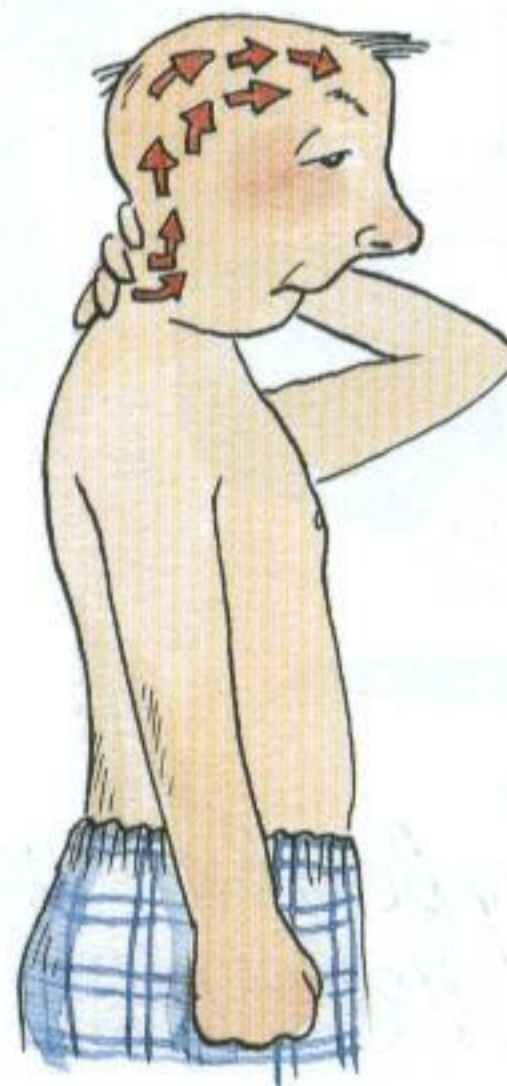
thirstlessness

отсутствие жажды



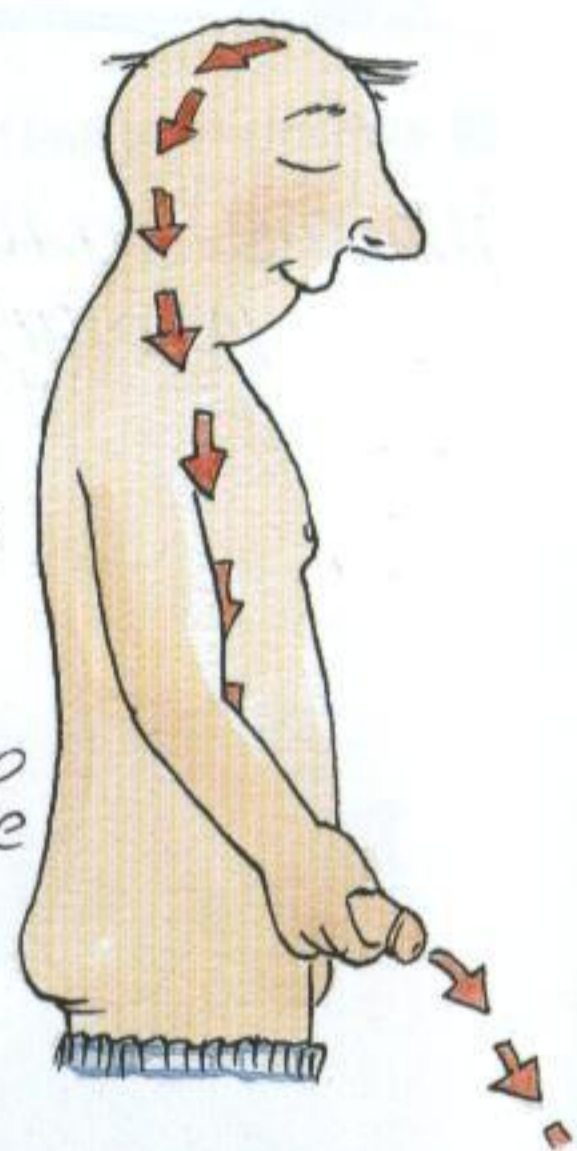
■ head feels heavy - believes he can hardly hold it up

ощущение тяжести в голове — не может держать голову прямо



■ headache that spreads from the back of the head and extends to the forehead

головная боль что начинается в затылке и доходит до лба



■ urinating ameliorates the headache - as it does many other complaints

мочеиспускание облегчает головную боль — как и большинство других симптомов

acute Gelsemium-state



■ heavy, drooping eyelids

тяжёлые опускающиеся веки

■ double images
двоение в глазах



■ fever with great weakness

горячка с сильной слабостью



■ shivers going up and down the spine

дрожание в позвоночнике

Hyoscyamus

Henbane

Henbane was used as an aphrodisiac in former times, and it led to 'unbridled merriment', abandoning the prudishness instilled into people.

This behaviour reminds us of the equally uninhibited behaviour displayed by some patients who are in an advanced Hyoscyamus state.

- In this advanced state, Henbane types may be observed acting foolishly and are a (public) nuisance. They are totally worked up, almost manic, and, full of shameless lewdness, they live out their sexuality, often annoying other people in the process.
- They make obscene jokes, talk incessantly and expose themselves in a shocking way in front of others.
- This state is rare, however, and these patients quickly end up in a psychiatric hospital.
- Hyoscyamus is much more frequently found in its milder, earlier stages. Here, none of this extreme behaviour is usually seen. Instead, the person is either always jolly, tells jokes (which are sometimes indecent) - or he or she is strikingly suspicious.
- This suspicious and mistrustful behaviour is often caused when the patient has been disappointed by people whom he used to trust. He believes he has been wronged by these people, or that they have betrayed him, and is now very bitter.
- Hyoscyamus situations are provoked by a number of experiences: unfairly divided inheritances, relationships where one partner betrays the other, indignation because of bad medical treatment by a trusted therapist, and many other situations where a person's trust was betrayed.
- The patients feel they are the victims, and they cannot cope with the disgrace. The ensuing fear of being betrayed again turns them into very sceptical and careful people.
- They now make every effort to prevent future disappointments - they ascertain in detail the



qualifications of the new therapist, or they become extremely vigilant and increasingly jealous in their relationship.

- Their jealousy is so strong that they even plan to be violent towards their rival. Hyoscyamus patients may be very nasty in their frustrated state - they have cold-blooded impulses but rarely put them into practise.
- On the other hand, they often develop very silly behaviour. They thus try to attract attention, to be more interesting, entertaining and attractive to their partner.
- If they do not succeed in finding their inner peace and coping better with the situation which triggered their suffering in the first place, they will get progressively more ill.
- They increasingly develop physical symptoms, fears, and the shameless behaviour described above - to the point of sexual mania.
- What is striking in these people is that they frequently make gestures with their hands. Together with equally frequent tics, spasms or cramps, this points towards a strong neurological component of their illness.



■ wary and mistrusting - easily feels deceived or as if he was the victim

подозрительный и недоверчивый - чувствует себя обманутым словно он жертва



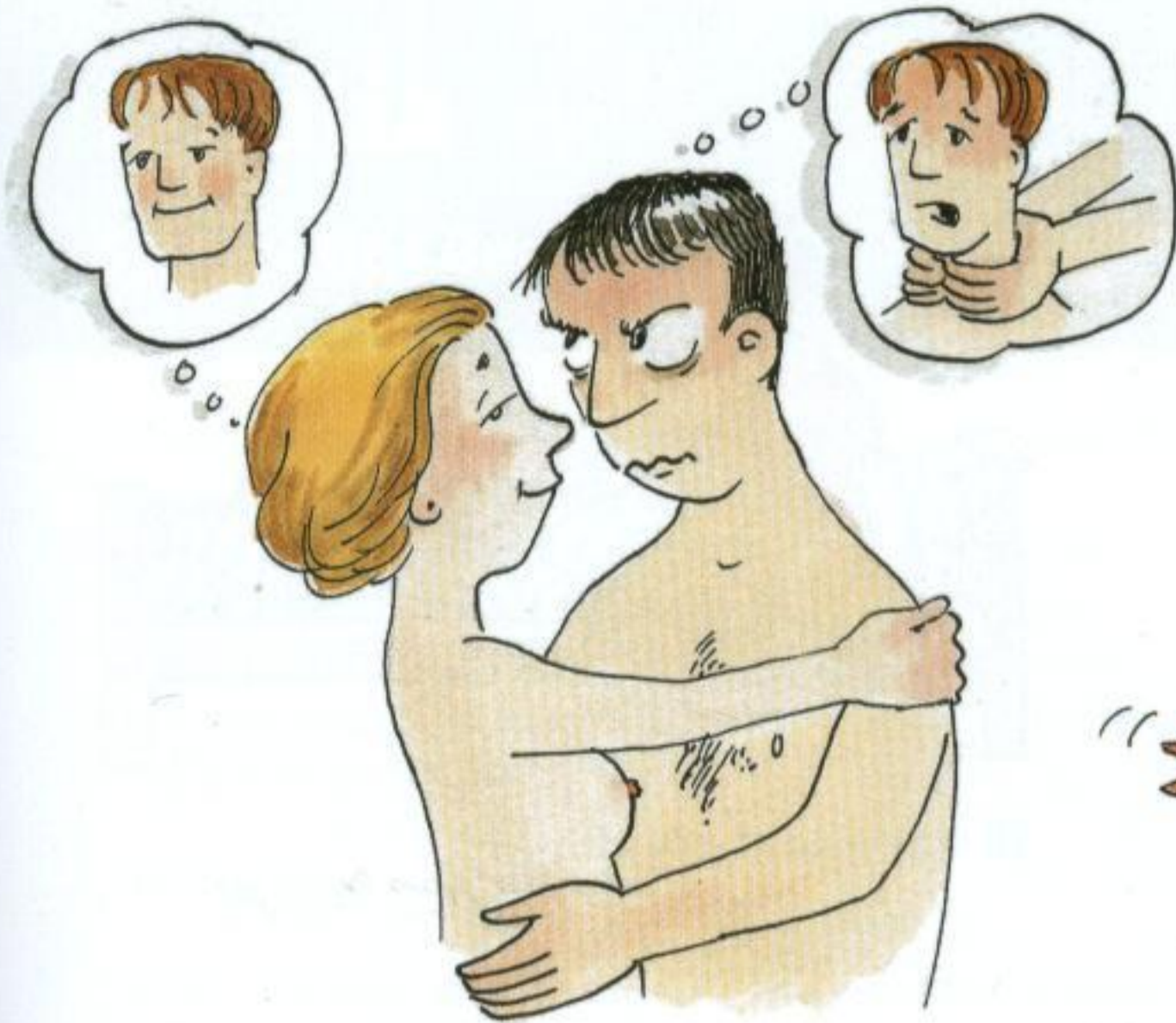
■ fear of being poisoned; fear of being betrayed

страх что может быть отравлен, боязнь измены



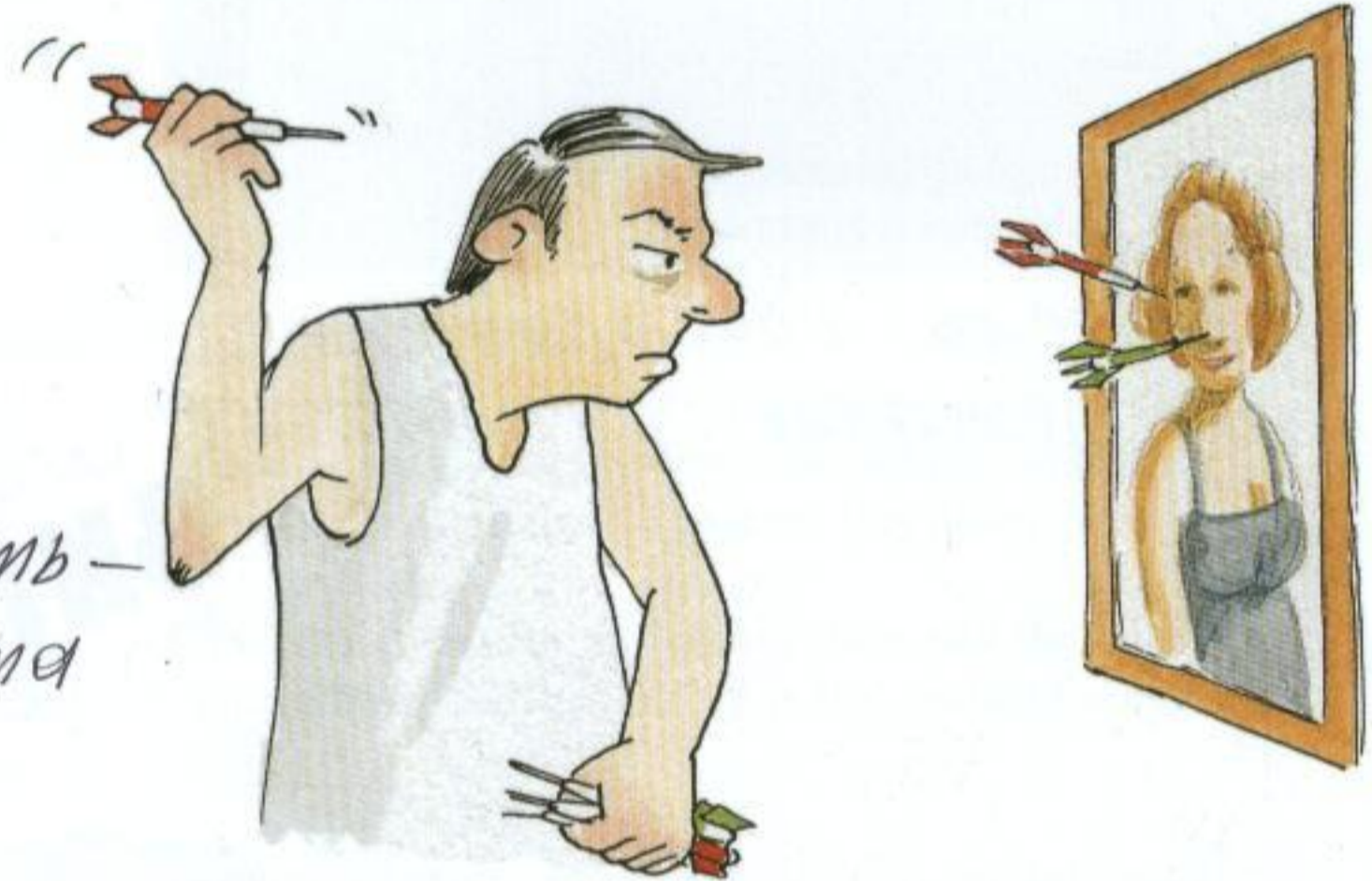
■ makes many gestures

излишняя жестикуляция



■ strong, but hidden jealousy -
would like to kill the rival

сильная скрытая ревность -
хотел бы убить конкурента



■ ailments and anger from
disappointed love

Болезненное состояние и
злость от безответной
любви



■ shameless behaviour
exhibitionism

бесстыдное поведение
экстабиционизм



■ sleeplessness from imagined cares -
sleeplessness from irritability

бессоница от надуманных
тревог, бессоница от раздражения

икуля-
я

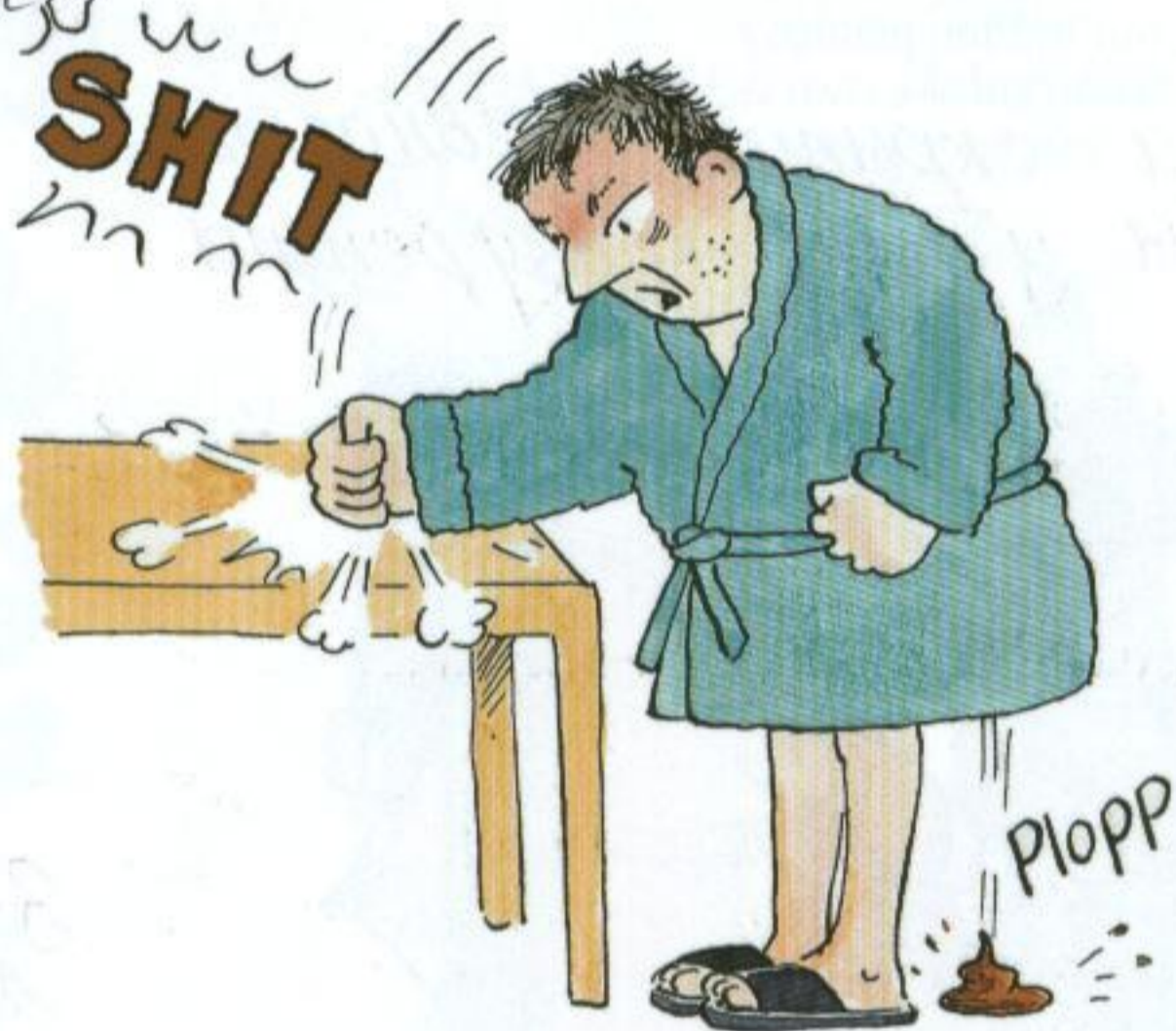


cough aggravated at night
lying down aggravates

кашель обостряется
ночью, лежание раздражает



sitting up ameliorates
сидение облегчает



involuntary passing of stool or urination
frequent swearing

спонтанная дефекация или
недержание мочи
частые ругательства



epileptic fits accompanied by screaming, froth from
mouth and passing of stool or urination

эпилептические припадки
сопровождающиеся визгом,
пенкой изо рта, дефекацией
и мочеиспускание

Ignatia

St. Ignatius Bean

The St. Ignatius Bean comes from the Philippines and was named after the founder of the Jesuit order, Ignatius of Loyola. Like the essence of this remedy, his life was characterized by changing and contradictory opinions. On the one hand, he was a vain and extravagant 'bon vivant'. On the other hand, he later led a very devout and ascetic life.

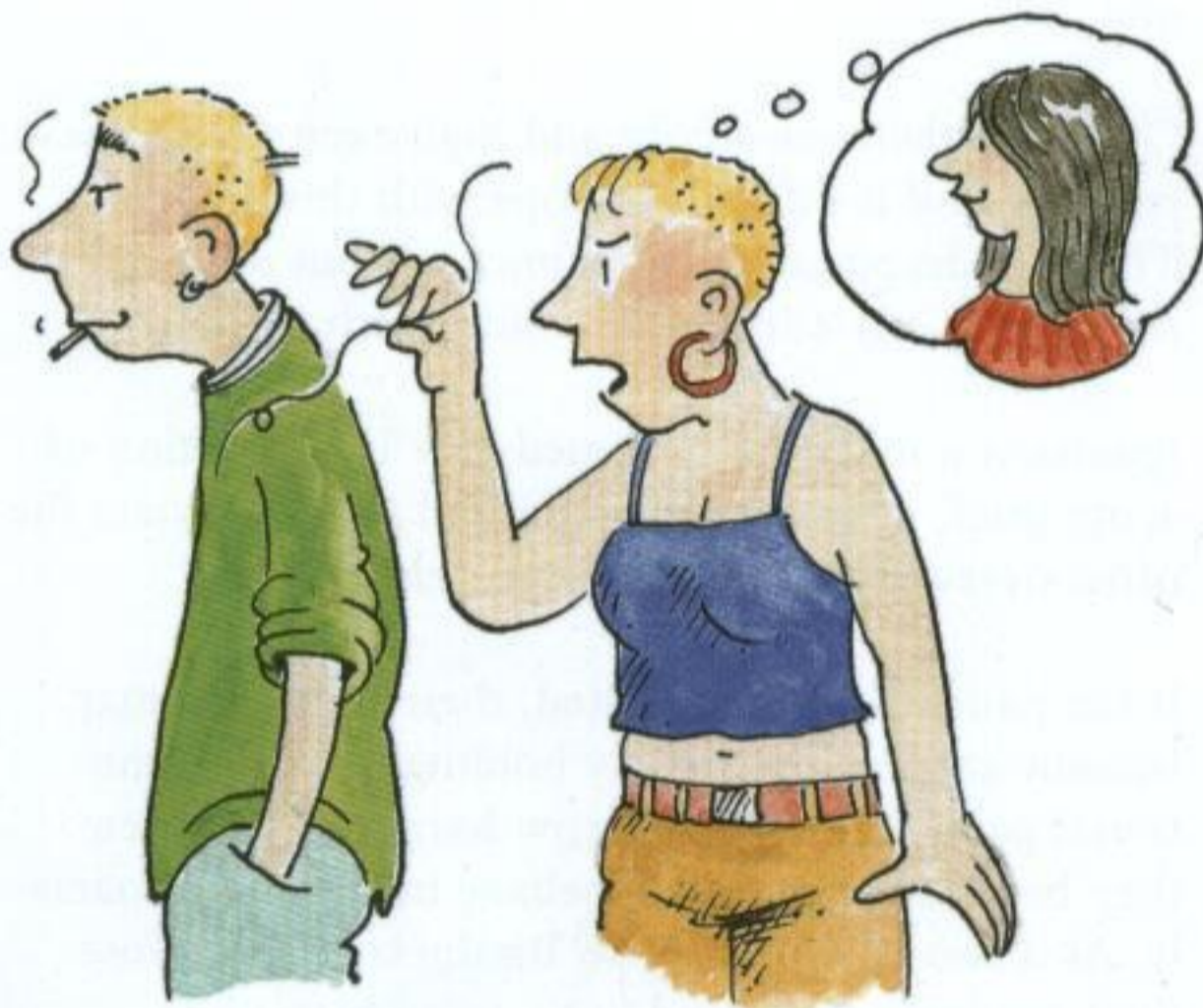
- Ignatia is a remedy of 'contradictions'.
- It is often indicated in sensitive and romantic women who believe in 'the one and only' kind of love and project many longings and dreams onto their relationship.
- However, as it is often impossible for the partner to live up to these high ideals in the long run, they are increasingly disappointed and start showing tense and hysterical behaviour.
- They grow ever more touchy, are easily offended and are subject to strong mood swings. First they are cheerful, then suddenly sad, or they laugh and suddenly start to weep. One moment they jest, the next moment they are incredibly indignant.
- With this and other changing and very contradictory reactions, it is even more difficult for their partner to satisfy them.
- All their thoughts, their grief and their disappointments are held back tensely, they jam up and suddenly burst out in hysterical, sometimes theatrical fits.
- Their behaviour is often unpredictable, they act illogically and crazily and later on show remorse.
- On the physical level they also show strange and contradictory reactions. The pain in acutely inflamed joints is ameliorated by external pressure, light food sits heavy on the stomach, while rich food agrees. A sore throat is ameliorated by eating hard bread or by pressure from outside.
- Most of their physical symptoms have an emotional basis! Pain in the back, the stomach and the head and neurological symptoms such as numbness, weakness of the muscles or paralysis mostly appear directly after having been upset about something (mainly something the partner has done).
- Another cause for an Ignatia state and the related symptoms described above is the death of a loved one.
- Owing to their sensitivity and high excitability, these patients find it difficult to cope with this sad event. They are deeply affected, cannot cry but only sigh, they refuse any consolation and quietly withdraw.
- Ignatia is a magnificent remedy for this situation of acute grief, it soothes the pain and helps alleviate the often overwhelming reaction of grief.
- If the patients are not treated, their condition may become chronic. By tensely holding back the emotional pain, these people grow harder and harder, they become grumpy and behave increasingly coarsely. As a consequence of this hardness, women lose their feminine traits and grow more masculine.
- Noticeable and repeated sighing expresses their silent pain, their sadness and the deep-seated cares they hold back.





■ ailments from the death of a loved one

Болезни после смерти
супруга



■ strong jealousy - often without cause and exaggerated

сильная ревность - часто без
основания и чрезмерно
преувелиженная



■ ailments from disappointed love
hysterical behaviour

нездоровье от безответной
любви
истерическое поведение



■ alternating moods

переменное настроение



■ backache caused by grief

Боль в спине от горя



■ frequent sighing

частые вздохи



■ light food disagrees, heavy food agrees

лёгкая пища - не подходит, тяжёлая - соответствует

contradictory symptoms



■ hysterical symptoms - functional paralysis or sensation of numbness

истерические симптомы - функциональный паралич или ощущение онемения



■ toothache ameliorated by biting hard

зубная боль облегчается от сильного укусывания



■ headache ameliorated by bending down

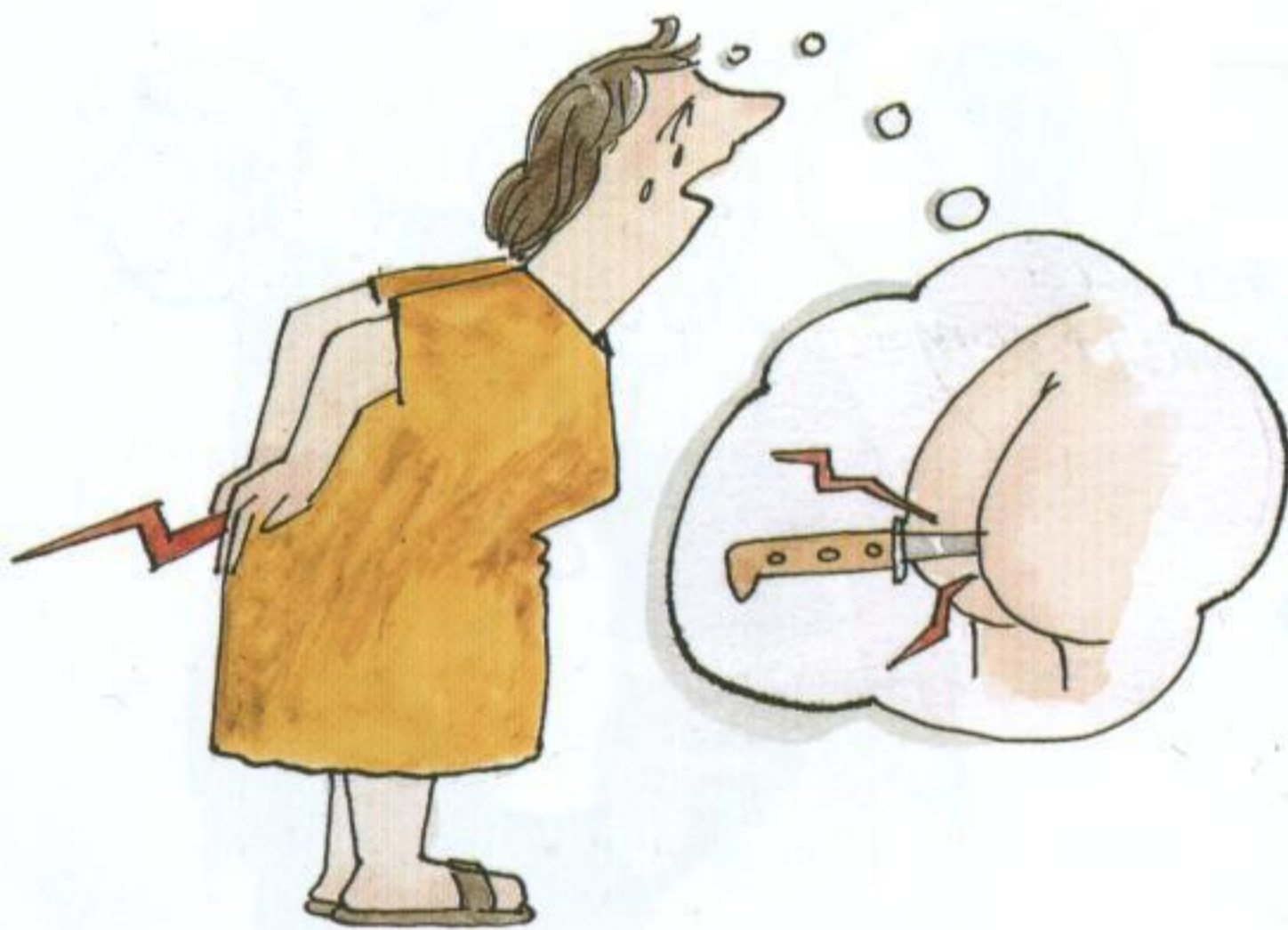
головная боль облегчается когда наклоняться



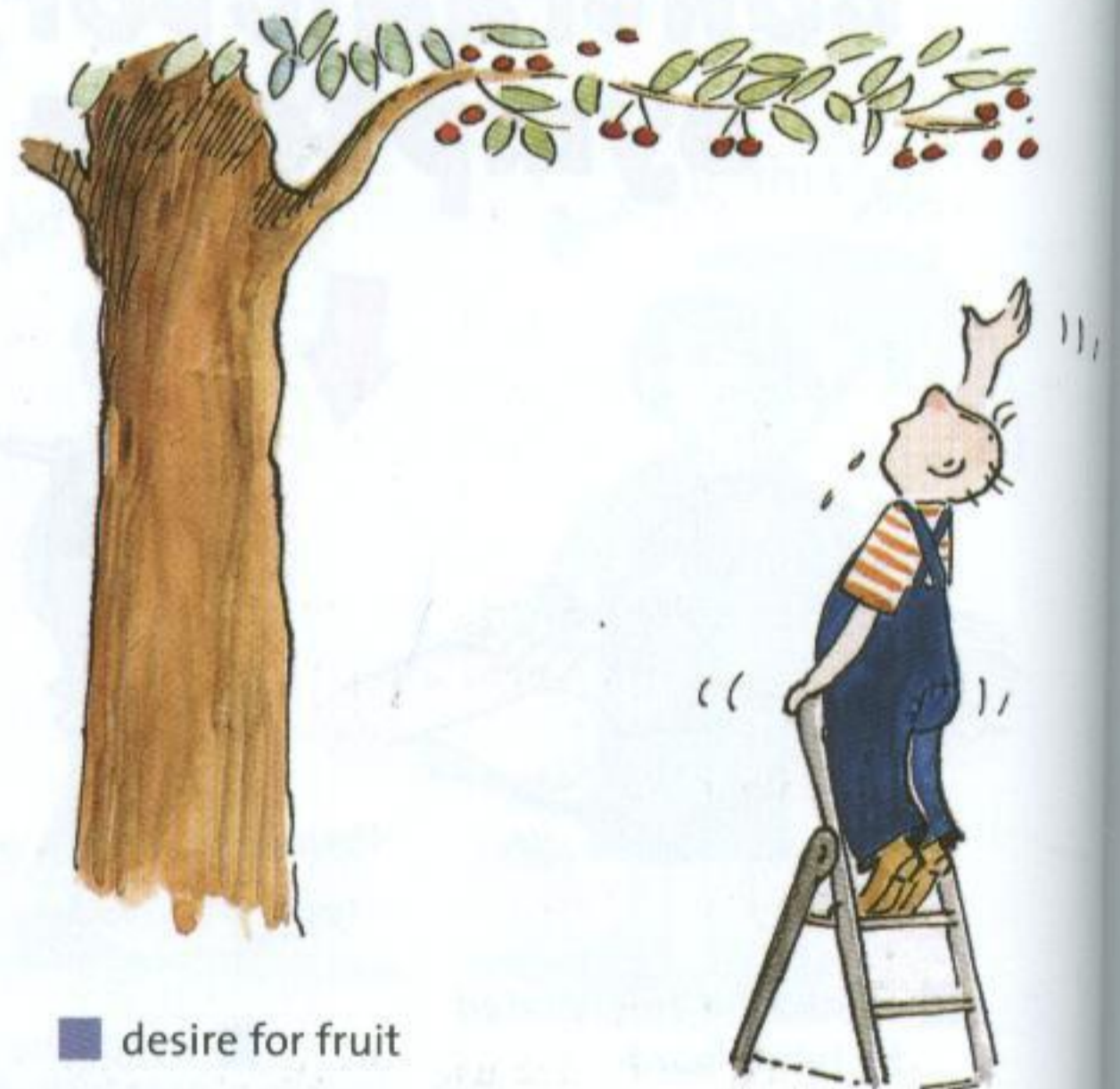
■ sensation of a lump in the throat
'globus hystericus'
ощущение комка в горле



■ headache 'as if a nail was driven through the head'
головная боль словно гвоздь забит в голову



■ sensation as if a knife stuck in the anus
ощущение ножа застрявшего в анусе



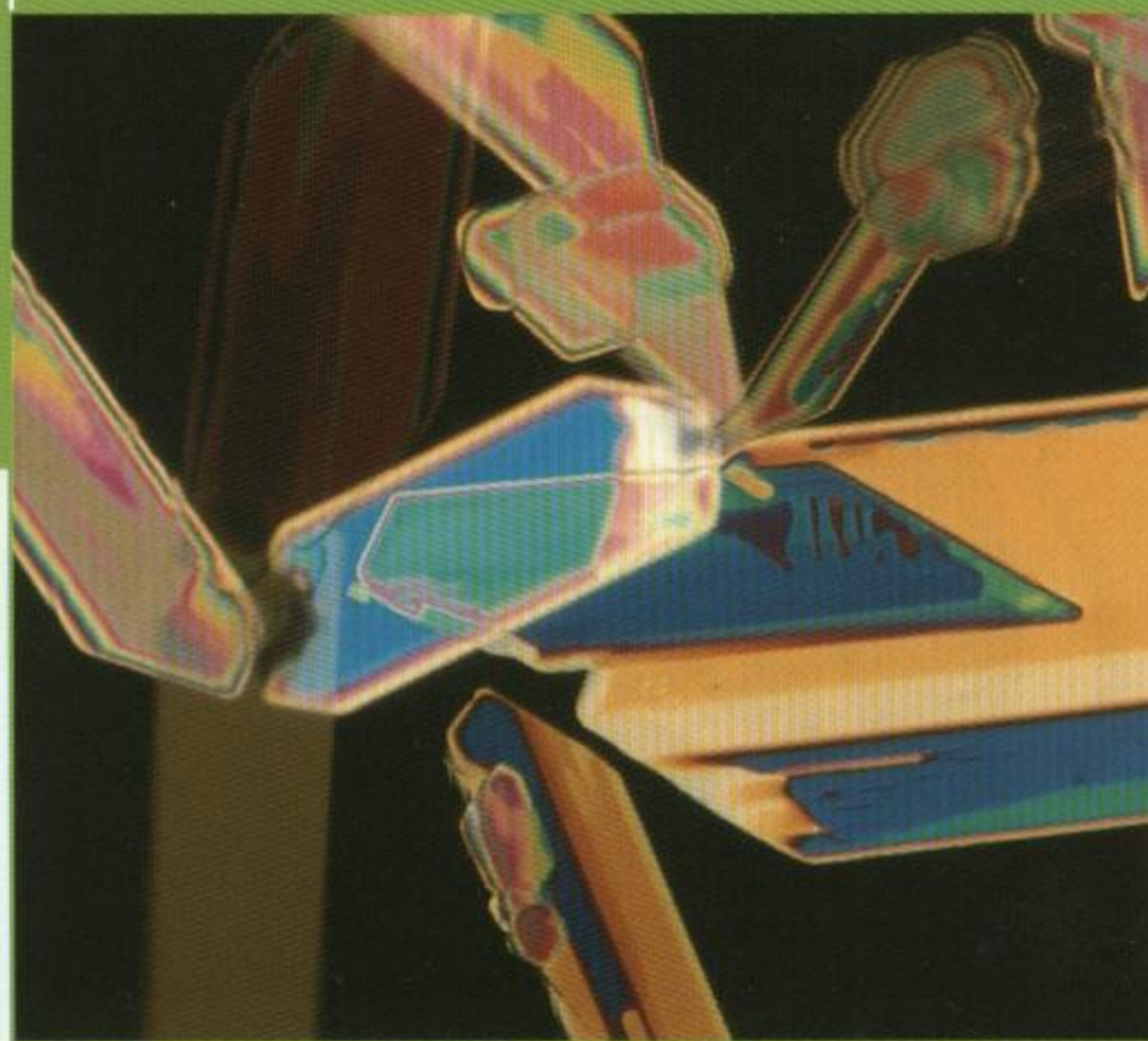
■ desire for fruit
желание фруктов

Kali carbonicum

Potassium Carbonate

The action of the kidneys and the lungs slows down between 2 a.m. and 4 a.m. and causes an accumulation of metabolic waste products and liquids in the organism. Patients who need Kali carbonicum wake up at exactly that time, complaining of many ailments.

- Kali carbonicum is a homeopathic remedy for straightforward, conscientious, and very neat people who are incapable of contravening any laws or regulations. Their way of thinking is very structured, and their world revolves around right or wrong, allowed or not allowed, in a very inflexible, black-and-white way of thinking.
- They keep strictly to regulations, rules and principles. We therefore often find such people among civil servants, construction workers or book-keepers, who perform their work dutifully, reliably and incorruptibly.
- These patients' reason controls their emotions and their actions, and at the same time it prevents them from living out their feelings.
- All tension, stress and cares can therefore hardly be 'set free', and instead they cause physical pathologies to develop.
- These can affect any organ, but they mainly afflict the eliminating organs, lungs and kidneys.
- Kali carbonicum is an important remedy in coughs, pneumonia and asthma.
- Kidney conditions lead to inflammations and kidney stones, or they trigger the development of oedema all over the body, but mainly on the upper lids of the 'inner canthi'.
- If the pathology progresses, the patients grow increasingly ill on the emotional level. They develop many fears which mainly demonstrate their worries about their health and the fear of impending illness, but also fear of other people approaching, and fear of darkness and ghosts.
- In their entirety, all these individual fears represent one great worry: the fear of being confronted with something incalculable, with something that escapes their control and that they did not reckon with.
- They grow increasingly irritable, quarrel easily and take much of their tension out on their family, although in actual fact they are people who love their family very much.
- In community with their family, they find stability, and in the small context of their home, they can build up a controlled and therefore manageable realm where they feel safe and secure - and where only they are in command.
- Owing to the illness of the head of the family, the family now has to increasingly endure his or her irritations and moods.
- Kali carbonicum patients freeze easily, and they have a marked aversion to draughts.
- There is a marked increase in their complaints during the night, when their reason has to give over control to the subconscious and to the body's own functions.
- An aggravation between 2 a.m. and 4 a.m. is typical of Kali carbonicum.





extremely tidy and dutiful - strong desire to control everything

невероятно аккуратный и исполнительный
сильное желание всё контролировать



strong aversion to being touched

сильное отвращение к прикосновениям



anxiously concerned about his health - fear that his body might get 'out of control'

серьёзно обеспокоенный его здоровьем
боится что его тело может
выйти из-под контроля



can't live without his family, but treats them badly

не может жить без семьи,
но относится к ним очень плохо



extremely sensitive to draught of air

необычайно чувствительный к сквозняку протяг



aggravation of complaints from 2 a.m. until 4 a.m.

обострение симптомов между 2 и 4 часами после полуночи



stitching pains

колющий боль



aggravation of asthma between 2 a.m. and 4 a.m.

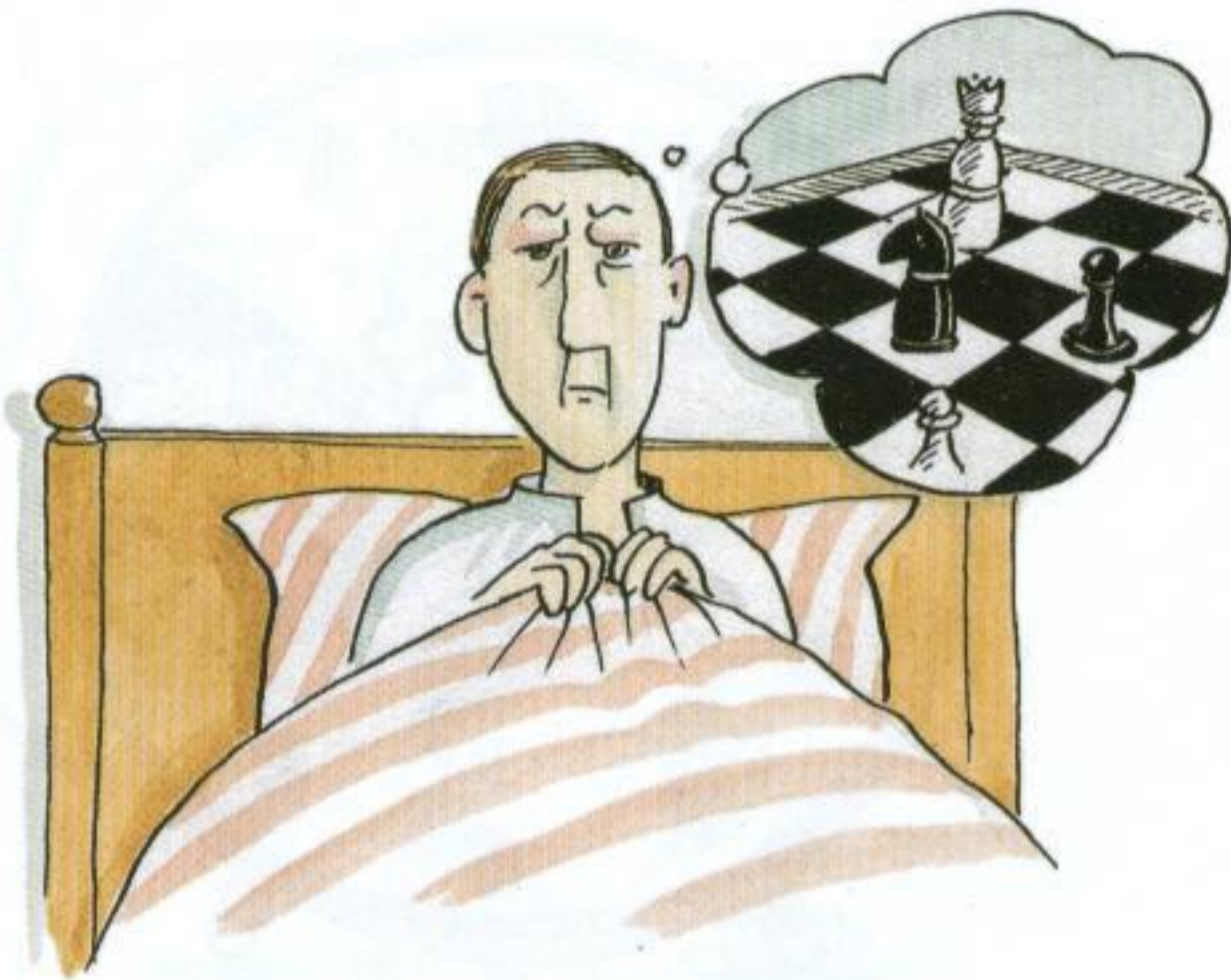
- amelioration of the symptoms when sitting up and resting the arms on the thighs

обострение астмы между 2 и 4 часами после полуночи
облегчение симптомов когда садится и упирается руками в бедра



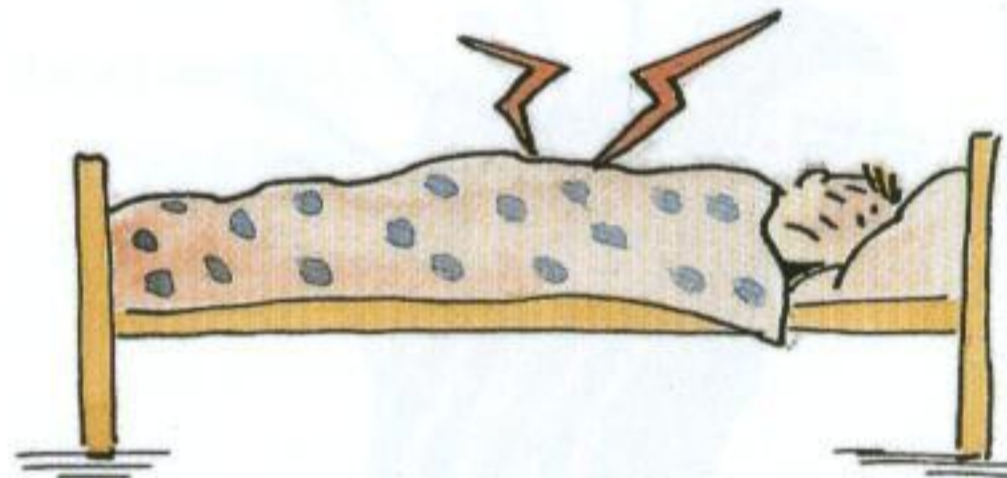
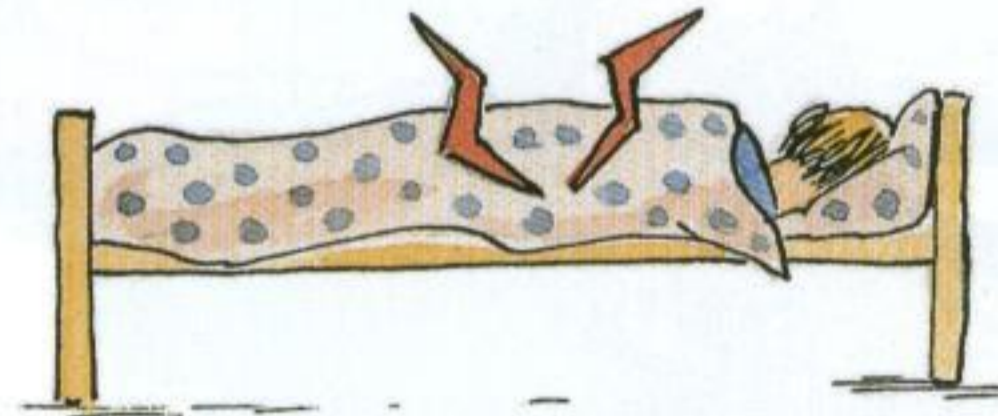
swellings on the upper lids of the inner canthi - various swellings due to kidney disorders

опухлость верхнего века множественные припухлости от почечных заболеваний



■ sleeplessness

Бессоница



■ backache - has to sit up in bed before he can turn around

Боль в спине - должен сесть в кровати перед тем как повернуться



■ fear of ghosts - fear is often felt in the pit of the stomach

Боязнь привидений - часто боязнь ощущается под ложечкой

Lachesis muta

Bushmaster snake



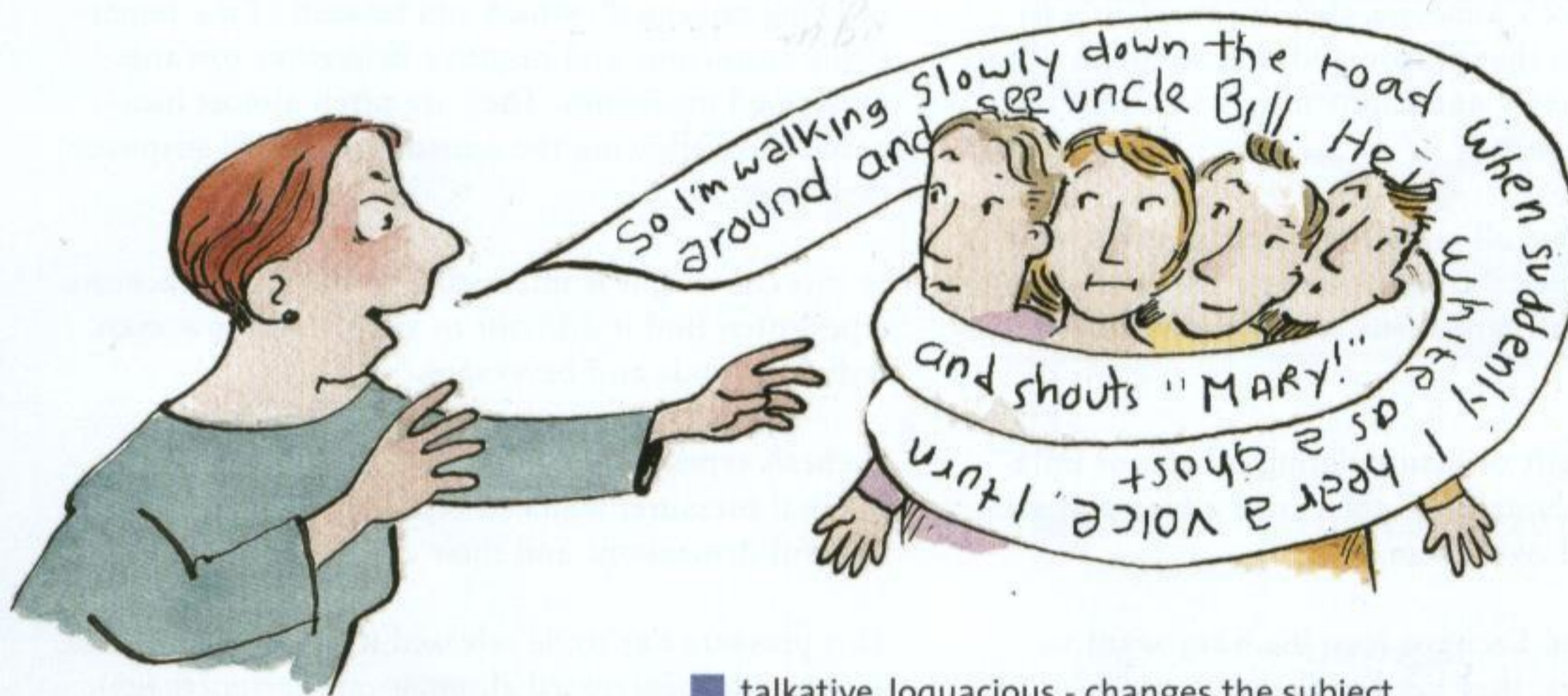
With regard to desire for attention, the Lachesis snake displays a behaviour that is often the exact opposite of that of the Lachesis type. The name of the species, 'muta', means 'mute', and the snakes often live a quiet and secluded life in the jungle. People who need Lachesis, on the contrary, are often very noisy and like to be in the limelight.

- People who need Lachesis often possess an intense and markedly attractive aura. They like to be at the centre of attention and want to be looked at, admired and worshipped.
- When they talk to someone, they fix their direct, piercing gaze on that person and talk so much - but also in such a lively and captivating way - that one can hardly escape.
- They try to centre all attention on themselves, and they try to achieve this with the help of their appearance, their narcissistic demeanour, or their loquacity.
- They have the gift of manipulating others, of influencing others' thoughts to their own advantage and thus cast a spell over them.
- People who need Lachesis love life, they want to enjoy themselves, they need excitement and a lot of sex - at the same time they are very possessive.
- Their partner belongs to them and is almost suffocated by their enormous jealousy. They are constantly suspicious, they secretly make inquiries and vociferously take their partner to task at the slightest suspicion. They believe themselves to be in a contest for the love of their partner with (often only imagined) rivals against whom they actively have to stand their ground.
- They fight, be it by accusing someone directly and noisily, by captivating people with their great attractiveness, or by capturing their partner's attention through clever and manipulative talk.
- This constant suspicion increasingly obstructs their joy of life and may make them ill. They often have the feeling that others want to harm them, and they see themselves at risk of being mobbed or as victims of serious conspiracies.
- The result of this is the well-known symptom 'fear of being poisoned', which can be seen in the remarkably suspicious and negative behaviour towards prescribed medicines. They are often almost incapable of swallowing the remedy for all the suspicion they have.
- In this context, it is interesting to note that Lachesis types often find it difficult to simply swallow even ordinary foods and beverages.
- Lachesis types are often recognized by their strong internal pressure, which is represented by their forceful demeanour and their congested circulation.
- This pressure has to be released through a valve and is reduced by increased elimination (haemorrhage), constant talking and sex. Liquids, thoughts, emotions, and inner tension - everything needs to be brought out!
- If their secretions cannot flow (due to a hysterectomy or during menopause), if they suppress their loquacity or their sexual desire, the pressure increases and they get ill.
- The signs of increased pressure are: high blood pressure, haemorrhoids, varicose veins, flushes of heat, heart disease or asthma.



■ erotic aura, piercing gaze

эротическая аура
проникающий (сверлящий) взгляд



■ talkative, loquacious - changes the subject quickly

болтливый, говорливый - перескакивает с темы на тему



■ very strong sexual desire

огень сильное сексуальное желание



■ left-sided complaints

левосторонние жалобы



■ swallowing is difficult - especially liquids

трудности при глотании - особенно жидкости



■ menstruation ameliorates

aversion to anything tight around the neck and waist

менструация улучшает отвращение к чему-нибудь тесному вокруг шеи и талии

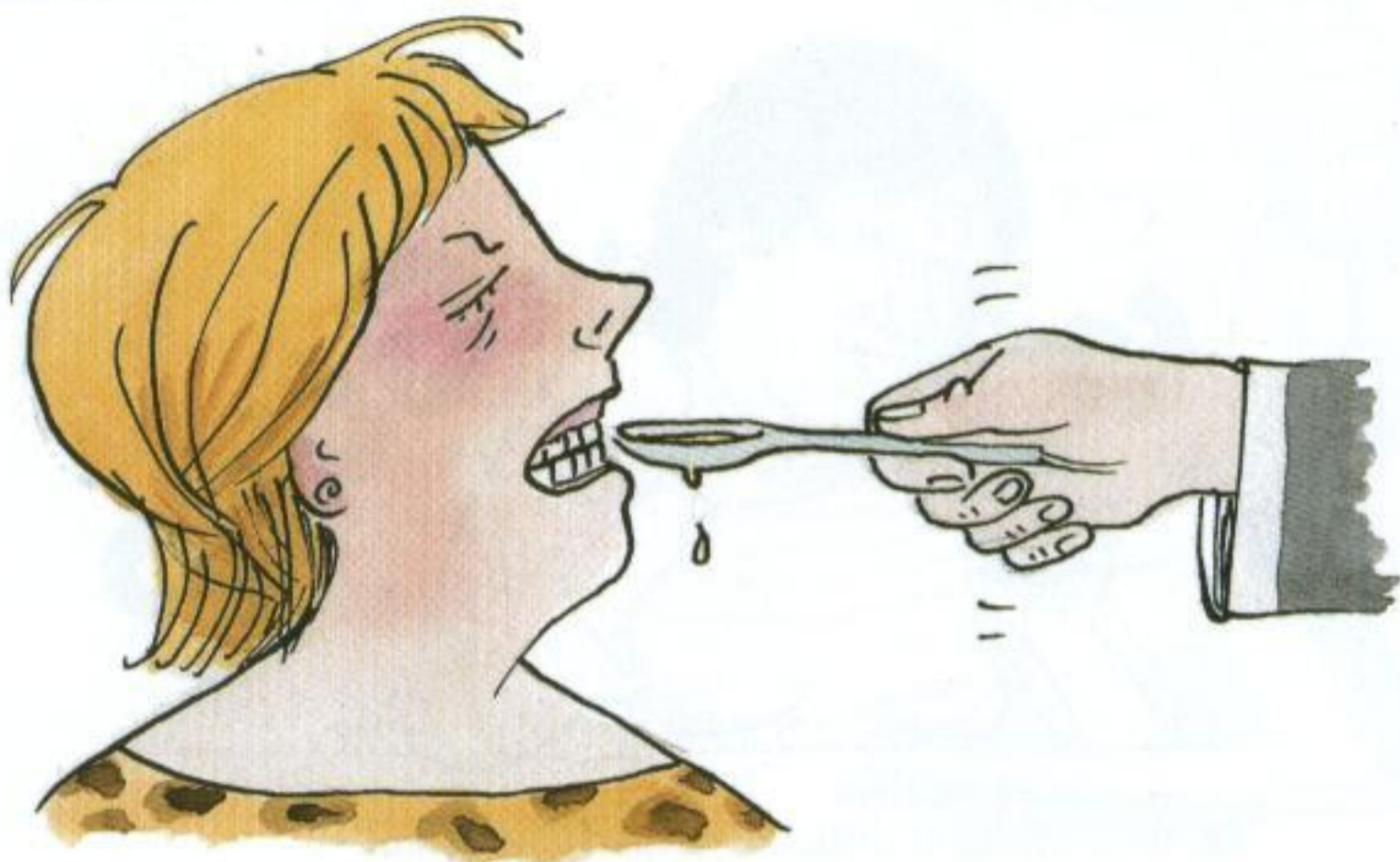


■ difficult breathing at night

затруднённое дыхание ночью



■ hotblooded



■ fear of being poisoned -
refuses to take the medicine

боязнь быть отравленным
отказывается принять лекарство



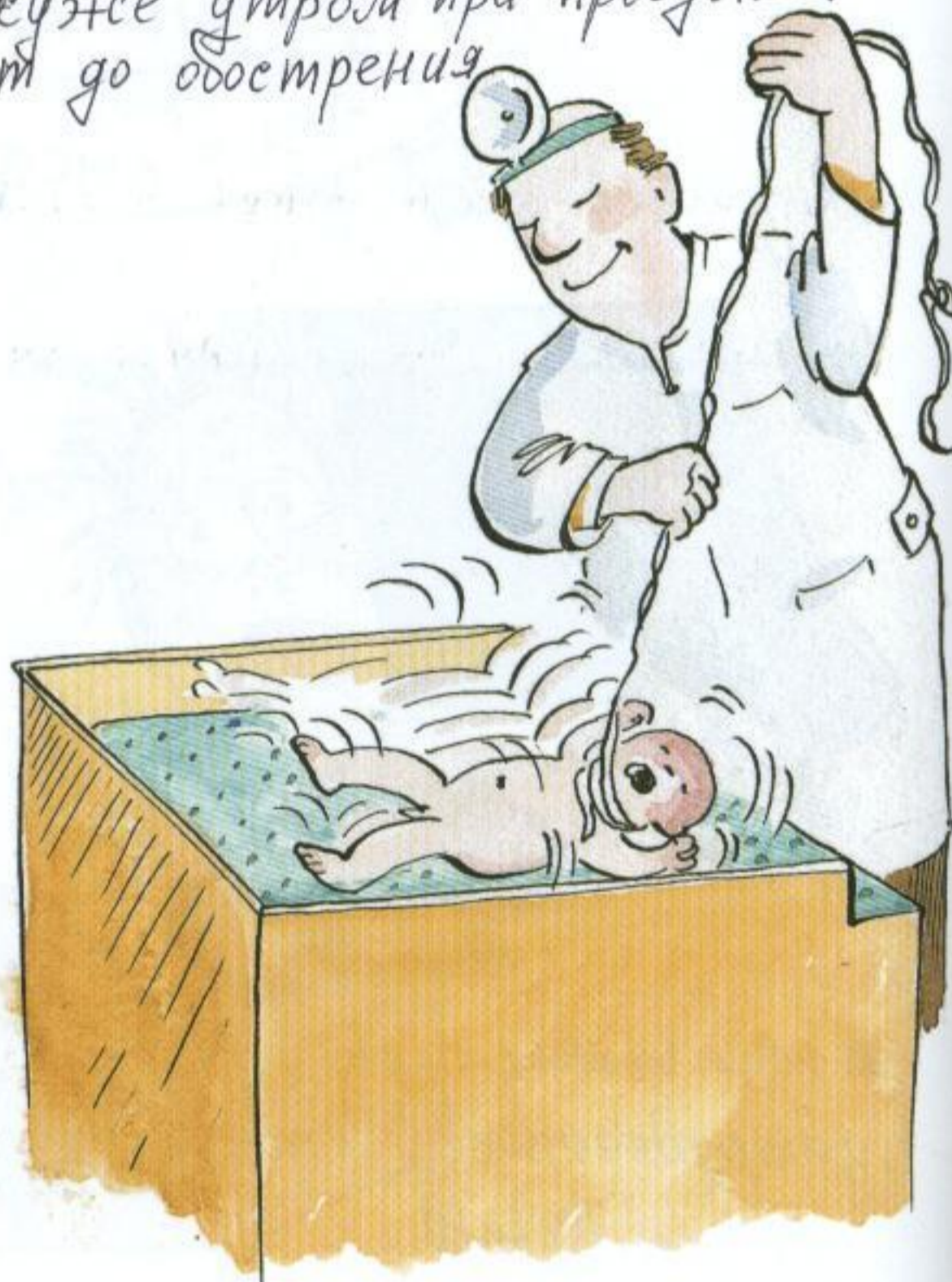
■ worse in the morning on awakening -
sleeps into the aggravation

хуже утром при пробуждении
спит до обострения



■ congested circulation -
varicose veins

заблокированная циркуляция
варикозные вены



■ umbilical cord around the neck at birth

пуповина вокруг шеи при
рождении

Lycopodium clavatum

Club moss

Thousands of years ago, Lycopodium is said to have been a 40-metre-high plant, while nowadays it only grows up to 30 cm. This fact is often related to the desire of the Lycopodium patients to get 'back up' again, as they often feel small and weak.

- People who need Lycopodium often suffer from a feeling of inferiority.
 - They (often subconsciously) feel cowardly, weak and small and thus start striving for greatness in order to make up for these shortcomings. This is reflected in two different types of Lycopodium patients:
 - The first type compensates for the inner weakness with extroverted, bragging behaviour. He blows himself up, either verbally or through arrogant, bossy behaviour, with the help of big cars or 'blown up' muscles that he develops in the gym.
 - The second type does not achieve this kind of compensation. He remains weak and introverted and tries to grow intellectually and mentally instead.
 - In Lycopodium, this desire to grow is often expressed by the patients' striving for power. When these people are in a group, they want to be above the others and command them - either as the head of the family, leader of a group or leader of a nation ... and, best of all, leader of other nations, too.
 - Their egotistical efforts often make them tyrannical and harsh towards their subordinates, while they are very friendly and subservient towards their superiors.
 - In homeopathic literature, Lycopodium is often called a 'men's remedy'. However, it can be indicated for women just as often.
 - That is the case when a woman faces situations which she does not feel equal to, situations where responsibilities, tasks and duties exceed her actual potential. She now has to 'blow herself up', has to show strength, courage and skill in order to meet the requirements the new task presents.
- Lycopodium is very adaptable. The plant that was once 40 metres high had to get used to drastically changed living conditions, and it survived - thanks to shrinking to the size of a creeper.
 - In Lycopodium people, this adaptability may also be seen on occasions where they change their opinion about something they used to contend strongly (a change that comes as a surprise to others). Expressions such as 'turncoat' or 'floating with the tide' are used to describe this behaviour.
 - Not all Lycopodium types conform to this negative image. A relatively healthy Lycopodium person may be friendly and kind, respect other people and simply complain of typical Lycopodium symptoms!
 - Lycopodium is a valuable remedy in a large number of ailments. It has proved especially helpful, however, in the treatment of the digestive tract.
 - The patients often suffer from complaints of the liver, gall bladder, and stomach. Their abdomen is often painfully distended, and amelioration can only be achieved by loosening the trousers around the abdomen, by belching or passing wind.





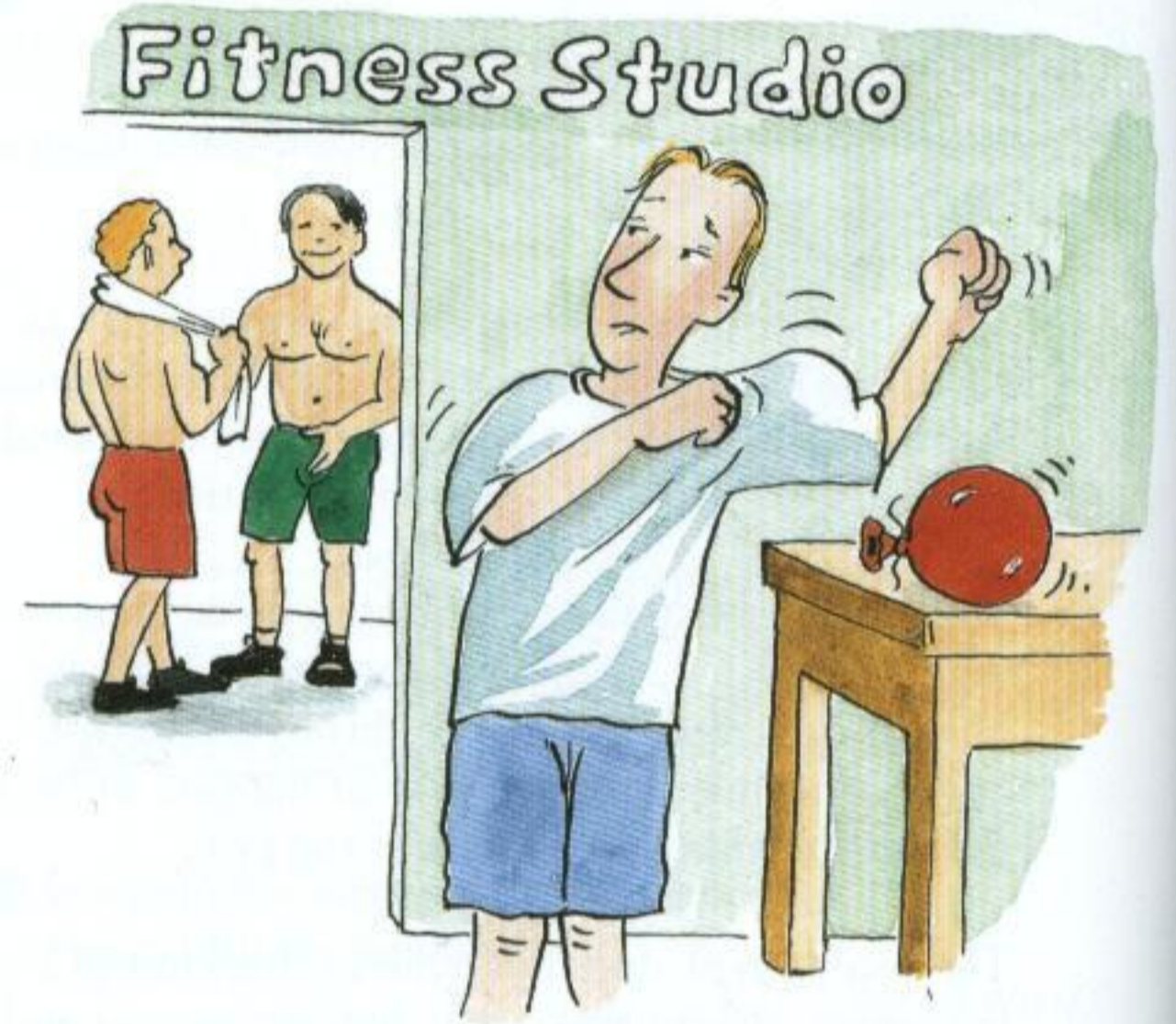
■ dictatorial, tyrannical - craves power

диктаторский, тиранический
жаждет власти



■ subservient towards superiors -
but despotic towards subordinates

услужливый к вышестоящим
и деспотический к подчинённым



■ low self-esteem -
cowardly, but also devious

низкое чувство собственного
достоинства
трусливый и также негестный

l-l-ladies a-
a-and g-g-gen-
gentlemen...

...and to finish of
my presentation, guys,
a great joke...



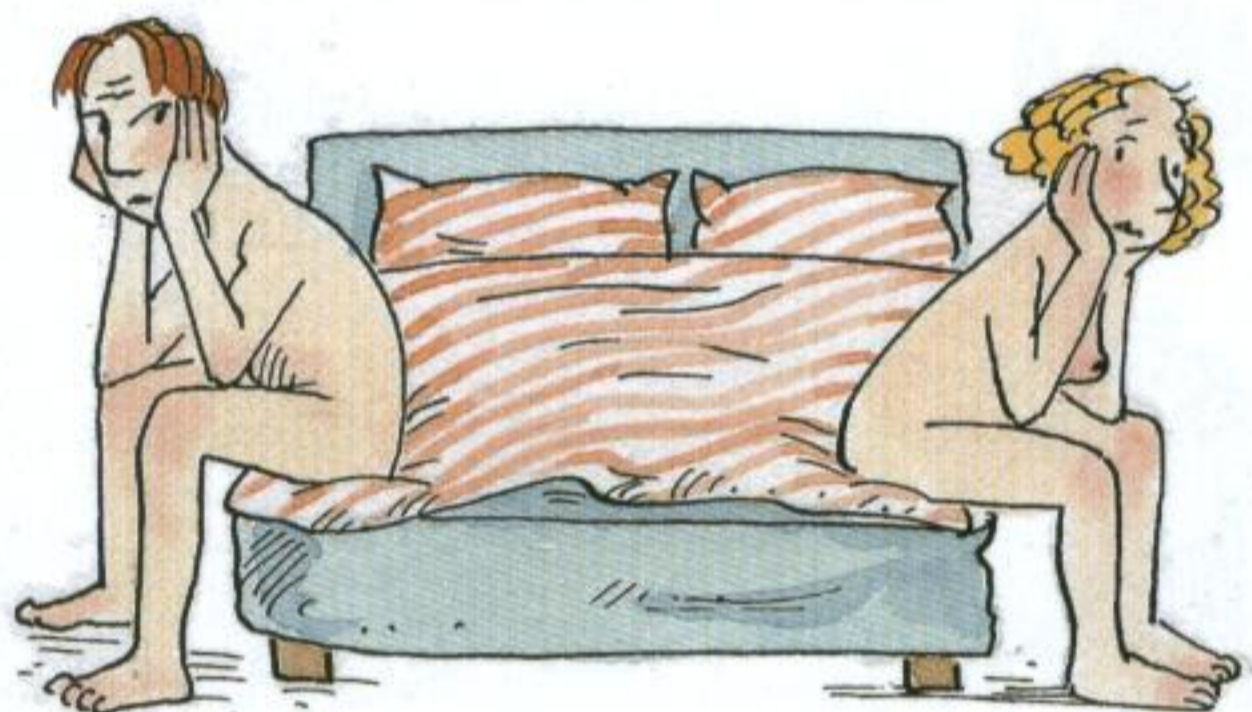
■ stage fright before appearing in public -
the longer he talks, the easier it is for him

боятся публичных выступлений
чем дольше выступает тем
легче для него



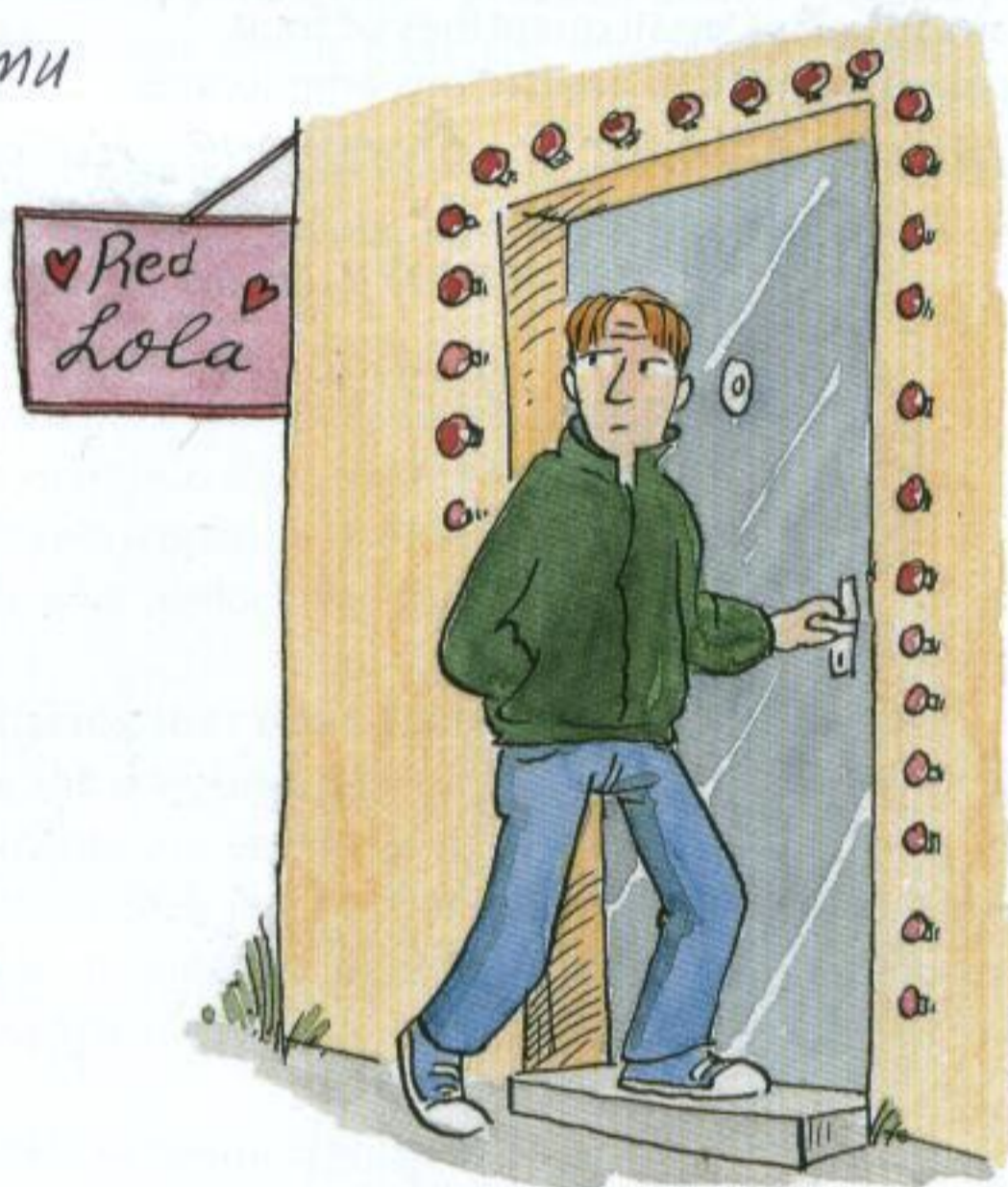
■ aversion to taking responsibility

антипатия к всякой ответственности



■ lack in sexual desire for the spouse...

низкое сексуальное влечение к жене (мужу)



■ ... but desire for other sexual encounters

но желает других сексуальных связей

Is my darling going to take the rubbish outside?



naah

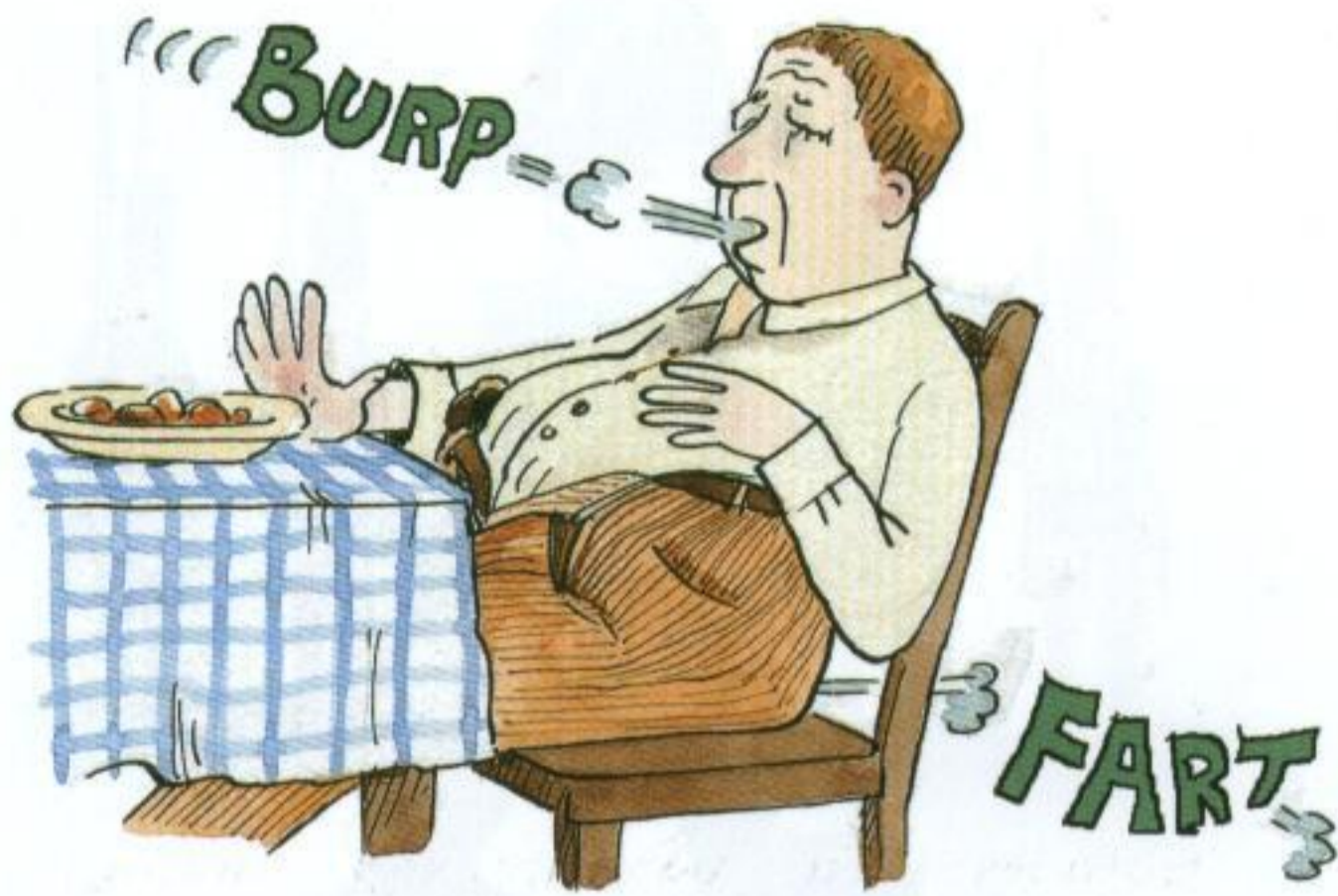
Get a move on, sis!!



okay

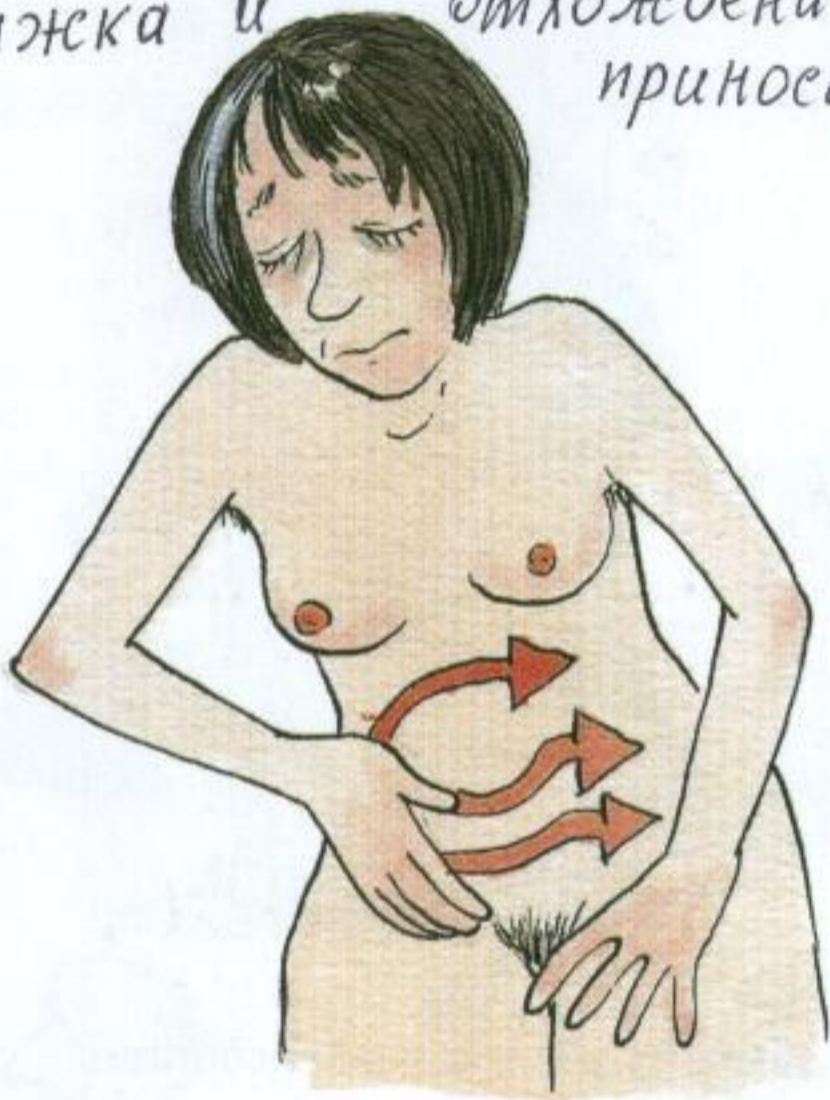
■ only listens to people who are stronger or more powerful

слушает только того кто сильнее или более влиятельный



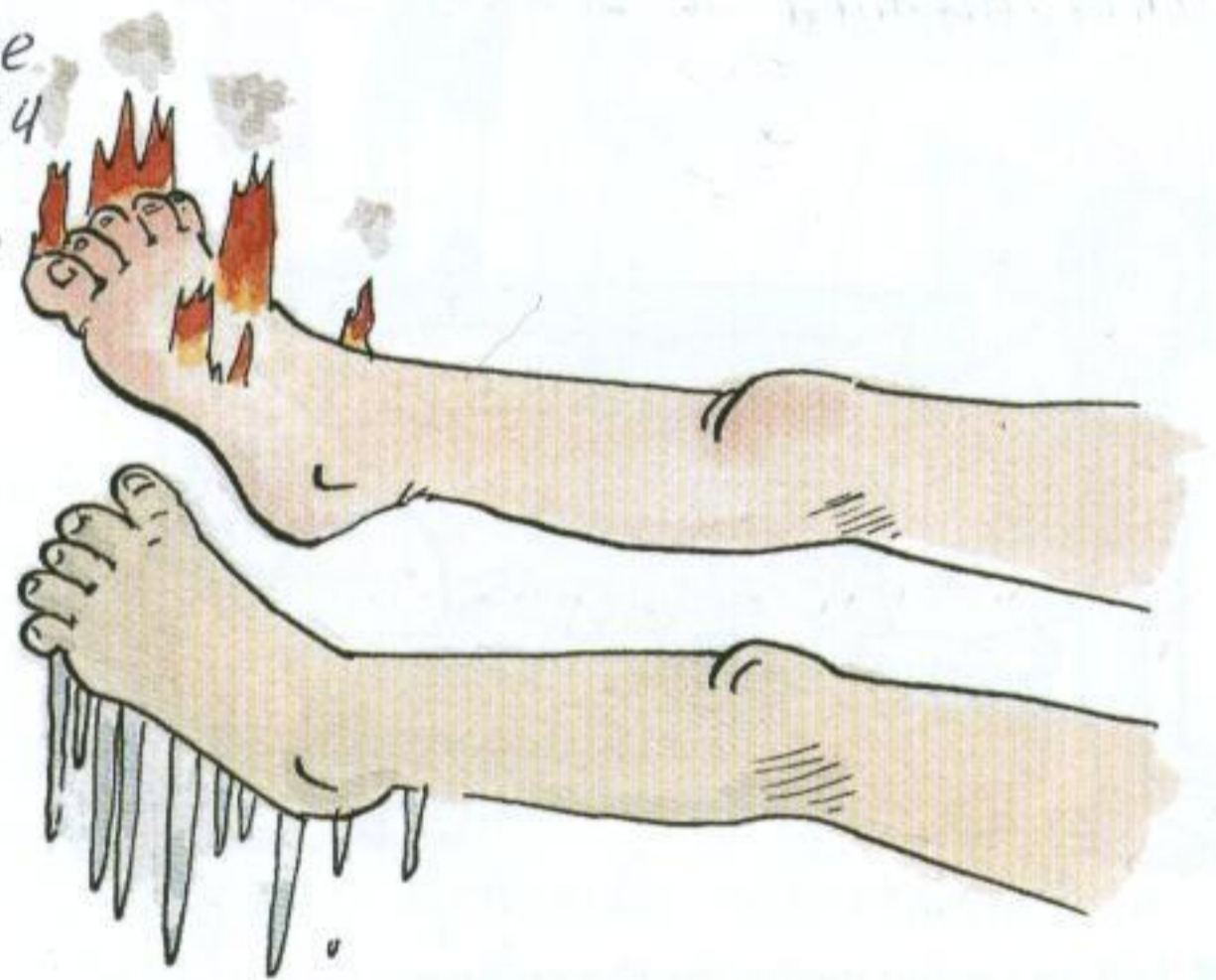
- distended abdomen and easy satiety already after small quantities of food - passing wind and eructations ameliorates

раздутый живот и быстрое насыщение даже после маленького количества пищи отрыжка и отхождение газов приносит облегчение



- right-sided complaints - which often move on to the left

правосторонние жалобы которые часто смещаются влево



- great temperature differences in the extremities

большая разница в температуре на конечностях



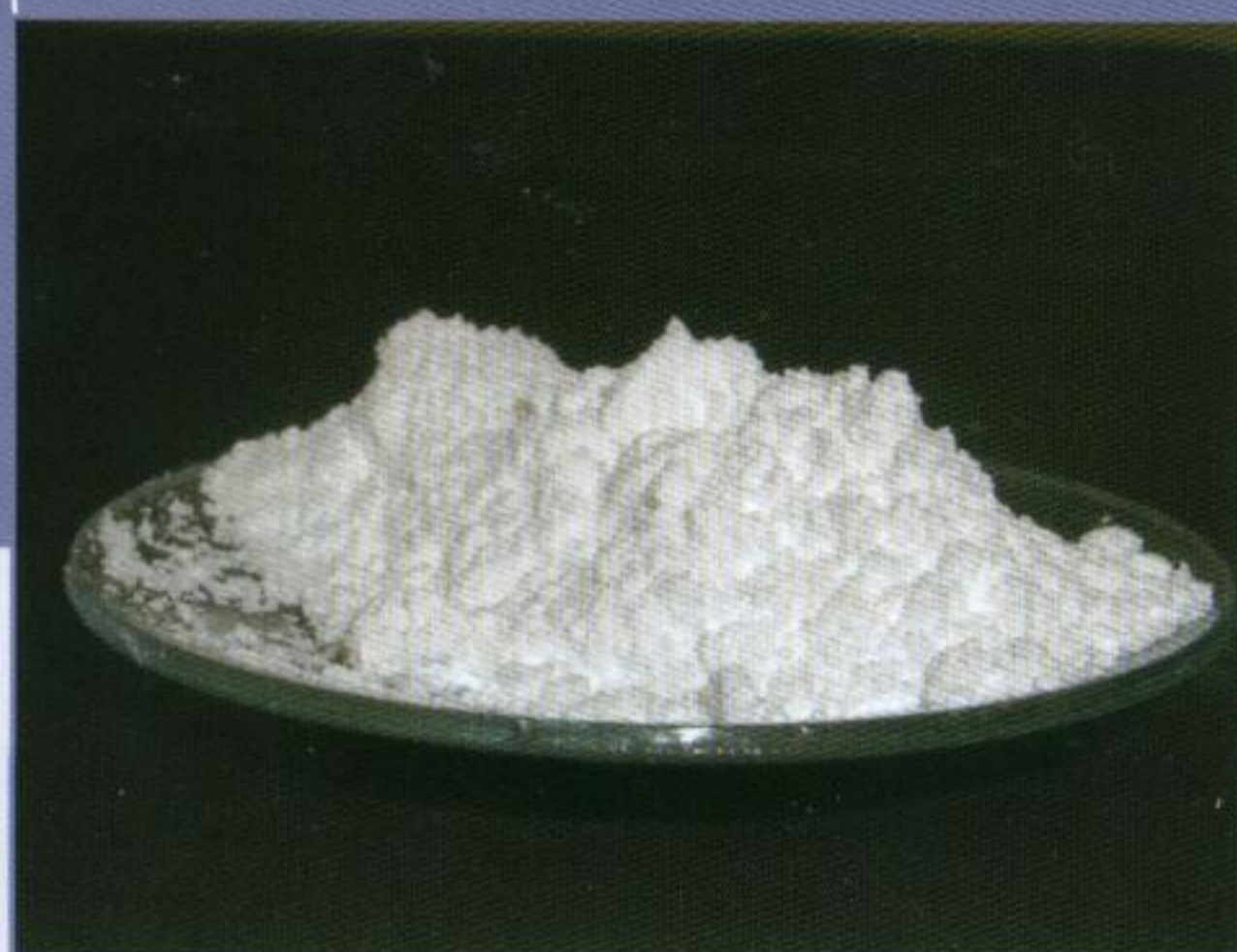
- fan-like motion of the nostrils

ноздри двигаются подобно вентилятору или крыльям птицы

Magnesia carbonica

Carbonate of Magnesia

Magnesia forms the central atom of chlorophyll and is therefore co-responsible for the green colour of plants. Patients who need Magnesia carbonica also show marked green discolorations: on their tongue, in their discharges from the nose and the throat, and in their stool.



- In the clinic, a Magnesia carbonica patient either comes across as being very aggressive or very peace-loving.
- This notion that quarrelling and aggression are either very important or strictly rejected is rooted in a deep feeling of being forsaken in childhood.
- At an early age, the child had to learn to stand on its own two feet and assert itself. This was either because one or both parents died prematurely, or because they often quarrelled and then separated, or because they did not have much time for the child. The child ends up feeling unwanted or simply 'left over'.
- As a reaction to this feeling, the child either develops a very kind, peaceful attitude, suppresses any aggression and quickly adapts in order (if at all possible) not to be forsaken, or it becomes very quarrelsome and aggressive - a development we see more frequently than the first option.
- Take a child in an orphanage, for example: deeply influenced by the emotional pain it experienced after having been isolated from the parents, this child feels totally alone, left to its own devices, and it now tries to assert itself in the world.
- The child has to fight for respect and recognition in the group, and it achieves this with the help of violence towards the others. In this way the child wants to get attention and recognition and be taken seriously.
- Over the years, life, the opposition of other people and developing illnesses mark out boundaries, however, and thus a suppression of the aggressive side can be seen later on in life.
- These people are now too weak to keep on fighting, and they present their 'shadow' by behaving in exactly the opposite way - peaceful and non-aggressive. They now abhor quarrels, which upset them.
- The suppression pushes these people's negative energies inside, and they manifest themselves in physical and mental pathologies.
- The patients experience increasing anxiety attacks which mainly reflect the fear that stems from childhood experiences: fear of losing their partner or the person who looks after them.
- It is striking that these fears almost only appear during the day, and that they disappear as soon as the patients are in bed in the evening. In the cosy warmth of their bed or the quiet evening hours they normally manage to clear their head again and push their worries aside.
- Magnesia carbonica patients often suffer from ailments of the digestive tract, menstrual complaints, cramping or tearing neuralgic pains and sleeplessness.
- They are almost always tired, yet they do not sleep well. They wake up unrefreshed and take a long time to really feel awake in the morning. Their battery is run down!
- Their bitterness about their battle in life and the grief they suffered turns them 'acidic', giving them many unpleasant, acidic discharges. Their perspiration, their stool, vomit or their menstruation smell sour.
- This general hyperacidity causes cramping in the muscles, either in the extremities, the uterus, the stomach or the entire abdomen.

patype

61



■ forsaken feeling in childhood
ощущение покинутого в детстве
(заброшенного)



■ fears during the day, which are ameliorated in the evening
and in bed

Боязнь во время дня, которые
исчезают ночью и в кровати



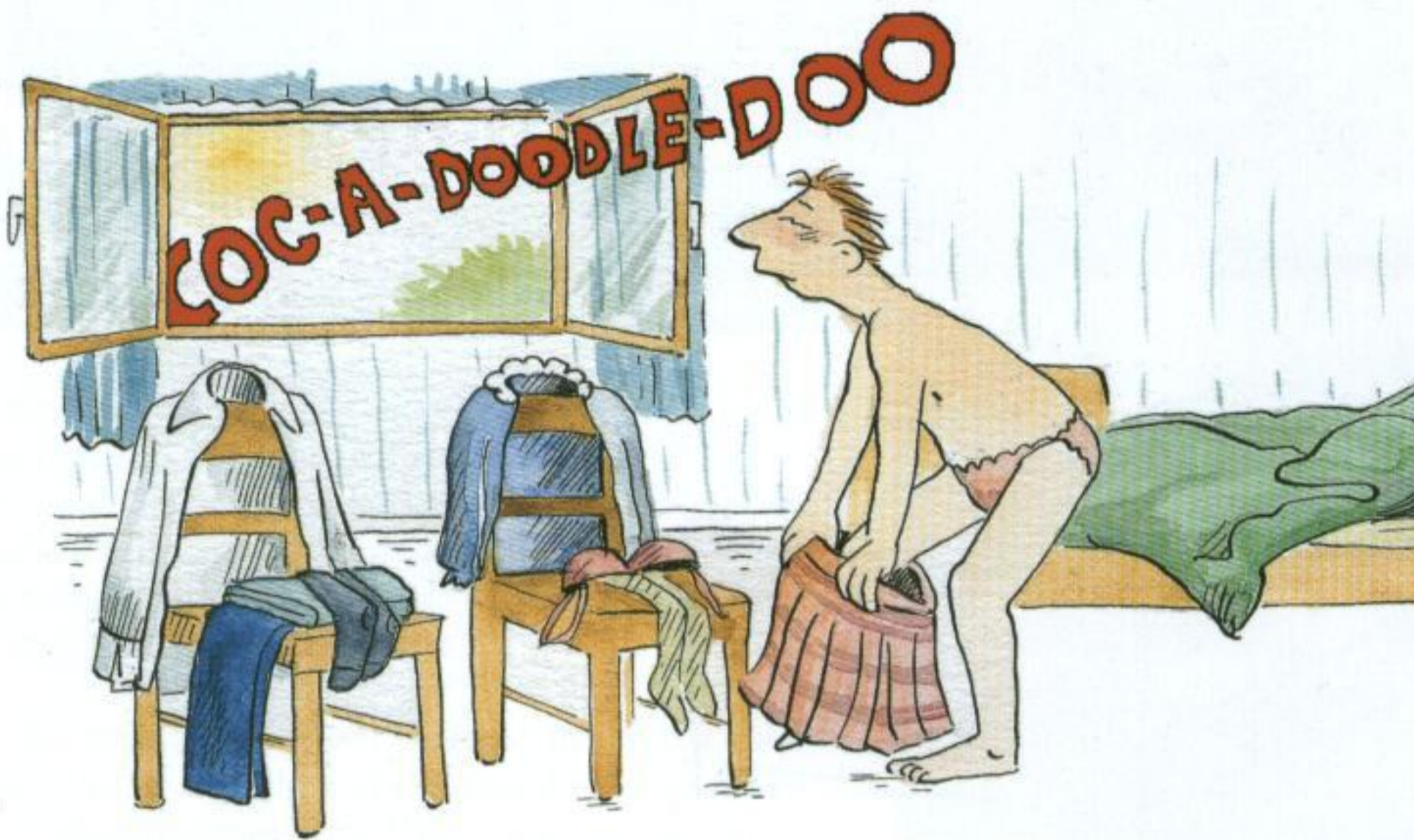
■ many orphans need Magnesia!

многие сироты нуждаются
в Magnesia



■ rejection of or support of aggressive
behaviour

Непринятие или поддержка
агрессивного поведения



■ tired and unrefreshed for a long time after waking up in the morning

чувство усталости на протяжении (длинного) времени после просыпания утром

Sweet unknown scents ominously touch the land



■ discharges smell sour - perspiration stains the clothe

кислый запах выделений, потение оставляет пятна на одежде



■ infants who cry a lot - slow development, thrive poorly

бесконечно плачущие новорождённые - задержка в развитии, слабый рост



■ menstrual flow only at night, stops during the day

ночное кровотечение во время менструации которое (стопс) останавливается днём



■ facial pain on the left side - heat and pressure ameliorate

левосторонняя лицевая боль - тепло и давление облегчает



■ warm food aggravates

тёплая пища раздражает

Magnesia muriatica

Chloride of Magnesia

The mineral Magnesia can show very strong reactions. It can aggressively withdraw oxygen from other elements, and it is, among others, used to build explosives or bombs. This aggressive behaviour - or the complete suppression thereof - may be seen in patients who need a remedy of the Magnesia group.

- Similar to *Magnesia carbonica*, we also find a deeply rooted forsaken feeling in childhood in people who need Magnesia muriatica. The causes are similar: quarrels, the parents' divorce or the death of one or both parents.
- The child now has the feeling that it has already lost the care, security and love of the parents, particularly the mother, or that it may lose them in the future. In consequence, it displays a very endearing and adapted behaviour.
- The child suppresses its anger and grief about the taxing family situation, and not for all the world does it want any more quarrels, as that could further endanger the care and affection that (still) exist.
- In Magnesia muriatica, the anxious, passive desire for security and protection is central, whereas in Magnesia carbonica what matters is the active assertion of respect and the attempt to receive attention and affection by displaying aggressiveness and strength.
- If the family peace is further threatened, the peaceful and cowering behaviour of Magnesia muriatica children may turn into its opposite and free their hitherto suppressed aggressive impulses. This distracts the parents from their problems, and they concentrate their attention on the new and unexpectedly militant character of their child - the existential threat to the child is thus averted for the time being.
- Mostly, however, these patients are very peaceful - they have strongly suppressed their tension and their anger and appear very calm and balanced.
- As they grow older, these people take on many tasks, duties and responsibilities in society because they



long for love, security and affection. However, owing to their earlier experience of quarrels, they cannot cope very well with the ensuing confrontations which might be connected to their tasks and duties.

- They throw themselves into life in order to secure their place in life and to make sure they are well provided for, but the violence and aggression in this world place a great burden on them. They had too many negative experiences, and with this in mind, they are unable to cope with irritable moods or potentially conflictual situations.
- Their obstructed aggression and the ensuing emotional imbalance lead to permanently increasing inner tension. This in turn increasingly manifests itself in physical illnesses and severe anxiety attacks.
- Frequent suppression of anger often manifests itself in the form of a malfunction of the liver, and Magnesia muriatica patients show a marked tendency to affections of that organ. There may be an inflammation of the liver which leads to an insufficient detoxification of the patient's metabolism, leaving him feeling tired and exhausted all the time. This is most pronounced in the morning on getting up. These people take a long time to feel completely awake; they feel benumbed and absolutely unrefreshed.



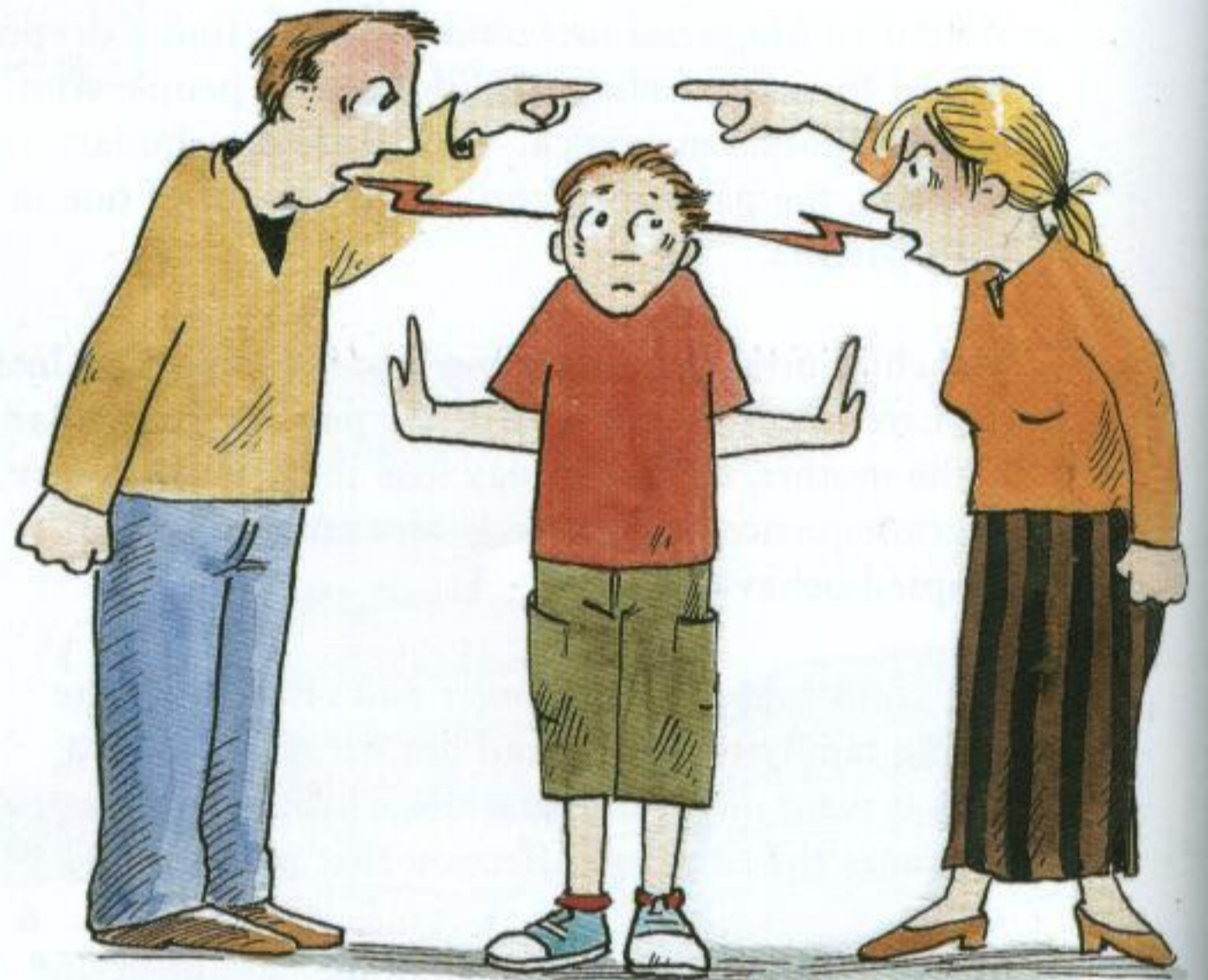
■ strong forsaken feeling - often in early childhood

сильное ощущение заброшенности особенно в раннем детстве



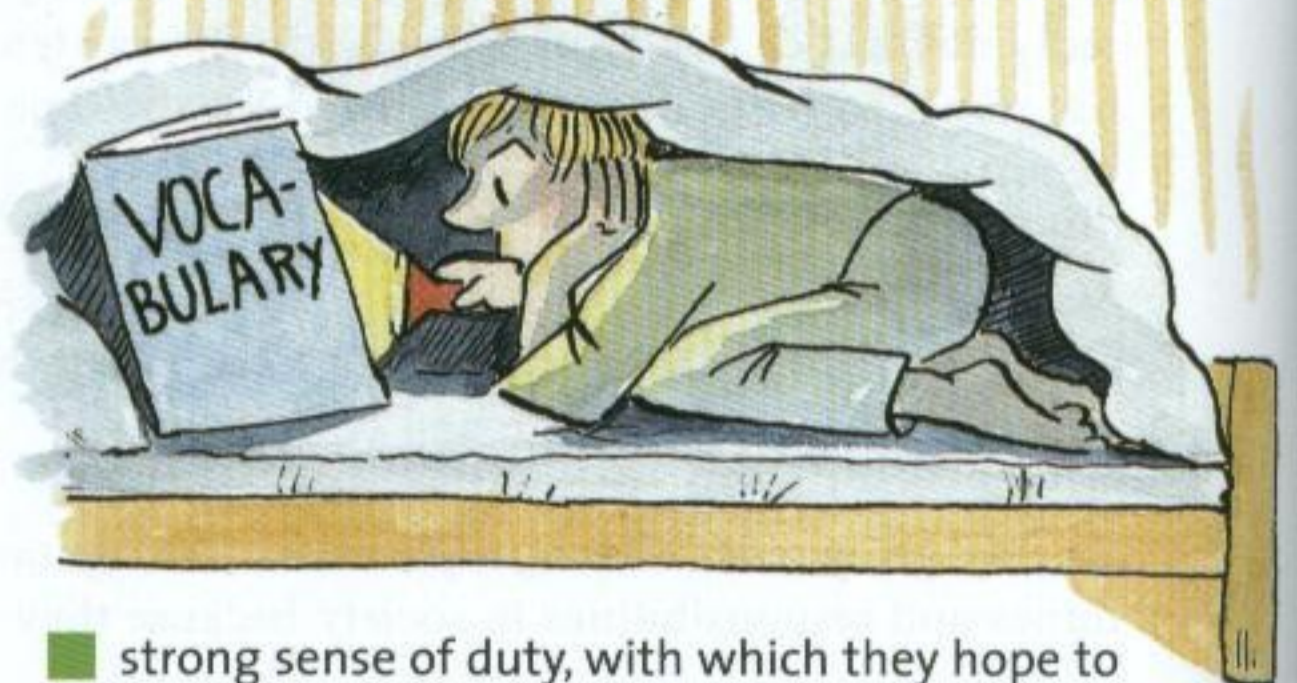
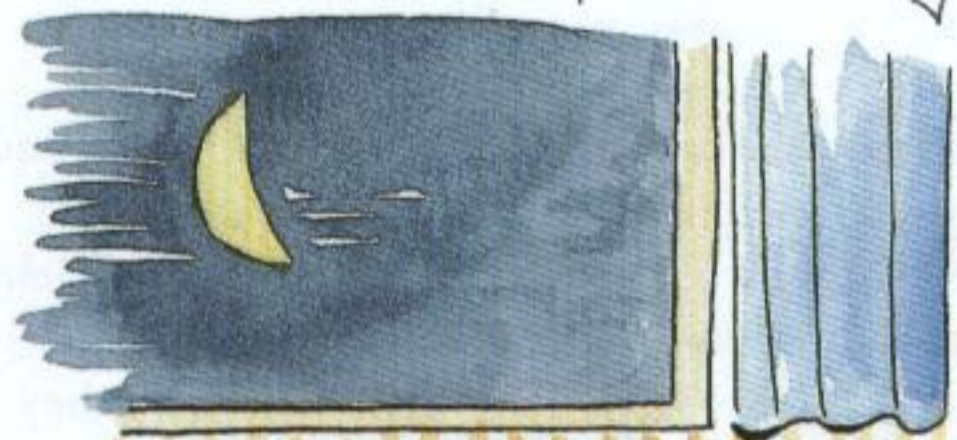
■ fear of losing care, love and security

боязнь потерять заботу, любовь, безопасность



■ ailments from quarrels between parents

чувствует себя больным после ссоры между родителями



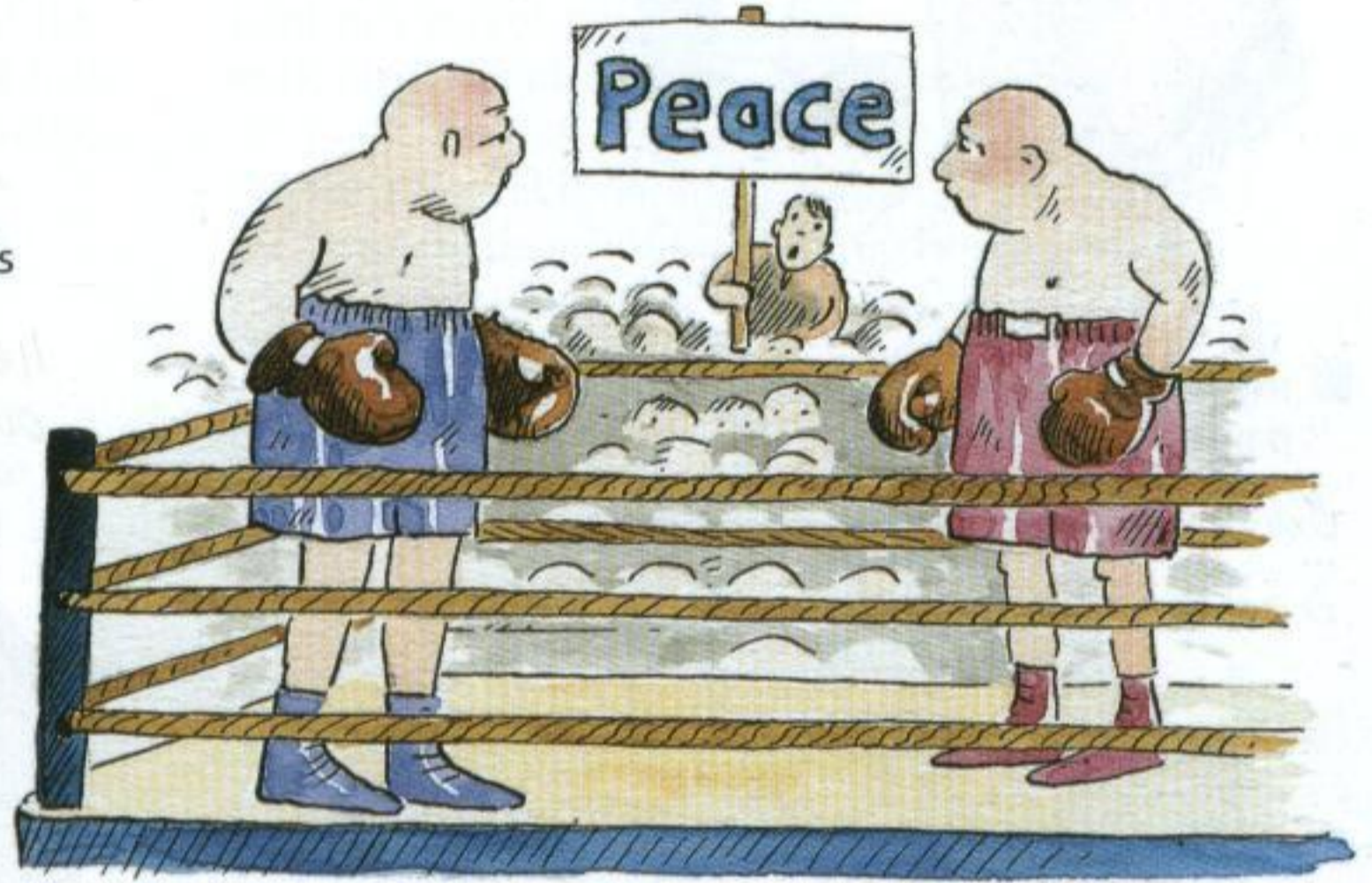
■ strong sense of duty, with which they hope to secure their place in the family or in society

сильное ощущение долга с которыми они надеются утвердить их место в семье и обществе



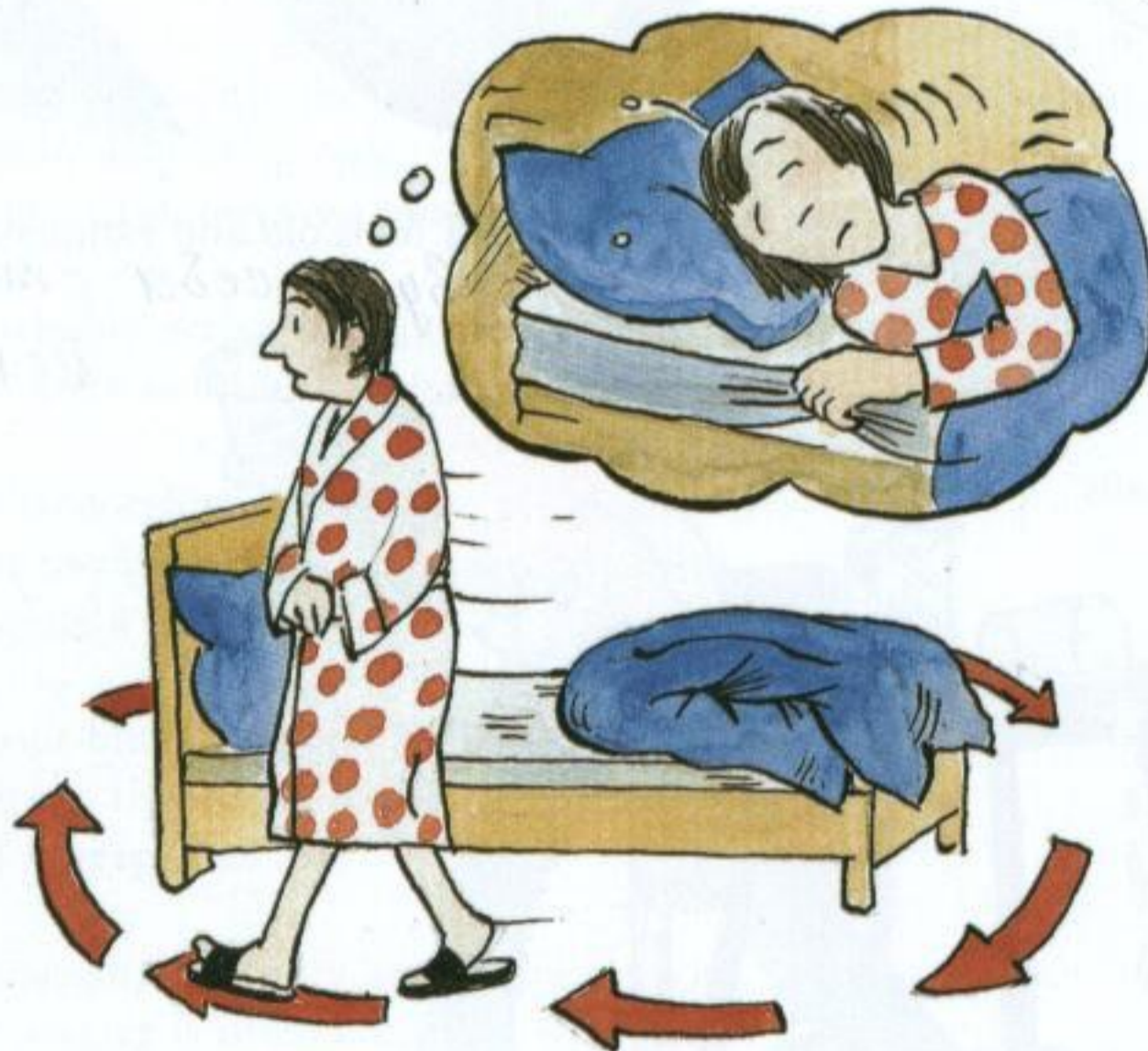
■ ailments from disagreements between friends

Болезненное состояние
после ссоры с друзьями



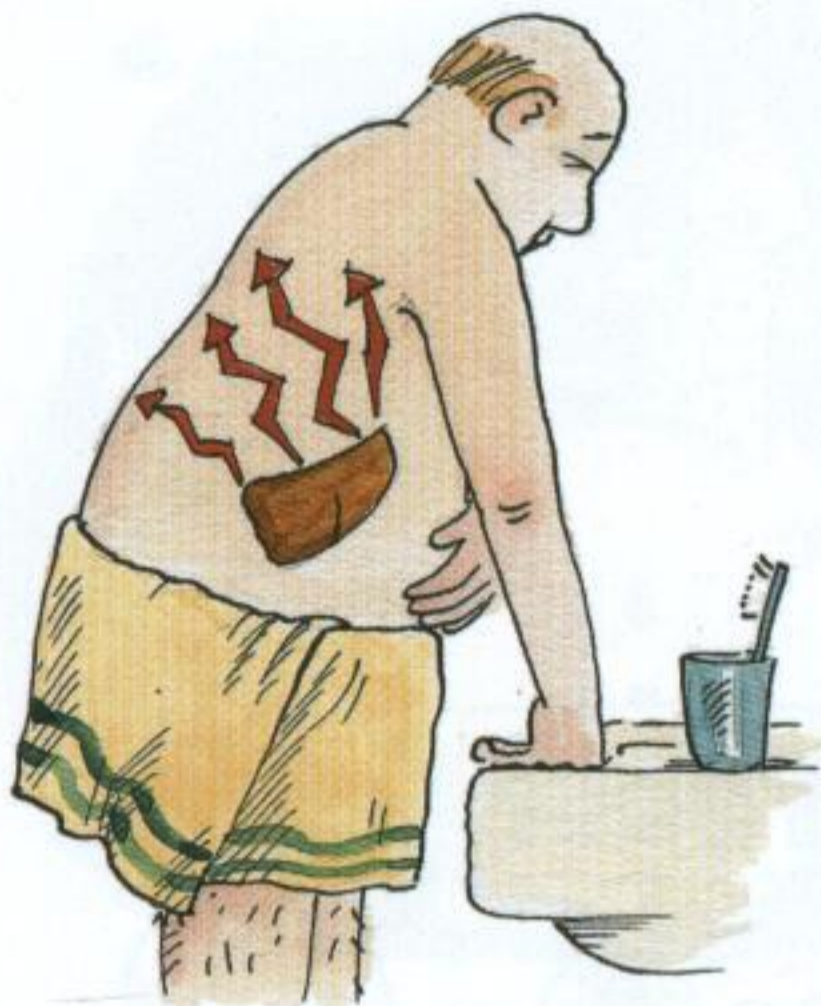
■ strong aversion to disagreements -
peace maker

сильная неприязнь к разногласиям -
миротворец



■ strong fear when lying in bed at night, as soon as they close
their eyes - getting up and walking around ameliorates

сильная боязнь во время лежания в кровати ночью,
как только закроют ихние глаза - мгновенно встают и ходят,
это приносит облегчение



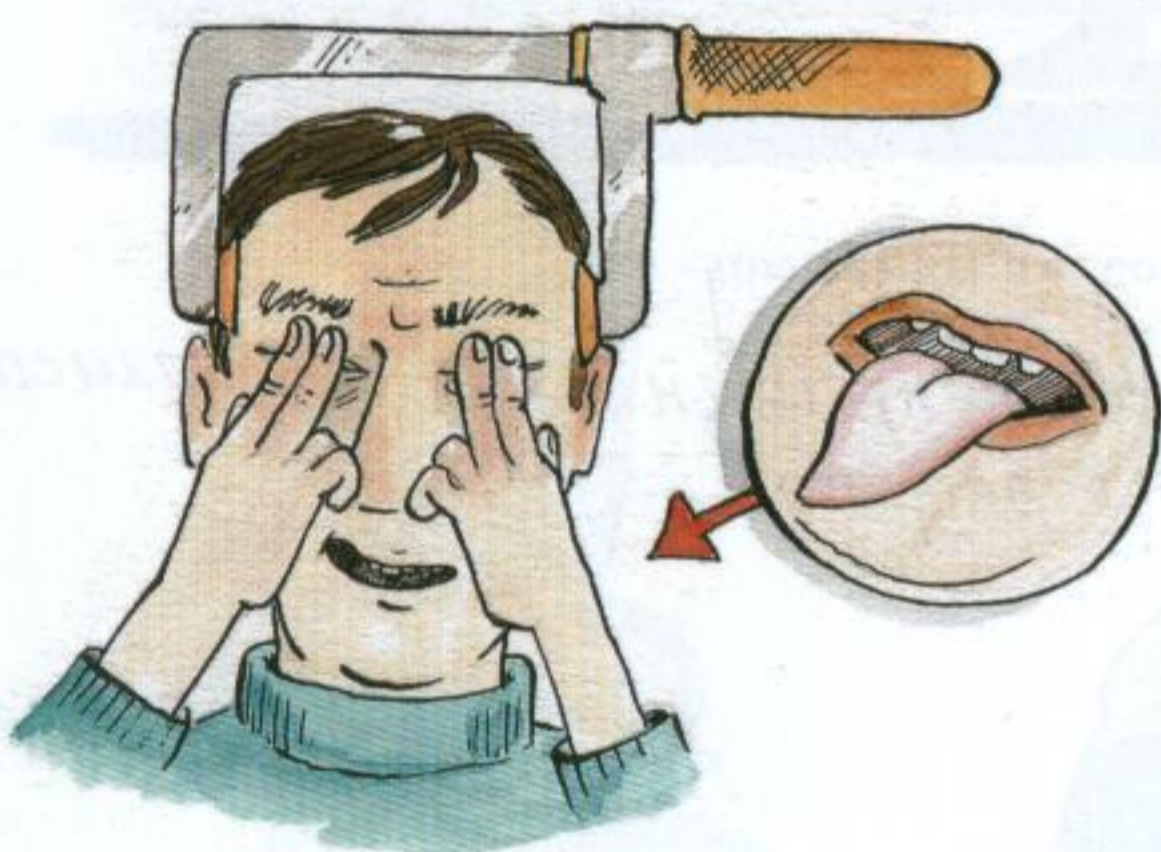
■ inflamed and painful liver,
pain extends to back

воспалённая и болюгая печень,
боль отдаёт в спину



■ extremely tired on waking in the morning -
feels benumbed

невероятно утомлённый утром
ощущение оцепенения



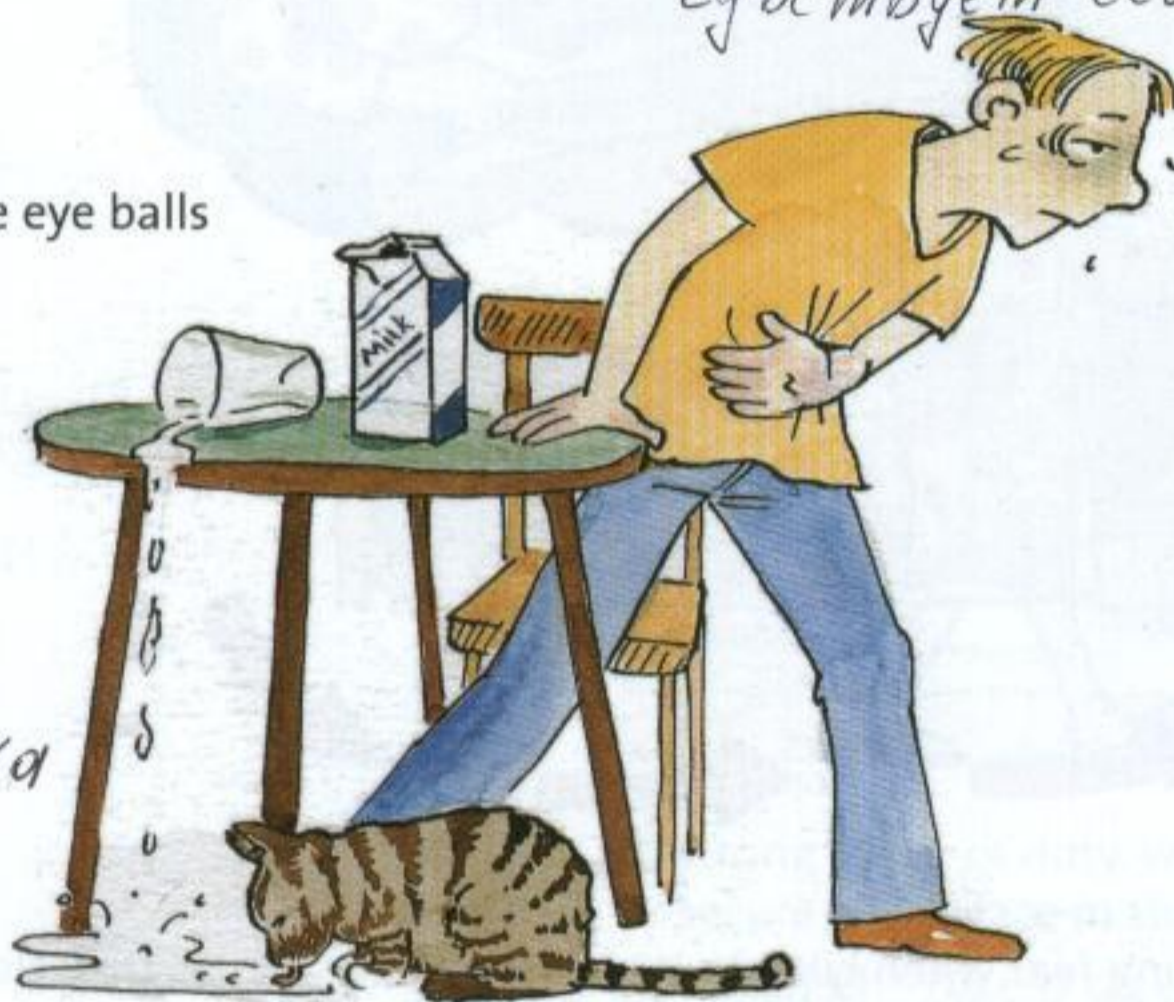
■ pain in temples
• accompanied by a white tongue
• hard pressure on the temples or the eye balls
ameliorates

Боль в висках
— сопровождается белым
налётом на языке
— сильное давление на
виски или глазные яблока
приносит облегчение



■ feels old and exhausted

чувствует себя старым и
истощённым

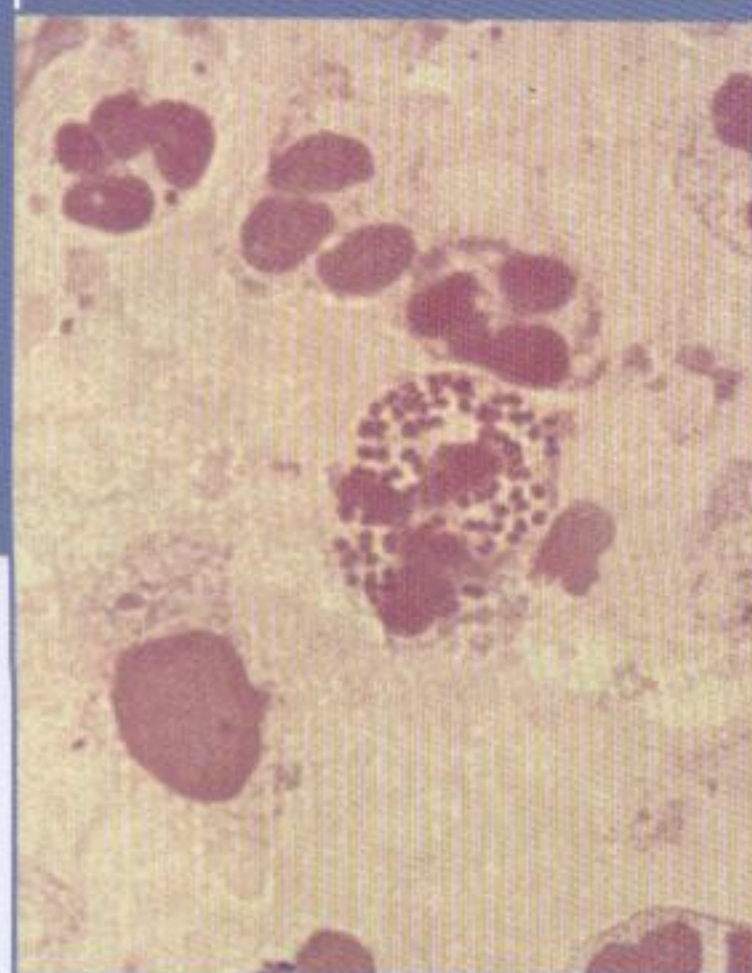


■ abdominal pain from milk

боль в животе от
молока

Medorrhinum

Nosode made from gonorrhoeal secretion



Gonorrhoea is spread exclusively through sexual intercourse. It is interesting that patients who need the homeopathic remedy Medorrhinum often show an extreme sexual desire as well as an increased proneness to ailments of the sexual organs.

- Similar to *Thuja*, Medorrhinum is one of the main remedies of the sycotic miasm. This means that the patient himself or one of his ancestors suffered from gonorrhoea. On this basis, various ailments develop, one of which constitutes the remedy picture of Medorrhinum.
- The small word 'too' is used many times when describing a Medorrhinum personality, and it stresses the extremes that draw our attention to these people. There are two different character types:
 - The first, hypertonic, boisterous type often appears too loud, too fast, too wild, too colourful or too hateful to us.
 - Most of the time, those around him find him very trying. He has a rough, passionate character and often treats his fellow beings coarsely.
 - He is not interested in whether anything is prohibited, he wants to try and experience everything intensely! A fast car, many love affairs, alcohol, loud, wild music - it is only the extremes that attract him! These Medorrhinum people come across as being harsh, egoistical and very intense.
 - They are remarkably active at night but the next day they are tired, worn out and in a bad mood.
 - In the second Medorrhinum type, we see exactly the opposite. He is too introverted, too shy, too kind and has too gentle a nature.
 - Everything about him is 'quieter', more anxious and shy. He delights in the wonders of nature, loves the soft tones and is very reserved.
 - Because of his sensitive, tender and inconspicuous nature, this character is often confused with other mild remedy types.
- Both states of mind mentioned above may be dominant in a person for a long time (or for ever). They may, however, also change in different phases in life.
- On the physical level, Medorrhinum types often suffer from affections of the skin or the respiratory tract or from rheumatic complaints.
- There is a special connection to ailments of the genitor-urinary system, which is often chronically infected and thus shows a similarity to gonorrhoea and related conditions.
- We can find pain, indurations and secretions which often smell of fish - reminding us of the fact that in former times Gonorrhoea often occurred in port cities. Accordingly, Medorrhinum types feel markedly better by the sea.
- In later stages of the pathology, the patients develop fears and increasing mental problems. Their memory grows ever weaker, and in mid-sentence they forget what they were about to say. This state may get so bad that in the end the patients are completely disoriented.



■ desire for extremes
is not interested in whether anything is prohibited

Желание к экстремальному
не обращает никакого внимания
на ограничения или запреты



■ great haste and hurry -
has problems when a time is set

большая суета и торопливость
проблематично быть вовремя

ПОЛНЫЕ ПРОТИВОПОЛОЖНОСТИ
extreme contrasts



■ hard and cruel
жесткий, безжалостный



■ kind and sensitive
нежный и чувствительный

■ fond of animals
любит животных



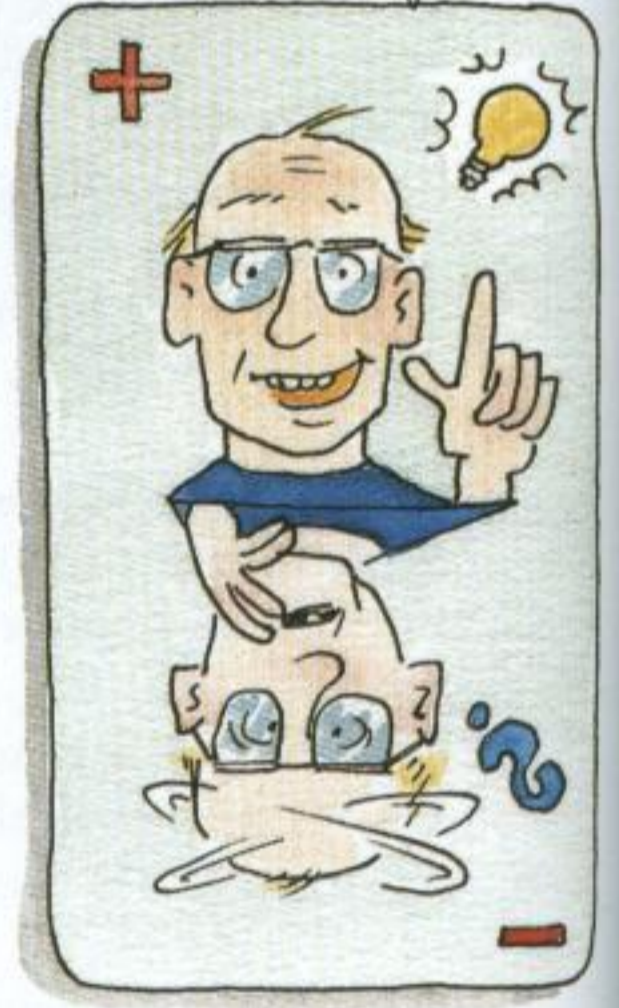
■ cruel towards animals
жесток по отношению к животным

■ full of energy
полон энергии



■ totally exhausted
полностью истощённый

■ mentally alert
обладающий живым умом



■ totally forgetful
полностью забывчивый



■ great fear that someone is behind him

боязнь что кто-то стоит
за спиной



■ starts a sentence and forgets what he was going to say

начинает говорить и
забывает продолжение



■ family history of heart disease at an early age
(or people dying of a heart disease)

семейная предрасположенность
к заболеваниям сердца в раннем
возрасте
(или смерть от сердечного
приступа)



■ being by the sea ameliorates all complaints

нахождение у моря
облегчает все симптомы



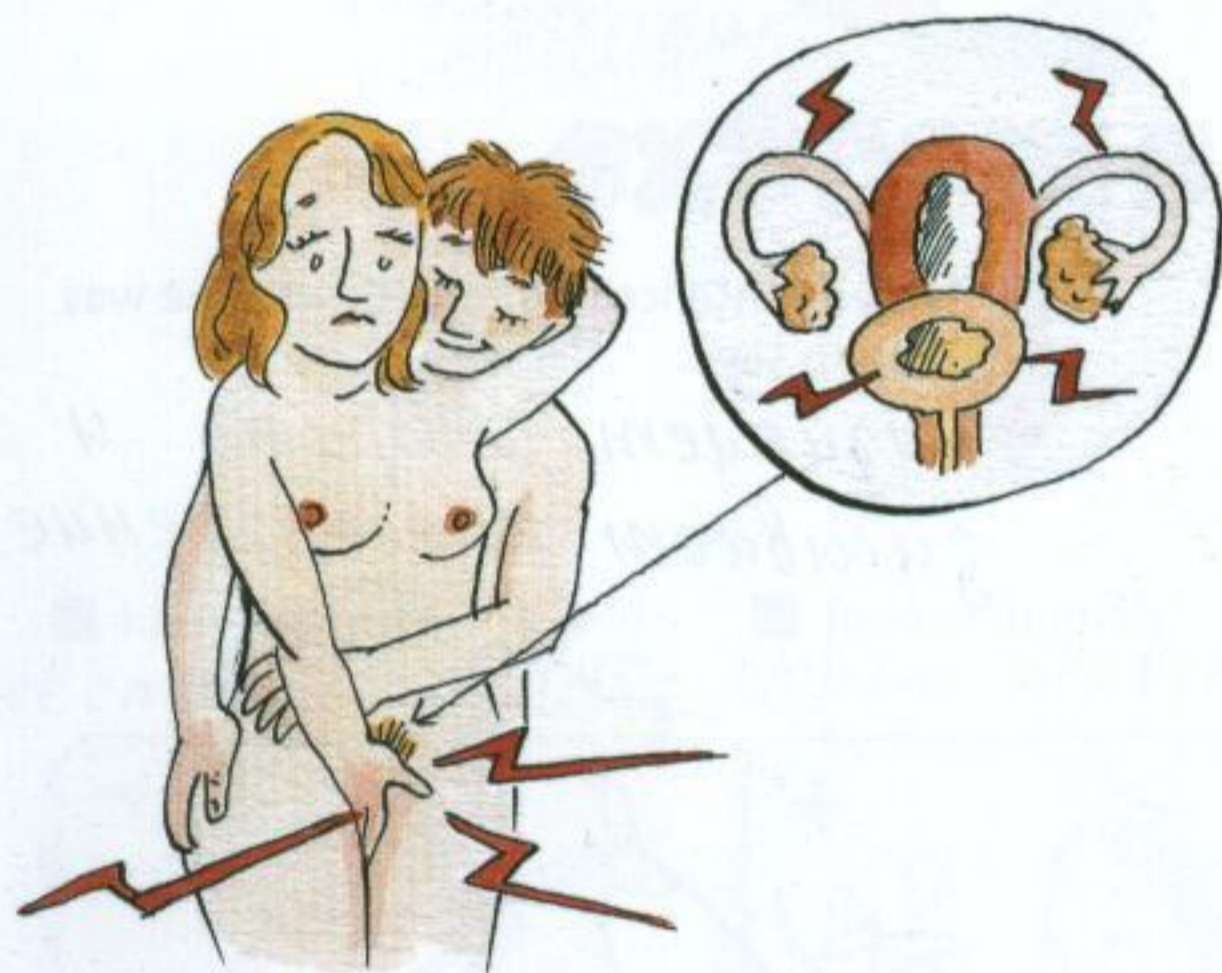
■ stomach pain at 2 a.m.

Боль в желудке в 2 часа ночи



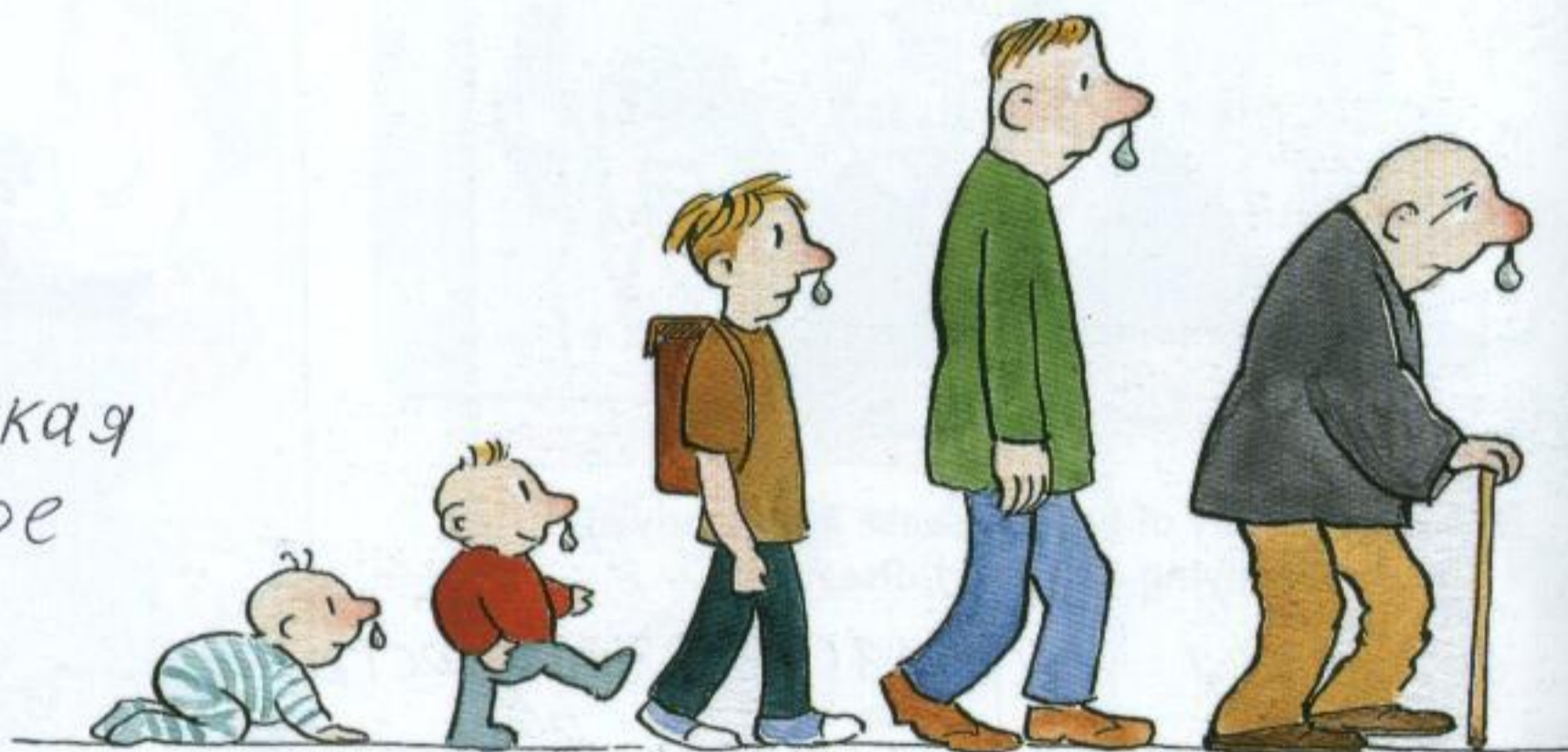
■ asthma accompanied by skin ailments
 • aggravated by wet and cold weather
 • lying on the knees and chest ameliorates

астма сопровождающаяся
 кожными заболеваниями
 — обостряется в холодную и влажную погоду
 — лежание на коленях и груди облегчает



■ chronic urogenital inflammations
 extremely strong libido

хроническая урологическая инфекция — очень сильное половое влечение



■ chronic coryza - often since childhood

хроническое выделение из носа, часто с детства

Mercurius solubilis

Quicksilver, Mercury

Mercury unites several chemical substances and thus strengthens the relationship among them. People who need the homeopathic remedy Mercurius lack exactly that quality. They are incapable of improving human contacts in a harmonious way. Instead, they block them with the help of their emotional tensions, which they either suppress or release in an uncontrolled manner.

- People who need Mercurius often appear calm and introspective and present a plain, timid façade.
- Their mild, inconspicuous behaviour is misleading, however, because in reality they are full of intense, tempestuous thoughts and emotions which they find difficult to express. The emotions bounce off from an invisible inner gate, they are thrown back, frustrated and get pent up inside.
- Therefore, actions or words cannot be expressed fluently. Because of the suppression, they are transformed into strong internal tension instead.
- This tension then breaks out either in the form of impulsive words or actions or it is forced back inside, ending up as incomplete impulses existing merely in the person's thoughts and possibly making her very ill. How does this reaction come about?
- People who need Mercurius have a strong sense of justice, and they react in a very sensitive way to any kind of injustice, be it against themselves or against others.
- They are quick to perceive their surroundings as unfair and hostile; they feel threatened or attacked by others and thus easily end up in arguments.
- In a quarrel, they actively fight against their opponent and try to 'destroy' him, or they withdraw indignantly and become ill (destroy themselves).
- They can fight in a very violent way. They are the revolutionaries, the fighters for justice and equality in the world who lack the tact and diplomacy to solve problems peacefully and to the satisfaction of everyone concerned.
- They are either very aggressive towards others, or they are much too weak to react at all. They hide all their anger inside and present the picture of a plain and harmless person.
- In later stages, the inner tension they held back causes increasing weakness, dullness and a weak memory.
- Their thinking slows down, and they try to compensate for this by hurrying. In the process, however, they get more and more nervous and hectic. Eventually, they withdraw frustrated.
- Mercurius is a syphilitic remedy. It is used in symptoms which resemble syphilis, such as salivation, swellings of the lymph nodes, bone pains or disorders of the nerves.
- There is a marked increased sensitivity to external stimuli. The patients are often too weak to tolerate changes well, and even small variations in temperature or other small variations in their usual living conditions make them ill.





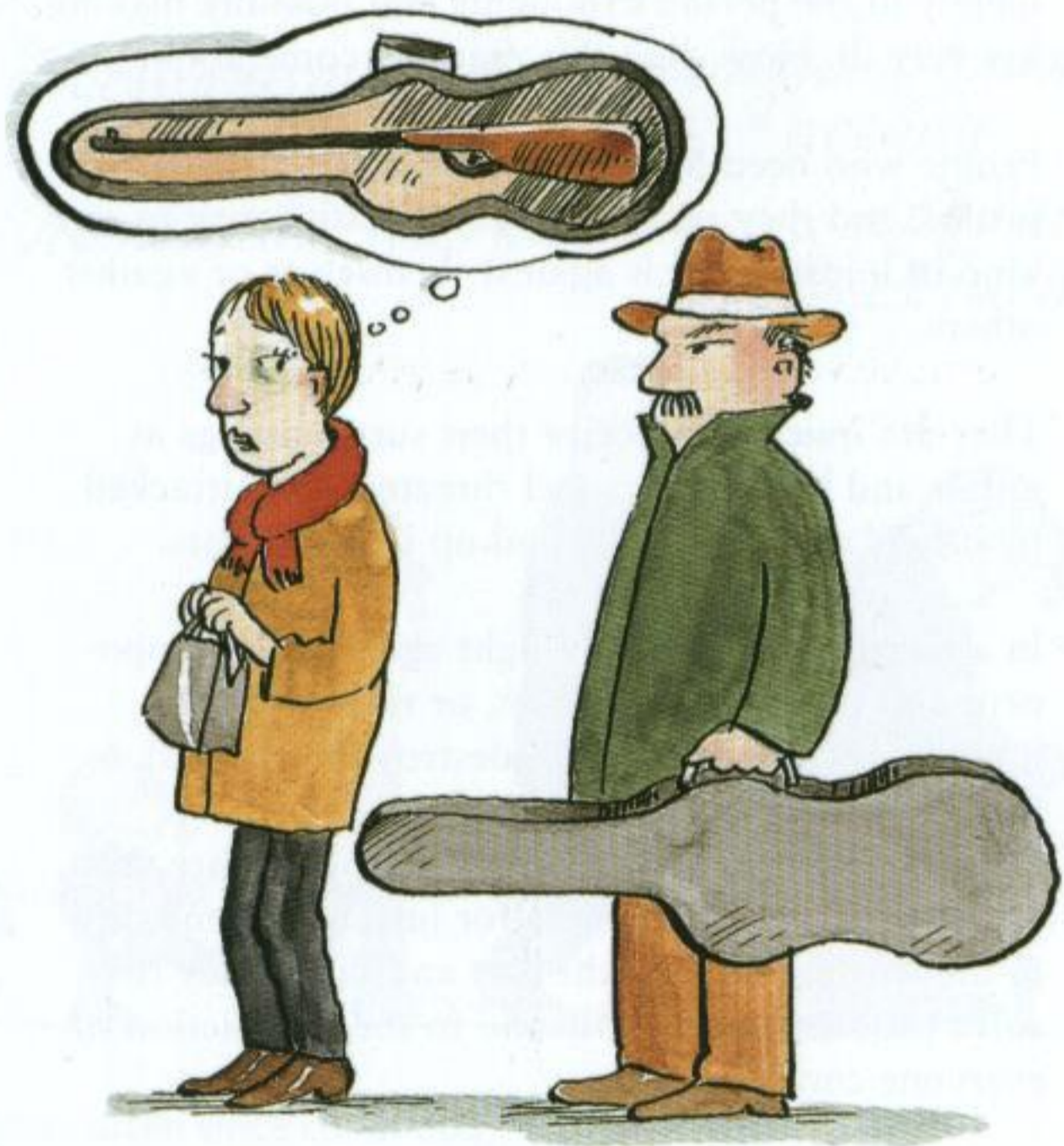
■ calm façade,
but strong inner tension

спокойный фасад
но сильное внутреннее
напряжение



■ rebels against injustice ...

протестуют против
несправедливости



■ ... and readily believes anyone could be
his enemy

легко верит что кто-нибудь
может быть врагом



■ it is important to release internal tension - desire to scream

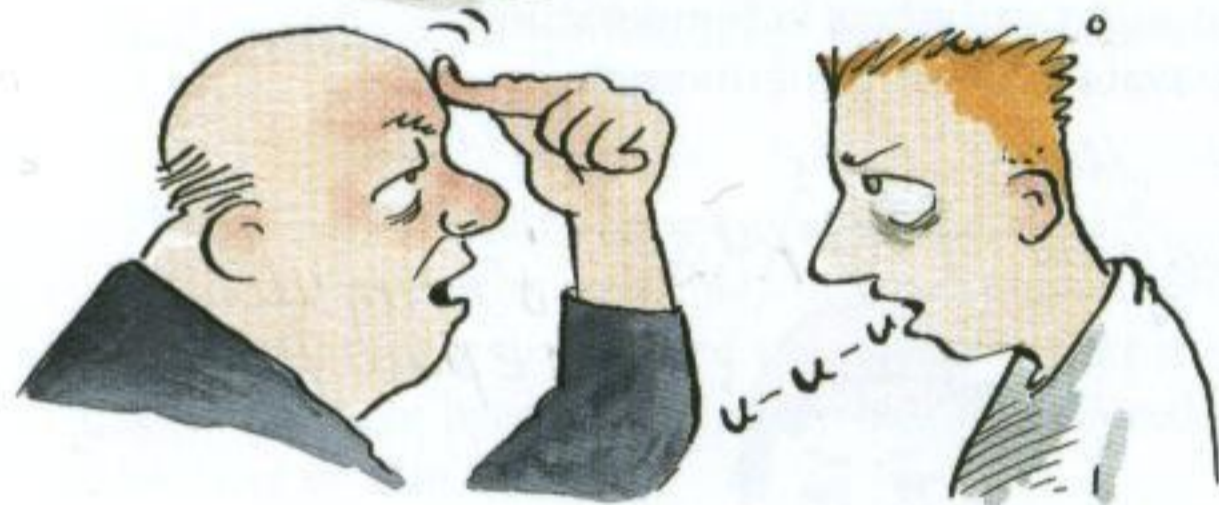
очень важно избавиться от внутреннего давления, желание пронзительно кричать

the train for Hamburg departs in one minute



■ hectic and hurried internally despite outward appearance of calmness

внутренняя лихорадка и спешка, на поверхности абсолютно спокойный



■ suppressing the release leads to thoughts about violent impulses - stammering

невозможность избавиться от внутреннего давления приводит к агрессивным порывам - заикается

hello, darling, how was your day?



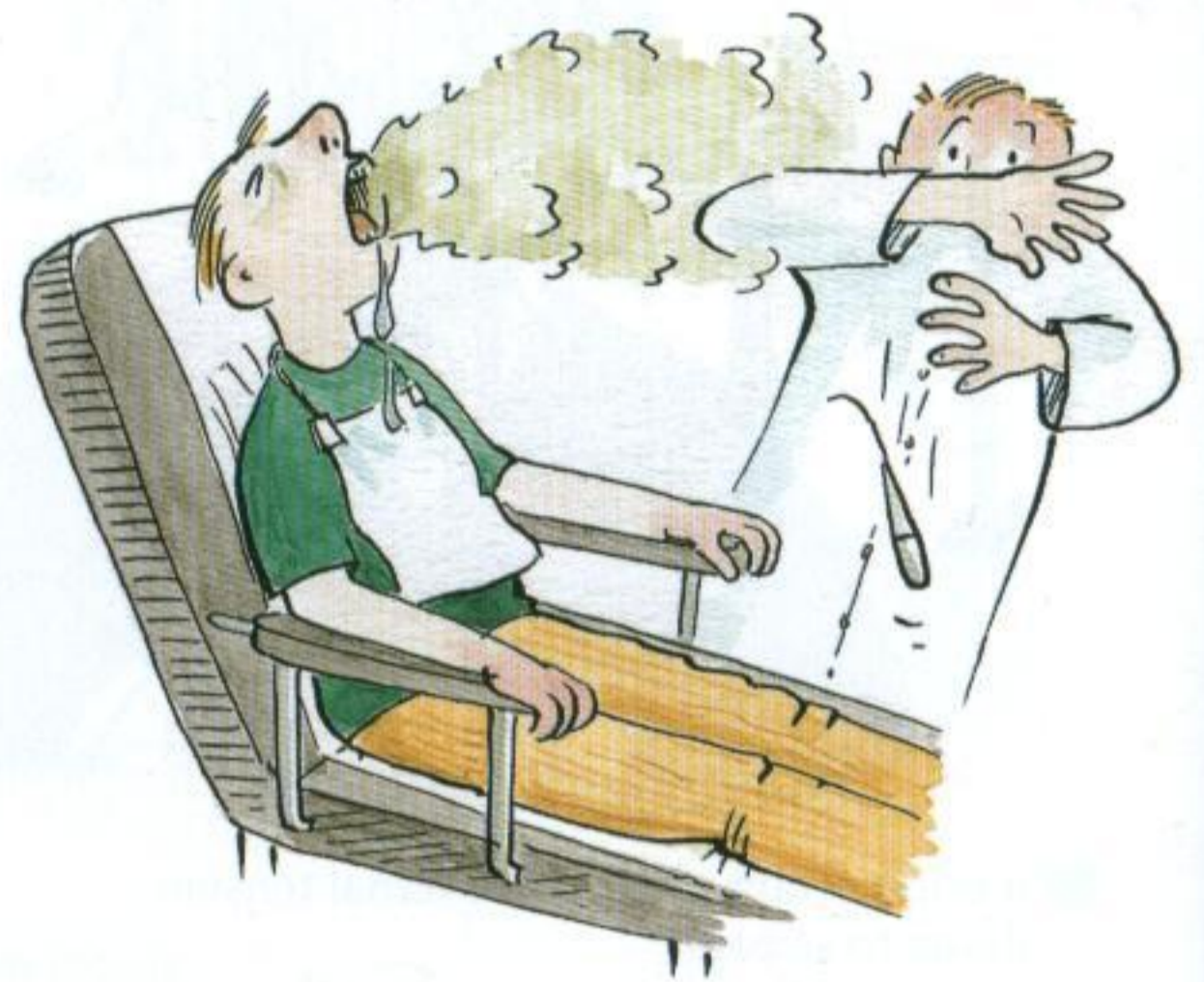
■ desire for someone to listen attentively, finds it difficult to continue speaking otherwise

предполагает полное внимание от слушателя в разговоре, если нет тяжело продолжать разговор



■ even slight variations in temperature aggravate - 'walking thermometer'

даже маленькое изменение температуры - раздражает "ходящий термометр"



■ offensive breath

огонь, сильный запах изо рта



■ wounds suppurate easily and are slow to heal

раны легко гноятся и медленно заживают



■ slimy stool - diarrhoea with strong, incessant urge to pass stool

слизистый стул - понос с сильными непрекращающимися позывами.



■ profuse perspiration even in low temperatures - sweat stains the clothes and makes them starchy

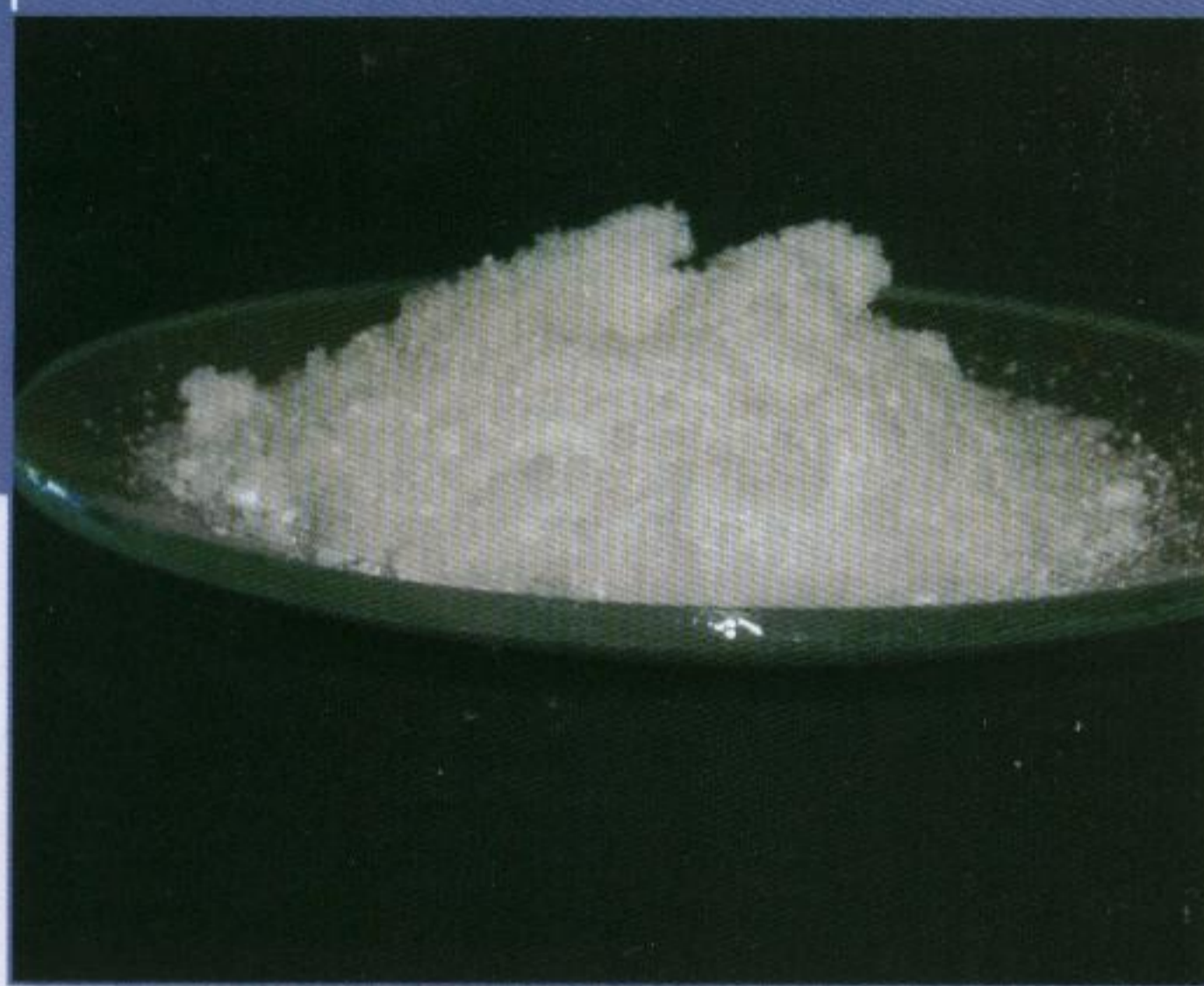
низкой температуре, обильное потоотделение даже при пот закрашивает одежду и просяживает его словно крохмал

Natrum carbonicum

Carbonate of soda

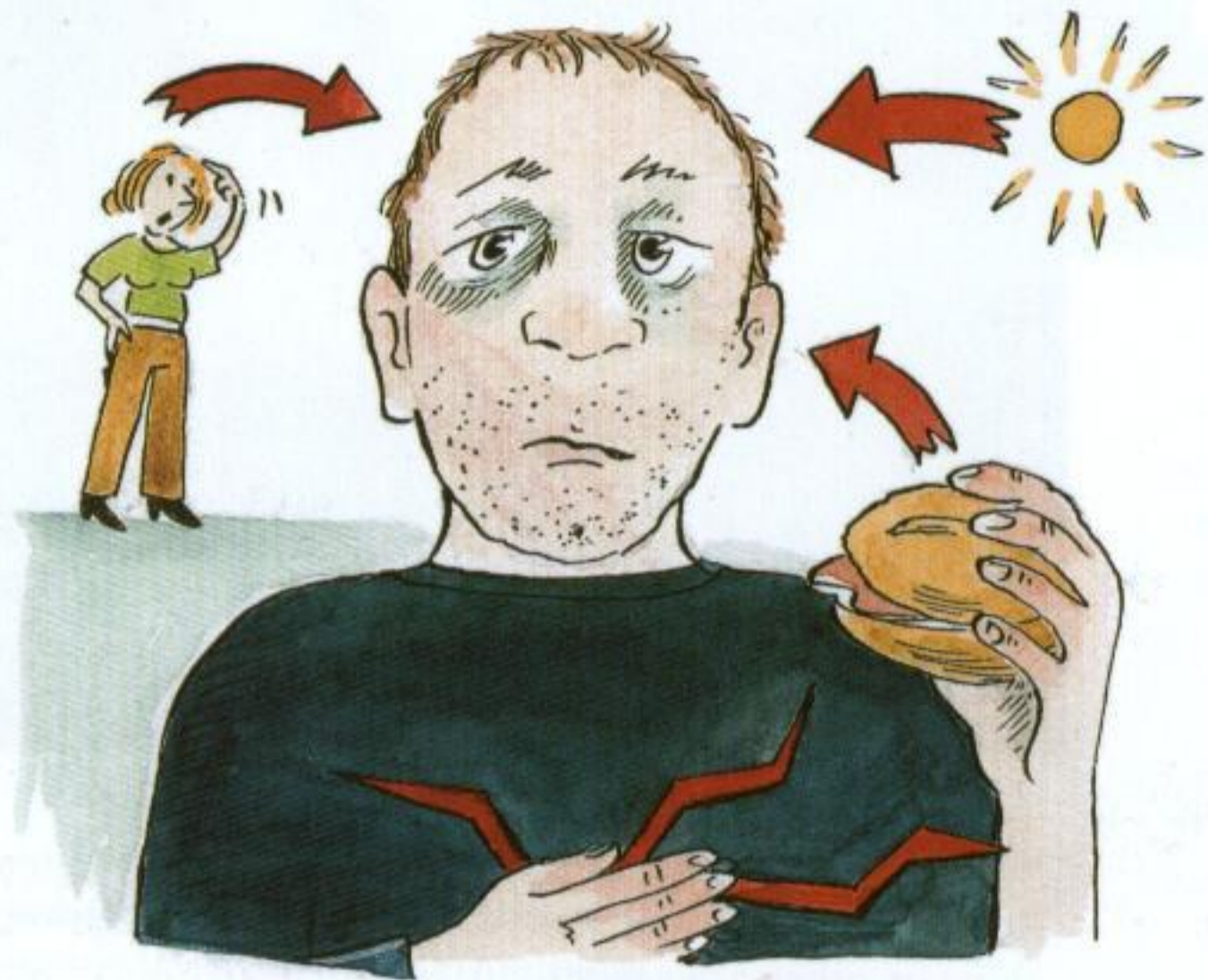
Carbonate of soda is used in digestive problems as it helps absorb excessive acid in the stomach and transport the food. Similarly, patients who need the homeopathic remedy Natrum carbonicum have marked digestive complaints - not only on the physical, but also on the emotional or mental level.

- People who need Natrum carbonicum are warm-hearted and sympathetic, often selflessly sacrificing themselves for others without expecting gratitude. They altruistically put their lives at others' service.
- Owing to a general hypersensitivity, they find it difficult to process external stimuli adequately. They find it difficult to 'digest' certain foods, climatic conditions, music or even certain people.
- Their body reacts to certain foods (particularly milk) by developing allergies, pain or intolerances. Weather changes often cause a rapid decline in general well-being, particularly after excessive exposure to the sun.
- The longer these physical complaints last, or the longer they are suppressed, the more the condition shifts to the emotional sphere.
- The patients become more and more sensitive to emotional affections, they cry when they listen to music, are easily frightened and develop fears.
- Their inability to face different or unusual stimuli in a balanced way shows itself in their aversion to certain people - a phenomenon which the patients have no explanation for at all.
- They cannot handle the idiosyncrasies of these people, and although they don't know them very well at all, they are quickly prejudiced and keep away from them.
- In still later stages, the illness reaches the mental level and culminates in an inability to concentrate, in severe mental exhaustion and increasing dullness.
- What are the causes of the Natrum carbonicum pathology? In these patients' past (as is also the case



with other remedies of the Natrum group), we often find feelings of being forsaken, problematic relationships or other grievances.

- The subject of the father comes up particularly often. Patients who need Natrum carbonicum often report that their father died prematurely, that they feel they have been neglected by him or suffered because of him.
- These patients are very sensitive, mild people who were able to 'digest' this pain only inadequately. They suffer greatly and become very sad. The grief changes and isolates them.
- They withdraw, feel increasingly estranged and as if separated from other people by a trench.
- These patients often cannot relate to the people around them, the issues that move them and the meaning they find in life. They feel different and like to be alone, but at the same time try not to lose the connection with other people completely.
- They hardly ever show their estrangement and their sadness in the presence of others - they do not wish to be a burden on anyone and try to hide their sorrow by being particularly cheerful.



■ difficult 'digestion' of: certain foods, exposure to the sun, people or emotions

плохо переносит: специфичную пищу
солнечные лучи
люди или эмоции



■ selfless and self-sacrificing behaviour
самоотверженное поведение
желание самопожертвы

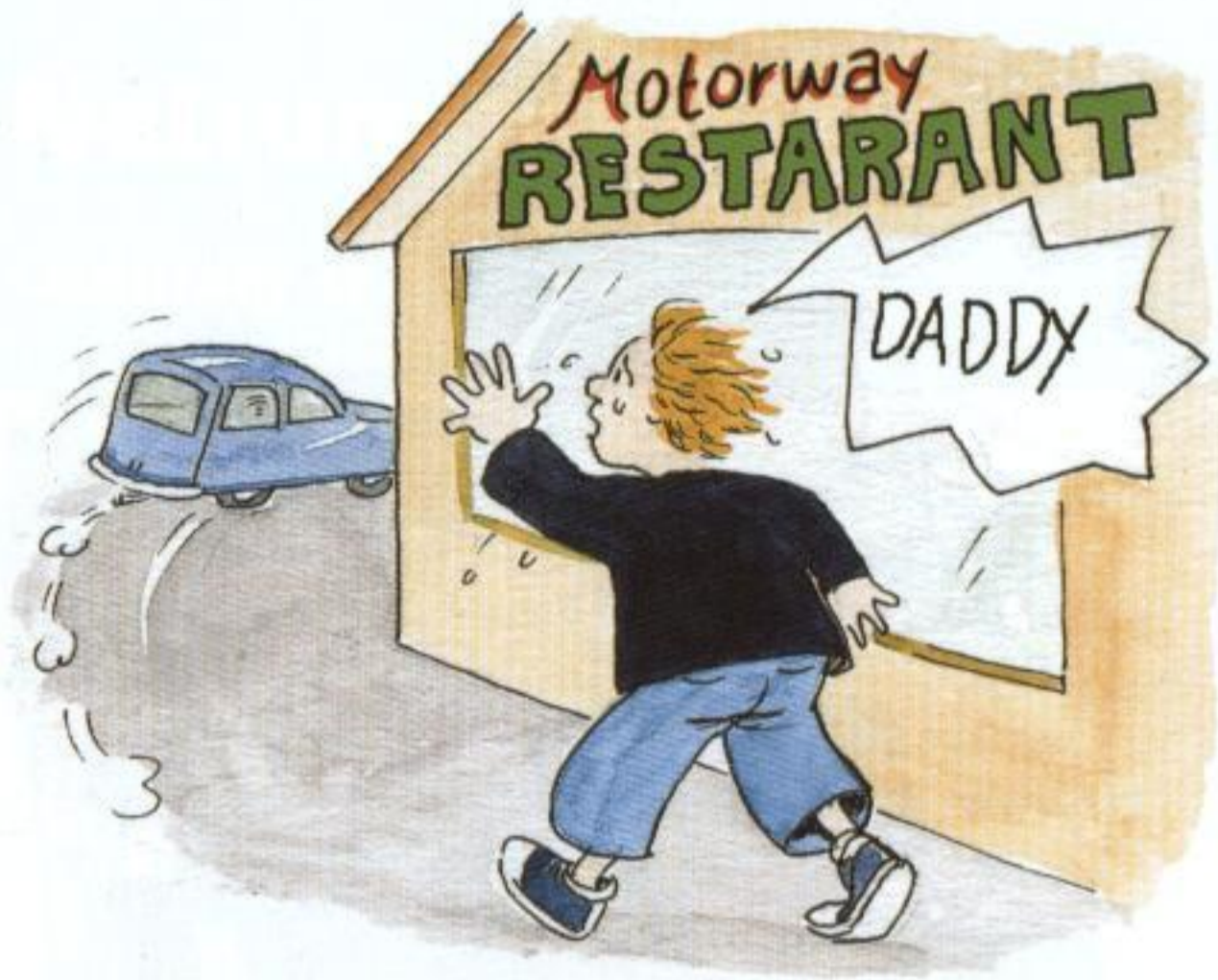


■ inexplicable aversion to certain persons

необъяснимая неприязнь
к некоторым людям



■ pretends to be cheerful despite feeling sad
притворяется весёлым хотя
чувствует себя унылым
незачальным



■ 'father problems'

проблемы с отцами



■ believes he is the odd one out, does not belong

чувствует себя третьим
лишним
случайный человек в обществе



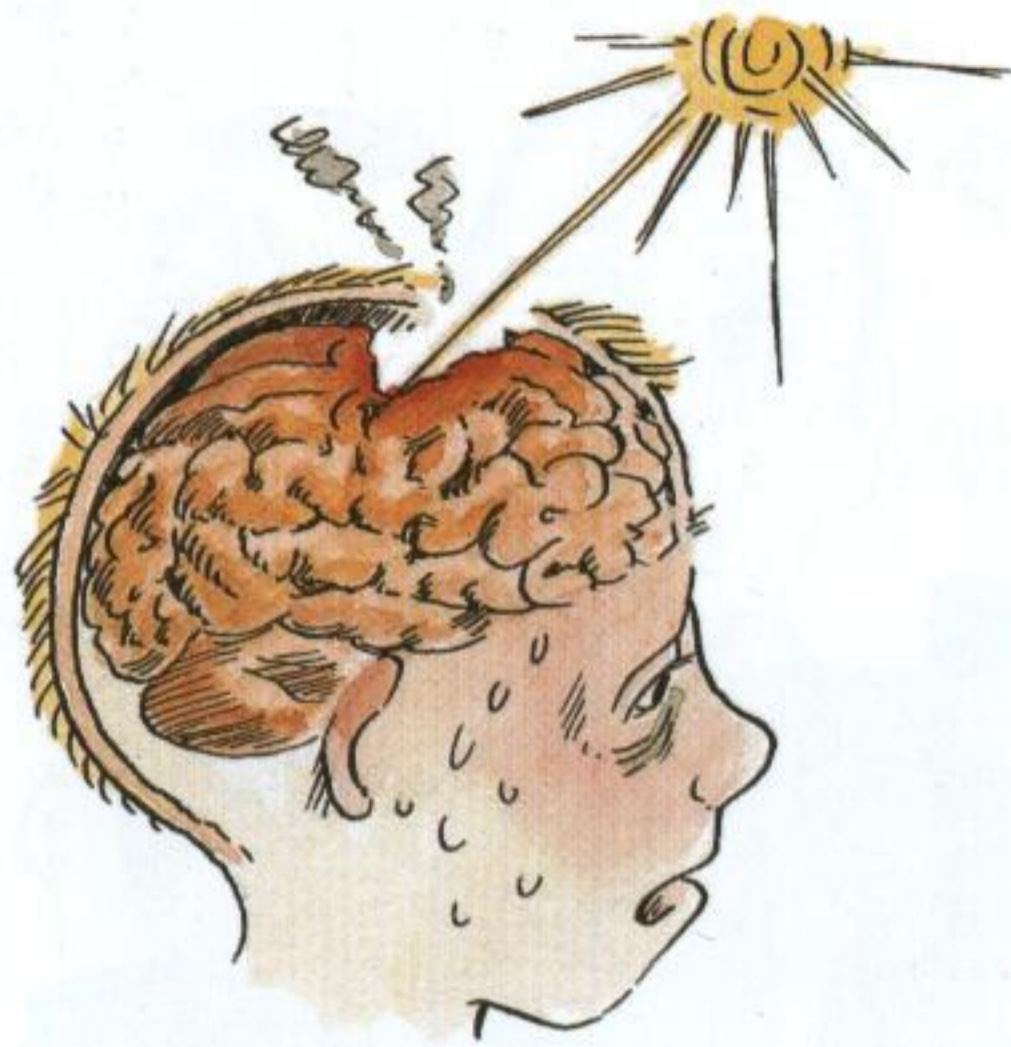
■ likes sad music, which aggravates

любит грустную музыку,
которая обостряет симптомы



■ ailments from mental exertion

болезненное состояние
после нервного напряжения



■ ailments from exposure to the sun
sunstroke

Болезненное состояние после
солнечного облучения



■ intolerance of milk -
increased passing of wind and diarrhoea after milk

Непереносимость молока -
возрастающее газовыделение и
понос после молока



■ sun and heat aggravate

солнце и тепло ухудшают
самочувствие

γοδλεδιουυγouch!



■ weakness and easy spraining of the ankle

слабость и склонность к
травме в голеносторном суставе

Natrum muriaticum

Ordinary salt

A decreased or an increased intake of salt may disturb a person's water balance. It may also dehydrate the organism. People who need salt as a homeopathic remedy often present symptoms of dryness, emaciation and exhaustion. They find it difficult to digest negative experiences - they 'conserve', can them, as it were, and in this way they hold on to them for a long time.

- People who need Natrum muriaticum are usually very kind, quiet and timid.
- In their personal history, we often find a sad childhood without true security, warmth or affection.
- The parents (mainly the mother) were often cold, strict and distant, and thus the child feels unloved from an early age onwards. Instead, it feels alone and forsaken.
- It even believes that it is to blame for its unfortunate state because it is not good enough or because it does not perform well enough in life. It then works very hard to make up for these imagined shortcomings.
- The child becomes a perfectionist and compulsively correct, because any possible misdemeanour unconsciously raises the fear of being punished by withdrawal of affection or rejection.
- Such depressing living circumstances produce a person who goes through life constantly cowering, feeling sad and incommunicative, someone who always takes life very seriously. This person is deprived of a cheerful, light-hearted disposition.
- Such experiences, and also experiences later in life which are marked by ongoing grief, sorrow, or a lack of love, favour the development of a Natrum muriaticum pathology.
- People who need this remedy have a sad personal history, or they have experienced something sad that they cannot let go of and that keeps coming back to their mind. They conserve their grief, find it difficult to digest it and thus carry it around for the rest of their lives.
- This sadness is often expressed on their faces. Equally often, however, these people put on a smile, a mask, and they often laugh in an exaggerated way - even in situations where laughter is not at all appropriate.
- The sad experiences and disappointments in their life together with their perfectionist struggle to do everything right, make them very sensitive to criticism or reprimands by others.
- In consequence they are so hurt that they are angry with that person for a long time. They may even hate that person.
- Having been disappointed once more by life and human beings, they withdraw, reject any consolation and only want to be left alone.
- These patients' emotional suffering is also expressed in physical pathologies. Natrum muriaticum is an important remedy in vertigo, affections of the kidneys and sleeplessness. It has also proven very useful in Multiple Sclerosis and other neurological illnesses.
- People who need Natrum muriaticum frequently suffer from hammering headaches and migraines, which often start around 10 a.m. and are aggravated by the sun and light.





■ ailments from grief

Болезненное состояние от печали



■ builds a protective wall around himself and his emotions

Строит защитную стену вокруг себя и своих эмоций



■ often unhappily and quietly in love with people who are 'unattainable'

Часто скрытая и безответная любовь к недоступным людям



■ persevering sad thoughts

Не может отогнать злые мысли



■ 'mother problems' - strict mother (or parents)

проблемы с матерью —
строгая мать (или родителями)



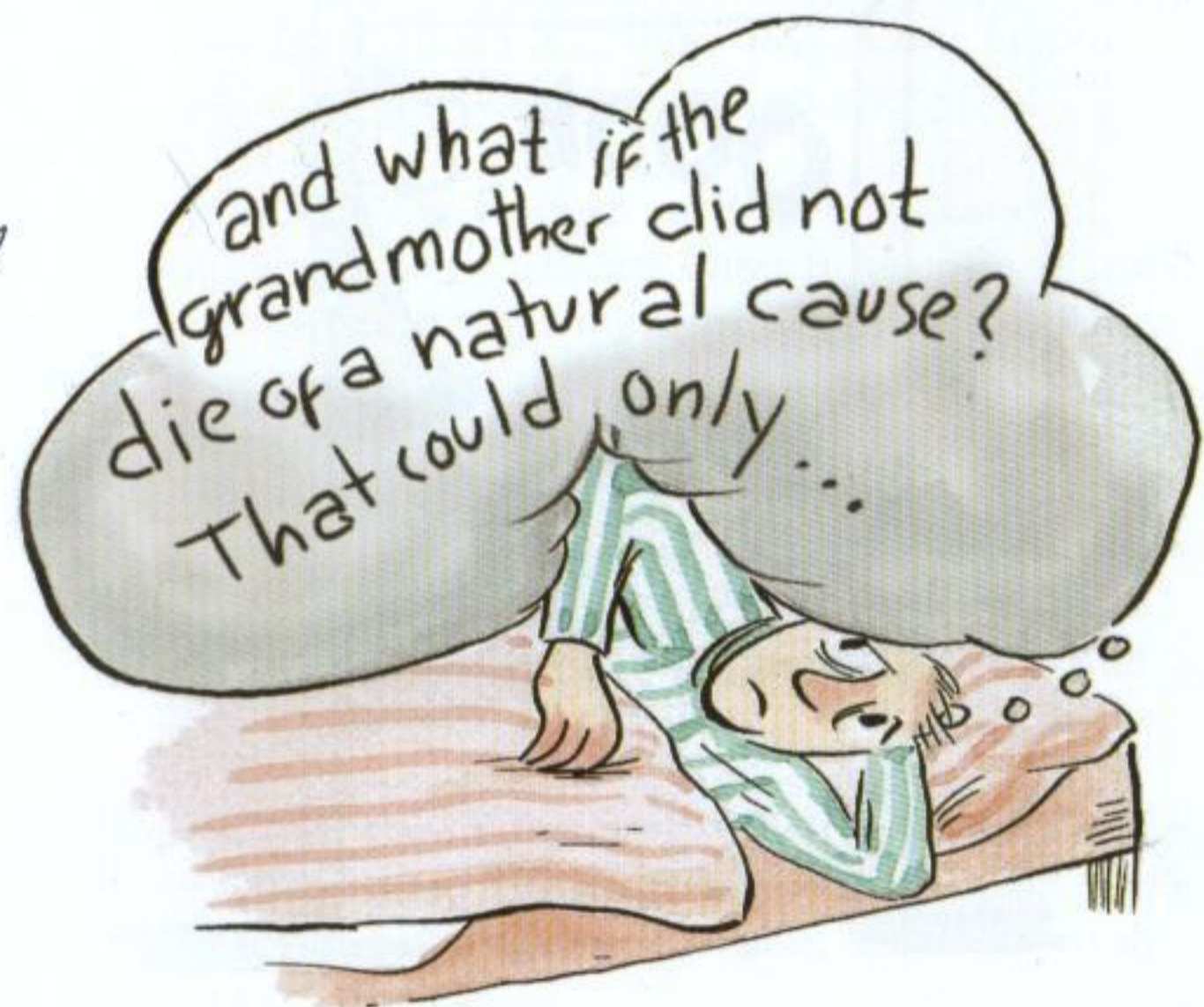
■ sad music ameliorates

грустная музыка приносит
облегчение



■ laughs when seeing something serious
(as self-protection)

смеётся невпопад с
чего-нибудь серьёзного
(словно самозащита)



■ sleeplessness from activity of thoughts

бессоница от бесконечных
мыслей



■ hammering headache -
aggravated around 10 a.m. and by the sun

сокрушительная головная
боль — обостряется около
10 часов утра и после солнечного
света



■ strong desire for salt

сильное желание употреблять
соль



■ back pain, ameliorated by hard pressure

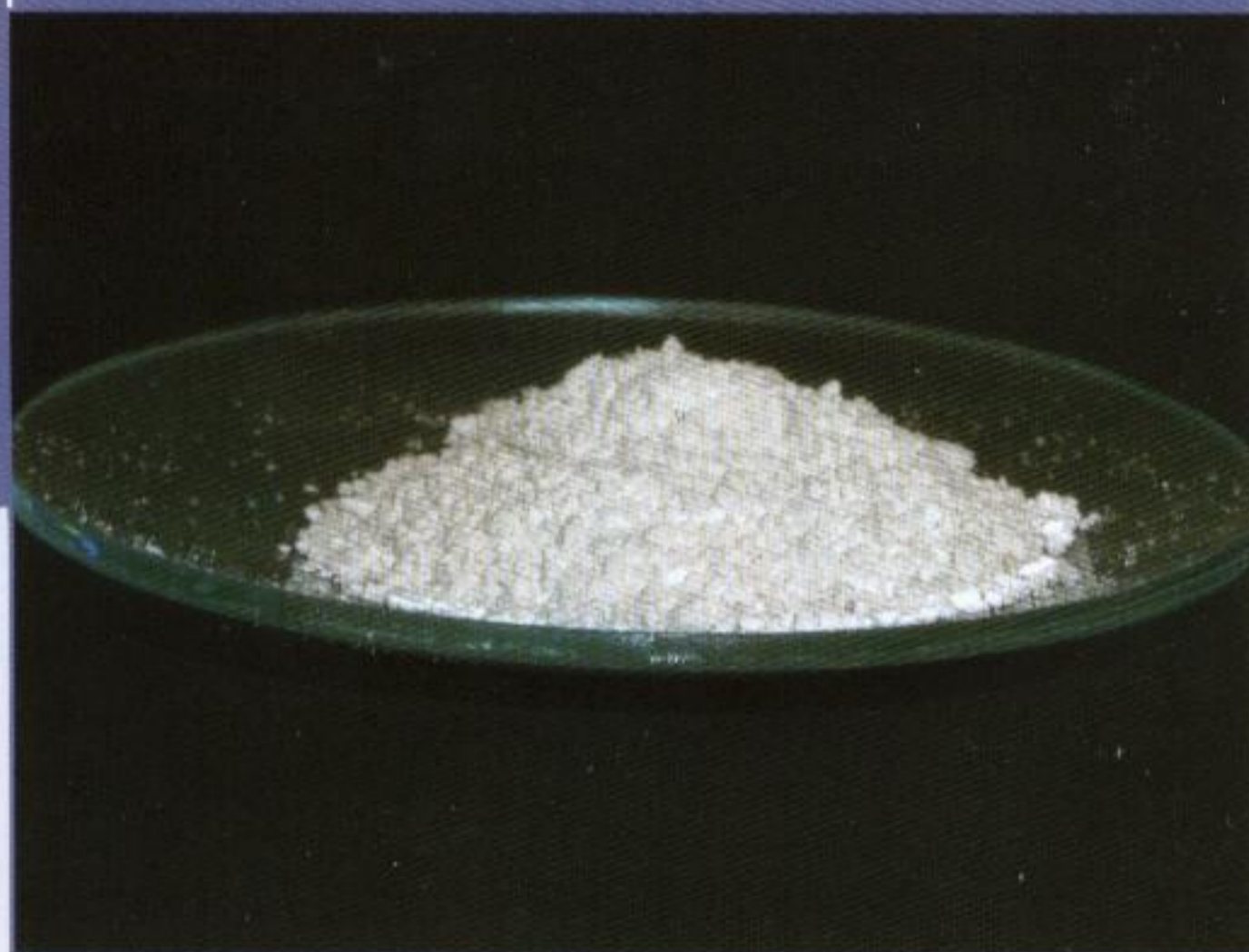
боли в спине, сильное
давление приносит облегчение

Natrum sulphuricum

Sodium sulphate, Glauber's salt

Taking Glauber's salt too frequently may cause a harmful concentration of water in the organism. Accordingly, patients who need Natrum sulphuricum experience an aggravation from too much water - either in wet weather or by being near a river or the sea. They cannot even tolerate plants or animals which live close to or in the water.

- People who need Natrum sulphuricum are very diligent and demonstrate a great sense of responsibility and duty, both in their professional and their private life. Their work and their duties in their family are very important to them. They are practical-minded people with a robust nature who may also be very sensitive.
- Just as with the other remedies of the Natrum group, we recognize these patients by their extremely serious and introverted behaviour.
- Because of their sensitive nature and their inability to digest grievances properly (which is typical of Natrum remedies), many negative experiences remain with them for too long.
- In particular, it is problems in their relationships, the death of a loved one or other emotional injuries that may burden these people so much that they are stuck in their grief and may become depressed or physically ill.
- Injuries to the head or the spine may also be typical causes for Natrum sulphuricum complaints. As a result of a massive trauma, parts of the nervous system are suddenly overstrained to such an extent that the patients can only recover insufficiently, and they suffer from chronic complaints as a consequence.
- Their body may react in the form of vertigo, cramping, epileptic fits or migraine, and their mind becomes increasingly dull and confused. Their memory becomes weak.
- After such injuries, we often see a marked sadness in these people that may even turn into a severe depression. The patients become closed, they withdraw, grow more and more serious and lose any will to live.
- Their existence appears hopeless to them, they believe that it would surely be better to be dead than to carry the burden of this life any longer - and they decide to commit suicide.
- Their strong sense of responsibility and duty towards other people prevents them from actually committing suicide, however. They constantly ponder whether they should do it - they plan and weigh the pros and cons, dismiss the idea and then consider it anew. It is an ongoing, sad inner battle.
- Natrum sulphuricum is a very important remedy in depression, no matter whether it is the consequence of physical or emotional injuries. The remedy may save the patient's life, and it may enable him to experience joy and happiness once more!
- Before they go through such intense emotional sufferings, these patients suffer from physical complaints which show the signs of a sycotic miasm. This indicates that the patient himself or one of his ancestors suffered from gonorrhoea.
- Therefore, symptoms develop such as warts, recurrent asthma attacks, greenish discharges and a general aggravation in foggy, damp or warm and damp regions.
- Many of the complaints manifest themselves in the digestive tract. The patients suffer from pain of the liver and gall bladder, flatulence, diarrhoea, or they can develop cancer.





■ ailments from the death of loved ones - or other grievances

заболевает после потери супруга или друга из-за негативных новостей



■ strong suicidal tendencies - does not commit suicide, though, because of strong family commitments

Сильные тенденции к самоубийству — но не доходит к нему, потому что чувствует ответственность за семью

ailments from head injuries

Болезни от травмы головы



■ irritability

раздражительность



■ confusion or mental dullness

дисориентация или умственная тупость



■ depression

депрессия



■ weeps while listening to music

рыдает во время слушания музыки



■ asthma from grief - worse at 4 a.m.

астматические приступы после печальных новостей
обычно хуже в 4 часа утра



■ aggravation through wet and foggy weather or from being in damp regions

обострение от влажной и туманной погоды или нахождения во влажном климате



■ ailments from damp rooms or living in a basement flat

болезни от влажной комнаты или проживания в подвале



■ inflammation of the liver or the gall bladder - lies on the left side with legs drawn up

Воспаление печени или жёлчного пузыря — лежит на левом боку с ногами подтянутыми к груди



■ diarrhoea and severe passing of winds, often directly after getting up - gushing out of stool

понос и сильное газовыделение, часто после просыпания — не может добежать до туалета



■ joyful and cheerful after stool

весёлый и удовлетворённый после дефекации

Nux vomica

Poison nut

Eating this plant strongly stimulates the physical and mental abilities. If it is consumed excessively, however, signs of over-exertion develop. These take the form of overstimulated nerves, cramps and later on even paralysis. Nux vomica patients experience something similar: owing to constant over-exertion, they develop symptoms which are similar to the symptoms produced by a poisoning by this nut.



- 'My car, my house, my boat' - this sentence quoted from two men who boast to each other in a commercial illustrates quite clearly the character of people who need Nux vomica. It characterizes their ambition, their work mania and their continuous struggle for success in their business.
- Their life revolves almost entirely around their work and around expanding their professional success and thereby increasing their material possessions.
- This incredible ambition puts them under so much stress that they are often incapable of thinking of anything else but their work.
- They toil from morning to night and wake up at night thinking about the tasks they have to fulfil the next day.
- They press forward and strive, often ruthlessly, for success. Obstacles which come up merely present a challenge which needs to be met. These people can be obsessed with their ambition and desire for competition.
- If these people lack vitality, they cannot keep up this pace for long, and they fall ill. Their mind races on incessantly, but their body thwarts their efforts.
- Nux vomica is one of the most important remedies in all complaints caused by excessive stress!
- Owing to this permanent over-exertion, these patients grow ever more impatient, irritable, have fits of anger or develop physical illnesses which manifest themselves in their nervous system, extremities or the respiratory organs.
- These patients are most vulnerable in their digestive system. The entire digestive tract is extremely sensitive and reacts by producing cramping or stitching pain which is ameliorated by loosening the clothes, by heat or by passing stool.
- The longer this state of over-exertion lasts, the more exhausted the patients get. In order to remain as productive as before, they start taking tablets more and more frequently - they use stimulants or even drugs. This, of course, is a vicious circle, as the body will sooner or later reach its limits.
- The patients are often on the verge of breaking down, they become even more irritable and later on even malicious and violent.
- A relatively healthy Nux vomica person who is in balance will show none or only some of the behaviour patterns described above.
- He shows positive traits such as good work ethics and a strong sense of duty. He is therefore a well-liked employee who works his way up to a high position in a company. He may also work as a self-employed businessman.



■ extreme workaholic ...

Невероятный, воркоголик
(работает как вол)



■ very ambitious - obstacles present a challenge

Большые амбиции,
препятствия стимулируют



■ ... and a bad loser

проигрывает подгустую



■ small details are very important
great irritability

маленькие детали очень важны!
высокая раздражительность



■ quick, severe temper tantrums

тяжелый темперамент
легко раздражается гневом
(всильски гнева)



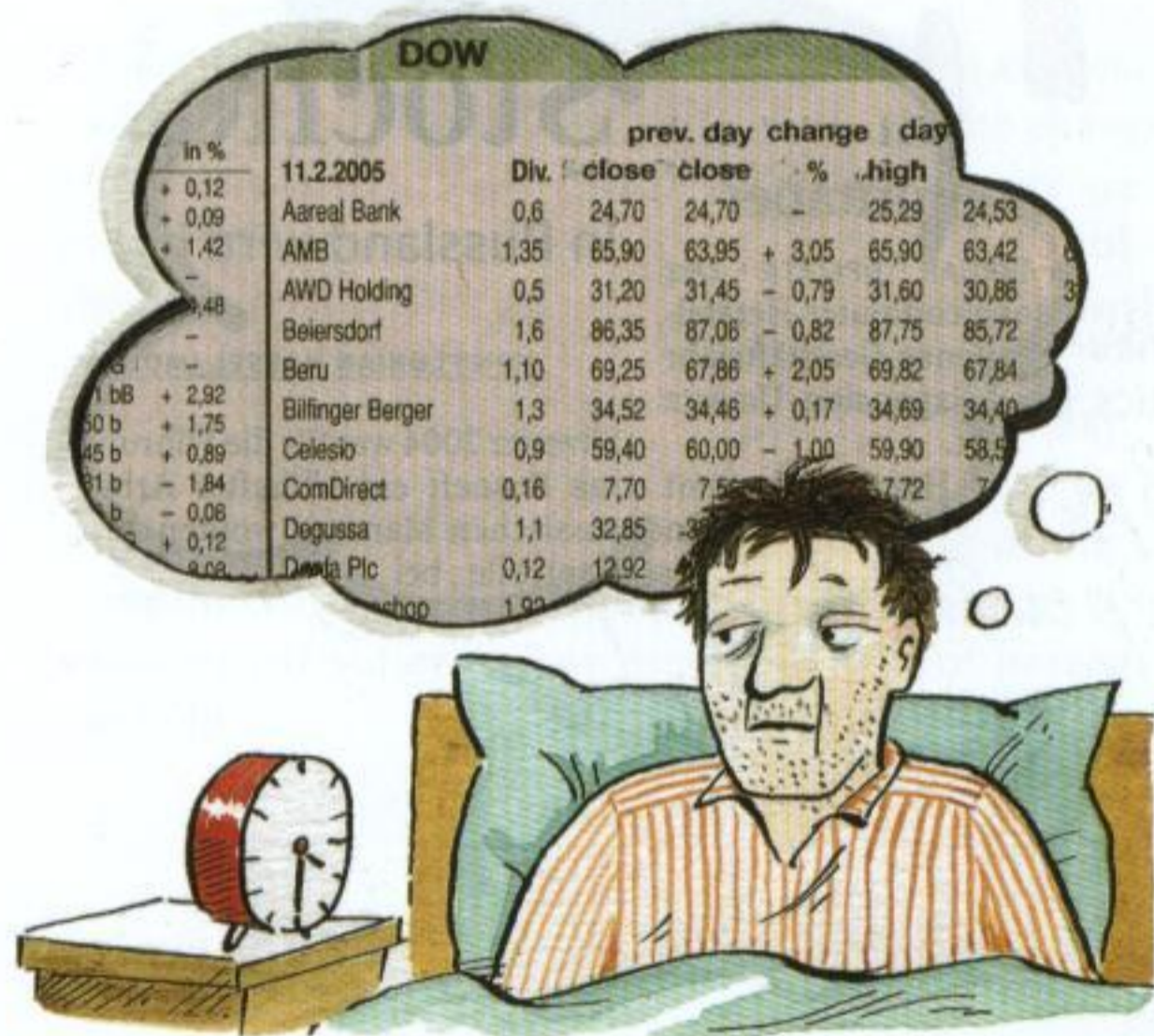
■ desire for stimulants

нуждается в
стимуляторах



■ oversensitive to noise, odours or light

гиперчувствительный
к шуму, запахам и свету



■ bad sleep, thoughts about work keep them awake - frequent awakening between 3 a.m. and 4 a.m.

плохой сон, мысли о работе
не дают заснуть, часто пробуждается между 3 и 4 часами утра



■ severe problems with digestion - opening the trousers or rubbing the abdomen ameliorates the pain

сильные проблемы с пищеварением, разстёгивание штанов или поглаживание живота помогают



■ neurological complaints - tics, paralyses, Multiple Sclerosis, stroke

неврологические симптомы подергивание, паралич, МС инсульт



■ repeated urge for stool shortly after evacuation - continued ineffective urge

повторяющиеся позывы сразу после дефекации - безуспешные



■ abdominal pain in infants, the child bends backwards angrily

колики у новорождённых, ребёнок изгибается дугой от боли

Opium

Dried sap of the poppy

After severe trauma, the human brain is capable of producing its own opium-like substances. In doing this, it helps switch off the conscious experience of the severe trauma for the time being. This makes coping with the experience easier for the person concerned. However, if this mechanism of suppression causes patients get stuck in their benumbed state, the homeopathic remedy Opium may help to free them from this 'imprisonment' inside themselves.

- People have been using the Opium plant for a long time to distance their consciousness from reality and to help them believe they live in a better world - free of pain and unpleasant memories.
- Patients who need Opium as a homeopathic remedy engage in this withdrawal from reality. They suppress situations that could stress them emotionally after they have gone through a severe physical or mental/emotional trauma.
- Mental shocks caused by reprimand, mortification, a fright or experiencing an accident or a catastrophe may have such a strong impact that the only possibility of coping seems to be to quickly push the experience to the subconscious.
- The experience is so intense that, owing to a complete mental overload, the mind avoids conscious confrontation and sometimes suppresses the experience so thoroughly that all memories are completely erased.
- An Opium state can only develop, however, if the patient gets stuck in the suppression, rendering a healthy processing of the trauma impossible. The Opium pathology can take only two possible courses:
 - The patients develop a painless, trauma-like state - similar to an Opium intoxication and accompanied by a deeply red, bloated face, drooping eyelids, snoring on breathing and dullness. The drama is blocked off - everything is okay. These patients' breathing, their speech, their movements and their digestion function, they are merely slowed down.
 - Alternatively, a completely opposite picture may develop: a picture that is marked by mental acuteness, an overexcited rush, pain and fears and that is reminiscent of *Nux vomica*. This state resembles the hangover after Opium abuse.
- Either of the varieties described above may dominate in a patient, but they may also change into their complete opposite.
- Opium is not only a remedy for acute illnesses, and not every Opium patient has experienced a trauma!
- Chronic illnesses - with or without previous trauma - often show a state that is reminiscent of the change from intoxication to hyperactivity: The patients are indifferent to their complaints for a long time until they suddenly reach a limit. If this limit is surpassed only slightly by increasing complaints, the quiet indifference changes from one moment to the next.
- The patients now fear a further progression of the symptomatology, they suddenly seem unable to endure their suffering any more and ask for immediate help.



сразу
иньбе

ребёнок



■ ailments from shock and fright
 Болезненность после шока
 или испуга



■ withdraws in order to come to terms
 with what he has gone through
 замыкается в себе
 стараясь осмыслить всё
 что случилось

Shock

ШОК



■ bright red complexion,
 happy and dazed facial expression
 Краснощёкое лицо,
 šťastливое и изумлённое
 выражение лица



■ suppression of urine after shock
 затруднённое мочеиспус-
 кание после шока

ДВА ТИПА ОПИУМА two types of Opium



blissful, peaceful, dreamy

Блаженный, мирный, мечтательный



rushed, irritable, hyperactive

спешащий, раздражённый, грезгур активный



painlessness in actually painful complaints

отсутствие болевой чувствительности в ситуации когда боль должна быть интенсивной



indifferent to their suffering for a long time ...

Безразличный к страданиям на протяжении долгого времени

... abrupt switch from being indifferent - to fear that complaints may get worse

резкое переключение от безразличия к боязни что симптомы ухудшаются

ДВА ТИПА ОПИУМА



■ deep sleep, can hardly be interrupted - eyes are half-open

глубокий сон, невозможно разбудить
глаза полуоткрыты



■ alternatively: sleeplessness - slightest noise disturbs

противоположно: бессонница -
малейший шум раздражает



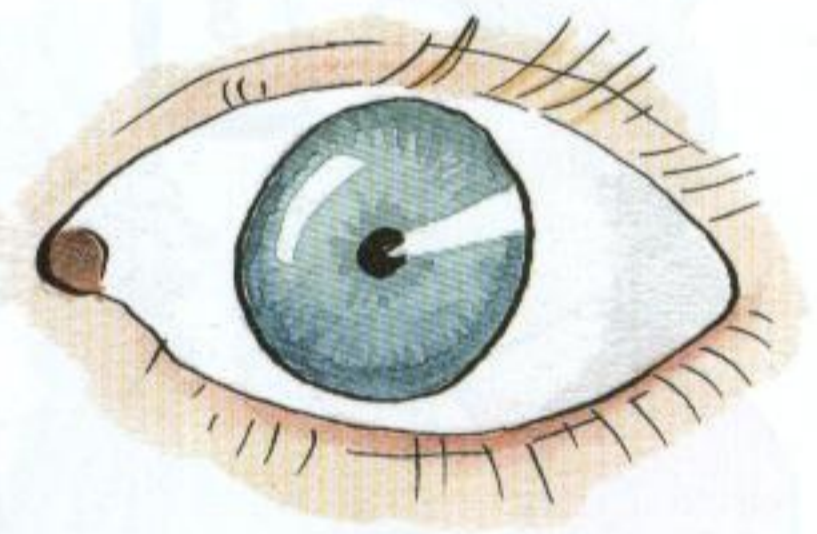
■ ileus after surgery - severe obstipation without urge

кишечная непроходимость
после операции - сильный
запор без позывов



■ apoplexy affecting the right side - the face is bloated, perspiring and discoloured

паралич правой стороны
лицо раздутое, потное и
изменённое в цвете



■ pupils mostly contracted

зрачки сужены

Phosphorus

Phosphorus

Phosphorus is a highly reactive element which is easily inflammable. The name is derived from the Greek word 'phosphoros', which means 'bearer of the light'. Healthy Phosphorus persons are easily 'inflammable' too, and they enthusiastically shed their inner warmth and light on others.

- These people often have a magnetic effect on their surroundings. They radiate warmth and affection, and it is difficult to evade their bubbly, inviting and kind nature.
- On a subconscious level, people who need Phosphorus urgently wish to be loved by everyone, and they do their best to achieve this. They laugh, talk, hug and help wherever they can, and this behaviour obviously makes them incredibly popular.
- In their efforts to present themselves in as positive a light as possible to everyone, they squander their energy. They get excited, enthusiastically get involved in what is going on around them, but they also increasingly over-exert themselves and grow increasingly weak as they keep shedding huge amounts of light and warmth.
- Their own mental and emotional 'cover' is all too easily penetrated, allowing all external stimuli to enter unimpeded. These people are often overwhelmed by the problems or suffering of others, or by negative events. They lack the ability to set boundaries and to protect their highly sensitive self.
- They constantly communicate, care, help and love, and this exhausts them like the proverbial flash in the pan that shines brightly and goes out quickly.
- The healthy Phosphorus person is in constant communication with the world around him and other people, but an increasingly weak Phosphorus person cannot keep this up. Everything that intrudes upon him cannot be brought out any more, is bottled up inside and makes him ill.
- Because of his imagination, his lack of self-protection and his sensitiveness, this person often suffers from fears. Phosphorus is the 'light-bearer', but



many fears of Phosphorus are on the contrary connected to 'dark' topics such as ghosts, illness or death. The most striking fear, however, is the fear of a thunderstorm, as its sheer force completely overburdens this person's sensitive nervous system.

- Phosphorus people often worry about others' well-being. They are quick to believe that something horrible could happen, like clairvoyants they anticipate situations and cannot rest until they have made sure that the people they worry about are well.
- The more ill they get, the more clearly visible is the other side of the formerly shining coin. The patients are downcast, they do not want to talk anymore and become indifferent to everything. This state then resembles *Phosphoric acid* very much, or it may resemble later stages of a *Sepia* pathology.
- Physically, these patients often suffer from weakness, haemorrhages, stomach, heart or respiratory complaints.
- Phosphorus is also an important remedy in severe conditions such as tuberculosis, Multiple Sclerosis or cancer.



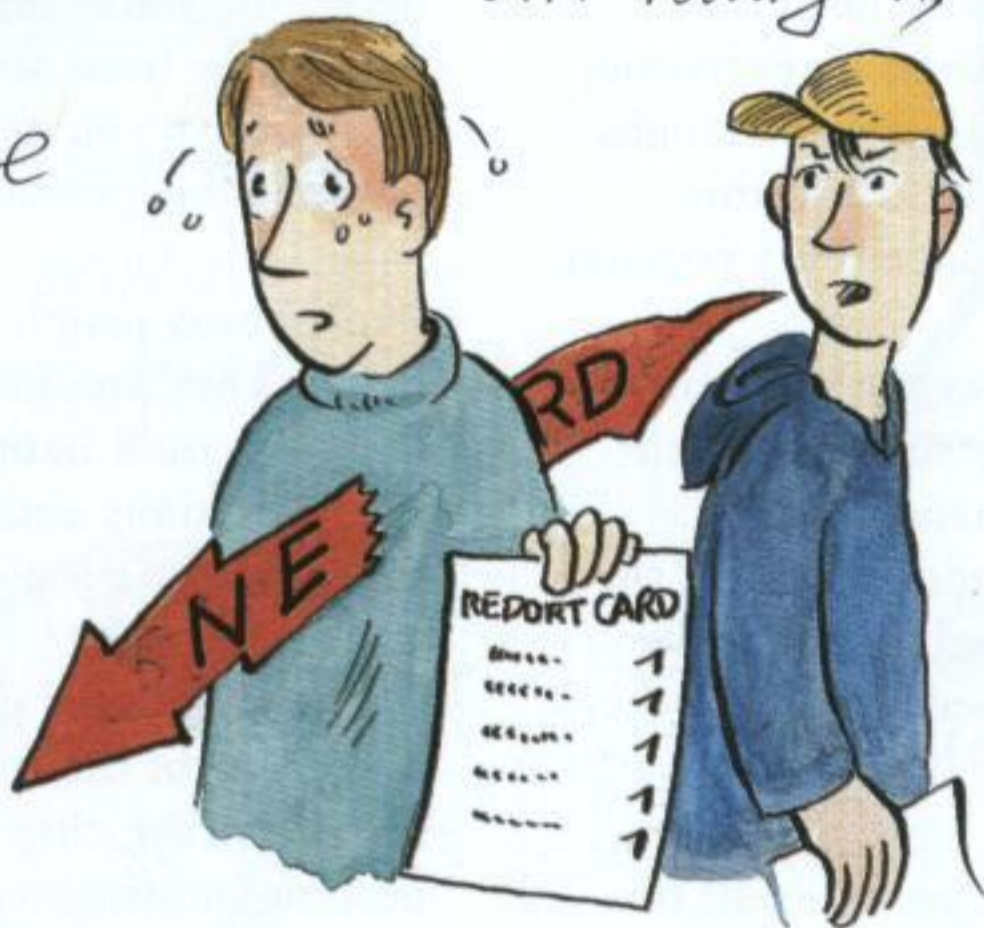
■ desire for company and communication - quick to learn foreign languages

нуждается в компании и общении — быстро изучает иностранные языки



■ bubbling over with sheer joy of living, enthusiasm and creativity

неисчерпаемый жизненный оптимизм, энтузиазм и находчивость



■ no protective shield against anything negative

нет защиты от всего негативного



■ very anxious!

очень озабоченный (беспокоящийся)



■ extremely sympathetic, they almost feel the fears of others

невероятно сочувственные практически чувствуют слезы других



Hello, my son -
no, don't say
anything! Let me
guess: you will get
married in
May.

■ clairvoyant, many forebodings

ясновидение, много предзвещий



■ sleep ameliorates complaints

сон облегчает все
симптомы

**DONATE
BLOOD +**
the red cross



■ bright red and very liquid haemorrhages

ярко красное и очень редкое
кровотечение

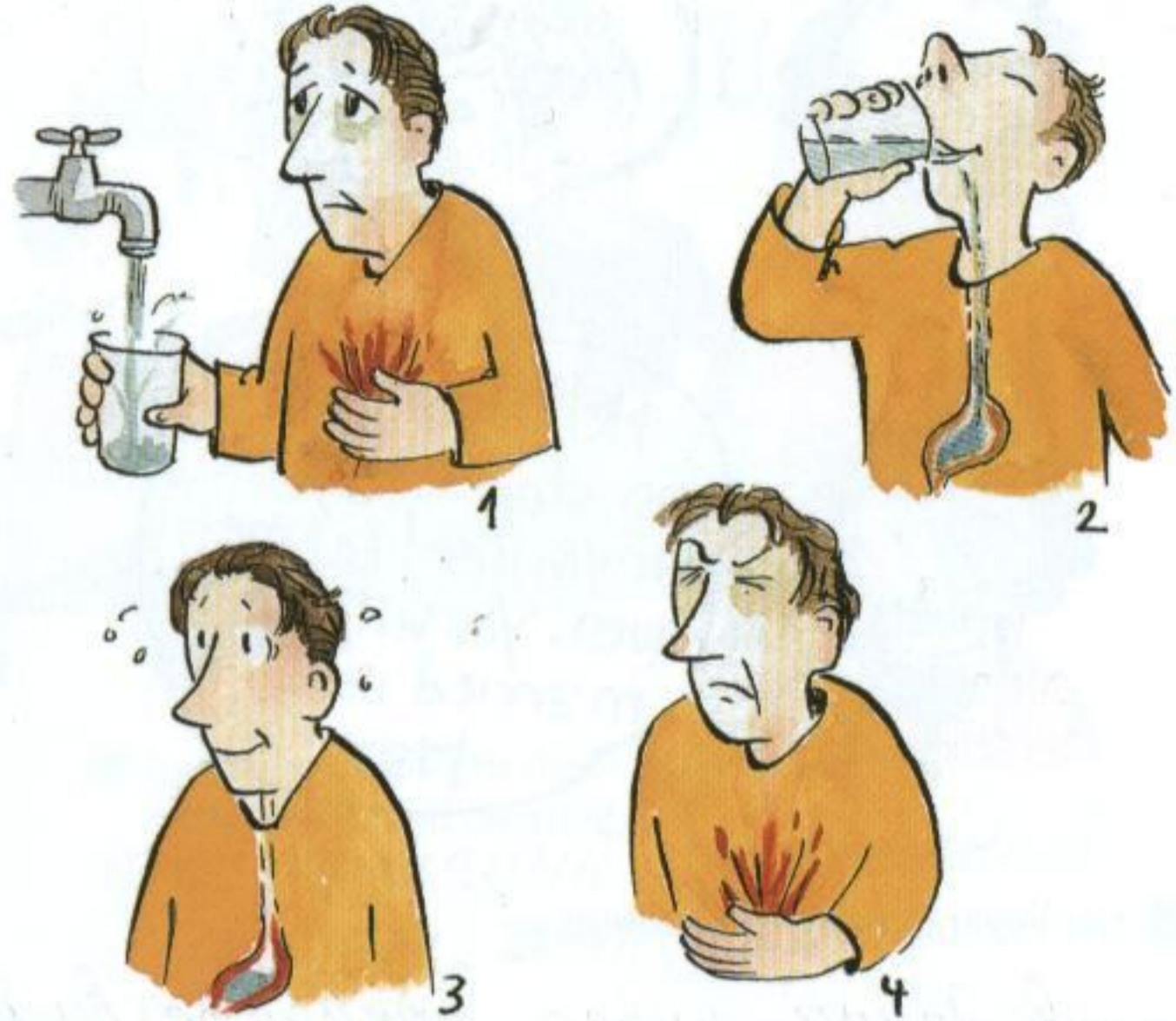
feel the

ный
езьт



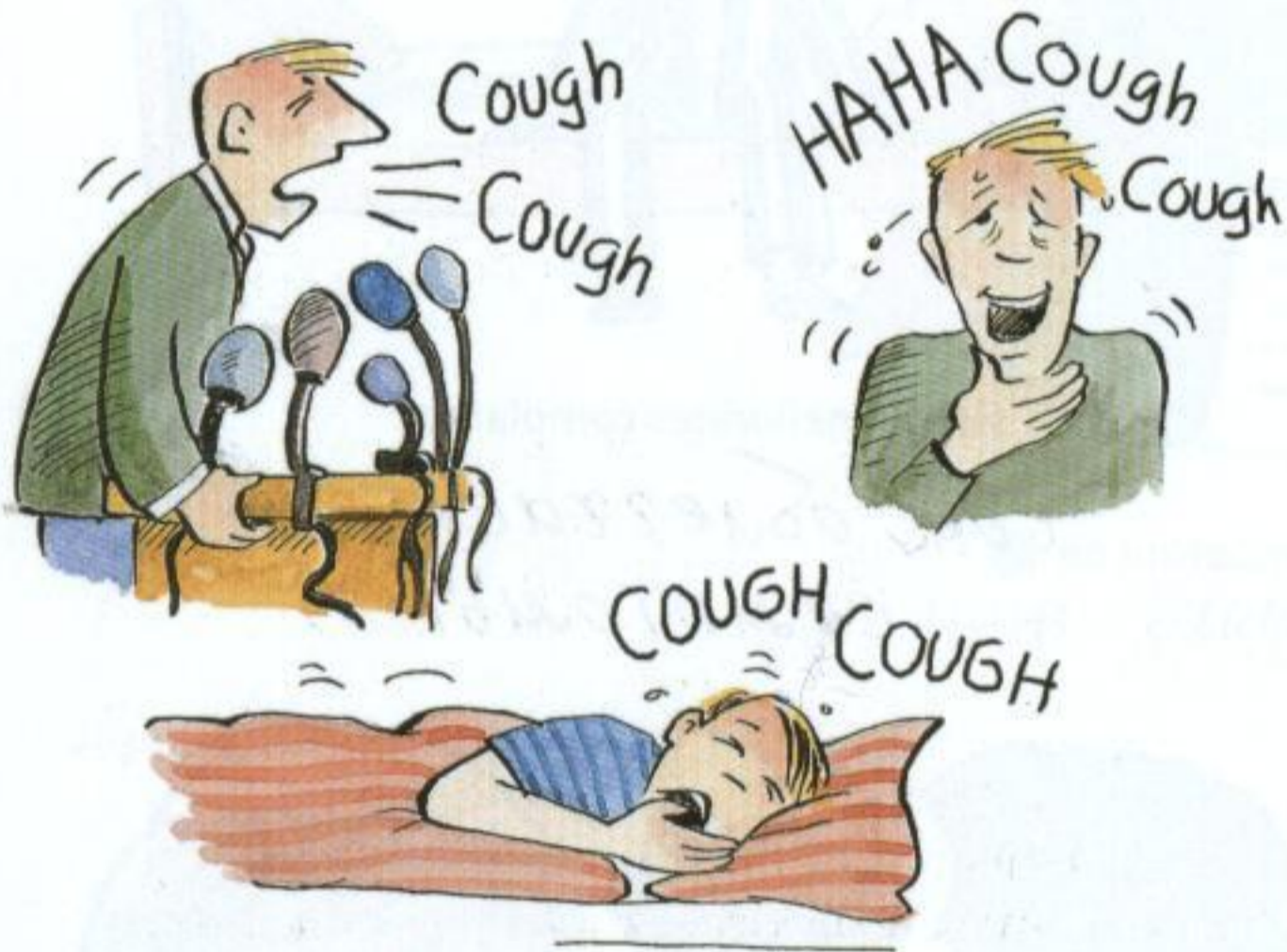
■ great thirst for cold drinks or ice

большая жажда к
холодным напиткам и льду



■ stomach pain, ameliorated by cold drinks - but as soon as the liquid has warmed up in the stomach, there is an aggravation

Холодные напитки облегчают боль в животе, как только напиток подогреется в желудке наступает обострение боли



■ cough on talking, laughing and lying down

кашель во время разговора
смеха или лежания



■ in later stages: burnt-out, apathetic and indifferent -

contrary to their previous nature

в поздних стадиях: истощённые, апатичный и безразличные

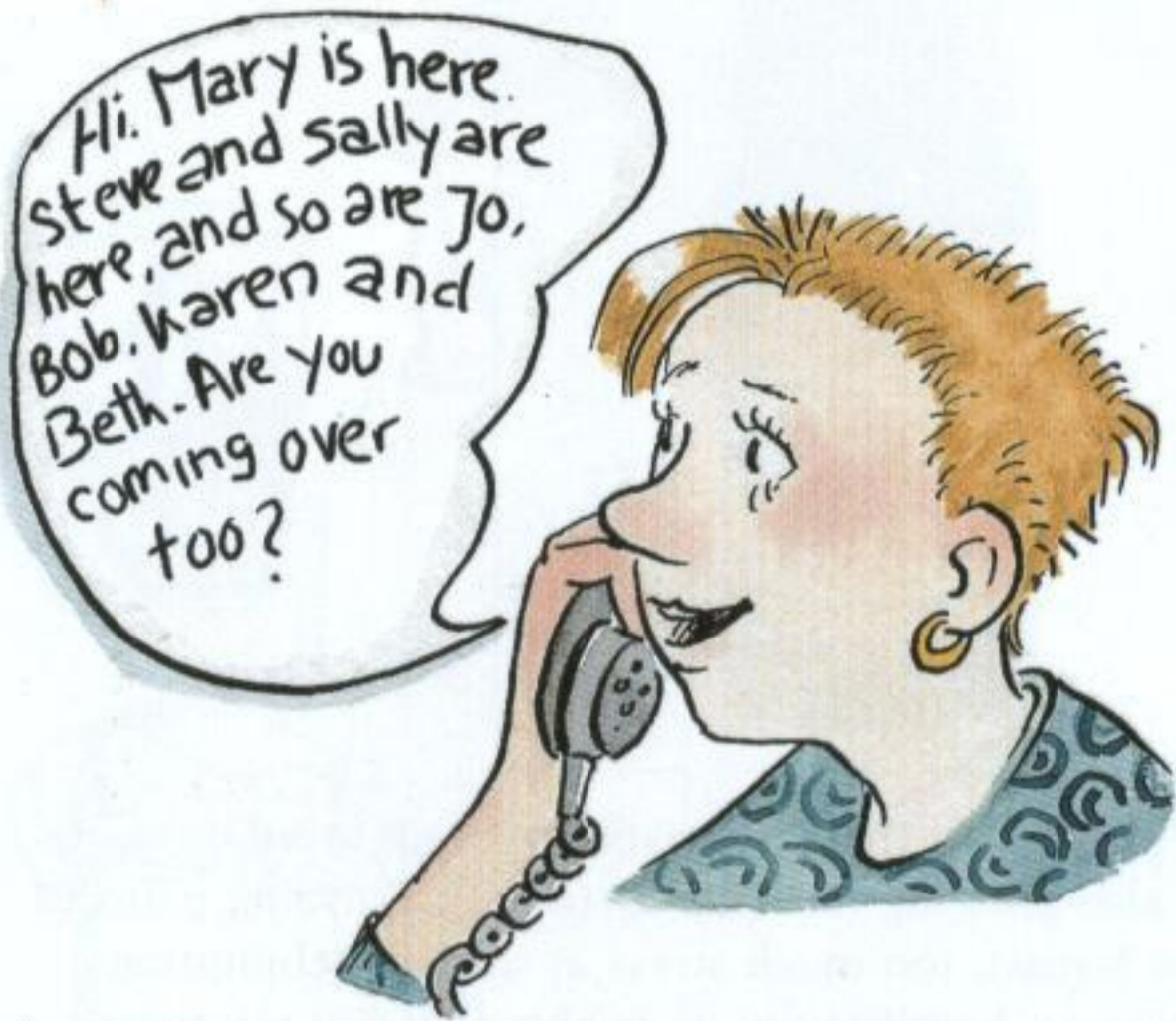
Phosphoric acid

Glacial phosphoric acid

Phosphoric acid is added to Coke and many other soft drinks in a diluted form. Surprisingly, patients who need the homeopathic remedy made from phosphoric acid show a marked desire for refreshing drinks - and mainly for Coke.



- Healthy Phosphoric acid types are cheerful and very sociable. It is important for them to develop friendships and to nurture relationships. It is through these connections and the ensuing exchange of ideas, emotions and experiences that they gain positive energy and a zest for life.
- If such relationships are broken off because of long journeys, moving house, the death of a friend, broken love relationships or other disruptions of the connections which for these people are almost vital, this may place so much strain on them that they grow weak and ill.
- They are no longer able to recharge their batteries - their contacts are severed.
- They are incapable of properly processing the pain that the loss has caused. They brood, grieve, withdraw into melancholy and are almost overwhelmed by their sorrow.
- Phosphoric acid is, in addition to *Ignatia* and the *Natrum* salts, another important remedy in ailments after grief. The difference between this remedy and the others is that in Phosphoric acid the patients quickly develop a certain apathy and weakness.
- These patients have a special way of answering questions, and this way is interesting and important for the homeopathic differentiation between this and other remedies: they either have to think about the reply for a long time, or they answer in a dismissive or unclear way, or their reply does not match the question at all.
- This reaction shows their phlegm, their mental dullness and weakness.
- It is not only the sad separation from loved ones, it is also growing too quickly (and the ensuing pains in the bones), too much stress at school, debilitating illnesses, humiliations or frights that can tax these highly sensitive people to such an extent that they are thrown off balance and fall ill.
- Initially, these patients are irritable and moody. The longer their complaints last, the more indifferent they grow.
- They often just want to lie down, they lose any interest in their surroundings, grow increasingly indifferent and dull.
- Their vision is impaired, they lose hair, and in accordance with the immense mental and emotional pressure they experience, they often suffer from pressing pains.
- Their decline is accelerated by strong, painless diarrhoea, which does not tax them at first, even if it lasts for a long time. After a while, however, it increasingly dehydrates and weakens them.
- In order to compensate for this deficit, these patients develop a marked desire for refreshing food and drinks, mainly fruit, fruit juices and Coke. These, however, can only marginally slow down the decline of their state.
- They lose more fluid than they take in, and they visibly collapse.
- Quietness, apathy and resignation are the result. They give themselves up.



■ sociable, cheerful people
 коммуникабельные приветливые люди



■ afterwards: increasingly irritable
 впоследствии - возрастающее раздражение



■ eventually: deep apathy
 в конечном результате - глубокая апатия



■ ailments from 'separations' - ailments from the death of a loved one, love disappointments or moving house
 болезни от разделения - смерти супруга, безответной любви или изменения квартиры



■ weakness with a tendency to fall down
 слабость с тенденцией падать



■ growing pains

Боли во время
роста



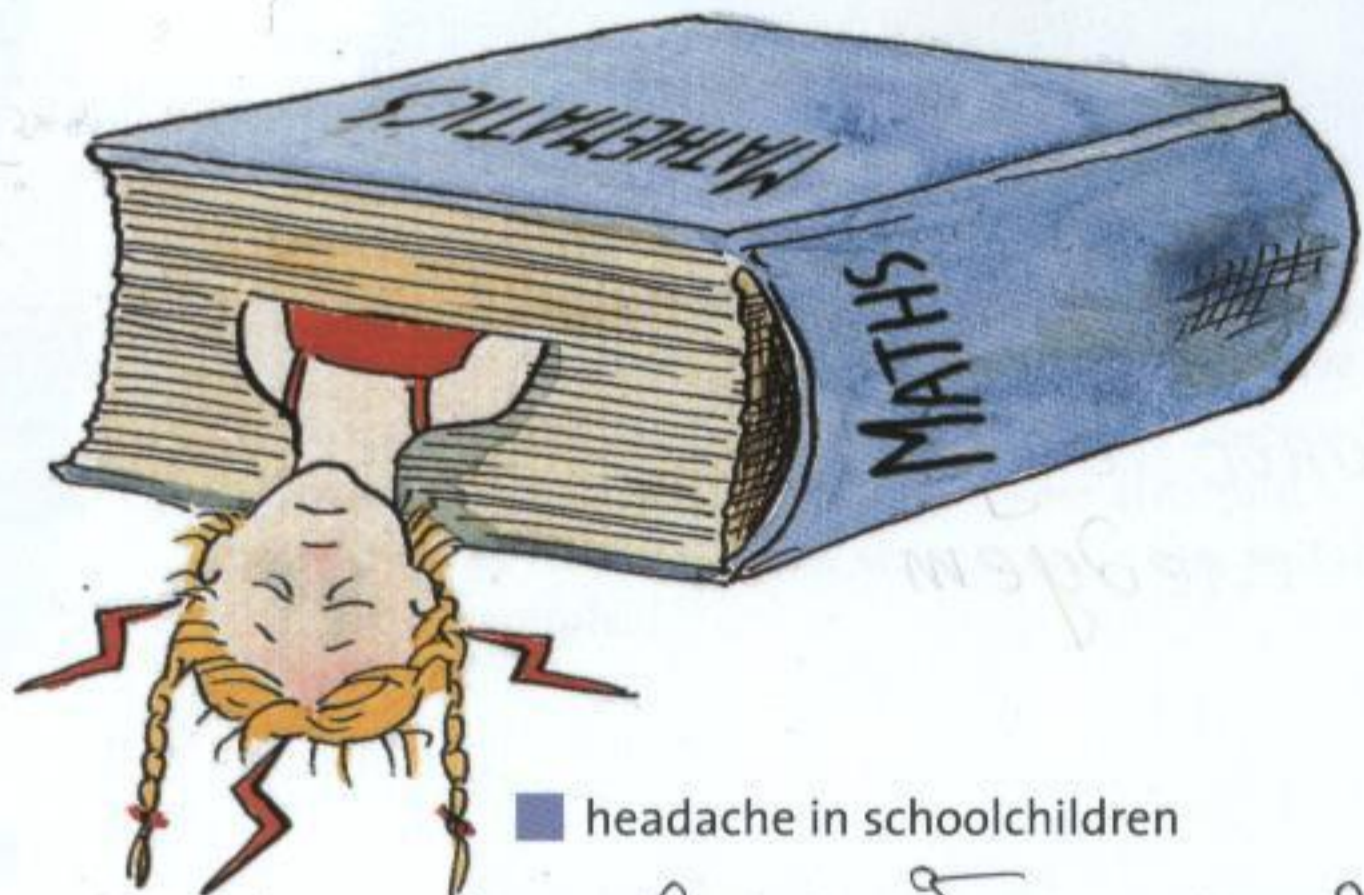
■ indifference, listlessness -
boredom in puberty

пассивность, апатичность, скука
во время полового созревания



■ weakness from overexertion at school

слабость от напряжения
в школе



■ headache in schoolchildren

головные боли когда
в школе



■ pressing pain

сдавливающая боль



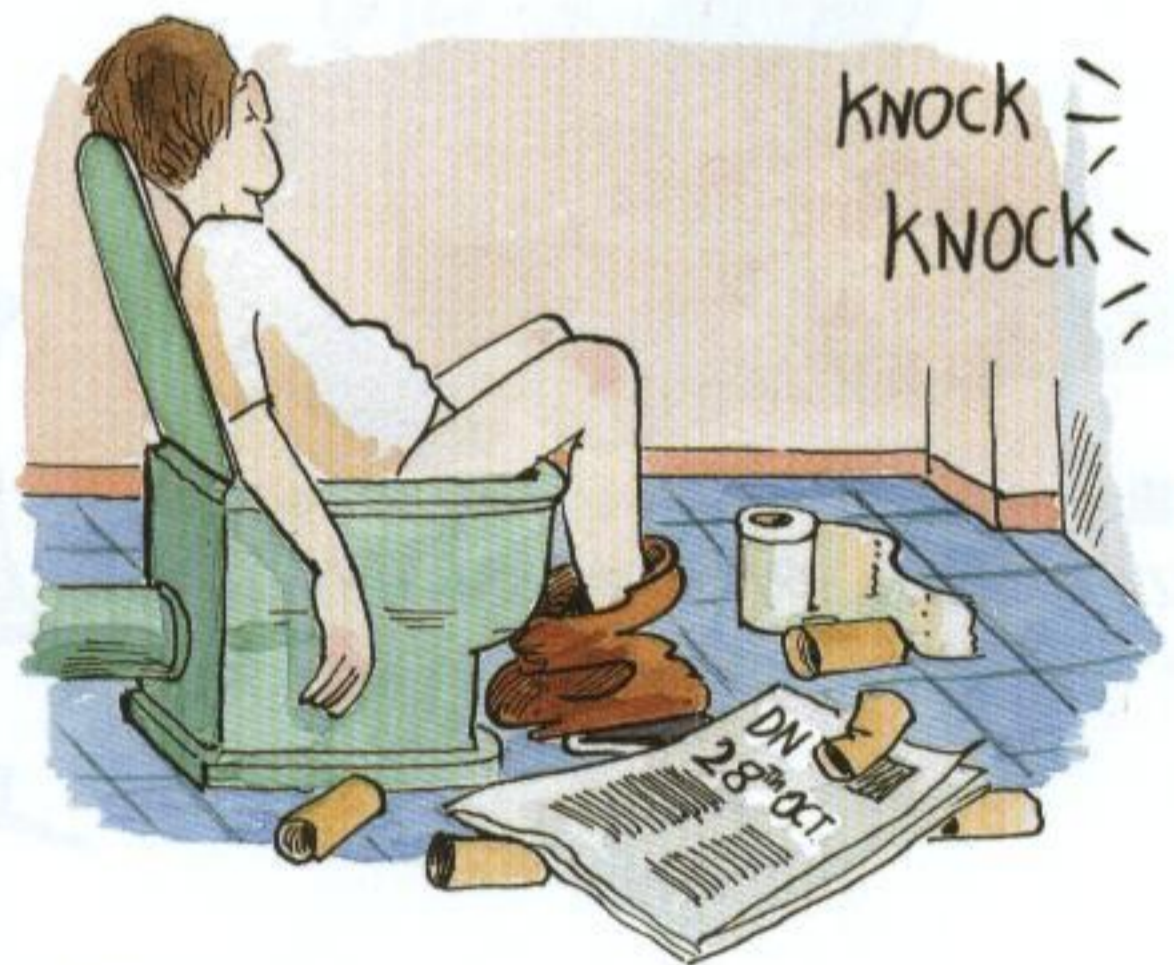
■ short sleep ameliorates

короткий сон
облегчает симптомы



■ diarrhoea without the weakness that would be expected

понос без слабости
это следует ожидать



■ but also: collapse after diarrhoea which has lasted for too long

но также истощение
если понос длится черезчур
долго

Platinum metallicum

Platinum



On a chemical level, Platinum cannot easily amalgamate with other metals; it 'keeps its distance'. It is a precious metal, more precious and harder even than gold. As they have a high sense of self-worth, people who need Platinum also like to keep their distance. They are convinced that they are more noble and better than others and avoid relationships with people who in their eyes are worthless and plain.

- People who need Platinum show an intense need for tenderness, love or even satisfaction of their precocious sexual desires. They therefore look for a relationship which allows them to act out both their romantic and their strong sexual passions.
- Their increased desire for unity, happiness in love and satisfaction is often so immense that hardly any of their partners are able to endure this intensity and the demands on them. Rather, they will flee from Platinum's potency, dominance, and strength.
- In Platinum people, this flight from their personality induces a feeling of haughtiness and arrogance.
- Normal people appear inferior, small and weak to them. They believe that they are now something truly special, a greater, stronger and better person than the others - and they become very overbearing.
- Their arrogant behaviour intimidates others. Platinum people develop a great aura; they become very attractive to other people, but they keep them at a distance.
- Platinum people are born leaders. On a positive note, they are capable of achieving very much simply through their ambition, their straightforward, determined manner and their authority.
- On a negative note, they tend to live out their overbearing and cold side. Their disappointing experiences have hardened them, and they increasingly despise the 'small' average person.
- Parallel to that, they often start suffering from impaired vision, which causes them to perceive their surroundings as somehow too small. They feel tall, strong and totally superior.
- In later stages, their bitterness and their hatred towards 'inferior' people increases to such an extent that they even develop violent thoughts and impulses which at first they hold back. Later on, they may even act them out.
- This cold, conceited and haughty character, however, is not found in all people who need Platinum!
- In earlier stages, these patients are simply disappointed. They demonstrate a hidden aversion to society and its human weaknesses. They refuse to talk to others and proudly withdraw into a self-imposed exile in order to distance themselves from people.
- Parallel to the mind symptoms, the physical symptoms characteristic of Platinum are various sensations of enlargement or smallness. The patients believe that parts of their body are enlarged, or, in contrast, that they have bands around parts of their body which make these parts shrink.
- They find it difficult to climb down from their accustomed high position, and pain or vertigo may be caused by bending down or going down stairs.
- However, it seems that its 'high position' does not always benefit the body either, as we also find pressing or bearing-down sensations in the abdomen and the genitals.



■ longing for romantic relationships
already at a young age -
sexual desire at an early age

стремление к романтическим
связям в раннем возрасте
сексуальное желание с ранних
лет



■ desire for sexual perversions

желание к сексуальным
извращениям



■ sexual excitement from the slightest touch

сексуальное возбуждение даже
от малейшего дотрагивания



■ in the long run, their sexual greed is too
great a strain on their partner and
it drives them away

на протяжении долгого
времени ихние половые излише-
ства истощают партнёра это
заставляет его уйти



■ sensation of being taller than others

ощущение возвышенности над другими
(смотреть свысока)



■ haughty, think they are something special

надменность, высокомерие
думают что они специальные



■ fear of being left by the partner - but also hatred, and the impulse to kill him

боязнь быть оставленным, но также злость с импульсом убийства



■ impudent and contemptuous towards other people

Наглые и пренебрежительные к другим людям



■ constipation while travelling

запоры во время путешествия



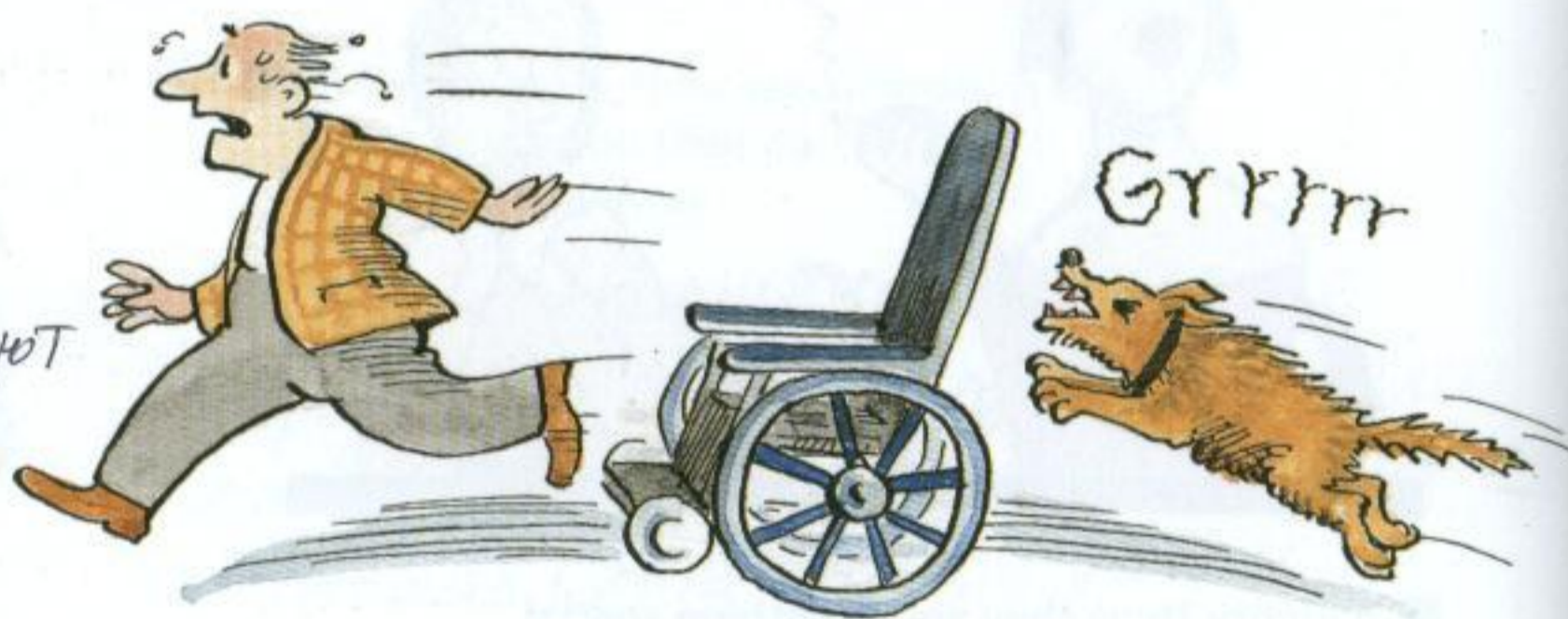
■ sensation of constriction or of having bands about the body

ощущение сжатия или
словно резинки сжимают
тело



■ sensation of numbness around the head or in the face

чувство онемения на
голове или на лице



■ physical complaints disappear as soon as mental symptoms appear (and vice versa)

физические симптомы исчезают
как только психологические
появляются (и наоборот)

Psorinum

Nosode made from the content of scabies vesicles

People start to feel cold when their food intake is insufficient. They get exhausted, and their immune system is weakened to such an extent that pathogenic agents (e.g. the mange mite) can easily settle down in the organism. Psorinum patients present exactly these symptoms connected with deficiencies, and they try to balance them by constant eating.

- People who need Psorinum feel poor, not only from the materialistic point of view, but also in terms of positive, enriching experiences in their lives. They believe they missed out in everything, that they never received any benefits but are always cursed with bad luck.
- These constant sad and self-pitying thoughts make them weak and turn them into veritable pessimists. Everything always goes wrong anyway, they give up hope and get very depressed.
- Owing to their weakness, their resilience is lowered, and they often become ill. They are constantly freezing, catch cold and suffer from many persistent skin affections.
- It is remarkable that, if one day they actually do feel surprisingly well, fate will have caught up with them the next day - and they fall ill again.
- A Psorinum person is pursued by bad luck! Recurrent illnesses make them desperate, no therapy really helps, they lose all confidence and think they will never be well again.
- They become grumpy, constantly complain and thus involuntarily isolate themselves.
- In their ensuing loneliness, they develop a great restlessness together with fears of the future, of illnesses and further poverty. Deep hopelessness spreads inside them, and nothing in their life seems to go right. The only things that exist are suffering and negative experiences.
- As they think that things can only get worse any way, they soon start contemplating suicide as the only way out of this desolate life.



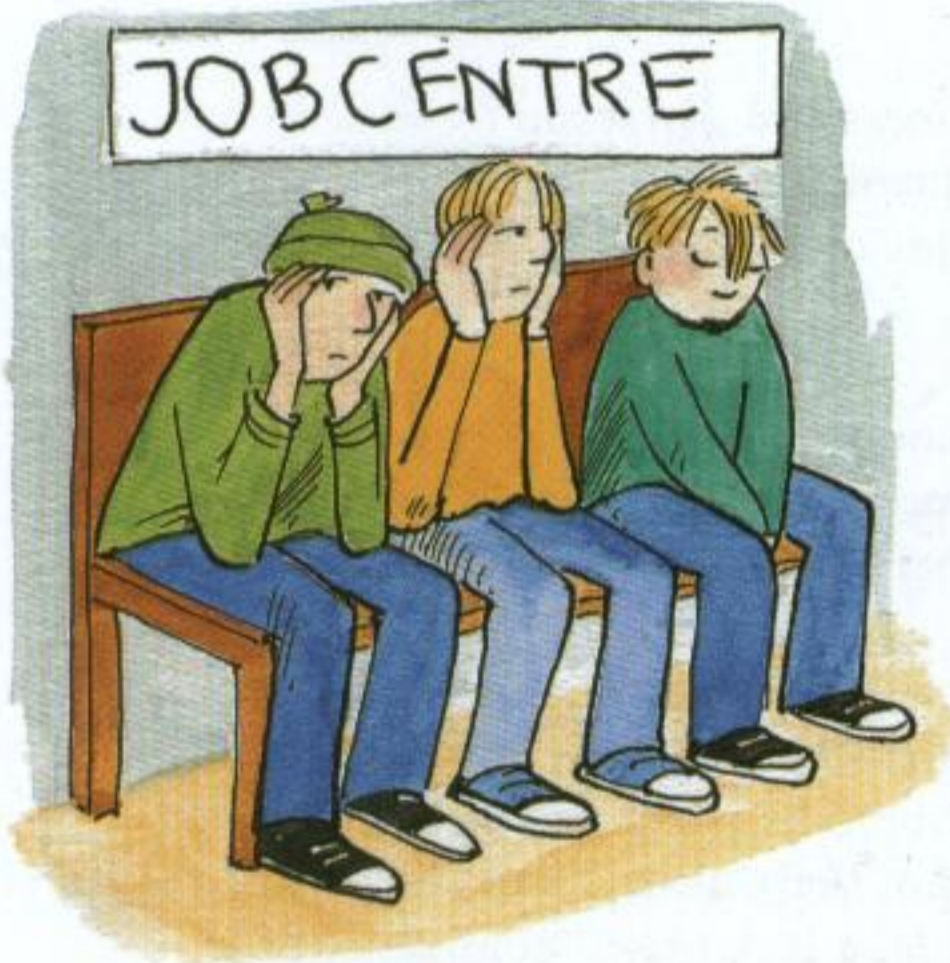
- However, the above description is extreme, and Psorinum is not a remedy exclusively for 'losers'. It may also be indicated in earlier, more hopeful states, when the fears, a negative attitude towards life or the onset of physical symptoms start pointing towards this remedy.
- Psorinum patients can typically be recognized by their rather unkempt appearance. Their hair is greasy, their clothes are torn or dirty, and in contrast to *Sulphur*, who often simply is too lazy to wash, it seems like Psorinum patients can not be washed clean.
- Acquired cleanliness and ostracism by society may, however, tone down these 'unclean' hints which point towards this remedy. They may even be missing completely.
- Like Sulphur, Psorinum is a psoric remedy, meaning the patient or one of his ancestors suffered from scabies or another skin affection.
- As a result of the suppression of these skin affections, people often suffer for generations from physical or mental symptoms which are often connected to a lack: a lack of body heat, a lack of resilience, a lack of love of life, a lack of self-confidence or a lack of hygiene.



■ no money
отсутствие денег



■ no love
отсутствие любви



■ no work
отсутствие работы



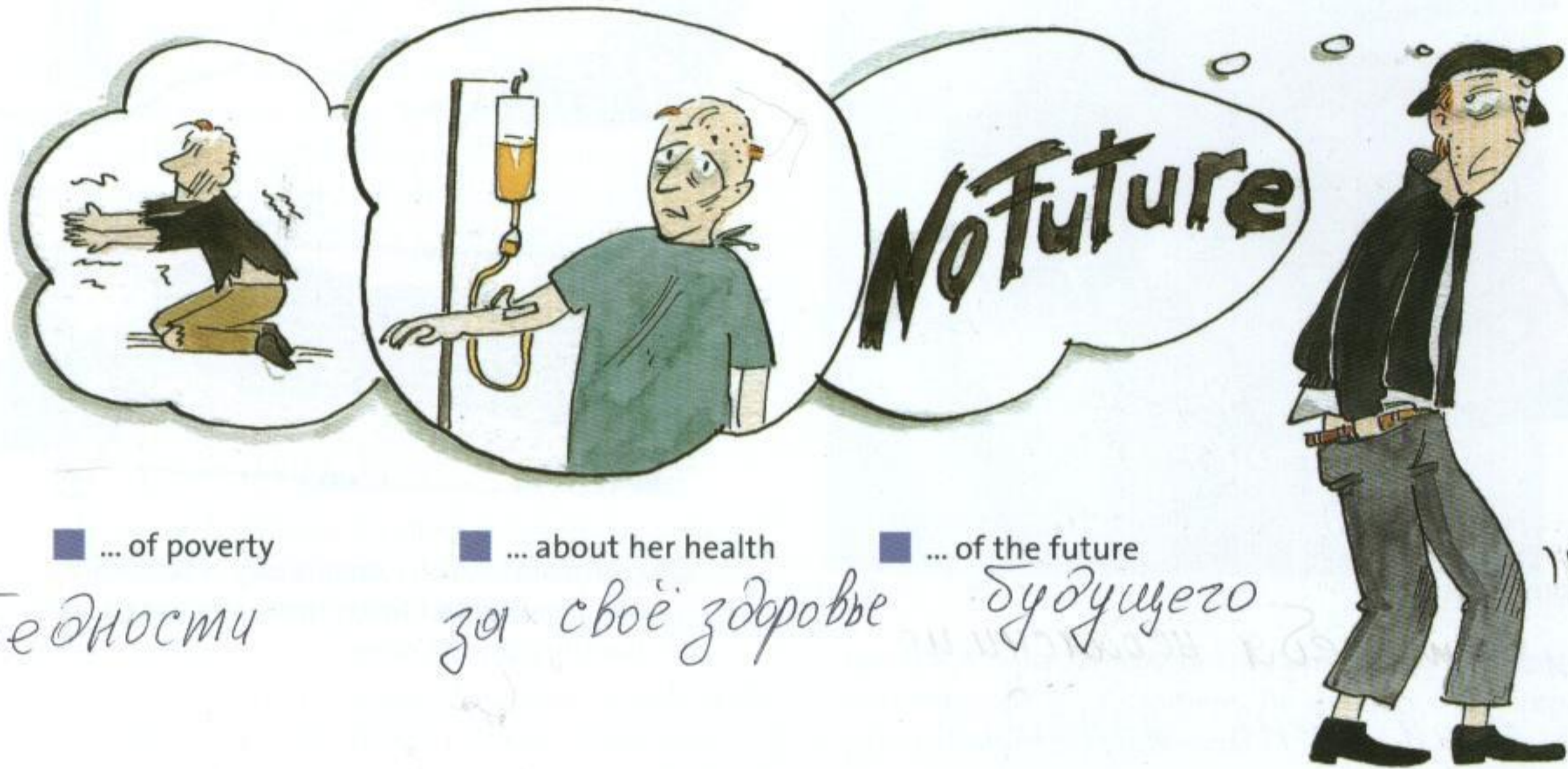
POVERTY

БЕДНОСТЬ



■ no food
отсутствие пищи

Fear - БОЯЗНЬ



■ ... of poverty
Бедности

■ ... about her health
за своё здоровье

■ ... of the future
будущего



■ hopeless, pessimistic, morose

отсутствие надежды,
пессимизм, угрюмость



■ triad: depression, suicidal,
offensive odour

Триада: депрессия,
- склонность к самоубийству
- неприятный запах тела



- feels inexplicably well the day before he gets ill

чувствует себя необъяснимо хорошо один день перед болезнью



- complaints of the respiratory tract which are ameliorated by lying on the back as if hanging on the cross

skin affections



- strong itching, must scratch until it bleeds

сильный зуд, царапает до крови



- despair from itching skin believes will never be well again

Безысходность при чесотке верит что никогда не выздоровеет

Pulsatilla

Anemone

Pulsatilla is a strong and supple plant that often grows in small 'family units'. After it has been fertilized, it thrives and grows, but after the wind has carried away its seeds, it sinks down again. Pulsatilla patients also like to have their family around, and pregnancy and children make them thrive. When the children leave home, however, these patients suffer greatly, and they may become ill.

- Pulsatilla is a remedy for gentle, mild, and usually very pleasant patients. Mostly, but not always, they are women.
- They look for happiness in their relationships, they love their home, the security of the family, get married at a young age and want to have many children.
- They are yielding, shy and good-natured people with a gentle character, and others often like them for this. Because of their gentleness and a certain lack of will-power, they are quite malleable. They easily adapt and are ready to believe what others tell them. As their self-confidence is rather weak, they are susceptible to the will of other people and readily submit to it.
- The well-being and the stability of their family is of utmost importance to these people. They humbly put aside their own needs or opinions for this. Just like the Pulsatilla plant that bends with the wind and looks for support, Pulsatilla patients look for support in their home, the family or the bonds of marriage. They easily feel helpless without this kind of support.
- Pulsatilla people often sacrifice themselves for other people. However, if in the long run they get the feeling that they receive too little recognition for what they do, or that the family support they value so highly is withdrawn, this affects them so much that they become sad.
- Like the plant which bends with the wind, they increasingly lose their mild disposition - and they, too, change the 'wind direction' every once in a while. Their mood quickly swings from being peaceful to having a fit of anger, and while a moment ago



we saw a woman who is laughing, she will burst into tears the next moment, or she may be unexpectedly irritable and stubborn.

- These people simply miss the pleasant feeling of receiving love from other people themselves, and by behaving in the way described above they demand the affection they so desperately need.
- The basic feeling behind this is an enormous fear of being abandoned. They cling to the partner or the family, and everything that threatens this relationship provokes an actively defiant reaction on their part.
- On the physical level, Pulsatilla patients often suffer from affections of the cardiovascular or the hormonal system.
- They are particularly susceptible to ailments of the female genital organs, which underlines the important relationship between Pulsatilla and the issues of femaleness and motherhood. Often, the complaints of Pulsatilla patients start in puberty and are aggravated by menstruation, pregnancy, childbirth, children leaving home or the menopause.
- The changeability in the character of these people is also reflected on a physical level in that they present changeable symptoms. The frequent change in location or quality of the pain is characteristic.



■ mild, yielding family people

мягкие, покладистые семейные люди
(уступчивые)



■ changeable moods

изменяющееся настроение



■ happy about her pregnancy - complaints during pregnancy

счастливая во время беременности - симптомы во время беременности



■ painful

болезненная



■ irregular

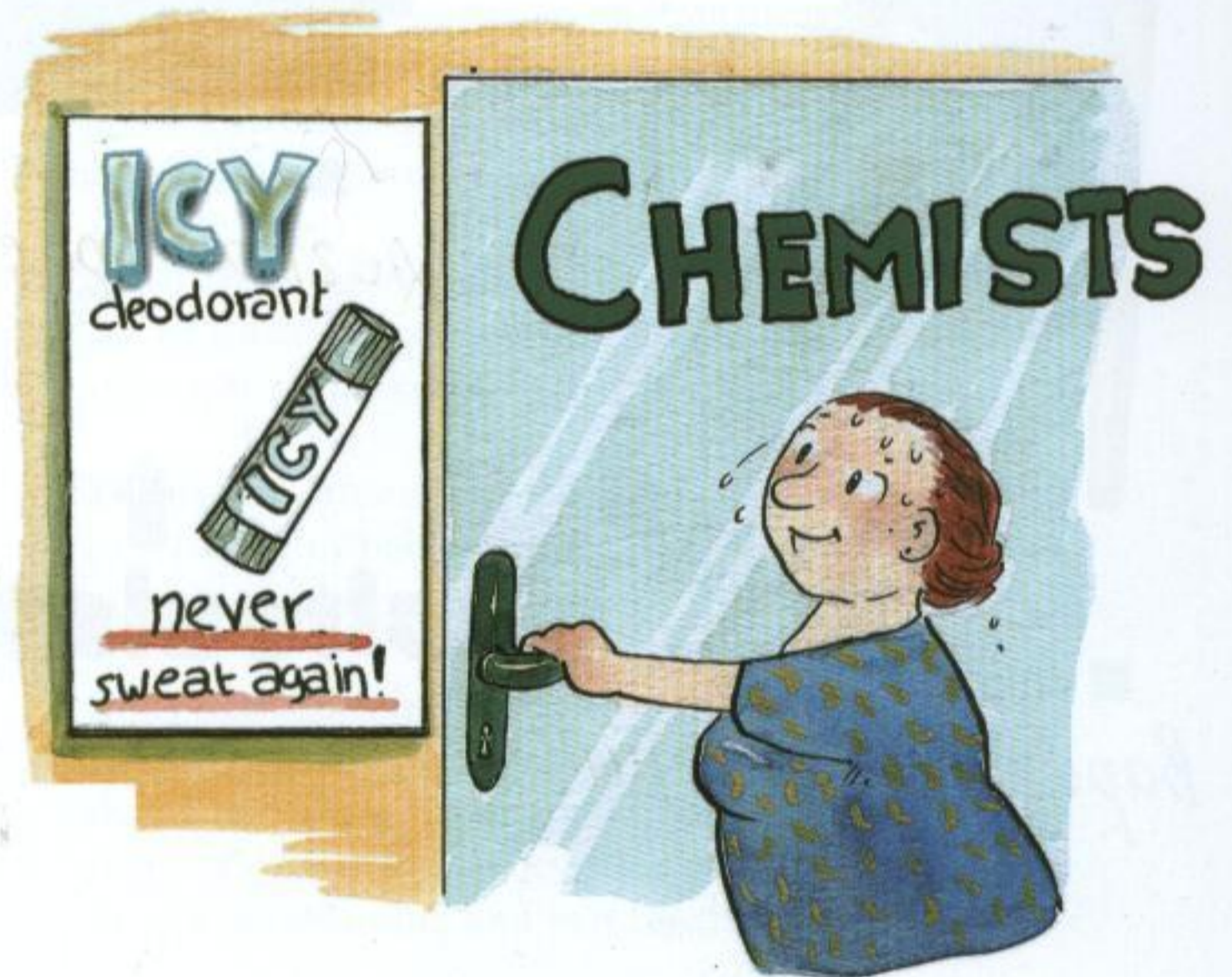
нерегулярная

menstruation →



■ green-yellow discharges

жёлто-зелёные выделения



■ warm-blooded -
desire for cooling down

тепнокровный —
желание охладиться



■ weeps when he talks about his illness -
often weeps causelessly

рыдает, когда говорит о своих болезнях
часто рыдает без причины

Зубовысит как в
лобнице



■ varicose veins
варикозные вены



■ blushes easily
легко краснеет

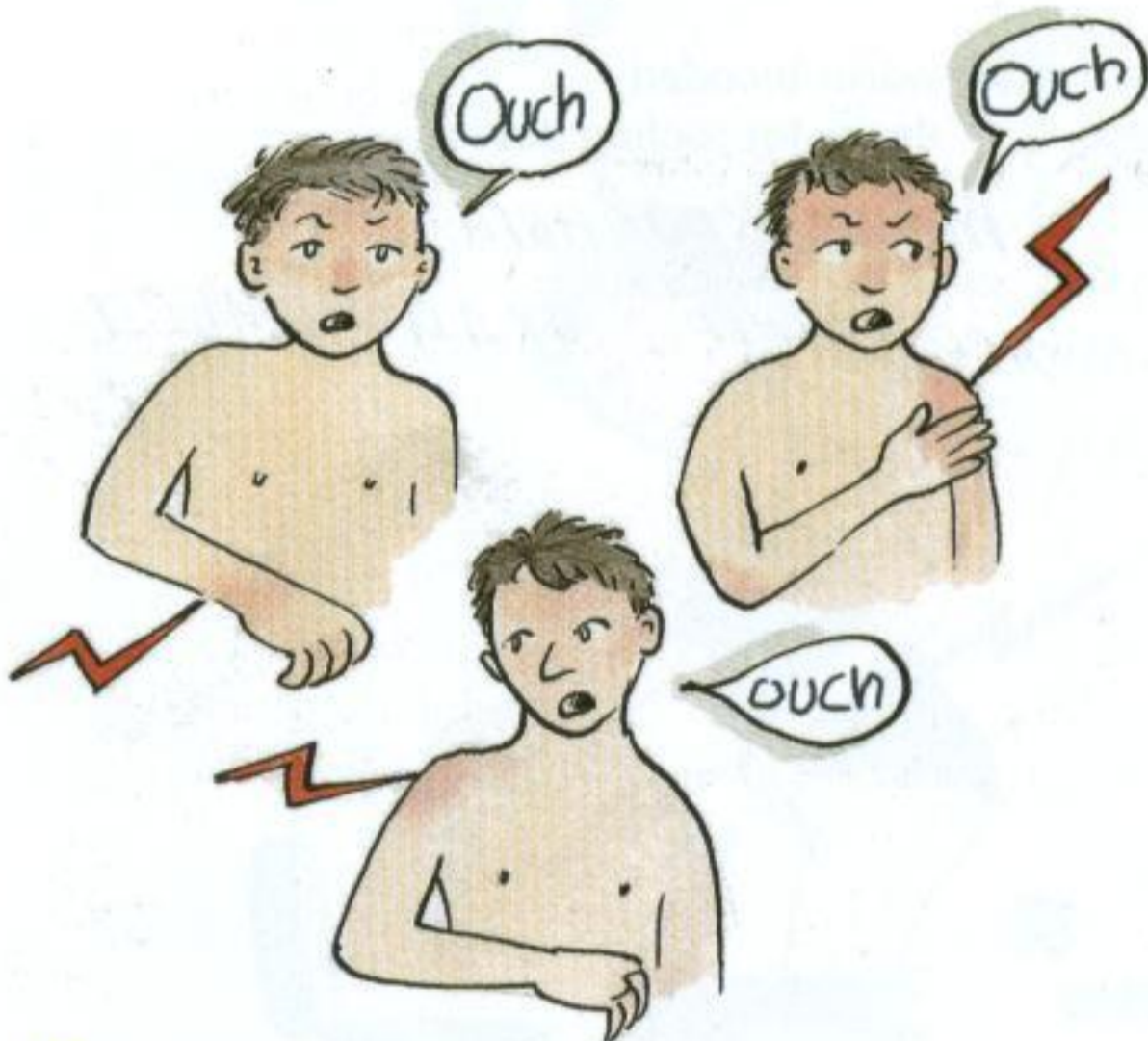


■ headache ...
головные боли



■ ... ameliorated by fresh air
облегчение от свежего
воздуха

circulation



■ wandering pains
гуляющие боли



■ rheumatic pains -
initial motion aggravates ...
ревматические
боли - начальное
движение раздражает



■ ... continued motion
ameliorates
постоянное
движение -
облегчает

Rhus toxicodendron

Poison oak

Physical contact with the sap of this plant will cause itching and severely burning blisters on the skin. This indicates the use of the homeopathic remedy: It is used in vesicular eczema, herpes, shingles or burns.

- Rhus toxicodendron is a well-known remedy in acute complaints of the muscles, tendons and joints. These complaints often appear after these structures have been overstrained, either through a direct, short strain or after a long-lasting overexertion of the extremities.
- The symptoms develop, for example, after lifting a weight which was too heavy, or after a long-lasting and exhausting sports contest. The capacity of the physical structures is exceeded, so that the patients react with strong pain and stiffness in the affected parts.
- The situation is paradoxical: on the one hand, there is a stiffness which indicates an urgent need for rest and relaxation, but on the other hand there is a marked amelioration of the complaints from continued motion - something that actually contradicts the need for rest.
- Owing to these characteristics, the patients are always very restless. They are forced to keep moving despite their pain. They constantly try to change their position, as it is impossible for them to remain still for long. These people may be recognized because they shift around restlessly on their seat in the cinema or because they are incapable of remaining seated on a chair for any period of time during a celebration, a meeting or a homeopathic interview. They simply have to move!
- It is important to note that the initial movements are difficult for these people: they are accompanied by stiffness and pain. Continued motion, however, greatly ameliorates their suffering. This is similar to a machine which takes some time to get going properly, it creaks and is stiff and then runs more smoothly the longer it keeps going.
- All complaints are ameliorated by warm applications or heat, and the patients love warm weather or



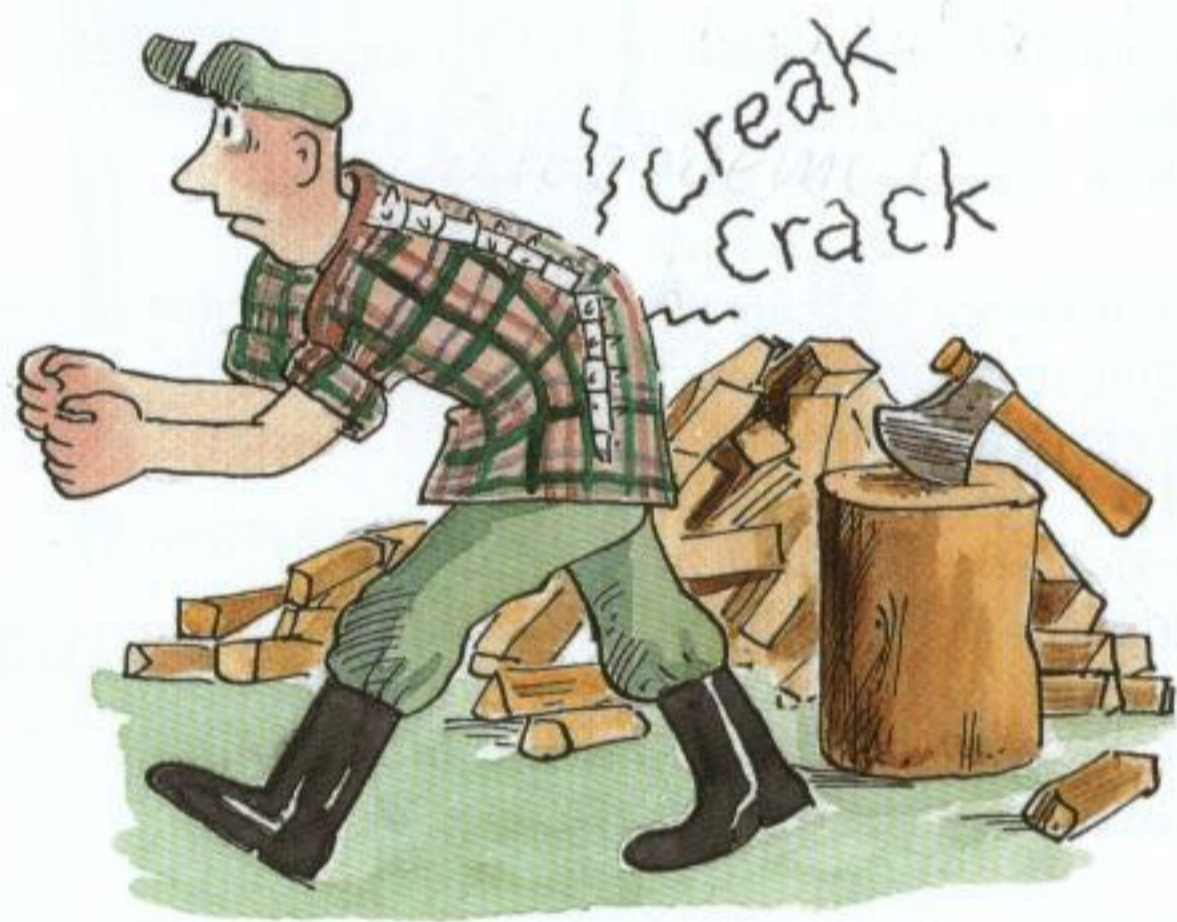
a hot bath. These result in an improved circulation, which loosens the tissue and ameliorates their complaints. Accordingly, coldness and cold and damp weather aggravate the symptoms.

- Apart from these acute situations which suggest the use of Rhus toxicodendron, there is also a chronic state which is marked by a similar restlessness.
- This is not caused by acute pain, however, but is due to a feeling of being trapped and constricted. Where does this feeling come from?
- Rhus toxicodendron people often received little warmth and love, either from their parents when they were young, or in a later phase in life (marriage). Consequently, they tried to get through life by not complaining and just functioning instead.
- They always had to perform their work without showing any emotions and without receiving any emotions - just like a machine.
- This coldness in their family may be regarded as the basis of many remedy types and pathologies, but the restless desire to escape from such a repressive situation is specific to Rhus toxicodendron patients.
- If they do not succeed, if they are forced to be 'stiff' in their lives, they become ill, suffer from many pains and a physical 'stiffness' which later on also reaches the mental level.



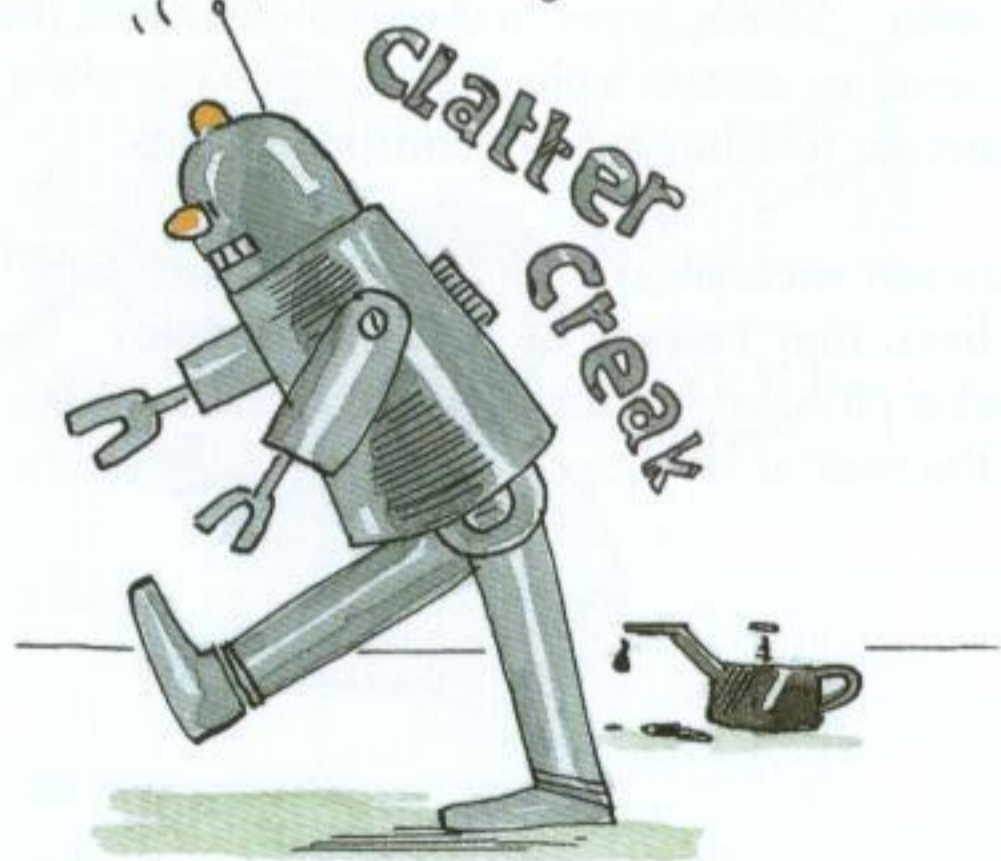
■ tries to escape

пробует убежать



■ ailments from overexertion

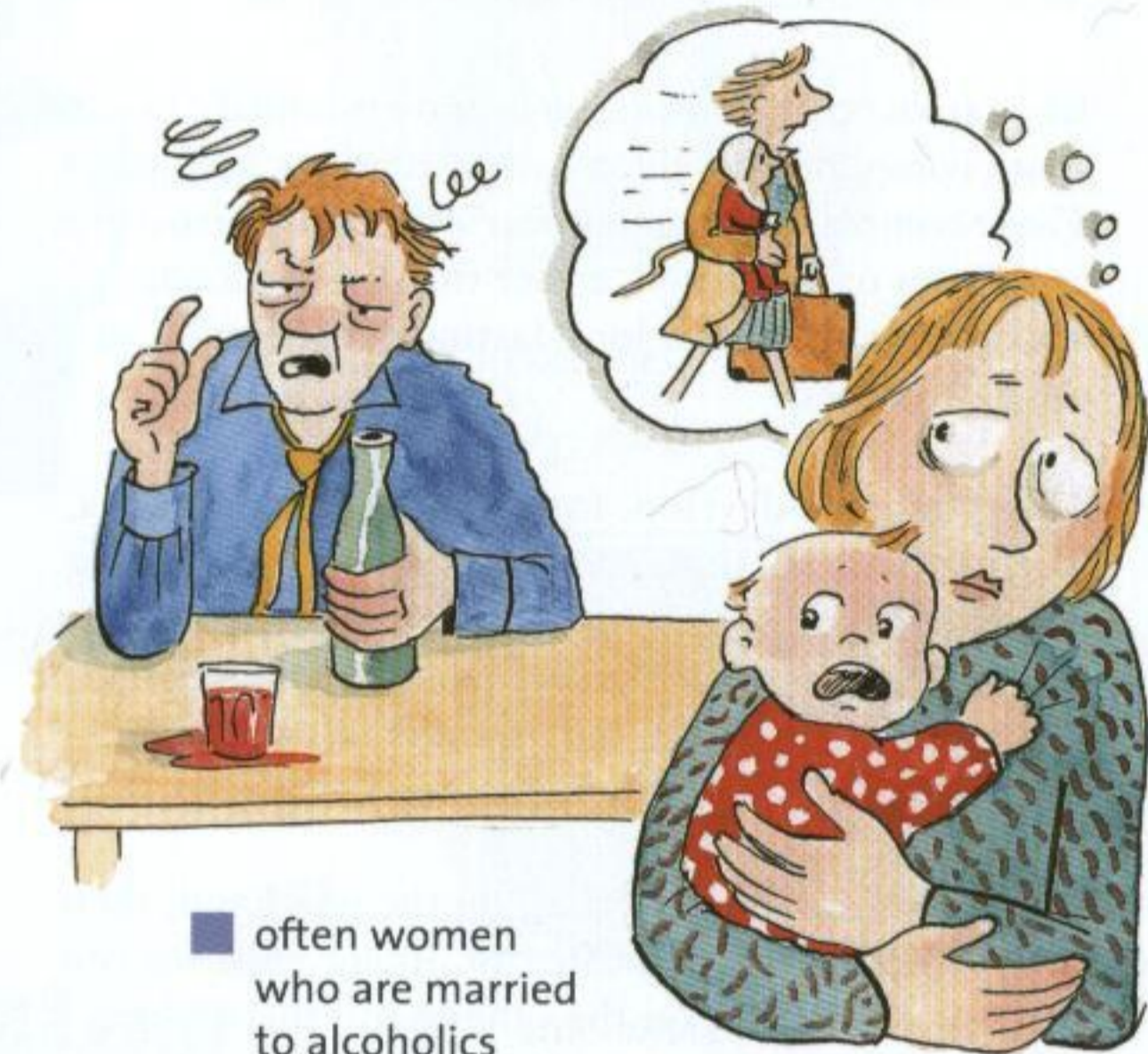
болезненное состояние после больших усилий



■ stiff joints

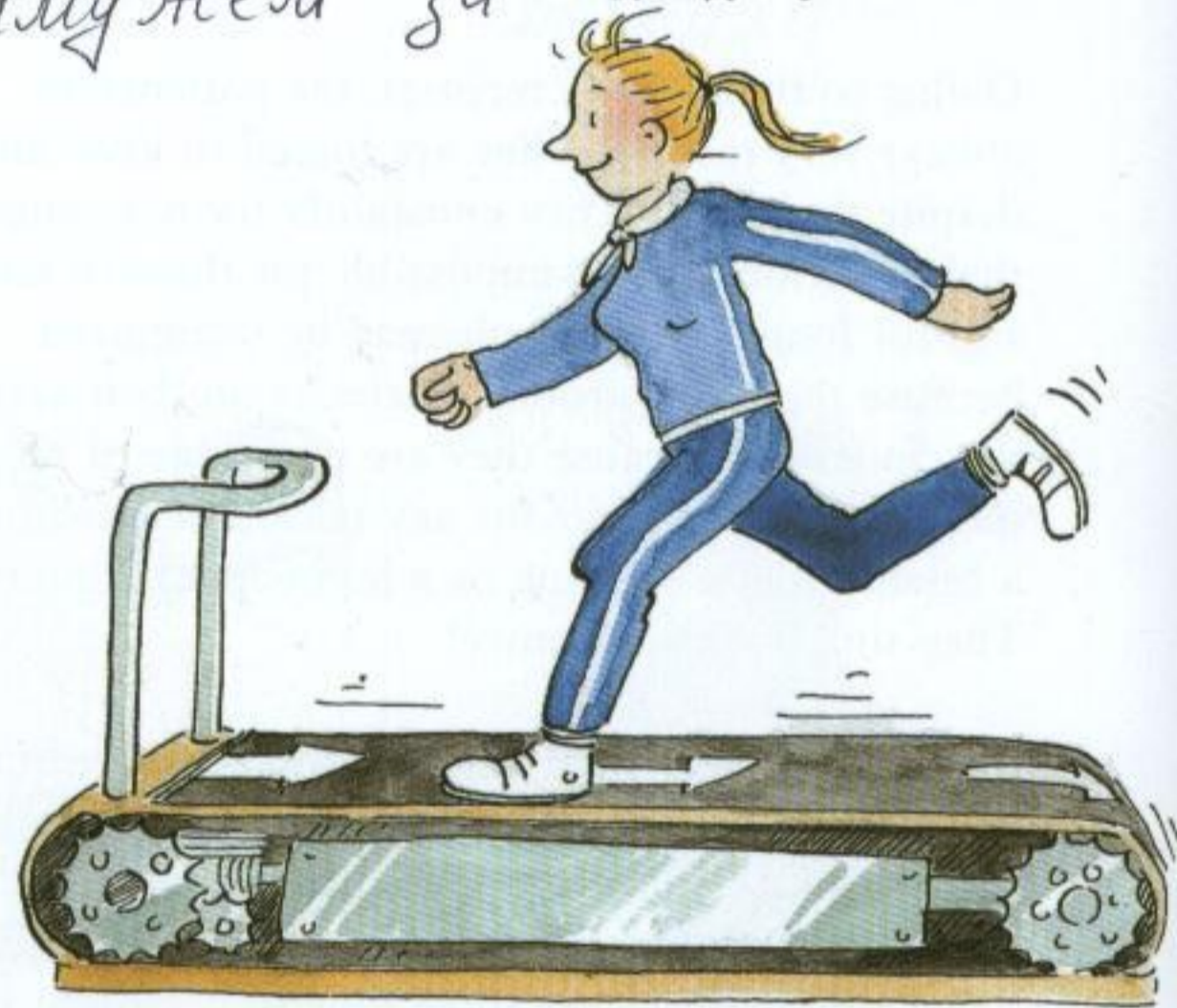
неэластичные (тугие) суставы

чувствуется как в ловушке
feels trapped



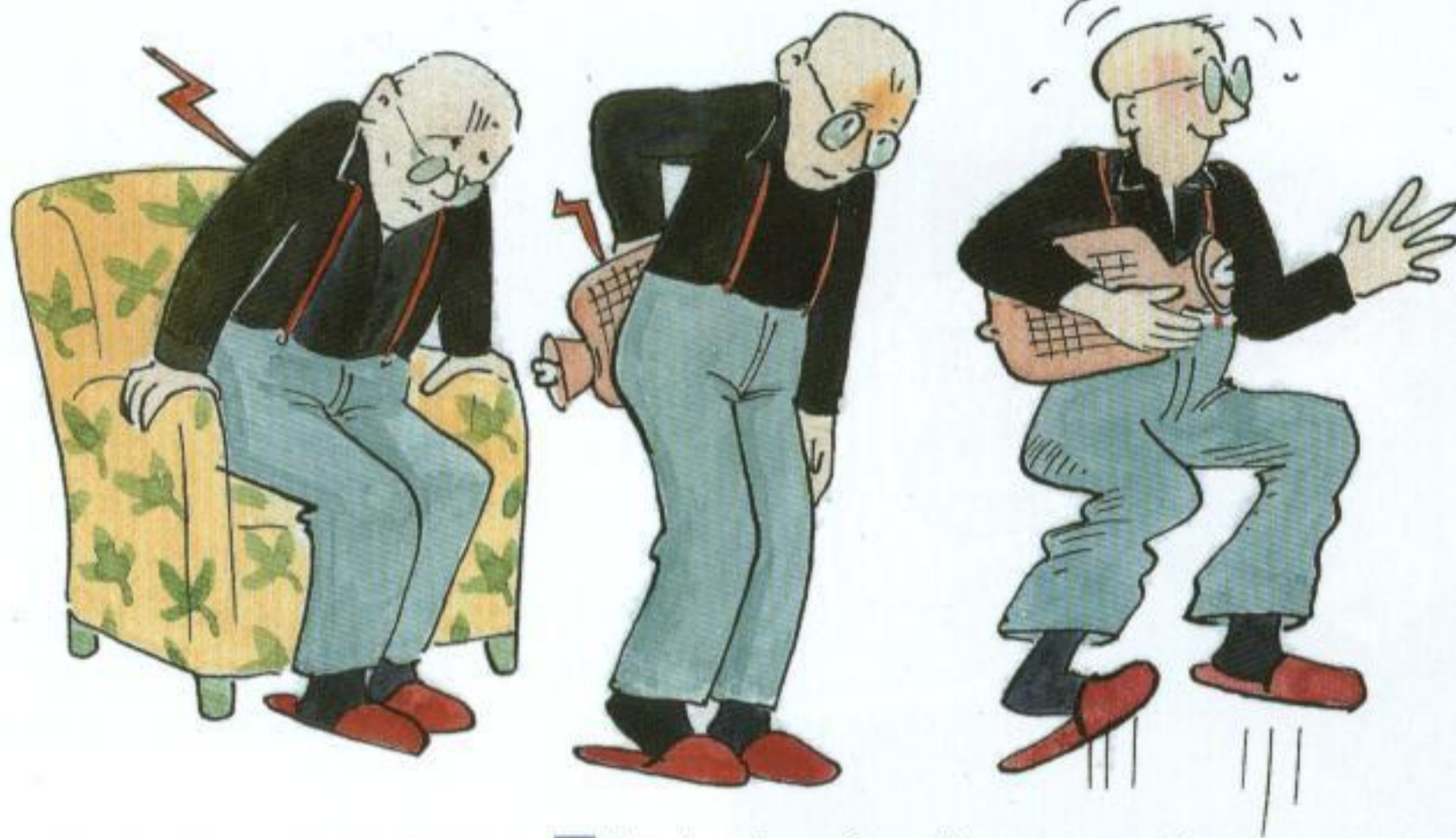
■ often women who are married to alcoholics

часто женщины которые замужем за алкоголиком



■ restless, always on the move

неутомимые, всегда в движении

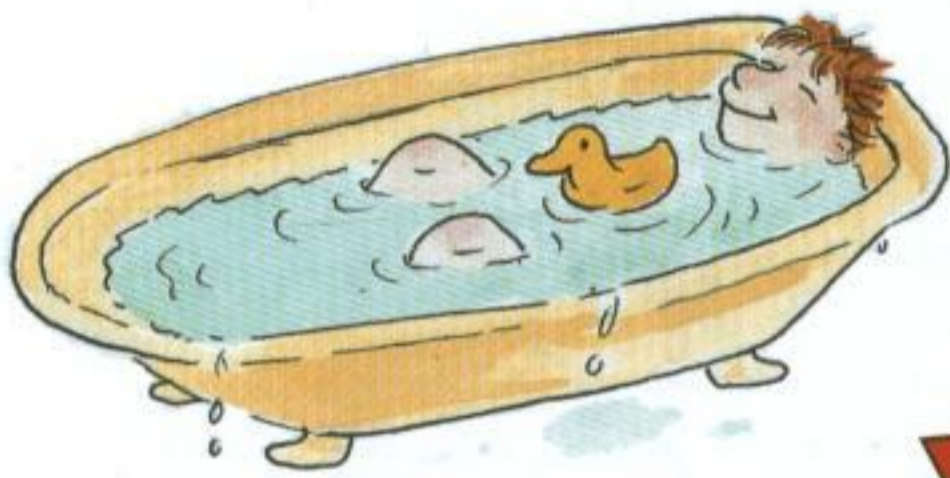


beginning of motion aggravates - continued motion ameliorates the pain

первое движение - обострение, последующее - облегчение боли

stiffness and pains

↑ тугость и боли



warmth ameliorates

Тепло облегчает



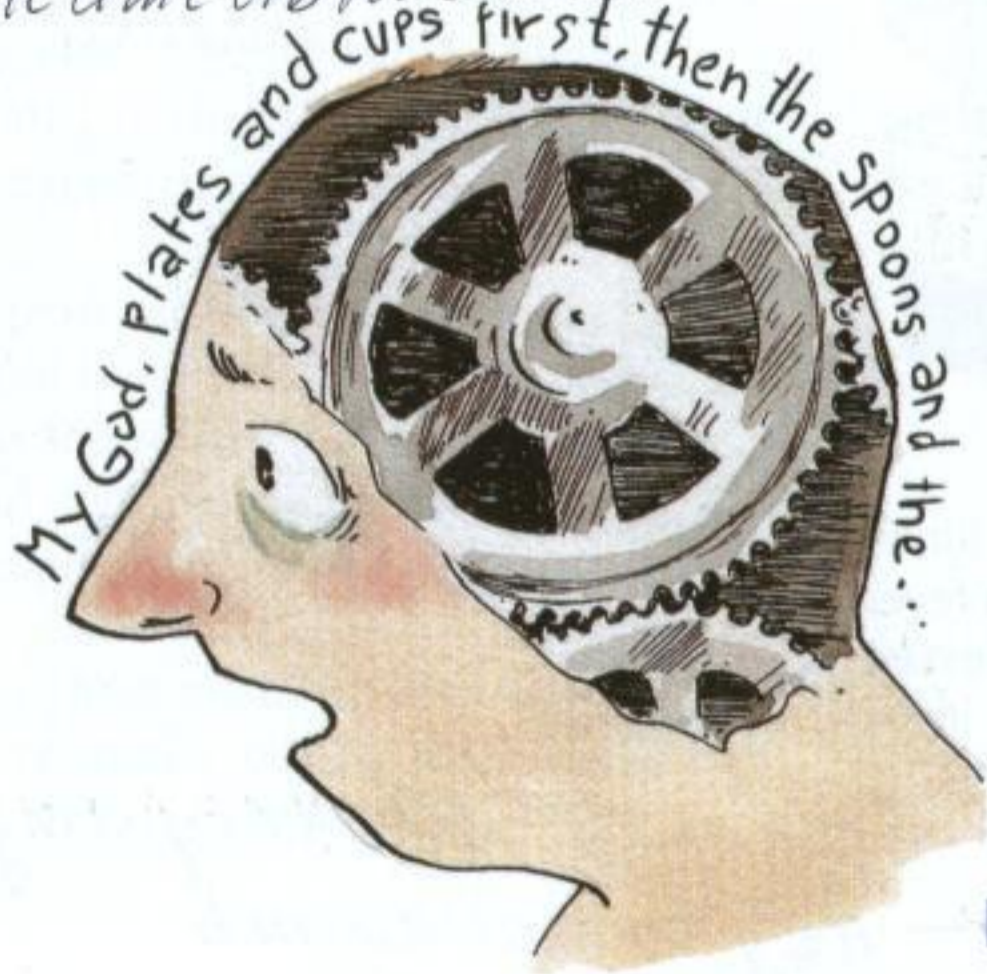
in connection with restlessness and irritability

в соединении с неуспокоенностью и раздражительностью



cold and wet weather aggravate

холодная и влажная погода раздражает



ritualistic, compulsive behaviour - mechanical-restricted way of thinking

обрядное, принудительное поведение - механически ограничен-ный способ мышления



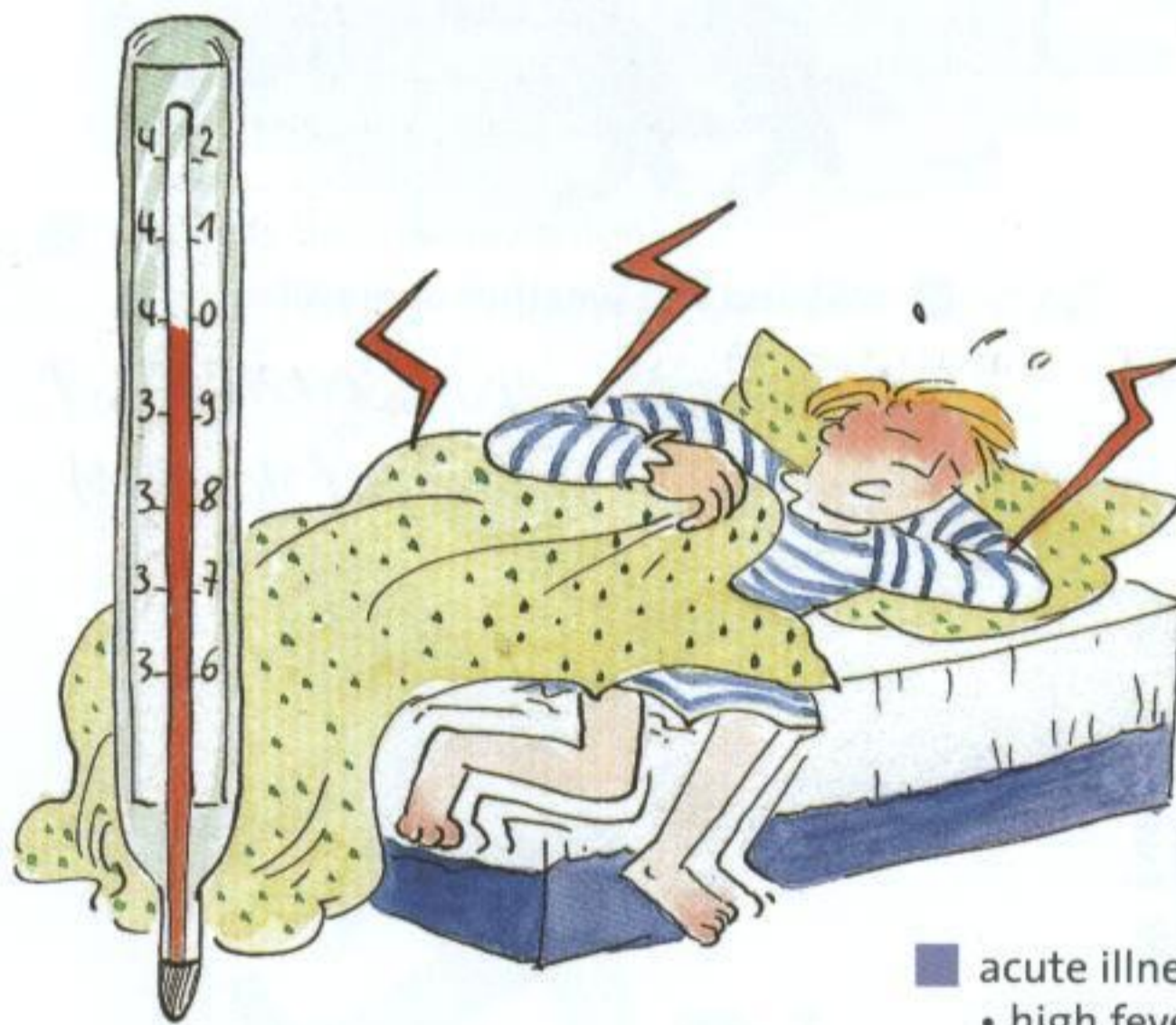
■ eczema with small blisters - itching is ameliorated by hot water

екзема с маленькими пузырьками
чесотка облегчается под горячей
водой



■ desire for cold milk

желание выпить холодного
молока



■ acute illnesses:
• high fever
• restlessness
• pain in muscles and joints

острые болезни : - высокая температура
- неугомонность
- боль в мышцах и суставах

Sepia

The dried contents of the ink sac of the cuttlefish

Cuttlefish behave in a similar way to people who need the remedy Sepia. These animals need their freedom and a certain distance from other fish. If they feel imposed upon or threatened, they spray dark ink. This is similar to the Sepia patient, who may 'blurt out' abuse in order to keep others at a distance.

- Sepia is one of the best-known homeopathic remedies for women - it may, however, be just as well indicated for men, albeit less frequently.
- Sepia people are often proud individuals who keep their distance and for whom it is important to affirm their ego, their will and thus their dignity. They need a lot of freedom, like to go their own way, and try to develop their personality as best they can.
- Many Sepia people are ambitious; they strive for an independent position in their career and invest all their energy in building this career. Others, however, give preference to happiness in their private life; they get married and have children at a young age. Either one of these options may serve to make Sepia people content, well-balanced and happy.
- Difficulties start when these people do not have enough space and time for themselves, or when they are forced to do things against their will, either in their professional or in their private life.
- They then feel used, disrespected, they are disappointed and become ill. It is a frustrating situation. They suddenly have to accept that the ideas they had about what their life would be like may not materialize. They are stuck in the confines of marriage or a job - there is no time left over for self-fulfilment. This is another parallel to the cuttlefish: it is difficult to keep this fish in captivity.
- These people now grow increasingly irritable, they get angry quickly and burst into tears over small issues. Everything is too much. They detest having other people around and they shun comforting embraces and other physical contact.
- From their defensive, hurt position, they start to attack. They easily recognize others' weaknesses and



hit them in exactly that spot by making sarcastic, wounding remarks.

- The increasing frustration and exertion and the feeling that they are unable to change anything eventually make them depressed and indifferent to everything. These people used to be full of pride and dignity, and now they break down and slacken. Their family, their children, their work - they no longer care about anything. They only want to be left alone. They feel worn out and in later stages of the pathology grow increasingly apathetic.
- The slackening is also expressed in physical complaints. The intestines lack tonicity and are often constipated, the muscles, connective tissue and the skin turn soft and slack. In women, the uterus starts to bear down and threatens to slip out.
- Many symptoms are related to the female organs and appear in connection with menstruation, pregnancy, and the menopause.
- Sepia patients often have left-sided complaints, they are almost always freezing and love taxing physical activities such as dancing or forms of sport designed to build stamina.



■ proud, dignified women

гордая, обладающая чувством
собственного достоинства
женщина



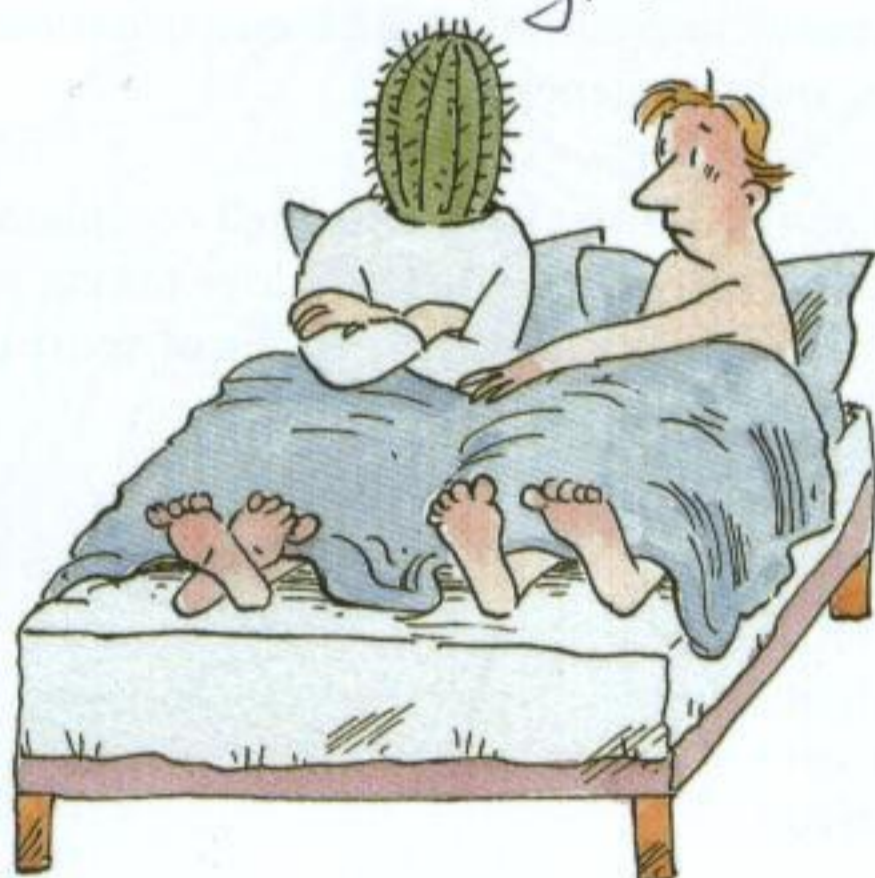
■ ailments from sexual violence

заболевания после полового
насилия



■ ailments from wounded honour

болезненное состояние после обиды



■ strong aversion to sex ...

сильное неприятие секса



■ ... alternatively, it crowns relationship

в противовозможность
увенчивает отношения



■ frequent causeless weeping

частые беспричинные всхлипывания

вого



■ aversion to and alienation from the family

неприязнь и отторжение от семьи



■ Sepia-men: soft, little self-confidence

Сепия-мужчина: мягкий, низкое ощущение собственного достоинства



■ bearing-down sensation in the uterus...

ощущение выхода плода из матки



■ ...so must cross limbs to prevent protrusion

поэтому должна перекрестить ноги



■ shrivelled breasts slacking of the whole person

усохшая грудь
дряблость целого тела

Gynaecological ailments



■ ailments during pregnancy
- headaches
- tiredness

болезни при беременности
- головные боли
- утомительность



■ ailments before, during or after menstruation

болезненное состояние перед, во время или после менструаций



■ hard physical exercise ameliorates

интенсивные упражнения облегчают

Silica

Pure Silica

Silica consists of siliceous earth. It is contained in minute amounts in the human body, where it is responsible for the firmness and growth of the connective tissue. Silica patients lack this inner firmness and strength. Thus they suffer from a lack of stability - not only on the physical level.

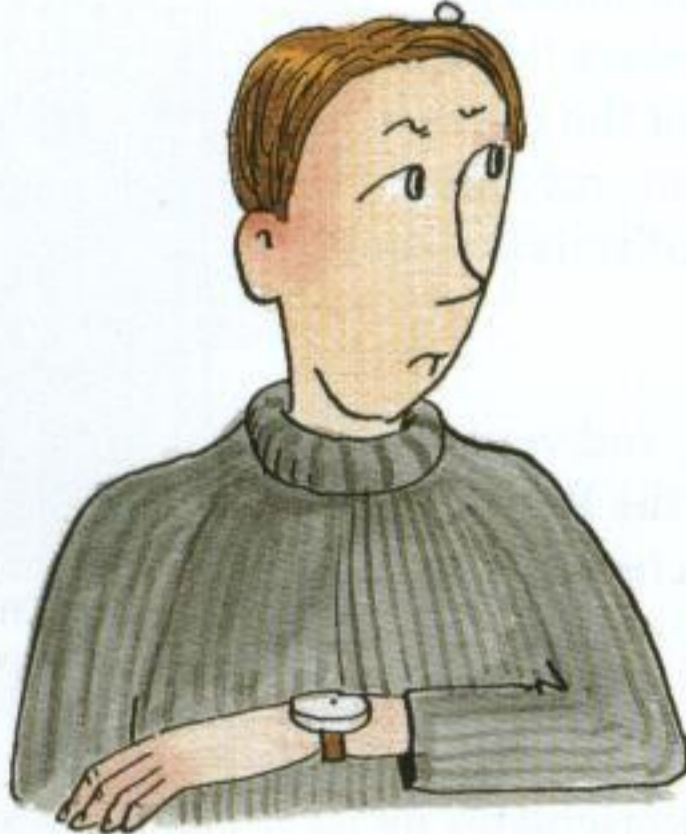
- Silica persons are delicate, sensitive, and very timid people who often remain quietly in the background. They strive for clarity and love structure, order and aesthetics.
- They appear cool and unapproachable, comparable to the charm of an ice crystal which fascinates by its beauty, but in reality is hard and cold. It signals distance, avoiding any contact, because this contact might make it melt quickly and could put it in touch with something unknown and uncontrollable. That scares the crystal - and the Silica person - very much. These people lack vital heat, self-confidence and mental flexibility.
- In conversations with other people, they hold firm, stubborn and unalterable opinions regarding many topics, and they are normally incapable of changing their opinion. Owing to their very weak self-confidence, however, they lack the energy to stand up for their convictions, and so they just assent to what the other person says - although they do not believe him or her.
- To make up for their deficiencies, Silica people develop perfectionist behaviour and try to compensate for their inner weaknesses by performing highly accurate work. Everything they do is prepared meticulously and performed conscientiously and thus lifts their self-confidence. It is only through excellent achievements that their value increases, and any failure, even in the smallest (for other people often invisible) detail, leads to self-reproaches.
- What the public think about them is extremely important to Silica people. The constant fear of not being able to live up to other people's expectations is a great burden for them. It makes them even more insecure, and their fears increasingly impair their performance.
- This is particularly obvious in situations where they have to be at the centre of attention. They feel the spectators' eyes resting on them, unconsciously sense their valuation of their performance and are therefore very nervous and blocked.
- An appearance in public or oral examinations therefore present almost insurmountable obstacles for these people. Silica is an important 'examination remedy', and it helps to overcome this blockage.
- These patients often develop colds and chronic illnesses owing to their lack of vital heat and resilience. They are weak, easily exhausted, and only slowly recover from exertions.
- Their entire mineral metabolism is out of balance, and structural problems show in the hair, nails, bones or teeth. The hair is soft and thin, the nails are brittle and chapped, and one can often see marked white spots on the nails. Bone diseases or caries of the teeth start developing already at an early age. The entire connective tissue lacks stability.
- A strong tendency to constipation is typical of Silica. Just like the patients' problem of presenting themselves in public, their stool slips out only with great strain, and for all the weakness there is, it often slips back into the (safe) bowels.





■ no internal 'support system' - weak self-confidence

отсутствие внутренней опорной системы, низкий уровень уверенности в себе



9th January
 6:30 a.m. - wake up
 6:35 a.m. - toilet
 6:40 a.m. - brush teeth
 6:45 a.m. - get dressed:
 grey jumper
 black jeans
 7:00 a.m. - breakfast
 7:45 a.m. - bus leaves
 8:00 a.m. - office

 3:15 p.m. - bus leaves
 3:30 p.m. - take dog for a walk
 5:30 p.m. - read the newspaper
 6:00 p.m. - supper
 6:45 p.m. - watch TV
 9:00 p.m. - bed

■ perfect, neat and very structured

идеальный, аккуратный, организованный



■ his image in public is important to him

общественное мнение очень важно для него



■ shy, timid - want of self-confidence

робкий, застенчивый
 отсутствие уверенности



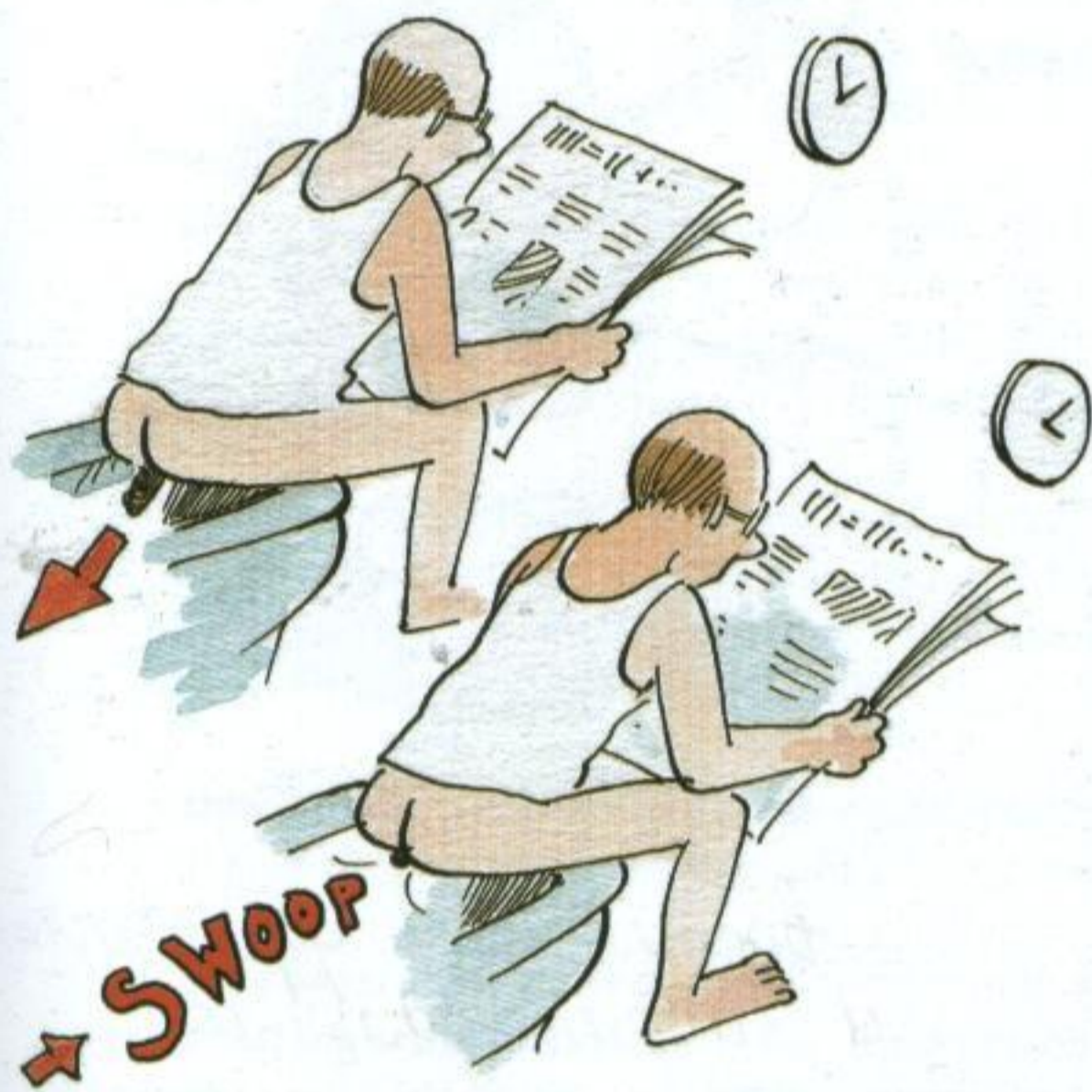
■ idée fixe, stubborn

упрямьи



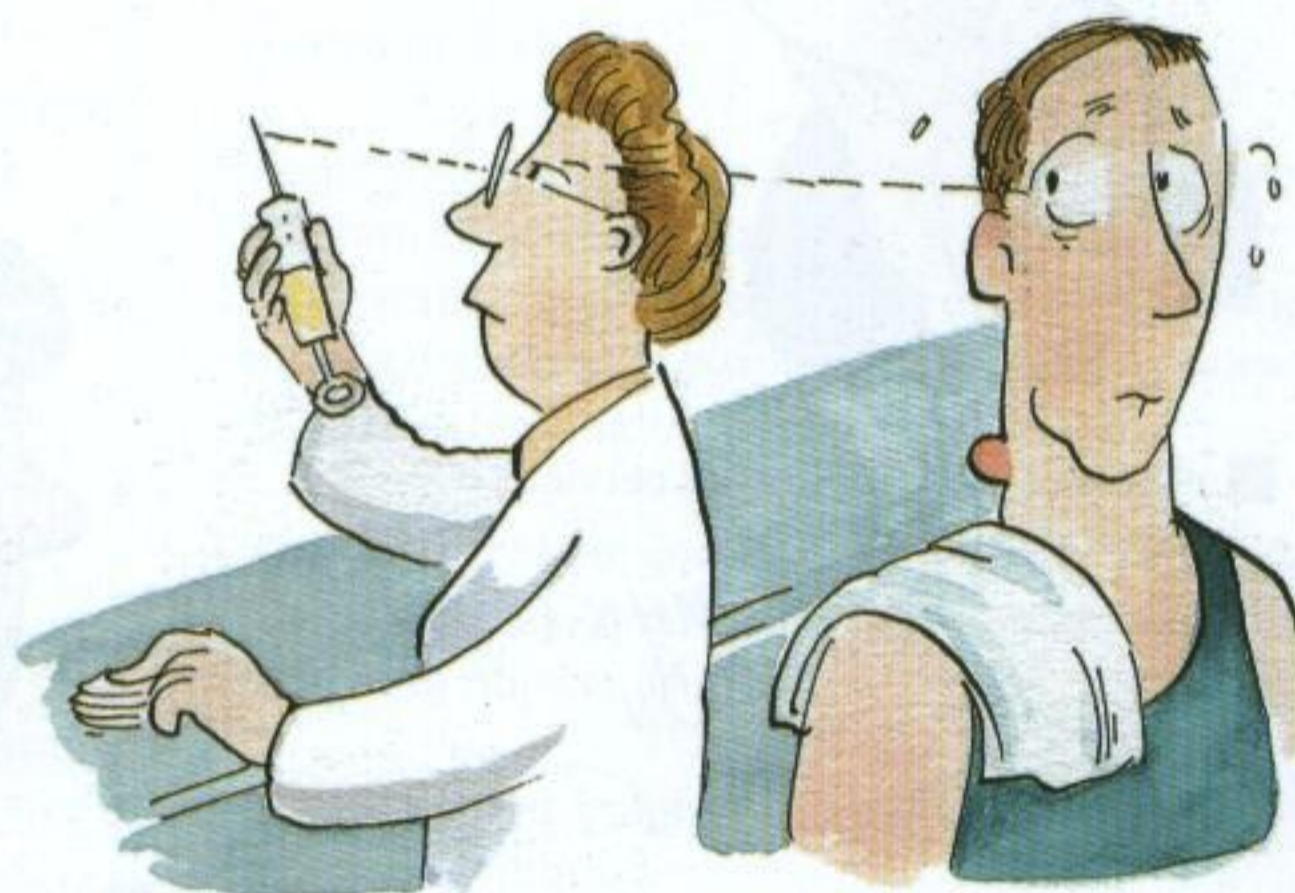
■ ailments from mental overexertion - ailments from working in front of the computer screen

Болезни от ментального истощения — особенно от сидения перед компьютерным экраном



■ obstipation without urge - stool slips back 'timidly' after it has come out almost completely

дефекация без позывов кал втягивается назад после почти полного выхода кала



■ tendency to develop abscesses strong fear of pointed objects

тенденция к развитию абсцессов = сильная боязнь острых объектов



■ lack of vital heat -
cold weather aggravates

отсутствие внутренней энергии
недостаток
холодная погода приносит ухудшение

prone to infections

склонность к инфекциям



■ enlarged and endurated cervical
lymph nodes

збільшені та опухлі шийні
лімфатичні вузли



■ acute and chronic middle-ear infections
острые и хронические
воспаления среднего уха



■ inflammation of frontal and
paranasal sinuses

воспаления фронтального
и параназального
синусов



■ blocked nose, chronic, dry

заблокированный нос, хроническая
сухость

Staphysagria

Stavesacre

The elegant, noble appearance of the tall garden plant Stavesacre prompts a comparison with the straightforward, honest and dignified people who need this remedy. The sensitive stem of the plant easily breaks in the wind, and here we see a similarity to the sensitive nature of a Staphysagria patient. They, too, may easily bend under the 'storms of life' and fall ill.

- Staphysagria people are shy, timid and very sensitive. They do not want to inflict any harm on any one, are polite and attentive and at the same time expect others to show the same respectful behaviour towards them.
- It is important for them to avoid quarrels and confrontations, because on the one hand they are very kind people who simply dislike such situations, and on the other hand they are scared of losing control over themselves in moments of conflict.
- This control over possibly unrestrained emotions is very important for them, as they believe they always have to behave decently and honourably - like a noble knight who is always in command of himself.
- Unfortunately, though, they are often affected by negative tensions in other people because they are oversensitive. They thus often have to make an effort to keep up their polite mask.
- They do not want to start shouting or quarrelling or to sink down to the low level of their opponent.
- Their reaction is quieter, they considerately withdraw, apparently consent to the other person's view and suffer his or her attacks in silence. They are indignant, but they don't show it!
- If their anger broke forth, it would destroy the entire façade of the honourable, decent self. However, since what others think about them matters very much, they restrain themselves, suppress their anger and thus become ill.
- Mahatma *Gandhi* is a suitable example to illustrate how a Staphysagria person behaves. He suppressed all aggression towards the British occupants and



always tried to conduct his battle gracefully, despite his indignancy. His self-discipline was enormous, and with his honourable, 'knightly' behaviour, he earned much respect.

- The permanent suppression and pushing aside of their 'harsh' anger leads to indurations in Staphysagria patients. These manifest themselves in the eyes as sties, or in the glands or generally as cancer.
- The patients often suffer from complaints of the genitor-urinary tract, skin affections or from headaches.
- Their nervous system cannot bear the strong inner tension and reacts by developing tics, paralyses, chorea or a stroke.
- These patients' grip on themselves prevents any reaction to others' attacks for a long time, but at some stage, their self-respect wins the battle against the bottled-up aggression. The patients spontaneously start defending themselves.
- They forget their good resolutions, shout in an argument and - something that is very typical - start throwing objects around.
- The indignant knight puts on his suit of armour again and fights.



■ suppresses his emotions, does not argue ...

подавляет эмоции, не аргументирует

■ ... and gets ill because of that

и заболевает от этого

UP! left - further left!



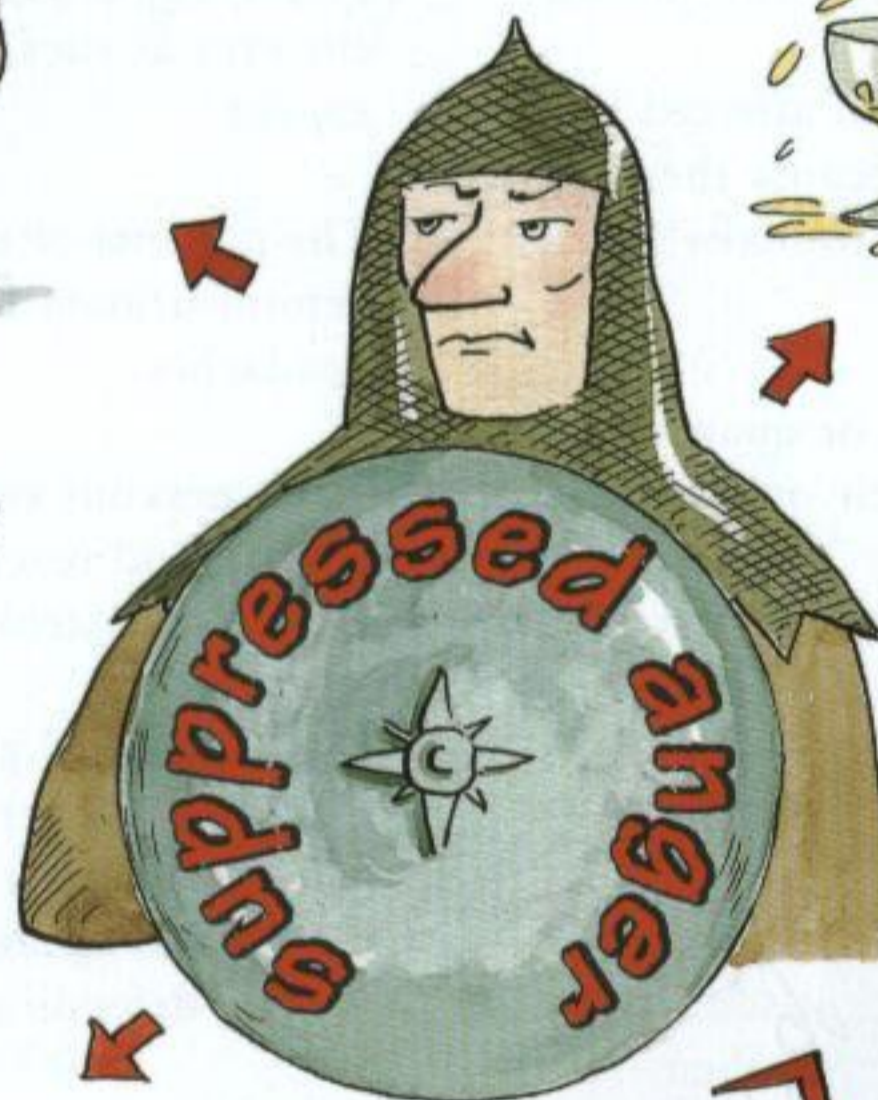
■ skin eruptions

кожная сыпь



■ trembling

дрожание

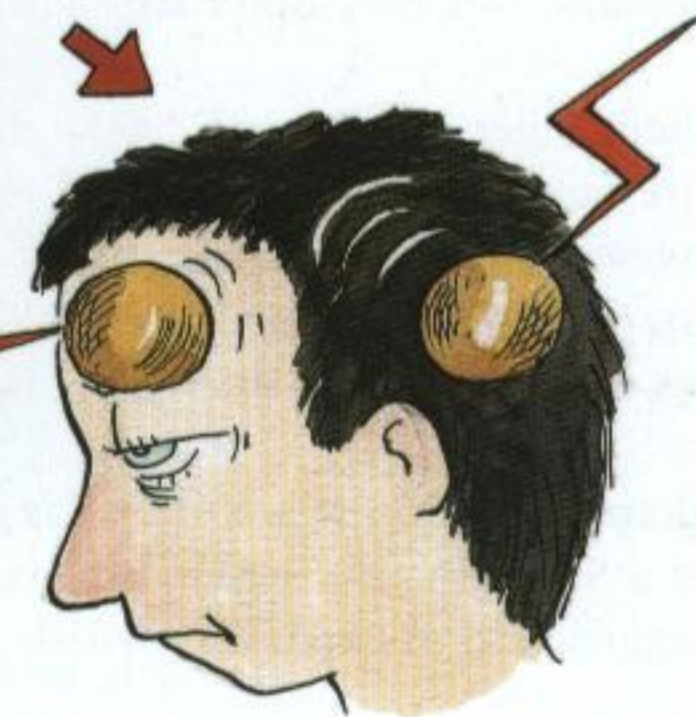


подавленная злость



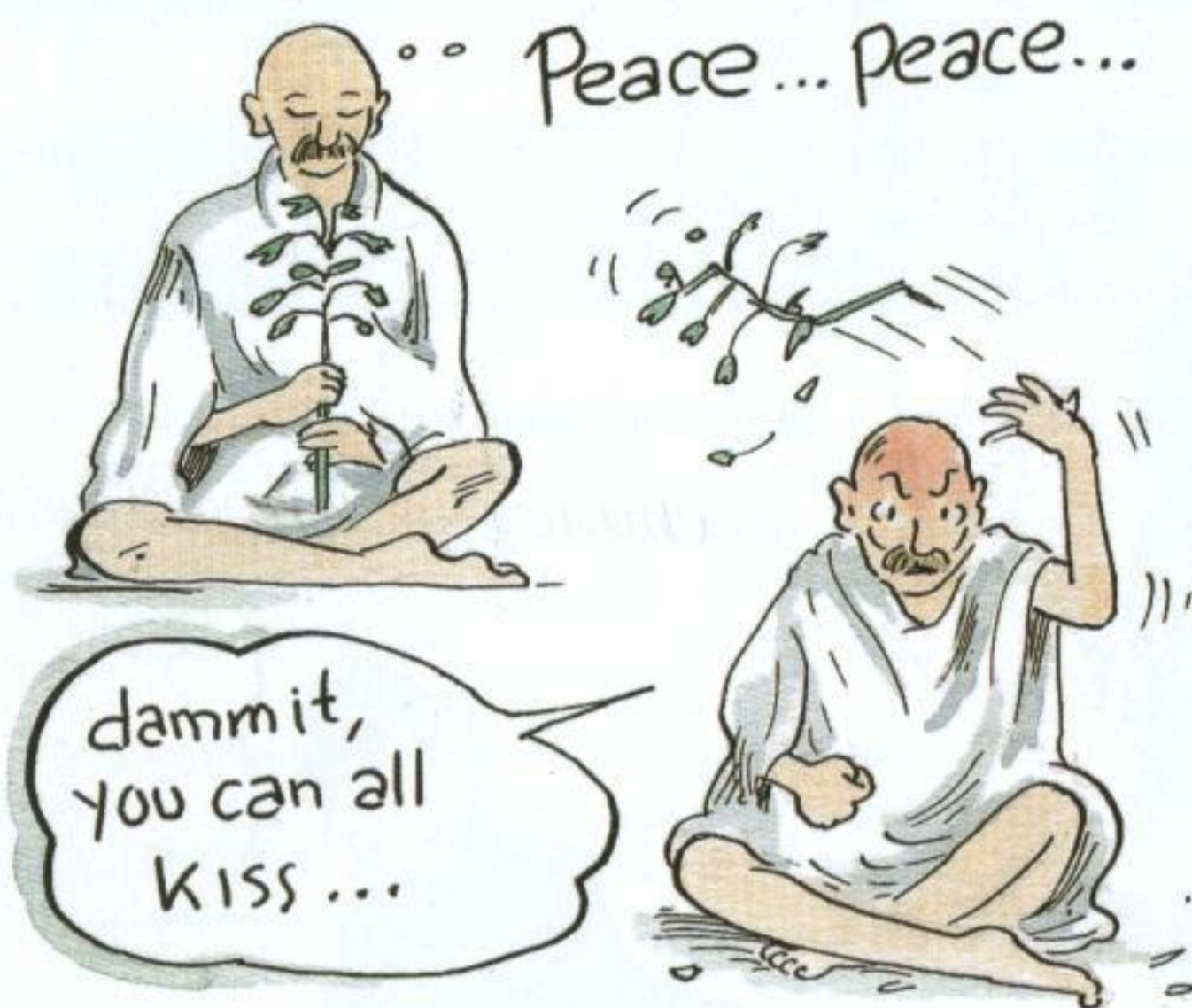
■ shortness of breath

одышка



■ headache - sensation of wooden balls inside the head

головная боль - ощущение деревянных мячиков в голове



■ at some point, it's enough ... fits of rage with the tendency to throw things

В какой-то момент не выдерживает — впадает в гнев с тенденцией разбрасывать вещи



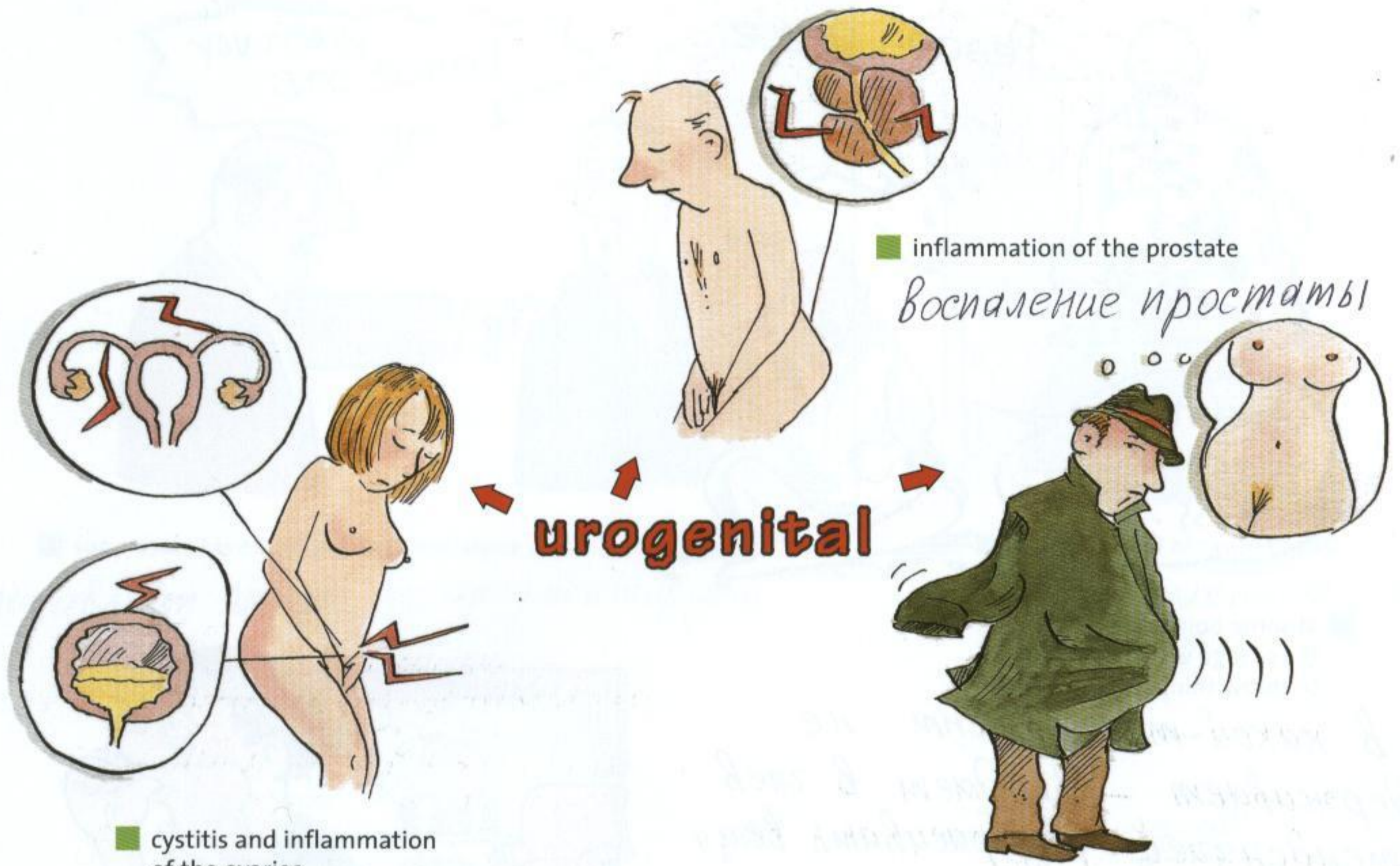
■ short sleep aggravates

Короткий сон раздражает



■ heavy smokers

(тяжёлый) заядлый курильщик



■ inflammation of the prostate

Воспаление простаты

■ cystitis and inflammation of the ovaries

цистит и воспаление яичника

■ numerous sexual fantasies - tendency to masturbate frequently

многочисленные сексуальные фантазии - тенденция часто онанировать



■ ailments from cuts

Болезненное состояние от порезов

Stramonium

Thorn apple

The nightshade Stramonium wakes up when it is dark, it opens up its blossoms and lifts its leaves. By contrast, people who need the homeopathic remedy Stramonium show a strong fear of the dark night, and they prefer to be in well-lit, open places.

- When Stramonium is mentioned in homeopathy, one normally envisages the progressed Stramonium pathology where the patients present an extremely violent picture.
- The reason for this violent behaviour is often an extreme reaction to an incident which caused a fright, and it develops on the basis of inherited trauma or the reminiscence of intense frights the patients experienced themselves.
- The patients have the sensation of an incredible threat, they have great fear, feel helpless and alone and react in the form of a severe fit: they scream, bite, retch, hit out, and are so enraged that they are completely beside themselves.
- In the beginning, this behaviour is merely a protective mechanism, and it only appears in threatening situations.
- Later on, however, if the illness progresses, this behaviour may also occur without a recognizable cause and manifest itself in the form of an extremely frightening delirium full of anger, rage and violence.
- Some of these reactions take the form of neurological conditions and may point to the strong inner tension expressed through tics, stammering, cramps, meningitis and many other symptoms.
- Not all Stramonium illnesses take such a violent course! There are also milder courses, where fears and other less aggressive mental or physical symptoms point towards this remedy.
- All fears and possibly ensuing reactions are caused by the exaggerated perception of what are in reality harmless circumstances.
- The patients feel easily endangered and are afraid of being injured by others.
- This fear of being injured is represented throughout the entire Stramonium picture! The patient shows this by making seemingly harmless remarks about anxious concerns regarding hospitals, birth, injections, by an aversion to being touched, or even in the form of a severe defensive reaction.
- Stramonium is also an important remedy in the treatment of violent, hyperactive or highly anxious children.
- Their illness originated in a difficult, life-threatening birth, in inherited traumatic experiences of the parents or emotionally taxing situations the patients experienced later in life.
- Many of these children suffer from nightly panic attacks and a strong fear of the dark. They cannot sleep without light and prefer to get into bed with the parents because there they feel safer.



Hb1E
MO



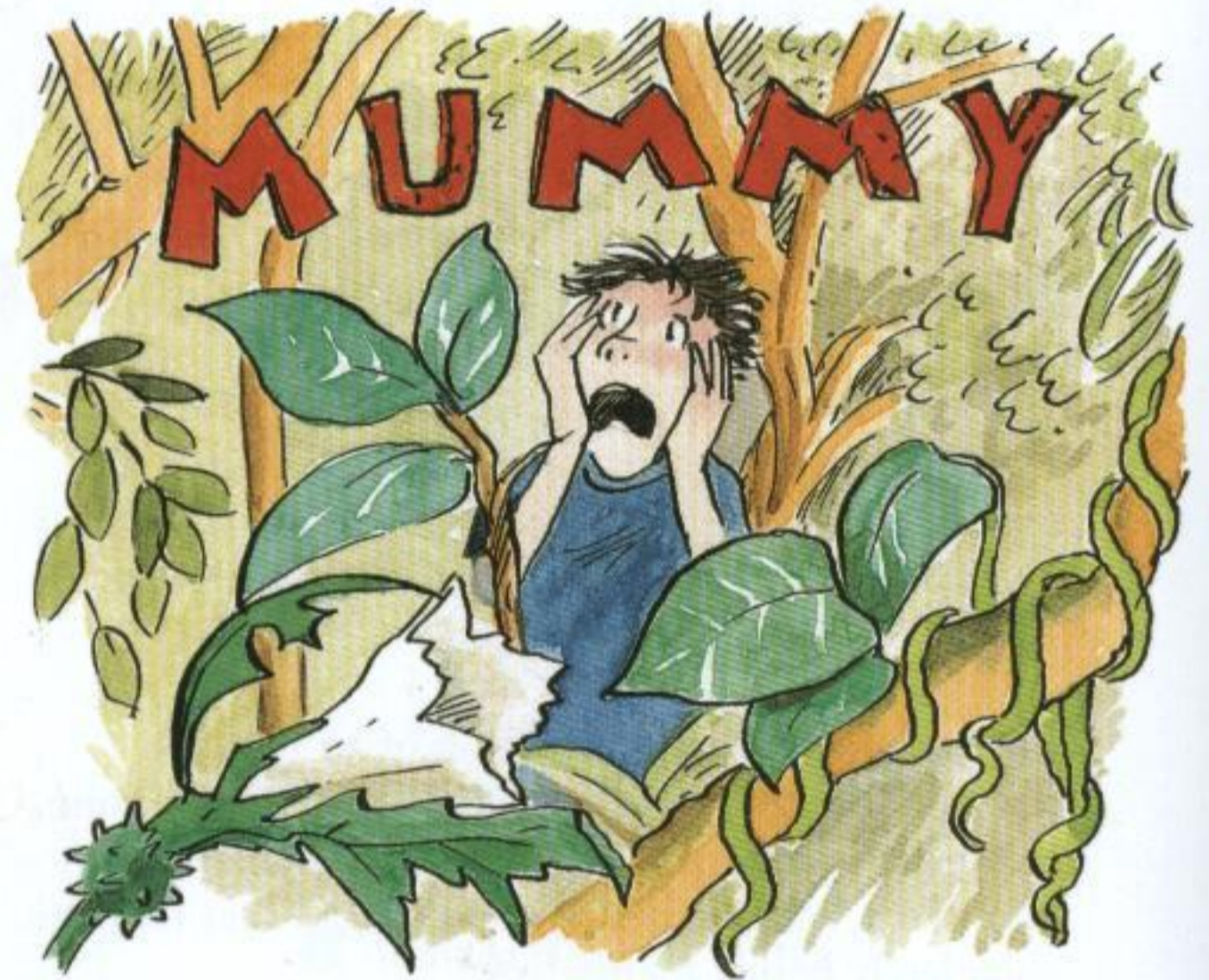
■ afraid to leave the protection of the well-known environment or the present 'safe' living-situation

боятся выйти ^(за рамки) из знакомого и безопасного окружения



■ ailments from fright over-reacts in similar, harmless situations

Болезни от страха, но переборщивает в подобных но безвредных ситуациях



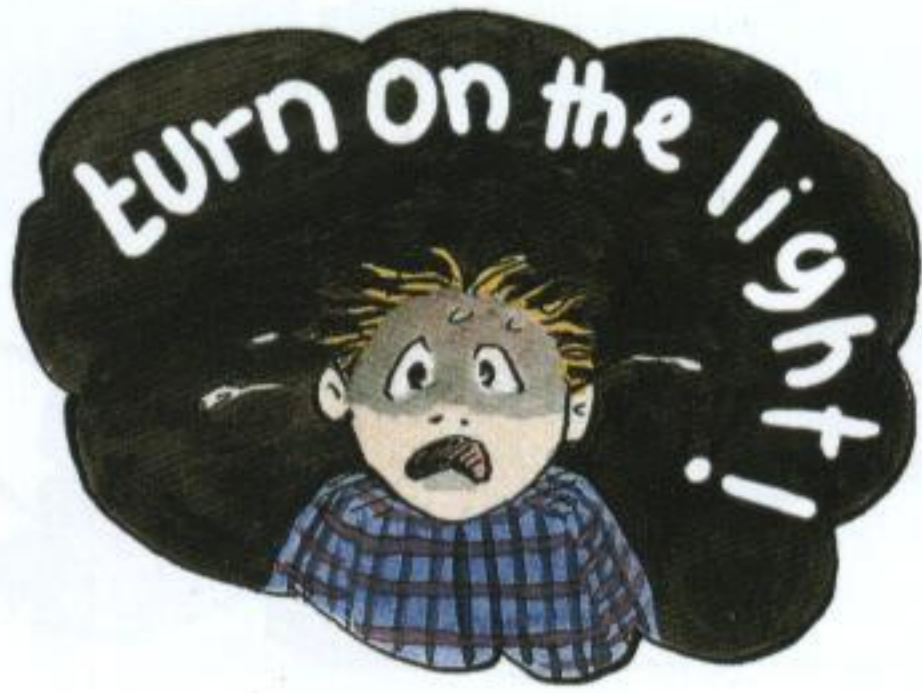
■ feels completely alone and threatened - as if in the 'wilderness'

чувствует себя полностью одиноким и напуганным словно в джунглях (диком лесу)



■ anger, rage and violent outbursts

злость, гнев, вспышки насилия



■ fear in the dark -
desire for light

Боязнь темноты,
желание света



■ fear of animals

Боязнь животных



■ extreme fear of being injured

необычайный страх что
может покалечить себя



■ fear of water,
even when taking a shower

Боязнь воды, даже
в душе



■ clings to other people

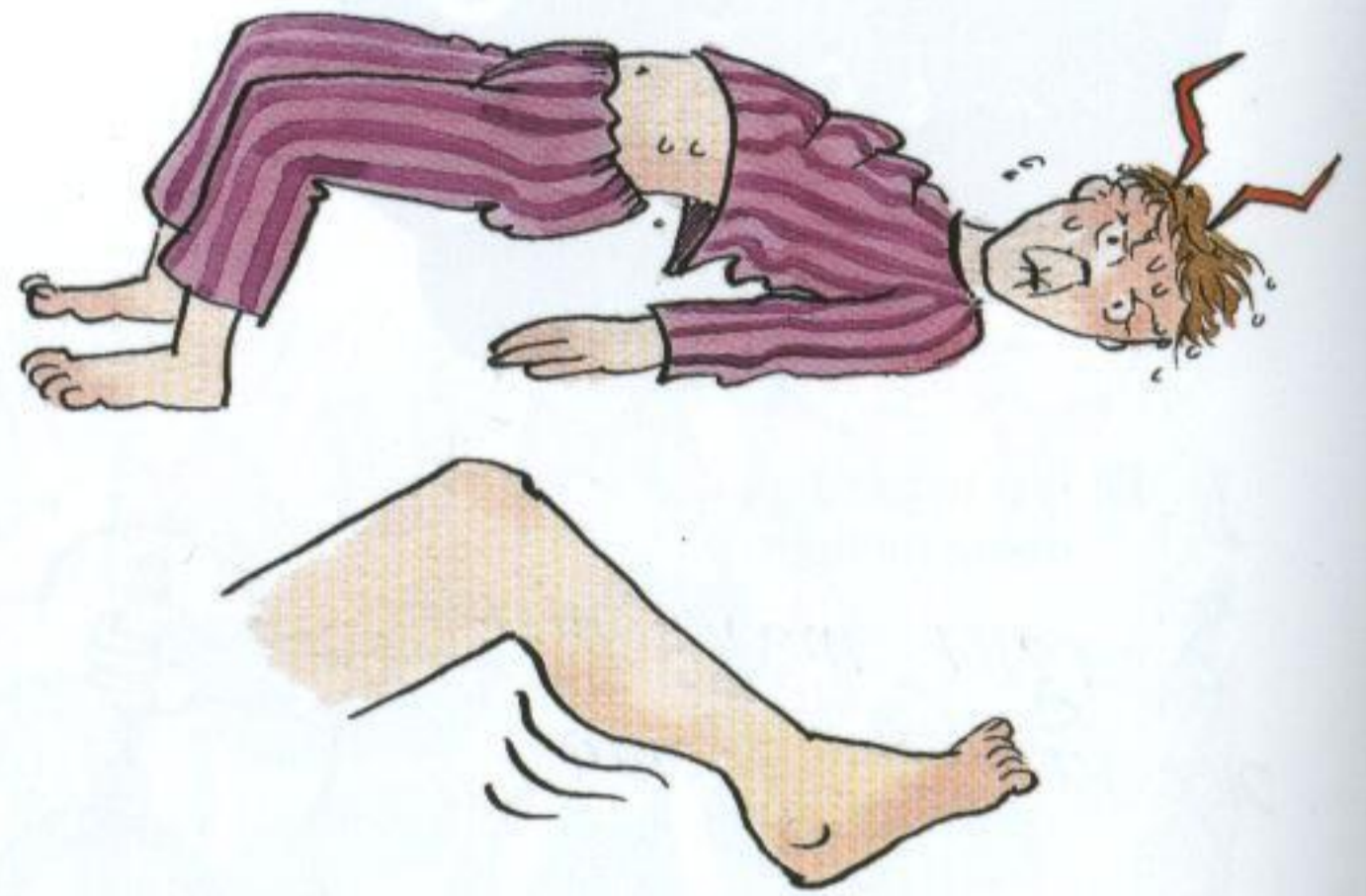
прилипать
(цепляться) к
другим людям

Fears



- very religious, prays a lot
feels safe and secure in his congregation

очень религиозные, молятся много, чувствуют себя безопасно в ихней церкви



- neurological complaints

- tics, severe cramps
- meningitis

Неврологические симптомы
- подергивание, сильные спазмы
- менингиты



- severe stammering

очень сильное заикание



- the longer he is ill, the more indifferent he becomes towards his suffering

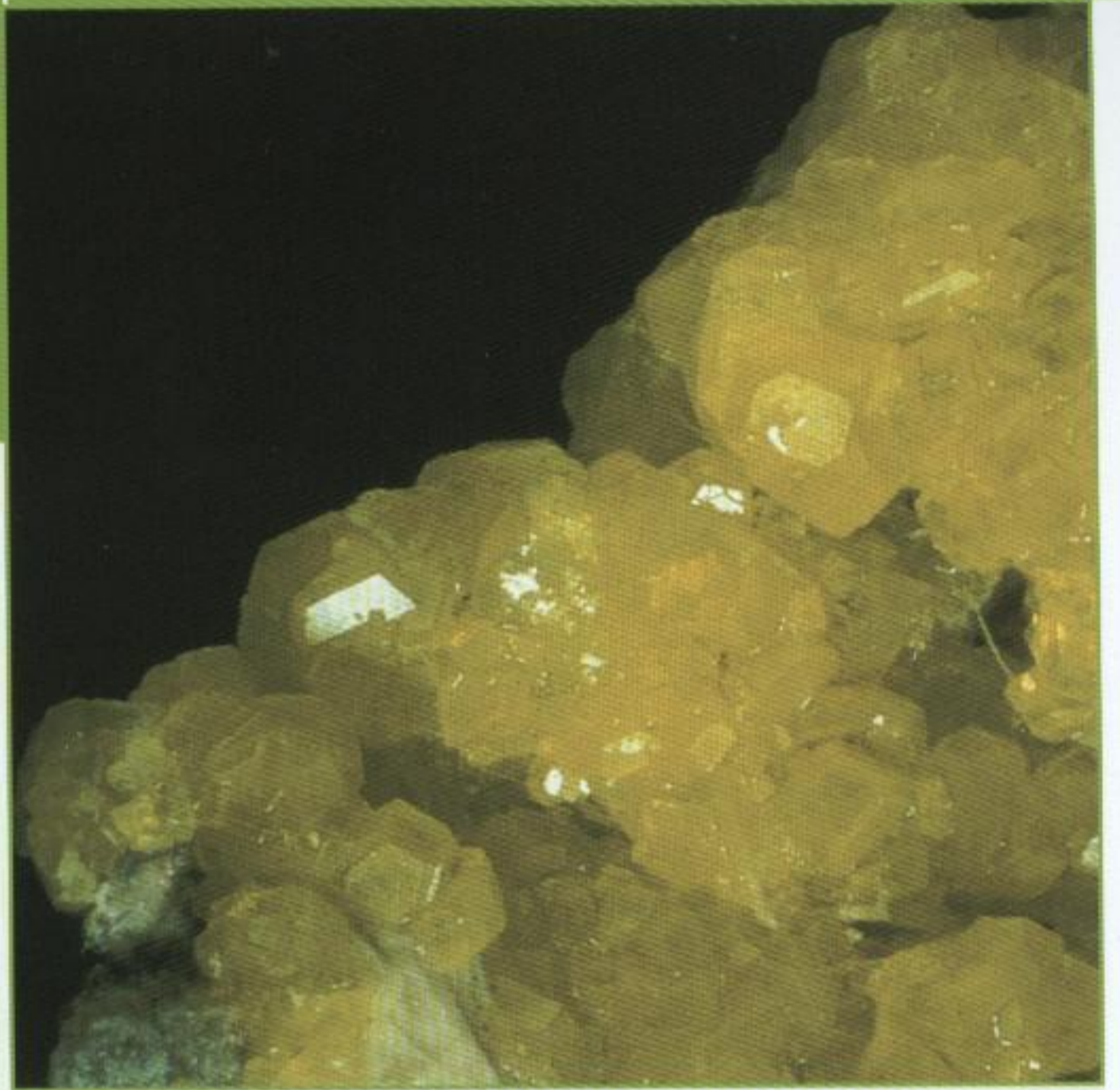
чем дальше он болеет, тем меньше (замечает) обращает внимания на свои страдания

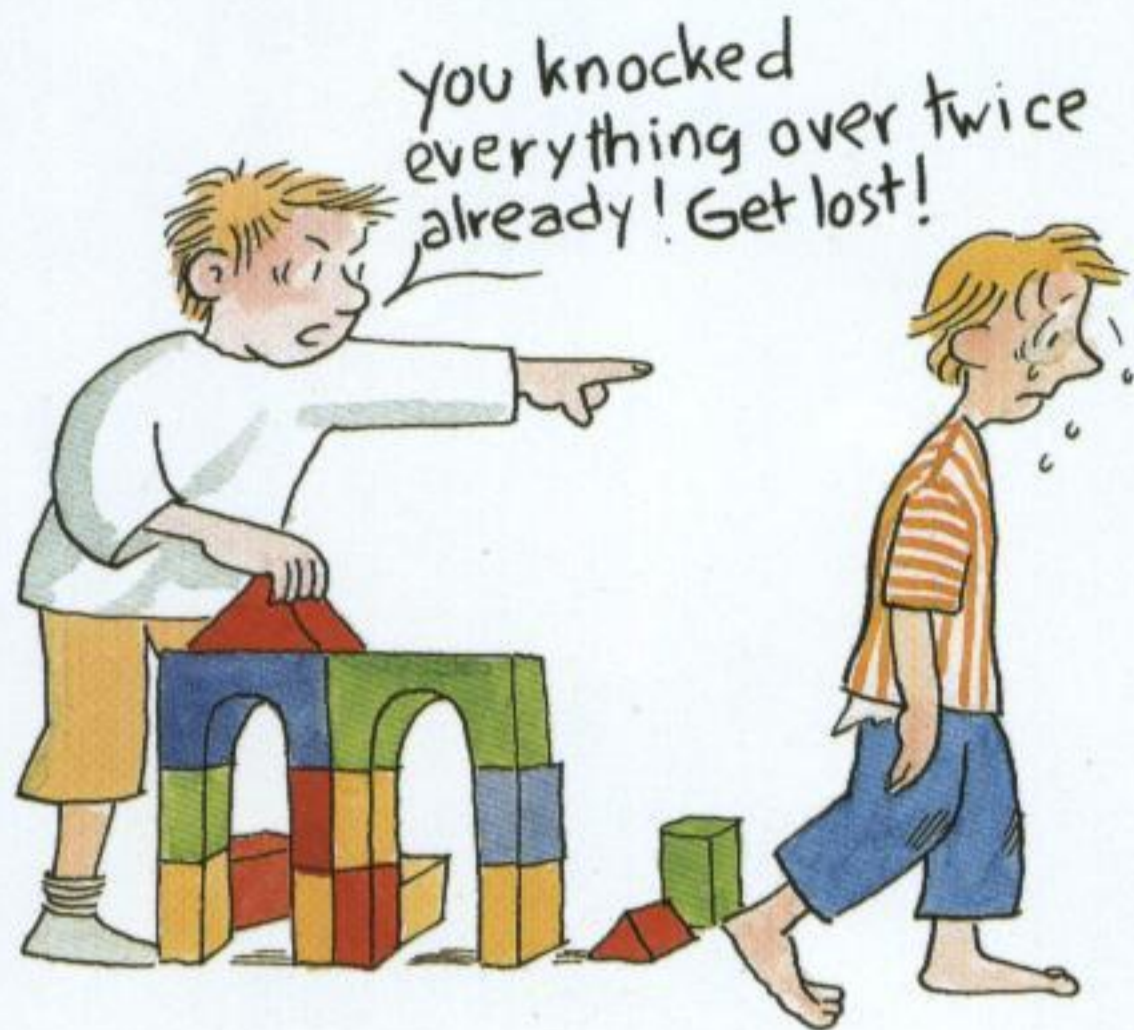
Sulphur

Brimstone

Sulphur is a very valuable element in industry, and a country's consumption of sulphur is regarded as evidence of its wealth. Patients who need Sulphur as a homeopathic remedy also feel 'rich'. They remain optimistic even when they have to endure adverse living conditions or suffer from a prolonged illness, and they generally feel much better than their situation or their outward appearance lead one to believe.

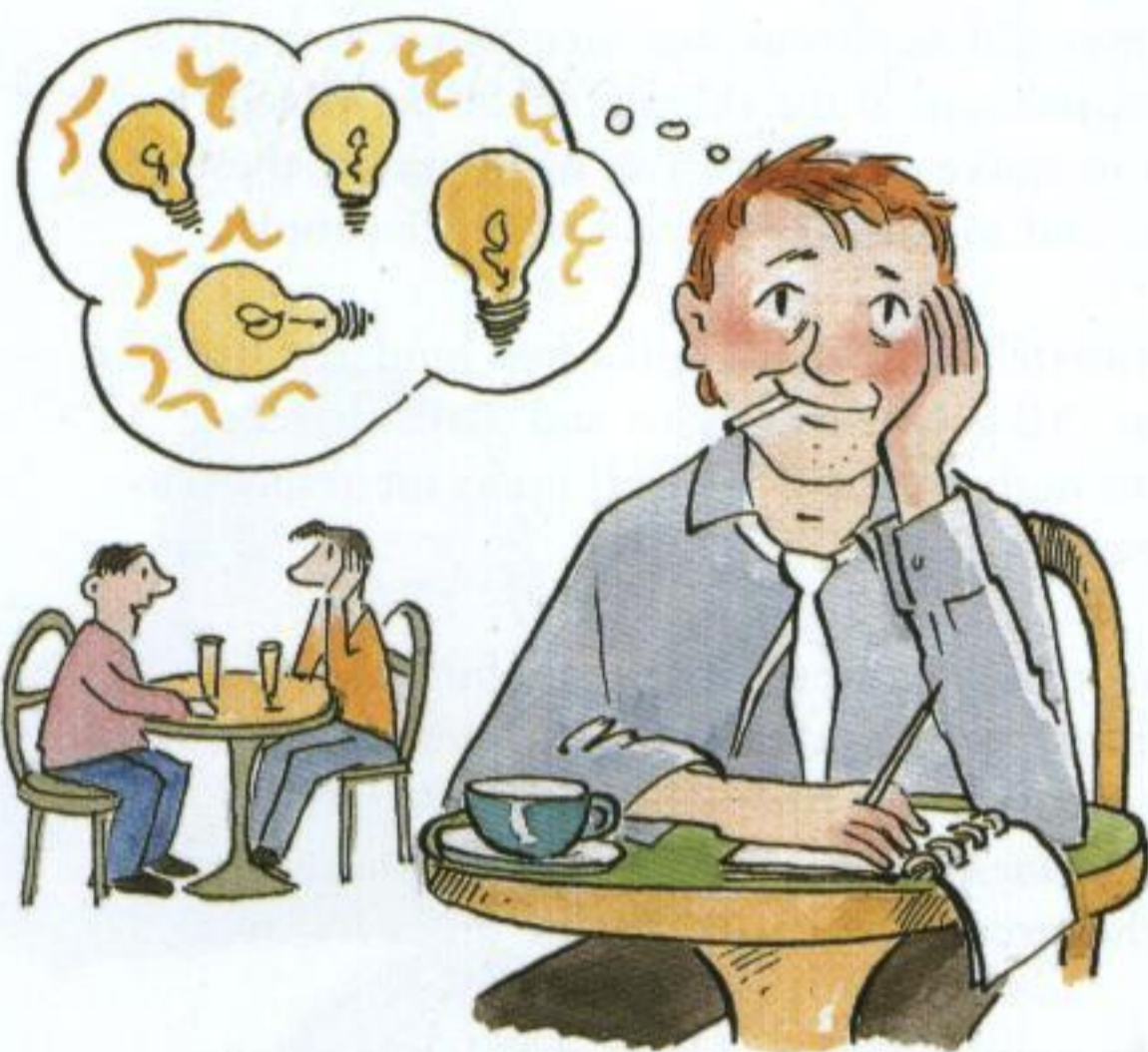
- Sulphur is one of the best-known homeopathic remedies. Almost 15,000 symptoms are known, and it is therefore not surprising that many of us need Sulphur, show Sulphur symptoms or, as therapists, often detect Sulphur symptoms in our patients.
- The classical descriptions of Sulphur talk about filthy and untidy people. Nowadays this picture is no longer so clear, as most children are nowadays taught that hygiene and cleanliness are important. Parents are typically zealous to eradicate any filthy or untidy tendency in their child.
- Despite these educative measures, the lack of cleanliness can be seen or smelt in Sulphur patients at least to some extent. This feature may even turn into its exact opposite sometimes, and the patients now show an extreme need for cleanliness and tidiness. Most of the time, however, the Sulphur person does not really care about his outward appearance.
- The majority of people who need Sulphur are very intelligent. They are searching for deep truths, and their life consists of pondering, researching and theorizing. Many inventors, thinkers and philosophers had or have strong Sulphur aspects in their personality, and many technical or artistic inventions of mankind go back to them. *Socrates*, *Albert Einstein* or *Karl Marx* may certainly be counted among this type, which may be found among scientists to this day. These people often lead secluded, hermit-like lives, and their lives revolve solely around their thought processes.
- A number of people who need Sulphur are more practically-minded, more idealistic and more sociable. They are extroverted and friendly and look after their relationships.
- Both types described above are often very busy being important or knowing something important, thus earning the respect of others. The cause of their egotistical tendencies may be found in early experiences of being despised or criticized by others for something they did not know, for their poverty or other deficits. Because of the shame they experienced then, they now make every effort to make up for these deficits and to earn the respect of other people.
- Unfortunately, this struggle is often hindered by their laziness. All good resolutions and plans therefore come to nothing and often end up as mere theoretical ideas.
- Sulphur patients often suffer from burning pains and inner heat - comparable to the burning Sulphur on a match. Most of the time they are too hot. Their physical illnesses are often expressed through the skin, the circulatory system or the digestive tract.
- Like the unmistakable odour of Sulphur, these people often suffer from discharges which smell offensive. The patients themselves often consider these discharges to be normal, or they even like them - while they are often repulsed by the odours of other people.





■ ailments from embarrassment
ailments from mortification

Болезни от стыда и унижения



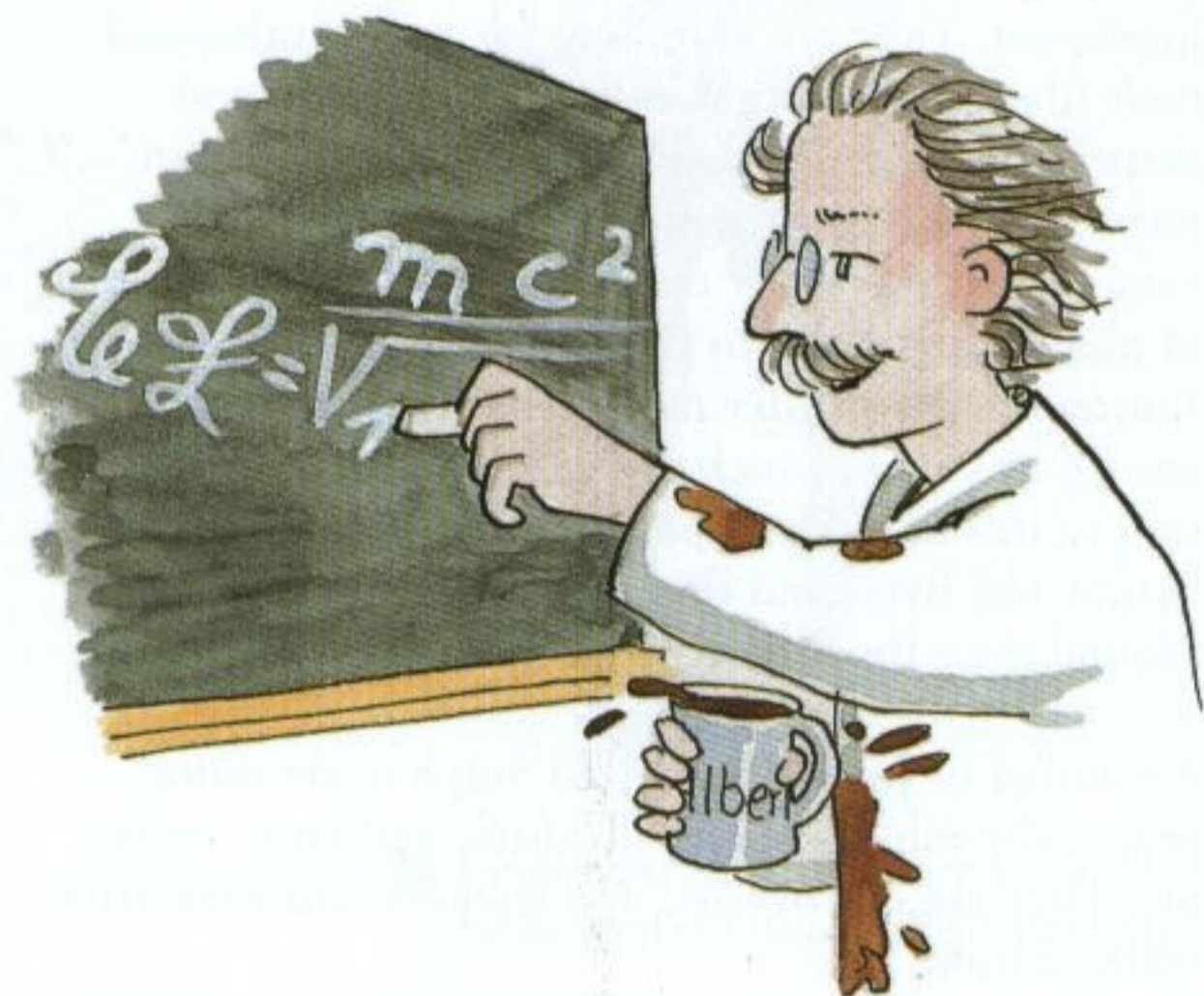
■ high-flying phantasies - theorizes

Высоко парящие фантазии, теоризирует



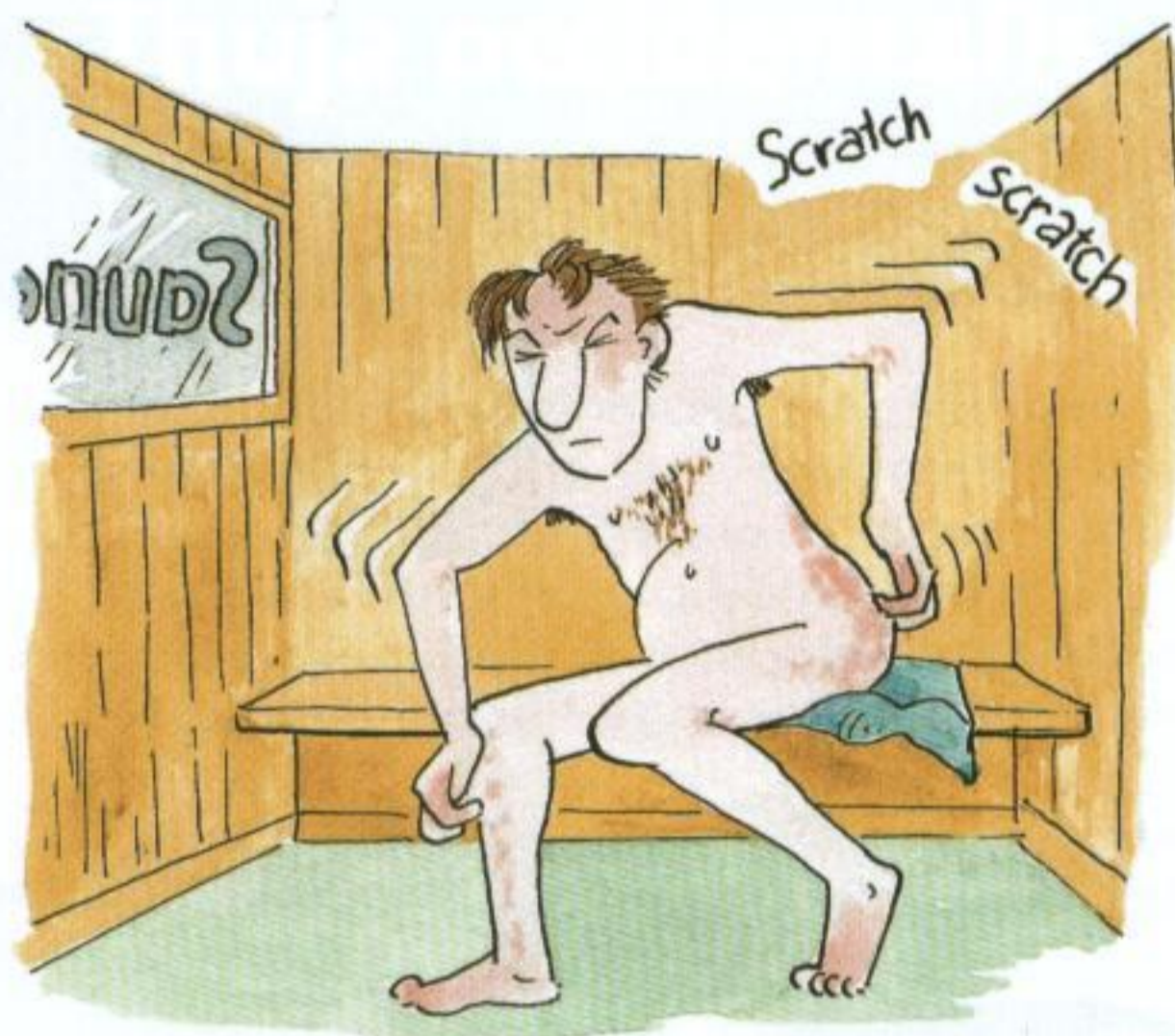
■ following that: very ambitious
talented, precocious children

следует этому:
- очень амбициозный
- талантливый
- не по годам развитые дети



■ imaginative, full of ideas - inventor

одарённый воображением
полон идей - изобретатель



■ itching - heat aggravates very warm-blooded people

зуд — тепло раздражает
огонь теплокровные люди



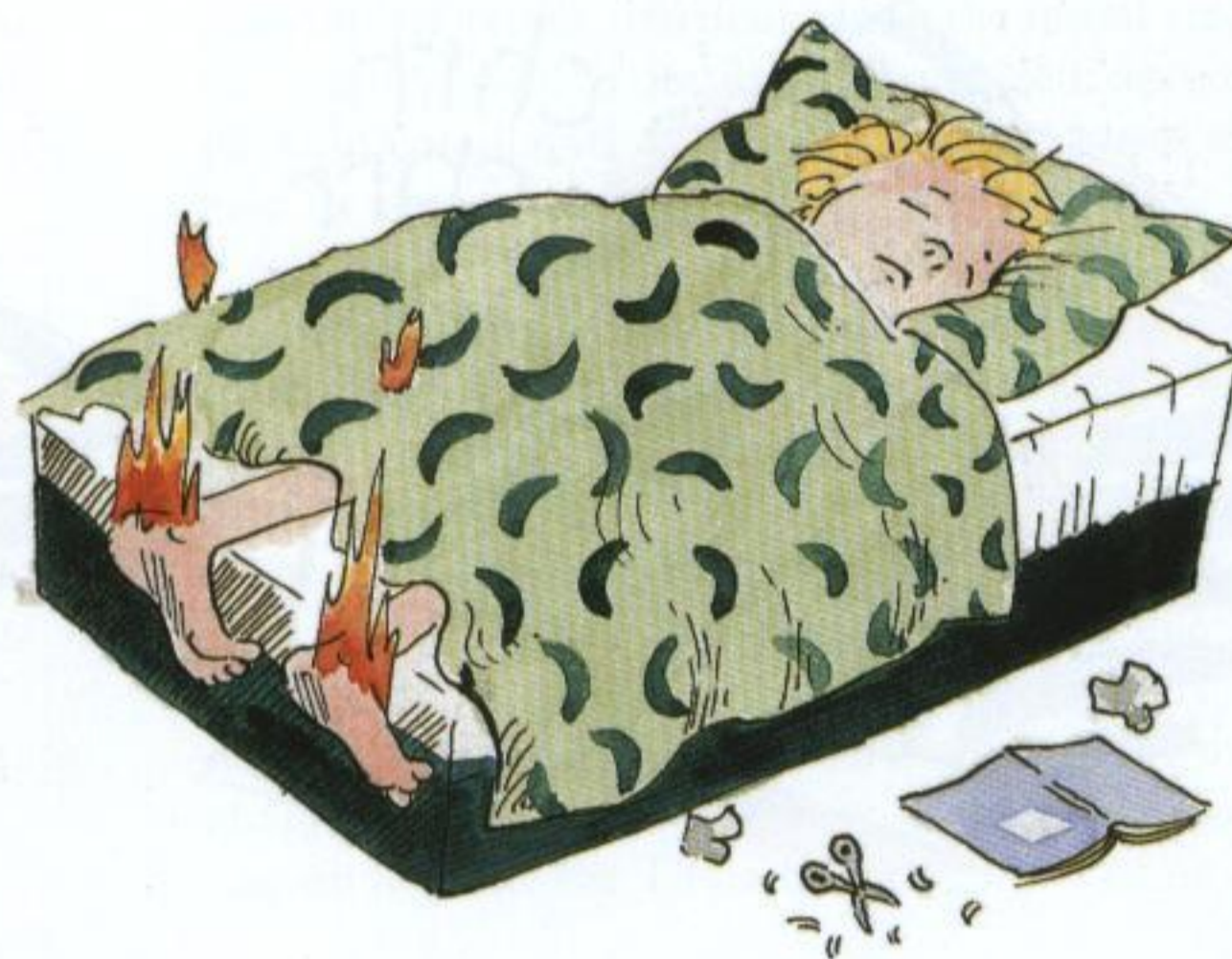
■ burning headache - burning sensation on the vertex

жжение в мозгу
жгучая головная боль



■ cold ameliorates

холод помогает



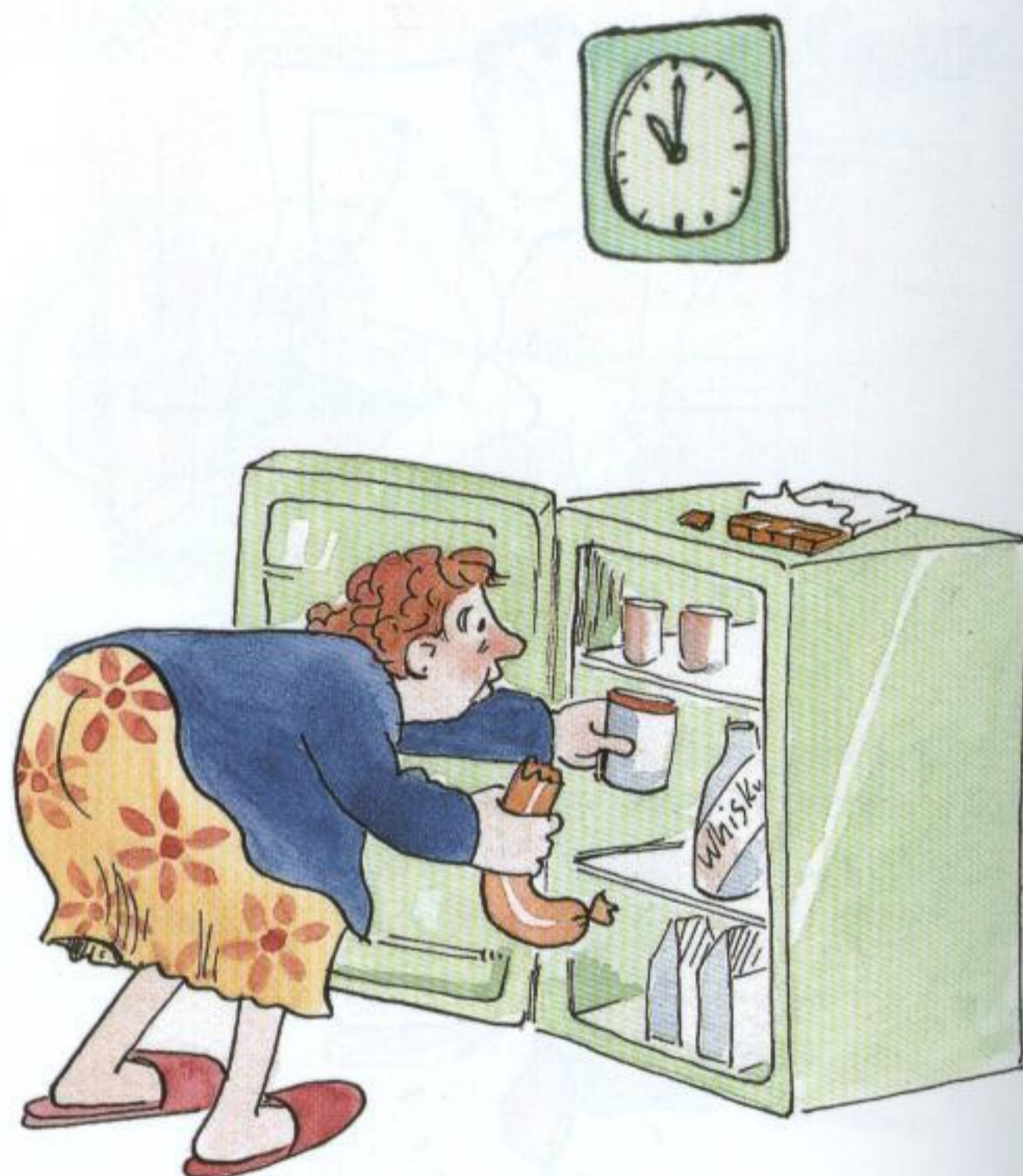
■ many complaints are aggravated by heat of the bed very warm feet at night

много симптомов ухудшаются
от тепла в кровати
огонь горячие ступни ночью



■ thinks he is rich despite material poverty - mostly hopeful and optimistic

думает что он богат
несмотря на нищету —
сохраняет надежду и
оптимизм



■ ravenous appetite at 11 a.m.

опустошительный аппетит
в 11 часов утра



■ sleeping disorders - sleeps well at first, but wakes up after a few hours ...

проблемы со сном:
спит хорошо с вечера, но
потом просыпается через
несколько часов



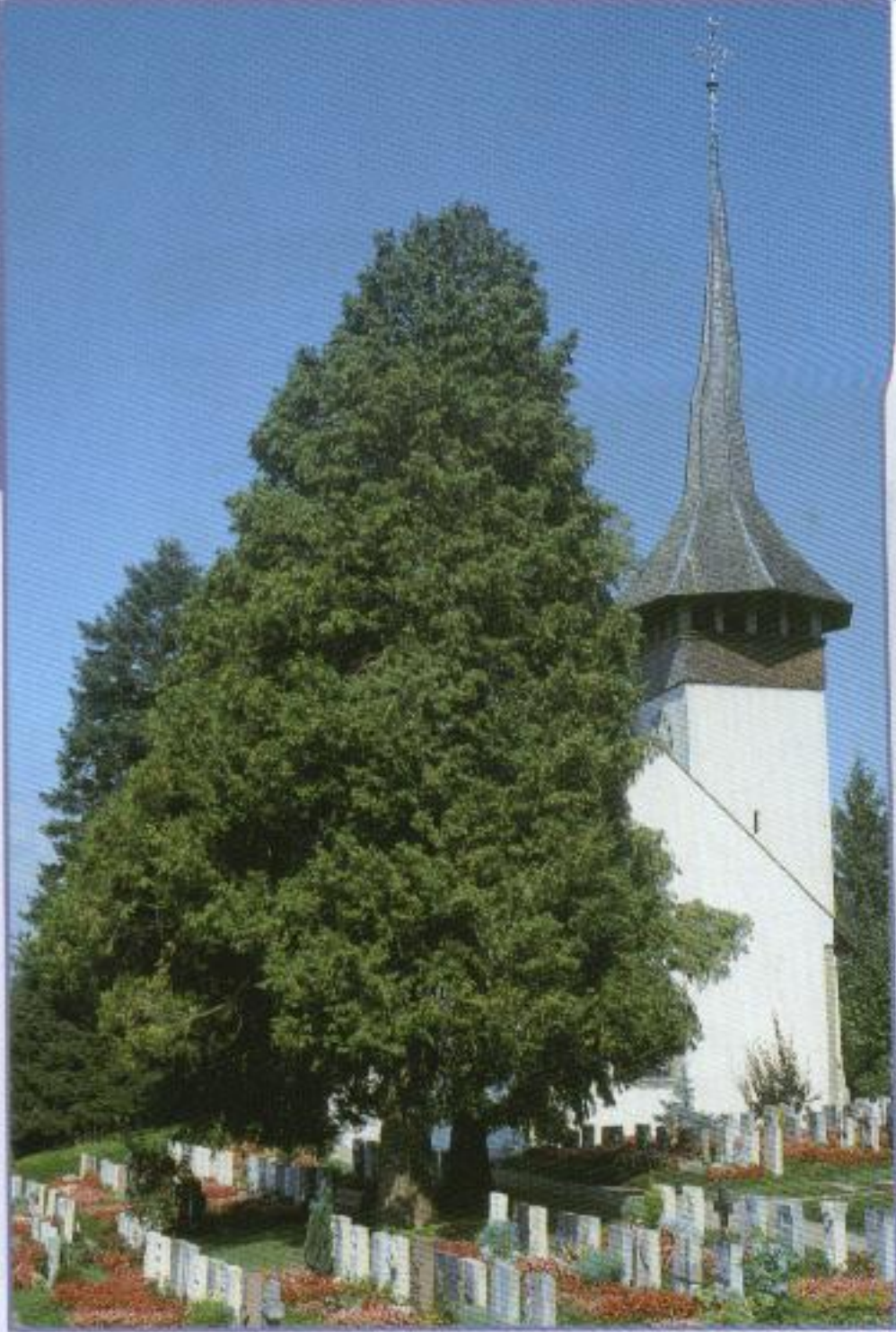
■ ... and only dozes for the rest of the night - prefers to sleep lying on the left side

... и только дремлет до
утра, предпочитает спать
на левом боку.

Thuja occidentalis

Tree of life

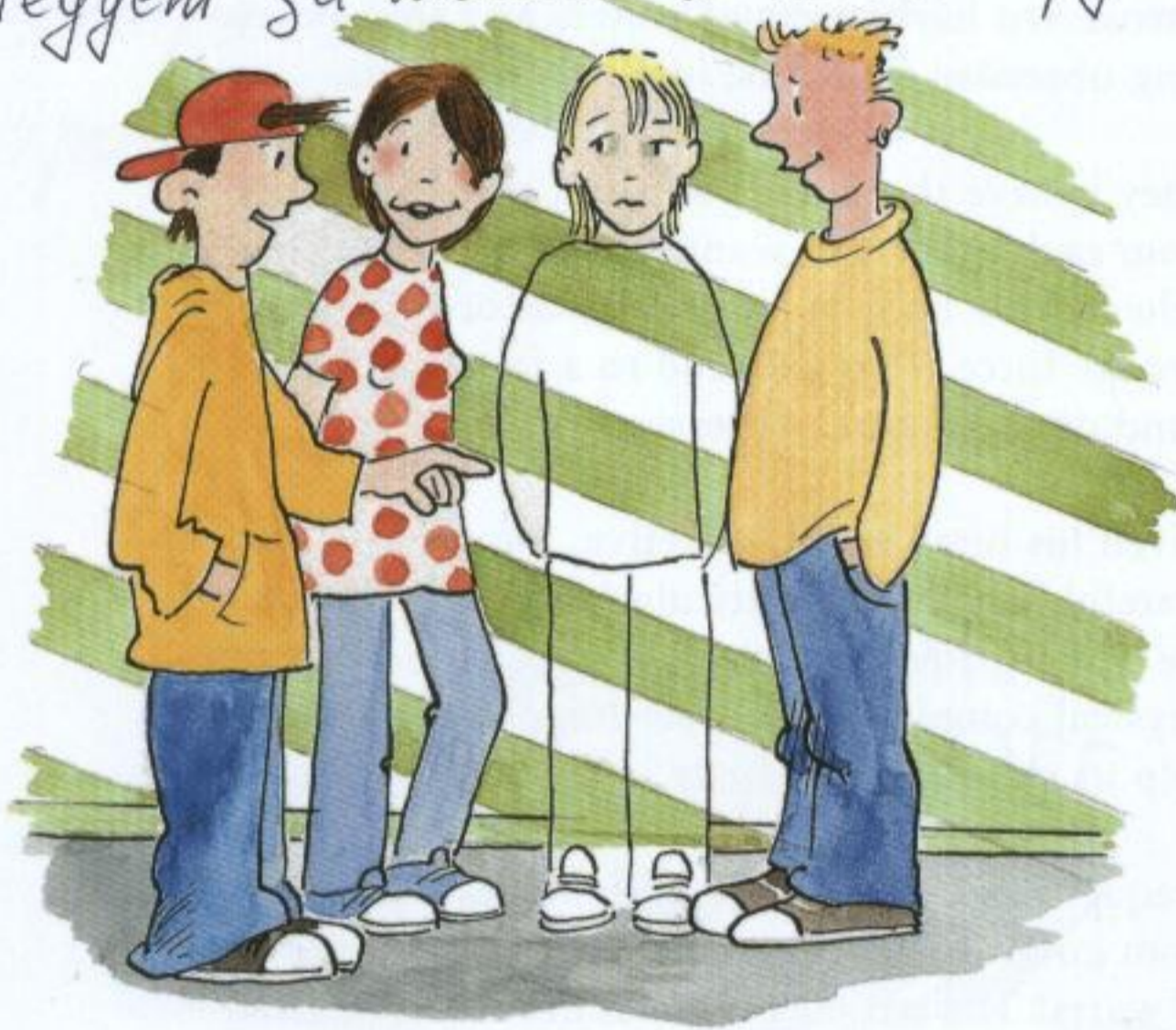
The Thuja hedge serves as a border between two properties or parks, and sometimes it also hides them from view. This parallel may be seen in people who need the homeopathic remedy Thuja. They need to distance themselves from other people and try to keep certain things in their lives secret from other people.

- Thuja is a sycotic remedy, meaning that the patient himself or one of his ancestors probably suffered from gonorrhoea.
 - The acute symptoms of gonorrhoea are often hidden, of course, or they are quickly treated with the help of medications, so that other people cannot despise those who are ill.
 - However, the suppression of acute symptoms causes chronic symptoms to develop. These complaints are closely connected - like the Thuja hedge - with issues of 'having to hide' something.
 - People who need Thuja want to fit into society well and unobtrusively, and they therefore strive to be as inconspicuous as possible.
 - Many of their efforts are connected with hiding the seemingly unpleasant sides of themselves, be it physical defects or the exposing of incidents in the person's past or present. All these facts may harm the patients' image and would stand in the way of a positive self-presentation.
 - Mostly, the basis for this secrecy is very weak self-confidence stemming from a feeling of inner weakness. There is something about them that does not seem to be okay, they feel ugly, not lovable, and they make every effort to prevent these imagined facts from becoming known to the outside world.
 - In order to succeed in this endeavour, they try to adapt to society inconspicuously. They imitate others' appearance, their trends, they try not to attract any attention and are at the same time very secretive. They hush things up and may lie, solely in order to maintain the appearance of being inconspicuous.
- 
- In the course of time, they grow increasingly odd and start to withdraw from people. They turn into introverted harbourers of secrets and start developing obsessive thoughts, ideas or delusions.
 - They believe that their body and mind are separated from each other and want different things. They believe their body is made of glass or possessed by a strange force. This can lead to a fanatical frame of mind or to religious obsession.
 - Given his often timid, secretive, but also polite and grateful behaviour (particularly in the initial stages), the Thuja patient is not easily recognized. Specific physical complaints or other important causes may help us choose this remedy.
 - Frequent causes of Thuja pathologies are - apart from gonorrhoea - vaccinations or the suppression of warts! The patients often suffer from external warts, inner 'hidden' proliferations, complaints of the respiratory organs and genitor-urinary tract.
 - Like the other sycotic remedies, Thuja patients are worse from damp weather, and many of their discharges show a yellow-green or green discoloration - again just like the Thuja hedge.



■ feels ugly - follows fashion and adapts

чувствует себя уродливой, следует за модой и адаптируется



■ does not want to reveal anything about himself - does not want to attract attention

не хочет ничего раскрыть о себе, не хочет привлечь внимание



■ low self-esteem - tries to make a different impression

низкая уверенность в себе пробует произвести другое впечатление



■ thinks that he is under the control of a higher power - religious fanaticism

думает что он под руководством высшей власти - религиозный фанатизм

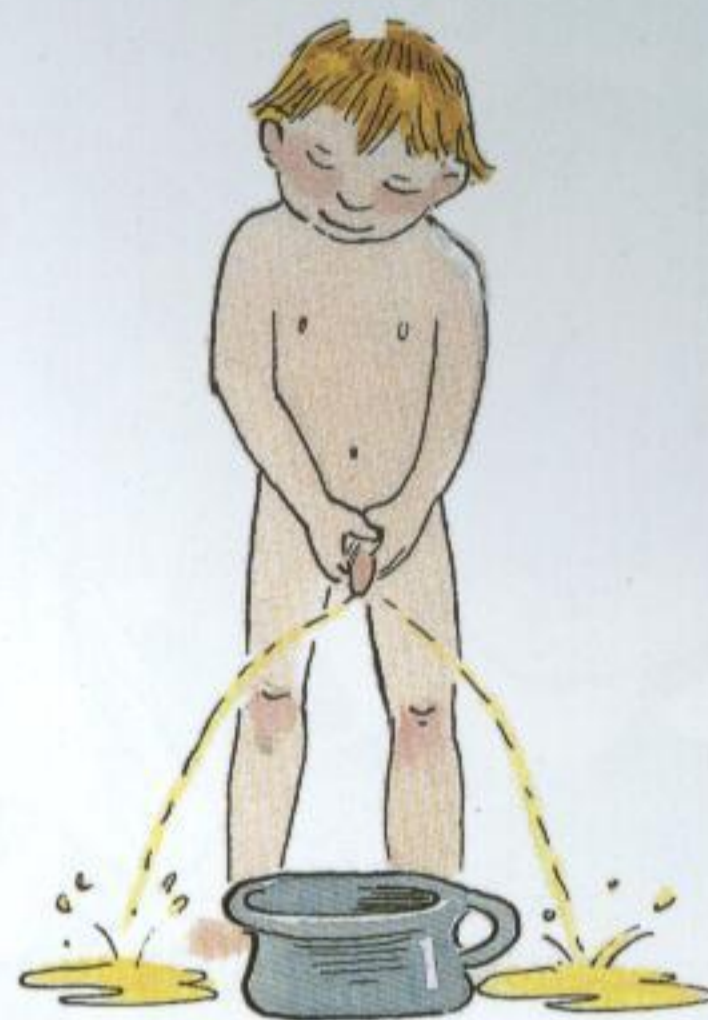
раздвоение
split



■ body and mind
Тела и ума



■ hair
Волосы

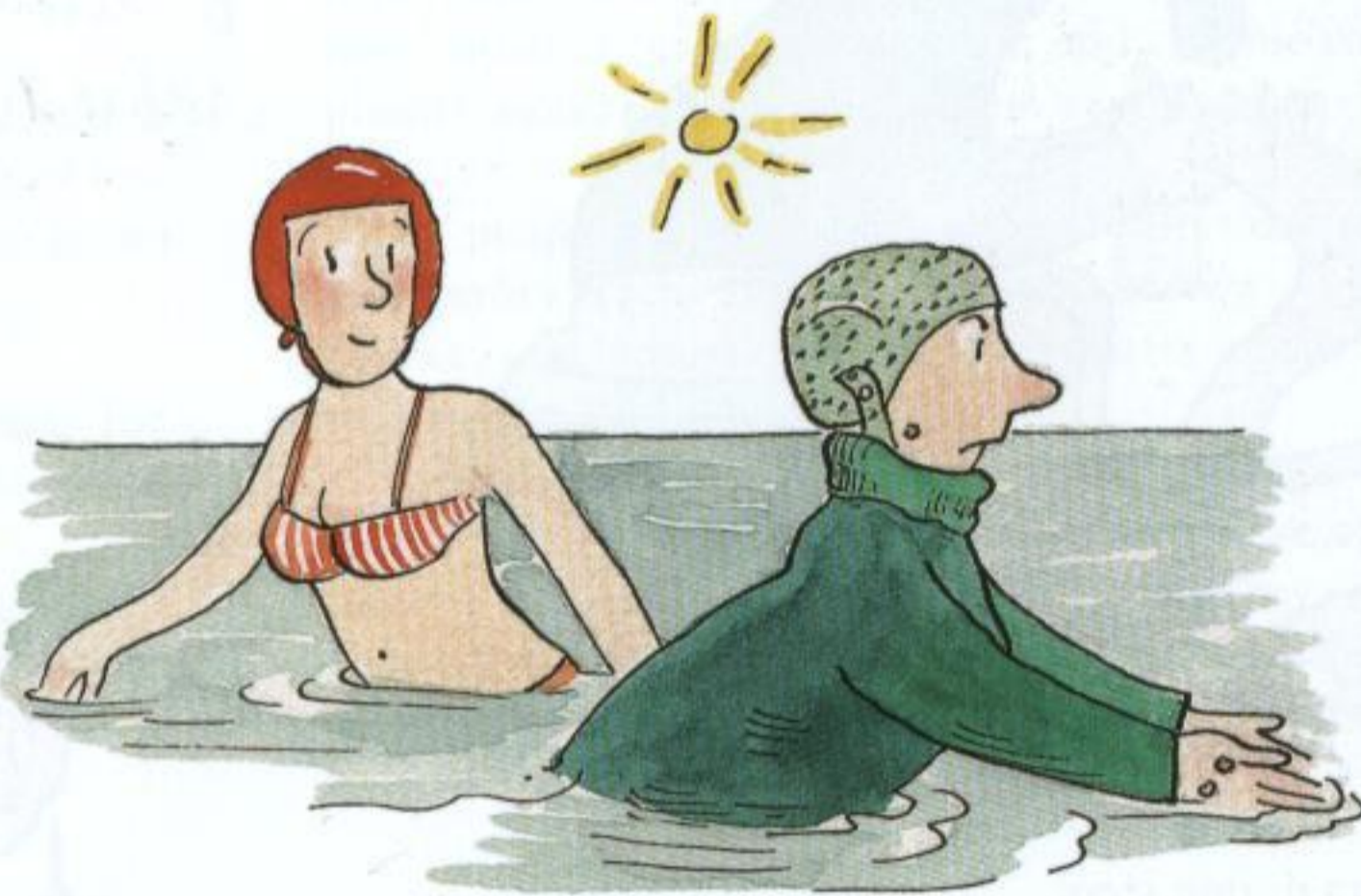


■ flow of urine
струя мочи



■ sensation as if an animal was in his abdomen
delusion of being pregnant

ощущение словно
проглотил животное,
наведение состояния
беременности



■ many warts -
which are often hidden

много бородавок -
которые часто (сирячань)
прикрыты



■ desire for or aversion to onions

желание или непереносимость
лука



■ headache, as if a nail was driven into the head -
frequently in the left temple or the left side
of the forehead

Боль головы словно гвоздь забит
в голову, часто в левом виске или
левая часть лба



■ coryza during stool

выделение из носа во
время дефекации



■ green-yellow secretion from the urethra -
inflammation of the genitals

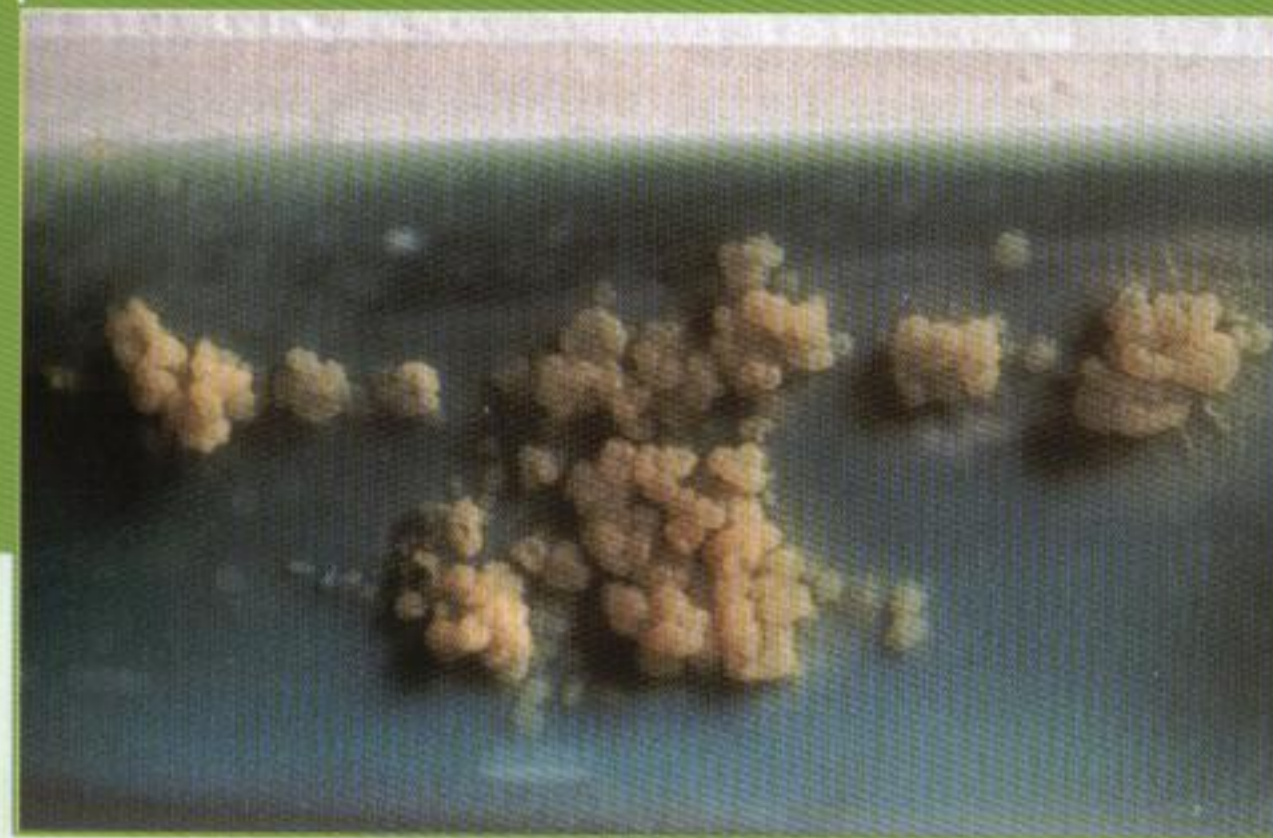
зелёно-жёлтые выделения из
уретры, воспаление половых
органов

Tuberculinum

Nosode prepared from a tubercular abscess

Since 1980, there has been a renewed global increase in tuberculosis. One of the causes is the 'restless' increase in world trade and traffic, prompted by the desire for freedom experienced by many peoples of the world and the breaking down of many borders.

This equally restless desire for freedom, desire for changes of location and boundlessness may also be found in people who need Tuberculinum.



- People who suffer from Tuberculosis experience a threatening feeling of being limited in their breathing. They feel they are close to suffocation. This sensation (transported over the generations in the form of a miasm) has instilled itself in people who need Tuberculinum, giving them a general sensation of being infringed upon, of being confined. This explains their marked desire for freedom and the strong aversion to any kind of limitations.
- Any instance of remaining in one position or situation makes them restless and often drives them, hectically and restlessly, to change something in their lives.
- They need constant change, whether in the place where they live, their job or their partner. These people are constantly driven, like a gypsy who is constantly wandering, and they are forced to restlessly heed their inner calling for change.
- Rest and the near motionlessness connected with rest subconsciously give rise again to the feeling of looming limitation, and so these people have to go on and on without much rest.
- Their life is breathless, there is a constant urge for change, freedom and fulfilment of their desires.
- They believe that life is short, and they therefore want to make the most of it. They prefer a short life full of freedom and intensity to a long life filled with rules and dreariness.
- In their quest for intensity and excitement, they demand love, fun and adventure without being limited and restricted by others, and they restlessly hurry from one distraction to the next.
- These short, superficial trips make them very discontented in the long run, and they become increasingly irritable and aggressive.
- Tuberculinum people may be very malicious. They are egoists who are only interested in themselves and the fulfilment of their own wishes. They normally care very little about what others want.
- Tuberculinum as a remedy is often indicated already in children. They are also restless, moody and not content with any toy for long. They may become very naughty.
- They may intentionally and cold-bloodedly hurt other people - they do not care at all about reprimands and punishments.
- On the physical level, Tuberculinum people suffer from many infections or allergies. This is due to a low resilience, and their constant and chronic complaints weaken and exhaust them very much.
- These people are very susceptible to infections of the respiratory tract - they often have a narrow thorax, one indication of their weakness in this region.
- These patients often dislike cats, and they are often allergic to them. The reason may be that they see that cats have found a way of being free and independent in a contented way - something that these people hardly ever achieve in their lives.



■ strong desire to travel

сильное желание
путешествовать



■ loves the wind and the mountains

обожает ветер и горы



■ desire for action and adventure

желание к активности и
приключениям



■ desire for change

желание поменять



■ tendency to ritualistic and compulsive behaviour
 тенденция к суеверному поведению



■ often discontented and bored
 часто неудовлетворённый и скучающий



■ disobedient and naughty behaviour
 непослушное и капризное поведение



■ irritable and violent
 allergic to cats
 раздражительный и агрессивный
 аллергия к котам



■ perspiration at night, grinds the teeth

потение ночью,
скрежетание зубами



■ hard, short, dry cough -
frequent ailments of the respiratory tract

тяжёлый, короткий, сухой
кашель,
частые заболевания
дыхательной
системы



■ amelioration in fresh air

чувствует себя лучше
на свежем воздухе



проблемы с
суставами

← **complaints** →
of the joints



■ ameliorated by heat and motion

легче от тепла и при
движении

■ aggravated by cold and wet weather

ухудшается в холодную
и мокрую погоду

Veratrum album

White Hellebore

The translation of 'veratrum' is 'to turn around'. It means that taking the plant as medicine will 'turn' the spirit around and may drive it mad. Samuel *Hahnemann* said that nearly a third of the people in mental asylums in his day needed *Veratrum album* as their remedy.

- People who need *Veratrum album* are often very industrious. They are constantly and restlessly in motion and possess an enormous energy reservoir.
- In children, this is often expressed through the meaningless and constant repetition of useless activities: they pile up objects or cut paper. The older these people get, however, the more their activity is geared towards one goal: they want to make a lot of money, move up the social or professional ladder - and then bask in other people's admiration.
- People who need *Veratrum album* therefore incessantly and ingratiatingly seek the attention of those around them. They are over-friendly, extremely polite, are quick to hug other people and try to arouse the interest of others in a seemingly jovial way.
- In their incessant struggle to improve their position in society or in their profession, they work very eagerly. In their avid ambition, they display enormous creativity and perseverance.
- Many remedies display ambitious aspirations, but the one factor that distinguishes *Veratrum* personalities is the fact that they can unflinchingly adopt 'dirty' methods to reach their goals. They may not shy away from lies, manipulations or fraud to achieve their ambitions. The people around them are to believe that they have made it, that they are rich or important personalities, and *Veratrum* may use any means to achieve this aim.
- This heedless and ambitious behaviour is caused by the devastating experience of once having lost a higher social position. It is possible that the patient's parents experienced this, and the patient 'inherited'



it, or the patient had to go through this himself. This loss of position experienced in the past now spurs him. He urgently wants to get back to the top!

- In their struggle, these people may often become very self-righteous and haughty. They are convinced that they are better than others and that they definitely deserve to be at the top.
- If this feeling increases, their delusion of grandeur leads them to believe that they are God. In these stages of the mental illness, we witness a switch of identity from being one's own self to being God. They are either God himself, or they are his son or prophet. *Veratrum album* is an important remedy for many mental illnesses - from a harmless delusion to a severe psychosis.
- Apart from the mental pathologies described above, *Veratrum album* may also be helpful in a number of physical complaints. It has proven particularly useful in the treatment of collapse as well as affections of the digestive tract.
- In acute illnesses, it strongly resembles *Arsenicum album*, as both remedies are indicated in prostrate and acutely chilled patients who suffer from severe diarrhoea and vomiting. *Veratrum album* is therefore a further important remedy in the treatment of cholera.



■ ailments from loss of high position in business or in society - wants to get back up again without any concern for others

Болезни от потерянной позиции в бизнесе или обществе — хочет подняться назад любой ценой



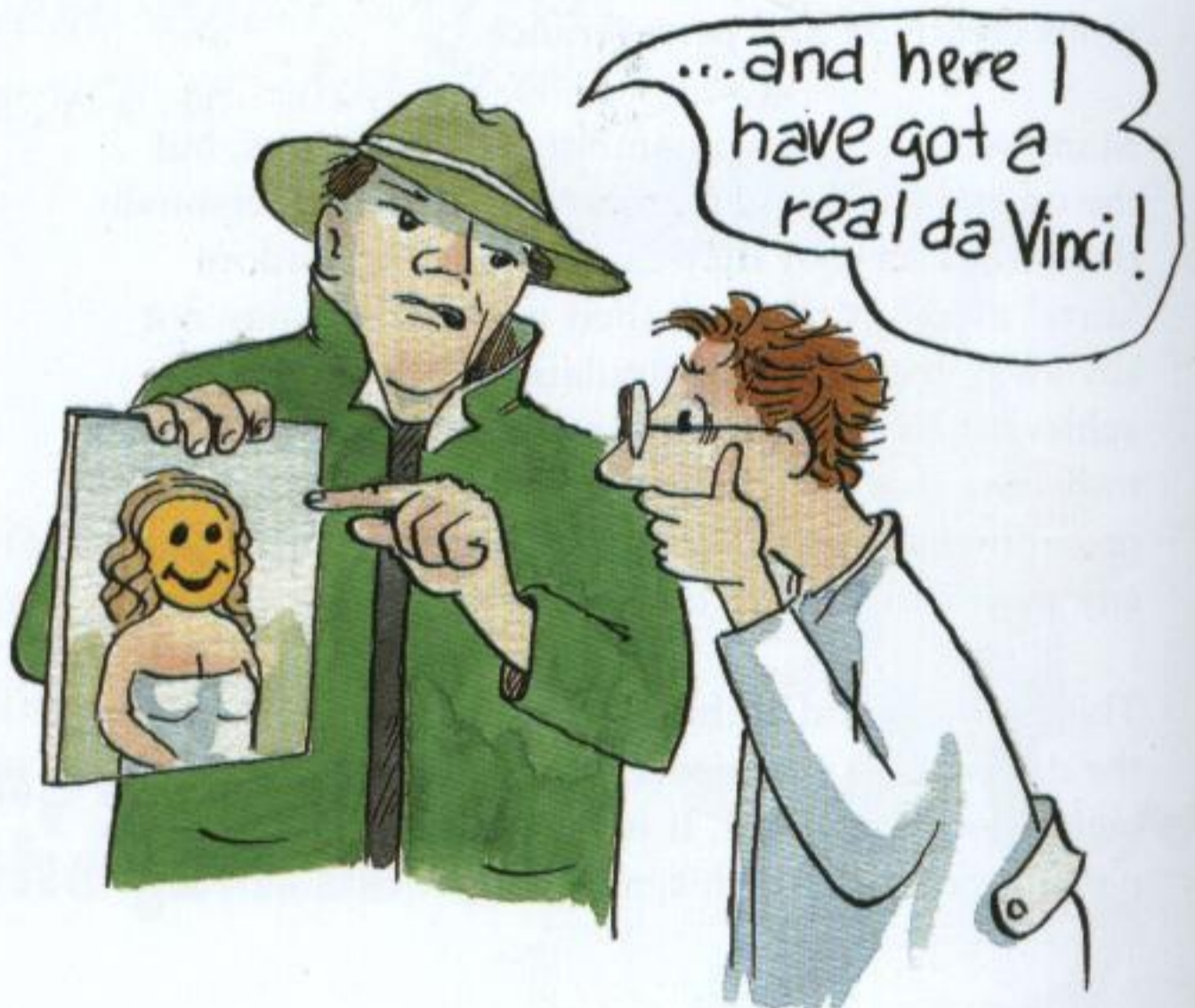
■ wants to be liked by everyone - hugs and kisses everyone

хочет понравиться всем обнимает и целует каждого



■ very ambitious desire to become rich and move up

огень большое желание стать богатым и двигаться вверх



■ may lie or steal in order to reach his goals

может лгать и воровать для достижения своих целей

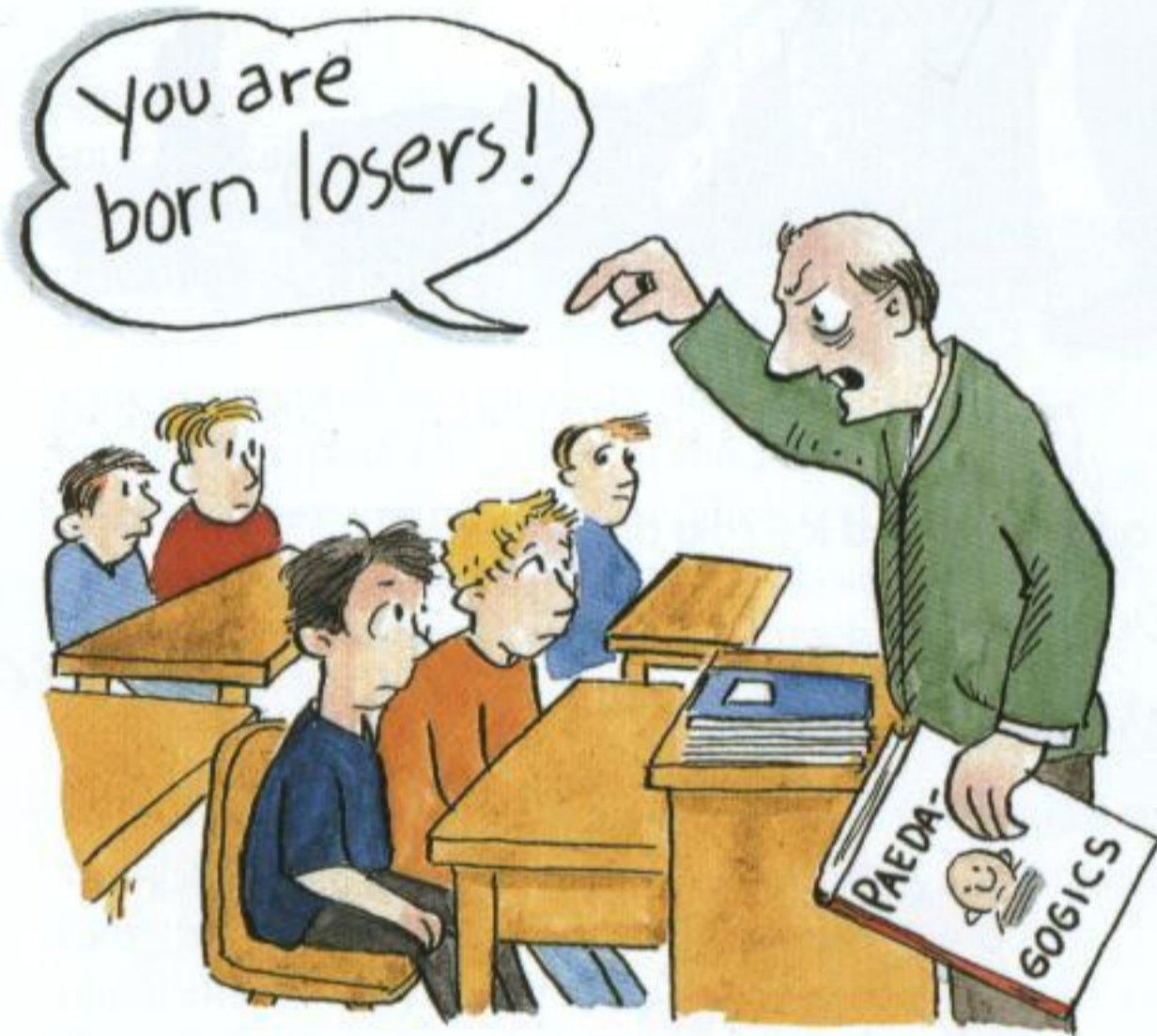


■ precocious children
дети скороспелки



■ aimless, repetitive actions -
cuts things to pieces

необъяснимые повторяющиеся
движения — разрезает вещи
на части



■ quick to censor and reproach -
rude and hard-hearted

любит контролировать и
упрекать
грубый и бессердечный



■ religious mania -
believes he is God or a prophet

религиозный маньяк —
верит что он БОГ или пророк

дать
перх

для



■ extremely frosty patients
ice-cold body

"замороженные" пациенты
Тело как лёд



■ acute collapse!
cold sweat and ice-cold breath

острая потеря сознания
холодный пот или очень холодный
воздух, выдохе
при



■ diarrhoea and vomiting at the same time -
cholera

рвота и понос одновременно -
холера



■ desire for lemons -
desire for sour foods and drinks

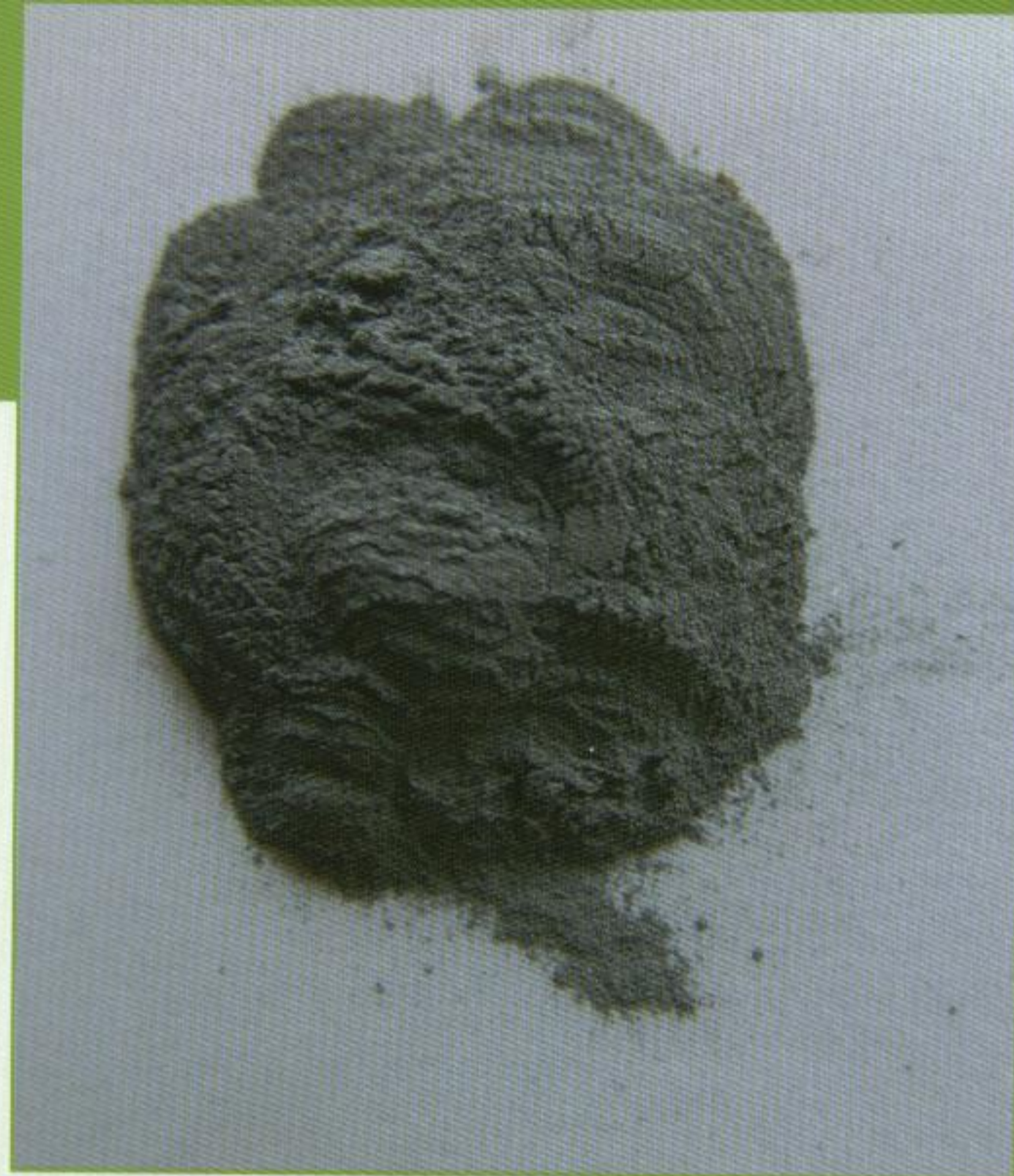
Желание кушать лимоны,
кислую пищу и напитки

Zincum metallicum

Zinc

In nature, zinc appears in its amalgamated state in the form of Smithsonite (zinc spar), Sphalerite or Hemimorphite. These 'impure' forms of zinc are vulnerable to acids - pure zinc, on the contrary, is acid-proof. This property may be related to the patients who need Zincum metallicum. If they become 'impure' by guilt, they feel pursued, attacked and fall ill.

- In practice, patients who need Zincum metallicum can often be recognized by their nervous irritability. They seem to be under constant stress, are restless and fidgety and suffer from tics. Their restless legs are typical. Zincum is an important remedy in 'restless legs' syndrome.
- These neurological symptoms are often caused by suppressions - whether suppression of skin affections or of discharges such as sweat or menstruation, or suppression of emotions or guilt feelings.
- Zincum metallicum patients often believe that they have committed a crime at some point in their life and that they are now guilty. They feel persecuted and would very much like to flee. Accordingly, their legs start to get restless. What brings on such thoughts?
- Healthy Zincum metallicum people are very eager to study and to work. They are full of ideas and creativity, set themselves high goals and always try to reach them. They feel a duty to give their all, and as they are prepared and convinced they can achieve a lot, they are totally dedicated to their tasks.
- If they fail to fulfil these tasks, however, whether in their professional life or in an examination, the illusion of what they are capable of achieving collapses. They are quickly disappointed, they believe that they have made an unpardonable mistake and start developing guilt feelings.
- This is where the delusion of being persecuted originates: patients think that they will soon be arrested and punished. These fears do not allow them to find any peace and quiet any more and result in a permanent inner tension that is responsible for the development of the very symptoms which are typical of Zincum.
- The nervous system is the main platform for the physical Zincum pathology. It ranges from relatively harmless tics to severe neuralgic conditions such as Parkinson's, chorea, meningitis or even a violent delirium.
- In the context of their illness, these patients grow increasingly irritable and display severe fits of rage. Their inner tension leads to quick explosive reactions at this stage, but if the illness progresses they collapse completely.
- The patients start developing a depression, they increasingly withdraw, become apathetic and eventually present the exact opposite of the alert and highly active person they once were.
- Their formerly alert and active mind slows down increasingly and grows dull. Thinking is hard for them, and they often have to repeat a question before they can understand and answer it (and they often speak very slowly when they reply).
- In the end, we see a confused and collapsed person who often sees relief only in death.



родный



■ mental over-excitability - with complete mental exhaustion later on

перевозбужденность
полное изнеможение
после этого



■ fear of being attacked, assaulted or arrested - extreme tension and restlessness

страх от возможности нападения, атаки или ареста, невероятное напряжение и неугомонность

■ acute illnesses accompanied by rolling of the head

острые болезни сопровождающиеся поворотом головы

неврологические симптомы

neurological ailments →



■ tics

подергивание



■ chorea

хорея



■ restless legs

неугомонные ноги



■ suppressed eruptions
подавленная сыпь

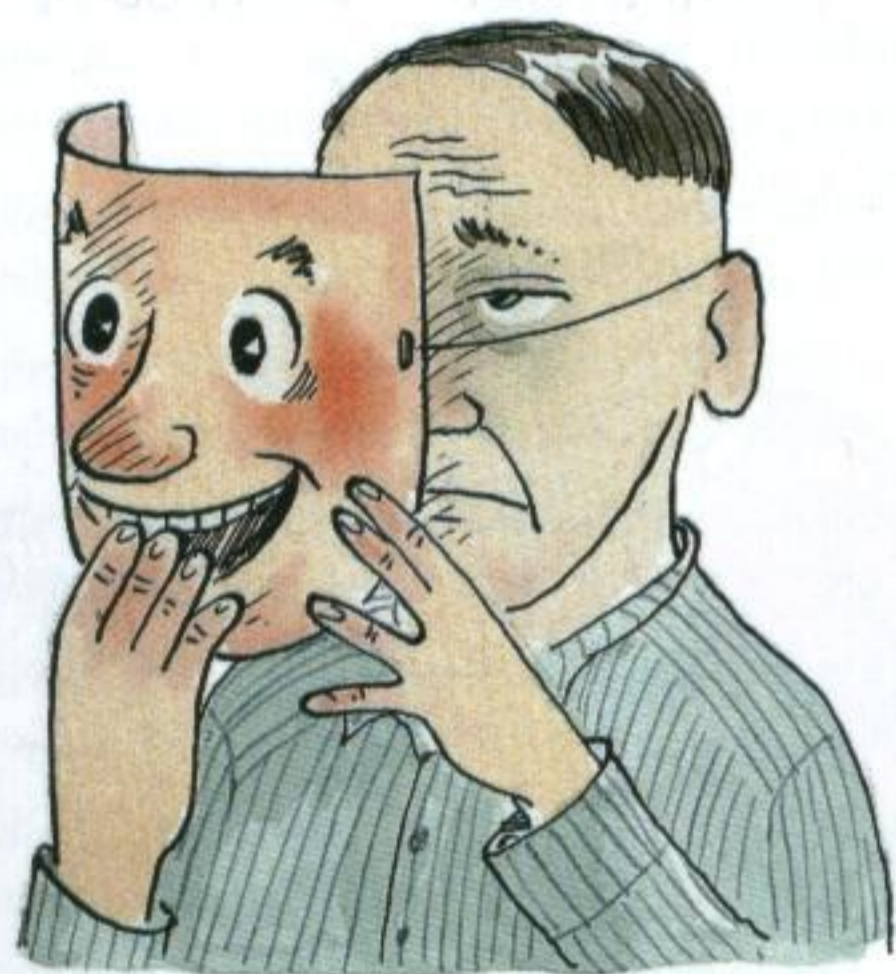


■ ailments from suppressed discharges

Болезни от заблокированных выделений

БОЛЕЗНИ ОТ ПОДАВЛЕНИЯ

ailments from suppression



■ ailments from suppressed emotions
Болезни от подавленных эмоций



■ 'free flow' of discharges or thoughts ameliorates

"свободное движение" выделений или мыслей облегчает



■ moans and complains a lot
 жалуется без конца



■ sensitive to noise - particularly voices
 чувствительный к шуму
 особенно голосам



■ wine aggravates
 вино обостряет
 симптомы



■ can urinate better while sitting down
 than when standing up
 мочеиспускание лучше сидя
 чем стоя

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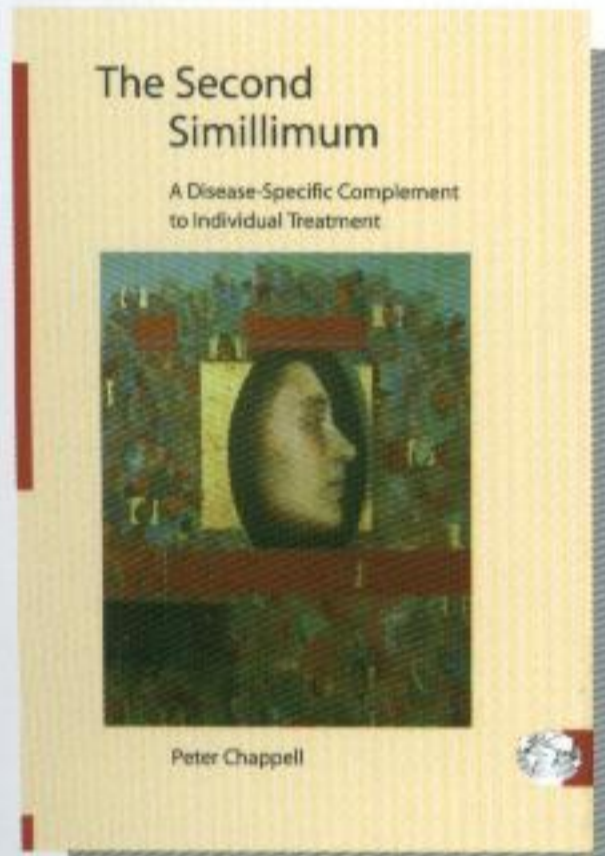
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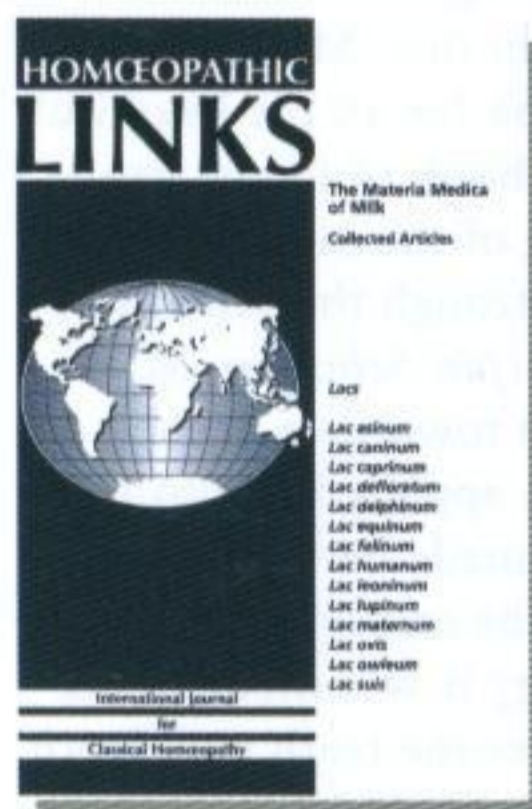
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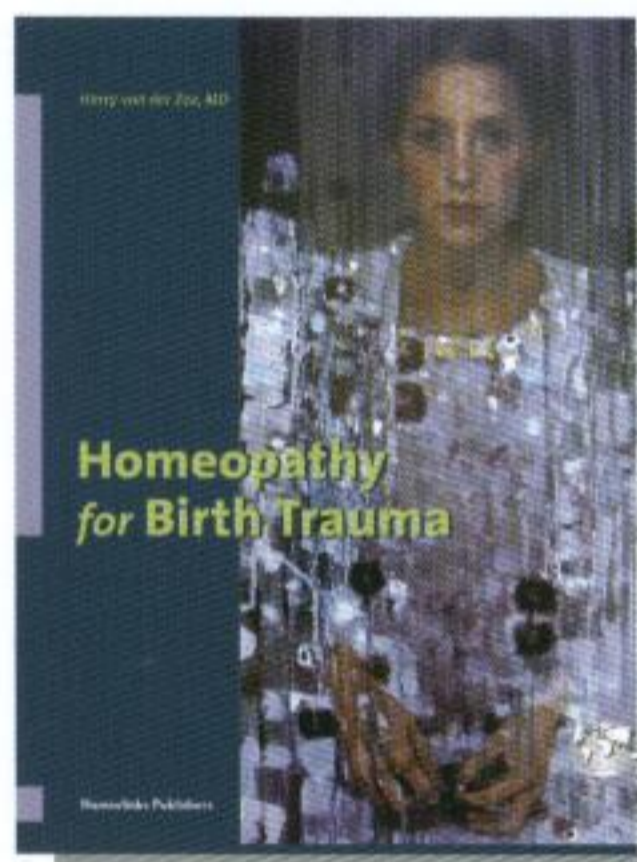
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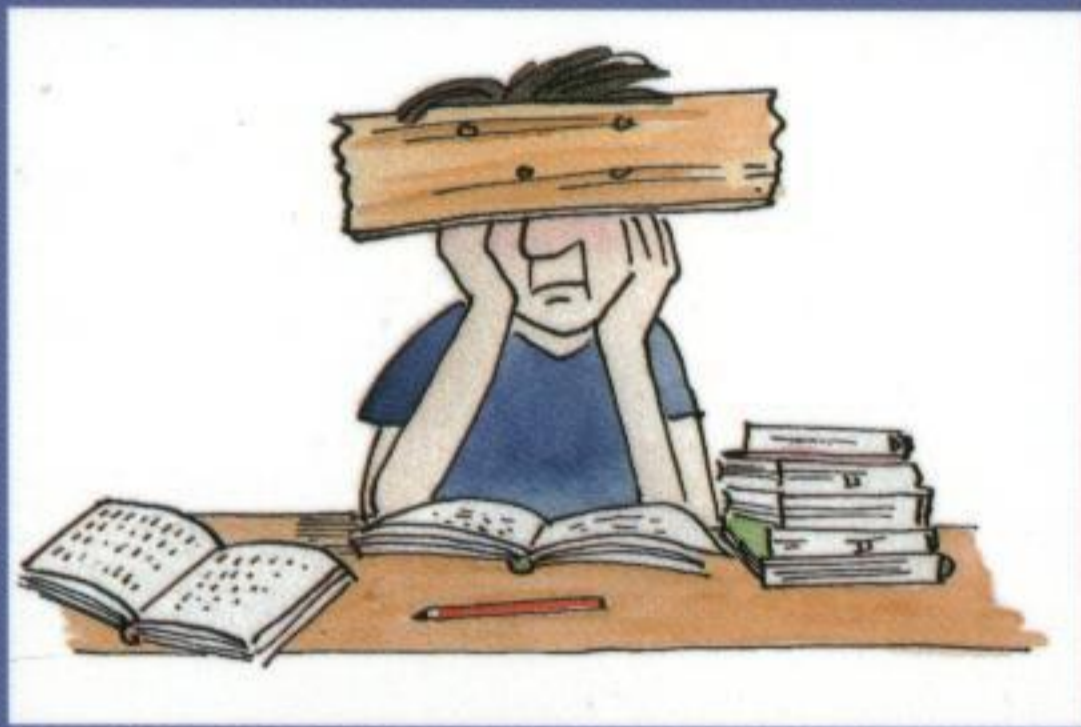
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